



Mood Boosting Meals

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Turkey Sausage Scramble

4 servings

10 minutes

Ingredients

- 1 1/16 lbs Turkey Sausage (casing removed)
- 4 cups Baby Spinach (chopped)
- 8 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	328
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	35g
Cholesterol	458mg
Sodium	848mg
Vitamin A	3439IU
Vitamin C	11mg
Calcium	108mg
Iron	4mg

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



Greek Yogurt & Blueberries

4 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt

1 1/3 cups Blueberries

Nutrition

Amount per serving	
Calories	119
Fat	3g
Carbs	13g
Fiber	1g
Sugar	8g
Protein	11g
Cholesterol	17mg
Sodium	71mg
Vitamin A	652IU
Vitamin C	12mg
Calcium	253mg
Iron	0mg

Directions

- 1 Add the yogurt and blueberries to a bowl and enjoy!

Notes

Leftovers: Best enjoyed fresh with ingredients refrigerated separately.

Make it Vegan: Use dairy-free yogurt.

Additional Toppings: Nuts and seeds.



Ranch & Spicy Chicken Chopped Salad

4 servings

30 minutes

Ingredients

2 lbs Chicken Thighs (boneless, skinless)
 2 tbsps Avocado Oil
 1/2 cup Hot Sauce
 4 heads Romaine Hearts (chopped)
 2 cups Cherry Tomatoes (cut in half)
 1/2 cup Fresh Dill (chopped)
 1/2 cup Chives (chopped)
 1/2 cup Ranch Dressing
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	474
Fat	24g
Carbs	17g
Fiber	2g
Sugar	5g
Protein	47g
Cholesterol	223mg
Sodium	1554mg
Vitamin A	3501IU
Vitamin C	16mg
Calcium	64mg
Iron	3mg

Directions

- 1 In a bowl, add the chicken thighs, oil, and hot sauce. Mix to combine.
- 2 Preheat the grill over medium heat. Place the chicken thighs on the grill and cook for about seven to eight minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Chop into bite-sized pieces.
- 3 To assemble the salad, add the romaine, tomatoes, dill, chives, chicken, and ranch dressing to a large bowl. Toss to combine and season with salt and pepper. Divide evenly between bowls, top with the chicken, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. If meal prepping, add the dressing when ready to eat.

Serving Size: One serving is approximately 2 1/2 cups of salad with chicken.

Additional Toppings: Sliced red onion, cucumber and or/ cheddar cheese.

No Ranch Dressing: Use your favorite dressing of choice.

No Grill: Use a cast-iron pan on the stove instead.



Cobb Salad

4 servings

25 minutes

Ingredients

4 Egg
 4 slices Bacon
 1/4 cup Extra Virgin Olive Oil
 1/4 cup Lemon Juice
 1 tsp Dijon Mustard
 16 leaves Romaine (chopped)
 14 ozs Chicken Breast, Cooked (chopped)
 1 Cucumber (sliced)
 4 stalks Green Onion (chopped, greens parts only)

Nutrition

Amount per serving	
Calories	489
Fat	32g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	42g
Cholesterol	308mg
Sodium	359mg
Vitamin A	10627IU
Vitamin C	14mg
Calcium	91mg
Iron	3mg

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle. Peel and slice.
- 2 Meanwhile, cook the bacon in a large pan over medium heat for about five minutes per side or until the bacon is cooked through and crispy. Transfer to a paper towel-lined plate to let the bacon cool slightly then chop into small pieces.
- 3 To a jar add the oil, lemon juice, and mustard. Shake to combine.
- 4 To serve, divide the romaine between plates and top with the chicken, egg, bacon, cucumber, and green onion. Drizzle the dressing on top. Enjoy!

Notes

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

More Flavor: Add honey or maple syrup, dried herbs, fresh garlic, salt, and/or pepper to the dressing.

Additional Toppings: Cheese, olives, tomatoes, and/or avocado.

No Romaine: Use baby spinach or another salad green instead.



Chocolate Strawberry Nut-Free Trail Mix

4 servings

5 minutes

Ingredients

- 1/2 oz Freeze Dried Strawberries
- 1/3 cup Dark Chocolate Chips
- 1/3 cup Pumpkin Seeds
- 2/3 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	18g
Fiber	3g
Sugar	11g
Protein	5g
Cholesterol	0mg
Sodium	5mg
Vitamin A	2IU
Vitamin C	0mg
Calcium	5mg
Iron	2mg

Directions

- 1 Combine all of the ingredients into a bowl or sealable jar. Serve and enjoy!

Notes

Leftovers: Store in a cool dry place in an airtight container for up to two weeks.

Serving Size: One serving is approximately 1/2 cup.

No Freeze Dried Strawberries: Use other freeze dried fruit like blueberries or use dried fruit like cranberries or mangos.



Apple with Almond Butter

4 servings**5 minutes**

Ingredients

4 Apple
1/2 cup Almond Butter

Nutrition

Amount per serving	
Calories	287
Fat	18g
Carbs	31g
Fiber	8g
Sugar	20g
Protein	7g
Cholesterol	0mg
Sodium	4mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	119mg
Iron	1mg

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

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



Mediterranean Turkey & Rice Bowl

4 servings

30 minutes

Ingredients

1 cup Basmati Rice (dry, rinsed)
 2 tsps Extra Virgin Olive Oil
 1 Yellow Onion (small, diced)
 1 1/4 lbs Extra Lean Ground Turkey
 2 tsps Greek Seasoning
 1 cup Diced Tomatoes (from the can, with the juices)
 Sea Salt & Black Pepper (to taste)
 1 cup Cherry Tomatoes (halved)
 1/2 Cucumber (medium, sliced)
 1/2 cup Tzatziki

Nutrition

Amount per serving	
Calories	478
Fat	16g
Carbs	49g
Fiber	3g
Sugar	6g
Protein	33g
Cholesterol	110mg
Sodium	1132mg
Vitamin A	803IU
Vitamin C	13mg
Calcium	120mg
Iron	3mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in pan over medium heat. Add the onion and sauté for about five minutes. Add in the turkey, stir and break it up as it cooks for about 10 minutes.
- 3 Add the Greek seasoning, diced tomatoes, salt, and pepper. Stir and cook for about 10 minutes or until everything has cooked.
- 4 Divide the rice, turkey, cherry tomatoes, and cucumbers between serving bowls. Top with tzatziki and enjoy!

Notes

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

Serving Size: One serving is approximately 1/2 cup rice, 2/3 cup turkey, one cup cucumber and tomatoes, and two tablespoons of tzatziki.

More Flavor: Add bell pepper and garlic to the turkey mixture.

Additional Toppings: Add green onion.



Air Fryer Hot Honey Salmon Bowl

4 servings

30 minutes

Ingredients

- 3 tbsps Raw Honey
- 1/4 cup Soy Sauce
- 1 Lime (juiced)
- 4 Garlic (clove, minced)
- 2 tps Chili Flakes
- 1 1/2 lbs Salmon Fillet (skinless, cut into large cubes)
- 1 cup Basmati Rice (dry)
- 1 Cucumber (medium, sliced)
- 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	475
Fat	8g
Carbs	58g
Fiber	2g
Sugar	14g
Protein	44g
Cholesterol	87mg
Sodium	1011mg
Vitamin A	394IU
Vitamin C	6mg
Calcium	40mg
Iron	1mg

Directions

- 1 In a bowl, whisk together the honey, soy sauce, lime juice, garlic, and chili flakes. Add the salmon, stir, and let it sit in the marinade for about 15 minutes.
- 2 Meanwhile, cook the rice according to the package directions and set aside.
- 3 Preheat the air fryer to 400°F (205°C).
- 4 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 5 Divide the rice, salmon, and cucumber evenly between bowls. Top with cilantro and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add ginger and onion powder to the salmon marinade. Top with sriracha or a tahini-based sauce.