



**Super Slim Down Meals Under  
15 Minutes**

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## Green Goddess Tuna Salad

2 servings

10 minutes

### Ingredients

- 1 can Tuna (drained)
- 1/4 cup Basil Leaves (packed)
- 1/4 cup Parsley (packed)
- 1/4 cup Mayonnaise
- 1 1/2 tbsps Lemon Juice
- 1 1/2 tbsps Extra Virgin Olive Oil
- 1 stalk Celery (finely chopped)
- 1/4 tsp Sea Salt

### Directions

- 1 Add the tuna to a medium-sized bowl and flake with a fork.
- 2 In a blender or food processor add the basil, parsley, mayonnaise, lemon juice and olive oil. Blend until smooth and creamy and the color is pale green.
- 3 Add the dressing to the bowl with the tuna. Add the celery and sea salt and mix well. Enjoy!

### Notes

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

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**More Flavor:** Add spices such as cayenne or black pepper.

**Additional Toppings:** Add chopped shallot and/or garlic.

**Serve it With:** Enjoy on a sandwich, on top of mixed greens in a salad or as a dip with vegetables and/or crackers.



## Tuna Salad Lettuce Wraps

2 servings

15 minutes

### Ingredients

- 1 Avocado
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt
- 1 can Tuna (flaked)
- 2 stalks Green Onion (sliced)
- 1/8 Cucumber (deseeded and finely chopped)
- 4 leaves Romaine

### Directions

- 1 In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
- 2 Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

### Notes

**Leftovers:** Keep refrigerated in an airtight container for up to two days.

**Serving Size:** One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**More Flavor:** Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.

**Additional Toppings:** Top with sunflower seeds, pumpkin seeds or hemp seeds.

**No Avocado:** Use mayonnaise instead.



## Spicy Tomato Scramble

1 serving  
10 minutes

### Ingredients

1 1/2 tps Extra Virgin Olive Oil  
1/4 cup Cherry Tomatoes (cut in half)  
1/2 Jalapeno Pepper (small, finely chopped)  
1 tbsp Cilantro (optional)  
2 Egg  
1/8 tsp Sea Salt

### Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
- 2 While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
- 3 Push the tomato 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 tomato mixture in once the eggs are no longer very wet.
- 4 Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1/2 cup.

**More Flavor:** Add onions and garlic to the tomato mixture.

**Additional Toppings:** Top with hot sauce, diced avocado or extra cilantro. Serve with toast, roasted potatoes or sautéed greens.



## Spinach Salad with Tuna & Egg

2 servings

10 minutes

### Ingredients

- 2 Egg
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 5 cups Baby Spinach
- 1 can Tuna (flaked and drained)
- 1/2 cup Pitted Kalamata Olives
- 1/8 tsp Sea Salt

### Directions

- 1 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
- 2 In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
- 3 Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**More Flavor:** Mix mayonnaise with the tuna.

**No Baby Spinach:** Use arugula or mixed greens instead.

**Additional Toppings:** Add sliced avocado, cherry tomatoes or cucumber to the salad.

**No Olives:** Omit or use sun-dried tomatoes instead.



## Spinach, Feta & Olive Omelette

1 serving  
10 minutes

### Ingredients

1 tsp Ghee (divided)  
1 1/2 cups Baby Spinach  
2 Egg  
Sea Salt & Black Pepper (to taste)  
2 tbsps Pitted Kalamata Olives  
2 tbsps Feta Cheese (crumbled)  
2 tbsps Parsley (optional, finely chopped, for topping)

### Directions

- 1 In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
- 2 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
- 3 Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!

### Notes

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

**Dairy-Free:** Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

**No Olives:** Use sun dried tomatoes instead.

**Additional Toppings:** Top with additional feta cheese, pine nuts, or your favorite fresh herbs.



## Cucumber & Avocado Salad

1 serving

5 minutes

### Ingredients

1/2 Cucumber (sliced)  
1/2 Avocado  
1 1/2 tsps Lemon Juice  
1 tbsp Parsley (chopped)  
1/8 tsp Sea Salt

### Directions

- 1 In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

**More Flavor:** Add chili flakes or cayenne.

**Additional Toppings:** Nuts, seeds or additional vegetables.



## Bacon Egglets with Greens

2 servings

15 minutes

### Ingredients

- 4 Egg
- 2 slices Bacon (cut into 2-inch strips)
- 2 cups Mixed Greens

### 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. Let the eggs sit until cool enough to handle.
- 3 Meanwhile, heat a skillet over medium heat. Cook the bacon for 5 minutes each side or until cooked through.
- 4 Peel and halve the eggs. Place the bacon in between the egg halves and transfer to a plate with greens. Enjoy!

### Notes

**Leftovers:** Refrigerate the hard-boiled eggs for up to seven days with the shells on. Refrigerate the bacon and mixed greens in separate airtight containers for up to four days.

**Serving Size:** One serving equals two eggs, one slice of bacon and one cup of greens.

**More Flavor:** Season with salt and pepper to taste.

**Additional Toppings:** Cucumber, tomatoes, avocado, your favorite dip or dressing, mayonnaise, paprika or za'atar.

**Easier to Peel:** Add salt to the water when boiling the eggs.





## Prosciutto Wrapped Avocado

4 servings

10 minutes

### Ingredients

3 ozs Prosciutto  
2 Avocado (sliced)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
- 2 Top with sea salt and black pepper. Enjoy!

### Notes

**Leftovers:** These are best enjoyed the same day. For best results, slice the avocado just before enjoying.

**Serving Size:** One serving is approximately four prosciutto-wrapped avocado slices.

**More Flavor:** Add garlic powder.

**Additional Toppings:** Chopped walnuts and/or sesame seeds.

**Make it Vegan:** Wrap seaweed around the avocado instead of prosciutto.



## Buttery Shrimp

4 servings

10 minutes

### Ingredients

- 1/4 cup Butter
- 1 lb Shrimp (peeled, deveined)
- 1/4 tsp Sea Salt

### Directions

- 1 Melt the butter in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side or until the shrimp are no longer translucent. Season with salt. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 4 to 5 pieces of shrimp.

**Dairy-Free:** Use olive oil instead of butter.

**More Flavor:** Add minced garlic and lemon juice.

**Additional Toppings:** Chopped parsley and red pepper flakes.



## Chicken, Lettuce & Tomato Egg Wrap

4 servings

15 minutes

### Ingredients

4 Egg  
1/4 tsp Sea Salt  
1 tsp Extra Virgin Olive Oil (divided)  
4 leaves Romaine (large, whole)  
1 Tomato (sliced)  
7 ozs Chicken Breast, Cooked (thinly sliced)

### Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

### Notes

**Leftovers:** Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

**Pan Size:** This recipe was tested in a 8-inch non-stick pan.

**Serving Size:** One serving is approximately one egg wrap with topping evenly divided.

**More Flavor:** Add garlic powder or dried herbs to the eggs.

**Additional Toppings:** Add cheese or avocado slices.

**No Chicken:** Use cooked turkey or additional vegetables and/or avocado instead.



## Chorizo Avocado Lettuce Wraps

4 servings

15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 lb Chorizo (sliced)
- 1 head Romaine Hearts (leaves separated)
- 4 Avocado (sliced or mashed)

### Directions

- 1 Heat the oil in a large skillet over medium-high heat. Cook the sausage for 5 to 6 minutes or until browned and cooked through.
- 2 Top each lettuce leaf with avocado and sausage. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to three days. Avocado is best enjoyed on the same day.

**Serving Size:** One serving is equal to approximately three lettuce wraps.

**Additional Toppings:** Add leftover veggies, green onion, and/or plain yogurt.

**Make it Vegan:** Use vegan sausage, tempeh or tofu instead.



## Zucchini Noodles with Creamy Avocado Sauce

4 servings

10 minutes

### Ingredients

- 1 cup Basil Leaves (plus additional for garnish)
- 1 Avocado
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1/4 cup Pumpkin Seeds (plus additional for garnish)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt
- 3 tbsps Water
- 4 Zucchini (large)
- 1 cup Cherry Tomatoes (halved)

### Directions

- 1 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 2 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate sauce separate from the ingredients in an airtight container for up to three days. The sauce will turn brown over time, so this dish is best enjoyed within the same day.

**More Flavor:** Add garlic and/or chili flakes to the sauce.



## Tuna Salad Plate

1 serving

5 minutes

### Ingredients

- 1 can Tuna (drained, broken into chunks)
- 1/2 Avocado (pit removed)
- 1/4 cup Unsweetened Coconut Yogurt
- 1/4 Cucumber (sliced)
- 1/4 tsp Sea Salt

### Directions

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- Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

### Notes

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

**More Flavor:** Add pepper, paprika and/or lemon juice.

**Additional Toppings:** Top with sliced green onions, red onion or red pepper flakes.

**Canned Tuna:** One can of tuna is equal to 165 grams or 5.8 ounces, drained.

**No Tuna:** Use sardines or salmon instead.

**No Coconut Yogurt:** Use mayonnaise or Greek yogurt instead.



## Deconstructed Burger Bowl

4 servings

15 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Italian Seasoning
- 1 tsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1/4 cup Mayonnaise
- 2 tsps Dijon Mustard
- 1 1/2 heads Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (chopped)
- 8 stalks Green Onion (chopped, green tops only)

### Directions

- 1 In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 2 Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
- 3 In a small bowl combine the mayonnaise and Dijon mustard.
- 4 Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

**More Flavor:** Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

**Additional Toppings:** Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.



## Soft Scramble with Chives

2 servings

5 minutes

### Ingredients

4 Egg  
1/2 tsp Butter  
1 tbsp Chives (chopped)  
Sea Salt & Black Pepper (to taste)

### Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide onto plates and top with chives, salt and pepper. Enjoy!

### Notes

**Leftovers:** For best results, enjoy freshly made.

**Additional Toppings:** Chili flakes and/or fresh herbs like parsley and dill.

**No Butter:** Use ghee or another cooking oil.