

**HEALTH
WISE**

A close-up photograph of a person's hands sprinkling dried herbs from a small glass bowl onto a large bowl of pasta salad. The pasta is penne, mixed with cherry tomatoes, mushrooms, and other vegetables. The person is wearing a light blue apron. The background is dark and out of focus.

HEALTHWISE
EVERYDAY
EATS

Between work, family responsibilities, a social life, and everything else, you probably don't have much downtime. That lack of time might mean the difference between hitting the drive-through/food delivery apps and making a healthy and delicious home-cooked meal.

Research has suggested that making food at home is not only better for your wallet, but better for you nutritionally as well. One study found that those who ate out less had a more balanced diet than those who ate out more—and they spent less money on food.

So we're challenging you to make **one home-cooked meal a day for the next 7 days**. These recipes all contain the essential nutrients you need to stay on top of your game, including protein to build and maintain muscle, carbs to keep you going on long and healthy fats to keep your heart strong. Plus, most of them won't take a ton of time away from your busy day.

The recipes you see below are geared towards a healthy dinner (yes, breakfast for dinner is a thing). But feel free to work them into your schedule as you see fit. The best part: The leftovers make for a great (and healthy) lunch the next day.

You don't need to try anything on our list below if you have a few faves in your regular rotation but they may help inspire you.

We can't wait to see what comes out of your kitchen this week!

SALADS



Strawberry Tuna Avo Delight

INGREDIENTS

For the Tuna Salad

- 1 5 ounce can albacore tuna drained
- 1 green onion, stemmed and chopped
- 1-2 tablespoons capers, chopped
- 1/4 cup plain Greek yogurt
- 1/4 teaspoon garlic salt
- 1/2 teaspoon dill
- salt and freshly ground black pepper

For the Mustard Dressing

- 1/4 cup extra virgin olive oil
- 1 tablespoon seasoned rice wine vinegar
- 1 teaspoon whole grain mustard
- 1/2 teaspoon Dijon mustard
- Drizzle of honey to taste
- kosher salt and freshly ground black pepper

For the Salad

- 2-3 cups fresh green, leafy lettuces or spinach
- 1/2 cup tuna salad
- 4-5 strawberries, cored and sliced
- 1/2 avocado, peeled and cut into chunks
- 1-2 tablespoons smoked almonds, coarsely chopped
- fresh mint leaves

METHOD

For the Tuna Salad

1. Mix all of the ingredients in a small bowl.
2. Season with more garlic salt, kosher salt and black pepper to taste.
3. Set aside or refrigerate until ready to use.

For the Mustard Dressing

1. Add all of the ingredients to a small mason jar and shake well.
2. Season with more honey or vinegar to taste.

For the Salad

1. Layer the lettuce leaves in a bowl or plate and top with the tuna salad, sliced strawberries, avocado and smoke almonds.
2. Drizzle with the mustard dressing and season with kosher salt and freshly ground black pepper. Garnish with fresh mint leaves.





Endless Summer Salad

- 1 cup romaine lettuce
- 1 cup mixed greens
- ½ cup kale
- ½ cup quinoa
- ¼ cup shredded carrots
- ¼ cup cucumber
- ¼ avocado
- ¼ cup pomegranate seeds
- 1 tspn sesame seeds
- A few leaves of cilantro & basil

Citrus Vinaigrette

- 1/2 cup good quality extra virgin olive oil
- Zest of one lemon
- Juice of 1 orange, 1 lemon, 1 lime
- 1 teaspoon mustard
- 1 tablespoon white balsamic
- 1 tablespoon honey
- 1/8 teaspoon cayenne pepper
- 1 tablespoon shallot, peeled and chopped
- Pinch sea salt
- Freshly ground pepper

Mandy's Fave

- 1 cup romaine lettuce
- 1 cup arugula
- ½ cup shredded carrots
- ½ cup corn (can be frozen thawed or canned)
- ¾ cups broccoli florets
- ½ avocado
- Baked pita chips (for some crunch, we love Stacy's if you have that brand)
- Sprinkle sunflower seeds
- Shaved parmesan

Honey Mustard Dressing

- 1 cup sunflower oil
- ¼ cup apple cider vinegar
- ¼ cup Dijon mustard
- ¼ cup honey
- 2 tbsp balsamic vinegar



Broccolini Salad with Mango Salsa

Serves 2

INGREDIENTS

- 2 bunches of broccolini, halved lengthways
- 1 bunch asparagus, woody ends trimmed, halved lengthways
- 100g rocket/arugula lettuce
- 1 avocado, sliced
- 1/2 small red onion, thinly sliced

SALSA

- 1 mango, finely chopped
- 1 red chilled, seeded, finely chopped
- 2 tbsp fresh chives, finely chopped
- 2 tbsp fresh coriander, finely chopped
- 2 tbsp olive oil
- 1 tbsp white wine vinegar

METHOD

1. Bring 1/2 filled saucepan of water to the boil and then turn off. Add broccolini and cover.
2. Set aside for 2 minutes. Add asparagus and set aside for a further 2 minutes. Cool under cold water immediately and drain. Combine broccolini, asparagus, rocket, avocado, onion in a large serving bowl.
3. Combine all the mango salsa ingredients in a small bowl, so flavours infuse together. Spoon over the salad and serve immediately.



DINNERS/ SUPPERS



Zucchini and Three Cheese Frittata

STEP 1

- 2 cups diced fennel bulb (roughly 1 head)
 - 3 cups diced Spanish onion (about 1 large onion)
 - 2 cups sliced leeks (about 2 leeks)
 - 2 teaspoons fresh thyme, finely chopped
 - 2 cloves of garlic, minced
 - ½ cup extra virgin olive oil
 - 2 teaspoons salt
 - Ground black pepper
1. Heat the olive oil in a sauté pan over medium heat, then add the ingredients, stirring constantly.
 2. Once the veggies start to soften, reduce heat to low and cook, stirring, until the veggies are soft and translucent (about 20 minutes).
 3. Remove the veggies and let sit at room temperature.

STEP 2

- 4 medium zucchini diced
 - ¼ cup extra virgin olive oil
 - 1 ½ teaspoon salt
1. Heat a sauté pan on medium-high heat. Add the olive oil, then the zucchini, and stir. Then add the salt and continue to sauté until they are lightly golden-brown and cooked through (about 10 minutes).
 2. Remove and leave at room temperature.

STEP 3

- 12 eggs
 - 1 teaspoon mild curry powder or smoked paprika
 - 1/3 cup cilantro
 - 1/3 cup finely cut chives
 - 2 cups diced feta
 - 1 cup grated parmesan
 - 1 ½ cup grated aged cheddar
 - Cooked mixture from step 1
 - Cooked mixture from step 2
 - ½ cup extra virgin olive oil
1. Combine the eggs and curry spice in a mixing bowl and whisk until frothy.
 2. Add everything else except the olive oil and briskly stir until well-incorporated.
 3. Preheat an oven to 450 degrees.
 4. Heat the olive oil in an 11-inch oven-safe sauté pan on medium-high heat.
 5. Add half the mixture to the pan and give a couple quick stirs immediately—you don't want all the veggies to sink. Add the rest of the mix and stir again.
 6. Keep the pan on the burner without stirring for about three minutes, then place the pan in the oven until cooked through and golden brown on the top (about 20 minutes)
 7. Let cool for 2 minutes, then loosen it from the pan by tapping on the side with a wooden spoon.
 8. Place a cutting board on top of the pan and quickly invert them both—the frittata should slide out onto the cutting board. Let cool, then slice and serve (or eat warm straight from the pan if your flipping skills are not super! Serves 8 (or perfect to save for leftovers/lunch!).





Spicy Fish Tacos with Pineapple Slaw

Serves 4

INGREDIENTS

- 1/4 to 1/2 of a 7-ounce can of chipotle peppers
- 1/2 cup sour cream
- 3/4 cup chopped cilantro
- 1 tablespoon olive oil, plus more for the grill
- 1 pound skinless firm-fleshed fish, such as mahimahi, tilapia, or salmon
- 4 cups thinly shaved green cabbage
- 1/2 small red onion, thinly sliced
- 1/2 jalapeno, seeded and minced
- 1/2 cup small-diced pineapple
- Juice of one lime
- 1/2 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1 avocado, pitted and sliced
- 8 (6") flour or corn tortillas, toasted

Beef Enchiladas

Serves 4

INGREDIENTS

- 500g beef mince/ ground beef
- 1 tbsp olive oil
- 300g mild chunky tomato salsa
- 8 white corn tortillas
- 1 cup grated tasty cheddar
- 2 tomatoes, finely chopped
- 1 avocado, finely chopped

METHOD

1. Preheat oven to 200 C/ 395 F
2. Heat oil in a large frying pan over high heat. Cook beef for 5 minutes or until browned. Add the salsa and stir through for 2 minutes or until heated.
3. Spoon one-quarter of mince mixture over the base of a large baking pan. Heat tortillas in the microwave to soften, then spoon some of the mince mixture, roll and place seam-side down in pan.
4. Repeat with remaining tortillas and mince mixture.
5. Sprinkle with cheddar.
6. Bake for 15 minutes or until cheddar melts and enchiladas are heated through. Combine the tomato and avocado in a small bowl.
7. Season with salt and pepper and spoon over tomato and avocado on top of the enchiladas to serve.

METHOD

1. Chop the peppers.
2. In a bowl, combine the peppers with sour cream, 1/2 cup cilantro, and olive oil. Stir to combine.
3. Season with salt. Reserve 1/4 cup of the mixture. In a dish, spread the remaining mixture over both sides of the fish. Let it sit for at least 30 minutes.
4. In a bowl, combine cabbage, onion, jalapeño, pineapple, lime juice, remaining cilantro, cumin, and oregano. Toss and season with salt.
5. Heat a grill over medium heat. Brush it with oil.
6. Place the fish on the grill and cook until nicely charred, turning once, 6 to 8 minutes total.
7. Remove to a cutting board and coarsely chop. Lay out the tortillas and divide fish among them.
8. Top with slaw and avocado. Spoon reserved sour cream mixture on top.

Healthy Tuna Pasta

Serving 4

INGREDIENTS

- 1 tbsp olive oil
- 250g wholewheat pasta, spiral or penne
- 1 cup frozen peas
- 2 spring onion, finely sliced
- 2 cloves garlic, crushed
- 400g tin chopped tomatoes
- 250g cherry tomatoes, halved
- Handful of fresh basil, roughly chopped
- 2 cups rocket/arugula
- 400g tuna, drained
- Salt & Pepper
- 1/2 cup cheese, grated

METHOD

1. Preheat oven to 180°C/ 350 F
2. Place a large saucepan of salted water over a high heat to the boil and cook pasta until tender. Add peas for the last minute of cooking time. Drain pasta and peas, reserving 1/3 cup of the water.
3. Heat oil in a large pan over medium-high heat and cook spring onion and garlic stirring for 3-5 minutes or until softened.
4. Add chopped tomatoes and cook for 3-4 minutes or until mixture slightly thickens.
5. Add the pasta, peas, cherry tomatoes, basil, rocket/arugula, tuna and reserved cooking liquid and combine.
6. Season with salt and pepper. Pour pasta mixture into a lightly oiled baking dish and sprinkle with cheddar cheese.
7. Bake in the oven for 20 minutes or until cheese is golden brown.

Loaded Sweet Potato

Serves 4

INGREDIENTS

- 2 teaspoons olive oil
- 2 medium sweet potatoes, peeled and diced
- 15 ounces black beans, drained and rinsed
- 1 teaspoon each garlic powder, cumin
- ½ teaspoon cinnamon
- 1 tablespoon apple-cider vinegar
- ¼ cup plain Greek yogurt
- ¼ cup cilantro, chopped

METHOD

1. Heat olive oil in a large skillet over medium-high heat.
2. Add sweet potatoes to skillet and cook, stirring occasionally, until golden, 5 minutes.
3. Add ¾ cup water. Cook, covered, stirring occasionally, until potato pieces are soft, 6 to 8 minutes.
4. Halfway through cooking, stir in beans. Cover and continue cooking.
5. In a small bowl, garlic powder, cumin, cinnamon, and salt. Stir spices and vinegar into skillet. Uncover skillet to let any excess water evaporate.
6. Divide mixture among 4 bowls and top each portion with yogurt and cilantro.



Chicken Peanut Noodles

INGREDIENTS

- 1 teaspoon garlic powder
- ½ teaspoon each ground ginger, salt
- 4 trimmed, boneless, skinless chicken thighs (or 2 chicken breasts diced)
- 1 tablespoon olive oil
- 1 head broccoli, chopped
- 6 ounces soba noodles (2 bundles)
- ½ cup peanut butter
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons honey
- ¼ cup peanuts, chopped
- ¼ cup cilantro, chopped
- Salt and black pepper, to taste

METHOD

1. Boil 6 cups water in a covered medium saucepan over high heat. Meanwhile, sprinkle garlic powder, ginger, and salt over both sides of chicken.
2. Heat olive oil in large skillet over medium-high heat. Add chicken and cook, until almost cooked through, about 6 minutes.
3. Add broccoli to skillet. Cook, covered, until bright green and crisp-tender, and chicken is cooked through, about 5 minutes more.
4. Add noodles to boiling water and cook until tender. In a large bowl, whisk together peanut butter, soy sauce, vinegar, and honey.
5. Reserve ½ cup noodle cooking water, drain, and immediately coat noodles in peanut sauce, adding cooking water to loosen sauce.
6. Chop chicken and toss with noodles and broccoli.
7. Top with peanuts and cilantro. Season to taste with salt and black pepper.

Salmon Burgers With Avocado Sauce

INGREDIENTS

- 6 ounces canned salmon, drained
- ½ cup panko bread crumbs
- 1 egg
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- salt to taste
- 1 tablespoon olive oil
- ¼ cup plain Greek yogurt
- ¼ avocado
- ½ teaspoon lemon zest
- 2 whole-grain buns

METHOD

1. In a medium bowl, add salmon, bread crumbs, egg, lemon juice, garlic powder, and pinch of salt, and use a fork to combine.
2. Heat olive oil in a large skillet over medium heat until shimmering. With wet hands, form mixture into 2 patties, and cook until slightly browned, 3 to 4 minutes per side.
3. Meanwhile, in a small bowl, mash together yogurt, avocado, lemon zest, and pinch of salt.
4. Place burgers on toasted buns spread with avocado sauce.

Seafood Risotto

Serves 4

INGREDIENTS

- 550g of mixed seafood
- 2 cups of Arborio rice
- 1 onion, finely diced
- 1 clove of garlic, crushed
- 3 whole tomatoes, de-seeded and chopped
- 4 cups of chicken or vegetable stock
- 1/2 cup of white wine
- 1/4 cup grated Parmesan
- Pinch of saffron
- Himalayan salt and pepper to taste

METHOD

1. Over a medium-high heat bring stock and saffron to a gentle simmer.
2. Heat a splash of olive oil in a large saucepan over a medium heat and cook onion until soft.
3. Add garlic and stir for another minute.
4. Add rice and stir for 2-3 minutes making sure rice is coated and translucent. Add the wine and stir until it has been absorbed.
5. Using a ladle add 1/2 cup of hot stock to rice mixture and stir with a wooden spoon until liquid is absorbed.
6. Add another 1/2 cup of stock, stirring constantly and allowing liquid to be absorbed before adding the next 1/2 cup.
7. Once rice is tender but still firm, add seafood and tomato and cook for around 5 minutes or until seafood is cooked. Serve topped with freshly grated Parmesan.



BREAKFAST/ LUNCH



Egg & Ricotta Naan Pizza

Serves 1

INGREDIENTS

- 1 whole-wheat naan
- 2 tablespoons ricotta cheese
- 1 tablespoon marinara or pesto
- ½ teaspoon lemon zest
- 1 large egg
- 1 tablespoon grated Parmesan cheese
- Chopped fresh basil and ground pepper for garnish

METHOD

1. Preheat oven to 425°F.
2. Place naan on a prep surface. Mix ricotta, marinara (or pesto) and lemon zest in a small bowl.
3. Spread the mixture onto the naan, creating a well in the center. Carefully crack egg into the well.
4. Sprinkle with Parmesan. Bake directly on the oven rack (for crispier crust) or on a baking sheet until the naan is golden, the egg white is set and the cheese is melted, 8 to 10 minutes.
5. Garnish with basil and pepper, if desired.

Make Ahead Oatmeal Breakfast Cupcakes

This recipe makes quite a few so you can freeze extras & pull them out the night before you want to eat them. We love these on their own if you need breakfast to go or for a more balanced meal, warm them up a touch, add a scoop of peanut butter and fresh fruit or berries! Yum!

INGREDIENTS

- 5 cups rolled oats
- 2 1/2 cups mashed banana
- 1 tsp salt
- 5 tbsp pure maple syrup, agave, or honey
- 2/3 cup mini chocolate chips
- 2 1/3 cups water
- 1/4 cup oil, nut butter, or additional banana
- 2 1/2 tsp vanilla extract
- optional add-ins: cinnamon, shredded coconut, chopped walnuts, ground flax or chia, raisins, dried fruit, etc.

METHOD

1. Preheat oven to 380 F, and spray cupcake tins.
2. In a large mixing bowl, combine all ingredients and stir very well.
3. Pour into the cupcake tins and bake 21 minutes.
4. Eat warm, cool on a rack or freeze.



Overnight Oats Ideas

To make the recipe, simply add 1/2 cup oats and a pinch of salt to a mason jar or tupperware container. Stir in everything else, put the lid on the jar and shake well, then refrigerate overnight. The next day, just stir and enjoy.

Peanut Butter Overnight Oats: Add 2 tbsp peanut butter to the recipe. Throw in a handful of mini chocolate chips if desired.

Chocolate Chip Cookie: Use vanilla Greek yogurt or add 1/8 tsp pure vanilla extract. Stir in 3-4 tsp chocolate chips, optional crushed walnuts, and a dash of cinnamon.

Nutella: Use your favorite brand of chocolate hazelnut spread. Add 1 tbsp regular and 1/2 tsp regular cocoa powder. Top with toasted hazelnuts if you want.

Blueberry Overnight Oats: Use fresh or frozen blueberries as the fruit. You can also use blueberry yogurt if you wish.

Monkey Oats: Mash a banana & add to the oats. Add 1-2 tbsp peanut butter and a handful of mini chocolate chips.

Banana Bread: Mash a banana & add to the oats. Add 1/4 tsp cinnamon and 1-2 tbsp crushed walnuts or pecans with the dry ingredients. Use sliced banana as your fruit of choice.

Cinnamon Apple: Add 1/4 tsp cinnamon or apple pie spice. Use diced apple as your fruit on top and add 1-2 tbsp raisins and some crushed walnuts if desired.

Blueberry Oat Pancakes with Yogurt

INGREDIENTS

- 1 cup rolled oats
- 1 cup blueberries
- 1/2 cup cottage cheese
- 2 eggs
- 1 tsp vanilla extract
- 1 tbsp maple syrup
- 1 dollop of Greek yogurt
- Cooking spray

INSTRUCTIONS:

1. Add oats, cottage cheese, eggs, vanilla to a blender & mix up. Stir in blueberries.
2. Heat a pan to medium & use cooking spray.
3. Scoop batter into warmed pan & make 3 inch pancakes. Cook till brown on each side.
4. Serve with Greek Yogurt & Maple syrup.



QUICK TREATS

If you made them at home, it
still counts as “home made”!



PB & Chocolate Energy balls:

INGREDIENTS

- 1 to 1 ½ cups old fashioned oats , more as needed
- 1 cup creamy peanut butter
- ½ cup honey
- ¼ cup ground flaxseed
- ¼ cup mini chocolate chips , more as desired
- Optional add in's: splash of vanilla, pinch of salt, pinch of cinnamon, ground flax seed, chia seeds, protein powder, rice krispies, coconut

METHOD

1. Throw everything in a bowl, mix & make into balls with your hands (*wet helps them not stick).
2. Store in a container in the fridge for up to 2 weeks.

Applesauce Cake

INGREDIENTS

- 1/2 cup applesauce
- 1/2 cup water
- 3 tbsp oil or additional applesauce
- 2 tsp pure vanilla extract
- 1 tbsp white or cider vinegar
- 1 1/2 cups white, spelt, or oat flour
- 1/3 cup sugar
- 3/4 tsp each: salt, baking powder, and baking soda
- 1/4 tsp cinnamon
- optional 1/2 cup raisins, chopped walnuts, or shredded coconut

METHOD

1. Preheat oven to 350 F.
2. Mix all ingredients to form a batter. Smooth into a greased or lined 8-inch pan.
3. Bake 18 minutes on the oven's center rack.
4. Let cool, then frost as desired (whipped cream, caramel sauce etc.). The cake will taste even sweeter the next day!

Rich Chocolate Avocado Pudding

INGREDIENTS

- 2 large avocados - peeled, pitted, and cubed
- ½ cup unsweetened cocoa powder
- ½ cup brown sugar or maple syrup
- ½ cup milk of choice
- 2 teaspoons vanilla extract
- 1 pinch ground cinnamon

METHOD

Blend avocados, cocoa powder, sweetener, milk, vanilla, and cinnamon in a blender until smooth. Transfer pudding to a container with a lid, then refrigerate until chilled, about 30 minutes.

Choc Chip Lunch-Box Bars

INGREDIENTS

- 1 cup nut butter of choice, or allergy friendly sub
- 2/3 cup pure maple syrup or keto syrup, or honey, or agave
- 1/2 cup flour (spelt, white, oat, sorghum, or almond work)
- 2-3 tbsp regular or mini chocolate chips
- 2-3 tbsp raisins, chopped dates, or additional mini chips
- optional 2 tbsp shredded coconut and/or crushed walnuts
- 1 1/2 tsp baking soda
- 1 tsp pure vanilla extract
- 1/8 tsp salt

METHOD

1. Preheat the oven to 325 F.
2. Line an 8-inch square pan with parchment, or grease well, and set aside. If not easily stir-able, gently warm the nut butter to soften.
3. In a bowl, stir all ingredients very well. Transfer the batter to the pan and smooth with a spatula.
4. Add a few more chocolate chips or dried fruit into the top (press them in).
5. Bake 13 minutes (increase to 15 minutes if using almond flour). They should look underdone - let them sit a half hour for extra gooey bars, or overnight if you want perfect firm-yet-soft cookie bars.

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