

Recipes with Superfoods

Mixed Berries Chia Pudding

🕒 15 min 🍽️ 2 servings

Per serving: 220 Kcal 6g Protein 11g Fat 29g Carbs

Ingredients

- Berries, 1 cups (155 g)
- Chia seeds, 1/4 cup (56 g)
- Maple syrup, 1 tablespoons (20 g)
- Almond milk, 1 cup (250 g)



Instructions

In a medium-sized bowl, mash the mixed berries with a fork until they are slightly crushed.

Add chia seeds, almond milk and maple syrup to the bowl. Stir well to combine all the ingredients.

Cover the bowl and refrigerate. Stir the mixture once or twice during this time to prevent clumping.

Once the chia pudding has thickened and set, give it a final stir to break up any clumps.

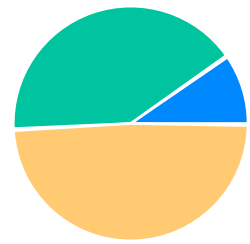
Divide the pudding into serving bowls or glasses.

Garnish with fresh berries and mint leaves, if desired.

Serve chilled and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	440.2	91.5	220.1
Protein [g]	11.2	2.3	5.6
Fat [g]	21.2	4.4	10.6
Carbs [g]	56.9	11.8	28.5
Fiber [g]	24.2	5	12.1
Net Carbs [g]	32.7	6.8	16.4



10 % Protein 41 % Fat 49 %
Carbs

Avocado and Smoked Salmon Toast

🕒 15 min 🍽️ 2 servings

Per serving: 306 Kcal 15g Protein 18g Fat 26g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon**, 1 lemon (108 g)
- **Dill**, 2 teaspoon (0.2 g)
- **Salmon**, 100 g (100 g)
- **Bread**, 2 slices (56.4 g)
- **Salt and pepper**, 1 tsp (2 g)



Instructions

Toast the slices of whole wheat bread until golden brown.

Cut the avocado in half, remove the pit, and scoop out the flesh into a bowl.

Mash the avocado with a fork and squeeze in the juice of half a lemon. Season with salt and pepper to taste.

Spread the mashed avocado evenly on the toasted bread slices.

Top each slice with smoked salmon, dividing it equally between the two slices.

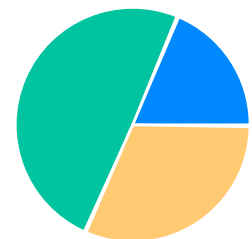
Squeeze the juice of the remaining half lemon over the smoked salmon.

Garnish with fresh dill.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	612.2	130.9	306.1
Protein [g]	30.5	6.5	15.3
Fat [g]	36.1	7.7	18.1
Carbs [g]	51.3	11	25.7
Fiber [g]	19.9	4.3	10
Net Carbs [g]	31.4	6.7	15.7



19% Protein 50% Fat 31% Carbs

Chicken and Quinoa Salad

🕒 15 min 🍽️ 2 servings

Per serving: 319 Kcal 29g Protein 12g Fat 24g Carbs

Ingredients

- **Lemon juice**, 1 tablespoons (15 g)
- **Salt**, 1 tsp (6 g)
- **Cucumber**, 1/4 cup (32.1 g)
- **Olive oil**, 1 tablespoon (13.5 g)
- **Baby spinach**, 1 cup (30 g)
- **Bell pepper**, 1/4 cup (35.8 g)
- **Quinoa**, 1 cup (185 g)
- **Chicken breasts**, 1 small breast (225 g)
- **Cherry tomatoes**, 1/2 cup (74.5 g)
- **Parsley**, 2 tablespoons (8 g)



Instructions

Heat a grill pan or skillet over medium-high heat.

Season the chicken breasts with salt and pepper.

Grill the chicken for about 6-8 minutes per side or until cooked through.

Remove the chicken from the pan and let it rest for a few minutes. Then, slice it into thin strips.

In a large bowl, combine the cooked quinoa, baby spinach, cherry tomatoes, cucumber, red bell pepper, and chopped parsley.

In a small bowl, whisk together the olive oil, lemon juice, and salt to make the dressing.

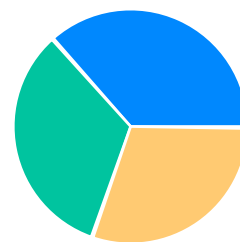
Pour the dressing over the salad and toss to combine.

Add the sliced chicken on top of the salad.

Serve the chicken and quinoa salad immediately.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	637.5	102	318.8
Protein [g]	58.3	9.3	29.2
Fat [g]	23.3	3.7	11.7
Carbs [g]	47.9	7.7	24
Fiber [g]	7.6	1.2	3.8
Net Carbs [g]	40.3	6.4	20.2



37 % Protein 33 % Fat 30 %
Carbs

Turmeric Ginger Tea

🕒 15 min 🍵 4 servings

Per serving: 44 Kcal 1g Protein 1g Fat 10g Carbs

Ingredients

- **Turmeric root**, 1 small root (50 g)
- **Juice of lemon**, 4 tablespoons (60 g)
- **Water**, 4 cups (946.4 g)
- **Ginger root**, 1 tablespoon (7 g)



Instructions

In a saucepan, bring water to a boil.

Add grated turmeric and ginger to the boiling water.

Reduce heat and let simmer for 10 minutes.

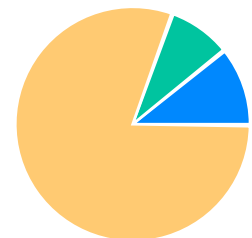
Remove from heat and strain the tea into a teapot or individual cups.

Add lemon juice to taste.

Stir well and serve hot.

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	174.8	16.4	43.7
Protein [g]	5.2	0.5	1.3
Fat [g]	1.8	0.2	0.5
Carbs [g]	39	3.7	9.8
Fiber [g]	11.7	1.1	2.9
Net Carbs [g]	27.3	2.6	6.8



11 % Protein 8 % Fat 81 % Carbs

Mixed Berry Granola Yogurt

🕒 10 min 🍽️ 2 servings

Per serving: 257 Kcal 16g Protein 10g Fat 26g Carbs

Ingredients

- Berries, 1/2 cups (77.5 g)
- Greek yogurt, 1 cups (226 g)
- Granola, 2 serving (62 g)

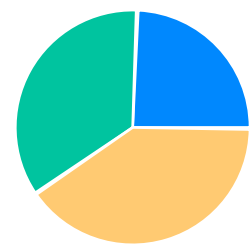


Instructions

Wash the mixed berries and pat them dry with a paper towel. In a serving bowl or glass, layer the Greek yogurt at the bottom. Add a layer of mixed berries on top of the yogurt. Sprinkle the granola evenly over the berries. Repeat the layers until all the ingredients are used, ending with a final layer of mixed berries. Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	514.5	140.8	257.3
Protein [g]	31.4	8.6	15.7
Fat [g]	20.1	5.5	10.1
Carbs [g]	51.9	14.2	26
Fiber [g]	7.6	2.1	3.8
Net Carbs [g]	44.3	12.1	22.2



24 % Protein 35 % Fat 40 % Carbs