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# Breakfast: Yogurt Mix

## *Ingredients*

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- *6 oz plain yogurt, low-fat*
- *½ cup oats, raw*
- *½ cup blueberries, fresh*
- *½ cup kiwi, fresh, peeled, chopped*
- *1 tsp cinnamon, ground*
- *1 tbsp flaxseeds, raw*

## *Instructions:*

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*After washing raw fruits, pour ingredients into a bowl, mix altogether and enjoy*



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## Lunch: Salmon Quinoa Salad

### *Ingredients*

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- *3 cups Romaine lettuce, chopped*
- *½ cup red cherry tomatoes, sliced in half*
- *¼ cup of red onion, sliced*
- *¼ cup of yellow bell pepper, sliced*
- *¼ cup of carrots, shredded*
- *½ cup quinoa, cooked*
- *1 tbsp goat cheese, crumbled*
- *5.5 oz (~150 g) Atlantic or wild-caught Salmon, baked*
- *½ tsp turmeric, ground*
- *¼ lime, sliced*
- *¼ cup olive oil*
- *¼ cup balsamic vinegar*
- *1 tsp black pepper, ground (seasoning for salmon and dressing)*
- *Whole-wheat dinner roll*
- *Cooking spray*

### *Instructions:*

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- *Heat oven to 450 degrees F*
- *Spray cooking spray on a baking tray*
- *Season salmon by sprinkling turmeric and black pepper on top*
- *Bake for 15-20 min until fully cooked*
- *After washing raw vegetables, pour lettuce into a large plate or bowl*
- *Add tomatoes, onion, bell pepper, carrots, quinoa, and goat cheese*
- *Mix ingredients*
- *Add baked salmon on top of the salad*
- *Squeeze lime on salmon*
- *Mix olive oil, balsamic vinegar, and black pepper in a small container, then pour throughout the salad as dressing*
- *Enjoy it with a dinner roll on the side*



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# Black Beans & Tofu Bowl

## *Ingredients*

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- $\frac{3}{4}$  cup black beans, whole, canned
- $\frac{1}{2}$  cup broccoli, chopped, baked
- $\frac{1}{2}$  cup red bell pepper, baked
- $\frac{1}{2}$  cup tofu, extra firm, baked
- 1 tsp olive oil
- $\frac{1}{2}$  tsp Mexican oregano, dried
- $\frac{1}{2}$  tsp cloves, ground
- $\frac{1}{2}$  tsp black pepper
- Cooking spray

## *Instructions:*

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- Heat oven to 400-425 degrees F
- Spray cooking spray in a medium-size baking tray
- After fully washing raw broccoli and bell pepper, place them in the tray
- Cut up tofu into medium-size cubes and also place them in the baking tray
- Sprinkle oregano, cloves, and black pepper on tofu
- Bake veggies and tofu for 25-30 min
- Heat black beans in a medium-size pan with olive oil until desired warmth
- Pour black beans in a bowl, veggies next, and tofu at last.
- Enjoy



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AM or PM  
Snack:  
Garlicky  
Avocado Toast

### *Ingredients*

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- *1 slice whole-grain rye bread, toasted*
- *½ medium size avocado, sliced*
- *1 garlic clove, diced*
- *¼ cup cilantro leaves, raw*
- *½ cup yellow cherry tomatoes, sliced in fourths*
- *¼ cup feta cheese, crumbled*
- *½ tbs rosemary leaves, dried*
- *½ tbs thyme, dried*
- *½ tbs black pepper, ground*

### *Instructions:*

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- *Sauteé diced garlic in a pan with olive oil, stir occasionally for a few minutes until brown.*
- *Toast rye bread in a toaster-oven or regular toast*
- *Place avocado slices on top of toast*
- *Add cilantro, tomato, and feta cheese*
- *Sprinkle rosemary, thyme, and black pepper on top. Enjoy*

