



April Recipe Book 2025

Created by EpicLuv



Mustardy Salmon with Spinach & Smashed Potatoes

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 450°F (230°C). Line a baking sheet with parchment paper.
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Drain the potatoes and arrange them on one side of the baking sheet. Roughly smash them with the back of a mug. Place the salmon skin-side down on the other side of the baking sheet. Drizzle both the salmon and potatoes with 1/3 of the oil, coating everything evenly. Season with salt and pepper.
4. Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through.
5. Prepare the sauce by whisking together the remaining oil, mustard, lemon juice, capers, salt, and pepper. Alternatively, combine everything in a jar and shake vigorously to combine.
6. Remove the salmon from the baking sheet. Toss the warm potatoes and spinach with half of the sauce.
7. Divide the salmon, potatoes, and spinach evenly between plates. Add the remaining sauce on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 3 tbsp of sauce and 1 1/2 cups of vegetables with salmon.

Additional Toppings

Add cherry tomatoes, nuts, seeds, and/or red onion.

Ingredients

- 2 cups Mini Potatoes
- 12 ozs Salmon Fillet (skin on)
- 1/3 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Whole Grain Mustard
- 2 tsps Lemon Juice
- 1 tbsp Capers (rinsed, coarsely chopped)
- 2 cups Baby Spinach

Nutrition

Amount per serving

Calories	669	Vitamin A	3098IU
Fat	44g	Vitamin C	40mg
Carbs	28g	Calcium	65mg
Fiber	4g	Iron	3mg
Sugar	1g	Vitamin D	957IU
Protein	42g	Vitamin B12	8.0µg
Cholesterol	87mg	Magnesium	111mg
Sodium	303mg	Zinc	1mg
Potassium	1436mg	Selenium	52µg

No Bake Strawberry Cheesecake Bites

9 ingredients · 8 hours · 8 servings



Directions

1. Line a muffin tray with muffin liners or use a silicone muffin tray.
2. In a food processor or high-powered blender, add the oats and half of the cashews. Blend until a flour-like consistency is reached. Add the melted coconut oil, vanilla extract, and salt. Blend again until it's smooth, and you can pinch the dough without it crumbling.
3. Take approximately two heaping tablespoons of the mix and place into each muffin cup. Press down to make a crust.
4. In a blender, add the coconut cream, coconut water, strawberries, lemon juice, and the remaining cashews. Blend until smooth. Add more coconut water if needed. Divide the filling into each muffin cup.
5. Freeze for at least three hours or overnight for best results. When ready to eat, remove from the freezer and thaw for five to ten minutes. Enjoy!

Notes

Leftovers

Freeze in an airtight container for up to one month.

Serving Size

One serving is one cheesecake bite.

Ingredients

- 1/2 cup** Oats (rolled)
- 1 cup** Cashews (raw, soaked for at least one hour, rinsed, divided)
- 2 tbsps** Coconut Oil (melted)
- 1/2 tsp** Vanilla Extract
- 1/8 tsp** Sea Salt
- 1/2 cup** Coconut Cream
- 1/4 cup** Coconut Water (from the coconut cream can)
- 1 1/2 cups** Frozen Strawberries
- 2 tbsps** Lemon Juice

Nutrition

Amount per serving

Calories	198	Vitamin A	19IU
Fat	15g	Vitamin C	19mg
Carbs	14g	Calcium	18mg
Fiber	2g	Iron	2mg
Sugar	4g	Vitamin D	0IU
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	57mg
Sodium	48mg	Zinc	1mg
Potassium	194mg	Selenium	4µg

Black Bean & Spinach Egg Muffins

4 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C) and lightly grease a muffin tray or use a silicone muffin tray.
2. In a bowl, whisk the eggs. Stir in the black beans, spinach, salt, and pepper.
3. Divide the egg mixture into each muffin cup, filling about 3/4 of the way full. Bake for 15 to 18 minutes or until they are set and browned on the sides. Let them cool for about five minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is one egg muffin.

More Flavor

Add cheese, oregano, bell pepper, cilantro, and/or corn.

Freezer Meal

After the muffins have completely cooled, line a baking sheet with parchment paper and spread the muffins out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the oven or microwave.

Ingredients

- 3 Egg
- 2/3 cup Black Beans
- 1/4 cup Frozen Spinach (thawed, drained)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	63	Vitamin A	898IU
Fat	3g	Vitamin C	0mg
Carbs	5g	Calcium	28mg
Fiber	2g	Iron	1mg
Sugar	0g	Vitamin D	21IU
Protein	5g	Vitamin B12	0.2µg
Cholesterol	93mg	Magnesium	21mg
Sodium	41mg	Zinc	1mg
Potassium	125mg	Selenium	8µg

Strawberry Pavlova

7 ingredients · 1 hour 45 minutes · 6 servings



Directions

1. Preheat the oven to 225°F (107°C) and line a baking sheet with parchment paper.
2. Combine the egg whites and sugar in a mixing bowl. Using a hand mixer, beat the egg whites on high until stiff peaks form, about 5 minutes.
3. In a small bowl combine the arrowroot powder, lemon juice and half of the vanilla. With the mixer on low, pour the arrowroot mixture into the egg whites then adjust speed to high for 2 to 3 minutes more until the egg whites are glossy.
4. Gently transfer the egg whites to the prepared baking sheet and shape into a flat circle approximately 1-inch tall. Bake until the outside is firm to the touch, about 1 hour. Turn the oven off and leave the oven door ajar. Allow the pavlova to cool in the oven for 20 to 30 minutes until cool enough to handle. Let cool completely at room temperature before serving.
5. Meanwhile, add the strawberries, water and remaining vanilla to a pot over medium heat. Bring to a gentle boil and allow strawberries to bubble for 8 to 10 minutes until the sauce has thickened. Remove from heat and allow the sauce to cool.
6. To serve, slice the pavlova into wedges and top with the strawberry sauce. Enjoy!

Notes

Leftovers

Keep in an airtight container at room temperature for up to two days. For best results consume same day. Keep pavlova and strawberry sauce separate until just before serving.

Additional Toppings

Whipped cream and fresh berries.

No Strawberries

Use another berry instead.

Ingredients

1/4 cup Egg Whites (resting at room temperature for at least 30 minutes)

1/2 cup Cane Sugar

1/2 tsp Arrowroot Powder

1/2 tsp Lemon Juice

1 tsp Vanilla Extract (divided)

1 cup Frozen Strawberries (sliced)

1 tbsp Water

Nutrition

Amount per serving

Calories	88	Vitamin A	17IU
Fat	0g	Vitamin C	15mg
Carbs	21g	Calcium	9mg
Fiber	1g	Iron	0mg
Sugar	19g	Vitamin D	0IU
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	6mg
Sodium	18mg	Zinc	0mg
Potassium	77mg	Selenium	2µg

Bang Bang Chicken Skewers

10 ingredients · 30 minutes · 4 servings



Directions

1. Pre-heat the grill to medium heat.
2. In a bowl, combine the chicken, half the oil, salt, pepper, and garlic powder. Thread the chicken cubes onto the skewers. Refrigerate until ready to cook.
3. In a small bowl, whisk together the mayonnaise, sweet chili sauce, and sriracha. Remove half of the sauce and set aside in the fridge until ready to eat.
4. Toss the asparagus and zucchini with the remaining oil, salt, and pepper and transfer to a grill-safe pan.
5. Grill the chicken over medium heat for about six to eight minutes. Flip and brush with the mayonnaise mixture. Cook for another six to eight minutes, or until cooked through.
6. Meanwhile, add the veggies in the pan to the grill and cook for about five to six minutes or until cooked through.
7. Divide the chicken skewers and veggies onto plates and drizzle the chicken with the remaining mayonnaise sauce from the fridge. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one 10-inch (25 cm) skewer with about two cups of veggies.

Additional Toppings

Top with cilantro or green onion.

Ingredients

- 1 1/2 lbs Chicken Thighs (boneless, skinless, cut into small cubes)
- 2 tbsps Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Garlic Powder
- 4 Barbecue Skewers
- 1/3 cup Mayonnaise
- 3 tbsps Sweet Chili Sauce
- 1 tsp Sriracha
- 4 cups Asparagus (trimmed)
- 2 Zucchini (medium, sliced)

Nutrition

Amount per serving

Calories	455	Vitamin A	1304IU
Fat	28g	Vitamin C	25mg
Carbs	13g	Calcium	62mg
Fiber	4g	Iron	5mg
Sugar	9g	Vitamin D	3IU
Protein	38g	Vitamin B12	1.1µg
Cholesterol	168mg	Magnesium	76mg
Sodium	380mg	Zinc	4mg
Potassium	954mg	Selenium	43µg

Blood Orange & Pistachio Chia Pudding

4 ingredients · 25 minutes · 2 servings



Directions

1. Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
2. In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
3. Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Coconut Yogurt

Use Greek yogurt instead.

Nut-Free

Use sunflower seeds instead of pistachios.

More Flavor

Use vanilla coconut yogurt, or add a dash of vanilla.

Ingredients

- 2 Blood Orange (small)
- 1/4 cup Chia Seeds
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Pistachios (roughly chopped)

Nutrition

Amount per serving

Calories	231	Vitamin A	366IU
Fat	11g	Vitamin C	83mg
Carbs	32g	Calcium	342mg
Fiber	12g	Iron	2mg
Sugar	12g	Vitamin D	0IU
Protein	6g	Vitamin B12	0.7µg
Cholesterol	0mg	Magnesium	20mg
Sodium	17mg	Zinc	0mg
Potassium	372mg	Selenium	0µg

One Pot Spinach & Artichoke Pasta

7 ingredients · 15 minutes · 4 servings



Directions

1. In a pot over medium-high heat, add the artichoke hearts and cook for two minutes. Stir in the nutritional yeast and salt.
2. Add the pasta, cashew butter, and broth. Bring to a boil, then lower the heat to a simmer. Cover and cook for eight to 10 minutes, or until the pasta is cooked through. Stir occasionally.
3. Stir in the spinach until wilted. Divide evenly between bowls and 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 sautéed garlic.

Additional Toppings

Top with red pepper flakes, lemon juice, and/or black pepper.

No Cashew Butter

Use sunflower seed butter, tahini, or cream cheese instead.

Ingredients

- 2 cups Artichoke Hearts (from the can, drained)
- 1 1/2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt (to taste)
- 8 ozs Chickpea Pasta (dry)
- 2 tbsps Cashew Butter
- 3 3/4 cups Vegetable Broth, Low Sodium
- 4 cups Baby Spinach

Nutrition

Amount per serving

Calories	289	Vitamin A	3163IU
Fat	8g	Vitamin C	21mg
Carbs	42g	Calcium	115mg
Fiber	14g	Iron	7mg
Sugar	10g	Vitamin D	0IU
Protein	20g	Vitamin B12	12.7µg
Cholesterol	0mg	Magnesium	44mg
Sodium	881mg	Zinc	1mg
Potassium	282mg	Selenium	1µg

Tuna & Artichoke Salad Sandwich

8 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, whisk together the lemon juice, oil, salt, and pepper. Add in the tuna, tomatoes, artichokes, and parsley. Stir well.
2. Divide the tuna salad between the pieces of toast. Close the sandwich and enjoy!

Notes

Leftovers

Refrigerate the tuna salad separate from the bread in an airtight container for up to three days. Assemble the sandwich just before serving.

Serving Size

One serving is equal to one sandwich.

More Flavor

Add red onion and bell pepper to the tuna salad.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 1/2 Lemon (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 can Tuna (drained)
- 1/3 cup Cherry Tomatoes (halved)
- 1/4 cup Artichoke Hearts (from the jar, drained, chopped)
- 2 tbsps Parsley (chopped)
- 7 1/16 ozs Sourdough Bread (sliced, toasted)

Nutrition

Amount per serving

Calories	366	Vitamin A	662IU
Fat	4g	Vitamin C	18mg
Carbs	51g	Calcium	33mg
Fiber	4g	Iron	5mg
Sugar	2g	Vitamin D	39IU
Protein	27g	Vitamin B12	2.1µg
Cholesterol	30mg	Magnesium	24mg
Sodium	786mg	Zinc	1mg
Potassium	240mg	Selenium	58µg

Strawberries with Melted Chocolate & Pistachios

4 ingredients · 5 minutes · 2 servings



Directions

1. Combine the chocolate chips and coconut oil in a bowl and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine. Alternatively, you can melt the chocolate and coconut oil over a double boiler.
2. Place the strawberries in a glass or bowl. Drizzle the chocolate over top and top with pistachios. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one cup.

Make it Vegan

Use plant-based chocolate chips.

Nut-Free

Omit the pistachios or use shredded coconut.

Dairy-Free

Use dark chocolate chips.

Ingredients

1/2 cup Milk Chocolate Chips

1/2 tsp Coconut Oil

2 cups Strawberries (tops removed, halved)

1 tbsp Pistachios (finely chopped)

Nutrition

Amount per serving

Calories	358	Vitamin A	37IU
Fat	19g	Vitamin C	85mg
Carbs	52g	Calcium	27mg
Fiber	7g	Iron	2mg
Sugar	39g	Vitamin D	0IU
Protein	6g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	23mg
Sodium	1mg	Zinc	0mg
Potassium	260mg	Selenium	1µg

Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Gluten-Free

Use certified gluten-free oats.

More Flavor

Add maple syrup or cinnamon.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges

Use regular navel oranges instead.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

Nutrition

Amount per serving

Calories	345	Vitamin A	663IU
Fat	12g	Vitamin C	83mg
Carbs	53g	Calcium	434mg
Fiber	10g	Iron	3mg
Sugar	17g	Vitamin D	63IU
Protein	9g	Vitamin B12	1.9µg
Cholesterol	0mg	Magnesium	78mg
Sodium	36mg	Zinc	2mg
Potassium	461mg	Selenium	14µg

Smoked Salmon & Asparagus Frittata

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Whisk the eggs in a large bowl. Add in the asparagus, mozzarella, and basil. Stir and season with salt and pepper.
3. Spray a deep baking dish or oven-safe pan with avocado oil spray. Pour the egg mixture into the dish. Cook in the oven for 20 to 22 minutes or until cooked through.
4. Top the frittata with smoked salmon and basil. Divide evenly between plates and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Store the salmon separately until serving.

Serving Size

A 7-inch (18 cm) round baking dish was used to make four servings. One serving is roughly 1/4 of the frittata.

More Flavor

Add shallot to the frittata.

Dairy-Free

Omit the mozzarella or use plant-based cheese instead.

Avocado Oil Spray

One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.

Ingredients

- 6 Egg
- 2 cups Asparagus (trimmed, chopped)
- 2 ozs Mozzarella Ball (torn into pieces)
- 2 tbsps Basil Leaves (plus extra for garnish)
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Avocado Oil Spray
- 2 ozs Smoked Salmon

Nutrition

Amount per serving

Calories	180	Vitamin A	1090IU
Fat	11g	Vitamin C	4mg
Carbs	4g	Calcium	134mg
Fiber	1g	Iron	3mg
Sugar	2g	Vitamin D	161IU
Protein	17g	Vitamin B12	1.5µg
Cholesterol	293mg	Magnesium	25mg
Sodium	272mg	Zinc	2mg
Potassium	278mg	Selenium	32µg

Coconut Kefir Yogurt with Strawberries & Hemp Seeds

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, combine the kefir yogurt and maple syrup. Top with strawberries and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is approximately 1 1/2 cups.

More Flavor

Add vanilla or cinnamon.

No Hemp Seeds

Use chia seeds or ground flax seeds instead.

No Strawberries

Use other berries or another fruit of your choosing.

No Coconut Kefir Yogurt

Use another yogurt of choice.

Ingredients

1 cup Plain Coconut Kefir Yogurt

1 tsp Maple Syrup

1/2 cup Strawberries (chopped)

1 tsp Hemp Seeds

Nutrition

Amount per serving

Calories	169	Vitamin A	9IU
Fat	9g	Vitamin C	42mg
Carbs	22g	Calcium	520mg
Fiber	5g	Iron	1mg
Sugar	9g	Vitamin D	0IU
Protein	3g	Vitamin B12	2.7µg
Cholesterol	0mg	Magnesium	34mg
Sodium	51mg	Zinc	1mg
Potassium	164mg	Selenium	0µg