

INGREDIENTS

2-3 Nori Sheets
4oz Salmon
1/2 Mango
1/2 Kirby/Persian cucumber
1/4 cup red cabbage
2 Scallions

Coconut Quinoa

(Makes leftovers)

1/2 cup quinoa
1/2 cup canned coconut milk
1 cup water

Dipping Sauce

(Makes leftovers)

1/4 cup Tahini
1TBS Soy sauce
Water as needed



Salmon Hand Rolls



1 Serving



30 minutes

INSTRUCTIONS

- 1) Bring quinoa, coconut milk, water and a big pinch of salt to a boil in a pot, then lower the heat to a simmer, put the top on, and let cook 15 minutes. Then fluff quinoa with a fork and set aside, covered.
- 2) While quinoa cooks, shred cabbage, thinly slice scallions, cut mango and cucumber into thin matchsticks, and cut nori sheets in half so you have 4-5 rectangles.
- 3) Heat a pan on high heat with olive oil. Pat the salmon dry and salt and pepper to taste. Place the salmon in the pan skin side down, and cook undisturbed until 3/4 of the fillet is cooked through, about 5 minutes (depends on thickness). Season the salmon with a splash of soy sauce, then flip and cook another 3 minutes or until just cooked through. Squeeze a wedge of lemon over the fillet and set aside.
- 4) While the salmon cooks, make the dipping sauce. Add water about 1tsp at a time to tahini, stirring the whole time, until creamy. It will get thicker before it gets creamy. Add 1 tbs of soy sauce (or to taste) and combine.
- 4) To assemble the rolls, spread a thin layer of quinoa over half the nori sheet, then add all ingredients on a diagonal on top of the quinoa. Roll into a cone starting from one corner and seal the nori by wetting the open end so it will stick together. Repeat with remaining nori and ingredients.

Nutrition Facts

(Approx 4-5 rolls, with sauce)

Calories: 545

Protein: 37g Carbs: 40g Fat: 29g

INGREDIENTS

- 1 Frozen banana
- 1 Frozen mango
- 2 big handfuls Spinach
- 1 cup Greek yogurt
- 1TBS peanut butter
- 1TBS Chia seeds
- 1/4 cup Water or as needed
- A few ice cubes



Green Smoothie



2



5 minutes

INSTRUCTIONS

- 1) Add all ingredients to a blender
- 2) Blend, adding water as needed until desired consistency is reached
- 3) Pour into a glass and top with more chia seeds

Nutrition Facts

per serving

Calories: 216

Protein: 16g

Carbs: 26.5g

Fat: 6.5g

INGREDIENTS

- 1/2lb Ground turkey
- 1/2 Can black beans
- 50g Shredded cheddar cheese
- 8 Corn tortillas
- 1/4 cup Goya salsa verde, plus more for dipping
- 2TBS Cumin
- 1TSP each garlic powder and onion powder
- 1TBS chopped cilantro
- 1/2TSP salt, pepper to taste
- 1-2TBS olive oil



Turkey Taquitos



2 Servings



20 Minutes

INSTRUCTIONS

- 1) Heat a pan over medium high heat. Add 1TBS olive oil, then add the ground turkey and season with 1/2TSP salt, 1TBS cumin, 1TSP garlic powder, 1TSP onion powder, and pepper to taste. Cook until browned, breaking it up into smaller chunks as it cooks, about 10 minutes.
- 2) Add 1/4 cup salsa verde to the pan along with the chopped cilantro and stir to coat the turkey. Let cook another 3-5 minutes until done, then set aside.
- 3) Pour the black beans plus 1TBS cumin in a small pot and cook over medium heat until hot.
- 4) Assemble the tortillas: Fill each tortilla with approx 6g shredded cheddar, 25g turkey and 20g beans, then roll it up.
- 5) Cook each taquito in a pan, open side down, with cooking spray or olive oil over medium heat for about 45 seconds, until sealed shut. Turn and cook until golden brown on all sides.
- 6) Serve with more salsa verde for dipping.

Nutrition Facts

Per serving (4 taquitos)

Calories: 574

Protein: 34g.

Carbs: 58g

Fat: 22g