



4-Days to Stopping the Hot Flashes for Menopausal Women

Created by 5 Elements Wellness



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Hi There,

Thank you so much for grabbing my Menopause Support Program!

My name is Olga, and I specialize in helping women going through menopause manage their symptoms and feel awesome with proper nutrition. I created meal plan so you can see how simple and delicious eating whole foods that support your health can be.

I created this meal plan with four key nutrients in mind:

1. Calcium & Magnesium

During menopause, estrogen loss increases the risk of osteoporosis, which is why bone health is important. Minerals like calcium and magnesium can help prevent bone loss during menopause, and I've been sure to include many meals high in both of these on this plan.

2. Protein

As we age, our protein needs increase. As you transition into menopause, you might experience sudden, rapid weight gain and have difficulty controlling your blood sugar, even if you are eating the same way you have always done. Don't worry! This is totally normal. Protein helps to balance your blood sugar and maintain a healthy weight, which is why I've ensured this meal plan contains at least 25% of your calories from protein every single day.

3. Phytoestrogens

One of the most common complaints from menopausal clients is hot flashes. Some research has found that phytoestrogens may help reduce hot flashes, which is why I've included many phytoestrogen-containing foods on this plan, including tempeh, broccoli, carrots, and sesame seeds.

4. Healthy Fats

Just like protein, fat is essential to keep your blood sugar controlled and manage your appetite. Not to mention, good quality fats are associated with a lower risk of both heart disease and breast cancer. I've included many sources of healthy fats on this meal plan for you, including avocado, extra virgin olive oil, trout, and chia seeds.

As you can see, this meal plan has been carefully crafted to help you feel great during menopause. I've also included a grocery list to make shopping a breeze, and a prep guide to help you stay organized on a daily basis.

Menopause is a normal part of life as a female, and I'm determined to help you feel great throughout this transition.

Please email

me at any time with questions, olga@5elementsw.com.

If you love this 4-Day meal plan, join my Facebook group to download the 7-Day meal plan and 7-Day plant-based meal plan for Menopausal Support (Unit 3).

Join my private Facebook group *Happy, Holistic, Healthy Lifestyle for Women* where you can connect with other women dealing with menopause. You will never feel like you're struggling in isolation again!

Cheers to managing menopause like a boss!

Olga

aka "The Menopause Nutritionist."



4-Days to Stopping the Hot Flashes for Menopausal Women

4 days

	Mon	Tue	Wed	Thu
Breakfast	Zucchini Turkey Breakfast Skillet	Salmon Stuffed Avocado Boats	Salmon Stuffed Avocado Boats	Egg & Beef Breakfast Bowl
Snack 1	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Dark Chocolate Almond Mousse
Lunch	Sardine & Avocado Endive Wraps	Sardine & Avocado Endive Wraps	Tempeh, Quinoa & Broccoli	Crispy Broiled Haddock & Broccolini
Snack 2	Sauerkraut Avocado Mash with Crackers	Brazil Nuts	Sauerkraut Avocado Mash with Crackers	Sauerkraut Avocado Mash with Crackers
Dinner	Chicken, Carrots & Broccolini	Tempeh, Quinoa & Broccoli	Crispy Broiled Haddock & Broccolini	One Pan Sesame Trout & Bok Choy
Snack 3	Brazil Nuts	Toasted Walnuts	Brazil Nuts	Toasted Walnuts



4-Days to Stopping the Hot Flashes for Menopausal Women

4 days

Mon	Tue	Wed	Thu
Calories 1996	Calories 2079	Calories 2173	Calories 1976
Fat 124g	Fat 141g	Fat 132g	Fat 131g
Saturated 26g	Saturated 26g	Saturated 24g	Saturated 22g
Trans 0g	Trans 0g	Trans 0g	Trans 1g
Polyunsaturated 23g	Polyunsaturated 41g	Polyunsaturated 23g	Polyunsaturated 31g
Monounsaturated 43g	Monounsaturated 49g	Monounsaturated 53g	Monounsaturated 54g
Carbs 122g	Carbs 125g	Carbs 151g	Carbs 88g
Fiber 60g	Fiber 55g	Fiber 59g	Fiber 40g
Sugar 17g	Sugar 13g	Sugar 13g	Sugar 7g
Protein 119g	Protein 105g	Protein 122g	Protein 136g
Cholesterol 501mg	Cholesterol 196mg	Cholesterol 179mg	Cholesterol 420mg
Sodium 1810mg	Sodium 1321mg	Sodium 2538mg	Sodium 2454mg
Potassium 5311mg	Potassium 4675mg	Potassium 4948mg	Potassium 4779mg
Vitamin A 27129IU	Vitamin A 6932IU	Vitamin A 11319IU	Vitamin A 17374IU
Vitamin C 170mg	Vitamin C 155mg	Vitamin C 222mg	Vitamin C 175mg
Calcium 1842mg	Calcium 1591mg	Calcium 1504mg	Calcium 1123mg
Iron 20mg	Iron 19mg	Iron 19mg	Iron 17mg
Vitamin D 227IU	Vitamin D 1138IU	Vitamin D 1009IU	Vitamin D 108IU



Vitamin E	19mg	Vitamin E	16mg	Vitamin E	19mg	Vitamin E	13mg
Vitamin K	1222µg	Vitamin K	754µg	Vitamin K	728µg	Vitamin K	699µg
Thiamine	1.4mg	Thiamine	1.1mg	Thiamine	1.3mg	Thiamine	5.8mg
Riboflavin	1.9mg	Riboflavin	1.7mg	Riboflavin	1.7mg	Riboflavin	6.7mg
Niacin	37mg	Niacin	23mg	Niacin	31mg	Niacin	61mg
Vitamin B6	3.3mg	Vitamin B6	2.0mg	Vitamin B6	2.6mg	Vitamin B6	8.3mg
Folate	802µg	Folate	831µg	Folate	608µg	Folate	508µg
Vitamin B12	12.8µg	Vitamin B12	16.7µg	Vitamin B12	12.6µg	Vitamin B12	36.8µg
Phosphorous	1969mg	Phosphorous	1778mg	Phosphorous	1997mg	Phosphorous	2021mg
Magnesium	674mg	Magnesium	690mg	Magnesium	763mg	Magnesium	565mg
Zinc	14mg	Zinc	11mg	Zinc	10mg	Zinc	16mg
Selenium	767µg	Selenium	731µg	Selenium	746µg	Selenium	125µg



4-Days to Stopping the Hot Flashes for Menopausal Women

46 items

Fruits

- 5 1/2 Avocado
- 1/2 Lemon
- 1 cup Strawberries

Breakfast

- 2 1/3 tbsps Almond Butter

Seeds, Nuts & Spices

- 3/4 cup Brazil Nuts
- 1 1/3 cups Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 tsp Dried Thyme
- 2/3 tsp Italian Seasoning
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 3 cups Walnuts

Vegetables

- 4 cups Bok Choy
- 2 cups Broccoli
- 1 1/2 bunches Broccolini
- 1 Carrot
- 1 head Endive
- 1 1/3 Garlic
- 1 cup Kale Leaves
- 1/2 cup Mushrooms
- 1 1/3 Zucchini

Boxed & Canned

- 8 ozs Canned Wild Salmon
- 1/2 cup Quinoa
- 2/3 cup Salsa
- 6 ozs Sardines
- 5 1/4 ozs Seed Crackers
- 2 2/3 tbsps Vegetable Broth

Baking

- 1/3 cup Cocoa Powder
- 1 3/4 tbsps Monk Fruit Sweetener
- 2 tbsps Nutritional Yeast
- 2/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 ozs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 10 1/2 ozs Extra Lean Ground Turkey
- 2 Haddock Fillet
- 2 Rainbow Trout Fillet
- 6 ozs Tempeh

Condiments & Oils

- 1/4 cup Avocado Oil
- 2 2/3 tbsps Balsamic Vinegar
- 1 1/3 tbsps Coconut Oil
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/3 cup Sauerkraut

Cold

- 4 Egg
- 1 1/4 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt



Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 2 servings



Directions

1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein

Add extra eggs.

Vegetarian

Use lentils instead of ground turkey.

More Greens

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa

Use crushed tomatoes instead.

Ingredients

- 1 tsp Coconut Oil
- 10 2/3 ozs Extra Lean Ground Turkey
- 1 1/3 Zucchini (large, finely diced)
- 2/3 cup Salsa
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	366	Calcium	107mg
Fat	20g	Iron	4mg
Saturated	7g	Vitamin D	62IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	5g	Vitamin K	10µg
Monounsaturated	6g	Thiamine	0.2mg
Carbs	10g	Riboflavin	0.7mg
Fiber	3g	Niacin	10mg
Sugar	7g	Vitamin B6	1.0mg
Protein	37g	Folate	69µg
Cholesterol	298mg	Vitamin B12	2.3µg
Sodium	802mg	Phosphorous	469mg
Potassium	970mg	Magnesium	74mg
Vitamin A	1041IU	Zinc	5mg
Vitamin C	25mg	Selenium	45µg



Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 1 serving



Directions

1. Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
2. Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
3. Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

Notes

Likes it Spicy

Add hot sauce.

No Canned Salmon

Use smoked salmon, cooked salmon fillet or tuna instead.

Ingredients

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

Nutrition

Amount per serving

Calories	503	Calcium	67mg
Fat	36g	Iron	2mg
Saturated	6g	Vitamin D	974IU
Trans	0g	Vitamin E	7mg
Polyunsaturated	5g	Vitamin K	42µg
Monounsaturated	22g	Thiamine	0.2mg
Carbs	18g	Riboflavin	0.5mg
Fiber	14g	Niacin	12mg
Sugar	2g	Vitamin B6	0.7mg
Protein	34g	Folate	170µg
Cholesterol	75mg	Vitamin B12	6.3µg
Sodium	452mg	Phosphorous	373mg
Potassium	1341mg	Magnesium	86mg
Vitamin A	506IU	Zinc	2mg
Vitamin C	25mg	Selenium	40µg



Egg & Beef Breakfast Bowl

7 ingredients · 25 minutes · 3 servings



Directions

1. In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
2. Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
3. Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is roughly 2 cups of the beef mixture.

More Flavor

Add sea salt, pepper, garlic, onions and/or chili flakes.

Additional Toppings

Top with sliced cherry tomatoes.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **lb** Extra Lean Ground Beef
- 1/2 **cup** Mushrooms (sliced)
- 1 **cup** Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 **tbsps** Nutritional Yeast

Nutrition

Amount per serving

Calories	490	Calcium	67mg
Fat	33g	Iron	5mg
Saturated	12g	Vitamin D	33IU
Trans	1g	Vitamin E	2mg
Polyunsaturated	3g	Vitamin K	43µg
Monounsaturated	14g	Thiamine	4.8mg
Carbs	9g	Riboflavin	5.5mg
Fiber	6g	Niacin	36mg
Sugar	1g	Vitamin B6	5.9mg
Protein	40g	Folate	86µg
Cholesterol	222mg	Vitamin B12	26.2µg
Sodium	173mg	Phosphorous	397mg
Potassium	1058mg	Magnesium	57mg
Vitamin A	636IU	Zinc	8mg



Vitamin C

14mg

Selenium

37µg



Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 4 servings



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.

Ingredients

4 cups Unsweetened Coconut Yogurt

1 cup Chia Seeds

1 1/3 tbsps Cinnamon

1 cup Strawberries (chopped)

Nutrition

Amount per serving

Calories	368	Calcium	799mg
Fat	23g	Iron	5mg
Saturated	6g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	0g	Vitamin K	2µg
Monounsaturated	0g	Thiamine	0mg
Carbs	37g	Riboflavin	0mg
Fiber	17g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	9g	Folate	9µg
Cholesterol	0mg	Vitamin B12	2.7µg
Sodium	50mg	Phosphorous	10mg
Potassium	414mg	Magnesium	146mg
Vitamin A	12IU	Zinc	0mg
Vitamin C	21mg	Selenium	0µg



Dark Chocolate Almond Mousse

7 ingredients · 3 hours 5 minutes · 3 servings



Directions

1. Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
2. Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Stir well before serving.

Serving Size

One serving is roughly 1/2 cup.

Additional Toppings

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

No Almond Butter

Use another nut or seed butter instead.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1/3 cup Chia Seeds

1/3 cup Cocoa Powder

2 1/3 tbsps Almond Butter

1 3/4 tbsps Monk Fruit Sweetener

2/3 tsp Vanilla Extract

1/3 tsp Sea Salt

Nutrition

Amount per serving

Calories	206	Calcium	342mg
Fat	16g	Iron	3mg
Saturated	1g	Vitamin D	40IU
Trans	0g	Vitamin E	3mg
Polyunsaturated	2g	Vitamin K	0µg
Monounsaturated	5g	Thiamine	0mg
Carbs	23g	Riboflavin	0.2mg
Fiber	10g	Niacin	1mg
Sugar	1g	Vitamin B6	0mg
Protein	8g	Folate	9µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	303mg	Phosphorous	127mg
Potassium	379mg	Magnesium	141mg
Vitamin A	200IU	Zinc	1mg



Vitamin C

0mg

Selenium

2µg



Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three endive-filled leaves.

Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Ingredients

6 ozs Sardines (packed in oil, drained)

1 Avocado (cubed)

1 head Endive (leaves separated)

Nutrition

Amount per serving

Calories	381	Calcium	470mg
Fat	25g	Iron	5mg
Saturated	4g	Vitamin D	164IU
Trans	0g	Vitamin E	5mg
Polyunsaturated	6g	Vitamin K	616µg
Monounsaturated	13g	Thiamine	0.3mg
Carbs	17g	Riboflavin	0.5mg
Fiber	15g	Niacin	7mg
Sugar	1g	Vitamin B6	0.5mg
Protein	26g	Folate	454µg
Cholesterol	121mg	Vitamin B12	7.6µg
Sodium	324mg	Phosphorous	541mg
Potassium	1630mg	Magnesium	101mg
Vitamin A	5797IU	Zinc	4mg
Vitamin C	27mg	Selenium	46µg



Sauerkraut Avocado Mash with Crackers

3 ingredients · 5 minutes · 1 serving



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.

Ingredients

- 1/2 Avocado (peeled, pit removed)
- 2 tbsps Sauerkraut (roughly chopped)
- 1 3/4 ozs Seed Crackers

Nutrition

Amount per serving

Calories	387	Calcium	129mg
Fat	23g	Iron	2mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	2g	Vitamin K	23µg
Monounsaturated	10g	Thiamine	0.2mg
Carbs	41g	Riboflavin	0.2mg
Fiber	15g	Niacin	4mg
Sugar	1g	Vitamin B6	0.3mg
Protein	8g	Folate	86µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	418mg	Phosphorous	267mg
Potassium	756mg	Magnesium	130mg
Vitamin A	150IU	Zinc	2mg
Vitamin C	13mg	Selenium	10µg



Brazil Nuts

1 ingredient · 5 minutes · 1 serving



Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

Nutrition

Amount per serving

Calories	219	Calcium	53mg
Fat	22g	Iron	1mg
Saturated	5g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	8g	Vitamin K	0µg
Monounsaturated	8g	Thiamine	0.2mg
Carbs	4g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	1g	Vitamin B6	0mg
Protein	5g	Folate	7µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphorous	241mg
Potassium	219mg	Magnesium	125mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	637µg



Chicken, Carrots & Broccolini

4 ingredients · 30 minutes · 1 serving



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
3. Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
4. Remove the chicken and shred into pieces using two forks.
5. Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Notes

No Broccolini

Use regular broccoli or cauliflower instead.

Ingredients

- 1/2 bunch Broccolini (trimmed)
- 1 Carrot (large, sliced into rounds)
- 1 1/2 tsps Extra Virgin Olive Oil
- 4 ozs Chicken Breast (boneless, skinless)

Nutrition

Amount per serving

Calories	275	Calcium	284mg
Fat	11g	Iron	3mg
Saturated	2g	Vitamin D	1IU
Trans	0g	Vitamin E	8mg
Polyunsaturated	2g	Vitamin K	571µg
Monounsaturated	6g	Thiamine	0.5mg
Carbs	13g	Riboflavin	0.5mg
Fiber	8g	Niacin	16mg
Sugar	4g	Vitamin B6	1.5mg
Protein	34g	Folate	177µg
Cholesterol	82mg	Vitamin B12	0.2µg
Sodium	215mg	Phosphorous	441mg
Potassium	1322mg	Magnesium	98mg
Vitamin A	20129IU	Zinc	2mg
Vitamin C	84mg	Selenium	29µg



Tempeh, Quinoa & Broccoli

8 ingredients · 55 minutes · 2 servings



Directions

1. In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
2. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
3. Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
4. Meanwhile, cook the quinoa according to the package directions.
5. While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Quinoa

Use rice instead.

No Italian Seasoning

Use any combination of dried herbs.

More Flavor

Drizzle the broccoli with extra virgin olive oil.

Broccoli

Use fresh or frozen broccoli or substitute other vegetable instead.

Ingredients

- 2 **2/3 tbsps** Vegetable Broth
- 2 **2/3 tbsps** Balsamic Vinegar
- 2/3 tsp** Italian Seasoning
- 1/3 tsp** Sea Salt
- 1 **1/3** Garlic (clove, minced)
- 6 **ozs** Tempeh (cut into thin pieces)
- 1/2 cup** Quinoa (uncooked)
- 2 **cups** Broccoli (cut into florets)

Nutrition

Amount per serving

Calories	373	Calcium	167mg
Fat	12g	Iron	5mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	5g	Vitamin K	93µg
Monounsaturated	3g	Thiamine	0.3mg
Carbs	44g	Riboflavin	0.6mg
Fiber	5g	Niacin	4mg
Sugar	5g	Vitamin B6	0.6mg
Protein	26g	Folate	156µg
Cholesterol	0mg	Vitamin B12	0.1µg
Sodium	493mg	Phosphorous	488mg
Potassium	912mg	Magnesium	175mg



Vitamin A	617IU	Zinc	3mg
Vitamin C	82mg	Selenium	6µg



Crispy Broiled Haddock & Broccolini

5 ingredients · 15 minutes · 2 servings



Directions

1. Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
2. Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
3. Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add a squeeze of lemon juice and/or red pepper flakes.

No Haddock

Use cod or tilapia instead.

Fillet Size

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Ingredients

2 Haddock Fillet (5 ounces each)

1 bunch Broccolini (trimmed)

2 tbsps Avocado Oil

1 tsp Dried Thyme

1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	323	Calcium	289mg
Fat	16g	Iron	4mg
Saturated	2g	Vitamin D	35IU
Trans	0g	Vitamin E	6mg
Polyunsaturated	3g	Vitamin K	568µg
Monounsaturated	10g	Thiamine	0.4mg
Carbs	7g	Riboflavin	0.4mg
Fiber	6g	Niacin	11mg
Sugar	1g	Vitamin B6	1.0mg
Protein	40g	Folate	180µg
Cholesterol	104mg	Vitamin B12	3.5µg
Sodium	1124mg	Phosphorous	618mg
Potassium	1306mg	Magnesium	101mg
Vitamin A	10034IU	Zinc	2mg
Vitamin C	81mg	Selenium	53µg



One Pan Sesame Trout & Bok Choy

5 ingredients · 15 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a baking sheet with aluminum foil.
2. Add the trout and bok choy to your baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes, or until the trout is cooked through.
3. Divide onto plates and enjoy!

Notes

Trout Fillets

Each fillet should be approximately 159 grams or 5.6 ounces in size.

No Trout

Use salmon instead.

Leftovers

Refrigerate in an airtight container up to 2 to 3 days.

Ingredients

- 2 Rainbow Trout Fillet
- 4 cups Bok Choy (baby, halved)
- 2 tbsps Avocado Oil
- 1/4 tsp Sea Salt
- 1/2 tsp Sesame Seeds

Nutrition

Amount per serving

Calories	335	Calcium	261mg
Fat	20g	Iron	2mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	4g	Vitamin K	64µg
Monounsaturated	12g	Thiamine	0.3mg
Carbs	3g	Riboflavin	0.3mg
Fiber	1g	Niacin	9mg
Sugar	2g	Vitamin B6	0.9mg
Protein	35g	Folate	112µg
Cholesterol	94mg	Vitamin B12	7.1µg
Sodium	435mg	Phosphorous	487mg
Potassium	1121mg	Magnesium	79mg
Vitamin A	6354IU	Zinc	2mg
Vitamin C	67mg	Selenium	21µg



Toasted Walnuts

1 ingredient · 15 minutes · 5 servings



Directions

1. Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

1 1/2 cups Walnuts (shelled)

Nutrition

Amount per serving

Calories	235	Calcium	35mg
Fat	23g	Iron	1mg
Saturated	2g	Vitamin D	0IU
Trans	0g	Vitamin E	0mg
Polyunsaturated	17g	Vitamin K	1µg
Monounsaturated	3g	Thiamine	0.1mg
Carbs	5g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	1g	Vitamin B6	0.2mg
Protein	5g	Folate	35µg
Cholesterol	0mg	Vitamin B12	0µg
Sodium	1mg	Phosphorous	125mg
Potassium	159mg	Magnesium	57mg
Vitamin A	0IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg

