




















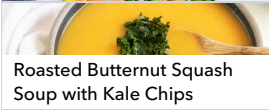
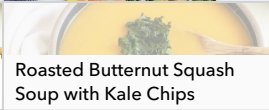
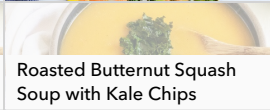
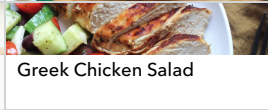
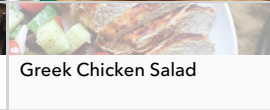
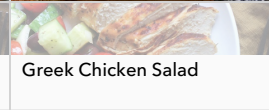


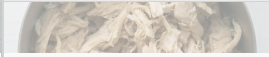


















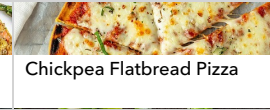

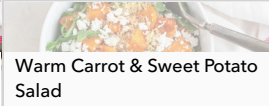



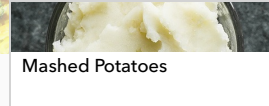
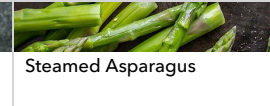




Winter Mood "Boosting" Meal Plan

Kahili Blundell

<http://www.kahilimayblundell.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Coconut Chia Seed Yogurt	 Warm Peas with Eggs	 Warm Peas with Eggs		
	 Banana	 Banana	 Banana	 Avocado	 Avocado	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats
Snack 1	 Smoked Salmon Egg Cups	 Smoked Salmon Egg Cups	 Smoked Salmon Egg Cups	 Lucky Green Smoothie	 Lucky Green Smoothie	 Sauerkraut Avocado Mash with Crackers	 Sauerkraut Avocado Mash with Crackers
	 Roasted Butternut Squash Soup with Kale Chips	 Roasted Butternut Squash Soup with Kale Chips	 Roasted Butternut Squash Soup with Kale Chips	 Greek Chicken Salad	 Greek Chicken Salad	 Greek Chicken Salad	 Walnut Crusted Salmon with Asparagus
Lunch	 Shredded Chicken	 Shredded Chicken	 Shredded Chicken	 Lemon Garlic Tahini Dressing	 Lemon Garlic Tahini Dressing	 Lemon Garlic Tahini Dressing	 Mashed Potatoes
	 Clean Trail Mix	 Clean Trail Mix	 Clean Trail Mix	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries	 Yogurt & Berries
Dinner	 Cumin Lamb Skewers	 Cumin Lamb Skewers	 Coconut Chickpea Curry	 Coconut Chickpea Curry	 Coconut Chickpea Curry	 Walnut Crusted Salmon with Asparagus	 Chickpea Flatbread Pizza
	 Warm Carrot & Sweet Potato Salad	 Warm Carrot & Sweet Potato Salad	 Coconut Chickpea Curry	 Coconut Chickpea Curry	 Coconut Chickpea Curry	 Mashed Potatoes	 Steamed Asparagus

Fruits

- 1 1/2 Apple
- 2 Avocado
- 3 Banana
- 1/4 cup Blueberries
- 3/4 Lemon
- 3 1/8 tbsps Lemon Juice
- 2 1/2 Lime
- 1/4 cup Raspberries
- 3/4 cup Strawberries

Breakfast

- 1 tbsp Almond Butter

Seeds, Nuts & Spices

- 3/4 cup Chia Seeds
- 1 tsp Chili Powder
- 1 1/4 tbsps Cinnamon
- 1 1/2 cups Clean Trail Mix
- 1 tbsp Cumin Seed
- 1 1/8 tbsps Curry Powder
- 1 tsp Fennel Seed
- 1/16 tsp Garlic Powder
- 1 1/2 tbsps Greek Seasoning
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/2 tsp Italian Seasoning
- 1/8 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Walnuts

Frozen

- 4 cups Frozen Berries
- 1 1/2 cups Frozen Mango
- 3 cups Frozen Peas

Vegetables

- 2 cups Arugula
- 3 cups Asparagus
- 3 cups Baby Spinach
- 1 tbsp Basil Leaves
- 1 1/2 cups Broccoli
- 3 cups Butternut Squash
- 1 Carrot
- 2 1/4 cups Cherry Tomatoes
- 1 tbsp Chives
- 3/4 cup Coleslaw Mix
- 3/4 Cucumber
- 4 1/4 Garlic
- 1 1/2 tbsps Ginger
- 1 stalk Green Onion
- 3 cups Kale Leaves
- 3/4 Red Bell Pepper
- 1/2 cup Red Onion
- 2 Russet Potato
- 3/4 Sweet Onion
- 1 Sweet Potato
- 1/2 White Onion

Boxed & Canned

- 1 1/2 cups Canned Coconut Milk
- 1 1/2 cups Chickpeas
- 1 1/4 cups Quinoa
- 100 grams Seed Crackers
- 3 3/4 cups Vegetable Broth

Baking

- 1/2 cup Chickpea Flour
- 2 1/4 tsps Nutritional Yeast
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 765 grams Chicken Breast
- 1/4 cup Goat Cheese
- 283 grams Lamb Shoulder Chop
- 85 grams Mozzarella Cheese
- 227 grams Salmon Fillet
- 113 grams Smoked Salmon

Condiments & Oils

- 1 1/4 tbsps Avocado Oil
- 2 3/4 tbsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 3/4 cup Pitted Kalamata Olives
- 1/4 cup Sauerkraut
- 3 tbsps Tahini
- 2 2/3 tbsps Tomato Sauce

Cold

- 10 Egg
- 4 cups Plain Greek Yogurt
- 1 1/4 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

Other

- 2 Barbecue Skewers
- 1/4 cup Vanilla Protein Powder
- 6 1/4 cups Water



Coconut Chia Seed Yogurt

3 servings
30 minutes

Ingredients

- 3 cups Unsweetened Coconut Yogurt
- 3/4 cup Chia Seeds
- 1 tbsp Cinnamon
- 3/4 cup Strawberries (chopped)

Directions

- 1 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 2 Top with strawberries and enjoy!

Notes

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

More Flavor: Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings: Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.



Banana

1 serving

1 minute

Ingredients

1 Banana

Directions

1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Warm Peas with Eggs

1 serving

15 minutes

Ingredients

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

Directions

- 1 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 2 Add the peas and stir until warmed through. Season with salt.
- 3 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 4 Remove from heat and serve immediately. Enjoy!

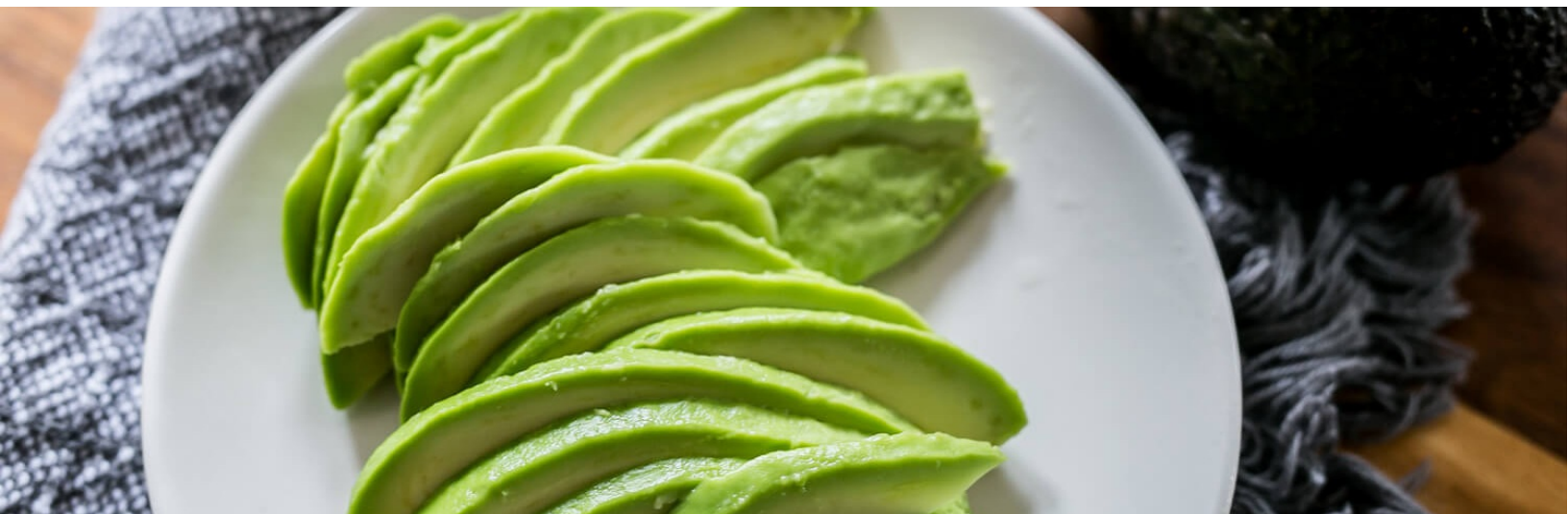
Notes

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

Serving Size: One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

More Flavor: Use broth or oil instead of water.

Additional Toppings: Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.



Avocado

1 serving

5 minutes

Ingredients

1/2 Avocado

Directions

- 1 Cut avocado into slices or chunks. Enjoy!

Notes

Serve it With: Salads, soups, chilli, on toast, or in a wrap with leftovers.

Savoury Snack: Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

Sweet Snack: Top with maple syrup, honey, maple butter and/or cinnamon.



Overnight Vanilla Protein Oats

1 serving

8 hours

Ingredients

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

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.



Smoked Salmon Egg Cups

3 servings

25 minutes

Ingredients

1 1/2 tps Avocado Oil
6 Egg
1 tbsp Chives (chopped)
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach (chopped)
113 grams Smoked Salmon (roughly chopped)

Directions

- 1 Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
- 2 In a small bowl, whisk together the eggs, chives, salt and pepper.
- 3 Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

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

Serving Size: One serving is equal to two egg cups.

More Flavor: Add fresh dill or capers to the muffin tins.



Lucky Green Smoothie

1 serving
10 minutes

Ingredients

3/4 cup Frozen Mango
1 Lime (juiced)
1 cup Baby Spinach (packed)
1 tbsp Ground Flax Seed
2 tbsps Hemp Seeds
1 3/4 cups Water

Directions

1 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

Notes

No Mango: Add frozen pineapple or banana instead.

More Protein: Add a scoop of your favorite clean protein powder.



Sauerkraut Avocado Mash with Crackers

2 servings

5 minutes

Ingredients

- 1 Avocado (peeled, pit removed)
- 1/4 cup Sauerkraut (roughly chopped)
- 100 grams Seed Crackers

Directions

- 1 Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

Notes

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

No Crackers: Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.



Roasted Butternut Squash Soup with Kale Chips

3 servings

1 hour 30 minutes

Ingredients

3 cups Butternut Squash
3/4 tsp Cinnamon (plus extra for garnish)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
1 1/2 Apple (peeled, cored and sliced)
3/4 Sweet Onion (diced)
2 1/4 tsps Ginger (grated)
3 cups Vegetable Broth
1 1/2 tsps Sea Salt (divided)
3 cups Kale Leaves (cut into large pieces)

Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

Leftovers: Refrigerate for up to four days. Freeze for up to three months.

More Protein: Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



Shredded Chicken

3 servings
20 minutes

Ingredients

1 1/2 tps Sea Salt
340 grams Chicken Breast (skinless,
boneless)

Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.

Notes

Serve it With: Any of our sides, salads or vegetarian pastas.

Leftovers: Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.



Greek Chicken Salad

3 servings

45 minutes

Ingredients

1 1/2 tbsps Greek Seasoning
3/4 Lemon (juiced)
3 tbsps Extra Virgin Olive Oil
425 grams Chicken Breast (boneless, skinless)
2 1/4 cups Cherry Tomatoes (halved)
3/4 Cucumber (diced)
3 tbsps Red Onion (finely diced)
3/4 cup Pitted Kalamata Olives (chopped)
2 1/4 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs: Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning instead.



Lemon Garlic Tahini Dressing

3 servings

5 minutes

Ingredients

3 tbsps Tahini
3 tbsps Water (warm)
3 tbsps Lemon Juice
1 1/2 Garlic (clove, small, minced)
2 1/4 tps Nutritional Yeast
1/8 tsp Sea Salt

Directions

- 1 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

Notes

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

Serving Size: One serving is equal to approximately two and a half tablespoons.

Dressing Consistency: If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.



Clean Trail Mix

1 serving
2 minutes

Ingredients

1/2 cup Clean Trail Mix

Directions

- 1 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 2 Pour into bowl and snack away!



Yogurt & Berries

1 serving

5 minutes

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Directions

- 1 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries: Use any type of fresh fruit instead.



Cumin Lamb Skewers

2 servings
20 minutes

Ingredients

1 tbsp Cumin Seed
1 tsp Fennel Seed
1/2 tsp Sea Salt
1 tsp Chili Powder
283 grams Lamb Shoulder Chop (cut into 1-inch cubes, bones discarded)
1 tbsp Extra Virgin Olive Oil
2 Barbecue Skewers

Directions

- 1 Coarsely grind the cumin seeds and fennel seeds in a spice grinder or with a mortar and pestle. Combine with salt and chili powder. Set aside.
- 2 In a large bowl, toss the lamb in olive oil. Add the spices and mix until well coated. Pierce the lamb onto the barbecue skewers.
- 3 Grill over medium heat for about four minutes per side, or until browned and cooked through. Sprinkle additional cumin and chili powder just before serving (optional). Enjoy!

Notes

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

Serving Size: One serving equals one skewer with approximately 6 to 8 pieces.

More Flavor: Use a charcoal grill.

Additional Toppings: Serve with lime or lemon juice, lettuce wraps, pickled veggies, brown rice or flatbread.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Warm Carrot & Sweet Potato Salad

2 servings

45 minutes

Ingredients

- 1 Carrot (chopped into 1 inch pieces)
- 1 Sweet Potato (chopped into 1 inch pieces)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/2 Lime (juiced)
- 1 1/2 tsps Balsamic Vinegar
- 1/2 Garlic (clove, minced)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Arugula
- 1/4 cup Goat Cheese (crumbled)

Directions

- 1 Preheat oven to 425°F (218°C). Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 2 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 3 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 4 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

Notes

More Protein: Add grilled chicken or lentils.



Coconut Chickpea Curry

3 servings

30 minutes

Ingredients

3/4 cup Quinoa (uncooked)
1 1/8 cups Water
2 1/4 tsps Extra Virgin Olive Oil (or coconut oil)
1/3 cup Red Onion (finely diced)
2 1/4 Garlic (cloves, minced)
2 1/4 tsps Ginger (peeled and grated)
1 1/2 cups Broccoli (chopped into small florets)
3/4 cup Coleslaw Mix
3/4 Red Bell Pepper (de-seeded and sliced)
Sea Salt & Black Pepper (to taste)
1 1/8 tbsps Curry Powder
1/3 tsp Red Pepper Flakes (optional)
1 1/2 cups Canned Coconut Milk
3/4 cup Vegetable Broth
1 1/2 cups Chickpeas (cooked, drained and rinsed)

Directions

- 1 Cook your quinoa by combining quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside.
- 2 Heat a sauce pan over medium heat and add oil. Add the onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with sea salt and black pepper to taste. Saute for 5 minutes or until veggies are slightly softened. Then stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
- 3 Serve over quinoa and garnish with cilantro and chopped peanuts if you wish. Enjoy!

Notes

Meat Lover: Add in cooked diced chicken or beef.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

1/4 cup Walnuts (very finely chopped)
1 stalk Green Onion (very finely chopped)
1/4 tsp Sea Salt
1/2 tsp Italian Seasoning
1/2 tsp Lemon Juice
1 tbsp Extra Virgin Olive Oil (divided)
227 grams Salmon Fillet
2 cups Asparagus (trimmed)

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the 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 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and 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.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Mashed Potatoes

2 servings

20 minutes

Ingredients

3/4 tsp Sea Salt (divided)
2 Russet Potato (medium, peeled and chopped)

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt.
⋮
- 2 Add the potatoes to the pot and boil for 15 minutes or until soft.
⋮
- 3 Drain the water and mash with a potato masher until creamy. Season with the remaining salt to your preference.
⋮
- 4 Divide onto plates with another protein or side(s). Enjoy!

Notes

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

More Flavor: Stir in coconut milk, dairy milk, butter or ghee after mashing the potatoes.

Serving Size: One serving is equal to approximately 1 cup of mashed potatoes.



Chickpea Flatbread Pizza

1 serving

1 hour 20 minutes

Ingredients

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 2 1/4 tsps Avocado Oil (divided)
- 1/8 tsp Sea Salt
- 2 2/3 tsps Tomato Sauce
- 1/8 tsp Oregano
- 1/16 tsp Garlic Powder
- 1/16 tsp Red Pepper Flakes
- 85 grams Mozzarella Cheese (shredded)
- 1 tbsp Basil Leaves (finely chopped)

Directions

- 1 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 2 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 3 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 4 Reduce the oven temperature to 350°F (176°C).
- 5 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 6 Slice and serve immediately. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

Serving Size: One serving is equal to approximately three slices of pizza.

Dairy-Free: Use a dairy-free shredded cheese instead.

More Flavor: Add minced garlic and Italian seasoning to the tomato sauce.

Additional Toppings: Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.



Steamed Asparagus

1 serving
10 minutes

Ingredients

1 cup Asparagus (woody ends trimmed, chopped in half)

Directions

1

Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 5 days.

Serving Size: One serving is equal to approximately one cup of cooked asparagus.