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Arthritis Program

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A program designed to help clients with arthritis lower inflammation and manage symptoms.

Meal planning for people with arthritis is important to help manage joint pain and fatigue. This program includes essential minerals and vitamins that support bone health and prevent or manage osteoporosis, such as calcium, magnesium, potassium, and vitamin C. Anti-inflammatory foods like omega-3 fatty acids, fiber, and antioxidants are added to help clients with inflammatory arthritis by alleviating joint stiffness and pain. Iron and folate deficiencies are addressed in the program as these are commonly found in clients with arthritis.

This program was created with the following key considerations:

Bone Building Nutrients

Rheumatoid arthritis can put you at a higher risk for osteoporosis and so you should aim to meet your daily calcium, magnesium, and potassium needs. These minerals play a structural role in bone maintenance and modulate potential bone-damaging inflammation. This plan uses calcium-rich ingredients like fortified milk beverages, Greek yogurt, and salmon. Magnesium is incorporated from food sources like cocoa powder, pumpkin seeds, chia seeds, and leafy greens. Potassium is found in many fruits and vegetables. Vitamin C, (found in fruits like kiwi, strawberries, clementines) is an essential element of bone collagen, inflammation, and pain management.

Omega-3 Fatty Acids

Research suggests that omega-3 fatty acids can help with inflammatory arthritis by alleviating joint stiffness and pain. They have been found to suppress inflammation and modulate the immune response. This program incorporates omega-3 fats from salmon, plant-based oils, and seeds.

Fiber

An imbalance in gut bacteria is often found with arthritis as well as in those at-risk to develop arthritis. Fiber can restore microbial homeostasis and lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. Adding whole grains, legumes, and fruits and vegetables to your meal plan boosts fiber and phytonutrients.

Antioxidants






















Antioxidants such as vitamin E, carotenoids, and selenium may help protect joints by removing some of the compounds in the body that cause inflammation. These nutrients can be found in plant-based oils, nuts, seeds, and brightly colored fruits and vegetables such as clementines, red bell pepper, and sweet potato. Cruciferous vegetables like broccolini and cauliflower contain sulforaphane which may help prevent or slow the progression of osteoarthritis. Anthocyanins found in red and purple fruits like cherries and strawberries help reduce the frequency of gout attacks. The polyphenol curcumin in turmeric is incorporated into this program for its role as an anti-inflammatory agent and its use in treating chronic conditions like rheumatoid arthritis.

Iron & Folate

The effects of arthritis medications that are frequently taken long-term may lead to iron and folate deficiencies.

Spinach, rice, broccolini, and kale are incorporated into the plan for folate. To boost absorption of iron, this plan pairs foods with iron like chicken, fish, eggs, and pumpkin seeds with vitamin C-rich foods like citrus, tomatoes, or peppers.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Strawberries & Cream Oats	 Strawberries & Cream Oats	 Veggie Scramble with Strawberries	 Veggie Scramble with Strawberries	
Snack 1	 Cheddar Cheese & Cucumber	 Granola, Yogurt & Berry Snack Box	 Cheddar Cheese & Cucumber	 Kiwi Lime Smoothie	 Eggs & Avocado Snack Box	 Yogurt & Granola	 Chocolate Cherry Overnight Oats	
Lunch	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Spiced Cauliflower Rice Bowl	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Healthy Fish n' Chips	 Turmeric Chicken with Brown Rice	 Roasted Cauliflower	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Chicken, Kale & Cauliflower Bowls
Snack 2	 Granola, Yogurt & Berry Snack Box	 Cheddar Cheese & Cucumber	 Granola, Yogurt & Berry Snack Box	 Eggs & Avocado Snack Box	 Kiwi Lime Smoothie	 Chocolate Cherry Overnight Oats	 Yogurt & Granola	
Dinner	 Spiced Cauliflower Rice Bowl	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Healthy Fish n' Chips	 Roasted Cauliflower	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Chicken, Kale & Cauliflower Bowls	 Salsa Verde Salmon with Tomatoes & Brown Rice	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  43%	Fat  43%	Fat  41%	Fat  38%	Fat  39%	Fat  43%	Fat  43%
Carbs  32%	Carbs  32%	Carbs  28%	Carbs  36%	Carbs  35%	Carbs  31%	Carbs  31%
Protein  25%	Protein  25%	Protein  31%	Protein  26%	Protein  26%	Protein  26%	Protein  26%
Calories 2012	Calories 2012	Calories 1878	Calories 1998	Calories 2110	Calories 2038	Calories 2038
Fat 99g	Fat 99g	Fat 87g	Fat 86g	Fat 94g	Fat 101g	Fat 101g
Carbs 167g	Carbs 167g	Carbs 133g	Carbs 182g	Carbs 190g	Carbs 165g	Carbs 165g
Fiber 32g	Fiber 32g	Fiber 23g	Fiber 33g	Fiber 32g	Fiber 36g	Fiber 36g
Sugar 43g	Sugar 43g	Sugar 51g	Sugar 48g	Sugar 40g	Sugar 45g	Sugar 45g
Protein 126g	Protein 126g	Protein 148g	Protein 135g	Protein 137g	Protein 135g	Protein 135g
Cholesterol 593mg	Cholesterol 593mg	Cholesterol 665mg	Cholesterol 613mg	Cholesterol 613mg	Cholesterol 932mg	Cholesterol 932mg
Sodium 1226mg	Sodium 1226mg	Sodium 1567mg	Sodium 1861mg	Sodium 1967mg	Sodium 1978mg	Sodium 1978mg
Vitamin A 24015IU	Vitamin A 24015IU	Vitamin A 44916IU	Vitamin A 24176IU	Vitamin A 4807IU	Vitamin A 12902IU	Vitamin A 12902IU
Vitamin C 267mg	Vitamin C 267mg	Vitamin C 194mg	Vitamin C 322mg	Vitamin C 341mg	Vitamin C 432mg	Vitamin C 432mg
Calcium 1497mg	Calcium 1497mg	Calcium 1455mg	Calcium 1790mg	Calcium 1741mg	Calcium 1230mg	Calcium 1230mg
Iron 14mg	Iron 14mg	Iron 12mg	Iron 12mg	Iron 12mg	Iron 15mg	Iron 15mg

Fruits

- 3 Avocado
- 1 cup Cherries
- 3 Clementines
- 4 Kiwi
- 1/2 Lemon
- 1 tbsp Lemon Juice
- 2 Lime
- 7 cups Strawberries

Breakfast

- 1 2/3 cups Granola
- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tbsps Chia Seeds
- 3 tbsps Harissa
- 1/2 tsp Paprika
- 3/4 cup Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tsp Turmeric

Vegetables

- 2 cups Baby Spinach
- 12 ozs Broccolini
- 1 1/2 heads Cauliflower
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 2 1/8 Cucumber
- 1 Garlic
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1/3 cup Parsley
- 2 Red Bell Pepper
- 5 Sweet Potato
- 1/2 tsp Thyme
- 2 Tomato

Boxed & Canned

- 2 1/16 cups Brown Rice

Baking

- 3 tbsps Cocoa Powder
- 2 cups Oats
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 10 ozs Cheddar Cheese
- 2 1/4 lbs Chicken Breast
- 1 1/2 lbs Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1 1/2 tbsps Capers
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Tahini
- 1 tbsp Tamari

Cold

- 18 Egg
- 5 3/4 cups Plain Greek Yogurt
- 5 1/4 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 1 tbsp Water



Orange & Yogurt Breakfast Box

3 servings

15 minutes

Ingredients

- 6 Egg
- 3 Clementines (peeled, sectioned)
- 2 1/4 cups Plain Greek Yogurt
- 3/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	494
Fat	29g
Carbs	22g
Fiber	3g
Sugar	12g
Protein	39g
Cholesterol	397mg
Sodium	250mg
Vitamin A	1482IU
Vitamin C	48mg
Calcium	468mg
Iron	5mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of greek yogurt.



Strawberries & Cream Oats

2 servings

15 minutes

Ingredients

2 cups Unsweetened Almond Milk
 2 cups Strawberries (chopped, divided)
 1 1/2 tbsps Maple Syrup
 1/2 tsp Vanilla Extract
 1 cup Oats (rolled)
 1 tbsp Chia Seeds (optional)

Nutrition

Amount per serving	
Calories	299
Fat	7g
Carbs	52g
Fiber	10g
Sugar	17g
Protein	8g
Cholesterol	0mg
Sodium	167mg
Vitamin A	516IU
Vitamin C	85mg
Calcium	549mg
Iron	3mg

Directions

- 1 Add the almond milk, half of the strawberries, maple syrup and vanilla to a high-speed blender. Blend until smooth. Season with additional vanilla and maple syrup if needed.
- 2 Transfer strawberry milk to a saucepan over medium heat and stir in the oats. Bring to a gentle boil and cook, stirring occasionally for 8 to 10 minutes or until oats are tender and creamy. Stir in remaining strawberries and chia seeds, if using, and let it cook for another minute.
- 3 Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat with extra almond milk if needed.

Additional Toppings: Serve with additional chopped strawberries, extra chia seeds or a drizzle of almond butter.

No Fresh Strawberries: Use frozen strawberries instead. Cooking time may vary with frozen strawberries.



Veggie Scramble with Strawberries

1 serving
15 minutes

Ingredients

- 4 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (finely chopped)
- 1 Tomato (medium, diced)
- 1 stalk Green Onion (chopped)
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	424
Fat	25g
Carbs	24g
Fiber	7g
Sugar	13g
Protein	29g
Cholesterol	744mg
Sodium	634mg
Vitamin A	6964IU
Vitamin C	256mg
Calcium	155mg
Iron	5mg

Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add dried herbs and spices like garlic powder or parsley.

No Red Pepper: Use any colour of bell pepper.

Like it Spicy: Add red pepper flakes or jalapeno pepper.

No Strawberries: Serve with a different fruit instead.



Cheddar Cheese & Cucumber

3 servings

5 minutes

Ingredients

- 6 ozs Cheddar Cheese (cubed)
- 1 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	248
Fat	19g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	14g
Cholesterol	55mg
Sodium	369mg
Vitamin A	854IU
Vitamin C	4mg
Calcium	422mg
Iron	0mg

Directions

- 1 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

Notes

Leftovers: Store cheese cubes and cucumber separately in the fridge.

Dairy-Free: Use a dairy-free cheese instead.

Serve it With: Crackers, vegetables, nuts or cooked meat slices.

No Cheddar: Use swiss or gouda cheese instead.



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	209
Fat	4g
Carbs	26g
Fiber	6g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	204mg
Vitamin A	641IU
Vitamin C	141mg
Calcium	618mg
Iron	1mg

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Yogurt & Granola

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2/3 cup Granola

Nutrition

Amount per serving	
Calories	380
Fat	15g
Carbs	34g
Fiber	4g
Sugar	14g
Protein	28g
Cholesterol	34mg
Sodium	151mg
Vitamin A	1258IU
Vitamin C	15mg
Calcium	530mg
Iron	2mg

Directions

- 1 Divide the yogurt into bowls and top with granola. Enjoy!

Notes

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

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Granola: Use any type of fresh fruit or nuts instead.



One Pan Harissa Chicken, Sweet Potatoes & Broccolini

3 servings
40 minutes

Ingredients

3 Sweet Potato (medium, cubed)
12 ozs Broccolini
1 1/8 lbs Chicken Breast (skinless, boneless)
1 1/2 tbsps Avocado Oil
3 tbsps Harissa
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	406
Fat	12g
Carbs	31g
Fiber	7g
Sugar	6g
Protein	42g
Cholesterol	124mg
Sodium	156mg
Vitamin A	20444IU
Vitamin C	37mg
Calcium	167mg
Iron	2mg

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

No Broccolini: Use regular broccoli instead. Adjust bake time accordingly.



Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 cups Strawberries (sliced)
- 1 cup Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g
Cholesterol	17mg
Sodium	82mg
Vitamin A	650IU
Vitamin C	93mg
Calcium	304mg
Iron	3mg

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Eggs & Avocado Snack Box

2 servings

15 minutes

Ingredients

- 4 Egg
- 1 Avocado (medium, peeled)
- 2/3 Cucumber (sliced)
- 4 ozs Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	545
Fat	43g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g
Cholesterol	427mg
Sodium	517mg
Vitamin A	1488IU
Vitamin C	13mg
Calcium	482mg
Iron	3mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

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

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Chocolate Cherry Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 3 tbsps Cocoa Powder
- 1 1/2 tsps Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Cherries

Nutrition

Amount per serving	
Calories	253
Fat	6g
Carbs	46g
Fiber	10g
Sugar	10g
Protein	9g
Cholesterol	0mg
Sodium	105mg
Vitamin A	361IU
Vitamin C	5mg
Calcium	343mg
Iron	4mg

Directions

- 1 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

Nut-Free: Use a nut-free milk such as oat, coconut, dairy, or soy.

Likes it Sweeter: Use maple syrup or honey to taste.



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
 1/4 tsp Sea Salt
 1/2 head Cauliflower (chopped into florets)
 1/4 tsp Turmeric
 1/2 tsp Paprika
 1/2 tsp Thyme (dried)
 2 tbsps Tahini
 1 Garlic (clove, minced)
 1 tbsp Lemon Juice
 1 tbsp Water
 1 Avocado (sliced)
 1/4 cup Cilantro (chopped)
 1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g
Cholesterol	0mg
Sodium	369mg
Vitamin A	585IU
Vitamin C	85mg
Calcium	136mg
Iron	4mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

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

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Healthy Fish n' Chips

2 servings

1 hour

Ingredients

10 ozs Salmon Fillet
 1 tbsp Maple Syrup
 1 tbsp Tamari
 2 Sweet Potato
 1 tbsp Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	395
Fat	14g
Carbs	34g
Fiber	5g
Sugar	12g
Protein	35g
Cholesterol	72mg
Sodium	710mg
Vitamin A	21486IU
Vitamin C	12mg
Calcium	94mg
Iron	2mg

Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Notes

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



Turmeric Chicken with Brown Rice

2 servings

30 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
 10 2/3 ozs Chicken Breast (skinless and boneless)
 2 tsps Avocado Oil
 2/3 tsp Turmeric
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g
Cholesterol	110mg
Sodium	71mg
Vitamin A	45IU
Vitamin C	0mg
Calcium	15mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Roasted Cauliflower

2 servings
35 minutes

Ingredients

1/2 head Cauliflower (chopped into florets)
1 tbsp Avocado Oil
1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	99
Fat	7g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	192mg
Vitamin A	0IU
Vitamin C	71mg
Calcium	32mg
Iron	1mg

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 3 Remove from oven and enjoy!

Notes

No Avocado Oil: Use coconut oil or olive oil instead.

Make it Cheesy: Toss in nutritional yeast after roasting.



Salsa Verde Salmon with Tomatoes & Brown Rice

3 servings

45 minutes

Ingredients

3/4 cup Brown Rice (dry, uncooked)
 3 tbsps Extra Virgin Olive Oil (divided)
 15 ozs Salmon Fillet
 3 cups Cherry Tomatoes (halved)
 3/4 tsp Sea Salt
 1 1/2 tbsps Capers
 1/3 cup Parsley (finely chopped)
 1 1/2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	507
Fat	22g
Carbs	42g
Fiber	4g
Sugar	4g
Protein	37g
Cholesterol	72mg
Sodium	816mg
Vitamin A	2117IU
Vitamin C	31mg
Calcium	45mg
Iron	2mg

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2-3 days.

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

No Capers: Use olives instead.

Serving Size: One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.



Chicken, Kale & Cauliflower Bowls

2 servings
45 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil (divided)
- 8 ozs Chicken Breast (skinless, boneless)
- 1/8 tsp Sea Salt
- 4 cups Kale Leaves (thinly sliced)
- 1/2 Lemon (juiced)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	474
Fat	33g
Carbs	19g
Fiber	11g
Sugar	4g
Protein	32g
Cholesterol	82mg
Sodium	272mg
Vitamin A	2202IU
Vitamin C	125mg
Calcium	157mg
Iron	2mg

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

Notes

Leftovers: Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs: Serve with roasted sweet potato.

No Avocado Oil: Use coconut oil instead.