

Practical Low Carb Cooking For One

50 easy nutritious recipes



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By Tammy Mc Donald, CNP, CPT, NNCP

Booklet One in the “Practical Low Carb Kitchen” series

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Rocky Mountain House, Alberta, Canada

www.buffalowellness.ca

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In a world where most recipe books are geared towards groups, I wanted to offer this unique collection of recipes for those cooking for one.

The recipes are designed with simple, whole food ingredients that can be found in most grocery stores. With minimal meal prep and easy-to-follow directions, you can have food on the table in under 40 minutes.

This collection of recipes makes it easy to eat healthier, being made with a wide spectrum of protein sources - red meats, white meats, fish and seafood, eggs and dairy - plus select vegetables and fruits. They're also sugar-free, grain-free and soy-free. Did I mention they also taste amazing?

Cheers to your health!

Tammy Mc Donald, CNP, CPT, NNCP
Buffalo Wellness

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Shakes & Bowls





Protein Shake - Mangolicious

1 serving
2 minutes

Ingredients

- 1 cup Water
- 30 grams Protein Powder (plain, Unsweetened)
- 1/2 cup Frozen Mango
- 1/3 cup Plain Greek Yogurt
- 1 tbsp Chia Seeds (ground)
- 1/2 cup Ice Cubes
- 1/2 cup Baby Spinach

Directions

- 1 Add ingredients to blender and blend to desired consistency.
- 2 Smoothies are a great "make and go" healthy food.

Nutrition

Amount per serving	
Calories	275
Fat	6g
Carbs	24g
Fiber	7g
Protein	34g
Sodium	113mg
Potassium	422mg
Vitamin C	39mg
Calcium	431mg
Vitamin K	76µg
Magnesium	83mg



Protein Shake - Raspberry Cheesecake

1 serving
5 minutes

Ingredients

1/2 cup Plain Coconut Milk
30 grams Vanilla Protein Powder
1/2 cup Raspberries
3 tbsps Cream Cheese, Regular
1 tbsp Lemon Juice (or 1/4 fresh squeezed lemon)
1/2 cup Ice Cubes

Directions

- 1 Add ingredients to blender and blend to desired consistency.
- 2 Smoothies are a great "make and go" healthy food.

Nutrition

Amount per serving	
Calories	313
Fat	16g
Carbs	15g
Fiber	5g
Protein	27g
Sodium	262mg
Potassium	329mg
Vitamin C	22mg
Calcium	415mg
Vitamin K	6µg
Magnesium	76mg



Yogurt Power Bowl - Raspberry Cloud

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt (unflavoured, unsweetened)
- 30 grams Vanilla Protein Powder (One 30 gram scoop, yields approx. 25g protein)
- 1 tbsp Chia Seeds
- 1/4 Lemon (fresh squeezed)
- 1/2 cup Raspberries (fresh or frozen)

Directions

- 1 Raspberries are high in several powerful antioxidant compounds, including vitamin C, quercetin and ellagic acid. Among its many accolades, ellagic acid is a nutritional superhero for your skin.
- 2 In a bowl, mix together yogurt, protein powder, chia seeds and lemon. Fold in the raspberries, reserving a few to garnish the top. Transfer to a lunch container and refrigerate until mealtime.

Nutrition

Amount per serving	
Calories	381
Fat	10g
Carbs	27g
Fiber	8g
Protein	48g
Sodium	188mg
Potassium	342mg
Vitamin C	36mg
Calcium	723mg
Vitamin K	5µg
Magnesium	108mg



Yogurt Power Bowl - Tropico

1 serving
5 minutes

Ingredients

- 1 cup Plain Greek Yogurt (unflavoured, unsweetened)
- 30 grams Vanilla Protein Powder (One 30 gram scoop, yields approx. 25g protein)
- 1 tbsp Chia Seeds
- 1 tbsp Unsweetened Coconut Flakes
- 1/4 cup Crushed Pineapple

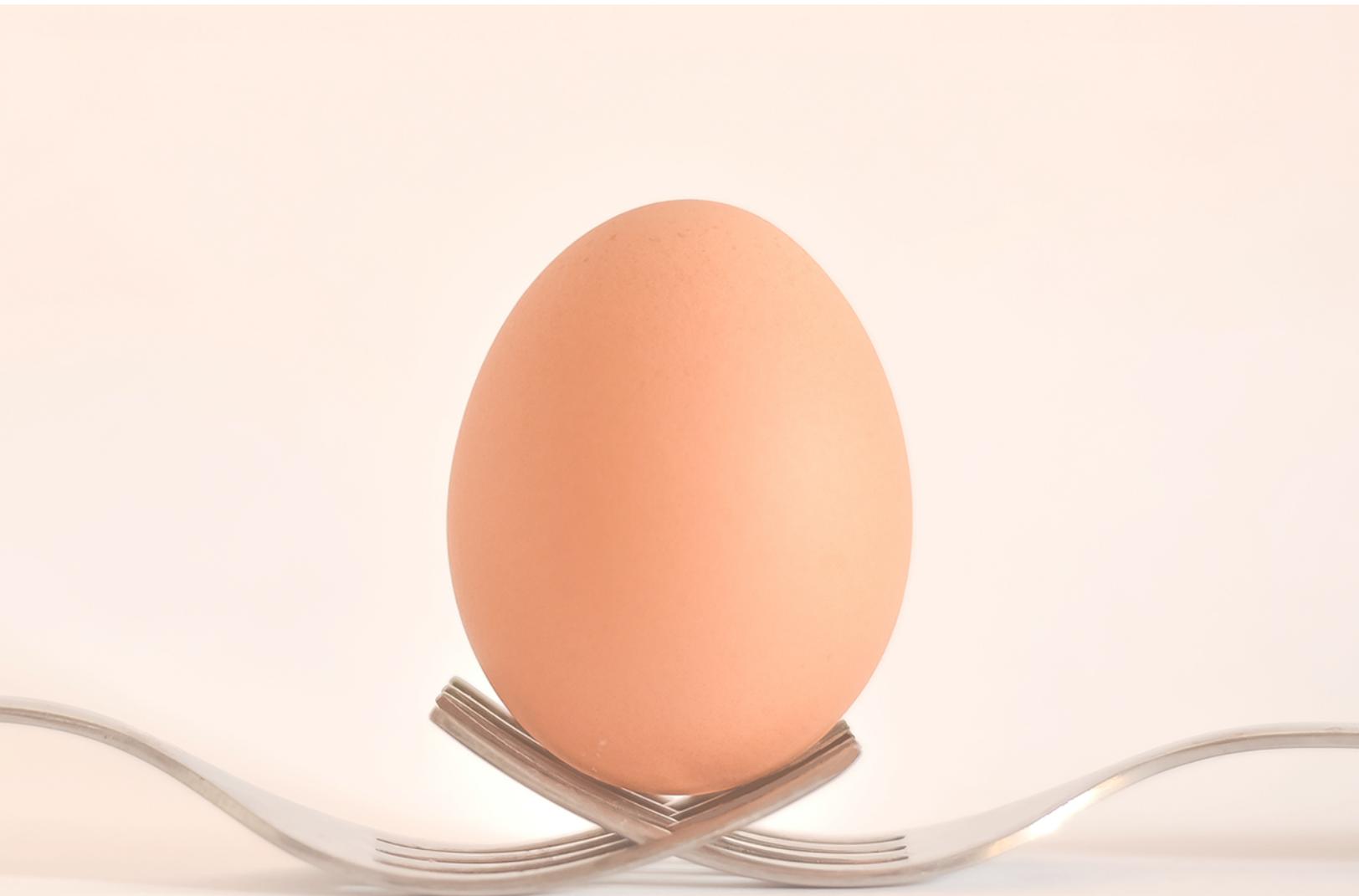
Directions

- 1 Pineapples are rich in vitamins, enzymes and antioxidants. They may help boost the immune system, build strong bones and aid indigestion. Despite their sweetness, pineapples are surprisingly low in carbs, with a 1/4 cup serving yielding 8.5 net carbs.
- 2 In a bowl, mix together yogurt, protein powder, chia seeds and pineapple. Top with coconut flakes, transfer to a lunch container and refrigerate until mealtime.

Nutrition

Amount per serving	
Calories	415
Fat	13g
Carbs	29g
Fiber	5g
Protein	48g
Sodium	193mg
Potassium	305mg
Vitamin C	21mg
Calcium	707mg
Vitamin K	0µg
Magnesium	94mg

Eggs





Deviled Egg in Romaine Leaves

1 serving
15 minutes

Ingredients

- 2 Egg (hard boiled)
- 2 tps Red Onion (diced)
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard
- 1 tbsp Chives (minced, divided)
- 1/8 tsp Paprika
- 2 leaves Romaine
- 1/16 tsp Sea Salt

Directions

- 1 Peel eggs and mash with a fork. Add mayonnaise, red onion, dijon, chives, paprika, and salt. Stir to combine. Add to a lunch container, add romaine leaves to a different container, and refrigerate all until mealtime.
- 2 Divide egg salad onto romaine leaves for a crunchy wrap.

Nutrition

Amount per serving	
Calories	350
Fat	30g
Carbs	4g
Fiber	1g
Protein	14g
Sodium	525mg
Potassium	307mg
Vitamin C	4mg
Calcium	82mg
Vitamin K	109µg
Magnesium	23mg



Egg Cups - Easy Cheesy Eggs 'n Bacon

1 serving
 25 minutes

Ingredients

- 2 slices Bacon (chopped coarsely)
- 10 grams Cheddar Cheese (about 2 tablespoons, shredded)
- 2 Egg (Large)
- 1 tbsp Cream, Half & Half
- 1/16 tsp Black Pepper (or to taste)
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	424
Fat	35g
Carbs	2g
Fiber	0g
Protein	23g
Sodium	637mg
Potassium	287mg
Vitamin C	0mg
Calcium	148mg
Vitamin K	1µg
Magnesium	24mg

Directions

- 1 Egg cups can be enjoyed fresh from the oven or made ahead and refrigerated for a no fuss breakfast or easy lunch to go.
- 2 Preheat oven to 350°F. Depending on size of cups, grease 2-3 muffin cups with olive oil or use silicone tray. ** Higher oven temps may cause egg muffins to inflate too quickly, then fall in the middle when cooled.
- 3 Sauté chopped bacon in a skillet over medium heat 3-4 minutes or until slightly crisp. Drain on paper towel, then divide bacon and cheese between cups of prepared muffin tray.
- 4 Whisk eggs, cream and spices together and pour into muffin cups.
- 5 Bake about 15 minutes or until a knife inserted into center comes out clean. Let cool slightly before removing from tray. Enjoy while warm, or refrigerate until meal time.
- 6 TIP: where recipe is required for a second day (or making for two) simply double the batch. Keep extras refrigerated up to 3 days.
- 7 MORE FLAVOUR: add diced chives or other herbs



Mediterranean Egg & Veggie Bowl

1 serving
 15 minutes

Ingredients

- 2 Egg (hard boiled)
- 2 cups Mixed Greens
- 1/4 Tomato (cut into wedges)
- 1/4 Cucumber (medium, diced)
- 1/4 cup Black Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Feta Cheese (crumbled)
- 1/2 tsp Oregano (or desired seasoning)

Nutrition

Amount per serving	
Calories	476
Fat	42g
Carbs	9g
Fiber	2g
Protein	16g
Sodium	543mg
Potassium	505mg
Vitamin C	14mg
Calcium	194mg
Vitamin K	33µg
Magnesium	28mg

Directions

- 1 Tip: prepare several hard boiled eggs on prep day to have on hand in the fridge. Peel and use as needed.
- 2 In a large bowl, add the mixed greens, tomato, cucumber, onion, bell pepper, olives. Drizzle with olive oil. Toss to combine.
- 3 Transfer to a serving bowl or lunch container and crumble the feta cheese over top.
- 4 Peel two hard boiled eggs, slice them in half and add them to the bowl or lunch container. Top with oregano or other seasoning. Refrigerate until meal time.



Mushroom & Cheddar Omelette

1 serving
15 minutes

Ingredients

- 3 Egg (whisked)
- 1 1/2 cups Mushrooms (sliced)
- 30 grams Mozzarella Cheese (shredded)
- 1 tbsp Chives (chopped)
- 1 tbsp Butter (divided)

Nutrition

Amount per serving	
Calories	424
Fat	32g
Carbs	6g
Fiber	2g
Protein	29g
Sodium	318mg
Potassium	677mg
Vitamin C	5mg
Calcium	202mg
Vitamin K	8µg
Magnesium	33mg

Directions

- 1 Heat half the butter in a skillet over medium heat. Add mushrooms and cook for 5-7 minutes until mushrooms have softened. Add chives and transfer to a plate to set aside.
- 2 Whisk the eggs in a small bowl.
- 3 Heat remaining butter in the skillet. Add eggs and cook until almost set. Place mushrooms on one half of omelet and sprinkle shredded mozza over top. Fold other half over top of filling. Remove from heat and transfer to a serving plate.



Pan Scramble - Spinach, Tomato, Turmeric

1 serving
20 minutes

Ingredients

- 3 Egg (large)
- 1 1/2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 20 grams Cheddar Cheese (shredded)
- 1/4 tsp Turmeric
- 1/8 tsp Black Peppercorns (fresh ground, or 1/8 tsp ground pepper)
- 1 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	440
Fat	35g
Carbs	7g
Fiber	2g
Protein	25g
Sodium	382mg
Potassium	612mg
Vitamin C	21mg
Calcium	277mg
Vitamin K	230µg
Magnesium	66mg

Directions

- 1 In a bowl, add the eggs, turmeric, pepper and lemon juice. Whisk together.
- 2 Preheat olive oil in a skillet over medium-high heat. Add spinach and tomatoes, cook 2-3 minutes until spinach is slightly wilted.
- 3 Pour egg mixture into the skillet and mix slightly. Reduce heat to medium and cook until eggs start to set. Sprinkle grated cheddar over top then lift and fold ingredients together for even cooking.
- 4 Remove from skillet and transfer to a serving plate. Season with a bit of sea salt and more pepper if desired.

Fish & Seafood





Cod & Shrimp Stew

1 serving
 20 minutes

Ingredients

- 1/2 Cod Fillet (cubed)
- 85 grams Shrimp (medium, peeled, deveined)
- 1/2 cup Asparagus (trimmed, chopped)
- 1/4 cup Canned Coconut Milk
- 1 1/2 tsps Tomato Paste
- 1/2 tsp Extra Virgin Olive Oil
- 1/4 cup Water
- 1 1/2 tsps Chives (chopped, for garnish)
- 1/2 tsp Cumin

Nutrition

Amount per serving	
Calories	317
Fat	14g
Carbs	6g
Fiber	2g
Protein	40g
Sodium	188mg
Potassium	1032mg
Vitamin C	8mg
Calcium	111mg
Vitamin K	34µg
Magnesium	85mg

Directions

- 1 Heat the oil in a pan over medium heat. Add asparagus and sauté 3-4 minutes. Add the cumin, tomato paste, salt, and pepper.
- 2 Add water and coconut milk to the pan and stir well. Bring to a boil, then turn down heat to simmer. Place cod and shrimp in the pan, cover with a lid and cook 7-8 minutes or until everything is cooked through.
- 3 Transfer to a serving dish and top with chives. Enjoy!
- 4 Tip: spoon unused tomato paste into ice cube tray and freeze. Once frozen, pop out and store in a small freezer bag in the freezer to use for future recipes. Remember to label the bag!



One Pan Everything Salmon & Brussels Sprouts

1 serving
35 minutes

Ingredients

198 grams Salmon Fillet
1 1/2 cups Brussels Sprouts
1 1/2 tsps Extra Virgin Olive Oil
1 tsp Dijon Mustard
1 tbsp Everything Bagel Seasoning (divided)

Nutrition

Amount per serving	
Calories	403
Fat	20g
Carbs	12g
Fiber	5g
Protein	44g
Sodium	775mg
Potassium	1485mg
Vitamin C	112mg
Calcium	79mg
Vitamin K	238µg
Magnesium	88mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add Brussels sprouts to the pan. Drizzle with oil and toss to coat. Bake in oven 15 minutes.
- 3 Remove pan from oven and season Brussels sprouts with half of the Everything Bagel seasoning. Toss to coat evenly.
- 4 Place salmon on the pan and spread Dijon mustard evenly over top side of fillets. Generously coat top side of salmon with remaining everything bagel seasoning. Continue to bake for 15-18 minutes or until salmon is cooked through. Transfer to a serving plate and enjoy!
- 5 Alternate: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



Sautéed Halibut in Butter Herb Sauce

1 serving
 15 minutes

Ingredients

- 227 grams Halibut Fillet
- 1 Garlic (cloves, finely chopped)
- 1 tbsp Capers
- 1 tbsp Butter (divided)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 tps Lemon Juice
- 1/2 tsp Tarragon (chopped)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	438
Fat	28g
Carbs	2g
Fiber	0g
Protein	43g
Sodium	654mg
Potassium	1028mg
Vitamin C	4mg
Calcium	34mg
Vitamin K	12µg
Magnesium	58mg

Directions

- 1 Pat halibut dry and season with salt and pepper.
- 2 Heat a large skillet over medium heat. Once hot, melt half the butter and add half the olive oil. Place halibut in skillet and cook for 3-5 (depending on thickness). Flip and cook an additional 2-3 minutes. Remove and set aside.
- 3 In same skillet, reduce heat to medium-low and drizzle in remaining olive oil. Add garlic and cook until just fragrant, about 1 minute. Add in lemon juice, capers, remaining butter and tarragon. Season with salt and pepper. Stir to combine.
- 4 Place halibut back in skillet and spoon sauce over top, basting it about 30 seconds. Transfer to a serving plate and enjoy with a hot vegetable or side salad.
- 5 ALTERNATES: use any white fish of equal weight in place of halibut.



Scallops with Bacon & Spinach

1 serving
15 minutes

Ingredients

227 grams Scallops
3 cups Baby Spinach
2 slices Bacon, Cooked
2 tbsps Chives

Nutrition

Amount per serving	
Calories	268
Fat	9g
Carbs	11g
Fiber	2g
Protein	36g
Sodium	1316mg
Potassium	1073mg
Vitamin C	29mg
Calcium	110mg
Vitamin K	447µg
Magnesium	128mg

Directions

- 1 Preheat a skillet and add chopped bacon, saute over medium high heat 3-4 minutes.
- 2 Reduce heat to medium and add scallops, stirring enough to heat all sides. After 2 minutes, add the spinach. Continue cooking until spinach is nicely wilted. Remove from heat and serve.
- 3 Be cautious not to overcook the scallops or they will become rubbery.



Sesame Trout & Bok Choy

1 serving
15 minutes

Ingredients

227 grams Steelhead Trout
2 cups Bok Choy (baby, halved)
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/4 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	462
Fat	28g
Carbs	3g
Fiber	1g
Protein	46g
Sodium	506mg
Potassium	1200mg
Vitamin C	63mg
Calcium	206mg
Vitamin K	72µg
Magnesium	103mg

Directions

- 1 Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
- 2 Add the fish and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until fish is cooked through. Transfer to a serving plate and garnish with lemon wedges and additional sea salt if desired.
- 3 Alternate: substitute Salmon, Yellowtail, Arctic Char, Bluefish, Mackerel, Mahi Mahi, Ocean/Sea Trout, Rainbow Trout

Poultry





Baked Hawaiian Pizza Chicken

1 serving
 25 minutes

Ingredients

- 170 grams Chicken Breast
- 20 grams Canadian Bacon (1 slice, chopped)
- 30 grams Mozzarella Cheese (shredded or sliced)
- 1/4 cup Crushed Pineapple
- 2 tbsps Tomato Sauce
- 1/4 tsp Italian Seasoning
- 1/8 tsp Black Pepper (or to taste)
- 1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving	
Calories	351
Fat	10g
Carbs	11g
Fiber	1g
Protein	50g
Sodium	675mg
Potassium	931mg
Vitamin C	8mg
Calcium	123mg
Vitamin K	1µg
Magnesium	58mg

Directions

- 1 Preheat oven to 400°F (205°C) and line a baking dish with parchment paper.
- 2 Cut large chicken breast in half lengthwise to make two thinner halves. Place chicken halves on prepared baking sheet and season both sides with salt and pepper. Bake 12-15 minutes or until chicken is cooked through.
- 3 Remove baking sheet from oven and adjust oven setting to broil.
- 4 Cover chicken halves evenly with tomato sauce and sprinkle with Italian seasoning. Top with back bacon, pineapple and cheese. Broil 1-2 minutes or until cheese is melted and slightly browned. Let cool a few minutes then transfer to a serving plate. Enjoy with a side salad or hot vegetable.



Cajun Skillet, Shrimp & Chicken Thigh

1 serving
 20 minutes

Ingredients

- 170 grams Chicken Thigh, Boneless, Skinless
- 90 grams Shrimp (about 4 large, peeled, deveined)
- 1/4 Cucumber (bite size chunks)
- 1/2 Red Bell Pepper
- 1 stalk Green Onion (chopped)
- 1 1/2 cups Baby Spinach
- 1 tbsp Butter
- 1 tsp Cajun Spice (or other desired spices)
- 1/8 tsp Sea Salt

Directions

- 1 Chop chicken thigh into bite size chunks. Preheat butter in a skillet over medium-high heat. Add chicken and sauté on all sides.
- 2 Add shrimp, vegetables and spices and cook until done.
- 3 Transfer to a serving plate on a bed of baby spinach.
- 4 Variation 1: use hot peppers for a spicier dish.
- 5 Variation 2: near end of cooking, add spinach and cook until just wilted.

Nutrition

Amount per serving	
Calories	425
Fat	20g
Carbs	9g
Fiber	3g
Protein	55g
Sodium	828mg
Potassium	1164mg
Vitamin C	92mg
Calcium	140mg
Vitamin K	252µg
Magnesium	126mg



Lemon Garlic Chicken & Green Beans

1 serving
 20 minutes

Ingredients

- 227 grams Chicken Thighs (boneless, skinless)
- 1 1/2 cups Green Beans (trimmed, fresh)
- 1 Garlic (clove, minced)
- 1/4 cup Chicken Broth
- 1 tbsp Butter (divided)
- 2 tsps Lemon Juice
- 1/2 tsp Paprika
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	438
Fat	22g
Carbs	13g
Fiber	5g
Protein	48g
Sodium	754mg
Potassium	934mg
Vitamin C	23mg
Calcium	88mg
Vitamin K	74µg
Magnesium	95mg

Directions

- 1 Season chicken with paprika, salt, and black pepper.
- 2 Heat a skillet over medium-high heat and melt 2/3 of butter. Add chicken thighs and cook 5-6 minutes per side, or until cooked through. Remove chicken from pan.
- 3 Reduce heat to low and add remaining butter. Add green beans and garlic, cook 4 minutes, stirring occasionally. Add chicken broth and lemon juice. Cook until liquid is reduced, about 5 minutes.
- 4 Add chicken back to pan until warmed through. Transfer to a serving plate and enjoy!



Lemon Oregano Chicken

1 serving
30 minutes

Ingredients

227 grams Chicken Thighs
1/2 Garlic (clove, minced very fine)
1/4 Lemon (zest and juice divided)
2/3 tsp Oregano
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	281
Fat	9g
Carbs	2g
Fiber	0g
Protein	45g
Sodium	511mg
Potassium	576mg
Vitamin C	5mg
Calcium	30mg
Vitamin K	11µg
Magnesium	55mg

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add chicken to a large bowl with garlic, lemon zest, half the lemon juice, oregano and salt. Toss to coat chicken evenly in the seasonings.
- 3 Transfer seasoned chicken thighs onto the baking sheet and cook 25 minutes or until cooked through. Remove from oven and drizzle with remaining lemon juice. Season with additional salt if needed. Enjoy!
- 4 **AIR FRYER METHOD:** Preheat air fryer to 380°F (193°C). Add seasoned chicken thighs to air fryer basket skin side down. Cook 16-18 minutes or until cooked through, turning thighs mid-way through cooking.
- 5 **ZESTING A LEMON:** Wash and scrub lemon to remove any wax coating. Using finest side of a cheese grater, gently grate the lemon using short strokes to achieve a very fine zest.
- 6 **TIP:** When zesting lemons, limes, or oranges, only use brightly colored flesh of the peel. The white part, or pith, is quite bitter.



Pressure Cooker Chicken & Bacon Soup

1 serving
 30 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1/4 Yellow Onion (chopped)
- 1 stalk Celery (chopped)
- 1/3 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/4 tsp Dried Chives
- 1/4 tsp Dried Parsley
- 1 1/2 cups Chicken Broth
- 170 grams Chicken Thighs (boneless and skinless, trimmed)

Nutrition

Amount per serving	
Calories	470
Fat	29g
Carbs	7g
Fiber	2g
Protein	44g
Sodium	2002mg
Potassium	756mg
Vitamin C	2mg
Calcium	61mg
Vitamin K	18µg
Magnesium	56mg

Directions

- 1 Turn pressure cooker to sauté mode. Add the chopped bacon and cook 3-4 minutes. Drain excess fat, leaving a small amount.
- 2 Add onions and celery, cook 3-5 minutes or until onions start to soften. If bacon starts sticking to bottom of pot, add a splash of chicken broth.
- 3 Stir in garlic powder, onion powder, chives, and parsley. Cook another minute. Add all of the chicken broth and stir to combine. Add chicken and close lid.
- 4 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release the pressure manually.
- 5 Remove lid carefully and transfer cooked chicken to a plate or bowl and use two forks to shred it. Add shredded chicken back to pot and stir to combine. Season soup with salt if needed. Transfer to a serving bowl and enjoy.



Savory Chicken Quarters

1 serving
 35 minutes

Ingredients

- 170 grams Chicken Leg, Bone-In
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Mayonnaise
- 1/8 tsp Garlic Powder
- 1/8 tsp Rosemary (powder)

Nutrition

Amount per serving	
Calories	452
Fat	37g
Carbs	1g
Fiber	0g
Protein	28g
Sodium	153mg
Potassium	353mg
Vitamin C	0mg
Calcium	13mg
Vitamin K	11µg
Magnesium	31mg

Directions

- 1 Preheat air fryer to 380F (or oven to 400F).
- 2 Blend together the oil, mayo, garlic and rosemary to make a basting sauce. Brush to coat the chicken leg quarter.
- 3 AIR FRYER METHOD: Place chicken quarter in the basket skin side down and cook 15 minutes. Flip quarter and continue cooking another 10-15 minutes (depending on size) or until cooked to desired level.
- 4 OVEN METHOD: Using a baking sheet and rack, line the baking sheet with foil and place an oven safe rack on top. Place chicken quarter on rack skin side down and cook 15 minutes. Flip quarter and continue cooking another 15-25 minutes (depending on size) or until cooked to desired level.
- 5 Transfer to a serving plate and enjoy with a hot vegetable or side salad.
- 6 TIP: Cook a double batch to have leftovers for a second meal.



Sautéed Chicken & Veggies

1 serving
 25 minutes

Ingredients

- 227 grams Chicken Breast (cut into large cubes)
- 1/2 cup Broccoli (small florets, fresh or frozen)
- 1/4 Cucumber (diced)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 cup Red Onion (diced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Worcestershire Sauce (gluten free if possible)
- 1/2 tsp Garlic Salt
- 1/4 tsp Sea Salt (for seasoning)
- 1/8 tsp Black Pepper (or to taste preference)

Directions

- 1 In a skillet over medium-high heat, preheat the olive oil and Worcestershire sauce.
- 2 Add the chicken, stir to coat well and sauté for 3-4 minutes or until chicken is just cooked, stirring as needed.
- 3 Add the broccoli, onion, tomatoes, cucumber, garlic powder and pepper. Stir well, cover and reduce heat to medium. Simmer for 3-4 minutes, stirring as needed, until veggies are heated but not overdone.
- 4 Transfer to a serving plate and season with sea salt and black pepper if desired.

Nutrition

Amount per serving	
Calories	459
Fat	20g
Carbs	16g
Fiber	3g
Protein	54g
Sodium	934mg
Potassium	1315mg
Vitamin C	53mg
Calcium	79mg
Vitamin K	71µg
Magnesium	95mg



Turkey Salad Bowl

1 serving
15 minutes

Ingredients

- 5 slices Deli Turkey (chopped)
- 30 grams Mozzarella Cheese (shredded)
- 1 stalk Celery (diced)
- 1 stalk Green Onion (minced)
- 2 tbsps Mayonnaise
- 1 tbsp Balsamic Vinegar
- 3 leaves Romaine (or Green Leaf)

Directions

- 1 In medium bowl, whisk together mayo and Balsamic vinegar. Add green onion and celery then mix. Add in diced turkey and mix again.
- 2 Take a serving bowl or lunch container and line with lettuce leaves. Spoon in turkey salad mix and top with shredded cheese. Refrigerate until mealtime.
- 3 Tip: add other herbs or spices for more flavour.

Nutrition

Amount per serving	
Calories	430
Fat	29g
Carbs	11g
Fiber	3g
Protein	28g
Sodium	1514mg
Potassium	876mg
Vitamin C	6mg
Calcium	184mg
Vitamin K	162µg
Magnesium	46mg



Turkey Sausage & Sauerkraut

1 serving
20 minutes

Ingredients

- 180 grams Turkey Sausage (2 sausages)
- 1 cup Sauerkraut (drained)
- 1 tbsp Dijon Mustard

Nutrition

Amount per serving	
Calories	321
Fat	15g
Carbs	7g
Fiber	4g
Protein	35g
Sodium	2171mg
Potassium	713mg
Vitamin C	25mg
Calcium	77mg
Vitamin K	18µg
Magnesium	53mg

Directions

- 1 Preheat air fryer to 400°F. Use a fork or sharp knife to poke a couple holes in sausage casings, then add to cooking basket.
- 2 Cook sausages 5-6 minutes then turn over. Cook another 3-4 minutes or until browned and cooked through. If you prefer your sauerkraut warmed instead of cold, add to air fryer basket when turning the sausages.
- 3 Transfer sausages to a serving plate with sauerkraut and dijon mustard. Enjoy!
- 4 TIP: use homemade or naturally fermented sauerkraut if you can for natural probiotics, and do not heat to preserve live cultures.



Turkey Sausage Scramble

1 serving
10 minutes

Ingredients

- 140 grams Turkey Sausage (casing removed)
- 1 cup Baby Spinach (chopped)
- 3 Egg (whisked)
- 1/2 cup Mushrooms (sliced)
- 1 tsp Extra Virgin Olive Oil
- 1/8 tsp Black Pepper (or to taste)
- 1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving	
Calories	490
Fat	30g
Carbs	5g
Fiber	1g
Protein	48g
Sodium	1364mg
Potassium	899mg
Vitamin C	13mg
Calcium	143mg
Vitamin K	149µg
Magnesium	73mg

Directions

- 1 Heat oil in a skillet over medium heat then add sausage and mushrooms. Cook 5-6 minutes or until cooked through. Add spinach and cook until wilted.
- 2 Move sausage, spinach and mushrooms to one side and pour whisked eggs into empty side. Stir eggs frequently to scramble. Mix spinach, sausage and egg once eggs are cooked through. Transfer to a serving plate. Season with salt and pepper if desired.
- 3 ALTERNATES: use kale or chard in place of spinach
- 4 MORE FLAVOUR: add additional spices

Pork





Cheesy Ham Casserole

1 serving
 50 minutes

Ingredients

- 170 grams Ham, Baked (diced)
- 1 cup Baby Spinach
- 1 1/2 cups Cauliflower Rice
- 40 grams Cheddar Cheese (shredded)
- 1 1/2 tsps Butter
- 2 tbsps Water
- 1 tsp Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	486
Fat	28g
Carbs	10g
Fiber	4g
Protein	50g
Sodium	2707mg
Potassium	978mg
Vitamin C	8mg
Calcium	358mg
Vitamin K	146µg
Magnesium	69mg

Directions

- 1 Preheat oven to 375 degrees. Lightly grease a small baking dish and set aside.
- 2 Add the butter to a skillet and melt over medium high heat. Add the spinach and sauté until slightly wilted. Add cauliflower rice and sauté until heated through.
- 3 Add water, diced ham and seasoning to the skillet and stir. Reduce heat to medium. Simmer a few minutes to reduce fluids.
- 4 Transfer to the baking dish and top with shredded cheddar. Bake for 12-15 minutes or until top is golden brown. Allow to cool a bit before serving. Garnish with additional Everything Bagel seasoning and/or chives for additional flavour if desired.



Deli Ham Roll-Up with Creamy Salmon

1 serving
5 minutes

Ingredients

100 grams Oven Roasted Deli Ham (or 4 slices, thicker not shaved)
107 grams Canned Wild Salmon (half a can, refrigerate unused)
2 tbsps Cream Cheese, Regular
1 1/2 tpsps Mayonnaise
1/4 tsp Smoked Paprika
1 tbsp Chives (minced)

Directions

- 1 In a small bowl, add the salmon, creamed cheese, chives and smoked paprika. Mash with a fork to combine.
- 2 Lay out ham slices and spread with salmon-cheese mixture. Roll-up and add to lunch container. Refrigerate until mealtime.

Nutrition

Amount per serving	
Calories	417
Fat	23g
Carbs	3g
Fiber	0g
Protein	53g
Sodium	1448mg
Potassium	678mg
Vitamin C	2mg
Calcium	90mg
Vitamin K	19µg
Magnesium	52mg



Mushroom Pork Medallions

1 serving
 30 minutes

Ingredients

- 170 grams Boneless Pork Chop (or tenderloin)
- 1 cup Mushrooms (chopped)
- 1 1/2 tbsps Butter
- 1 tsp Italian Seasoning (dried)
- 1/3 cup Chicken Broth
- 1/3 cup Canned Coconut Milk
- 20 grams Brie Cheese (sliced)
- 1 cup Baby Kale (or spinach or chard)

Nutrition

Amount per serving	
Calories	616
Fat	45g
Carbs	9g
Fiber	2g
Protein	48g
Sodium	569mg
Potassium	687mg
Vitamin C	2mg
Calcium	116mg
Vitamin K	2µg
Magnesium	14mg

Directions

- 1 Cut chops or tenderloin into small medallions or pieces. Season with sea salt and pepper.
- 2 Heat butter in skillet over medium-high heat. Once hot, add pork and sear both sides until golden brown, about 3 minutes per side. Remove pork, then in same pan, add mushrooms. Cook 3 minutes then add oregano, cook 2 more minutes until mushrooms are golden brown.
- 3 Add broth and scrape bottom of skillet. Cook for 3 minutes, until slightly reduced. Pour in coconut milk and stir in brie cheese. Add kale to sauce and stir, then return pork to skillet and continue cooking until everything is heated through and sauce is a creamy consistency.
- 4 Transfer to a serving plate and enjoy with a hot vegetable or other side.
- 5 **SUBSTITUTIONS:** Use blue cheese instead of brie, spinach instead of kale. Use alternate meat such as chicken breast or fish. Adjust cook time as needed.



Pork & Mushroom Skewers

1 serving
 40 minutes

Ingredients

- 227 grams Boneless Pork Chop (cut in chunks)
- 1 cup Mushrooms (cut to skewer-size chunks)
- 1/2 Yellow Onion (cut in wedges)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Dijon Mustard
- 1 1/2 tsps Mayonnaise

Nutrition

Amount per serving	
Calories	493
Fat	29g
Carbs	9g
Fiber	2g
Protein	54g
Sodium	230mg
Potassium	387mg
Vitamin C	2mg
Calcium	24mg
Vitamin K	19µg
Magnesium	9mg

Directions

- 1 Preheat BBQ to medium high.
- 2 Cut pork chops, mushrooms and onion into skewer-size chunks.
- 3 In a small bowl, whisk together the lemon juice, olive oil, mayo and dijon to make a smooth sauce. Assemble skewers by alternating pork chunks and vegetables as desired. Baste with the sauce.
- 4 Add skewers to the grill, cooking each side 2-3 minutes until done through. Transfer to a serving plate and enjoy!
- 5 Tip: as boneless pork is a lean meat, take care not to overcook. If meat becomes dry, make a little extra basting sauce for dipping.



Pork Chops with Olive Pesto

1 serving
 30 minutes

Ingredients

- 1/2 cup Black Olives (pitted, rinsed and patted dry)
- 1 Garlic (clove)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Nutritional Yeast
- 227 grams Pork Chop
- 1 cup Green Beans (stems removed, chopped)
- 1/2 cup Cherry Tomatoes
- 1/2 Leeks (chopped into 1/2 inch medallions)

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a food processor, combine black olives, garlic, olive oil and nutritional yeast until a paste forms. Set aside.
- 3 Add remaining ingredients to a large mixing bowl. Using your hands, generously coat the pork chops and veggies with your desired amount of olive pesto.
- 4 Transfer the pork chops and veggies onto the baking sheet in an even layer and bake for 25 minutes, or until pork is cooked through.

Nutrition

Amount per serving	
Calories	811
Fat	55g
Carbs	24g
Fiber	7g
Protein	56g
Sodium	663mg
Potassium	1450mg
Vitamin C	29mg
Calcium	184mg
Vitamin K	87µg
Magnesium	106mg



Pork with Creamy Dijon Sauce

1 serving
 25 minutes

Ingredients

- 227 grams Boneless Pork Chop
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/8 tsp Black Peppercorns (fresh cracked)
- 1 1/2 tsps Dijon Mustard
- 1 tbsp Sour Cream 14% Fat
- 1/4 cup Chicken Broth
- 1 tbsp Parsley (fresh, minced)

Nutrition

Amount per serving	
Calories	553
Fat	35g
Carbs	9g
Fiber	0g
Protein	55g
Sodium	855mg
Potassium	232mg
Vitamin C	5mg
Calcium	168mg
Vitamin K	66µg
Magnesium	3mg

Directions

- 1 Preheat oil in skillet over medium-high heat. Sprinkle both sides of pork chop evenly with sea salt and black pepper. Add to skillet and cook 4-5 minutes per side or until golden and cooked through. Remove to a plate, cover with foil or a another plate and set aside.
- 2 Add chicken broth to the skillet to deglaze, scrape any brown bits from the bottom. Reduce heat to medium and add Dijon and sour cream. Whisk to combine and heat until sauce starts to thicken.
- 3 Transfer chop to a serving plate, pour sauce over top and garnish with fresh minced parsley. Serve with a side salad or hot vegetable.



Sage Butter Skillet Chops with Blueberry & Greens

1 serving
20 minutes

Ingredients

227 grams Pork Chop (one large or two small chops)
1 1/2 tbsps Butter
1/4 tsp Ground Sage
2 cups Baby Spinach (or kale)
1/4 cup Blueberries (fresh or frozen)
1/8 tsp Sea Salt
1/8 tsp Black Pepper (or to taste)

Nutrition

Amount per serving	
Calories	575
Fat	38g
Carbs	8g
Fiber	2g
Protein	49g
Sodium	470mg
Potassium	1154mg
Vitamin C	21mg
Calcium	114mg
Vitamin K	302µg
Magnesium	108mg

Directions

- 1 Melt butter and the sage over medium-high heat in a skillet.
- 2 Add chop(s) to skillet and cook 1-2 minutes each side for initial sear. Continue to turn every few minutes until each side is evenly golden brown. Remove chop(s) to a serving plate to rest.
- 3 In same pan with juices, add blueberries and spinach and saute until berries are warmed and spinach is nicely wilted. Transfer to plate with pork chops and serve. Season with a bit of sea salt and black pepper for additional flavour.
- 4 ALTERNATE: use kale, chard or other greens in place of spinach.

Beef





Air Fryer Meat Balls

1 serving
30 minutes

Ingredients

- 200 grams Extra Lean Ground Beef
- 8 grams Pork Rinds, Baken-Ets, Traditional (about 5 pieces, crushed)
- 2 tsp Worcestershire Sauce (check for "gluten free")
- 2 1/4 tsp Chives (minced)
- 2 tbsps Parmesan Cheese (grated)

Nutrition

Amount per serving	
Calories	451
Fat	33g
Carbs	4g
Fiber	0g
Protein	47g
Sodium	625mg
Potassium	757mg
Vitamin C	3mg
Calcium	124mg
Vitamin K	7µg
Magnesium	42mg

Directions

- 1 Preheat air fryer to 350F.
- 2 To a mixing bowl, add the ground beef, crushed pork rinds, worcestershire sauce, chives and parmesan cheese. Mix well.
- 3 Form into meatballs and place in air fryer basket with spaces between. Cook for 10-12 minutes at 350 degrees or until done.
- 4 Transfer to a serving plate and enjoy with a hot vegetable.



Beef & Broccoli

1 serving
 15 minutes

Ingredients

- 227 grams Ny Striploin Steak (sliced to thin strips)
- 1/4 tsp Avocado Oil
- 2 cups Broccoli (florets, chopped)
- 1 Garlic (cloves, minced)
- 1/2 tsp Ginger (fresh, minced)
- 1/3 cup Beef Broth
- 1 1/2 tps Arrowroot Powder
- 1 tbsp Worcestershire Sauce (if Gluten Free)

Directions

- 1 In a small bowl combine broth, Worcestershire Sauce, garlic, ginger and arrowroot powder. Whisk until no clumps remain.
- 2 Heat a skillet over medium heat and add avocado oil. Once hot, add steak slices and cook 3-4 minutes. Add sauce to pan and cook another minute. Add broccoli, stir and cover. Cook 3 more minutes. Transfer to a serving plate and enjoy.
- 3 ALTERNATE: use oven roasted deli beef in place of steak.

Nutrition

Amount per serving	
Calories	449
Fat	18g
Carbs	22g
Fiber	5g
Protein	54g
Sodium	499mg
Potassium	1443mg
Vitamin C	163mg
Calcium	102mg
Vitamin K	185µg
Magnesium	86mg



Creamy Dijon Chopped Salad with Beef

1 serving
10 minutes

Ingredients

- 1/2 cup Cherry Tomatoes (halved)
- 1/4 Cucumber (medium, diced)
- 1/4 Red Bell Pepper (large, diced)
- 1/4 head Cauliflower (small, cut into florets)
- 1 stalk Green Onion (thinly sliced)
- 2 tbsps Cilantro (chopped)
- 2 tbsps Plain Greek Yogurt
- 1/2 tsp Dijon Mustard
- 150 grams Deli Roast Beef (diced into ribbons or pieces.)

Directions

- 1 Combine ingredients into a large bowl and top with diced deli beef. Serve, or transfer to a lunch container and refrigerate until mealtime.

Nutrition

Amount per serving	
Calories	296
Fat	8g
Carbs	17g
Fiber	5g
Protein	42g
Sodium	196mg
Potassium	1411mg
Vitamin C	125mg
Calcium	131mg
Vitamin K	70µg
Magnesium	84mg



Deli Beef & Herbed Cream Cheese

1 serving

5 minutes

Ingredients

- 140 grams Deli Roast Beef
- 2 tbsps Cream Cheese, Regular
- 2 tsps Italian Seasoning

Nutrition

Amount per serving	
Calories	273
Fat	15g
Carbs	1g
Fiber	0g
Protein	34g
Sodium	222mg
Potassium	587mg
Vitamin C	0mg
Calcium	28mg
Vitamin K	3µg
Magnesium	37mg

Directions

- 1 Lay out slices of deli roast beef. Spread with creamed cheese and sprinkle with seasoning. Roll up and add to lunch container. Refrigerate until mealtime.
- 2 Alternate: use Everything Bagel or other desired seasoning in place of Italian.



Deli-Style Roast Beef, Mushroom & Onions

1 serving
15 minutes

Ingredients

- 170 grams Deli Roast Beef
- 1/2 Yellow Onion (sliced into rings)
- 1/2 cup Mushrooms (sliced)
- 2 tbsps Butter

Nutrition

Amount per serving	
Calories	461
Fat	31g
Carbs	7g
Fiber	2g
Protein	41g
Sodium	118mg
Potassium	911mg
Vitamin C	1mg
Calcium	37mg
Vitamin K	5µg
Magnesium	47mg

Directions

- 1 Slice the roast beef slices into thinner shreds. Wash and slice the mushrooms. Cut half an onion into slices and separate into rings.
- 2 Melt the butter in a skillet over medium-high heat and add the onion. Cook until the onion becomes slightly translucent, then add the mushrooms and continue cooking until the mushrooms start to brown.
- 3 Add the roast beef shreds to the skillet and mix together. Reduce to medium heat, cover and cook a few minutes more until heated through.
- 4 Remove from heat and transfer to a serving plate. Serve with a salad or side dish.



One Pan Steak, Mushrooms & Green Beans

1 serving
15 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil (divided)
- 227 grams Top Sirloin Steak
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper (or to taste)
- 1 cup Green Beans (trimmed)
- 6 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	581
Fat	38g
Carbs	11g
Fiber	4g
Protein	50g
Sodium	422mg
Potassium	1261mg
Vitamin C	14mg
Calcium	99mg
Vitamin K	50µg
Magnesium	81mg

Directions

- 1 Heat half of the oil in a skillet over medium-high heat. Season both sides of the steak with sea salt and black pepper.
- 2 Add steak to the skillet and cook 2 minutes per side, or until desired doneness. Transfer to a serving plate and let rest (covered) while beans and mushrooms cook.
- 3 Reduce heat to medium and add remaining oil to skillet. Cook green beans and mushrooms about 4-5 minutes or until cooked through. Add to plate with steak. Season with additional sea salt and pepper if desired.
- 4 ALTERNATE METHOD: cook steak on the BBQ instead, and sauté beans and mushrooms while steak is grilling.



Spicy Sweet Potato and Beef Poutine

1 serving
 30 minutes

Ingredients

- 1 Sweet Potato (medium, sliced into 1/4 inch strips)
- 140 grams Extra Lean Ground Beef
- 2 tsp Extra Virgin Olive Oil (divided)
- 40 grams Cheddar Cheese (shredded fine)
- 1 tbsp Chives (minced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper (or to taste)

Nutrition

Amount per serving	
Calories	601
Fat	36g
Carbs	28g
Fiber	4g
Protein	39g
Sodium	720mg
Potassium	932mg
Vitamin C	5mg
Calcium	344mg
Vitamin K	17µg
Magnesium	73mg

Directions

- 1 TO MAKE THE FRIES: Preheat air fryer 5 minutes at 375°F (191°C). Cut and peel sweet potato, slice into 1/4" strips. Add to medium size bowl with 1.5 tsp olive oil and toss to coat. Place in air fryer in single layer with a bit of space between fries. Bake 12 min. at 375°F (191°C) or until crispy, flipping halfway through.
- 2 Preheat remaining oil in skillet over medium heat. Crumble ground beef into skillet and cook until done through. Add sea salt, pepper and minced chives, cook another minute, remove from heat.
- 3 Transfer fries to an oven-safe casserole dish, top with beef mixture and cheddar, then broil until cheese is melted and browned.
- 4 ALTERNATE METHOD: cook fries in oven on baking sheet, turning mid-way.
- 5 VARIATION: season fries with additional spices before cooking.



Steak Bites with Tarragon Sauce

1 serving
 20 minutes

Ingredients

170 grams Top Sirloin Steak (cut into cubes)
 2 tbsps Red Onion (diced)
 1 Garlic (clove, minced)
 2 tbsps Cream, Half & Half
 1 tsp Extra Virgin Olive Oil
 1 1/2 tps Dijon Mustard
 2 tbsps Water
 1 tbsp Tarragon (chopped, plus extra for garnish)
 1/8 tsp Black Pepper (or to taste)
 1/8 tsp Sea Salt

Directions

- 1 Season steak cubes with salt and pepper. Preheat oil in a skillet over high heat. Add steak cubes and cook 4-5 minutes, ensuring all sides of steak are seared and cooked to your liking. Remove from skillet and transfer to a plate.
- 2 In same skillet add red onion, reduce heat to medium and cook 3-4 minutes until soft and brown.
- 3 Add garlic and mustard to skillet and cook another minute. Deglaze pan with water and add cream and tarragon. Let sauce simmer about 2 minutes.
- 4 Transfer steak bites back to the skillet and mix until well coated with sauce. Adjust seasoning to taste. Top with chopped tarragon and enjoy.

Nutrition

Amount per serving	
Calories	469
Fat	32g
Carbs	5g
Fiber	1g
Protein	36g
Sodium	486mg
Potassium	665mg
Vitamin C	4mg
Calcium	110mg
Vitamin K	6µg
Magnesium	47mg

Salads & Sides





Citrusy Kale & Carrot Salad

1 serving
10 minutes

Ingredients

- 1/2 Navel Orange (medium)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Lemon Juice
- 3/4 tsp Dijon Mustard
- 2 cups Kale Leaves (finely chopped)
- 1/2 Carrot (small, peeled and finely grated)
- 1 tbsp Walnuts (chopped)

Nutrition

Amount per serving	
Calories	176
Fat	12g
Carbs	15g
Fiber	5g
Protein	3g
Sodium	86mg
Potassium	401mg
Vitamin C	85mg
Calcium	155mg
Vitamin K	172µg
Magnesium	38mg

Directions

- 1 Peel and orange and store half in fridge for later uses. Separate and de-seed remaining half then roughly chop and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard. Grate carrot and set aside.
- 3 Add kale to a mixing bowl. Add dressing and massage with your hands for 1-2 minutes until wilted and tender.
- 4 Stir in shredded carrot then top with orange segments and walnuts. Season with additional lemon juice if needed and enjoy, or transfer to a lunch container and refrigerate until mealtime.
- 5 ALTERNATES: not a kale fan? Substitute fresh spring greens or other dark green leaf mix.



Mixed Greens with Feta and Olives

1 serving
10 minutes

Ingredients

- 2 cups Mixed Greens
- 1/4 cup Feta Cheese
- 1/4 cup Black Olives
- 1 tsp Lemon Juice (or Balsamic)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Add mixed greens to a bowl or lunch container. Top with sliced black olives and crumbled feta. Dress with the oil and vinegar. Refrigerate until meal time.
- 2 For variety, some healthy salad toppers could include a tablespoon or two of 1 of : - hemp hearts - sunflower seeds - walnut pieces - chia seeds

Nutrition

Amount per serving	
Calories	272
Fat	25g
Carbs	7g
Fiber	2g
Protein	7g
Sodium	701mg
Potassium	232mg
Vitamin C	14mg
Calcium	248mg
Vitamin K	9µg
Magnesium	29mg



Mixed Greens with Hemp Hearts and Walnuts

1 serving
10 minutes

Ingredients

- 2 cups Mixed Greens
- 2 tbsps Walnuts (crushed)
- 1 tbsp Hemp Seeds
- 1 tbsp Lemon Juice (or Balsamic)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Add mixed greens to a bowl or lunch container. Refrigerate until meal time, then top with hemp hearts and dress with the oil and vinegar.

Nutrition

Amount per serving	
Calories	287
Fat	28g
Carbs	6g
Fiber	2g
Protein	7g
Sodium	27mg
Potassium	392mg
Vitamin C	13mg
Calcium	55mg
Vitamin K	9µg
Magnesium	114mg



Spinach Salad with Strawberries

1 serving
10 minutes

Ingredients

- 2 cups Baby Spinach (washed)
- 1/4 cup Strawberries (sliced)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Red Onion
- 1/4 cup Feta Cheese

Nutrition

Amount per serving	
Calories	169
Fat	8g
Carbs	16g
Fiber	3g
Protein	8g
Sodium	484mg
Potassium	507mg
Vitamin C	41mg
Calcium	268mg
Vitamin K	291µg
Magnesium	67mg

Directions

- 1 Wash the spinach and towel or spin dry, then add to a large bowl. Rough chop the red onion and add to bowl.
- 2 Wash and pat dry the strawberries, then slice and add to bowl. Toss to mix, then transfer to a lunch container.
- 3 Top salad with crumbled feta. When ready to eat, drizzle with balsamic dressing.
- 4 Refrigerate until meal time.



Shaved Brussels Sprouts, Bacon & Apple Salad

1 serving
 15 minutes

Ingredients

- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 1/2 Apple (chopped)
- 1 1/2 tbsps Red Onion (medium, diced)
- 1 slice Bacon, Cooked (chopped)
- 1 tbsp Apple Cider Vinegar
- 2 tbsps Mayonnaise
- 1 tsp Dijon Mustard

Directions

- 1 Add Brussels sprouts to a food processor and pulse until shredded to desired consistency.
- 2 In a large bowl, mix together shaved Brussels sprouts, apple, onion, and bacon.
- 3 In a small bowl, whisk apple cider vinegar, mayo, and Dijon mustard. Add to salad and toss to combine. Transfer to a serving bowl or lunch container and refrigerate until mealtime.

Nutrition

Amount per serving	
Calories	350
Fat	25g
Carbs	26g
Fiber	7g
Protein	8g
Sodium	443mg
Potassium	693mg
Vitamin C	117mg
Calcium	68mg
Vitamin K	281µg
Magnesium	40mg



Bacon Wrapped Asparagus

1 serving
20 minutes

Ingredients

- 6 Asparagus (ends trimmed)
- 2 slices Bacon
- 1 tsp Butter (melted)
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	274
Fat	25g
Carbs	4g
Fiber	2g
Protein	10g
Sodium	423mg
Potassium	312mg
Vitamin C	5mg
Calcium	29mg
Vitamin K	41µg
Magnesium	21mg

Directions

- 1 Preheat the air fryer to 390°F (200°C).
- 2 Wrap 1 piece of bacon around each bundle of 3 asparagus. Melt melted butter and pepper, then baste each bundle all around.
- 3 Add bundles to air fryer and bake for 10 minutes. Transfer to a serving dish with the main course.
- 4 VARIATIONS: use maple bacon for a unique flavour.
- 5 OVEN METHOD: Preheat oven to 390°F (200°C). Add parchment paper to a sheet or baking dish. Prepare bundles as above and bake 12-15 minutes or until desired doneness.



Cauliflower Rice with Lemon & Herbs

1 serving
20 minutes

Ingredients

- 1 cup Cauliflower Rice
- 1 1/2 tps Butter
- 1 1/2 tps Chives (fresh minced)
- 1 1/2 tps Parsley (fresh minced)
- 1 tsp Lemon Juice
- 1 1/2 tbsps Water

Directions

- 1 Add the butter to a skillet and melt over medium high heat. Add cauliflower rice and sauté 1-2 minutes.
- 2 Add water, lemon juice, parsley and chives to the skillet and stir. Reduce heat to medium and let simmer for a few minutes to reduce fluids. Remove from heat and serve. Season with sea salt and pepper if desired.

Nutrition

Amount per serving	
Calories	74
Fat	6g
Carbs	5g
Fiber	2g
Protein	2g
Sodium	23mg
Potassium	186mg
Vitamin C	5mg
Calcium	27mg
Vitamin K	35µg
Magnesium	2mg



Ginger Carrot Mash

1 serving
15 minutes

Ingredients

- 2 Carrot (medium, scrubbed and chopped)
- 1/8 tsp Ground Ginger
- 1 tsp Butter (melted)
- 1 tbsp Parsley (fresh minced)

Nutrition

Amount per serving	
Calories	86
Fat	4g
Carbs	12g
Fiber	4g
Protein	1g
Sodium	87mg
Potassium	416mg
Vitamin C	12mg
Calcium	47mg
Vitamin K	79µg
Magnesium	17mg

Directions

- 1 Bring a pot of water to a boil. Place carrot sticks in a steamer over boiling water and cover. Let steam 10-15 minutes, or until tender.
- 2 Add carrots to a bowl with melted butter and ginger. Mash with a fork to desired consistency. Transfer to serving plate with main course and garnish with fresh minced parsley.
- 3 ALTERNATE: use an electric steamer and follow user guide for times.
- 4 VARIATIONS: try different herbs or spices, or simply enjoy plain.



Golden Turmeric Cauliflower

1 serving
30 minutes

Ingredients

2 tps Extra Virgin Olive Oil (add more if needed)
1/2 tsp Turmeric
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
1/2 head Cauliflower (cut into florets)

Nutrition

Amount per serving	
Calories	159
Fat	10g
Carbs	16g
Fiber	6g
Protein	6g
Sodium	384mg
Potassium	915mg
Vitamin C	142mg
Calcium	68mg
Vitamin K	51µg
Magnesium	48mg

Directions

- 1 Preheat air fryer to 380°F (or oven to 400°F)
- 2 Whisk the oil, curry powder, garlic powder, and salt together in a mixing bowl. Add the cauliflower florets and toss until well coated. Transfer to air fryer basket and cook for 12-15 minutes, or until desired doneness.
- 3 OVEN METHOD: prepare as above but bake in oven 15-20 minutes or until desired doneness.



Sauteed Cabbage and Onion

1 serving
15 minutes

Ingredients

- 1/2 Yellow Onion (cut in thick slices)
- 2 cups Green Cabbage (chopped)
- 1 tbsp Butter
- 1/4 tsp Sea Salt
- 1/8 tsp Cumin

Nutrition

Amount per serving	
Calories	170
Fat	12g
Carbs	16g
Fiber	6g
Protein	3g
Sodium	626mg
Potassium	391mg
Vitamin C	65mg
Calcium	97mg
Vitamin K	136µg
Magnesium	23mg

Directions

- 1 Melt the butter in a skillet over medium heat. Cut the onion into 1/4" slices and separate into rings. Add to skillet and cook, stirring as needed, until onions are browned.
- 2 Slice the cabbage into thin shreds and add to skillet with cumin and sea salt (add more butter if needed). Cook another 10-12 minutes or until the cabbage is cooked to your liking.
- 3 Transfer to a serving plate with the main course.
- 4 Alternate: substitute bagged coleslaw in place of cabbage.



Smashed Parmesan Brussels Sprouts

1 serving
20 minutes

Ingredients

- 1 1/2 cups Brussels Sprouts (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Apple Cider Vinegar
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 3 tbsps Parmesan Cheese (finely grated)

Nutrition

Amount per serving	
Calories	271
Fat	19g
Carbs	18g
Fiber	6g
Protein	12g
Sodium	869mg
Potassium	773mg
Vitamin C	145mg
Calcium	255mg
Vitamin K	10µg
Magnesium	54mg

Directions

- 1 Preheat the oven to 450°F (230°C)
- 2 Add the Brussels sprouts to a pot of water and bring to a boil. Boil for 8-10 minutes. Drain the water.
- 3 In a bowl, toss together the Brussels sprouts, oil, apple cider vinegar, sea salt, and pepper.
- 4 Transfer the sprouts to a shallow baking dish and use a measuring cup to smash down the sprouts until lightly crushed. Top with grated cheese and bake for 10 minutes. Serve with main dish.
- 5 Alternate 1 : transfer to the air fryer instead of the oven.
- 6 Alternate 2 : use frozen instead of fresh; cooking times will be shorter.