

Ingredients

Whole Wheat Tortilla

Cream Cheese

Smoked Salmon

English Cucumber, Sliced

Green Onion, Sliced

Dill Fronds

Measurements

1 each

2 TBSP

2 Oz

1/4 Medium

1 TBSP

1 TBSP

MACRO BREAKDOWN:

Calories:	290
Total Fat:	12 g
Total Carbohydrates :	23 g
Dietary Fiber:	3 g
Protein:	19 g
Servings:	1



METHOD:

1. Cut a single slit from the center of the tortilla to the edge
2. After mentally separating your tortilla into 4 quadrants, spread cream cheese on quadrant 1 and 4
3. On top of the cream cheese in quadrant 1, lay down your green onions
4. In quadrant 2, lay down your smoked salmon
5. In quadrant 3, lay down 5-6 slices of cucumber
6. On top of the cream cheese in quadrant 4, add your dill fronds.
7. Start by folding Quadrant 1 over quadrant 2, then 3 and then 4 to complete the fold.
8. Serve with additional sliced cucumbers and peppers for a colorful plate.



Ingredients

Giardinera (Hot Pepper Mix)
Garlic, Minced
Yellow Onion, diced
Green Bell Pepper, diced
Red Bell Pepper, diced
Orange Bell Pepper, diced
Canned Diced Tomatoes,
*no salt added
Chili Powder
Cumin
Cayenne Pepper
Black Pepper, ground
Crushed Red Pepper Flakes
Paprika
Kosher Salt
Thyme, Dried
Oregano, Dried
Black Beans, Drained and Rinsed
Pinto Beans, Drained and Rinsed
Canelli Beans, Drained and Rinsed
Great Northern White Beans, Drained
and Rinsed
Red Beans, Drained and Rinsed
Water
Green Curly Kale, cleaned & Chopped
Squash (butternut squash,
*acorn squash or any other squash
will work!), peeled, seeded & 1" diced

Measurements

4 TBSP
1 TBSP
275 g (1 medium)
125 g (1 medium)
125 g (1 medium)
125 g (1 medium)
2 14.5oz cans

1 TBSP
1 tsp
1/4 tsp
1 tsp
1/2 tsp
1/2 tsp
1 TBSP
1 tsp
1 tsp
1 15.5 oz can
1 15.5 oz can
1 15.5 oz can
1 15.5 oz can

1 15.5 oz can
16 floz
2 cups
170 g (1 medium)

MACRO BREAKDOWN:

Calories: 317
Total Fat: 1.5 g
Total Carbohydrates : 55 g
Dietary Fiber: 17.5g1
Protein: 7 g

METHOD:

1. Heat a large soup pot over medium heat.
2. Add oil from giardinera (about 2 tbsp) - for those wanting less heat, substitute for regular olive oil.
3. Add onion and cook for about 1 minute until they start to turn translucent.
4. Add garlic, peppers and giardinera peppers. Cook until tender, about 1 minute.
5. Stir in squash and spices. Add canned tomatoes.
6. Stir in all beans and your water. Cook until this comes to a boil.
7. Lower heat and simmer for 30 minutes, stirring occasionally. Stir in kale and allow to simmer for another 30 minutes-1 hour or until slightly reduced, simmer occassionally.
8. Allow to cool before portioning and freezing or serve immediately.



Servings: 8
Serving Size: 2 cups

Ingredients

Raw Shrimp,
 Peeled/Deveined
 Chimichurri
 Marinade
 Bell Pepper, 1/2"
 Diced
 Siete Foods, Chickpea Flour
 Tortillas
 Red Cabbage,
 shredded
 Carrots, shredded
 Cilantro
 Lime

Yields: 4 tacos
 Serving Size: 2 tacos
 Servings per Recipe: 2

Ingredients

Cilantro, leaves and stems
 Parsley, leaves and stems
 Green Onion, greens & whites
 Garlic, peeled
 Red pepper flakes
 Kosher Salt
 Black Pepper, Ground
 Olive Oil

Servings: 2
 Serving Size: 2 tacos w/ 4 oz shrimp

Measurements

8 oz
 1/4 cup
 1/4 cup
 42 oz
 2 oz
 for Garnish
 4 wedges

Measurements

3/4 cup
 1/4 cup
 4 medium
 3 cloves
 1/2 tsp
 1/4 tsp
 1/4 tsp
 1/2 cup

METHOD:

1. In a small bowl, combine raw shrimp with chimichurri marinade. Refrigerate for at least 30 minutes.
2. Place saute pan over medium heat. Add shrimp and marinade and cook on first side for 1-2 minutes or until the shrimp start to turn pink and begin to curl.
3. Flip the shrimp to the 2nd side and add the bell peppers. Saute until shrimp is cooked through and peppers begin to become tender
4. Heat tortillas in a pan until soft
5. Assemble tacos by placing 2 oz of shrimp in each taco shell with peppers. Top with shredded red cabbage, shredded carrots and cilantro. Serve with lime wedges. Squeeze the lime wedge over top before eating

METHOD:

1. Combine herbs and garlic in a food processor. Pulse to finely chop.
 2. Add spices and olive oil. Pulse to combine until desired consistency.
- I like mine to be very small herb pieces where others enjoy much larger herb pieces

MACRO BREAKDOWN:

Calories: 415
 Total Fat: 24 g
 Total Carbohydrates : 34 g
 Dietary Fiber: 6 g
 Protein: 19 g



MACRO BREAKDOWN:

Calories: 83
 Total Fat: 9 g
 Total Carbohydrates : 0.7 g
 Dietary Fiber: 0.2 g
 Protein: 0.2 g