

## INGREDIENTS


- 2 Cup of Cooked Quinoa
- 1-2 Cups of Chopped Baby Spinach/Baby Kale
- 1/3 Cup Dried Cranberries
- 1/4 Cup Pine Nuts
- 2 Tbsp Balsamic Vinegar or Red Wine Vinegar
- 1 Tbsp Dijon Mustard
- 1 Orange, the Juice Only




## INSTRUCTIONS

- Cook the quinoa according to the instructions on the package. Allow to cool down.
- Toss the quinoa, spinach, cranberries and pine nuts in a large bowl.
- Make the dressing by mixing together the vinegar, mustard and squeezed orange juice. Season with salt and pepper to taste.
- Add the dressing to the salad and mix well. Season to taste with sea salt and pepper.
- Add your protein of choice on the salad to make it a meal or enjoy as a side!

## CITRUSY QUINOA SALAD

 4 Servings

 15 Mins

Kcal	Fats(g)	Carbs(g)	Protein(g)
175	6	27	5

\*Nutrition Information is an estimate.

## NOTES

You can add grilled chicken if you want or make it plant-based with tofu or tempeh! Another delicious addition would be crumbled goat cheese or feta.

## INGREDIENTS


- 1 Cup of Cooked Quinoa
- 1 Tbsp Coconut Oil
- 8 Ounces of Chicken Breast
- 1 Carrot, Grated
- 0.5 Cup of Shredded Red Cabbage
- 2/3 Cup Edamame Beans, Frozen (unshelled)
- 1 Tbsp Honey
- 1 Tbsp Soy Sauce
- 1 Tbsp Sesame Oil
- Handful Alfalafa Sprouts (or similar)
- 1 Tbsp Sesame Seeds

## INSTRUCTIONS

- Cook the quinoa according to the instructions on the package. Allow to cool down.
- Boil edamame in a pot until soft or what the package states.
- Season the chicken breasts with garlic powder, salt and pepper. Heat the coconut oil just over medium heat and cook the chicken for around 8 minutes turning regularly.
- Once cooked, cut into strips.
- Mix the quinoa with the carrot, cabbage and edamame.
- Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.
- Put the chicken on the salad and sprinkle sesame seeds and clumps of alfalfa to serve!



## RAINBOW QUINOA SALAD WITH GRILLED CHICKEN

 2 Servings

 25 Mins

Kcal	Fats(g)	Carbs(g)	Protein(g)
498	22	38	37

\*Nutrition Information is an estimate.

## NOTES

You can substitute the chicken for turkey if you want or make it plant-based with tofu or tempeh! Feel free to add some sriracha at the end or to your meat while cooking!

## INGREDIENTS


- 1 Tbsp of Olive Oil
- 3 Medium Zucchini
- 1/3 Cup of Marinara Sauce
- 115g of Light Mozzarella
- Italian Herb Seasoning


## INSTRUCTIONS

- Preheat oven to 360°F
- Slice the zucchini into 1/4 inch thick rounds. Heat the olive oil in a large frying pan and cook the zucchini in batches for about 2 minutes each side. Season with salt and pepper.
- Place the cooked zucchini on a large baking sheet and top with the marinara/tomato puree and grated or sliced light mozzarella.
- Cook in the oven for about 2-3 minutes or until cheese has melted. You can also set the oven to broil to get the cheese to a golden colour.
- Remove from the oven and sprinkle with Italian herb seasoning and freshly ground pepper before serving.



## Zucchini Pizza Bites

 4 Servings

 20 Mins

Kcal	Fats(g)	Carbs(g)	Protein(g)
108	6	3	8

\*Nutrition Information is an estimate.

## NOTES

You can add any chopped veggies like onions, peppers or even olives for added flavour! I love adding a bit of hot sauce as well.

## INGREDIENTS

1½ cup (100g) 75% Dark  
Chocolate  
90 Almonds (around 3  
oz./90g)  
Sea salt


## INSTRUCTIONS

- Melt the chocolate in a bowl bath or in the microwave.
- Place the almonds in the melted chocolate and mix well until all the almonds are covered.
- Using a fork take out 3 almonds at a time and transfer onto a sheet of parchment paper, stack them on top of each other. Repeat until you have used all the almonds, making 30 clusters.
- Sprinkle with sea salt when the chocolate is almost dry, then place into the fridge for 10 minutes.



## Chocolate + Sea Salt Almond Clusters

 30 Clusters

 20 Mins

## NOTES

These can be kept in the freezer or fridge for a sweet treat every so often. Experiment with other nuts as well or with sprinkling shredded coconut with the sea salt.