

# Mood Boosting Meals

Nourish your body with foods rich in serotonin-inducing tryptophan, good fats and B vitamins, all proven to enhance your mood. Find ways to fuel your mood with our mood enhancing recipes!



# Grocery List



65 ingredients

## FRUITS

- 1 Avocado
- 3 Banana
- 1 cup Blueberries
- 2 Lemon
- 1 Lime
- 1 Peach

## BREAKFAST

- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/4 cup Brazil Nuts
- 1/3 cup Chia Seeds
- 2 1/2 tsp Chili Powder
- 1 tbsp Cinnamon
- 1 tbsp Cumin
- 2 1/2 tsp Curry Powder
- 1 tsp Garam Masala
- 1/2 cup Ground Flax Seed
- 1 tsp Paprika
- 3/4 tsp Red Pepper Flakes
- 1 1/4 tsp Sea Salt
- Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1 cup Slivered Almonds
- 2 tsp Smoked Paprika
- 1/4 tsp Turmeric
- 3/4 cup Walnuts

## VEGETABLES

- 6 cups Asparagus
- 9 cups Baby Spinach
- 1/2 cup Cherry Tomatoes
- 3/4 cup Cilantro
- 9 Garlic
- 1 tbsp Ginger
- 8 cups Kale Leaves
- 1 cup Parsley
- 4 cups Portobello Mushroom
- 2 Sweet Potato
- 3 1/8 Yellow Onion

## FROZEN

- 2 cups Frozen Berries

## BOXED & CANNED

- 1/2 cup Brown Basmati Rice
- 2 cups Chickpeas
- 1/2 cup Dry Lentils
- 1 cup Freekeh
- 2 cups Green Lentils
- 1 cup Jasmine Rice
- 3 cups Lentils
- 2 cups Organic Coconut Milk
- 1/2 cup Organic Vegetable Broth
- 2 tsp Tomato Paste

## BREAD, FISH, MEAT AND CHEESE

- 1 3/4 lbs Salmon Fillet

## CONDIMENTS & OILS

- 2 tbsps Apple Cider Vinegar
- 1/2 cup Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Sauerkraut
- 2 tsp Tabasco Sauce
- 2 tbsps Tahini

## COLD

- 5 Egg
- 2 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

## OTHER

- 8 Barbecue Skewers
- 1/4 cup Protein Powder
- 11 1/4 cups Water

## BAKING

- 2/3 cup Almond Flour
- 1 1/8 lbs Dark Organic Chocolate
- 1 3/4 cups Oats
- 1/2 cup Tapioca Flour
- 1/4 cup Unsweetened Shredded Coconut



# Blueberry Overnight Oats



8 ingredients



8 hours



4 servings

## DIRECTIONS

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

## INGREDIENTS

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

## NUTRITION

Amount per serving

<b>Calories</b>	365	<b>Cholesterol</b>	0mg
<b>Fat</b>	19g	<b>Sodium</b>	74mg
<b>Carbs</b>	42g	<b>Vitamin A</b>	209IU
<b>Fiber</b>	9g	<b>Vitamin C</b>	4mg
<b>Sugar</b>	11g	<b>Calcium</b>	300mg
<b>Protein</b>	12g	<b>Iron</b>	3mg



# Simple Banana Pancakes



3 ingredients



20 minutes



2 servings

## DIRECTIONS

1. In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
2. Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
3. Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

## NOTES

### Likes it Sweet

Add blueberries or chocolate chips into the batter.

## INGREDIENTS

- 2 Banana (ripe)
- 4 Egg
- 1 tbsp Coconut Oil

## NUTRITION

Amount per serving

<b>Calories</b>	310	<b>Cholesterol</b>	372mg
<b>Fat</b>	17g	<b>Sodium</b>	143mg
<b>Carbs</b>	28g	<b>Vitamin A</b>	616IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	10mg
<b>Sugar</b>	15g	<b>Calcium</b>	62mg
<b>Protein</b>	14g	<b>Iron</b>	2mg



## Savoury Oats with Fried Egg



10 ingredients



20 minutes



1 serving

### DIRECTIONS

1. Heat half of the oil over medium-high heat in a small pot. Add onions and garlic to the pot and saute for 2 to 3 minutes or until the onions have softened. Stir in salt and pepper.
2. Add the oats to the pot and stir to combine with the onions. Add water and reduce heat to medium-low. Simmer for about 10 to 12 minutes or until oats are tender. Stir occasionally to prevent oats from burning.
3. While oats are cooking, heat remaining oil in a frying pan with a lid over medium heat. Add the tomatoes then stir to coat with oil. Cover pan with the lid and cook for 4 to 5 minutes shaking the pan occasionally until tomatoes start to wrinkle. Remove the lid, add spinach and cook until wilted. Remove tomatoes and spinach from the pan and set aside.
4. Place the skillet back over medium heat and cook the egg to your liking.
5. To serve, transfer the oats to a bowl and top with veggies and egg. Season with additional salt and black pepper if needed. Enjoy immediately.

### NOTES

#### No Spinach

Use another leafy green like kale.

### INGREDIENTS

- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 Yellow Onion (finely chopped)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/3 cup Oats (rolled)
- 1 cup Water
- 1/2 cup Cherry Tomatoes
- 1 cup Baby Spinach
- 1 Egg

### NUTRITION

Amount per serving

Calories	446	Cholesterol	168mg
Fat	34g	Sodium	697mg
Carbs	25g	Vitamin A	3707IU
Fiber	5g	Vitamin C	21mg
Sugar	4g	Calcium	116mg
Protein	12g	Iron	3mg



## Yogurt & Berries



2 ingredients



5 minutes



2 servings

### DIRECTIONS

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.)  
Enjoy!

### NOTES

#### Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

#### No Frozen Berries

Use any type of fresh fruit instead.

### INGREDIENTS

- 2 cups** Plain Greek Yogurt
- 2 cups** Frozen Berries (thawed)

### NUTRITION

Amount per serving

<b>Calories</b>	261	<b>Cholesterol</b>	34mg
<b>Fat</b>	5g	<b>Sodium</b>	104mg
<b>Carbs</b>	32g	<b>Vitamin A</b>	1250IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	55mg
<b>Sugar</b>	21g	<b>Calcium</b>	526mg
<b>Protein</b>	23g	<b>Iron</b>	2mg



# Sweet Potato Toast With Avocado & Sauerkraut



4 ingredients



15 minutes



2 servings

## DIRECTIONS

1. Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
2. Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

## NOTES

### Add Greens

Add a layer of baby spinach before you spread on the avocado.

### Guacomole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### No Sweet Potato

Use bread, crackers, crispbread, pita or tortillas instead.

### Storage

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.

## INGREDIENTS

- 2 Sweet Potato (small, ends trimmed, sliced lengthwise)
- 1 Avocado (peeled and mashed)
- 1/3 cup Sauerkraut
- 1/4 tsp Sea Salt

## NUTRITION

Amount per serving

<b>Calories</b>	278	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	531mg
<b>Carbs</b>	36g	<b>Vitamin A</b>	18594IU
<b>Fiber</b>	11g	<b>Vitamin C</b>	17mg
<b>Sugar</b>	7g	<b>Calcium</b>	58mg
<b>Protein</b>	4g	<b>Iron</b>	2mg



# Brazil Nuts



1 ingredient



5 minutes



1 serving

## DIRECTIONS

1. Divide into bowls and enjoy!

## INGREDIENTS

1/4 cup Brazil Nuts

## NUTRITION

Amount per serving

<b>Calories</b>	219	<b>Cholesterol</b>	0mg
<b>Fat</b>	22g	<b>Sodium</b>	1mg
<b>Carbs</b>	4g	<b>Vitamin A</b>	0IU
<b>Fiber</b>	3g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	1g	<b>Calcium</b>	53mg
<b>Protein</b>	5g	<b>Iron</b>	1mg





# Banana Chia Crisps



3 ingredients



25 minutes



1 serving

## DIRECTIONS

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
3. Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
4. Remove from oven. Let cool and enjoy!

## NOTES

### Storage

Refrigerate in an air-tight container up to 5 days or freeze.

### Serving Size

One serving is equal to approximately 12 small crisps.

## INGREDIENTS

- 1 Banana (medium, ripe)
- 1/4 cup Chia Seeds
- 1 tsp Cinnamon

## NUTRITION

Amount per serving

<b>Calories</b>	351	<b>Cholesterol</b>	0mg
<b>Fat</b>	16g	<b>Sodium</b>	1mg
<b>Carbs</b>	49g	<b>Vitamin A</b>	84IU
<b>Fiber</b>	17g	<b>Vitamin C</b>	10mg
<b>Sugar</b>	14g	<b>Calcium</b>	300mg
<b>Protein</b>	9g	<b>Iron</b>	5mg



# Dark Chocolate



1 ingredient



1 minute



1 serving

## DIRECTIONS

1. Break apart chocolate into pieces and divide into bowls. Enjoy!

## NOTES

### Next Level Chocolate

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

## INGREDIENTS

**7 1/16 ozs** Dark Organic Chocolate (at least 70% cacao)

## NUTRITION

Amount per serving

<b>Calories</b>	286	<b>Cholesterol</b>	0mg
<b>Fat</b>	20g	<b>Sodium</b>	24mg
<b>Carbs</b>	23g	<b>Vitamin A</b>	0IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	13g	<b>Calcium</b>	0mg
<b>Protein</b>	4g	<b>Iron</b>	2mg



## Mini Dark Chocolate Tahini Cups



5 ingredients



30 minutes



24 servings

### DIRECTIONS

1. Microwave the dark chocolate and the coconut oil in a large glass bowl at 50% power for 30 seconds at a time until melted.
2. Use a spoon to carefully pour a thin layer of chocolate into each mold of a silicone or lined mini muffin tray. Freeze for at least 5 minutes.
3. Meanwhile, combine the tahini, maple syrup and protein powder. Mix until a dough forms. Roll the dough into small even balls using your hands. You will want to create the same number of balls as the number of servings you are making.
4. Remove the muffin tray from the freezer and gently press a dough ball into the middle of each mold. Drizzle melted dark chocolate around and overtop the dough. Gently shake the muffin tray to even out the chocolate. Sprinkle with sea salt if desired.
5. Refrigerate until set, about 10-15 minutes. Enjoy!

### NOTES

#### No Tahini

Use almond butter, peanut butter, hazelnut butter or sunflower seed butter.

#### No Mini Muffin Tray

Use a regular sized muffin tray to create larger cups.

#### Protein Powder

This recipe was developed and tested using a whey-based unflavoured protein powder.

#### Serving Size

One serving is equal to one mini cup.

### INGREDIENTS

- 10 1/2 ozs** Dark Organic Chocolate (at least 70% cacao, chopped)
- 1 1/4 tbsps** Coconut Oil
- 2 tbsps** Tahini
- 2 tbsps** Maple Syrup
- 1/4 cup** Protein Powder (unflavoured)

### NUTRITION

Amount per serving

<b>Calories</b>	93	<b>Cholesterol</b>	0mg
<b>Fat</b>	6g	<b>Sodium</b>	9mg
<b>Carbs</b>	7g	<b>Vitamin A</b>	1IU
<b>Fiber</b>	1g	<b>Vitamin C</b>	0mg
<b>Sugar</b>	4g	<b>Calcium</b>	12mg
<b>Protein</b>	2g	<b>Iron</b>	1mg



# Peach & Lentil Freekeh Salad



8 ingredients



25 minutes



4 servings

## DIRECTIONS

1. Combine freekeh and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
2. In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

## NOTES

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately 1 1/4 cup of salad.

### Gluten-Free

Use quinoa instead of freekeh.

### More Flavour

Cook with broth instead of water.

## INGREDIENTS

- 1 cup Freekeh (uncooked)
- 2 1/2 cups Water
- 1 Peach (pit removed, chopped)
- 1 cup Lentils (cooked)
- 1/2 cup Parsley (finely chopped)
- 2 tbsps Apple Cider Vinegar
- 1 tsp Cinnamon
- 1/2 tsp Sea Salt

## NUTRITION

Amount per serving

<b>Calories</b>	228	<b>Cholesterol</b>	0mg
<b>Fat</b>	1g	<b>Sodium</b>	313mg
<b>Carbs</b>	49g	<b>Vitamin A</b>	768IU
<b>Fiber</b>	11g	<b>Vitamin C</b>	13mg
<b>Sugar</b>	5g	<b>Calcium</b>	63mg
<b>Protein</b>	11g	<b>Iron</b>	3mg



# Spicy Coconut Lentil Soup



10 ingredients



40 minutes



4 servings

## DIRECTIONS

1. Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
2. Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

## NOTES

### Serving Size

One serving is equal to approximately 1.5 to 2 cups of soup.

### Meal Prep

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

### Leftovers

Store in the fridge for up to 5 days. Freeze for up to 3 months.

### Likes it Creamy

Swap out some of the water for coconut milk.

### No Smoked Paprika

Use regular paprika.

### More Veggies

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favourite vegetables.

## INGREDIENTS

- 1/2 cup** Brown Basmati Rice (uncooked)
- 1/2 cup** Dry Lentils (uncooked)
- 1/4 cup** Unsweetened Shredded Coconut
- 2 tbsps** Smoked Paprika
- 1 tsp** Chili Powder
- 1/4 tsp** Turmeric (ground)
- 1 tsp** Cumin (ground)
- 1/2 tsp** Sea Salt
- 7 cups** Water
- 1/4 cup** Cilantro (optional, chopped)

## NUTRITION

Amount per serving

<b>Calories</b>	206	<b>Cholesterol</b>	0mg
<b>Fat</b>	4g	<b>Sodium</b>	329mg
<b>Carbs</b>	35g	<b>Vitamin A</b>	848IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	1g	<b>Calcium</b>	61mg
<b>Protein</b>	8g	<b>Iron</b>	3mg



# Chickpea & Spinach Roti



14 ingredients



30 minutes



3 servings

## DIRECTIONS

1. Heat half of the coconut oil in a large skillet over medium heat. Saute your onion and garlic until soft. Stir in tomato paste, cumin, curry powder, garam masala and sea salt.
2. Stir in half the coconut milk, spinach and chickpeas. Cook until spinach has wilted then set aside.
3. Now make your roti. Whisk together the ground flax, tapioca flour, remaining coconut milk and water. Mix well.
4. Heat the remaining coconut oil in a large skillet over medium heat. Pour the roti batter (about 3/4 cup per roti) and spread evenly into a thin layer using the back of a spoon. Cook for about 2-3 minutes each side. (Note: the batter is sticky so be careful when flipping!)
5. Place each roti on a plate and scoop the chickpea and spinach mixture into the middle. Fold in the sides, then the top and bottom. Enjoy!

## NOTES

### Likes it Spicy

Add chili powder to taste.

### Skip the Roti

Serve the chickpea and spinach mix with naan, rice or cauliflower rice instead.

## INGREDIENTS

- 2 tbsps Coconut Oil (divided)
- 1 Yellow Onion (medium, diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Tomato Paste
- 1 tsp Cumin
- 1 1/2 tps Curry Powder
- 1 tsp Garam Masala
- 1/2 tsp Sea Salt
- 1 cup Organic Coconut Milk (divided)
- 2 cups Baby Spinach
- 2 cups Chickpeas
- 1/2 cup Ground Flax Seed
- 1/2 cup Tapioca Flour
- 1/4 cup Water

## NUTRITION

Amount per serving

Calories	601	Cholesterol	0mg
Fat	33g	Sodium	449mg
Carbs	63g	Vitamin A	2077IU
Fiber	15g	Vitamin C	14mg
Sugar	11g	Calcium	138mg
Protein	17g	Iron	7mg



# Spiced Salmon Kabobs



12 ingredients



20 minutes



4 servings

## DIRECTIONS

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

## NOTES

### Add Carbs

Serve with quinoa, brown rice or sweet potato.

### Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

## INGREDIENTS

- 2 **tbps** Parsley (chopped)
- 1 **tbsp** Sesame Seeds
- 1/2 **tsp** Black Pepper
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Red Pepper Flakes
- 2 **tbps** Maple Syrup
- 2 **tbps** Extra Virgin Olive Oil (plus extra for asparagus)
- 1 1/4 **lbs** Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 **cups** Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

## NUTRITION

Amount per serving

<b>Calories</b>	350	<b>Cholesterol</b>	78mg
<b>Fat</b>	17g	<b>Sodium</b>	364mg
<b>Carbs</b>	17g	<b>Vitamin A</b>	1833IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	23mg
<b>Sugar</b>	10g	<b>Calcium</b>	104mg
<b>Protein</b>	33g	<b>Iron</b>	6mg



# Spinach Lentil Curry



16 ingredients



25 minutes



4 servings

## DIRECTIONS

1. In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
2. Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
3. Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
4. Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
5. When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

## NOTES

### No Rice

Serve alone or with quinoa, couscous or potatoes instead.

### Leftovers

Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

### Too Thick

If the curry gets too thick, add extra vegetable broth to thin it.

### More Flavour

Add extra cilantro and lime.

## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tsps Maple Syrup

## NUTRITION

Amount per serving

<b>Calories</b>	463	<b>Cholesterol</b>	0mg
<b>Fat</b>	15g	<b>Sodium</b>	463mg
<b>Carbs</b>	70g	<b>Vitamin A</b>	4488IU
<b>Fiber</b>	13g	<b>Vitamin C</b>	22mg
<b>Sugar</b>	8g	<b>Calcium</b>	109mg
<b>Protein</b>	15g	<b>Iron</b>	6mg





# Mushroom Lentil Burgers



13 ingredients



30 minutes



9 servings

## DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

## NOTES

### Extra Flavour

Brush the patties with clean BBQ sauce while grilling.

### No BBQ

Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.

### Toppings

Sprouts, avocado, tomato, goat cheese, feta cheese, mustard or greens.

## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 cups Portobello Mushroom (diced)
- 3 Garlic (cloves, minced)
- 3/4 cup Walnuts (chopped and toasted)
- 2 cups Green Lentils (cooked, drained, rinsed and divided)
- 2 tsps Tabasco Sauce
- 1 tsp Paprika
- 1 1/2 tsps Chili Powder
- 2/3 cup Almond Flour
- 1/3 cup Parsley (chopped)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

## NUTRITION

Amount per serving

<b>Calories</b>	201	<b>Cholesterol</b>	0mg
<b>Fat</b>	13g	<b>Sodium</b>	94mg
<b>Carbs</b>	16g	<b>Vitamin A</b>	468IU
<b>Fiber</b>	7g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	4g	<b>Calcium</b>	49mg
<b>Protein</b>	9g	<b>Iron</b>	3mg



# Salmon with Coconut Kale



4 ingredients



20 minutes



2 servings

## DIRECTIONS

1. Preheat oven to 320°F (160°C).
2. Place the salmon fillets on a baking sheet lined with parchment paper. Rub with 1/4 of the coconut oil and season with salt.
3. Wrap the parchment around the salmon, folding the seams and tucking them so that steam doesn't escape. Bake until medium-rare, about 18 minutes.
4. Meanwhile, place kale in a steamer over boiling water for about 3 minutes or until wilted. Drain any excess water. Toss kale with remaining coconut oil and season with salt to taste. Divide onto plates and top with the salmon. Enjoy!

## NOTES

### No Coconut Oil

Use butter, ghee or avocado oil instead.

### No Kale

Use collard greens, cabbage, broccolini or bok choy instead.

### More Carbs

Serve it with quinoa, brown rice, or potatoes.

### Leftovers

Store covered in the fridge up to 3 days.

## INGREDIENTS

- 8 oz Salmon Fillet
- 3 tbsps Coconut Oil (divided)
- 1/2 tsp Sea Salt
- 8 cups Kale Leaves (roughly chopped)

## NUTRITION

Amount per serving

<b>Calories</b>	371	<b>Cholesterol</b>	63mg
<b>Fat</b>	29g	<b>Sodium</b>	683mg
<b>Carbs</b>	4g	<b>Vitamin A</b>	4089IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	78mg
<b>Sugar</b>	1g	<b>Calcium</b>	225mg
<b>Protein</b>	25g	<b>Iron</b>	2mg