



AGE IN REVERSE
THE FUTURE OF YOU NOW

7 Day Sugar Detox

Age In Reverse

<https://www.ageinreverse.me>

📖 Welcome to Your Transformative Journey!

Hello and a big, warm welcome to our 7-Day Sugar Detox Challenge! We are thrilled to have you join us on this exciting journey towards better health, more energy, and a renewed sense of well-being. This isn't just a detox; it's a reset for your body and mind, curated carefully to bring you closer to your healthiest, happiest self.

As part of this journey, you'll be engaging in daily activities that will rejuvenate and revitalize you. From refreshing morning breathwork and invigorating 11.11 workouts to tranquil evening meditations, each day promises new opportunities for growth and wellness.

This Guide: More Than Just Recipes

You're currently holding the key to a major part of this detox – our specially designed recipe guide. But, let's make one thing clear: this isn't your ordinary recipe book. We've put together a collection of delicious, nutritious meals, each crafted to support your detox journey and tantalize your taste buds.

Here's what makes our recipe guide unique:

- **Consistent Detox Drinks:** To kickstart each day, you'll find the first two detox drinks remain constant. These are your daily staples, designed to cleanse and prepare your body for the day ahead.
- **Diverse Meal Options:** After your detox drinks, you'll discover three different meal options for each day – vibrant salads, hearty soups, and rejuvenating smoothies. The beauty of this plan is its flexibility; feel free to choose any meal on any day. You might find two or three favorites that resonate with your palate and lifestyle – and that's perfectly okay! Repeat and enjoy them as it suits you.

Personally, I'm a huge fan of the Protein Berry Smoothie. I often have it for breakfast and lunch on detox days, followed by one of our nutrient-rich salads or warming soups for dinner.

Your Culinary Freedom

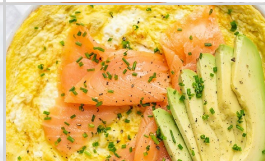
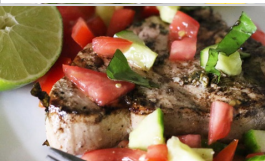
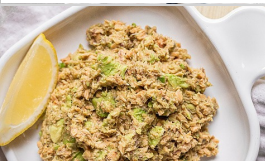
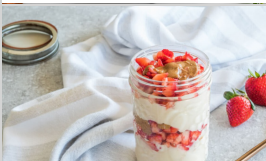
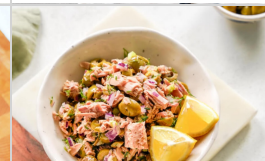
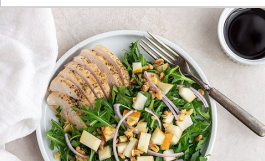
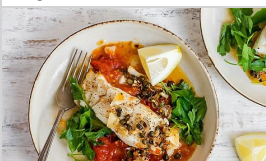
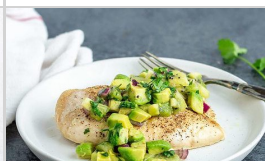
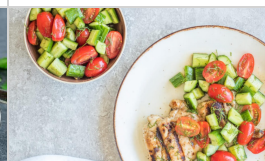
We encourage you to explore these recipes with an open heart and a curious mind. Mix and match, experiment with different combinations, and find what makes your body feel its best. Remember, this detox is all about discovering

what works for you and fostering a deeper connection with your body's needs, I also want to say, this detox is NOT supposed to leave you feeling hungry at any point, in fact I would prefer to flood your body with nutrients during this challenge, so feel free to make bigger portions of any meal. you choose!

And don't forget, this recipe guide is just one part of your detox toolkit. Make sure to refer to the accompanying detox eBook for a comprehensive understanding of the entire program.

Here's to a week of nourishment, discovery, and transformation. Let's make it incredible!

Warmly,
SAMANIA

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Detox 1	 Detox Charcoal Lemonade-SAMANIA	 Detox Charcoal Lemonade-SAMANIA	 Detox Charcoal Lemonade-SAMANIA	 Detox Charcoal Lemonade-SAMANIA	 Detox Charcoal Lemonade-SAMANIA	 Detox Charcoal Lemonade-SAMANIA	 Detox Charcoal Lemonade-SAMANIA
Detox 2	 ACV, Lemon & Cayenne	 ACV, Lemon & Cayenne	 ACV, Lemon & Cayenne	 ACV, Lemon & Cayenne	 ACV, Lemon & Cayenne	 ACV, Lemon & Cayenne	 ACV, Lemon & Cayenne
Breakfast	 Eggs n' Guac Breakfast Bowl	 Protein Berry Avocado Smoothie- SAMANIA	 Harissa Scrambled Egg with Avocado	 High Fat Green Protein Smoothie	 Avocado & Smoked Salmon Omelette	 Veggie Scramble with Strawberries	 Protein Berry Avocado Smoothie- SAMANIA
Lunch	 Lime Basil Grilled Tuna Steaks	 Salmon & Avocado Salad	 Strawberry Vanilla Protein Yogurt Parfait	 Mango Avocado Chicken Salad	 Broccoli Almond Protein Salad-SAMANIA	 Tuna & Edamame Detox Salad-SAMANIA	 Tuna & Olive Salad
Dinner	 Pear & Arugula Salad with Chicken	 Coconut Shredded Chicken Soup-SAMANIA	 Mediterranean Cod with Roasted Tomatoes	 Salmon & Roasted Root Veggie Salad	 Baked Chicken with Kiwi Avocado Salsa	 Grilled Chicken with Cucumber Salad	 Avocado & Steak Salad



Detox Charcoal Lemonade-SAMANIA

1 serving
10 minutes

Ingredients

474 milliliters Water (cold)
1 Lemon (juiced)
5 grams Activated Charcoal Powder
375 milligrams Sea Salt (optional)

Directions

- 1 In a large pitcher, combine all ingredients and stir to mix well. Add ice if desired.
- 2 Pour into glasses and enjoy!

Notes

Warm it Up: Serve it hot as an elixir.

Activated Charcoal Powder: A black powder that can be purchased at health food stores or online. Activated Charcoal has a binding effect that can interfere with the absorption of your medications so consume this drink at least one hour before or after ingestion of any medications.



ACV, Lemon & Cayenne

1 serving
2 minutes

Ingredients

2 tbsps Apple Cider Vinegar
1/2 Lemon
1/2 tsp Cayenne Pepper
1/2 tsp Sea Salt (Use a good quality salt
like Himylayan or Celtic salt)

Directions

- 1 Add all ingredients to a glass and top up with spring or filtered water



Eggs n' Guac Breakfast Bowl

1 serving
15 minutes

Ingredients

2 Egg
1/2 Avocado
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
60 grams Baby Spinach
10 grams Red Onion (thinly sliced)
7 milliliters Extra Virgin Olive Oil

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice in half.
- 2 Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
- 3 Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

Notes

Storage: Keep refrigerated in an air-tight container up to 3 days.

Prep Ahead: Hard boil your eggs in advance to save time.

Make it Spicy: Add chili flakes.

Make it Vegan: Skip the eggs and add cooked chickpeas instead.

Extra Toppings: Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.



Protein Berry Avocado Smoothie- SAMANIA

1 serving

5 minutes

Ingredients

250 milliliters Plain Coconut Milk
(unsweetened, from the box)
100 grams Frozen Berries
1/2 Avocado
12 grams Chia Seeds
24 grams Vanilla Protein Powder
1 tbsp Extra Virgin Olive Oil
50 grams Parsley

Directions

1

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

Notes

No Chia Seeds: Use flax seeds instead.

No Coconut Milk: Use almond milk instead

Vanilla Protein: Use either Whey protein isolate or Pea protein isolate



Harissa Scrambled Egg with Avocado

1 serving
10 minutes

Ingredients

1 Egg
2 grams Harissa
2 grams Sea Salt (divided)
5 milliliters Avocado Oil
1/2 Avocado (medium, cubed)
1/4 Lime (juiced)
500 milligrams Cilantro (chopped)

Directions

- 1 In a small bowl, whisk together the egg, harissa, and half of the salt. Warm the oil in a pan over medium heat. Add the whisked egg to the pan and scramble until the eggs are cooked to your liking.
- 2 In a bowl, mix together the avocado, lime juice, and cilantro. Season it with the remaining salt.
- 3 Add the egg and avocado mixture to a plate and enjoy!

Notes

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

Serving Size: One serving is one egg and half of an avocado.

More Flavor: Add jalapeño and cheese.



High Fat Green Protein Smoothie

1 serving

5 minutes

Ingredients

237 milliliters Water (cold)
30 milliliters Lemon Juice
30 grams Baby Spinach
1 Avocado (frozen)
6 grams Mint Leaves (fresh, roughly chopped)
2 grams Ginger (fresh, roughly chopped)
28 grams Vanilla Protein Powder

Directions

1

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

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Likes it Sweeter: Add apple.

No Mint: Use cilantro or basil instead.



Avocado & Smoked Salmon Omelette

1 serving
10 minutes

Ingredients

2 Egg
2 milliliters Extra Virgin Olive Oil
28 grams Smoked Salmon
1/4 Avocado (sliced)
3 grams Chives (optional, chopped)

Directions

- 1 In a bowl, whisk the eggs.
- 2 Heat the oil in a pan over medium heat. Pour the eggs into the pan and cook until mostly set, about one to two minutes. Flip over and cook for another 30 seconds.
- 3 Transfer the omelette to a plate and top with the smoked salmon, avocado, and chives (optional). Enjoy!

Notes

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

Additional Toppings: Sea salt, black pepper, capers, red onions, basil, dill, green onions, yogurt, goat cheese or cream cheese.

Make it Fluffy: For a fluffier omelette, add a splash of milk to the eggs while whisking.



Veggie Scramble with Strawberries

1 serving
15 minutes

Ingredients

4 Egg
750 milligrams Sea Salt (divided)
5 milliliters Extra Virgin Olive Oil
1 Red Bell Pepper (finely chopped)
1 Tomato (medium, diced)
1 stalk Green Onion (chopped)
144 grams Strawberries (chopped)

Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable 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 vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add dried herbs and spices like garlic powder or parsley.

No Red Pepper: Use any colour of bell pepper.

Like it Spicy: Add red pepper flakes or jalapeno pepper.

No Strawberries: Serve with a different fruit instead.



Lime Basil Grilled Tuna Steaks

2 servings

20 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil (plus extra for drizzling)
1 Lime (juiced)
11 grams Basil Leaves (chopped, plus extra for garnish)
1 Garlic (clove, minced)
2 grams Sea Salt
725 milligrams Black Pepper
340 grams Tuna Steak
1 Tomato (large, chopped)
1 Cucumber (chopped)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
- 2 Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
- 3 Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
- 4 Preheat the grill over medium heat.
- 5 Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
- 6 Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna: Use marlin, salmon or swordfish steaks instead.

More Flavour: Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs: Serve with a side of rice, quinoa or roasted mini potatoes.



Salmon & Avocado Salad

2 servings

5 minutes

Ingredients

1 Avocado
213 grams Canned Wild Salmon
(drained)
30 milliliters Lemon Juice
Sea Salt & Black Pepper (to taste)

Directions

- 1 In a bowl, mash together the avocado, salmon, and lemon juice. Season with salt and pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately 3/4 cup.

Additional Toppings: Add sliced celery, minced garlic, red onion, and/or fresh herbs.

No Canned Salmon: Use tuna instead.



Strawberry Vanilla Protein Yogurt Parfait

1 serving
10 minutes

Ingredients

24 grams Vanilla Protein Powder
338 grams Unsweetened Coconut Yogurt
144 grams Strawberries (chopped, divided)
16 grams Almond Butter (divided)

Directions

- 1 Mix the protein powder into the coconut yogurt.
- 2 Place half the coconut yogurt in a glass jar or bowl. Top with half the strawberries and half the almond butter. Add the remaining coconut yogurt, strawberries, and almond butter. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add berries of your choice.

Additional Toppings: Add chia seeds, cinnamon, or chopped fresh mint.

Nut-Free: Use pumpkin or sunflower seed butter instead of almond butter.



Mango Avocado Chicken Salad

4 servings

55 minutes

Ingredients

227 grams Chicken Breast (boneless, skinless)
1 Avocado (large)
30 milliliters Lemon Juice
30 milliliters Extra Virgin Olive Oil
2 grams Sea Salt
1 Red Bell Pepper (small, finely chopped)
1/4 Cucumber (deseeded and finely chopped)
4 stalks Green Onion (sliced)
1/2 Mango (finely chopped)
120 grams Baby Spinach

Directions

- 1 Bring a pot of water to a boil. Reduce to a gentle simmer, add the chicken and cover. Let it simmer until the chicken is cooked through, about 15 to 20 minutes. Remove the chicken from the pot and cut it into small cubes. Let it cool completely.
- 2 While the chicken cools, in a large mixing bowl, mash the avocado until only a few small chunks remain. Stir in the lemon juice, olive oil and salt.
- 3 Fold the red pepper, cucumber, green onion, mango and chicken into the avocado mixture until well combined. Season with additional salt or lemon juice if needed.
- 4 Divide spinach onto plates and top with chicken salad. Enjoy!

Notes

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

Meal Prep Option: Cook the chicken ahead of time or use leftover cooked chicken from another meal. Mash the avocado and assemble just before serving to prevent the salad from turning brown.

More Flavor: Add minced garlic, fresh parsley, cilantro, black pepper or sunflower seeds.

Make it Vegan: Use chickpeas instead of chicken.



Broccoli Almond Protein Salad-SAMANIA

4 servings
20 minutes

Ingredients

364 grams Broccoli (chopped into small florets)
310 grams Frozen Edamame (shelled)
4 stalks Green Onion (sliced)
72 grams Almonds (chopped)
63 grams Almond Butter
15 milliliters Rice Vinegar
15 milliliters Tamari (or Coconut Aminos)
1 Garlic (clove, minced)
30 milliliters Water

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.



Tuna & Edamame Detox Salad-SAMANIA

1 serving
15 minutes

Ingredients

4 milliliters Balsamic Vinegar
4 grams Dijon Mustard
7 milliliters Extra Virgin Olive Oil
375 milligrams Sea Salt
181 milligrams Black Pepper
1/2 can Tuna (drained and flaked)
39 grams Frozen Edamame (thawed)
1/8 Cucumber (diced)
1/4 head Endive (julienned)
4 grams Alfalfa Sprouts
9 grams Slivered Almonds
30 grams Baby Spinach

Directions

- 1 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 2 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and 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.

No Tuna: Use diced grilled chicken instead.

Vegan: Use 1 can of cooked lentils instead of tuna.

Nut-Free: Replace almonds with sunflower or pumpkin seeds.



Tuna & Olive Salad

2 servings

10 minutes

Ingredients

15 milliliters Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 gram Fresh Dill (chopped)
2 grams Sea Salt
1 can Tuna (drained)
45 grams Green Olives (pitted, sliced)
1/2 stalk Celery (finely chopped)
20 grams Red Onion (diced)

Directions

- 1 In a bowl, whisk together the oil, lemon juice, dill, and salt.
- 2 Add the tuna, olives, celery, and red onion. Stir well, adjust the seasoning to your taste, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2/3 cup.

No Dill: Use parsley or green onion instead.

Serving Option: Use lettuce to make a lettuce wrap if desired.

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



Pear & Arugula Salad with Chicken

1 serving
35 minutes

Ingredients

170 grams Chicken Breast
250 milligrams Italian Seasoning
375 milligrams Sea Salt
40 grams Arugula
1/2 Pear (chopped)
10 grams Red Onion (thinly sliced)
4 grams Walnuts (finely chopped)
22 milliliters Balsamic Vinegar

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

Nut-Free: Omit the walnuts or use sunflower or pumpkin seeds instead.

No Chicken: Use salmon, shrimp, chickpeas, or tofu instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.



Coconut Shredded Chicken Soup-SAMANIA

2 servings

40 minutes

Ingredients

227 grams Chicken Thighs (boneless, skinless)
167 milligrams Dried Thyme
600 milligrams Onion Powder
2 grams Sea Salt (divided)
5 milliliters Avocado Oil (divided)
1/4 Yellow Onion (chopped)
1 stalk Celery (chopped)
1 Garlic (cloves, minced)
148 milliliters Chicken Broth
152 milliliters Canned Coconut Milk (full fat)
15 milliliters Lime Juice
20 grams Arugula
1/2 Avocado (sliced)

Directions

- 1 In a shallow dish, add the chicken and season with thyme, onion powder, half the sea salt and half the avocado oil.
- 2 In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
- 3 Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
- 4 Divide the chicken into bowls and top with arugula and avocado. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add mushroom powder to season the chicken. Top with chili flakes for more spice.



Mediterranean Cod with Roasted Tomatoes

2 servings

25 minutes

Ingredients

44 milliliters Extra Virgin Olive Oil
26 grams Capers
20 grams Shallot (peeled, finely sliced)
2 Garlic (cloves, smashed and sliced thin)
223 grams Cherry Tomatoes (halved)
178 milliliters Water
3 grams Sea Salt (divided)
2 Cod Fillet
15 grams Parsley (roughly chopped)
1/4 Lemon (cut into wedges)

Directions

- 1 Heat a large cast-iron skillet over medium heat. Once hot, add the olive oil and capers. Let them sizzle and crisp for about three minutes. Lower the heat to medium-low and then add the shallot and garlic. Cook for one to two minutes, until fragrant and the shallot is crispy. Transfer the capers, shallot, and garlic to a bowl, leaving a bit of oil behind in the skillet.
- 2 Add the halved cherry tomatoes to the skillet and cook for about seven to eight minutes or until jammy. Add the water and half the salt. Cook until thickened slightly, about four to five minutes.
- 3 Season the cod with the remaining salt. Add to the skillet, cover and cook for five to seven minutes, or until cooked through.
- 4 Divide the cod onto plates along with the tomatoes. Drizzle the remaining oil, capers, and shallot mixture on top. Garnish with parsley and serve with a lemon wedge. Enjoy!

Notes

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

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

More Flavor: Add 1/2 tsp red pepper flakes to the shallot and garlic when cooking for more spice.

Additional Toppings: Serve with a grain such as rice, quinoa or couscous.

No Cod: Use another fish such as halibut.



Salmon & Roasted Root Veggie Salad

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, peeled and diced)
1 Beet (medium, peeled, and diced)
44 milliliters Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
283 grams Salmon Fillet
15 milliliters Lemon Juice
5 grams Dijon Mustard
375 milligrams Turmeric
90 grams Baby Spinach
16 grams Pumpkin Seeds

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
- 3 Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
- 4 Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
- 5 To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

Serving Size: One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

Additional Toppings: Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced cucumber, bell pepper, or hemp seeds.

No Salmon: Use chicken or tofu instead.



Baked Chicken with Kiwi Avocado Salsa

2 servings

30 minutes

Ingredients

283 grams Chicken Breast
15 milliliters Extra Virgin Olive Oil
2 grams Garlic Powder (divided)
Sea Salt & Black Pepper (to taste)
2 Kiwi (peeled and chopped)
1 Avocado (chopped)
40 grams Red Onion
1/2 Lime (large, juiced)
3 grams Cilantro (chopped)

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Place the chicken in a baking dish and drizzle with 1/2 of the oil and season with 1/2 of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
- 3 Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
- 4 To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days and the salsa up to one day.

Serving Size: One serving is approximately 5 oz chicken and 1/2 cup of salsa.

More Flavor: Add fresh garlic, jalapeno, or ground cumin to the salsa. Season the chicken with other dried herbs and spices.

No Red Onion: Use yellow onion or green onion instead.

No Chicken: Serve with fish, shrimp, or tofu.

Make it a Meal: Serve with quinoa, rice, cauliflower rice, salad or steam vegetables.



Grilled Chicken with Cucumber Salad

2 servings

25 minutes

Ingredients

227 grams Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
15 milliliters Extra Virgin Olive Oil
15 milliliters Lemon Juice
149 grams Cherry Tomatoes (halved)
1 Cucumber (medium, diced)
2 grams Fresh Dill (chopped)

Directions

- 1 Preheat a grill or grill pan over medium heat.
- 2 Season the chicken with salt and pepper. Place on the preheated grill and cook for about eight to 10 minutes per side, or until cooked through and charred. Remove from the grill and let rest for two minutes.
- 3 Meanwhile, combine the oil, lemon juice, tomatoes, cucumber, and dill in a bowl. Season to taste and set aside.
- 4 Serve the grilled chicken alongside the cucumber salad. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 chicken thighs and 1 1/2 cup of salad.

More Flavor: Add feta cheese and red onions to the salad.



Avocado & Steak Salad

2 servings

30 minutes

Ingredients

44 milliliters Extra Virgin Olive Oil (divided)
227 grams Flank Steak
Sea Salt & Black Pepper (to taste)
8 leaves Romaine (chopped)
2 Tomato (quartered)
40 grams Red Onion (thinly sliced)
15 milliliters Lime Juice
3 grams Dijon Mustard
1 Avocado (cubed)
4 grams Cilantro (roughly torn)

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/3 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 18 to 20 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 In a large bowl, add the romaine, tomato, and red onion.
- 3 In a small bowl combine the remaining olive oil, lime juice, and mustard and season to taste with salt and pepper. Drizzle the dressing over the salad and toss to combine. Divide onto plates and top with the avocado, cilantro, and steak. Enjoy!

Notes

Leftovers: Salad is best stored separate from the dressing. Keep in an airtight container for up to three days.

No Steak: Use chicken, bacon, tempeh, chickpeas, or lentils instead.

Serving Size: One serving is approximately 1 1/2 cups of salad with 4 ounces (113 grams) of steak.