

Easy Asian Salmon Tacos

Serves: 2

INGREDIENTS:

2, 5 oz Wild Caught Salmon Fillets
Sliced Cucumber
Siete Food Wraps or Corn Tortillas

Slaw:

1/2 bag slaw mix
1 tsp pure maple syrup
1 tbsp apple cider vinegar
1/2 tsp toasted sesame oil
salt/pepper
lime

Sauce:

1/4 cup almond butter
1/4 cup nut milk
1 tbsp coconut aminos
1 tsp pure maple syrup
1 slice fresh lime
+ water to thin



Serving size: 5 oz salmon fillet + 1 tbsp sauce in total + 2 wraps + lots of veggies & slaw

INSTRUCTIONS:

1. Preheat the oven to 400 degrees.
2. First make the slaw and let it sit in the fridge. Combine everything together in a bowl and massage with your hands to break it down a bit.
3. When oven is ready, lay out the salmon fillets on a sheet pan and season with salt. Cook for 15ish minutes until middle is done.
4. Meanwhile, whisk your sauce together and slice your cucumber. Add more water and keep whisking until a pourable consistency forms!
5. Heat up your tortillas in the microwave or stove top, add fish, slaw, cucumbers and sauce.

Not in the mood for tacos? Serve as a big salad over greens!

Egg Roll in A Bowl

Serves: ~3 people

INGREDIENTS:

1/2 white onion
2 garlic cloves, minced
1 lb Organic ground turkey or pork
1, 10-12 oz Bag Cabbage Slaw
2 Carrots, diced
1/4 cup Coconut Aminos
1 tsp fresh ginger, diced
1 tbsp ACV
1 tbsp Sesame Oil
Few shakes of Black Pepper
Pinch of Red Pepper Flakes *optional for spice
1 tbsp sunflower or pumpkin seeds

Add : Broccoli, thinly sliced brussels,
cauliflower/cauli-rice or regular rice

To top: Lettuce cups, green onion, sesame seeds



**Serving size: 1.5 cups meat/veggie mixture +
1/2 cup rice (if you choose) + added extra
non-starchy veggies**

INSTRUCTIONS:

1. If making regular rice, start there by reading the packaged directions!
2. Heat a skillet on the stove top and add in the diced onion. Saute for 2-3 minutes.
3. Add your meat of choice, breaking up with a spatula, cooking until it's almost done/ no longer pink.
Note: If you're cooking shrimp. Cook in a separate pan for ~ 3 minutes on each side. Then remove from heat and set aside. Wait to toss in until the last step.
4. Add in the sesame oil, ACV, Coconut Aminos, Garlic, Ginger, Carrots and Slaw (+ any other veggies). Mix well until it's all combined. Cook until cabbage is starting to wilt and meat is fully cooked through. Season with salt, pepper and red pepper flakes to taste.
5. Remove from the heat and top with green onion and sesame seeds.
Note : serve with extra veggies or rice.
Note: make sure to add the sunflower seeds or pumpkin seeds to keep you full and satisfied.

The Original Oat Energy Bites

Serving size: 2 bites

INGREDIENTS:

1/2 cup Gluten Free Oats
2/3 cup unsweetened shredded coconut flakes
1/3 cup semi-sweet chocolate chips
1/2 cup ground flaxseed or chia seeds
2 tbsp vanilla extract
1/3 cup honey (raw, organic, or local is best)
1/2 cup almond butter or peanut butter (no oils, sugars or other ingredients added - simply made with the nuts only!)



INSTRUCTIONS:

1. Take out a baking tray and a medium-sized bowl.
2. Pour all ingredients into your bowl and mix well together using a spoon or spatula.
3. Using your hands, roll into bite-sized balls. They should be about 1 inch around. Lay each out on the tray.
Note: If they aren't sticking together, add a little more honey and nut butter.
4. Pop the sheet tray in the freezer for at least 30 minutes. Store in the freezer in a covered container. Have 1 as a late night treat or 2 for a protein powdered snack during the day!