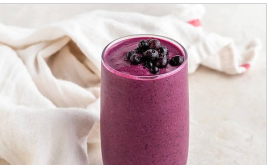

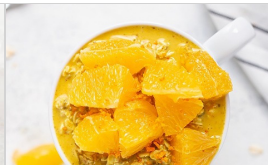

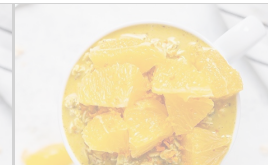

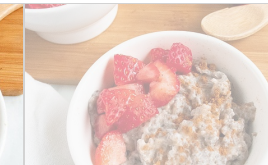






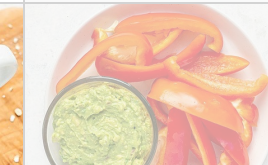




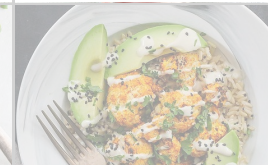












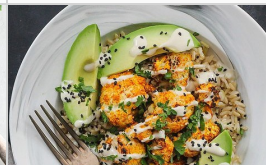







Skin Health Program

Rebecca Duerr

<http://www.MindfulFamilyWellness.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Orange Turmeric Overnight Oats	 Orange Turmeric Overnight Oats	 Orange Turmeric Overnight Oats	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt
Snack 1	 Tuna Salad Plate	 Chia Oats with Kiwi	 Yogurt & Peaches	 Tuna Salad Lettuce Wraps	 Bell Peppers with Guacamole	 Oatmeal with Raspberries	 Bell Peppers with Guacamole
Lunch	 One Pan Lemon & Chive Salmon	 Cuban Beef Picadillo	 One Pan Lemon & Chive Salmon	 Taco Salad with Beef	 Spiced Cauliflower Rice Bowl	 One Pan Steak, Asparagus & Mushrooms	 Arugula Salad with Salmon
Snack 2	 Chia Oats with Kiwi	 Tuna Salad Plate	 Chia Oats with Kiwi	 Yogurt & Peaches	 Tuna Salad Lettuce Wraps	 Bell Peppers with Guacamole	 Oatmeal with Raspberries
Dinner	 Cuban Beef Picadillo	 One Pan Lemon & Chive Salmon	 Taco Salad with Beef	 Spiced Cauliflower Rice Bowl	 One Pan Steak, Asparagus & Mushrooms	 Arugula Salad with Salmon	 One Pan Steak, Asparagus & Mushrooms



Rebecca Duerr

<http://www.MindfulFamilyWellness.com>

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	<div><div></div></div> 42%	Fat	<div><div></div></div> 42%	Fat	<div><div></div></div> 49%	Fat	<div><div></div></div> 46%	Fat	<div><div></div></div> 47%	Fat	<div><div></div></div> 54%	Fat	<div><div></div></div> 54%
Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 31%	Carbs	<div><div></div></div> 33%	Carbs	<div><div></div></div> 39%	Carbs	<div><div></div></div> 33%	Carbs	<div><div></div></div> 24%	Carbs	<div><div></div></div> 24%
Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 27%	Protein	<div><div></div></div> 18%	Protein	<div><div></div></div> 15%	Protein	<div><div></div></div> 20%	Protein	<div><div></div></div> 22%	Protein	<div><div></div></div> 22%
Calories	1823	Calories	1823	Calories	1638	Calories	1698	Calories	1837	Calories	1896	Calories	1896
Fat	87g	Fat	87g	Fat	92g	Fat	91g	Fat	101g	Fat	117g	Fat	117g
Carbs	145g	Carbs	145g	Carbs	139g	Carbs	172g	Carbs	156g	Carbs	120g	Carbs	120g
Fiber	37g	Fiber	37g	Fiber	34g	Fiber	45g	Fiber	44g	Fiber	47g	Fiber	47g
Sugar	32g	Sugar	32g	Sugar	37g	Sugar	34g	Sugar	28g	Sugar	28g	Sugar	28g
Protein	126g	Protein	126g	Protein	75g	Protein	69g	Protein	95g	Protein	107g	Protein	107g
Cholesterol	215mg	Cholesterol	215mg	Cholesterol	152mg	Cholesterol	104mg	Cholesterol	207mg	Cholesterol	271mg	Cholesterol	271mg
Sodium	1889mg	Sodium	1889mg	Sodium	868mg	Sodium	1497mg	Sodium	1674mg	Sodium	1174mg	Sodium	1174mg
Potassium	3453mg	Potassium	3453mg	Potassium	3352mg	Potassium	4006mg	Potassium	4673mg	Potassium	4428mg	Potassium	4428mg
Vitamin A	4123IU	Vitamin A	4123IU	Vitamin A	5553IU	Vitamin A	10009IU	Vitamin A	11224IU	Vitamin A	6233IU	Vitamin A	6233IU
Vitamin C	254mg	Vitamin C	254mg	Vitamin C	189mg	Vitamin C	179mg	Vitamin C	321mg	Vitamin C	238mg	Vitamin C	238mg
Calcium	935mg	Calcium	935mg	Calcium	1078mg	Calcium	1077mg	Calcium	614mg	Calcium	1099mg	Calcium	1099mg
Iron	18mg	Iron	18mg	Iron	14mg	Iron	16mg	Iron	18mg	Iron	18mg	Iron	18mg
Vitamin D	81IU	Vitamin D	81IU	Vitamin D	3IU	Vitamin D	42IU	Vitamin D	47IU	Vitamin D	8IU	Vitamin D	8IU
Vitamin E	11mg	Vitamin E	11mg	Vitamin E	11mg	Vitamin E	11mg	Vitamin E	12mg	Vitamin E	12mg	Vitamin E	12mg
Thiamine	1.3mg	Thiamine	1.3mg	Thiamine	1.0mg	Thiamine	1.2mg	Thiamine	1.5mg	Thiamine	1.2mg	Thiamine	1.2mg
Riboflavin	1.9mg	Riboflavin	1.9mg	Riboflavin	1.7mg	Riboflavin	1.6mg	Riboflavin	2.1mg	Riboflavin	2.0mg	Riboflavin	2.0mg
Niacin	43mg	Niacin	43mg	Niacin	23mg	Niacin	27mg	Niacin	41mg	Niacin	40mg	Niacin	40mg
Vitamin B6	3.5mg	Vitamin B6	3.5mg	Vitamin B6	2.5mg	Vitamin B6	2.4mg	Vitamin B6	3.7mg	Vitamin B6	4.0mg	Vitamin B6	4.0mg
Folate	318µg	Folate	318µg	Folate	248µg	Folate	527µg	Folate	654µg	Folate	460µg	Folate	460µg
Vitamin B12	13.8µg	Vitamin B12	13.8µg	Vitamin B12	10.5µg	Vitamin B12	8.1µg	Vitamin B12	5.5µg	Vitamin B12	10.7µg	Vitamin B12	10.7µg
Phosphorous	1557mg	Phosphorous	1557mg	Phosphorous	1186mg	Phosphorous	1310mg	Phosphorous	1639mg	Phosphorous	1290mg	Phosphorous	1290mg
Magnesium	440mg	Magnesium	440mg	Magnesium	333mg	Magnesium	378mg	Magnesium	410mg	Magnesium	454mg	Magnesium	454mg
Zinc	14mg	Zinc	14mg	Zinc	11mg	Zinc	12mg	Zinc	16mg	Zinc	14mg	Zinc	14mg
Selenium	217µg	Selenium	217µg	Selenium	97µg	Selenium	109µg	Selenium	153µg	Selenium	139µg	Selenium	139µg





Fruits

- ☐ 6 1/2 Avocado
- ☐ 2 Fig
- ☐ 1 1/2 Kiwi
- ☐ 2 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 3 1/2 tbsps Lime Juice
- ☐ 1 1/2 Navel Orange
- ☐ 2 Peach
- ☐ 1 cup Raspberries
- ☐ 1/2 cup Strawberries

Seeds, Nuts & Spices

- ☐ 1 cup Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 2 1/3 tsps Cinnamon
- ☐ 2 1/4 tsps Cumin
- ☐ 1/2 tsp Paprika
- ☐ 2 2/3 tsps Sea Salt
- ☐ 1 tsp Sesame Seeds
- ☐ 1 1/3 tsps Turmeric

Frozen

- ☐ 2 cups Frozen Blueberries
- ☐ 2 cups Frozen Cauliflower

Vegetables

- ☐ 4 cups Arugula
- ☐ 3 cups Asparagus
- ☐ 1/2 head Cauliflower
- ☐ 1/2 cup Cherry Tomatoes
- ☐ 3 tbsps Chives
- ☐ 1/2 cup Cilantro
- ☐ 18 Cremini Mushrooms
- ☐ 1 1/8 Cucumber
- ☐ 1 Garlic
- ☐ 5 stalks Green Onion
- ☐ 1/2 Jalapeno Pepper
- ☐ 4 1/2 cups Purple Cabbage
- ☐ 3 1/2 Red Bell Pepper
- ☐ 4 leaves Romaine
- ☐ 1 head Romaine Hearts
- ☐ 1/2 tsp Thyme

Boxed & Canned

- ☐ 1 1/8 cups Brown Rice
- ☐ 3/4 cup Diced Tomatoes
- ☐ 3 cans Tuna

Baking

- ☐ 4 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1 2/3 lbs Salmon Fillet
- ☐ 1 1/2 lbs Top Sirloin Steak

Condiments & Oils

- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Green Olives
- ☐ 2 tbsps Tahini

Cold

- ☐ 2 cups Oat Milk
- ☐ 5 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 5 1/2 cups Water



Creamy Blueberry Smoothie

1 serving**5 minutes**

Ingredients

- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Unsweetened Coconut Yogurt
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 Lemon (small, juiced)
- 1 cup Water

Nutrition

Amount per serving	
Calories	324
Fat	9g
Carbs	41g
Fiber	14g
Sugar	17g
Protein	25g
Cholesterol	4mg
Sodium	102mg
Potassium	592mg
Vitamin A	92IU
Vitamin C	79mg
Calcium	500mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.3mg
Riboflavin	0.7mg
Niacin	2mg
Vitamin B6	0.4mg
Folate	102µg
Vitamin B12	1.9µg
Phosphorous	384mg
Magnesium	114mg

Directions

1

Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Zinc	2mg
Selenium	8µg



Orange Turmeric Overnight Oats

3 servings**2 hours**

Ingredients

- 1 1/2 cups Oats (rolled)
- 2 cups Oat Milk (unsweetened)
- 1 1/8 tsp Turmeric
- 1/3 tsp Cinnamon
- 1 1/2 tbsps Chia Seeds
- 1 1/2 Navel Orange (divided)

Nutrition

Amount per serving	
Calories	297
Fat	8g
Carbs	50g
Fiber	9g
Sugar	11g
Protein	9g
Cholesterol	0mg
Sodium	66mg
Potassium	574mg
Vitamin A	174IU
Vitamin C	41mg
Calcium	309mg
Iron	3mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0.2mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	37µg
Vitamin B12	0.8µg
Phosphorous	354mg
Magnesium	84mg
Zinc	2mg

Directions

- 1 Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
- 2 Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add maple syrup, honey or a pinch of sea salt.

Additional Toppings: Crushed nuts, hemp seeds, coconut flakes, or nut butter.



Selenium

12µg



Coconut Chia Seed Yogurt

2 servings

30 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
2 tsps Cinnamon
1/2 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	368
Fat	23g
Carbs	37g
Fiber	17g
Sugar	3g
Protein	9g
Cholesterol	0mg
Sodium	50mg
Potassium	414mg
Vitamin A	12IU
Vitamin C	21mg
Calcium	799mg
Iron	5mg
Vitamin D	0IU
Vitamin E	0mg
Thiamine	0mg
Riboflavin	0mg
Niacin	0mg
Vitamin B6	0mg
Folate	9µg
Vitamin B12	2.7µg
Phosphorous	10mg
Magnesium	146mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Tuna Salad Plate

2 servings

5 minutes

Ingredients

2 cans Tuna (drained, broken into chunks)
1 Avocado (pit removed)
1/2 cup Unsweetened Coconut Yogurt
1/2 Cucumber (sliced)
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	342
Fat	18g
Carbs	14g
Fiber	8g
Sugar	2g
Protein	35g
Cholesterol	59mg
Sodium	1018mg
Potassium	893mg
Vitamin A	320IU
Vitamin C	12mg
Calcium	177mg
Iron	4mg
Vitamin D	78IU
Vitamin E	3mg
Thiamine	0.1mg
Riboflavin	0.3mg
Niacin	19mg
Vitamin B6	0.8mg
Folate	93µg
Vitamin B12	4.9µg
Phosphorous	300mg
Magnesium	77mg
Zinc	2mg

Directions

1

Assemble all the ingredients onto a plate or into a container if on-the-go.
Season with salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add pepper, paprika and/or lemon juice.

Additional Toppings: Top with sliced green onions, red onion or red pepper flakes.

No Tuna: Use sardines or salmon instead.

No Coconut Yogurt: Use mayonnaise or Greek yogurt instead.



Selenium

117µg



Yogurt & Peaches

2 servings

5 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
2 Peach (sliced, fresh or frozen and thawed)

Nutrition

Amount per serving	
Calories	169
Fat	7g
Carbs	26g
Fiber	5g
Sugar	14g
Protein	2g
Cholesterol	0mg
Sodium	50mg
Potassium	285mg
Vitamin A	489IU
Vitamin C	10mg
Calcium	509mg
Iron	1mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0mg
Folate	6µg
Vitamin B12	2.7µg
Phosphorous	30mg
Magnesium	14mg
Zinc	0mg
Selenium	0µg

Directions

- 1 Add the yogurt to a bowl and top with the peach slices. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Additional Toppings: Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

No Coconut Yogurt: Use Greek yogurt instead.



Tuna Salad Lettuce Wraps

2 servings

15 minutes

Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

Nutrition

Amount per serving	
Calories	251
Fat	16g
Carbs	13g
Fiber	8g
Sugar	2g
Protein	19g
Cholesterol	30mg
Sodium	513mg
Potassium	838mg
Vitamin A	5579IU
Vitamin C	19mg
Calcium	56mg
Iron	3mg
Vitamin D	39IU
Vitamin E	2mg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	10mg
Vitamin B6	0.6mg
Folate	167µg
Vitamin B12	2.1µg
Phosphorous	193mg

Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to two days.

Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

No Avocado: Use mayonnaise instead.



Magnesium	62mg
Zinc	1mg
Selenium	59µg



Bell Peppers with Guacamole

3 servings

5 minutes

Ingredients

- 1 1/2 Avocado (medium)
- 2 tbsps Lemon Juice
- 1/3 tsp Sea Salt (or more to taste)
- 3 Red Bell Pepper (medium, sliced)

Nutrition

Amount per serving	
Calories	194
Fat	15g
Carbs	16g
Fiber	9g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	307mg
Potassium	749mg
Vitamin A	3873IU
Vitamin C	166mg
Calcium	21mg
Iron	1mg
Vitamin D	0IU
Vitamin E	4mg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.6mg
Folate	138µg
Vitamin B12	0µg
Phosphorous	84mg
Magnesium	44mg
Zinc	1mg
Selenium	1µg

Directions

- 1 In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
- 2 Serve the guacamole with red bell pepper slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper: Use cucumber slices, carrot sticks, or crackers instead.



Oatmeal with Raspberries

2 servings**10 minutes**

Ingredients

- 2 cups Water
- 1 cup Oats (quick or rolled)
- 1 cup Raspberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	185
Fat	3g
Carbs	35g
Fiber	8g
Sugar	3g
Protein	6g
Cholesterol	0mg
Sodium	8mg
Potassium	239mg
Vitamin A	20IU
Vitamin C	16mg
Calcium	60mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	26µg
Vitamin B12	0µg
Phosphorous	184mg
Magnesium	74mg
Zinc	2mg
Selenium	12µg

Directions

- 1 Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about five minutes or until the oats are tender and most of the water is absorbed.
- 2 Transfer the cooked oats to a bowl and top with raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add cinnamon, vanilla extract and/or a pinch of salt.

Additional Toppings: Almond butter, sunflower seed butter, almond milk, nuts, seeds, yogurt, honey, maple syrup or granola.

No Raspberries: Top with blueberries, strawberries, peaches or bananas.

No Stove Top: Cook oats in the microwave instead.



One Pan Lemon & Chive Salmon

3 servings

15 minutes

Ingredients

1/3 cup Extra Virgin Olive Oil (divided)
4 1/2 cups Purple Cabbage (sliced into thick wedges)
1/8 tsp Sea Salt (divided)
15 ozs Salmon Fillet
3 tbsps Chives (finely chopped)
2 1/4 tbsps Lemon Juice

Nutrition

Amount per serving	
Calories	485
Fat	36g
Carbs	11g
Fiber	3g
Sugar	5g
Protein	30g
Cholesterol	78mg
Sodium	247mg
Potassium	1040mg
Vitamin A	1678IU
Vitamin C	82mg
Calcium	81mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg
Thiamine	0.4mg
Riboflavin	0.6mg
Niacin	12mg
Vitamin B6	1.5mg
Folate	65µg
Vitamin B12	4.5µg
Phosphorous	326mg
Magnesium	64mg

Directions

- 1 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 2 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 3 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 4 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

Notes

Leftovers: For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

More Flavor: Add red pepper flakes and black pepper to the chive mixture.



Zinc	1mg
Selenium	53µg



Chia Oats with Kiwi

3 servings

10 minutes

Ingredients

- 1 1/2 cups Water
- 1 1/2 cups Oats (rolled)
- 3 tbsps Chia Seeds
- 1 1/2 Kiwi (chopped)

Nutrition

Amount per serving	
Calories	235
Fat	7g
Carbs	37g
Fiber	8g
Sugar	4g
Protein	8g
Cholesterol	0mg
Sodium	6mg
Potassium	341mg
Vitamin A	30IU
Vitamin C	32mg
Calcium	112mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	22µg
Vitamin B12	0µg
Phosphorous	178mg
Magnesium	99mg
Zinc	2mg
Selenium	12µg

Directions

- 1 In a small saucepan, bring the water to a boil and add the oats and chia seeds. Reduce to a simmer and cook for 4 to 5 minutes or until cooked through. Be sure to stir often.
- 2 Divide the oatmeal between bowls and top with kiwi. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. For best results, reheat with additional liquid over the stove or in the microwave.

Serving Size: One serving is equal to half a cup of oatmeal and half of a kiwi.

More Flavor: Add cinnamon or maple syrup.

Additional Toppings: Add nuts, seeds and berries.



Cuban Beef Picadillo

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)
3/4 tsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Beef
1/2 Red Bell Pepper (chopped)
3/4 cup Diced Tomatoes (from the can with juices)
2 stalks Green Onion (chopped, green part only)
1/4 cup Cilantro (chopped)
1/4 cup Green Olives (sliced)
3/4 tsp Cumin
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	437
Fat	17g
Carbs	42g
Fiber	4g
Sugar	4g
Protein	28g
Cholesterol	74mg
Sodium	516mg
Potassium	587mg
Vitamin A	2003IU
Vitamin C	49mg
Calcium	65mg
Iron	6mg
Vitamin D	3IU
Vitamin E	2mg
Thiamine	0.3mg
Riboflavin	0.2mg

Directions

- 1 Cook the brown rice according to package directions.
- 2 Meanwhile, in a large skillet over medium-high heat, warm the olive oil. Add the beef, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 3 Add the bell pepper, tomatoes with juices, green onion, cilantro, green olives, cumin and salt to the pan. Stir to combine. Reduce the heat to medium and let it simmer for 15 to 20 minutes until the red pepper is tender.
- 4 Divide the rice and beef mixture between plates and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Stir in a couple of tablespoons of olive brine or add minced garlic.

Additional Toppings: Serve with extra chopped cilantro, green onions or lime juice on top.

Grain-Free: Use roasted potatoes or cauliflower rice instead of rice.



Niacin	9mg
Vitamin B6	0.7mg
Folate	36µg
Vitamin B12	2.5µg
Phosphorous	369mg
Magnesium	86mg
Zinc	7mg
Selenium	27µg



Taco Salad with Beef

2 servings

25 minutes

Ingredients

8 ozs Extra Lean Ground Beef
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/4 tsp Sea Salt
1/2 cup Cherry Tomatoes (chopped)
1/2 Jalapeno Pepper (chopped)
1 stalk Green Onion (chopped)
1 1/2 tsps Lime Juice (divided)
1 head Romaine Hearts (chopped)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	452
Fat	34g
Carbs	15g
Fiber	9g
Sugar	3g
Protein	26g
Cholesterol	74mg
Sodium	499mg
Potassium	1112mg
Vitamin A	3182IU
Vitamin C	24mg
Calcium	67mg
Iron	5mg
Vitamin D	3IU
Vitamin E	5mg
Thiamine	0.2mg
Riboflavin	0.4mg
Niacin	8mg

Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
- 3 In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
- 4 To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

Make it Vegan: Use black beans instead of ground beef.



Vitamin B6	0.8mg
Folate	118µg
Vitamin B12	2.5µg
Phosphorous	298mg
Magnesium	72mg
Zinc	6mg
Selenium	20µg



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	369mg
Potassium	1197mg
Vitamin A	585IU
Vitamin C	85mg
Calcium	136mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Additional Toppings: Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Vitamin E	3mg
Thiamine	0.7mg
Riboflavin	0.4mg
Niacin	7mg
Vitamin B6	0.9mg
Folate	199µg
Vitamin B12	0µg
Phosphorous	435mg
Magnesium	146mg
Zinc	3mg
Selenium	18µg



One Pan Steak, Asparagus & Mushrooms

3 servings

10 minutes

Ingredients

2 1/4 tps Extra Virgin Olive Oil
(divided)
1 1/2 lbs Top Sirloin Steak
1/3 tsp Sea Salt (divided)
3 cups Asparagus (woody ends
trimmed)
18 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	566
Fat	36g
Carbs	9g
Fiber	4g
Sugar	5g
Protein	51g
Cholesterol	177mg
Sodium	419mg
Potassium	1315mg
Vitamin A	1013IU
Vitamin C	10mg
Calcium	92mg
Iron	7mg
Vitamin D	8IU
Vitamin E	3mg
Thiamine	0.4mg
Riboflavin	0.8mg
Niacin	20mg
Vitamin B6	1.5mg
Folate	113µg
Vitamin B12	2.6µg
Phosphorous	573mg
Magnesium	74mg

Directions

- 1 Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
- 2 Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
- 3 Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
- 4 Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.



Zinc	9mg
Selenium	63µg



Arugula Salad with Salmon

2 servings

15 minutes

Ingredients

12 ozs Salmon Fillet
1/4 tsp Sea Salt
2 tbsps Extra Virgin Olive Oil
2 tbsps Lemon Juice
4 cups Arugula
1/2 Cucumber (sliced)
1 Avocado (sliced)
2 Fig (optional, quartered)

Nutrition

Amount per serving	
Calories	583
Fat	40g
Carbs	23g
Fiber	9g
Sugar	11g
Protein	38g
Cholesterol	94mg
Sodium	390mg
Potassium	1711mg
Vitamin A	1315IU
Vitamin C	25mg
Calcium	127mg
Iron	3mg
Vitamin D	0IU
Vitamin E	4mg
Thiamine	0.5mg
Riboflavin	0.9mg
Niacin	16mg
Vitamin B6	1.8mg
Folate	174µg
Vitamin B12	5.4µg

Directions

- 1 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 2 In a small bowl, mix the oil and lemon juice together.
- 3 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers: For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor: Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings: More vegetables, nuts or seeds.



Phosphorous	439mg
Magnesium	116mg
Zinc	2mg
Selenium	63µg