

# DINNER

RECIPES



# HERE ARE FIVE SUPERFOOD-PACKED, MEDICINAL DINNERS TO NOURISH YOUR BODY AND SUPPORT OVERALL WELLNESS:

## 1. Garlic & Ginger Miso Salmon with Quinoa

### Ingredients:

- 1 wild-caught salmon fillet
- 1 tbsp miso paste
- 1 clove garlic, minced
- 1 tsp grated ginger
- 1 tbsp coconut aminos (or tamari)
- 1/2 cup cooked quinoa
- 1/2 cup steamed broccoli
- 1 tbsp sesame seeds

### Instructions:

1. Marinate salmon in miso, garlic, ginger, and coconut aminos for 20 minutes.
2. Bake at 375°F (190°C) for 12-15 minutes.
3. Serve with quinoa, steamed broccoli, and a sprinkle of sesame seeds.



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## 2. Turmeric & Coconut Lentil Stew

### Ingredients:

- 1/2 cup red lentils
- 1 cup coconut milk
- 2 cups vegetable broth
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp black pepper
- 1/2 cup chopped kale

### Instructions:

1. Sauté onion and garlic in a pot.
2. Add lentils, coconut milk, broth, and spices. Simmer for 20 minutes.
3. Stir in kale and cook for another 5 minutes before serving.



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## 3. Mushroom & Seaweed Stir-Fry with Brown Rice

### Ingredients:

- 1/2 cup cooked brown rice
- 1 cup mushrooms, sliced
- 1/4 cup seaweed (such as wakame or nori), soaked and chopped
- 1/2 cup bok choy, chopped
- 1 tbsp coconut aminos
- 1 tbsp sesame oil
- 1 tsp grated ginger
- 1 tbsp sesame seeds

### Instructions:

1. Sauté mushrooms, bok choy, and ginger in sesame oil.
2. Add seaweed and coconut aminos. Stir well.
3. Serve over brown rice and top with sesame seeds.



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## 4. Detox Kale & Beet Buddha Bowl

### Ingredients:

- 1 cup kale, chopped
- 1/2 cup roasted beets
- 1/2 cup cooked quinoa
- 1/2 avocado, sliced
- 1 tbsp pumpkin seeds
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil

### Instructions:

1. Massage kale with olive oil and apple cider vinegar.
2. Assemble all ingredients in a bowl and toss well.



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## 5. Spiced Cauliflower & Chickpea Curry

### Ingredients:

- 1/2 head cauliflower, chopped
- 1/2 cup cooked chickpeas
- 1/2 onion, chopped
- 2 cloves garlic, minced
- 1 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1 cup coconut milk
- 1 tbsp olive oil

### Instructions:

1. Sauté onion and garlic in olive oil.
2. Add cauliflower, chickpeas, and spices. Stir well.
3. Pour in coconut milk and simmer for 15-20 minutes.

