

Turkey Hummus Sandwich

5 ingredients · 5 minutes · 1 serving



Directions

1. Lightly toast the bread.
2. Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

Notes

No Turkey

Use chicken breast instead.

Vegan & Vegetarian

Use smashed chickpeas instead of turkey.

Ingredients

2 slices Organic Bread (or gluten-free)

4 ozs Turkey Breast (cooked)

1 tbsp Hummus

1 1/2 tsps Dijon Mustard

1/2 cup Mixed Greens

Nutrition

Amount per serving

Calories	355	Cholesterol	79mg
Fat	10g	Sodium	542mg
Carbs	27g	Vitamin A	14IU
Fiber	3g	Vitamin C	2mg
Sugar	5g	Calcium	63mg
Protein	39g	Iron	2mg

Veggie & Bean Yogurt Bowls

7 ingredients · 15 minutes · 2 servings



Directions

1. Heat avocado oil in a large skillet over medium heat. Cook portobello mushrooms and bell pepper slices for 5 to 8 minutes, or until tender and slightly browned. Transfer to a paper towel-lined plate.
2. Add zucchini and cook for 1 to 2 minutes per side or until tender. Transfer to a plate.
3. Divide yogurt, beans, and veggies into bowls. Top with feta and enjoy!

Notes

Storage

Refrigerate in an airtight container up to 3 to 5 days.

No Red Kidney Beans

Use chickpeas, lentils or black beans instead.

No Avocado Oil

Use butter, olive oil or ghee instead.

Ingredients

- 2 **tbsps** Avocado Oil
- 1 **cup** Portobello Mushroom (sliced)
- 1 Yellow Bell Pepper (small, sliced)
- 1 Zucchini (small, sliced)
- 1 **cup** Plain Greek Yogurt
- 1/2 **cup** Red Kidney Beans (cooked)
- 1/4 **cup** Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	378	Cholesterol	34mg
Fat	21g	Sodium	302mg
Carbs	28g	Vitamin A	1087IU
Fiber	7g	Vitamin C	196mg
Sugar	7g	Calcium	399mg
Protein	22g	Iron	3mg

Shrimp, Kale & Quinoa Salad

10 ingredients · 20 minutes · 4 servings



Directions

1. Boil quinoa and water in a saucepan over high heat. Reduce to a simmer and cover with a lid for 13 to 15 minutes. Season with salt and pepper, and fluff with a fork. Set aside.
2. Meanwhile, coat the shrimp with cumin, salt and pepper. Heat 1/4 of the olive oil in a pan over medium-high heat. Add the shrimp and cook for about 3 to 5 minutes, flipping halfway.
3. In a large salad bowl, whisk together the vinegar, maple syrup and remaining olive oil.
4. Add the kale and carrot, and massage in the vinaigrette. Add the cooked quinoa and shrimp and toss until thoroughly combined. Divide onto plates and enjoy!

Notes

No Shrimp

Use chicken, chickpeas, tofu or tempeh instead.

Leftovers

Refrigerate in an airtight container up to 3 days.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- Sea Salt & Black Pepper (to taste)
- 1 lb Shrimp (peeled, deveined)
- 2 tsps Cumin
- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Maple Syrup
- 10 cups Kale Leaves (stems removed and chopped)
- 2 Carrot (medium, grated or sliced)

Nutrition

Amount per serving

Calories	422	Cholesterol	214mg
Fat	15g	Sodium	289mg
Carbs	34g	Vitamin A	21362IU
Fiber	7g	Vitamin C	24mg
Sugar	3g	Calcium	318mg
Protein	36g	Iron	6mg