



# Immunity Booster Program

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*In Balance  
Pilates*

# Immunity Booster Program

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## MON



**BREAKFAST**  
Orange Immunity Booster Smoothie



**LUNCH**  
Tuna Salad Stuffed Avocado with Hot Sauce



**SNACK 1**  
Cashews & Clementines



**DINNER**  
Baked Salmon with Broccoli & Quinoa



**SNACK 2**  
Broiled Grapefruit

## TUE



**BREAKFAST**  
Orange Immunity Booster Smoothie



**LUNCH**  
Baked Salmon with Broccoli & Quinoa



**SNACK 1**  
Cashews & Clementines



**DINNER**  
Steak with Balsamic Jus



**SNACK 2**  
Fresh Strawberries

## WED



**BREAKFAST**  
Spinach, Tomato & Goat Cheese Scramble



**LUNCH**  
Steak with Balsamic Jus



**SNACK 1**  
Maple Roasted Almonds



**DINNER**  
Slow Cooker Rotisserie Chicken



**SNACK 2**  
Broiled Grapefruit

## THU



**BREAKFAST**  
Spinach, Tomato & Goat Cheese Scramble



**LUNCH**  
Slow Cooker Rotisserie Chicken



**SNACK 1**  
Maple Roasted Almonds



**DINNER**  
Roasted Brussels Sprouts Caesar Salad



**SNACK 2**  
Fresh Strawberries

## FRI



**BREAKFAST**  
Green Apple Cinnamon Smoothie



**LUNCH**  
Roasted Brussels Sprouts Caesar Salad



**SNACK 1**  
Cashews & Clementines



**DINNER**  
Butter Chicken and Cauliflower Rice



**SNACK 2**  
Fresh Strawberries

## SAT



**BREAKFAST**  
Green Apple Cinnamon Smoothie



**LUNCH**  
Butter Chicken and Cauliflower Rice



**SNACK 1**  
Fresh Strawberries



**DINNER**  
15 Minute Tilapia



**SNACK 2**  
Broiled Grapefruit

**MON****FAT 36%**   **CARBS 43%**   **PROTEIN 21%**

Calories 1300      Vitamin A 23027IU  
 Fat 55g            Vitamin C 389mg  
 Carbs 146g        Calcium 544mg  
 Fiber 30g         Iron 11mg  
 Sugar 63g         Vitamin B6 3.0mg  
 Protein 70g        Vitamin B12 6.6µg  
 Cholesterol 108mg    Magnesium 408mg  
 Sodium 527mg

**TUE****FAT 35%**   **CARBS 38%**   **PROTEIN 27%**

Calories 1455      Vitamin A 27956IU  
 Fat 58g            Vitamin C 442mg  
 Carbs 141g        Calcium 655mg  
 Fiber 27g         Iron 17mg  
 Sugar 59g         Vitamin B6 3.6mg  
 Protein 100g       Vitamin B12 10.5µg  
 Cholesterol 218mg    Magnesium 450mg  
 Sodium 626mg

**WED****FAT 44%**   **CARBS 20%**   **PROTEIN 36%**

Calories 1356      Vitamin A 23374IU  
 Fat 67g            Vitamin C 164mg  
 Carbs 68g        Calcium 509mg  
 Fiber 16g         Iron 15mg  
 Sugar 33g         Vitamin B6 2.9mg  
 Protein 123g       Vitamin B12 7.9µg  
 Cholesterol 746mg    Magnesium 342mg  
 Sodium 2975mg

**THU****FAT 52%**   **CARBS 19%**   **PROTEIN 29%**

Calories 1350      Vitamin A 15932IU  
 Fat 80g            Vitamin C 284mg  
 Carbs 67g        Calcium 421mg  
 Fiber 22g         Iron 14mg  
 Sugar 23g         Vitamin B6 2.5mg  
 Protein 102g       Vitamin B12 2.5µg  
 Cholesterol 704mg    Magnesium 310mg  
 Sodium 2741mg

**FRI****FAT 46%**   **CARBS 35%**   **PROTEIN 19%**

Calories 1414      Vitamin A 8630IU  
 Fat 76g            Vitamin C 495mg  
 Carbs 130g        Calcium 830mg  
 Fiber 34g         Iron 14mg  
 Sugar 67g         Vitamin B6 2.8mg  
 Protein 73g        Vitamin B12 0.8µg  
 Cholesterol 186mg    Magnesium 343mg  
 Sodium 1178mg

**SAT****FAT 31%**   **CARBS 43%**   **PROTEIN 26%**

Calories 986        Vitamin A 18556IU  
 Fat 36g            Vitamin C 415mg  
 Carbs 113g        Calcium 851mg  
 Fiber 29g         Iron 11mg  
 Sugar 68g         Vitamin B6 2.4mg  
 Protein 67g        Vitamin B12 2.0µg  
 Cholesterol 146mg    Magnesium 322mg  
 Sodium 1326mg

## FRUITS

- 4 Apple
- 1 Avocado
- 2 Banana
- 12 Clementines
- 3 Grapefruit
- 8 Kiwi
- 2 1/4 Lemon
- 1/2 Lime
- 4 Navel Orange
- 8 cups Strawberries

## BREAKFAST

- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 cup Almonds
- 2 tsps Black Pepper
- 1 1/2 cups Cashews
- 1/2 tsp Cayenne Pepper
- 1 tbsp Chili Powder
- 1 1/8 tsps Cinnamon
- 1 tbsp Curry Powder
- 1 tsp Dried Thyme
- 2 tsps Garam Masala
- 1/3 cup Ground Flax Seed
- 1 tsp Italian Seasoning
- 1 tsp Onion Powder
- 1 1/3 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Slivered Almonds
- 1 tsp Turmeric

## VEGETABLES

- 28 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 8 cups Broccoli
- 9 cups Brussels Sprouts
- 1 head Cauliflower
- 1 stalk Celery
- 3 1/2 cups Cherry Tomatoes
- 3 1/2 Garlic
- 3 tsps Ginger
- 1/2 cup Radishes
- 2 Sweet Potato
- 2 Yellow Onion

## BOXED & CANNED

- 1 cup Organic Coconut Milk
- 1 cup Quinoa
- 1/4 cup Tomato Paste
- 1 can Tuna

## BAKING

- 2 cups Pureed Pumpkin

## BREAD, FISH, MEAT & CHEESE

- 20 ozs Beef Tenderloin
- 12 ozs Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Feta Cheese
- 1/2 cup Goat Cheese
- 20 ozs Salmon Fillet
- 2 Tilapia Fillet
- 4 lbs Whole Roasting Chicken

## CONDIMENTS & OILS

- 1/2 cup Balsamic Vinegar
- 2 tsps Capers
- 1 tbsp Coconut Oil
- 1/2 cup Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 tsp Tabasco Sauce

## COLD

- 10 Egg
- 5 1/2 cups Unsweetened Almond Milk

## OTHER

- 2 1/4 cups Water

# Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Pureed Pumpkin  
1 Banana (frozen)  
1/2 tsp Turmeric  
1/4 tsp Cinnamon  
1 1/2 tsps Ginger  
1 tbsp Ground Flax Seed  
3/4 cup Unsweetened Almond Milk  
2 Navel Orange (peeled and sectioned)  
1 tbsp Maple Syrup

## NUTRITION

Calories	222	Vitamin A	19637I...
Fat	3g	Vitamin C	93mg
Carbs	50g	Calcium	284mg
Fiber	10g	Iron	3mg
Sugar	29g	Vitamin B6	0.4mg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	70mg
Sodium	69mg		

## DIRECTIONS

01 Throw all ingredients into your blender and blend very well until creamy.  
Pour into glasses and enjoy!

## NOTES

### NO PUREED PUMPKIN

Use steamed sweet potato instead.

### MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

### NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.

# Spinach, Tomato & Goat Cheese Scramble

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
5 Egg (whisked)  
1 cup Cherry Tomatoes (halved)  
2 cups Baby Spinach  
1/4 tsp Sea Salt  
1/2 tsp Black Pepper  
1/4 cup Goat Cheese (crumbled)  
1/2 cup Basil Leaves (chopped)

## DIRECTIONS

01 Heat a large skillet over medium heat. Add olive oil.  
02 In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

## NUTRITION

Calories	268	Vitamin A	4428IU
Fat	19g	Vitamin C	20mg
Carbs	6g	Calcium	131mg
Fiber	2g	Iron	3mg
Sugar	3g	Vitamin B6	0.3mg
Protein	19g	Vitamin B12	1.1µg
Cholesterol	470mg	Magnesium	52mg
Sodium	565mg		

# Green Apple Cinnamon Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 Apple (peeled, cored and chopped)  
4 Kiwi (peeled and sliced)  
2 tbsps Ground Flax Seed  
1 tsp Cinnamon  
2 cups Unsweetened Almond Milk  
4 cups Baby Spinach

## DIRECTIONS

01 Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

## NUTRITION

Calories	260	Vitamin A	6347IU
Fat	6g	Vitamin C	153mg
Carbs	52g	Calcium	591mg
Fiber	13g	Iron	3mg
Sugar	32g	Vitamin B6	0.3mg
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	99mg
Sodium	215mg		



# Tuna Salad Stuffed Avocado with Hot Sauce

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 Avocado  
1 can Tuna (drained and flaked)  
1 stalk Celery (finely diced)  
1/2 cup Baby Spinach (finely chopped)  
1/2 Garlic (clove, minced)  
1 tbsp Dijon Mustard  
3/4 tsp Extra Virgin Olive Oil  
1/4 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Tabasco Sauce

## NUTRITION

Calories	262	Vitamin A	1006IU
Fat	17g	Vitamin C	15mg
Carbs	10g	Calcium	43mg
Fiber	7g	Iron	2mg
Sugar	1g	Vitamin B6	0.6mg
Protein	18g	Vitamin B12	2.1µg
Cholesterol	30mg	Magnesium	57mg
Sodium	323mg		

## DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

## NOTES

### MORE PROTEIN & CRUNCH

Add 1/4 cup sunflower seeds.

### DON'T LIKE AVOCADOS

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

### DON'T EAT FISH

Use a can of white beans instead.

# Cashews & Clementines

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Cashews  
4 Clementines

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

Calories	267	Vitamin A	0IU
Fat	16g	Vitamin C	72mg
Carbs	29g	Calcium	60mg
Fiber	4g	Iron	2mg
Sugar	15g	Vitamin B6	0.2mg
Protein	7g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	103mg
Sodium	8mg		

# Maple Roasted Almonds

4 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 cup Almonds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

## NUTRITION

Calories	222	Vitamin A	3IU
Fat	18g	Vitamin C	0mg
Carbs	12g	Calcium	108mg
Fiber	5g	Iron	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	8g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	98mg
Sodium	1mg		

## DIRECTIONS

- 01 Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
- 02 Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

# Baked Salmon with Broccoli & Quinoa

4 SERVINGS 20 MINUTES



## INGREDIENTS

20 ozs Salmon Fillet  
Sea Salt & Black Pepper (to taste)  
8 cups Broccoli (sliced into small florets)  
2 tbsps Extra Virgin Olive Oil  
1 cup Quinoa (uncooked)  
1 1/2 cups Water  
1/2 Lemon (sliced into wedges)

## NUTRITION

Calories	482	Vitamin A	1197IU
Fat	19g	Vitamin C	165mg
Carbs	40g	Calcium	132mg
Fiber	8g	Iron	4mg
Sugar	3g	Vitamin B6	1.7mg
Protein	39g	Vitamin B12	4.5µg
Cholesterol	78mg	Magnesium	166mg
Sodium	126mg		

## DIRECTIONS

- 01 Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## NOTES

### LEFTOVERS

Store covered in the fridge up to 2 days.

### SPEED IT UP

Cook the quinoa ahead of time.

### VEGAN

Use tofu steaks instead of salmon fillets.

# Steak with Balsamic Jus

4 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 tbsp Coconut Oil
- 20 ozs Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Balsamic Vinegar
- 1/4 cup Dijon Mustard
- 10 cups Baby Spinach
- 2 tbsps Slivered Almonds (toasted)
- 1/2 Lemon (juiced)
- 1/4 cup Feta Cheese (crumbled)

## NUTRITION

Calories	435	Vitamin A	7104IU
Fat	20g	Vitamin C	23mg
Carbs	10g	Calcium	155mg
Fiber	2g	Iron	7mg
Sugar	5g	Vitamin B6	1.2mg
Protein	48g	Vitamin B12	6.0µg
Cholesterol	140mg	Magnesium	91mg
Sodium	421mg		

## DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
- 02 Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
- 03 Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
- 04 Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

## NOTES

### MAKE IT EVEN QUICKER

Skip sauteing the spinach and make a raw salad instead.

# Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



## INGREDIENTS

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsp Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

## NUTRITION

Calories	364	Vitamin A	10652...
Fat	10g	Vitamin C	77mg
Carbs	23g	Calcium	90mg
Fiber	6g	Iron	4mg
Sugar	5g	Vitamin B6	1.2mg
Protein	47g	Vitamin B12	0.8µg
Cholesterol	136mg	Magnesium	89mg
Sodium	1987mg		

## DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
- 05 One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

## NOTES

### SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

### AIP-FRIENDLY

Omit the black pepper and cayenne.

# Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



## INGREDIENTS

1 lb Extra Lean Ground Chicken (cooked)  
5 cups Brussels Sprouts (halved)  
1/2 cup Radishes (sliced)  
1/2 cup Pumpkin Seeds  
1/3 cup Extra Virgin Olive Oil  
1 Garlic (whole head)  
1/2 Lemon (juiced)  
2 tbsps Dijon Mustard  
Sea Salt & Black Pepper

## NUTRITION

Calories	447	Vitamin A	831IU
Fat	33g	Vitamin C	98mg
Carbs	14g	Calcium	68mg
Fiber	6g	Iron	5mg
Sugar	3g	Vitamin B6	0.8mg
Protein	27g	Vitamin B12	0.6µg
Cholesterol	98mg	Magnesium	51mg
Sodium	186mg		

## DIRECTIONS

- 01 Preheat oven to 400. In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!



# Butter Chicken and Cauliflower Rice

4 SERVINGS 30 MINUTES



## INGREDIENTS

12 ozs Chicken Breast  
2 tbsps Extra Virgin Olive Oil  
2 Yellow Onion (diced)  
2 Garlic (cloves, minced)  
2 tbsps Ginger (grated)  
1/4 cup Tomato Paste  
2 tsp Paprika  
1 tbsp Curry Powder  
2 tsp Garam Masala  
1 tsp Sea Salt  
1 tbsp Chili Powder  
1/4 cup Water  
1 cup Organic Coconut Milk (full fat)  
1 head Cauliflower  
1/2 Lime (juiced)

## NUTRITION

Calories	391	Vitamin A	1434IU
Fat	21g	Vitamin C	83mg
Carbs	23g	Calcium	87mg
Fiber	8g	Iron	3mg
Sugar	10g	Vitamin B6	1.4mg
Protein	32g	Vitamin B12	0.2µg
Cholesterol	88mg	Magnesium	70mg
Sodium	767mg		

## DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1-2 minute or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5-7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

## NOTES

### VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

### NO COCONUT MILK

Use Greek yogurt instead.

### NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

### MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

### STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.

# 15 Minute Tilapia

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Water  
1 1/2 cups Cherry Tomatoes  
1/2 tsp Red Pepper Flakes  
2 Tilapia Fillet  
Sea Salt & Black Pepper (to taste)  
6 cups Baby Spinach  
1 tbsp Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tbsps Capers

## NUTRITION

Calories	219	Vitamin A	9570IU
Fat	9g	Vitamin C	46mg
Carbs	9g	Calcium	124mg
Fiber	4g	Iron	4mg
Sugar	4g	Vitamin B6	0.5mg
Protein	27g	Vitamin B12	1.8µg
Cholesterol	58mg	Magnesium	121mg
Sodium	341mg		

## DIRECTIONS

- 01 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 02 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 03 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 04 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

## NOTES

### NO TILAPIA

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

### MAKE IT SPICY

Double up on the red pepper flakes.

# Broiled Grapefruit

2 SERVINGS 15 MINUTES



## INGREDIENTS

1 Grapefruit  
1 tbsp Maple Syrup

## NUTRITION

Calories	67	Vitamin A	1187IU
Fat	0g	Vitamin C	44mg
Carbs	17g	Calcium	25mg
Fiber	1g	Iron	0mg
Sugar	15g	Vitamin B6	0.1mg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	12mg
Sodium	1mg		

## DIRECTIONS

- 01 Set your oven to broil and move the rack to the top rung.
- 02 Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
- 03 Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

## NOTES

### COCONUT LOVER

Sprinkle with shredded coconut after baking.

### MAGICAL TOUCH

Sprinkle with a pinch of sea salt before eating.

### LEFTOVERS

Wrap leftovers in saran and store in the fridge. Reheat before eating.

# Fresh Strawberries

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Strawberries

## NUTRITION

Calories	49	Vitamin A	18IU
Fat	0g	Vitamin C	89mg
Carbs	12g	Calcium	24mg
Fiber	3g	Iron	1mg
Sugar	7g	Vitamin B6	0.1mg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	2mg		

## DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## NOTES

### MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.