



Free Magnesium-Rich Foods Recipe Guide

Created by Rejoice Nutrition & Wellness Inc



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Hello Friend!

We have been talking about Magnesium this past week on the Rejoice Pages, and just how key this essential nutrient is for your Gut, Hormones, & Mental health!

We discussed:

- Magnesium Deficiency
- Magnesium Supplementation
- Magnesium Rich Foods

When we are under stress we need MORE Magnesium, so before the hectic season is upon us let's ensure you have safeguarded your body with lots of magnesium-rich yummy foods!

We focused on 7 Key Magnesium Foods:

1. Dark Chocolate
2. Avocados
3. Lentils
4. Fatty Fish
5. Quinoa
6. Greens
7. Nuts & Seeds

You will find recipes on the blog in the Magnesium food article PLUS I wanted to put together a little freebie of recipes that have used multiple combinations of these top Magnesium Foods.

Please remember as discussed in the blog post: FOOD SECURITY matters. So based on your budget & access get canned, dry, or canned goods for these recipes to make them work best for you.

Lots of Love,
JO

Chocolate Covered Frozen Blueberries

3 ingredients · 6 hours 10 minutes · 6 servings



Directions

1. Line a small baking sheet or plate with parchment paper.
2. Melt the chocolate in a small bowl in 30-second increments in the microwave or by using a double boiler over the stove.
3. Add the blueberries and almonds to the chocolate and stir well.
4. Spread the blueberry mixture over the parchment paper in a single layer. Sprinkle extra almonds on top.
5. Place in the freezer for at least six hours or overnight. Slice or break apart into pieces. Enjoy!

Notes

Leftovers

Keep frozen in an airtight container or freezer bag for up to one month.

Serving Size

One serving is equal to approximately 1/3 cup.

Nut-Free

Omit the sliced almonds.

Ingredients

3 ozs Dark Chocolate

2 cups Blueberries

1/3 cup Sliced Almonds (plus extra for topping)

Chocolate Dipped Pear with Pistachios

3 ingredients · 30 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper and pat dry the pear slices with a paper towel.
2. Place the chocolate in a bowl and melt in the microwave in 30-second intervals or over a double boiler.
3. Dip each pear slice into the chocolate and place on the baking sheet. Sprinkle with pistachios, if using.
4. Transfer the chocolate dipped pears to the fridge for 20 minutes or until the chocolate is completely set. Remove from parchment paper and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one whole chocolate-dipped pear (approximately eight pieces).

No Pistachios

Omit or use flaky salt or coconut flakes instead.

Save on Time

Serve the sliced pear, chocolate, and pistachios together cold.

Ingredients

- 2 Pear (sliced)
- 1 3/4 ozs Dark Chocolate (at least 70% cacao)
- 2 tsps Pistachios (chopped, optional)

Date & Chocolate Pudding

4 ingredients · 1 hour 10 minutes · 2 servings



Directions

1. Add the dates, chocolate, and milk to a saucepan. Bring to a boil then reduce the heat down to simmer. Simmer for two to three minutes or just until the chocolate has melted and the dates are soft. Stir well.
2. Remove the pan from the heat. Let it cool down for about five minutes then transfer the mixture to a food processor.
3. Process until smooth. Pour the mixture into a serving bowl. Cover the bowl with plastic wrap and transfer it to the fridge. Chill for at least one hour before serving. Top with raspberries and dark chocolate if using. Enjoy!

Notes

Leftovers

Cover the bowl with plastic wrap and refrigerate for up to three days.

Serving Size

One serving is equal to approximately 2/3 cup.

No Oat Milk

Use almond milk or cow's milk instead.

More Flavor

Add vanilla and cardamom.

Ingredients

2/3 cup Pitted Dates

3 ozs Dark Chocolate (plus more for optional garnish)

2/3 cup Oat Milk

1/4 cup Raspberries (optional, for garnish)

Vegan Chocolate Mousse

4 ingredients · 35 minutes · 2 servings



Directions

1. In a blender or food processor, blend the tofu, melted dark chocolate, and maple syrup until smooth.
2. Pour the mixture into a bowl and place in the fridge for 30 minutes.
3. Divide the mousse between serving bowls. Top with raspberries. Use additional chocolate as an optional garnish. Enjoy!

Notes

Leftovers

Refrigerate the mousse in an airtight container for up to four days. Top with raspberries before serving.

Serving Size

One serving is equal to approximately 1/2 cup of mousse.

More Flavor

Add vanilla or almond extract.

Additional Toppings

Chopped nuts, other fresh berries, and/or shredded coconut.

Ingredients

6 ozs Silken Tofu (drained)

4 ozs Dark Chocolate (at least 70% cacao, melted, plus extra for optional garnish)

2 tbsps Maple Syrup

1/4 cup Raspberries

Edamame Avocado Toast

5 ingredients · 10 minutes · 2 servings



Directions

1. Cook the edamame in salted boiling water for three to four minutes. Set aside.
2. Spread the avocado on the toast and top with the edamame, red onions, and sesame seeds. Enjoy!

Notes

Leftovers

Do not open and mash the avocado until ready to serve. Refrigerate the cooked edamame in an airtight container for up to three days.

Serving Size

One serving is one piece of toast.

Additional Toppings

Sprinkle with chilli flakes.

Gluten-Free

Use gluten-free bread.

More Flavor

Top with olive oil or flavor-infused oil.

Ingredients

- 1/2 cup Frozen Edamame
- 1 Avocado (medium, mashed)
- 3 1/2 ozs Sourdough Bread (toasted)
- 1/2 oz Pickled Red Onions
- 1 tsp Sesame Seeds (black)

Smoked Salmon Pinwheels

6 ingredients · 5 minutes · 2 servings



Directions

1. Spread the cream cheese evenly on top of the tortilla. Drizzle with lemon juice.
2. Arrange the spinach, smoked salmon, and avocado on top.
3. Tightly roll up the tortilla and cut into slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to six pinwheels.

Dairy-Free

Use cashew cream cheese instead.

More Flavor

Add dill and cucumber.

Ingredients

3 tbsps Cream Cheese, Regular (room temperature)

1 Brown Rice Tortilla

1 tsp Lemon Juice

1 cup Baby Spinach

3 1/2 ozs Smoked Salmon (sliced)

1/2 Avocado (sliced thick)

Mackerel & Cucumber Rice Bowl

8 ingredients · 40 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Make the dressing by mixing together the coconut aminos, ginger, and oil.
3. Divide the rice evenly between bowls and top with the mackerel, avocado, cucumber, and sesame seeds. Top with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Keep the dressing separate until ready to serve.

More Flavor

Add maple syrup and minced garlic to the dressing.

Additional Toppings

Garnish with hot sauce, chopped green onion and/or cilantro.

Make it Vegan

Use seared tempeh or tofu instead of mackerel.

Ingredients

- 1/2 cup Brown Rice (dry)
- 1/4 cup Coconut Aminos
- 1 tsp Ginger (fresh, minced)
- 2 tbsps Extra Virgin Olive Oil
- 8 ozs Canned Mackerel
- 1 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 2 tsps Sesame Seeds

Matcha Mousse

7 ingredients · 45 minutes · 4 servings



Directions

1. Pulse the shredded coconut, half of the dates, and half the coconut oil in a food processor to make a crust. The crust should hold together when you squeeze it. Divide the crust mixture evenly between small jars and press it into the bottom of the jars firmly. Wipe the food processor clean.
2. Add the avocado, green tea powder, maple syrup, coconut milk, the remaining oil, and the remaining dates to a clean food processor and blend until smooth. Divide the mixture between the jars. Refrigerate for at least 30 minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for two days.

Serving Size

One serving is approximately 1/4 cup of mousse.

More Flavor

Add vanilla extract and/or lemon juice to the mousse before blending.

More Sweetness

Add more maple syrup to the mousse before blending.

Ingredients

- 2/3 cup** Unsweetened Shredded Coconut
- 2/3 cup** Pitted Dates (pitted, divided)
- 2 tbsps** Coconut Oil (divided)
- 2** Avocado (small, pitted)
- 2 tsps** Green Tea Powder
- 1/4 cup** Maple Syrup
- 2 tbsps** Canned Coconut Milk

Mango Mint Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add a pitted date before blending.

Make it Vegan

Omit collagen powder and use plant-based protein powder.

Ingredients

1 1/4 cups Plain Coconut Milk (unsweetened from the carton)

1 cup Frozen Mango

1/4 Avocado

1 cup Baby Spinach

2 tbsps Mint Leaves (stems removed)

1/2 Lime (juiced)

2/3 oz Collagen Powder

Whipped Ricotta & Avocado Toast

6 ingredients · 10 minutes · 1 serving



Directions

1. In a food processor, whip together the ricotta cheese, lemon juice, and zest until smooth.
2. Spread the whipped ricotta over the toasted bread. Slice the avocado and place it on top. Sprinkle with chopped mint, sea salt, and black pepper. Enjoy!

Notes

Leftovers

Refrigerate the whipped ricotta in an airtight container for up to four days.

Gluten-Free

Use gluten free bread.

Dairy-Free

Use soft vegan cheese instead of ricotta.

Additional Toppings

Cherry tomatoes, chili flakes, and/or jalapeno.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1/4 cup Ricotta Cheese
- 1/2 Lemon (juice and zested)
- 1 3/4 ozs Sourdough Bread (toasted)
- 1/2 Avocado (sliced)
- 1/2 tsp Mint Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

Squash & Lentil Chili

9 ingredients · 45 minutes · 2 servings



Directions

1. Heat a large pot over medium heat and add a splash of the vegetable broth. Add the onion, stir, and let it cook for a couple of minutes.
2. Add the butternut squash and cook for another five minutes. Then, add the tomatoes, green pepper, tomato paste, lentils, chili powder, salt, pepper, and remaining broth. Stir, reduce the heat to low, and cover with a lid.
3. Simmer for 20 to 25 minutes, until it has thickened and absorbed most of the liquid. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add smoked paprika and cayenne.

Ingredients

- 1 cup Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 2 cups Butternut Squash (peeled, chopped)
- 3 Tomato (large, chopped)
- 1 Green Bell Pepper (diced)
- 1/4 cup Tomato Paste
- 1 cup Dry Lentils
- 2 tsps Chili Powder
- Sea Salt & Black Pepper (to taste)

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.

Likes it Really Spicy

Add cayenne pepper.

No Smoked Paprika

Use regular paprika.

More Veggies

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

Ingredients

1/2 cup Brown Basmati Rice (uncooked)

1/2 cup Dry Lentils (uncooked)

1/4 cup Unsweetened Shredded Coconut

2 tsps 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)

Slow Cooker Moroccan Lentils

9 ingredients · 8 hours · 4 servings



Directions

1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

Notes

Serve it With

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

Leftovers

Refrigerate in an airtight container up to 5 days. Freeze if longer.

Ingredients

- 1 cup** Dry Lentils (brown or green, uncooked)
- 1** Tomato (medium, diced)
- 1/2** Yellow Onion (medium, diced)
- 1 1/2** Garlic (cloves, minced)
- 1/4 cup** Parsley (chopped and divided)
- 1 1/2 tsps** Cumin
- 1 1/2 tsps** Paprika
- 1 tsp** Sea Salt
- 4 cups** Water

Sun Dried Tomato & Salmon Pasta

11 ingredients · 15 minutes · 4 servings



Directions

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
3. Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
4. Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
5. Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately two cups.

Dairy-Free

Use coconut milk instead of yogurt.

Ingredients

- 9 3/4 ozs Chickpea Pasta (dry)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Salmon Fillet
- 3 Garlic (clove, minced)
- 1/2 Yellow Onion (medium, diced)
- 3/4 cup Sun Dried Tomatoes (drained, chopped)
- 1/2 tsp Italian Seasoning
- 1/2 cup Chicken Broth
- 1/2 cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Basil Leaves (chopped)

Banana & Blueberry Quinoa Porridge

8 ingredients · 25 minutes · 3 servings



Directions

1. Add the quinoa, 2/3 of the milk, water, cinnamon, and salt to a pot. Bring to a boil.
2. Reduce heat to low and simmer covered until the liquid has been absorbed and the quinoa is tender but still chewy, about 15 minutes.
3. Remove from the heat and let stand for five minutes. Fluff with a fork and fold in the mashed bananas.
4. Divide evenly between bowls and serve topped with the blueberries, hemp seeds, and remaining milk. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 3/4 cup.

Meal Prep

The quinoa can be prepared ahead of time and kept stored in the refrigerator. Reheat on the stove or in the microwave when ready to serve.

More Flavor

Use your choice of milk.

Additional Toppings

Use strawberries, raspberries, and/or blackberries instead. Use pumpkin seeds, sunflower seeds, and/or chia seeds instead.

Ingredients

1/2 cup Quinoa (tricolor, rinsed and drained)

1 1/2 cups Soy Milk (divided)

1/2 cup Water

1/4 tsp Cinnamon

1/8 tsp Sea Salt

1 Banana (small, mashed)

1 1/2 cups Blueberries

1/4 cup Hemp Seeds

Steamed Cod with Quinoa & Cilantro Sauce

8 ingredients · 30 minutes · 2 servings



Directions

1. Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
2. Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
3. Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
4. Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of quinoa and one cod fillet.

Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

No Steamer Basket

Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.)

More Flavor

Cook the quinoa in vegetable or bone broth.

Ingredients

- 1 Carrot (large, finely chopped)
- 1/2 cup Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 2 cups Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

Mango & Black Bean Quinoa Salad

10 ingredients · 23 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Set aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 cups Black Beans (cooked)
- 1/2 cup Red Onion (diced)
- 1 Mango (peeled, diced)
- 2 cups Baby Spinach (chopped)
- 1/4 cup Cilantro (chopped)
- 2 tbsps Lime Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Eggplant & Collard Greens Quinoa Soup

8 ingredients · 45 minutes · 3 servings



Directions

1. Combine all ingredients in a large pot. Bring to a boil then reduce heat to medium-low and cover with a lid. Let the soup simmer for 35 to 40 minutes or until the quinoa is tender.
2. Season with additional salt if needed.
3. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add sautéed onion and garlic.

Additional Toppings

Top with chopped parsley, sliced green onion or red pepper flakes.

Ingredients

- 3 cups** Vegetable Broth
- 1 cup** Diced Tomatoes (from the can, drained)
- 1/2** Carrot (trimmed, chopped)
- 1/4** Eggplant (chopped)
- 1 cup** Collard Greens (stems removed, chopped)
- 1/2 cup** Quinoa (rinsed)
- 1/2 tsp** Dried Thyme
- 1/2 tsp** Sea Salt

Banana Protein Oats

12 ingredients · 10 minutes · 1 serving



Directions

1. Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
2. Turn off the heat and stir in the cinnamon and protein powder.
3. Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers

Best enjoyed right away.

Gluten-Free

Use certified gluten-free oats.

Protein Powder

This recipe was tested using plant-based vanilla protein powder.

No Coconut Milk

Use another plant-based milk like cashew, oat, or almond.

Ingredients

1/2 cup Oats

1 cup Plain Coconut Milk (unsweetened from the carton)

1/2 Banana (sliced, plus extra for garnish)

1 tsp Maple Syrup

1/2 tsp Vanilla Extract

1/8 tsp Sea Salt

1/2 tsp Cinnamon (plus extra for garnish)

1/4 cup Vanilla Protein Powder

1/4 cup Blueberries

1 tbsp Unsweetened Coconut Yogurt

1 tbsp Pumpkin Seeds

1 1/2 tsps Unsweetened Shredded Coconut

Super Seed Chocolate Bark

5 ingredients · 40 minutes · 8 servings



Directions

1. Line a plate or baking sheet with parchment paper.
2. Fill a medium pot with an inch of water and place a smaller pot or heat-safe bowl on top ensuring the water is not touching the bottom of the smaller pot or bowl. The smaller pot or bowl should rest tightly on top of the pot and any water or steam should not be able to escape. Bring water to a boil then reduce heat to low.
3. Add the chocolate and coconut oil the double boiler and stir occasionally until the chocolate has melted completely.
4. Remove the bowl from the double boiler and stir in the seeds. Mix well until the seeds are completely covered in the chocolate.
5. Transfer the chocolate and seeds to the prepared parchment paper and spread into an even layer. Place the bark in the freezer for about 30 minutes or until solid.
6. When solid, break into pieces and store in an airtight container in the freezer or fridge until ready to eat. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks or in the freezer for up to three months.

Serving Size

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

More Flavor

Add sea salt or vanilla extract.

No Seeds

Use chopped nuts instead.

Ingredients

2 3/4 ozs Dark Chocolate

2 tsps Coconut Oil

1/4 cup Pumpkin Seeds

1/4 cup Sunflower Seeds

2 tsps Hemp Seeds

Nut-Free Dukkah with Pita

8 ingredients · 10 minutes · 8 servings



Directions

1. Combine the sunflower seeds, sesame seeds, thyme, fennel, cumin, salt and pepper in a food processor or blender. Process until you reach a coarse grainy texture. Transfer to a bowl or airtight container.
2. Dip the pita in olive oil, then into the dukkah. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two weeks.

Serving Size

One serving equals approximately two tablespoons of dukkah, two tablespoons of olive oil and half a pita.

More Flavor

Add your choice of spices and dried herbs, cashews, walnuts, green peppercorns and/or black cumin to the dukkah.

No Pita

Use bread or vegetables instead. You can also add the dukkah to soups, dips or salads.

Ingredients

- 1 cup Sunflower Seeds (roasted)
- 2 tbsps Sesame Seeds (white and/or black, toasted)
- 2 tbsps Dried Thyme
- 1 tsp Fennel Seed
- 1 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 1 cup Extra Virgin Olive Oil
- 4 1/4 ozs White Pita Bread (halved)

Lentil & Halloumi Salad

5 ingredients · 5 minutes · 2 servings



Directions

1. Heat a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side.
2. Mix together the lentils, tomatoes, and arugula together in a bowl.
3. Divide the salad and halloumi evenly between plates. Top with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use tofu instead of halloumi.

More Flavor

Add cucumber and olives.

Additional Toppings

Chopped parsley or green onion.

No Cilantro Lime Dressing

Use your favorite dressing instead.

Ingredients

- 5 ozs** Halloumi (sliced)
- 1 cup** Lentils (cooked, rinsed well)
- 1 cup** Cherry Tomatoes (halved)
- 1 cup** Arugula
- 3 tbsps** Cilantro Lime Dressing

Mackerel & Baby Spinach Balsamic Salad

6 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, toss together the baby spinach, onion, pecans, and goat cheese. Gently flake the mackerel on top.
2. Top with balsamic vinaigrette and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two cups of salad with mackerel.

Dairy-Free

Omit the goat cheese or use a crumbly vegan cheese.

Nut-Free

Omit the pecans and use sunflower seeds or pumpkin seeds.

Additional Toppings

Add chopped parsley or dill as a garnish.

Make it Vegan

Omit the goat cheese and mackerel and add tempeh, tofu, or chickpeas.

Ingredients

- 2 cups** Baby Spinach
- 1 tbsp** Red Onion (sliced)
- 2 tbsps** Pecans
- 1 tbsp** Goat Cheese
- 4 ozs** Canned Mackerel
- 2 tsps** Balsamic Vinaigrette

Air Fryer Sweet Potato & Egg Spinach Salad

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat your air fryer to 400°F (205°C). Spray the sweet potato with avocado oil. Add to the air fryer and cook for 12 to 15 minutes, or until desired crispiness, tossing halfway through.
2. Meanwhile, heat a pan over medium heat. Spray with oil. In a bowl, whisk the eggs and add them to the pan. Stir the eggs to scramble them for five minutes or until thoroughly cooked. Season with salt and pepper.
3. Divide the spinach, cherry tomatoes, potatoes, eggs, and guacamole evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Grated cheese and/or add salsa.

Make it Vegan

Use crumbled tofu or chickpeas in place of the eggs.

Avocado Oil Spray

One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.

Ingredients

- 1/2 Sweet Potato (large, cubed)
- 1/16 oz Avocado Oil Spray
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Spinach
- 2/3 cup Cherry Tomatoes (halved)
- 3 tbsps Guacamole

Blackened Shrimp & Collard Green Slaw

7 ingredients · 20 minutes · 2 servings



Directions

1. Add the collard greens, 1/3 of the oil, and lime juice to a large bowl. Massage the collard greens until they become tender and soft. Season with salt, and pepper and set aside.
2. Add the shrimp and cajun seasoning to a bowl and mix well, ensuring that each shrimp is coated.
3. Heat the remaining oil in a skillet over medium heat. Add the shrimp and cook for three to four minutes per side or until they are pink and opaque.
4. Remove from the heat and pour the remaining lime juice on top. Top with cilantro and divide the shrimp and collard green slaw evenly between plates. Enjoy!

Notes

Leftovers

Refrigerate the shrimp separate from the greens in an airtight container for up to three days. Refrigerate the collard green slaw in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/2 cups of collard green slaw plus shrimp.

More Flavor

Mix in sliced onions, shredded carrots, and/or shredded cabbage to the collard green slaw.

No Lime

Use lemon instead.

Ingredients

- 3 cups** Collard Greens (stems removed, shredded)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- 1** Lime (juiced, divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs** Shrimp (peeled, deveined, tails removed)
- 1 1/3 tbsps** Cajun Seasoning
- 1 tbsp** Cilantro (finely chopped)

Carrot & Mixed Bean Salad with Tahini Dressing

10 ingredients · 15 minutes · 4 servings



Directions

1. In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
2. Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add salt and pepper to taste.

Ingredients

- 1/2 cup Tahini
- 1 1/3 tbsps Maple Syrup
- 3 tbsps Apple Cider Vinegar (to taste)
- 1/4 cup Water
- 2 cups Mixed Beans (cooked)
- 2 stalks Celery (sliced)
- 4 Tomato (small, chopped)
- 1 Carrot (large, shredded)
- 1 Avocado (chopped)
- 1/3 cup Chives (chopped, flowers optional)

Honey Mustard Lentil Salad

7 ingredients · 5 minutes · 2 servings



Directions

1. In a mixing bowl, whisk together the mustard, lemon juice, honey, and salt.
2. Gently toss in the shallots, lentils, and spinach until well incorporated. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Add a splash of olive oil.

Additional Toppings

Enjoy with croutons, seeds, nuts and/or goat cheese.

Ingredients

1 tbsp Whole Grain Mustard

1 tbsp Lemon Juice

1 tbsp Honey

1/4 tsp Sea Salt

2 tbsps Shallot (thinly sliced)

1 1/4 cups Lentils (cooked)

1 1/2 cups Baby Spinach

Baked Spinach & Ricotta Florentine

8 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). In a bowl, mix together the ricotta cheese, 2/3 of the mozzarella, spinach, sun dried tomatoes, basil, and garlic.
2. Add nutmeg and season with salt and pepper. Adjust the seasoning to your taste. Transfer the mixture into an oven-safe dish or ramekin. Top with the remaining mozzarella cheese.
3. Bake in the oven for about 15 minutes or until the cheese on top is slightly browned. Enjoy!

Notes

Leftovers

Cover the ramekin and refrigerate for up to three days. Reheat in the oven before serving.

Serving Size

One serving is equal to approximately 3/4 cup.

More Flavor

Add shallots, parmesan, and chili flakes.

Additional Toppings

Basil and/or parmesan cheese.

No Basil

Omit or use parsley instead.

Ingredients

- 1 cup Ricotta Cheese
- 2 ozs Mozzarella Cheese (divided)
- 1/3 cup Frozen Spinach (thawed, drained)
- 1/4 cup Sun Dried Tomatoes (drained, chopped)
- 2 tbsps Basil Leaves (chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Nutmeg
- Sea Salt & Black Pepper (to taste)