

















Cleanse Sample 5-Day

East West Wellness, LLC

www.ewwellness.com



Week 1

MON	TUE	WED	THU	FRI	SAT	SUN
2030 cal	2138 cal	1896 cal	2128 cal	1927 cal	0 cal	0 cal
256g (50%) Carbs 120g (23%) Protein 61g (27%) Fat	248g (46%) Carbs 144g (27%) Protein 65g (27%) Fat	215g (44%) Carbs 120g (24%) Protein 69g (32%) Fat	205g (37%) Carbs 87g (16%) Protein 117g (47%) Fat	192g (39%) Carbs 119g (24%) Protein 82g (37%) Fat	0g (0%) Carbs 0g (0%) Protein 0g (0%) Fat	0g (0%) Carbs 0g (0%) Protein 0g (0%) Fat
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 Oat Flour Pancakes	 Oat Flour Pancakes	 Chicken Apple Sausage	 Swiss Chard Frittata	 Quinoa Yogurt Parfait		
 Spiced Baked Apples	 Chicken Apple Sausage	 Berry Bliss Smoothie with Silken Tof	 Peanut Butter Toast	Snack 1	Snack 1	Snack 1
 Chicken Apple Sausage	 Spiced Baked Apples	Snack 1	Snack 1	 Chicken Bone Broth	Lunch	Lunch
 Maple Syrup	 Maple Syrup	 Chicken Bone Broth	 Chicken Bone Broth	Lunch	Snack 2	Snack 2
Snack 1	Snack 1	Lunch	Lunch	 Tempeh Quinoa Veggie Bowl	Dinner	Dinner
 Chicken Bone Broth	 Chicken Bone Broth	 Grilled Chicken	 Smashed Chickpea Salad	 Celery Root Salad		
Lunch	Lunch	 Roasted Winter Vegetable Salad	 Avocado	 Simple Green Salad	 Leftovers for Lunch	
 Curried Tuna Salad & Apples	 Slow Cooker Ancho Orange Pork	 Leftovers for Lunch	 Brazil Nuts	Snack 2		
 Simple Mills Original Sprouted Seed	 Cilantro Lime Rice	Snack 2	Snack 2	 Pumpkin Pie Bites	 Pumpkin Pie Bites	
Snack 2	 Simple Tomato Salsa	 Pumpkin Pie Bites	 Herbal Tea	 Herbal Tea	 Herbal Tea	
 Pumpkin Pie Bites	 Leftovers for Lunch	 Herbal Tea	Dinner	Dinner		
 Herbal Tea	Snack 2	Dinner	 Tempeh Quinoa Veggie Bowl	 One Pan Salmon, Asparagus and Sweet		
Dinner	 Pumpkin Pie Bites	 Simple Broiled Fish	 Celery Root Salad	 Kiwi		
 Slow Cooker Ancho Orange Pork	 Herbal Tea	 Simply Steamed Broccoli	 Simple Green Salad			
 Cilantro Lime Rice	Dinner	 Quick Sweet Potato Hash				
 Simple Tomato Salsa	 Grilled Chicken	 Mango Turtle				
	 Roasted Winter Vegetable Salad					



Groceries - Week 1

DAIRY - Week 1

- 2% milk, 1 cup
- greek yogurt, plain, 2%, 2 cups
- almond milk, unsweetened, 1 cup
- goat cheese, 1 cup

DRY GOODS - Week 1

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> almonds, sliced, 5 Tbs <input type="checkbox"/> bay leaves, 10 <input type="checkbox"/> brown rice, 1 cup <input type="checkbox"/> chickpeas, canned, 1 15 ounce <input type="checkbox"/> coconut aminos, 2 Tbs <input type="checkbox"/> cumin, 2 tsp <input type="checkbox"/> dijon mustard, 2 Tbs <input type="checkbox"/> dried oregano, 2 tsp <input type="checkbox"/> low-sodium vegetable broth, 1 cup <input type="checkbox"/> medjool dates, 2 <input type="checkbox"/> mustard, dijon, 2 Tbs <input type="checkbox"/> oats, 8 cups <input type="checkbox"/> paprika, smoked, 1 tsp <input type="checkbox"/> pepper, 1 tsp <input type="checkbox"/> pumpkin puree, 2 cups <input type="checkbox"/> salt, 1 1/3 Tbs <input type="checkbox"/> simple mills original sprouted seed crackers, 1 serving <input type="checkbox"/> tuna, 5 oz <input type="checkbox"/> walnuts, 2 Tbs <input type="checkbox"/> wild rice, 1 cup | <ul style="list-style-type: none"> <input type="checkbox"/> apple cider vinegar, 5 2/3 Tbs <input type="checkbox"/> black pepper, <input type="checkbox"/> canola oil, 1 Tbs <input type="checkbox"/> cinnamon, 2 tsp <input type="checkbox"/> coconut flour, 10 Tbs <input type="checkbox"/> curry powder, 2 Tbs <input type="checkbox"/> distilled white vinegar, 1 cup <input type="checkbox"/> garlic cloves, 5 <input type="checkbox"/> maple syrup, 8 Tbs <input type="checkbox"/> medjool dates, 2 cups <input type="checkbox"/> nutmeg, ground, 1 tsp <input type="checkbox"/> olive oil, 1 3/4 cups <input type="checkbox"/> peanut butter, 4 Tbs <input type="checkbox"/> pistachios, 1 cup <input type="checkbox"/> quinoa, 5 cups <input type="checkbox"/> salt, <input type="checkbox"/> sunflower seeds, raw, 3 Tbs <input type="checkbox"/> unsalted almond butter, 2 cups <input type="checkbox"/> white balsamic vinegar, 12 Tbs | <ul style="list-style-type: none"> <input type="checkbox"/> baking powder, 2 tsp <input type="checkbox"/> brazil nuts, 8 <input type="checkbox"/> capers, 2 Tbs <input type="checkbox"/> cinnamon, ground, 1 tsp <input type="checkbox"/> coconut oil, 1 2/3 Tbs <input type="checkbox"/> dark chocolate, 2 cups <input type="checkbox"/> dried ancho chiles, 4 <input type="checkbox"/> herbal tea, 5 bag <input type="checkbox"/> mayonnaise, 2 Tbs <input type="checkbox"/> minced canned chipotle chile in adobo sauce, 2 Tbs <input type="checkbox"/> oat flour, 2 cups <input type="checkbox"/> paprika, 1 tsp <input type="checkbox"/> pepper, <input type="checkbox"/> pumpkin pie spice, 2 2/3 Tbs <input type="checkbox"/> sage, ground, 2 tsp <input type="checkbox"/> sesame seeds, 2 Tbs <input type="checkbox"/> tomato paste, 2 Tbs <input type="checkbox"/> vanilla extract, 1 tsp <input type="checkbox"/> whole wheat bread, 4 slices |
|---|--|--|

PRODUCE - Week 1

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> apple, 5 <input type="checkbox"/> asparagus, 1 bunch <input type="checkbox"/> broccoli, 2 head <input type="checkbox"/> carrots, 20 <input type="checkbox"/> celery, stalks, 20 <input type="checkbox"/> delicata squash, 1 cup <input type="checkbox"/> jalapeño pepper, 1 tsp <input type="checkbox"/> lemon, 10 slices <input type="checkbox"/> mango, 1 <input type="checkbox"/> onion, 7 <input type="checkbox"/> orange juice, 1 cup <input type="checkbox"/> pomegrante, 1 large <input type="checkbox"/> sweet potato, 3 <input type="checkbox"/> tomatoes, cherry, 2 cups | <ul style="list-style-type: none"> <input type="checkbox"/> apple, 1 large <input type="checkbox"/> avocado, 1 <input type="checkbox"/> broccoli florets, 8 cups <input type="checkbox"/> celeriac, 4 medium <input type="checkbox"/> cherry tomatoes, 1 pint <input type="checkbox"/> garlic, 30 cloves <input type="checkbox"/> kale, 3 qt <input type="checkbox"/> lemon, 3 <input type="checkbox"/> mixed berries, 1 cup <input type="checkbox"/> onion, 1 small <input type="checkbox"/> parsely, 1 cup <input type="checkbox"/> red cabbage, 2 cups <input type="checkbox"/> sweet potatoes, 2 medium | <ul style="list-style-type: none"> <input type="checkbox"/> apples, 6 <input type="checkbox"/> banana, 1 <input type="checkbox"/> brussel sprouts, 2 cups <input type="checkbox"/> celery, 1 cup <input type="checkbox"/> cilantro, fresh, 1 cup <input type="checkbox"/> ginger, 1 1/4 cups <input type="checkbox"/> kiwis, 4 <input type="checkbox"/> lime, 2 <input type="checkbox"/> mixed salad greens, 4 cups <input type="checkbox"/> onion, red, 1 <input type="checkbox"/> parsley, fresh, 1 Tbs <input type="checkbox"/> scallions, 1 cup <input type="checkbox"/> swiss chard leaves, 2 bunch |
|--|--|---|



OTHER - Week 1

- | | | |
|--|---|--|
| <input type="checkbox"/> berries, frozen, 1 cup | <input type="checkbox"/> boiling water, | <input type="checkbox"/> chicken carcass, 10 |
| <input type="checkbox"/> eggs, 2 large | <input type="checkbox"/> eggs, 6 | <input type="checkbox"/> ice cubes, 4 |
| <input type="checkbox"/> olives, kalamata, 2 Tbs | <input type="checkbox"/> tempeh, 1 1/2 lb | <input type="checkbox"/> tofu, silken, 1 cup |
| <input type="checkbox"/> water, 13 3/4 qt | | |

MEAT, POULTRY & FISH - Week 1

- | | | |
|---|--|---|
| <input type="checkbox"/> boneless pork loin roast, 2 lb | <input type="checkbox"/> chicken breast, 2 lb | <input type="checkbox"/> chicken breast, ground, 3 lb |
| <input type="checkbox"/> salmon, 2 lb | <input type="checkbox"/> sole, trout or tilapia, 4 (6 oz.) fillets | |

SOUPS, SAUCES, AND GRAVIES - Week 1

- vegetable broth, 2 cups

Oat Flour Pancakes

Servings

4

Time

Prep Time 10 mins
 Total Time 20 mins



Meal Type
 Breakfast

Contributed By
LivingPlateRx

Source
 Living Plate Teaching Kitchen

Ingredients

- 1 3/4 cups oat flour
- 2 tsp baking powder
- 2 tsp cinnamon
- 1/4 tsp salt
- 1 Tbs maple syrup
- 1 cup 2% milk, *or milk of choice*
- 1 tsp vanilla extract
- 2 tsp apple cider vinegar or white vinegar
- 1 Tbs canola oil
- 2 large eggs, *separated*

Directions

Make

1. In a large mixing bowl, combine oat flour, cinnamon, baking powder, and salt. Stir to combine.
2. In a medium mixing bowl, add maple syrup, milk, vanilla, apple cider vinegar, canola oil, and eggs; whisk together.
3. Slowly add wet ingredients into dry ingredients and mix until it just comes together. (do not overmix)
4. Let batter sit for 5-7 minutes. It will thicken.
5. Lightly spray a hot griddle with cooking spray.
6. Use a 1/2 measuring cup to scoop the pancake batter onto the griddle.
7. Let the pancakes bubble before flipping. Cook until golden brown on both sides.

Notes

Make your own oat flour: Place either rolled oats or instant oats in a food processor at high speed. Process until it turns into fine oat flour. Batter makes 6 medium-sized pancakes.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 6.7g	10%	Total Carbohydrates 61g	20%
		Saturated Fat 1.4g	7%	Dietary Fiber 4g	
		Trans Fat 0.0g		Total Sugars 7g	
Calories	345	Cholesterol 5mg	1%	Protein 9g	
per serving		Sodium 535mg	23%		
		<small>Vitamin D 1mcg 6% · Calcium 129mg 12% · Iron 2mg 8% · Potassium 358mg 7%</small>			

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Spiced Baked Apples

Servings

4

Time

Prep Time 5 mins
 Total Time 20 mins



Meal Type
 Breakfast, Snack

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 4 apples, *chopped*
- 1/2 tsp cinnamon, ground
- 1/4 tsp nutmeg, ground
- salt, *pinch* optional
- 1 tsp maple syrup optional

Directions

Prep

1. Chop apples.
2. Preheat oven to 350°F.

Make

1. Place chopped apples in a bowl with other ingredients and toss to coat.
2. Place in single layer on parchment-lined cookie sheet and bake for 15-20 minutes until apples are soft.
3. Serve warm.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 0.3g	0%	Total Carbohydrates 25g	8%
		Saturated Fat 0.0g	0%	Dietary Fiber 4g	
		Trans Fat 0.0g		Total Sugars 19g	
Calories per serving 104		Cholesterol 0mg	0%	Protein 0g	
		Sodium 2mg	0%		
Vitamin D 0mcg 0% · Calcium 17mg 1% · Iron 0mg 1% · Potassium 191mg 4%					

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Chicken Apple Sausage

Servings

4

Time

Prep Time 10 mins
 Total Time 15 mins



Meal Type
 Breakfast, Side

Contributed By
LivingPlateRx

Source
 Living Plate Teaching Kitchen

Ingredients

- 1 lb chicken breast, ground
- 1 apple, *peeled and grated*
- 1/2 tsp sage, ground
- salt, *to taste*
- black pepper, *to taste*
- 1 Tbs olive oil

Directions

Prep

1. Peel and grate the apple with a cheese grater.

Make

1. In a large bowl, combine ground chicken, diced apple, ground sage, salt and pepper, and combine until well mixed.
2. Use hands to form 4 patties.
3. Heat 1 tbsp olive oil in a pan over medium heat.
4. Add chicken patties to pan and cook for 3-4 min each side.
5. Remove from heat and enjoy!

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 8.3g	12%	Total Carbohydrates 5g	1%
		Saturated Fat 1.7g	8%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 4g	
Calories 191		Cholesterol 91mg	30%	Protein 23g	
per serving		Sodium 96mg	4%		
Vitamin D 0mcg 0% · Calcium 17mg 1% · Iron 1mg 6% · Potassium 289mg 6%					

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Maple Syrup

Servings

1

Time

Prep Time 0 mins
 Total Time 0 mins



Meal Type

Breakfast, Lunch, Dinner,
 Snack, Side

Contributed By



Source

Living Plate Teaching Kitchen

Ingredients

- 2 tsp maple syrup

Directions

Make

1. Use as desired to sweeten recipes.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		Total Fat 0.0g	0%	Total Carbohydrates 9g	2%
Calories per serving 33		Saturated Fat 0.0g	0%	Dietary Fiber 0g	
		Trans Fat 0.0g		Total Sugars 9g	
		Cholesterol 0mg	0%	Protein 0g	
		Sodium 1mg	0%		
Vitamin D 0mcg 0% · Calcium 0mg 0% · Iron 0mg 0% · Potassium 0mg 0%					

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Chicken Bone Broth

Servings

6

Time

Prep Time 20 mins
Total Time 24 hrs



Meal Type

Lunch, Dinner, Snack, Side

Contributed By

LivingPlateRx

Source

Living Plate Teaching Kitchen

Ingredients

- 1 onion, *roughly chopped*
- 4 celery stalks, *roughly chopped*
- 4 carrots, *roughly chopped*
- 4 Tbs ginger, *chopped*
- 5 cloves garlic
- 2 chicken carcass, *skin, bones, and cartilage*
- 2 bay leaves
- 1 Tbs apple cider vinegar
- 10 cups water, *enough to cover ingredients*

Directions

Prep

1. Roughly chop vegetables and ginger.

Make

1. Add vegetables, carcass, and the rest of the ingredients to a slow cooker [6 quarts +]. Cover all with water.
2. Set slow cooker to low and simmer for 24 hours.
3. You can also use an Instant Pot [2 hours on high].
4. Once the broth is done, strain off solids and store broth in covered glass jars in your refrigerator for up to 4 days.

Notes

You can add other aromatics and herbs as well as any leftover vegetable scraps.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
6 servings		Total Fat 2.4g	3%	Total Carbohydrates 8g	2%
		Saturated Fat 0.0g	0%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 3g	
Calories	65	Cholesterol 0mg	0%	Protein 4g	
per serving		Sodium 41mg	1%		
		Vitamin D 0mcg 0% · Calcium 33mg 3% · Iron 0mg 1% · Potassium 232mg 4%			

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Curried Tuna Salad & Apples

Servings

2

Time

Prep Time 10 mins
 Total Time 10 mins



Meal Type

Lunch

Ingredients

- 5 oz tuna, *drained*
- 2 Tbs mayonnaise
- 1 Tbs dijon mustard
- 1 Tbs curry powder
- 2 medjool dates, *chopped*
- 2 Tbs walnuts, *chopped*
- 2 apples, *sliced in rounds*

Directions

Make

1. Mix all ingredients except apples in a small bowl.
2. Top apple rounds with tuna.

Notes

If you don't like tuna, you can also use canned salmon for this recipe.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 16.6g	25%	Total Carbohydrates 52g	17%
		Saturated Fat 2.3g	11%	Dietary Fiber 8g	
		Trans Fat 0.0g		Total Sugars 39g	
Calories per serving 427		Cholesterol 39mg	13%	Protein 18g	
		Sodium 320mg	13%		
Vitamin D 0g 0% · Calcium 74mg 7% · Iron 2mg 11% · Potassium 736mg 15%					

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Simple Mills Original Sprouted Seed Crackers

Servings

1

Time

Prep Time 0 mins
 Total Time 0 mins



Meal Type
 Snack

Contributed By
LivingPlateRx

Source
 Living Plate Teaching Kitchen

Ingredients

- 1 serving Simple Mills Original Sprouted Seed Crackers (9 crackers per serving)

Notes

INGREDIENTS: Seed Blend (flax*, sunflower*, hemp, chia), Tapioca Starch, Cassava Flour, Organic Sunflower Oil, Sea Salt, Citrus Flour, Rosemary Extract (for freshness) (*sprouted)

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
1 servings		Total Fat 8.0g	12%	Total Carbohydrates 17g	5%	
Calories per serving	140	Saturated Fat 0.5g	2%	Dietary Fiber 3g		
		Trans Fat 0.0g		Total Sugars 0g		
		Cholesterol 0mg	0%	Protein 3g		
		Sodium 245mg	10%			
		Vitamin D 0mcg 0% · Calcium 36mg 3% · Iron 1mg 5% · Potassium 123mg 2%				

Pumpkin Pie Bites

Servings

12

Time

Prep Time 10 mins
Total Time 40 mins



Meal Type
Breakfast, Snack, Side

Contributed By
LivingPlateRx

Source
Living Plate

Ingredients

- 1/4 cup medjool dates, *pitted*
- boiling water, *as needed*
- 1/4 cup unsalted almond butter
- 1/4 cup pumpkin puree
- 2 tsp maple syrup
- 1 1/2 tsp pumpkin pie spice ginger, nutmeg, cinnamon,
- 1/4 tsp salt
- 2 Tbs coconut flour see note
- 1 1/2 cups oats
- 1/4 cup dark chocolate
- 1 tsp coconut oil
- 1 Tbs almonds, sliced, *for garnish*

Directions

Prep

1. Soak the dates in boiling water for 10 minutes. Drain and use.

Make

1. Combine all ingredients, except for the dark chocolate and coconut oil, in a food processor. Process until fairly smooth stopping occasionally to scrape down the sides.
2. Transfer to a separate bowl and chill in the fridge for at least 20 minutes.
3. Once chilled, scoop 1-tablespoon sized portions and roll into balls until all mixture is gone. Mixture makes about 12. Arrange on a small baking sheet and chill the bites in the fridge for another 10 minutes.
4. Meanwhile, melt the chocolate and coconut oil in a double boiler. Drizzle over the bites and garnish with sliced almonds.

Notes

Additional coconut flour might be needed to form a firmer dough. Serving size is approx. 3 bites.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
12 servings		Total Fat 5.9g	9%	Total Carbohydrates 16g	5%
		Saturated Fat 1.4g	6%	Dietary Fiber 3g	
		Trans Fat 0.0g		Total Sugars 7g	
Calories	123	Cholesterol 0mg	0%	Protein 3g	
per serving		Sodium 51mg	2%		
		Vitamin D 0mcg 0% · Calcium 33mg 3% · Iron 6mg 31% · Potassium 176mg 3%			

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Herbal Tea

Servings

1

Time

Prep Time 3 mins
 Total Time 3 mins



Meal Type
 Breakfast, Snack

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 1 cup water
- 1 Bag herbal tea decaf if preferred
- 2 slices lemon, *sliced* if desired

Directions

Prep

1. Heat water. Slice lemon.

Make

1. Add tea bag & lemon to hot water.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		Total Fat 0.0g	0%	Total Carbohydrates 1g	0%
		Saturated Fat 0.0g	0%	Dietary Fiber 0g	
		Trans Fat 0.0g		Total Sugars 0g	
Calories	4	Cholesterol 0mg	0%		
per serving		Sodium 11mg	0%	Protein 0g	
		Vitamin D 0mcg 0% · Calcium 13mg 1% · Iron 0mg 0% · Potassium 26mg 0%			

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Slow Cooker Ancho Orange Pork

Servings

4

Time

Prep Time 10 mins
Total Time 8 hrs 10 mins



Meal Type

Dinner

Contributed By



Source

Sara Haas RDN, LDN

Ingredients

- 3/4 cup orange juice (2 oranges)
- 1/2 cup distilled white vinegar
- 4 dried ancho chiles, *stemmed, seeded and torn into 1/2-inch pieces* (1 cup)
- 2 Tbs tomato paste
- 2 Tbs minced canned chipotle chile in adobo sauce
- 5 garlic cloves, *lightly crushed and peeled*
- 2 tsp cumin, *ground*
- 2 tsp dried oregano
- salt, *to taste*
- black pepper, *to taste*
- 2 lb boneless pork loin roast

Directions

Prep

1. Lightly crush garlic.

Make

1. In the bottom of a slow cooker, whisk together orange juice, vinegar, anchos, tomato paste, chipotle, garlic, cumin, oregano and 1 teaspoon salt. Season pork with salt and pepper and place in the cooker. Cover with a lid and set to low heat, cook until pork is very tender, about 7-8 hours.
2. Transfer pork to large bowl and let cool slightly. Using 2 forks, shred pork into bite-size pieces. Strain braising liquid into fat separator, reserving solids, and let settle for 5 minutes. Transfer solids to blender. Add 1 1/2 cups defatted liquid to blender and process until smooth, about 1 minute. Combine sauce and pork in now-empty slow cooker, to re-warm. (Pork can refrigerated for up to 3 days or frozen for up to 1 month.)
3. Serving ideas: Pork is delicious wrapped in tortillas and topped with your favorite vegetables. You can also use it in Mexican-inspired bowls or a topping for tostadas.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 11.0g	16%	Total Carbohydrates 18g	5%
		Saturated Fat 3.0g	14%	Dietary Fiber 5g	
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 142mg	47%		
		Sodium 127mg	5%	Protein 54g	
Calories per serving 392		Vitamin D 1mcg 9% · Calcium 63mg 6% · Iron 5mg 25% · Potassium 1487mg 31%			

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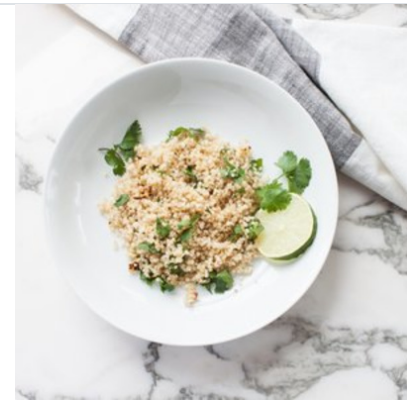
Cilantro Lime Rice

Servings

4

Time

Prep Time 5 mins
Total Time 20 mins



Meal Type

Lunch, Dinner, Side

Contributed By

LivingPlateRx

Source

Living Plate Teaching Kitchen

Ingredients

- 1 cup brown rice
- 2 cups vegetable broth
- 1 clove garlic, *minced or pressed*
- 1 lime, *zested and juiced*
- 1/3 cup cilantro, *fresh, chopped*
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Rinse rice until water runs clear.

Make

1. Combine rice and broth in a saucepan and bring to a boil. Reduce to a simmer and cook for ~15 minutes or until broth is evaporated and rice is tender. Remove from heat and let sit, covered, for 5 minutes.
2. Meanwhile, mince garlic, zest and juice lime, and chop cilantro.
3. Mix warm rice with garlic, lime zest and juice, and cilantro. Salt and pepper to taste.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 1.3g	1%	Total Carbohydrates 39g	13%
Calories per serving 185		Saturated Fat 0.3g	1%	Dietary Fiber 2g	
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 0mg	0%	Protein 4g	
		Sodium 264mg	11%		
Vitamin D 0mcg 0% · Calcium 8mg 0% · Iron 2mg 9% · Potassium 440mg 9%					

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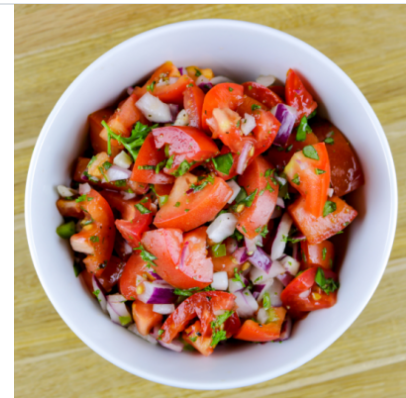
Simple Tomato Salsa

Servings

4

Time

Prep Time 5 mins
Total Time 10 mins



Meal Type
Snack, Side

Contributed By
LivingPlateRx

Source
Living Plate Teaching Kitchen

Ingredients

- 1 pint cherry tomatoes, *small dice* (~1 1/2 cups diced)
- 1/2 lime, *juiced*
- 1/2 onion, *small dice* small
- 1 clove garlic, *minced*
- 1 Tbs cilantro, fresh, *minced*
- 1 tsp jalapeño pepper, *minced* or to taste
- salt, *to taste*
- black pepper, *to taste*

Directions

Prep

1. Dice the tomatoes and onion.
2. Mince the garlic, cilantro and jalapeño.
3. Juice the lime.

Make

1. In a medium sized bowl, combine all ingredients and stir to incorporate.
2. Before serving, let sit at least 15 minutes to allow flavors to marinate.

Notes

This recipe provides ingredients from the following Genomic Kitchen Ingredient Toolbox Categories: Master and Enabler.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 0.2g	0%	Total Carbohydrates 4g	1%
		Saturated Fat 0.0g	0%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 2g	
Calories	20	Cholesterol 0mg	0%	Protein 1g	
per serving		Sodium 4mg	0%		
Vitamin D 0mcg 0% · Calcium 12mg 1% · Iron 0mg 1% · Potassium 201mg 4%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Leftovers for Lunch

Servings

1

Time

Prep Time 0 mins
 Total Time 0 mins



Meal Type
 Lunch

Contributed By
LivingPlateRx

Source
 Living Plate

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		Total Fat N/A	0%	Total Carbohydrates N/A	0%
		Saturated Fat N/A	0%	Dietary Fiber N/A	
		Trans Fat N/A		Total Sugars N/A	
Calories	0	Cholesterol N/A	0%		
per serving		Sodium N/A	0%	Protein N/A	
		Vitamin D N/A 0% · Calcium N/A 0% · Iron N/A 0% · Potassium N/A 0%			

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Grilled Chicken

Servings

4

Time

Prep Time 5 mins
 Total Time 5 mins



Meal Type
 Lunch, Dinner

Contributed By
LivingPlateRx

Source
 Living Plate Teaching Kitchen

Ingredients

- 1 1/2 lb chicken breast, *pre-cooked*

Directions

Make

1. Chop or slice pre-cooked chicken breast as a topping for salads.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 7.3g	11%	Total Carbohydrates 0g	0%
Calories per serving 213		Saturated Fat 1.9g	9%	Dietary Fiber 0g	
		Trans Fat N/A		Total Sugars 0g	
		Cholesterol 136mg	45%	Protein 34g	
		Sodium 145mg	6%		
Vitamin D N/A 0% · Calcium 20mg 2% · Iron 2mg 9% · Potassium 378mg 8%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Roasted Winter Vegetable Salad

Servings

4

Time

Prep Time 15 mins
 Total Time 1 hr



Meal Type
 Lunch, Dinner

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 1 cup delicata squash, *seeded and cut into 1/4" slices* can substitute with butternut squash
- 2 cups Brussel sprouts, *quartered*
- 1 large apple, *cubed*
- 1/4 cup pistachios, *shelled*
- 1 large pomegrante, *seeded* (about 1 cup)
- 5 Tbs olive oil, *divided*
- 6 Tbs white balsamic vinegar
- 1 clove garlic, *minced*
- 2 tsp Dijon mustard
- 1 tsp maple syrup
- salt, *to taste*
- 1 cup wild rice

Directions

Prep

1. Cut delicata squash in half length-wise, remove seeds and slice in 1/4" slices.
2. Trim and quarter brussels sprouts.
3. Chop apple.
4. Mince garlic.

Make

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper or coat with cooking spray. Place delicata squash, brussel sprouts, and apple in a bowl with 1 tablespoon of olive oil. Sprinkle with salt. Toss to combine. Spread on an even layer on the prepared baking sheet. Roast vegetables for 20-30 minutes until tender and slightly brown.
2. Meanwhile, place 1 cup of wild rice in pot with 4 cups of water. Bring to a boil and simmer for 30-40 minutes until kernels burst open. Drain water and set aside.
3. Add remaining 4 tablespoons of olive oil, white balsamic vinegar, garlic, mustard, and maple syrup in a mason jar. Secure lid tightly and shake to emulsify. Season to taste with salt.
4. When vegetables and apple are done cooking, remove from oven and let cool.
5. In a large bowl toss together the rice, vegetables, apples, pistachios, and pomegrante seeds. Drizzle with dressing and toss to combine. Add more dressing as needed.

Notes

Pre-cooked wild rice can be found in many freezer sections.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings	Calories per serving	Total Fat 21.6g	33%	Total Carbohydrates 61g	20%
		Saturated Fat 2.9g	14%	Dietary Fiber 9g	
		Trans Fat 0.0g		Total Sugars 19g	
		Cholesterol 0mg	0%	Protein 10g	
		Sodium 51mg	2%		
		Vitamin D 0mcg 0% · Calcium 65mg 6% · Iron 2mg 13% · Potassium 736mg 15%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Berry Bliss Smoothie with Silken Tofu

Servings

1

Time

Prep Time 10 mins
Total Time 0 mins



Meal Type

Breakfast, Lunch, Dinner,
Snack, Side

Contributed By
LivingPlateRx

Source

Living Plate Teaching Kitchen

Ingredients

- 1 cup berries, frozen
- 1/2 banana, *sliced* frozen ripe
- 1/2 cup almond milk, unsweetened
- 1/3 cup tofu, silken (1/3 cup)
- 4 ice cubes

Directions

Make

1. Combine all ingredients in a blender and blend until smooth.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		Total Fat 7.9g	12%	Total Carbohydrates 33g	11%
		Saturated Fat 1.3g	6%	Dietary Fiber 10g	
		Trans Fat 0.0g		Total Sugars 17g	
Calories	243	Cholesterol 0mg	0%	Protein 12g	
per serving		Sodium 104mg	4%		
		Vitamin D 0mcg 0% · Calcium 33mg 3% · Iron 1mg 6% · Potassium 381mg 8%			

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Simple Broiled Fish

Servings

4

Time

Prep Time 15 mins
Total Time 15 mins



Meal Type
Dinner

Contributed By
LivingPlateRx

Source
Living Plate

Ingredients

- 2 cloves garlic
- 1 small onion, *thinly sliced*
- 1 Tbs olive oil
- 4 (6 oz.) fillets sole, trout or tilapia
- 1/2 cup low-sodium vegetable broth
- 1/2 tsp paprika
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Slice onion and garlic, chop parsley.

Make

1. Drizzle oil in a roasting pan.
2. Pat fish dry with paper towels and arrange in pan.
3. Sprinkle evenly with paprika, shallots, and garlic; pour vegetable stock over.
4. Broil 10 minutes or until fish flakes easily when tested with a fork, basting frequently.
5. Arrange fish on a platter; season with salt and pepper.
6. Stir parsley into pan sauce; drizzle sauce over fish.

Notes

Serve with fresh chopped parsley and lemon wedges.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 6.8g	10%	Total Carbohydrates 3g	1%
		Saturated Fat 1.2g	6%	Dietary Fiber 1g	
		Trans Fat 0.0g		Total Sugars 1g	
		Cholesterol 77mg	25%	Protein 22g	
		Sodium 587mg	25%		
Calories per serving 164		Vitamin D 5mcg 47% · Calcium 46mg 4% · Iron 0mg 2% · Potassium 330mg 7%			

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Simply Steamed Broccoli

Servings

4

Time

Prep Time 10 mins
 Total Time 10 mins



Meal Type
 Side

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 8 cups broccoli florets

Directions

Prep

1. Wash and cut broccoli into uniform florets.

Make

1. Place about 2" of water in the bottom of a pan. Bring to a boil then reduce to simmer.
2. Place broccoli in steamer rack and set above simmering water.
3. Cover and steam until broccoli turns bright green and is al dente [a bit soft with some bite] - about 3 minutes.
4. Rinse in cold water and store in covered container in refrigerator.

Notes

Meal Prep Tip: Select two low-glycemic vegetables a week to steam and store in the refrigerator. Broccoli, cauliflower, green beans, asparagus, etc.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 0.7g	1%	Total Carbohydrates 12g	4%
		Saturated Fat 0.2g	1%	Dietary Fiber 5g	
		Trans Fat 0.0g		Total Sugars 3g	
Calories	62	Cholesterol 0mg	0%	Protein 5g	
per serving		Sodium 60mg	2%		
Vitamin D 0mcg 0% · Calcium 86mg 8% · Iron 1mg 7% · Potassium 575mg 12%					

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Quick Sweet Potato Hash

Servings

2

Time

Prep Time 15 mins
 Total Time 30 mins



Meal Type
 Breakfast, Lunch, Dinner

Contributed By
LivingPlateRx

Source
 Living Plate Teaching Kitchen

Ingredients

- 1 sweet potato, *peeled and grated*
- 2 cups red cabbage, *thinly sliced*
- 1 onion, *thinly sliced*
- 1 Tbs olive oil
- 1/4 tsp salt
- 1/4 tsp pepper

Directions

Prep

1. Grate the sweet potato with a cheese grater.
2. Thinly slice the cabbage and onion.

Make

1. Heat oil in large sauté pan.
2. Sauté onion until soft.
3. Add cabbage, sweet potato, salt and pepper to taste.
4. Sauté until tender.
5. Remove from heat and enjoy!

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 7.0g	10%	Total Carbohydrates 25g	8%
		Saturated Fat 1.0g	4%	Dietary Fiber 5g	
		Trans Fat 0.0g		Total Sugars 8g	
		Cholesterol 0mg	0%	Protein 3g	
		Sodium 353mg	15%		
Calories per serving 166		Vitamin D 0mcg 0% · Calcium 74mg 7% · Iron 1mg 7% · Potassium 521mg 11%			

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Mango Turtle

Servings

1

Time

Prep Time 5 mins
 Total Time 5 mins



Meal Type
 Breakfast, Snack, Side

Contributed By
LivingPlateRx

Source
 Living Plate Teaching Kitchen

Ingredients

- 1 mango

Directions

Make

1. Holding mango upright with the narrow part pointing up, slice lengthwise just along the side of the pit.
2. Repeat on the other side to yield two halves.
3. Remove the mango flesh from around the pit and enjoy separately.
4. Holding the mango half in your palm, CAREFULLY make hash marks in flesh with a paring knife without cutting through the skin. Invert mango to create a turtle.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		Total Fat 1.3g	1%	Total Carbohydrates 50g	16%
		Saturated Fat 0.3g	1%	Dietary Fiber 5g	
		Trans Fat 0.0g		Total Sugars 46g	
Calories	202	Cholesterol 0mg	0%	Protein 3g	
per serving		Sodium 3mg	0%		
		Vitamin D 0mcg 0% · Calcium 37mg 3% · Iron 1mg 3% · Potassium 564mg 12%			

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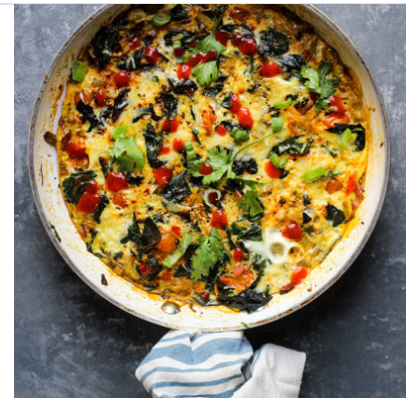
Swiss Chard Frittata

Servings

4

Time

Prep Time 10 mins
 Total Time 30 mins



Meal Type

Breakfast, Lunch, Dinner

Contributed By



Source

Dietitian Debbie

Ingredients

- 1 1/2 Tbs olive oil
- 1 1/4 bunch swiss chard leaves, *chopped*
- 2 cups tomatoes, cherry
- 1/3 cup scallions, *sliced*
- 1 1/4 tsp curry powder
- 1 tsp paprika, smoked (or regular)
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 eggs
- 1/2 cup goat cheese, *crumbled* (opitonal)

Directions

Prep

1. Preheat the oven to 350° F.
2. Rinse the Swiss chard well under cold running water. Cut the stems from the leaves and chop into small pieces and set aside. Chop leaves into large, bite sized pieces.
3. Slice green onion.

Make

1. In a 10 inch nonstick oven-safe skillet, heat the olive oil for 1 minute over medium-high heat.
2. Add the Swiss chard stems. Cook for 2-3 minutes or until they start to get tender.
3. Add the Swiss chard leaves, tomatoes, and green onion. Cover with lid and cook for 3-5 minutes until the chard is wilted and tomatoes are softening, stirring occasionally to coat in olive oil.
4. Stir in the curry powder, paprika, pepper, and salt. Spread chard evenly onto the bottom of the pan with a wooden spoon.
5. In a small bowl, whip the eggs with a fork. Pour evenly over the Swiss chard in the skillet. Sprinkle with the goat cheese if using. Cook for 3-5 minutes on the stove or until the eggs start to set on the edges.
6. Transfer to the oven and bake another 20-25 minutes or until middle of the frittata is firm.
7. To serve, top with cilantro and sriracha, if desired.

Notes

Debbie is the Registered Dietitian and writer behind the blog, Dietitian Debbie Dishes where you'll find healthy, seasonal, vegetarian recipes!

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 18.7g	28%	Total Carbohydrates 9g	3%
		Saturated Fat 7.2g	36%	Dietary Fiber 4g	
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 292mg	97%	Protein 18g	
		Sodium 643mg	27%		
Calories per serving	270	Vitamin D 2mcg 16% · Calcium 162mg 16% · Iron 5mg 25% · Potassium 787mg 16%			

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Peanut Butter Toast

Servings

4

Time

Prep Time 5 mins
 Total Time 5 mins



Meal Type
 Breakfast, Snack

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 4 slices whole wheat bread, *toasted* (gluten-free if needed)
- 4 Tbs peanut butter

Directions

Make

1. Toast bread.
2. Spread with peanut butter and enjoy!

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 6.7g	10%	Total Carbohydrates 19g	6%
		Saturated Fat 1.2g	6%	Dietary Fiber 4g	
		Trans Fat 0.0g		Total Sugars 3g	
		Cholesterol 0mg	0%	Protein 8g	
		Sodium 231mg	10%		
Calories per serving 160		Vitamin D 0mcg 0% · Calcium 198mg 19% · Iron 2mg 9% · Potassium 156mg 3%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Smashed Chickpea Salad

Servings

2

Time

Prep Time 5 mins
 Total Time 10 mins



Meal Type
 Lunch, Dinner, Snack, Side

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 1 15 ounce Chickpeas, canned, *Drained and Rinsed*
- 1/2 Lemon, *Juiced and Zested* (for 1 tsp zest)
- 1 Tbs Olive Oil
- 2 Tbs Olives, kalamata, *Pitted and Chopped*
- 1/2 cup celery, *chopped*
- 1/4 Onion, red, *Chopped*
- 1 Tbs Parsley, fresh, *Chopped*
- Salt, *to taste*
- Pepper, *to taste*
- 3 Tbs sunflower seeds, raw

Directions

Prep

1. Chop olives, celery, onion, and parsley. Zest and juice lemon.
2. Drain and rinse chickpeas.

Make

1. Add chickpea, lemon juice, 1 teaspoon of zest, and olive oil to a bowl. Using a potato masher or fork, mash chickpeas to a coarse paste.
2. Mix in the chopped ingredients, sunflower seeds, and season to taste.
3. Enjoy on a bed of greens or as a filling for your favorite sandwich [we LOVE using romaine lettuce leaves as a vehicle.]

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 14.6g	22%	Total Carbohydrates 44g	14%
Calories per serving 353		Saturated Fat 1.6g	8%	Dietary Fiber 13g	
		Trans Fat 0.0g		Total Sugars 5g	
		Cholesterol 0mg	0%	Protein 13g	
		Sodium 661mg	28%		
Vitamin D 0mcg 0% · Calcium 123mg 12% · Iron 4mg 22% · Potassium 708mg 15%					

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Avocado

Servings

2

Time

Prep Time 5 mins
Total Time 5 mins



Meal Type

Breakfast, Lunch, Dinner,
Snack, Side

Contributed By

LivingPlateRx

Source

Living Plate

Ingredients

- 1 Avocado

Directions

Make

1. Prepare to your liking or practitioner recommendation and enjoy!

Notes

Recommendations for preparation:

When the avocado feels ripe (soft, but not mushy), use a sharp knife to carefully slice it open. Remove the pit and scoop out the flesh.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 14.7g	22%	Total Carbohydrates 9g	2%
		Saturated Fat 2.1g	10%	Dietary Fiber 7g	
		Trans Fat 0.0g		Total Sugars 1g	
Calories	161	Cholesterol 0mg	0%		
per serving		Sodium 7mg	0%	Protein 2g	
		Vitamin D 0mcg 0% · Calcium 12mg 1% · Iron 1mg 3% · Potassium 487mg 10%			

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Brazil Nuts

Servings

2

Time

Prep Time 0 mins
Total Time 0 mins



Meal Type

Breakfast, Lunch, Dinner,
Snack, Side

Contributed By
LivingPlateRx

Source

Living Plate Teaching Kitchen

Ingredients

- 8 Brazil nuts

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 13.4g	20%	Total Carbohydrates 2g	0%
		Saturated Fat 3.2g	16%	Dietary Fiber 2g	
		Trans Fat 0.0g		Total Sugars 0g	
Calories per serving	132	Cholesterol 0mg	0%	Protein 3g	
		Sodium 1mg	0%		
		Vitamin D 0mcg 0% · Calcium 32mg 3% · Iron 0mg 2% · Potassium 132mg 2%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Tempeh Quinoa Veggie Bowl

Servings

4

Time

Prep Time 20 mins
Total Time 40 mins



Meal Type
Lunch, Dinner

Contributed By
LivingPlateRx

Source
Living Plate

Ingredients

- 6 cups kale, *spines removed and chopped*
- 1 sweet potato, *diced, roasted*
- 1 head broccoli, *cut into florets, steamed (for 2 cups)*
- 2 cups quinoa, *cooked*
- 12 oz tempeh, *cut into 2" planks, 1/4" thick*
- 1 Tbs olive oil
- 1 Tbs coconut aminos or soy sauce or tamari
- 1 Tbs sesame seeds

Directions

Prep

1. Remove the spines from the kale and shred. Wash and dry thoroughly. Massage to make tender.
2. Cook quinoa according to the package directions.
3. Steam broccoli.
4. Roast sweet potatoes. (see notes)

Make

1. For the Tempeh: Preheat a non-stick pan over medium heat and add the olive oil. Add the tempeh and brown for 2-3 minutes. Flip over and brown for another 2-3 minutes. Add the coconut aminos and sesame seeds. Swirl around and then remove tempeh from the pan.
2. Divide kale evenly between 4 bowls. Top with tempeh, sweet potatoes, broccoli, and quinoa.

Notes

For the Sweet Potatoes: Preheat oven to 350°F and line a large baking sheet with parchment paper. In a large bowl, combine the sweet potatoes, olive oil, salt and pepper to taste. Transfer to the baking sheet and bake 30-35 minutes or until soft and lightly browned.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 19.5g	29%	Total Carbohydrates 73g	24%
		Saturated Fat 3.5g	17%	Dietary Fiber 10g	
		Trans Fat 0.0g		Total Sugars 3g	
Calories per serving	576	Cholesterol 0mg	0%	Protein 33g	
		Sodium 313mg	13%		
		Vitamin D 0mcg 0% · Calcium 268mg 26% · Iron 8mg 42% · Potassium 1212mg 25%			

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Celery Root Salad

Servings

4

Time

Prep Time 10 mins
Total Time 15 mins



Meal Type

Lunch, Dinner, Side

Contributed By

LivingPlateRx

Source

Living Plate

Salad

Ingredients

- 2 medium celeriac (celery root)
- 1/2 cup parsley, *chopped*
- 1 apple

Directions

Prep

1. With a sharp chef's knife, remove roots and skin from celeriac.
2. Chop parsley.

Make

1. Cut celeriac in half and run over a mandolin [depending on the size of your celeriac, you may need to cut it into 4 pieces.] Shave celeriac then slice into matchsticks. Alternatively, you could grate celeriac.
2. Slice apple into matchsticks. Alternatively, you could grate the apple.
3. Add celeriac and apples to a bowl and toss with dressing then top with parsley.
4. Season with salt and pepper to taste.

Dressing

Ingredients

- 1 Tbs mustard, Dijon
- 3 Tbs white balsamic vinegar
- 1/4 tsp salt
- 1/4 cup olive oil
- 1 Tbs capers, *drained and rinsed*

Directions

Make

1. Add all ingredients to a mason jar with a lid and shake to emulsify.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for
4 servings		Total Fat 14.1g	21%	Total Carbohydrates 23g	7%	
Calories 222		Saturated Fat 2.0g	9%	Dietary Fiber 4g		
		Trans Fat 0.0g		Total Sugars 8g		
		Cholesterol 0mg	0%			
		Sodium 452mg	19%	Protein 3g		



per serving

Vitamin D 0mcg 0% · Calcium 81mg 8% · Iron 2mg 9% · Potassium 560mg 11%

general nutrition
advice.

Simple Green Salad

Servings

4

Time

Prep Time 2 mins
 Total Time 2 mins



Meal Type
 Lunch, Dinner, Snack, Side

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 2 Tbs olive oil
- 1/2 lemon, *juiced*
- 2 cups mixed salad greens
- 1/2 tsp salt, *or to taste*

Directions

Prep

1. Juice lemon.

Make

1. Make dressing: mix 2 tablespoons lemon juice, olive oil, and sea salt.
2. Toss dressing with greens.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 6.8g	10%	Total Carbohydrates 1g	0%
		Saturated Fat 0.9g	4%	Dietary Fiber 0g	
		Trans Fat 0.0g		Total Sugars 0g	
Calories	63	Cholesterol 0mg	0%	Protein 0g	
per serving		Sodium 294mg	12%		
		Vitamin D 0mcg 0% · Calcium 5mg 0% · Iron 0mg 1% · Potassium 32mg 0%			

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Quinoa Yogurt Parfait

Servings

2

Time

Prep Time 10 mins
 Total Time 10 mins



Meal Type
 Breakfast

Contributed By
LivingPlateRx

Source
 Seasonal Cravings

Ingredients

- 3/4 cup quinoa, *cooked*
- 2 cups Greek yogurt, plain, 2% (or full-fat yogurt as advised by your practitioner)
- 1 cup mixed berries blueberries, raspberries, blackberries
- 1 Tbs maple syrup

Directions

Prep

1. Cook quinoa according to package directions.

Make

1. Place quinoa at the bottom of 4 glasses or bowls.
2. Top with yogurt, berries and maple syrup.

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Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 6.4g	9%	Total Carbohydrates 30g	10%
		Saturated Fat 3.3g	16%	Dietary Fiber 3g	
		Trans Fat 0.0g		Total Sugars 12g	
Calories per serving	322	Cholesterol 46mg	15%	Protein 36g	
		Sodium 113mg	4%		
		Vitamin D 4mcg 43% · Calcium 2536mg 253% · Iron 1mg 6% · Potassium 318mg 6%			

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One Pan Salmon, Asparagus and Sweet Potatoes

Servings

4

Time

Prep Time 5 mins
 Total Time 35 mins



Meal Type
 Lunch, Dinner

Contributed By
 BITE of HEALTH
 nutrition

Source
 Bite of Health

Ingredients

- 1 1/2 lb salmon, *cut into 4 pieces*
- 1 bunch asparagus, *woody ends removed*
- 2 medium sweet potatoes, *cut into even sticks*
- 1 lemon, *cut into slices*
- 1 Tbs olive oil

Directions

Prep

1. Preheat oven to 425°F.
2. Line baking sheet with aluminum foil.

Make

1. Toss cut sweet potato sticks with 1 tablespoon of olive oil and salt/pepper to taste. Line evenly on baking sheet. Bake for 20 minutes.
2. While sweet potato is cooking, prepare asparagus by tossing in 2 teaspoons of olive oil and salt/pepper to taste. Then drizzle remaining olive oil over salmon fillets. Sprinkle with salt/pepper and top with two slices of lemon.
3. When sweet potatoes are done baking, move to one side. Line asparagus in an even layer over the bottom of the baking sheet then top with salmon fillets. Bake for 10 minutes or until salmon is opaque and flaky.

Notes

Hi there! My name is Lauren Sharifi the registered dietitian nutritionist behind Bite of Health Nutrition. As a working mom I get that feeding your family can be stressful. So I am here to make things easy and enjoyable by providing quick go-to recipes and tips for nourishing a healthy family! [Read More...](#)

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 26.4g	40%	Total Carbohydrates 19g	6%
		Saturated Fat 5.7g	28%	Dietary Fiber 5g	
		Trans Fat 0.0g		Total Sugars 5g	
Calories	468	Cholesterol 94mg	31%		
per serving		Sodium 139mg	6%	Protein 38g	
		Vitamin D 19mcg 187% · Calcium 68mg 6% · Iron 4mg 19% · Potassium 1094mg 23%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Kiwi

Servings

2

Time

Prep Time 5 mins
 Total Time 5 mins



Meal Type
 Snack

Contributed By
LivingPlateRx

Source
 Living Plate

Ingredients

- 4 kiwis

Directions

Make

1. Slice off top inch of kiwi and eat with a grapefruit spoon - super easy!

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 0.7g	1%	Total Carbohydrates 20g	6%
		Saturated Fat 0.0g	0%	Dietary Fiber 4g	
		Trans Fat 0.0g		Total Sugars 12g	
Calories	84	Cholesterol 0mg	0%		
per serving		Sodium 4mg	0%	Protein 2g	
Vitamin D 0mcg 0% · Calcium 47mg 4% · Iron 0mg 2% · Potassium 431mg 9%					

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