



HEATHER
CAREY_{MS}

Healthy Spring Reset for Busy
Women (Week 2)

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Hello and Welcome Fellow Resetters!

I'm so glad you are here to join me, and hundreds of other women, as we face the journey to cook well so you can eat well and live well.

NOTE: this is Week 2 of the Spring Healthy Reset for Busy Women. If you want to continue to Week 1 you can purchase that [HERE](#).

Enclosed in this packet is a beautiful set of carefully curated seasonal recipes with pictures, a detailed meal plan and comprehensive shopping list. Our focus is to simply get back to a way of eating real, whole foods that are unprocessed and so good for you. The meals and recipes are a good balance of nutrients and a variety of foods that are health supportive, specifically for busy women.

You'll see in the notes section of each recipe some helpful tips and Culinary Pharmacy notes, which show the health benefits of eating specific foods.

Same as week 1, each day is approximately 1600 calories, which is an average for most women. That said, we are not here to starve, suffer or be in a diet mindset. If there has been more eating and drinking than usual this past season, it might mean that these calories don't feel like enough. Pay attention to your feelings around food. Mindfulness is an important tool to use when considering hunger. For right now, try to enjoy the process of cooking and trying new foods if this meal plan feels different for you.

The meal plan, the calories, the list - they are all a guide for you to follow. Understandably, life gets in the way. However, if you shop and start getting prepared this weekend you will be well ahead of the game. I imagine you will be very happy when you know you have snacks and meals ready to go.

Let's get started! Keep this guide on your computer or print it - totally up to you. Just be sure to print the shopping list to take with you to the grocery store.

Meal Plan Notes

As before, you can see that some of the pictures in the meal plan are shaded. This is to indicate that you will be making one recipe and using the rest as leftovers. The shaded days are the leftover days. In the world of meal planning and healthy eating, leftovers can save you a lot of time in the kitchen.

Shopping Notes

Be sure to go through the recipes and make note of serving sizes. Consider the size of your family, if you live alone, and/or you definitely want extras or leftovers. Make sure you are making enough food. You can always double the recipes, or cut them in half. Consider also that many of the recipes can be made and the extra frozen. Another meal planning win!


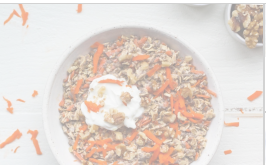


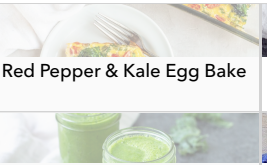



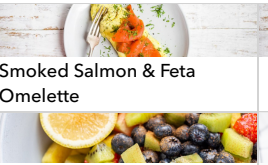

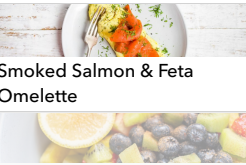







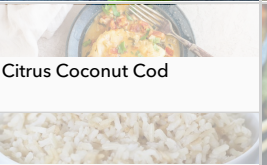





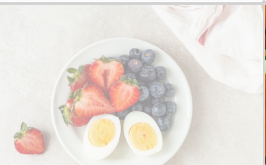
















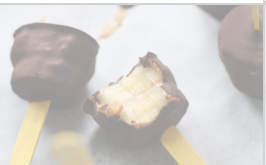

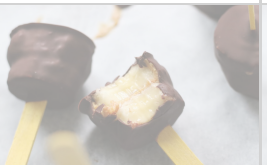
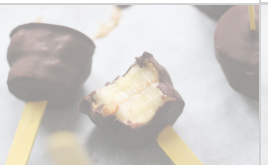


Cooking Tips

Be sure to read the recipes before you start cooking! Know what you need to do beforehand (such as make a whole grain which could be cooking as your prepare the rest of the meal) so cooking is easy and streamlined.

If you have questions about ingredients or cooking techniques feel free to reach out at and we will get back to you ASAP.

Good luck with Week 2 and happy cooking!

Heather

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Carrot Cake Overnight Oats	 Carrot Cake Overnight Oats	 Red Pepper & Kale Egg Bake  Ginger Green Smoothie	 Red Pepper & Kale Egg Bake  Ginger Green Smoothie	 Peanut Butter & Banana Protein Porridge  Blueberries	 Smoked Salmon & Feta Omelette  Pineapple Fruit Salad	 Smoked Salmon & Feta Omelette  Pineapple Fruit Salad
Lunch	 Golden Cauliflower Soup  Savory Roasted Chickpeas	 Sweet Potato Salmon Burgers with Green Goddess Salad  Strawberry, Spinach & Farro Salad	 Golden Cauliflower Soup  Savory Roasted Chickpeas	 Citrus Coconut Cod  Brown Rice	 Crispy Tofu Fried Rice	 Soba Noodle Salad with Tahini Maple Dressing	 Chicken & Veggie Quesadillas
Snack 2	 Fruit & Egg Snack Plate	 Fruit & Egg Snack Plate	 Clementines	 Clementines	 Clementines		 Clementines
Dinner	 Sweet Potato Salmon Burgers with Green Goddess Salad  Strawberry, Spinach & Farro Salad	 One Pan Lemon Spiced Chicken & Potatoes	 Citrus Coconut Cod  Perfect Brown Rice	 Crispy Tofu Fried Rice	 Soba Noodle Salad with Tahini Maple Dressing	 Chicken & Veggie Quesadillas  Radish & Cucumber Salad	 Roasted Eggplant Lasagna  Radish & Cucumber Salad
Snack 3	 Chocolate Peanut Butter Banana Pops	 Chocolate Peanut Butter Banana Pops	 Chocolate Peanut Butter Banana Pops	 Chocolate Peanut Butter Banana Pops	 Chocolate Peanut Butter Banana Pops	 Chocolate Peanut Butter Banana Pops	 Chocolate Peanut Butter Banana Pops

Fruits

- ☐ 1 Avocado
- ☐ 2 1/2 cups Blueberries
- ☐ 8 Clementines
- ☐ 1 Kiwi
- ☐ 2 Lime
- ☐ 1 cup Pineapple
- ☐ 2 1/2 cups Strawberries
- ☐ 3 Banana
- ☐ 4 Lemons
- ☐ 1 large Orange

Breakfast

- ☐ 1/3 cup Maple Syrup
- ☐ 1/2 cup Natural Peanut Butter

Seeds, Nuts & Spices

- ☐ 1 cup Cashews
- ☐ 2 tbsps Chia Seeds
- ☐ 1 tsp Chili Powder
- ☐ 2 1/4 tsps Cinnamon
- ☐ 0 tsp Coarse Salt And Freshly Ground Pepper
- ☐ 1 tbsp Cumin
- ☐ 1/2 tsp Dried Oregano
- ☐ 1 tbsp Dried Thyme
- ☐ 1/2 tsp Ground Allspice
- ☐ 2 tsps Ground Cumin
- ☐ 2 tsps Ground Flax Seed
- ☐ 1/4 tsp Ground Ginger
- ☐ 1/4 cup Hemp Seeds
- ☐ 1/2 cup Raw Peanuts
- ☐ 1/2 tsp Smoked Paprika
- ☐ 1 tbsp Turmeric
- ☐ 2 tsps Walnuts

Frozen

- ☐ 2 cups Frozen Pineapple

Vegetables

- ☐ 1 bunch Asparagus
- ☐ 3 cups Baby Kale
- ☐ 16 cups Baby Spinach
- ☐ 5 Carrot
- ☐ 1 head Cauliflower
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 1 cup Cilantro
- ☐ 5 Cucumber
- ☐ 2 Eggplant
- ☐ 6 stalks Green Onion
- ☐ 4 cups Kale Leaves
- ☐ 5 cups Mini Potatoes
- ☐ 1/2 cup Peas
- ☐ 4 1/2 cups Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1 Sweet Potato
- ☐ 2 Yellow Onion
- ☐ 1 bunch Dill
- ☐ 1 head Garlic
- ☐ 1 knob Ginger
- ☐ 1 bunch Mint
- ☐ 1 bunch Parsley
- ☐ 1 large Red Onion

Boxed & Canned

- ☐ 8 ozs Buckwheat Soba Noodles
- ☐ 1 cup Canned Coconut Milk
- ☐ 15 ozs Canned Wild Salmon
- ☐ 1 cup Farro
- ☐ 6 cups Low Sodium Chicken Broth
- ☐ 1/2 cup Salsa
- ☐ 2 15-ounce Canned Chickpeas
- ☐ 2 1/2 cups Brown Rice

Baking

- ☐ 1/2 cup Almond Flour
- ☐ 1 tbsp Arrowroot Powder
- ☐ 3 1/2 ozs Dark Chocolate
- ☐ 1 1/3 cups Oats
- ☐ 1 tbsp Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 6 ozs Cheddar Cheese
- ☐ 4 Cod Fillet
- ☐ 14 ozs Extra Firm Tofu
- ☐ 1/4 cup Feta Cheese
- ☐ 2 lbs Ground Turkey
- ☐ 6 ozs Mozzarella Cheese
- ☐ 1 1/2 cups Ricotta Cheese
- ☐ 4 ozs Smoked Salmon
- ☐ 4 Whole Wheat Tortilla
- ☐ 2 lb Boneless Chicken Breast

Condiments & Oils

- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 2 tbsps Balsamic Vinegar
- ☐ 1 tsp Chili Garlic Sauce
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 1 1/3 cups Extra Virgin Olive Oil
- ☐ 1/3 cup Low Sodium Soy Sauce
- ☐ 2 tsps Sesame Oil
- ☐ 1/4 cup Tahini
- ☐ 1 1/2 cups Tomato Sauce

Cold

- ☐ 16 Egg
- ☐ 1/4 cup Egg Whites
- ☐ 2 1/8 cups Unsweetened Almond Milk
- ☐ 2 cups Plain Greek Yogurt

Other

- ☐ 10 Popsicle Sticks



Carrot Cake Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 1 Carrot (medium, grated)
- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Maple Syrup
- 2 tbsps Plain Greek Yogurt
- 2 tbsps Walnuts (roughly chopped)

Directions

- 1 Divide the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk and maple syrup between two jars. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 2 When ready to eat, remove from the refrigerator, place in a bowl and stir in the yogurt and the walnuts.

Notes

Hot or Cold: These oats can be enjoyed hot or cold. Reheat cold oats in the microwave.
Grated Carrot: Half a medium carrot is equal to about 1/2 cup of grated carrot. You can also buy pre-grated carrots to make it easier.



Red Pepper & Kale Egg Bake

6 servings

30 minutes

Ingredients

1 1/2 tbsps Extra Virgin Olive Oil
(divided)
1 Red Bell Pepper (diced)
3 cups Baby Kale
1/2 cup Cherry Tomatoes (halved)
3 stalks Green Onion (chopped)
8 Egg
1/2 cup Unsweetened Greek Yogurt
Coarse Salt And Freshly Ground
Pepper

Directions

- 1 Preheat the oven to 400°F. Grease a baking dish with a teaspoon of the oil.
- 2 Add the remaining oil to a pan over medium heat. Add the peppers and cook for about 5 minutes or until just tender and starting to brown. Add the kale, tomatoes, and green onion with a sprinkle of salt and pepper. Continue to cook until the kale wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
- 3 Add the eggs, yogurt, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
- 4 Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares.

Notes

Mix Up the Veggies: This recipe works well with nearly any vegetable. Use spinach, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.

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



Ginger Green Smoothie

2 servings

10 minutes

Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (peeled and chopped)
- 1 Lemon (juiced)
- 2 cups Frozen Pineapple
- 1 tbsp Ginger (grated)
- 2 tbsps Ground Flax Seed
- 1 1/2 cups Water

Directions

1

Place all ingredients together in a blender with a few ice cubes and blend until smooth, about 1 minute. Divide into two servings.

Notes

Culinary Pharmacy - Smoothies: Smoothies are an excellent way to get in your fruits and vegetables everyday but be mindful of what goes into them. The calories can easily add up. Using green vegetables ups the nutrition and keeps calories and sugar low.

More Protein: Add two tablespoons of hemp seeds.



Peanut Butter & Banana Protein Porridge

1 serving

10 minutes

Ingredients

2/3 cup Unsweetened Almond Milk
1/3 cup Oats (rolled)
1/4 cup Egg Whites
1 tbsp All Natural Peanut Butter
1 tsp Cinnamon
1/2 Banana (mashed)

Directions

1

Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.

2

Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

Egg White Notes: Egg whites help to add more protein to this breakfast. The egg white also make the oats more creamy. You can either use your own eggs or buy egg whites in the container.

Buying Egg Whites: Save a lot of time and buy store bought egg whites in the refrigerated section of most grocery stores or Whole Foods.

Honey Notes: Add a small drizzle of honey if you want some extra sweetener.



Blueberries

1 serving

2 minutes

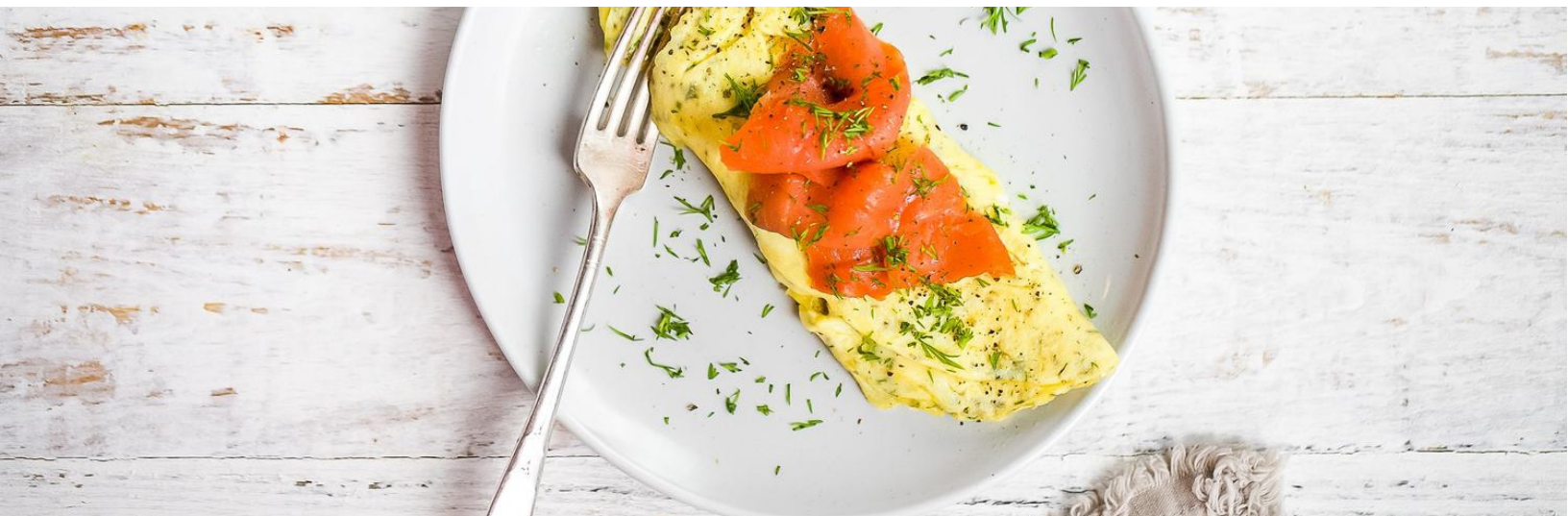
Ingredients

1 cup Blueberries

Directions

1

Wash the berries and enjoy!



Smoked Salmon & Feta Omelette

1 serving

5 minutes

Ingredients

2 Egg
2 tbsps Fresh Dill (finely chopped,
divided)
1 tsp Extra Virgin Olive Oil
2 tbsps Feta Cheese (crumbled)
2 ozs Smoked Salmon

Directions

1

In a bowl, add the eggs with a sprinkle of salt and half of the dill. Whisk well to combine.

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2

In a non-stick skillet over medium heat, add the oil. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill.

Notes

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

Additional Toppings: Top with capers and/or thinly sliced red onion.



Pineapple Fruit Salad

2 servings

10 minutes

Ingredients

1 cup Pineapple (diced)
1/2 cup Strawberries (stems removed,
diced)
1/2 cup Blueberries
1 Kiwi (peeled, diced)
1/4 tsp Cinnamon
1 tsp Lemon Juice

Directions

1

Add all the ingredients to a mixing bowl and toss until well combined. Divide into small bowls and enjoy!

Notes

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

Additional Toppings: Serve it with nuts, cottage cheese, yogurt or oatmeal.



Golden Cauliflower Soup

6 servings

30 minutes

Ingredients

- 2 tbsps Olive Oil
- 1 Yellow Onion (small, chopped coarse)
- 2 Garlic Clove (chopped)
- 1 tsp Coarse Salt (more to taste)
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into chunks or florets)
- 1 cup Cashews
- 2 tsps Turmeric
- 1 tsp Ground Cumin
- 6 cups Low Sodium Chicken Broth
- 1 tbsp Lemon Juice (optional, to lift flavors)
- 1/2 cup Fresh Parsley Leaves (chopped, you can use other herbs too, such as mint or cilantro)

Directions

- 1 Add the olive oil to a soup pot over medium high heat. Add the onion and garlic with the salt and pepper and sauté for 3 minutes. Add in the chopped cauliflower, cashews, turmeric and cumin. Sauté for another 10 minutes or until vegetables are softened.
- 2 Carefully add 1/2 cup of the chicken stock and scrape up the brown bits on the bottom of the pan. Stir in the rest of the stock. Bring to a boil and then down to a simmer. Cover and cook for another 15 minutes.
- 3 Transfer the soup to a blender and blend into a creamy consistency. You might have to do this in batches.
- 4 Return to the soup pot and season with more salt and a squeeze of lemon juice if desired. Sprinkle chopped parsley and top with spiced chickpeas.

Notes

Culinary Pharmacy - Cauliflower: I always say "eat the rainbow" when it comes to vegetables, but cauliflower fits right in as well. Cauliflower is low in calories and full of nutrients, particularly B vitamins, fiber and an abundance of minerals.

Soup Notes: Soups freeze beautifully! Grab some single serving containers and add it to your freezer for a quick lunch.

Why Cashews? : Cashews blend up very smoothly and add a creaminess (not to mention healthy fats) to this simple soup.



Savory Roasted Chickpeas

2 servings

30 minutes

Ingredients

1 1/2 cups Chickpeas (from a 15-ounce can, drained, rinsed and patted dry)

1 tbsp Extra Virgin Olive Oil

1 tsp Cumin

1/2 tsp Coarse Salt

1/4 tsp Black Pepper

Directions

- 1 Preheat oven to 400°F and line a baking sheet with parchment paper.
- 2 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, cumin, salt, and black pepper. Mix until chickpeas are evenly coated.
- 3 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 4 Let cool before storing in an airtight container in the fridge.

Notes

Culinary Pharmacy - Chickpeas: Chickpeas, and all beans, have the dual benefit of being high in plant proteins and high in fiber. Fiber and protein keep you full longer.

Chickpea Note: Roasted chickpeas are delicious and will keep well in an airtight container in the refrigerator for up to 5 days.

Make Them Crispy: Bake for longer if you like them really crispy. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.



Fruit & Egg Snack Plate

2 servings

20 minutes

Ingredients

2 Egg
1 cup Blueberries
1 cup Strawberries (halved)
Coarse Salt And Freshly Ground
Pepper

Directions

1

Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.

2

Peel and slice the hard boiled egg, sprinkle with a little bit of salt and pepper, and serve with the blueberries and strawberries.

Notes

Leftovers: Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.



Clementines

2 servings

2 minutes

Ingredients

4 Clementines

Directions

1 Peel, section and enjoy!

Notes

Storage: Store clementines in a basket with open sides at room temperature or keep them in your fridge crisper.



Sweet Potato Salmon Burgers with Green Goddess Dressing

6 servings

45 minutes

Ingredients

1 Sweet Potato (medium, peeled and chopped into 1/2 slices)
15 ozs Canned Wild Salmon (2 7.5-ounce cans, drained and flaked)
1/2 cup Almond Flour
1 Egg
1/2 tsp Dried Oregano
1/2 tsp Smoked Paprika
1 tsp Coarse Salt (divided)
1/2 tsp Black Pepper
1 bunch Asparagus
2 tbsps Extra Virgin Olive Oil (divided)
1 Avocado
1/2 cup Plain Greek Yogurt
1 Lemon (juiced)
1/4 cup Water

Directions

- 1 Place the sweet potato in a microwave and bake until soft. Scoop out the flesh and mash into a medium bowl. Let cool.
- 2 Preheat oven to 400°F and line a baking sheet with parchment paper. Combine salmon, mashed sweet potato, almond flour, egg, oregano, paprika, 1/2 teaspoon salt and black pepper together in a bowl. Mix well. Use your hands to form into 6 even cakes and place on one half of the baking sheet.
- 3 On the other half of the baking sheet place the asparagus in an even layer. drizzle with a little bit of olive oil, salt and pepper and toss to combine.
- 4 Cook for 15 minutes and then flip the salmon burgers and cook for another 15 minutes. Remove from the oven and set aside.
- 5 Meanwhile, make the green goddess dressing: combine the avocado, yogurt, lemon juice, 2 tablespoons olive oil, water and 1/2 teaspoon salt in a blender or food processor. Blend until a creamy consistency forms.
- 6 Drizzle the salmon cakes and asparagus with the dressing.

Notes

Canned Salmon Notes: Canned salmon is perfectly safe, totally convenient and cost effective. Be sure to buy wild Alaskan as that is the most safe.

Leftovers: Dressing will last three days in the refrigerator. Wrap each burger in plastic wrap and store in the freezer.

Cooking Option: You may also pan fry the salmon burgers - heat 1 tablespoon of olive oil and cook for 2 minutes on each side until cooked through.



Strawberry, Spinach & Farro Salad

4 servings

40 minutes

Ingredients

- 1 cup Farro (rinsed)
- 2 tbsps Balsamic Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Raw Honey
- 1 tsp Freshly Grated Lemon Zest (from 1 lemon)
- 2 tbsps Lemon Juice (from 1 lemon)
- 1/2 tsp Coarse Salt & Black Pepper (each)
- 8 cups Baby Spinach
- 1 cup Strawberries (sliced)
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Mint Leaves (chopped)

Directions

- 1 Cook the farro according to package directions and set aside to let cool slightly.
- 2 In a mini food prep or mason jar, add the balsamic vinegar, olive oil, honey, lemon, zest, salt, and pepper and blend until well mixed.
- 3 To a salad bowl, add the spinach, sliced strawberries and red onion. Drizzle enough dressing to lightly coat the salad. Add the farro and toss again, adding enough dressing to coat. Sprinkle the mint and serve.

Notes

Culinary Pharmacy - Farro: Farro is a whole grain, full of B vitamins and fiber.

Leftovers: Best stored with the dressing separate from the salad. Refrigerate both in an airtight container for up to three days.

Gluten-Free: Use quinoa instead of farro.



One Pan Lemon Spiced Chicken & Potatoes

4 servings**30 minutes**

Ingredients

- 1 Lemon (divided)
- 1 lb Chicken Breast
- 5 cups Mini Potatoes (quartered)
- 2 cups Cherry Tomatoes (1 pint, halved)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Turmeric
- 1/2 tsp Ground Allspice
- 1/2 tsp Coarse Salt
- 1/2 cup Plain Greek Yogurt
- 1/2 cup Parsley (chopped)

Directions

- 1 Preheat the oven to 400°F. Cut half the lemon into slices and set aside.
- 2 Add the chicken, potatoes, tomatoes, olive oil, turmeric, allspice, and sea salt to the baking sheet. Squeeze the juice from the remaining lemon over top and toss until well coated. Layer the lemon slices over top and cook for 25 to 30 minutes or until the chicken is cooked through.
- 3 Remove the chicken from the pan and set aside, cover with foil. Return the pan back into the oven for another 10 minutes or until the potatoes are crisp.
- 4 While the chicken is roasting whisk together the yogurt, juice of 1/2 lemon, a sprinkle of salt and pepper and parsley.
- 5 Slice the chicken and garnish with yogurt sauce.

Notes

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



Citrus Coconut Cod

4 servings**20 minutes**

Ingredients

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (medium, chopped)
4 Garlic (cloves, minced)
2 tsps Cumin
1/2 tsp Coarse Salt
2 cups Cherry Tomatoes (halved)
1/2 cup Orange Juice (freshly squeezed)
1 cup Canned Coconut Milk (full-fat)
4 Cod Fillet (20-ounces)
4 cups Baby Spinach
1/2 cup Cilantro (chopped)

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for 3 to 5 minutes, or until the onions start to soften. Add the garlic, cumin, salt, and tomatoes. Stir to combine. Cook for another 3 minute until tomatoes are softened.
- 2 Add the orange juice and coconut milk and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot, spooning the sauce over the fish. Cover and cook for 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Remove the cod to a plate and cover with foil. Add the spinach and cilantro into the pot and allow to wilt.
- 5 Divide the filets and the rice between plates and top with the citrus coconut sauce.

Notes

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

No Cod: Use another white fish, like haddock, instead.



Perfect Brown Rice

4 servings

45 minutes

Ingredients

1 tsp Extra Virgin Olive Oil
1 cup Brown Rice (uncooked)
2 cups Water
1/2 tsp Coarse Salt

Directions

1

Over medium-low heat, add the oil to a medium saucepan. Once the oil is swirling, add the rice and stir continuously for about 2 minutes, until rice smells toasted.

2

Slowly add the water and the salt. Bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 45 minutes. Turn off the heat and let sit, covered, for another 10 minutes. Remove lid and fluff with a fork.

Notes

The Secret to Perfect Rice: The secret to a perfect pot of brown rice? Never lift the lid! Trust me on this one. The key is to keep the steam in the pot. If you follow the directions, it should come out perfect every single time.



Crispy Tofu Fried Rice

4 servings

1 hour 15 minutes

Ingredients

14 ozs Extra Firm Tofu (drained, cut into 1/2" cubes)
 1 tbsp Sesame Oil (divided)
 1 tbsp Arrowroot Powder
 1/4 cup Low Sodium Soy Sauce (or tamari, divided)
 3 cups Cooked Brown Rice
 4 cloves Garlic (minced, divided)
 3 stalks Green Onion (tough green part removed, chopped)
 1 tbsp Peanut Butter
 2 tbsps Maple Syrup
 1 tsp Chili Garlic Sauce (more or less depending on preferred spice)
 1/2 cup Peas (fresh or frozen are fine)
 2 Carrot (peeled and grated)
 4 cups Baby Spinach
 1/2 cup Raw Peanuts (chopped)

Directions

- 1 Preheat oven to 400 degrees F and line a baking sheet with parchment paper.
- 2 Toss the tofu with 1 tablespoon tamari, 2 teaspoons sesame oil and the arrowroot powder in a mixing bowl. Lay the tofu in a single layer on the baking sheet and bake for 25-30 minutes, tossing halfway through cooking. The longer it bakes, the firmer and crispier it will become. Set aside.
- 3 Prepare the sauce: in the bowl that the tofu was in, whisk together 3 tablespoons of the soy sauce, peanut butter, maple syrup, 1 clove garlic, the chili sauce and 1 teaspoon sesame oil.
- 4 Once the tofu is done baking, add directly to the sauce and marinate for 5 minutes, stirring occasionally.
- 5 In a large saute pan over medium heat, add the rest of the garlic, green onion, peas and carrots. Add in the spinach in handfuls until wilted. Sauté for 3-4 minutes, stirring occasionally.
- 6 Add in the cooked rice, tofu, and any remaining sauce and stir. Cook over medium-high heat for 3-4 minutes, stirring frequently.
- 7 Sprinkle with the chopped peanuts. Serve immediately.

Notes

Culinary Pharmacy - Tofu: Not everyone is familiar with tofu but it is a protein worth knowing. Not only is tofu a plant based protein, it is high in phytoestrogens, natural estrogens that are found in certain foods and that can help with menopausal symptoms such as hot flashes.



Soba Noodle Salad with Tahini Maple Dressing

4 servings

20 minutes

Ingredients

8 ozs Buckwheat Soba Noodles
1/4 cup Tahini
2 tbsps Extra Virgin Olive Oil
2 Lime (juiced)
2 tbsps Low Sodium Soy Sauce (or tamari)
1 tbsp Sesame Oil
1 tbsp Maple Syrup
1/3 cup Water
1/2 cup Radishes (thinly sliced)
2 Carrot (medium, thinly sliced into ribbons)
1/2 cup Mint Leaves (finely chopped)
15 ozs Chickpeas (cooked, from the can)

Directions

- 1 Make the noodles according to the directions on the package, drain and rinse with cold water. Return to the pot (but don't heat).
- 2 Combine the tahini, olive oil, lime juice, soy sauce, sesame oil, maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce. If the sauce is hard to blend, you can also use a mini food processor or hand mixer.
- 3 Add the sauce to the noodles and toss to coat.
- 4 Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!

Notes

No Buckwheat Soba Noodles: Use brown rice noodles or any type of noodle instead.

Leftovers: Best enjoyed cold or at room temperature. Store in the fridge up to 3 to 4 days. Add extra lime juice or olive oil to loosen it up if it sticks after being refrigerated.

Sticky Noodle Prevention: Toss the noodles with a splash of oil after cooking to prevent them from sticking.



Chicken & Veggie Quesadillas

4 servings**15 minutes**

Ingredients

1 lb Chicken Breast, Cooked (shredded)
2 tbsps Extra Virgin Olive Oil
1 cup Red Onion (medium onion, thinly sliced)
1 Red Bell Pepper (sliced thin)
1 tsp Ground Cumin
1 tsp Chili Powder
1/2 cup Cilantro (chopped)
4 Whole Wheat Tortilla (large)
6 ozs Cheddar Cheese (grated)
1/2 cup Salsa

Directions

- 1 If your chicken is not cooked, preheat the oven to 400 degrees and line a baking sheet with parchment paper. Place the chicken breasts on the pan, sprinkle with salt, pepper and chili powder. Bake for about 20 minutes or until chicken is no longer pink (this will depend on the size of your chicken breasts). Let cool and shred with a fork.
- 2 Meanwhile, add the oil to a large sauté pan over medium high heat. Add the onion and pepper with a sprinkle of salt and pepper. Saute for 5 minutes, until vegetables have softened. Add in the cilantro, cumin and chili powder along with the chicken. Continue cooking for 3 more minutes. Turn the heat and remove to a dish.
- 3 Clean out the pan and heat over medium low heat. Add one tortilla to the skillet and top with 1/4 of the grated cheese, leaving a small border around the edges. Top with 1/2 the chicken and vegetables. Add another 1/4 of the cheese along with 1/2 the salsa. Place another tortilla on top and place a lid on the pan for about 2 minutes, checking to make sure it is not burning.
- 4 Carefully flip the quesadilla and continue cooking for another minute, until the cheese is melted and the tortilla is browned and crispy. Let the quesadilla cool slightly and then cut into wedges.

Notes

Additional Toppings: Sour cream, hot sauce and/or sliced avocado



Radish & Cucumber Salad

4 servings

15 minutes

Ingredients

- 2 tbsps Hemp Seeds
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Apple Cider Vinegar
- 3 tbsps Fresh Dill (divided)
- 1/2 Coarse Salt & Black Pepper (each)
- 2 Cucumber (large, peeled and sliced)
- 2 cups Radishes (sliced)

Directions

- 1 Whisk together the hemp seeds, olive oil, apple cider vinegar, half of the fresh dill, salt and pepper until well mixed.
- 2 Add the sliced cucumber and radishes into a bowl and toss together with the dressing.
- 3 Top with the remaining dill and serve.

Notes

Leftovers: Best enjoyed the same day. For longer-lasting leftovers, refrigerate the vegetables separate from the dressing in airtight containers for up to two days.



Roasted Eggplant Lasagna

8 servings**40 minutes**

Ingredients

2 Eggplant (large, trimmed, sliced lengthwise 1/4- to 1/2-inch thick)
2 tbsps Extra Virgin Olive Oil (divided)
Coarse Salt & Black Pepper (divided)
2 lbs Ground Turkey
1 1/2 cups Tomato Sauce (jarred or homemade)
1 tbsp Dried Thyme
1 1/2 cups Ricotta Cheese (lowfat)
1 Egg
6 ozs Mozzarella Cheese (lowfat, shredded)

Directions

- 1 Preheat the oven to 400°F. Line a baking sheet with parchment paper.
- 2 Brush each of the eggplant slices with oil and season with salt and pepper. Place them on the baking sheet and cook for 15 minutes or until soft.
- 3 Meanwhile, heat a large skillet over medium-high heat. Cook the ground turkey, with a sprinkle of salt and pepper, for 10 minutes or until cooked through, breaking it up as it browns.
- 4 Stir in the tomato sauce and dried thyme. Simmer for five minutes or until warmed through. Remove from heat.
- 5 In a small bowl, whisk the ricotta and egg together.
- 6 In a 9x13 baking dish, arrange the eggplant slices in an even layer. Spread the meat and sauce mixture evenly over top, followed by the ricotta mixture. Repeat the layers until all ingredients are used up.
- 7 Sprinkle the mozzarella evenly over top and bake for 15 to 20 minutes or until the cheese is golden brown. Let cool slightly and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days, or freeze if longer.

Dairy-Free: Use vegan cheese instead.



Chocolate Peanut Butter Banana Pops

10 servings**1 hour 30 minutes**

Ingredients

2 Banana (large, ripe)
1/4 cup All Natural Peanut Butter
10 Popsicle Sticks
3 1/2 ozs Dark Chocolate (at least 70% cacao)
1 1/2 tsps Coconut Oil

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Slice bananas into 1/2 inch thick rounds. Use a butter knife to spread peanut butter onto half of the banana slices. Place the remaining banana slices on top to create a sandwich. Transfer to the baking sheet.
- 3 Hold the sandwiches firmly on both sides with one hand and insert popsicle sticks through the middle of the top of each sandwich so they are sticking up vertically. Place in the freezer and let harden for ~30 minutes.
- 4 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate and coconut oil to the smaller pot and stir continuously until melted. Use a spatula to transfer all the chocolate into a small cup (note: this makes it easier for dipping).
- 5 Remove the bananas from the freezer and dip them one-by-one into the melted chocolate. Feel free to double dip if you have leftover chocolate. (If you are sprinkling with any toppings, do so quickly while the chocolate is still wet.)
- 6 Place the pops back onto the baking sheet with the popsicle sticks sticking up vertically. Place back in the freezer until chocolate is hardened (about 30 to 60 minutes). Enjoy right away or store in an airtight container for later.

Notes

No Popsicle Sticks: Skip the popsicle sticks and make Chocolate Peanut Butter Banana Bites instead.