

LUNCH RECIPES



HERE ARE FIVE SUPERFOOD-PACKED, MEDICINAL LUNCH RECIPES DESIGNED TO NOURISH YOUR BODY AND BOOST YOUR HEALTH:

1. Quinoa & Turmeric Chickpea Buddha Bow,

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup roasted chickpeas (seasoned with turmeric & cumin)
- 1/2 cup steamed broccoli
- 1/2 avocado, sliced
- 1/4 cup shredded carrots
- 1 tbsp tahini dressing
- 1 tsp hemp seeds

Instructions:

1. Assemble quinoa, chickpeas, broccoli, avocado, and carrots in a bowl.
2. Drizzle with tahini dressing and sprinkle with hemp seeds.



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2. Moringa & Lentil Soup

Ingredients:

- 1/2 cup red lentils
- 1 tsp moringa powder
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 2 cups vegetable broth
- 1 tbsp olive oil

Instructions:

1. Sauté onion and garlic in olive oil.
2. Add lentils, spices, and vegetable broth. Simmer for 20 minutes.
3. Stir in moringa powder before serving.



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3. Leafy Greens & Wild Salmon Wrap

Ingredients:

- 1 whole-grain tortilla
- 1/2 cup spinach
- 1/2 cup arugula
- 3 oz wild-caught salmon (grilled or canned)
- 1 tbsp hummus
- 1/2 avocado, sliced
- 1 tbsp pumpkin seeds

Instructions:

1. Spread hummus on the tortilla.
2. Layer spinach, arugula, salmon, avocado, and pumpkin seeds.
3. Wrap tightly and enjoy.



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4. Mushroom & Kimchi Stir-Fry with Brown Rice

Ingredients:

- 1/2 cup cooked brown rice
- 1/2 cup mushrooms, sliced
- 1/4 cup kimchi
- 1/2 cup bok choy, chopped
- 1 tbsp coconut aminos (or low-sodium soy sauce)
- 1 tsp sesame seeds
- 1 tbsp coconut oil

Instructions:

1. Sauté mushrooms and bok choy in coconut oil.
2. Stir in cooked rice and coconut aminos.
3. Top with kimchi and sesame seeds.



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5. Detox Kale & Beet Salad

Ingredients:

- 1 cup kale, chopped
- 1/2 cup shredded beets
- 1/4 cup walnuts
- 1/4 cup pomegranate seeds
- 1 tbsp flaxseeds
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil

Instructions:

1. Massage kale with olive oil and apple cider vinegar.
2. Add shredded beets, walnuts, and pomegranate seeds.
3. Sprinkle with flaxseeds and toss well.

