

[WWW.GRACEHAMILTONNATURALHEALTH.COM](http://WWW.GRACEHAMILTONNATURALHEALTH.COM)

# 7 DAY HEART HEALTHY MEAL PLAN

7 days of heart healthy breakfasts,  
lunches, dinners and snacks.

BY GRACE HAMILTON

# Welcome

Heart Healthy recipes and meal plans are one of my most requested items from clients. The foods we eat really do have an impact on our heart health, in everything from blood pressure and cholesterol to atherosclerosis. In this meal plan there are 7 days of heart healthy breakfasts, lunches, dinners and snacks to get you started with a new healthy diet that your heart will thank you for.

## About Me:

Hi! I'm Grace Hamilton, a Masters qualified Nutritionist, Naturopath and food loving plant based cook. I live in Sydney Australia and see clients both online and at my clinic. I have a special interest in chronic health issues such as cardiovascular disease and autoimmune disorders. I love to provide my clients with meal plans and recipes as part of their treatment plan to make life easier for them and give them a bit of extra guidance. Heart healthy meals are always a popular topic with my clients so I've made this 7 day meal plan as an easy reference for anyone wanting to improve their heart health. I hope you enjoy! Do check out my website and socials and give me a follow if you haven't already.



<https://www.gracehamiltonnaturalhealth.com/>



[https://www.instagram.com/gracehamilton\\_naturalhealth](https://www.instagram.com/gracehamilton_naturalhealth)



<https://www.facebook.com/GraceHamiltonNaturalHealth/>

# Heart Health 7 Day Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Overnight Vanilla Protein Oats	Berry & Nut Breakfast Bowl	Berry & Nut Breakfast Bowl	Creamy Apple Pie Smoothie	Creamy Apple Pie Smoothie
	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea	Green Tea
<b>Snack 1</b>	Apples & Almonds	Blueberry Chia Parfait	Apples & Almonds	Veggie Pita Pizza with Hummus	Pita, Hummus & Red Pepper Snack Plate	Almonds	Pita, Hummus & Red Pepper Snack Plate
<b>Lunch</b>	Broccoli Almond Protein Salad	Broccoli Almond Protein Salad	One Pan Salmon with Rainbow Veggies	Lemon Kale Salad with Chickpeas & Avocado	Burrito Bowl with Quinoa Tofu Taco Filling	Walnut Crusted Salmon	Spaghetti with Pesto & Roasted Tomatoes
						Spinach & Pea Risotto	
<b>Snack 2</b>	Blueberry Chia Parfait	Apples & Almonds	Veggie Pita Pizza with Hummus	Pear & Walnuts	Almonds	Pita, Hummus & Red Pepper Snack Plate	Almonds
<b>Dinner</b>	Mediterranean Buddha Bowl	One Pan Salmon with Rainbow Veggies	Lemon Kale Salad with Chickpeas & Avocado	Burrito Bowl with Quinoa Tofu Taco Filling	Walnut Crusted Salmon	Spaghetti with Pesto & Roasted Tomatoes	Crispy Tofu Meal Prep Bowls
					Spinach & Pea Risotto		
<b>Snack 3</b>	Pomegranate	Grapes & Walnuts	Pomegranate	Pomegranate	Grapes & Walnuts	Berry & Flax Baked Oatmeal	Berry & Flax Baked Oatmeal



# Heart Health 7 Day Meal Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1948	<b>Calories</b> 2063	<b>Calories</b> 2101	<b>Calories</b> 2169	<b>Calories</b> 2203	<b>Calories</b> 2142	<b>Calories</b> 2010
<b>Fat</b> 105g	<b>Fat</b> 121g	<b>Fat</b> 106g	<b>Fat</b> 130g	<b>Fat</b> 136g	<b>Fat</b> 104g	<b>Fat</b> 107g
Saturated 8g	Saturated 10g	Saturated 12g	Saturated 16g	Saturated 15g	Saturated 10g	Saturated 11g
Monounsaturated 43g	Monounsaturated 45g	Monounsaturated 56g	Monounsaturated 56g	Monounsaturated 54g	Monounsaturated 45g	Monounsaturated 49g
<b>Carbs</b> 207g	<b>Carbs</b> 177g	<b>Carbs</b> 223g	<b>Carbs</b> 222g	<b>Carbs</b> 183g	<b>Carbs</b> 235g	<b>Carbs</b> 219g
Fiber 59g	Fiber 52g	Fiber 58g	Fiber 68g	Fiber 46g	Fiber 40g	Fiber 44g
Sugar 70g	Sugar 72g	Sugar 66g	Sugar 65g	Sugar 43g	Sugar 57g	Sugar 71g
<b>Protein</b> 72g	<b>Protein</b> 96g	<b>Protein</b> 93g	<b>Protein</b> 70g	<b>Protein</b> 93g	<b>Protein</b> 87g	<b>Protein</b> 70g
Sodium 828mg	Sodium 733mg	Sodium 1175mg	Sodium 1454mg	Sodium 1296mg	Sodium 1156mg	Sodium 1238mg
Calcium 1502mg	Calcium 1548mg	Calcium 898mg	Calcium 811mg	Calcium 772mg	Calcium 1038mg	Calcium 1411mg
Iron 19mg	Iron 17mg	Iron 19mg	Iron 22mg	Iron 19mg	Iron 14mg	Iron 15mg



# Heart Health 7 Day Meal Plan

79 items

## Fruits

---

- 5 Apple
- 2 Avocado
- 1 Banana
- 1 cup Blackberries
- 1/3 cup Blueberries
- 4 cups Grapes
- 2/3 Lemon
- 1/4 cup Lemon Juice
- 1 1/2 tsps Lime Juice
- 1/2 Navel Orange
- 1 Pear
- 3 Pomegranate
- 1/3 cup Raspberries
- 1 cup Strawberries

## Breakfast

---

- 1/2 cup Almond Butter
- 7 cups Green Tea
- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

---

- 2 1/4 cups Almonds
- 0 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/4 tsps Chili Powder
- 2 1/2 tsps Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds
- 1/8 tsp Smoked Paprika

## Vegetables

---

- 3 3/4 cups Baby Spinach
- 1/3 cup Basil Leaves
- 6 cups Broccoli
- 2 1/3 cups Cherry Tomatoes
- 1/2 Cucumber
- 3 1/3 Garlic
- 5 stalks Green Onion
- 4 cups Kale Leaves
- 3 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 3/4 head Romaine Hearts
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1/2 Zucchini

## Boxed & Canned

---

- 1 cup Arborio Rice
- 1/2 cup Black Beans
- 1/3 cup Brown Rice Spaghetti
- 2 1/4 cups Chickpeas
- 3/4 cup Quinoa
- 1/2 cup Salsa
- 4 cups Vegetable Broth, Low Sodium

## Baking

---

- 3 1/8 tbsps Nutritional Yeast
- 3 3/4 cups Oats
- 1/2 cup Unsweetened Applesauce

## Bread, Fish, Meat & Cheese

---

- 1 3/4 cups Hummus
- 533 grams Salmon Fillet
- 150 grams Tofu
- 3 1/2 Whole Wheat Pita

## Condiments & Oils

---

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/2 tsps Coconut Aminos
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil
- 1 1/3 tbsps Tamari

## Cold

---

- 2 cups Oat Milk
- 6 1/8 cups Unsweetened Almond Milk

## Other

---

- 2/3 cup Vanilla Protein Powder
- 2 tbsps Water



1/3 cup Sunflower Seeds

1 3/4 cups Walnuts

## Frozen

---

1 1/2 cups Frozen Berries

1 cup Frozen Blueberries

2 cups Frozen Edamame

1 cup Frozen Peas

8 Ice Cubes



# Overnight Vanilla Protein Oats

7 ingredients · 8 hours · 3 servings



## Directions

1. In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
2. After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
3. Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

## Notes

### Extra Garnish

Add cacao nibs, chocolate chips, seeds or nuts.

### Leftovers

Keep well in the fridge for 3 to 4 days.

### No Almond Butter

Omit, or use peanut butter or sunflower seed butter instead.

### Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

## Ingredients

- 1 1/2 cups Oats (quick or traditional)
- 1 1/2 tbsps Chia Seeds
- 2 cups Unsweetened Almond Milk
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Raspberries
- 1/3 cup Blueberries
- 1 1/2 tbsps Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	311	<b>Sugar</b>	3g
<b>Fat</b>	11g	<b>Protein</b>	18g
Saturated	1g	<b>Sodium</b>	123mg
Monounsaturated	4g	<b>Calcium</b>	425mg
<b>Carbs</b>	37g	<b>Iron</b>	3mg
Fiber	9g		



# Green Tea

1 ingredient · 5 minutes · 1 serving



## Directions

---

1. Pour tea into a mug and enjoy!

## Notes

---

### Leftovers

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

### Like It Sweet

Add sweetener of choice to taste.

## Ingredients

---

1 cup Green Tea (brewed)

## Nutrition

Amount per serving

<b>Calories</b>	2	<b>Sugar</b>	0g
<b>Fat</b>	0g	<b>Protein</b>	1g
Saturated	0g	<b>Sodium</b>	2mg
Monounsaturated	0g	<b>Calcium</b>	0mg
<b>Carbs</b>	0g	<b>Iron</b>	0mg
Fiber	0g		





# Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 2 servings



## Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

### Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

### No Berries

Use peaches, mango, pineapple or banana instead.

### No Almond Milk

Use another non-dairy milk instead.

## Ingredients

- 1 cup Strawberries (chopped)
- 1 cup Blackberries (cut in half)
- 1/4 cup Walnuts (chopped)
- 1/4 cup Almonds (chopped)
- 2 tbsps Pumpkin Seeds
- 2 tbsps Hemp Seeds
- 1/2 cup Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	356	<b>Sugar</b>	8g
<b>Fat</b>	28g	<b>Protein</b>	13g
Saturated	3g	<b>Sodium</b>	44mg
Monounsaturated	9g	<b>Calcium</b>	220mg
<b>Carbs</b>	21g	<b>Iron</b>	4mg
Fiber	10g		



# Creamy Apple Pie Smoothie

8 ingredients · 5 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### Apple Type

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### No Almond Milk

Use any other type of milk instead.

## Ingredients

1 Apple (medium, peeled and chopped)

1/2 Banana (frozen)

4 Ice Cubes

2 tbsps Vanilla Protein Powder

2 tbsps Oats

1 tbsp Almond Butter

3/4 tsp Cinnamon (ground)

1 cup Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	358	<b>Sugar</b>	27g
<b>Fat</b>	13g	<b>Protein</b>	16g
Saturated	1g	<b>Sodium</b>	184mg
Monounsaturated	7g	<b>Calcium</b>	601mg
<b>Carbs</b>	52g	<b>Iron</b>	2mg
Fiber	11g		



# Apples & Almonds

2 ingredients · 5 minutes · 3 servings



## Directions

1. Core apple and cut it into slices. Serve with almonds.

## Ingredients

- 3 Apple (sliced)
- 3/4 cup Almonds

## Nutrition

Amount per serving

<b>Calories</b>	302	<b>Sugar</b>	20g
<b>Fat</b>	18g	<b>Protein</b>	8g
Saturated	1g	<b>Sodium</b>	2mg
Monounsaturated	11g	<b>Calcium</b>	107mg
<b>Carbs</b>	33g	<b>Iron</b>	2mg
Fiber	9g		



# Pita, Hummus & Red Pepper Snack Plate

3 ingredients · 5 minutes · 3 servings



## Directions

1. Assemble all ingredients onto a plate and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 3 days.

### Gluten-Free

Use a gluten-free pita.

### On-the-Go

Divide the ingredients into a bento box or container instead of a plate.

## Ingredients

- 1 1/2 Red Bell Pepper (sliced)
- 1 1/2 Whole Wheat Pita (sliced into strips)
- 1 cup Hummus

## Nutrition

Amount per serving

<b>Calories</b>	294	<b>Sugar</b>	4g
<b>Fat</b>	15g	<b>Protein</b>	10g
Saturated	2g	<b>Sodium</b>	486mg
Monounsaturated	4g	<b>Calcium</b>	48mg
<b>Carbs</b>	34g	<b>Iron</b>	3mg
Fiber	8g		



# Broccoli Almond Protein Salad

11 ingredients · 20 minutes · 4 servings



## Directions

1. In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
2. To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
3. Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days.

## Ingredients

- 4 cups Broccoli (chopped into small florets)
- 2 cups Frozen Edamame (shelled)
- 4 stalks Green Onion (sliced)
- 1/2 cup Almonds (chopped)
- 1/4 cup Almond Butter
- 1 tbsp Rice Vinegar
- 1 tbsp Tamari (or Coconut Aminos)
- 1 tbsp Maple Syrup
- 1 tbsp Sesame Oil
- 1 Garlic (clove, minced)
- 2 tbsps Water

## Nutrition

Amount per serving

<b>Calories</b>	374	<b>Sugar</b>	8g
<b>Fat</b>	25g	<b>Protein</b>	19g
Saturated	2g	<b>Sodium</b>	290mg
Monounsaturated	13g	<b>Calcium</b>	208mg
<b>Carbs</b>	24g	<b>Iron</b>	4mg
Fiber	11g		



# Blueberry Chia Parfait

5 ingredients · 30 minutes · 2 servings



## Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## Notes

### No Slivered Almonds

Use shredded coconut or hemp seeds instead.

### Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

## Ingredients

**1 3/4 cups** Unsweetened Almond Milk

**1/3 cup** Chia Seeds

**1 tbsp** Maple Syrup

**1 cup** Frozen Blueberries (thawed)

**1/4 cup** Slivered Almonds

## Nutrition

Amount per serving

<b>Calories</b>	376	<b>Sugar</b>	14g
<b>Fat</b>	24g	<b>Protein</b>	11g
Saturated	1g	<b>Sodium</b>	143mg
Monounsaturated	1g	<b>Calcium</b>	657mg
<b>Carbs</b>	36g	<b>Iron</b>	4mg
Fiber	14g		



# Veggie Pita Pizza with Hummus

5 ingredients · 15 minutes · 2 servings



## Directions

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
3. Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
4. Let cool slightly and slice. Enjoy!

## Notes

### No Olive Oil

Use coconut oil, avocado oil, ghee or butter instead.

### No Whole Wheat Pita

Use tortillas or flatbread instead.

### Prep Ahead

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

## Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 **cup** Hummus
- 2 Whole Wheat Pita

## Nutrition

Amount per serving

<b>Calories</b>	359	<b>Sugar</b>	5g
<b>Fat</b>	16g	<b>Protein</b>	12g
Saturated	2g	<b>Sodium</b>	537mg
Monounsaturated	6g	<b>Calcium</b>	48mg
<b>Carbs</b>	48g	<b>Iron</b>	4mg
Fiber	8g		



# Pear & Walnuts

2 ingredients · 5 minutes · 1 serving



## Directions

1. Slice the pear and serve with walnuts. Enjoy!

## Notes

### Nut-Free

Use sunflower seeds instead of walnuts.

### More Flavor

Season the pear with cinnamon.

## Ingredients

1 Pear

1/4 cup Walnuts

## Nutrition

Amount per serving

<b>Calories</b>	298	<b>Sugar</b>	18g
<b>Fat</b>	20g	<b>Protein</b>	5g
Saturated	2g	<b>Sodium</b>	2mg
Monounsaturated	3g	<b>Calcium</b>	45mg
<b>Carbs</b>	31g	<b>Iron</b>	1mg
Fiber	8g		





# Almonds

1 ingredient · 2 minutes · 3 servings



## Directions

---

1. Place in a bowl and enjoy!

## Notes

---

### Leftovers

Store in an airtight container in the pantry.

### More Flavor

Roast, toast and/or season with salt.

## Ingredients

---

**3/4 cup** Almonds (raw)

## Nutrition

Amount per serving

<b>Calories</b>	207	<b>Sugar</b>	2g
<b>Fat</b>	18g	<b>Protein</b>	8g
Saturated	1g	<b>Sodium</b>	0mg
Monounsaturated	11g	<b>Calcium</b>	96mg
<b>Carbs</b>	8g	<b>Iron</b>	1mg
Fiber	4g		



# Mediterranean Buddha Bowl

11 ingredients · 10 minutes · 2 servings



## Directions

1. Cook the quinoa according to the directions on the package, and set aside.
2. Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
3. Add the olive oil, apple cider vinegar and Italian seasoning to a jar. Seal and shake well to combine.
4. Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

## Notes

### Leftovers

For best results, refrigerate the ingredients separately in airtight containers for up to four days.

### No Hummus

Use tzatziki instead.

### More Protein

Top with crumbled feta cheese or cooked chicken breast.

### Prep Ahead

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

### More Flavour

Serve with a lemon wedge and black pepper.

## Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 1/2 head Romaine Hearts (chopped)
- 1/2 cup Chickpeas (cooked, from the can)
- 1/2 Cucumber (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/4 cup Red Onion (finely chopped)
- 1/4 cup Hummus
- 1/4 cup Pitted Kalamata Olives
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Italian Seasoning

## Nutrition

Amount per serving

<b>Calories</b>	466	<b>Sugar</b>	6g
<b>Fat</b>	25g	<b>Protein</b>	13g
Saturated	3g	<b>Sodium</b>	264mg
Monounsaturated	14g	<b>Calcium</b>	91mg
<b>Carbs</b>	51g	<b>Iron</b>	6mg
Fiber	10g		



# One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



## Directions

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

## Notes

### More Carbs

Serve with rice or quinoa.

### Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

- 2 cups Cherry Tomatoes
- 283 grams Salmon Fillet
- 1 Yellow Bell Pepper (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Navel Orange (zested and juiced)
- Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	440	<b>Sugar</b>	11g
<b>Fat</b>	23g	<b>Protein</b>	34g
Saturated	3g	<b>Sodium</b>	171mg
Monounsaturated	13g	<b>Calcium</b>	109mg
<b>Carbs</b>	27g	<b>Iron</b>	3mg
Fiber	6g		



# Lemon Kale Salad with Chickpeas & Avocado

8 ingredients · 20 minutes · 2 servings



## Directions

1. Add the kale leaves to a large bowl.
2. In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
3. Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

### More Flavor

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

### Additional Toppings

Add sliced onion, peppers or roasted vegetables such as sweet potato.

## Ingredients

**4 cups** Kale Leaves (stem removed, thinly sliced)

**2 tbsps** Extra Virgin Olive Oil

**1 tbsp** Lemon Juice

**1/4 tsp** Sea Salt

**1 3/4 cups** Chickpeas (cooked)

**1** Avocado (cubed)

**1/8 tsp** Smoked Paprika

**2 tbsps** Pumpkin Seeds

## Nutrition

Amount per serving

<b>Calories</b>	570	<b>Sugar</b>	8g
<b>Fat</b>	36g	<b>Protein</b>	18g
Saturated	5g	<b>Sodium</b>	336mg
Monounsaturated	22g	<b>Calcium</b>	195mg
<b>Carbs</b>	52g	<b>Iron</b>	7mg
Fiber	20g		



# Burrito Bowl with Quinoa Tofu Taco Filling

14 ingredients · 35 minutes · 2 servings



## Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

### Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

## Ingredients

- 1/4 cup Quinoa (uncooked)
- 150 grams Tofu ((5 oz) extra firm, crumbled)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Oregano
- 1/2 tsp Garlic Powder
- 1/2 cup Salsa (divided)
- 1 1/2 tsps Lime Juice
- 1/2 tsp Nutritional Yeast
- 1 Red Bell Pepper (sliced)
- 1/4 head Romaine Hearts (chopped)
- 1/2 cup Black Beans (cooked)
- 1 Avocado (diced)

## Nutrition

Amount per serving

<b>Calories</b>	467	<b>Sugar</b>	7g
<b>Fat</b>	28g	<b>Protein</b>	19g
Saturated	4g	<b>Sodium</b>	529mg
Monounsaturated	16g	<b>Calcium</b>	289mg
<b>Carbs</b>	44g	<b>Iron</b>	6mg
Fiber	16g		



# Walnut Crusted Salmon

7 ingredients · 20 minutes · 2 servings



## Directions

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Combine the walnuts, green onion and Italian seasoning. Stir in the lemon juice and half of the oil.
3. Rub the remaining oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
4. Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily. Divide between plates and serve with lemon wedges, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

### No Green Onion

Use yellow or red onion instead.

### Salmon

Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

## Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (divided)
- 250 grams Salmon Fillet ((half lb))
- 1/4 Lemon (optional for serving, cut into wedges)

## Nutrition

Amount per serving

<b>Calories</b>	297	<b>Sugar</b>	1g
<b>Fat</b>	20g	<b>Protein</b>	27g
Saturated	2g	<b>Sodium</b>	56mg
Monounsaturated	6g	<b>Calcium</b>	33mg
<b>Carbs</b>	2g	<b>Iron</b>	1mg
Fiber	1g		



# Spinach & Pea Risotto

9 ingredients · 35 minutes · 4 servings



## Directions

1. Heat the vegetable broth in a medium pot over medium-high heat. Once it starts to simmer, reduce heat to low to keep warm.
2. Meanwhile, heat the olive oil over medium heat in a large pot. Sauté the onions for 5 minutes or until translucent but not browned. Add the garlic. Cook for another minute. Add the rice and lemon juice and gently stir until the lemon juice is absorbed.
3. Add 1/2 cup of the warmed broth to the rice in the pot stirring constantly until the broth has been absorbed. The rice and broth should be at a gentle simmer throughout the cooking process, not a boil.
4. Continue to add the broth 1/2 cup at a time until all but a 1/2 cup of broth is remaining and rice is cooked through. Aim for al dente rice, not mushy. This will take about 20 to 25 minutes.
5. Next, add the last 1/2 cup of broth along with the spinach and peas. Continue to stir until the last of the broth has been absorbed, the spinach is wilted and the peas are tender. Remove from the heat and stir in the nutritional yeast. Season with additional salt or lemon juice as needed.
6. Divide between plates and enjoy.

## Notes

### Leftovers

Keep refrigerated in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately 1.25 cups of risotto.

### More Flavor

Top with additional nutritional yeast, vegan parmesan cheese, freshly chopped parsley, basil, lemon zest or freshly ground black pepper.

### Consistency

If risotto has become too thick after stirring in the spinach and peas, thin with two tablespoons of warm water at a time until desired consistency is reached.

## Ingredients

- 4 cups** Vegetable Broth, Low Sodium
- 2 tbsps** Extra Virgin Olive Oil
- 1/2** Yellow Onion (finely chopped)
- 2** Garlic (cloves, minced)
- 1 cup** Arborio Rice
- 3 tbsps** Lemon Juice
- 3 cups** Baby Spinach (chopped)
- 1 cup** Frozen Peas
- 3 tbsps** Nutritional Yeast

## Nutrition

Amount per serving

<b>Calories</b>	322	<b>Sugar</b>	5g
<b>Fat</b>	7g	<b>Protein</b>	10g
Saturated	1g	<b>Sodium</b>	177mg
Monounsaturated	5g	<b>Calcium</b>	44mg
<b>Carbs</b>	54g	<b>Iron</b>	3mg
Fiber	4g		

Grace Hamilton

<https://www.GraceHamiltonNaturalHealth.com>



# Spaghetti with Pesto & Roasted Tomatoes

10 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat oven to 420°F (210°C). Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in the oven for 30 minutes.
2. Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
3. Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
4. Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

## Notes

### More Protein

Add diced chicken.

### Make it Spicy

Add red chilli flakes.

## Ingredients

- 1/3 cup** Cherry Tomatoes
- Sea Salt & Black Pepper (to taste)
- 3/4 cup** Baby Spinach
- 1/3 cup** Basil Leaves
- 1/3** Lemon (juiced)
- 1/3 cup** Sunflower Seeds
- 1 2/3 tbsps** Extra Virgin Olive Oil
- 1 1/4 tpsps** Tamari
- 1/3** Garlic (clove, minced)
- 1/3 cup** Brown Rice Spaghetti

## Nutrition

Amount per serving

<b>Calories</b>	420	<b>Sugar</b>	2g
<b>Fat</b>	25g	<b>Protein</b>	9g
Saturated	3g	<b>Sodium</b>	214mg
Monounsaturated	11g	<b>Calcium</b>	50mg
<b>Carbs</b>	43g	<b>Iron</b>	2mg
Fiber	5g		





# Pomegranate

1 ingredient · 5 minutes · 2 servings



## Directions

1. Slice the top off the pomegranate and score the sides with a knife.
2. Submerge the pomegranate into a bowl of water and crack it open with your hands. Remaining in the water, gently peel off the rind and separate the seeds from the white flesh.
3. Scoop out all the flesh and rind floating on the surface and then drain your pomegranates in a colander. Transfer to a bowl and enjoy!

## Notes

### Serve it With

Honey and lemon juice, yogurt, oatmeal or as a salad topping.

### Storage

Refrigerate in an airtight container up to 5 days; or freeze pomegranate seeds in a single layer on a baking sheet then transfer to an airtight container.

### Save Time

Look for frozen pomegranate seeds in the freezer aisle of your grocery store. No prep required!

## Ingredients

1 Pomegranate

## Nutrition

Amount per serving

<b>Calories</b>	117	<b>Sugar</b>	19g
<b>Fat</b>	2g	<b>Protein</b>	2g
Saturated	0g	<b>Sodium</b>	4mg
Monounsaturated	0g	<b>Calcium</b>	14mg
<b>Carbs</b>	26g	<b>Iron</b>	0mg
Fiber	6g		



# Grapes & Walnuts

2 ingredients · 3 minutes · 4 servings



## Directions

1. Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## Notes

### No Walnuts

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

## Ingredients

4 cups Grapes (washed)

1 cup Walnuts

## Nutrition

Amount per serving

<b>Calories</b>	258	<b>Sugar</b>	16g
<b>Fat</b>	20g	<b>Protein</b>	5g
Saturated	2g	<b>Sodium</b>	2mg
Monounsaturated	3g	<b>Calcium</b>	42mg
<b>Carbs</b>	20g	<b>Iron</b>	1mg
Fiber	3g		



# Berry & Flax Baked Oatmeal

7 ingredients · 50 minutes · 6 servings



## Directions

1. Preheat the oven to 350°F (180°C).
2. In a mixing bowl combine the oat milk, applesauce, and maple syrup. Stir in the oats, flaxseed, and cinnamon. Fold in the berries.
3. Transfer to a baking dish and bake for 40 to 45 minutes or until the oatmeal is spongy to the touch in the center and a toothpick comes out clean.
4. Let the baked oatmeal cool slightly before slicing and serving. Enjoy!

## Notes

### Baking Dish

An 8 x 8-inch baking dish was used to create six servings.

### Leftovers

Refrigerate in an airtight container for up to four days or freeze for up to three months.

### More Flavor

Add vanilla extract and chopped nuts, like walnuts or pecans.

### No Applesauce

Use mashed banana instead.

### No Oat Milk

Use almond milk or milk of choice instead.

## Ingredients

- 2 cups Oat Milk
- 1/2 cup Unsweetened Applesauce
- 1/4 cup Maple Syrup
- 2 cups Oats (quick or rolled)
- 1/3 cup Ground Flax Seed
- 1 tsp Cinnamon
- 1 1/2 cups Frozen Berries

## Nutrition

Amount per serving

<b>Calories</b>	242	<b>Sugar</b>	16g
<b>Fat</b>	6g	<b>Protein</b>	6g
Saturated	0g	<b>Sodium</b>	37mg
Monounsaturated	1g	<b>Calcium</b>	166mg
<b>Carbs</b>	42g	<b>Iron</b>	2mg
Fiber	7g		

