

Be Well Meal & Recipe Guide



SALTED
NUTRITION

A note:

The recipes, meal ideas, and information in this guide are meant for educational purposes. As a reminder Salted Nutrition believes in bio-individuality, meaning there is no one-size-fits all approach or diet to health and wellness.

If you do not tolerate certain foods suggested in this guide, or do not have access to specific foods mentioned -- that's okay. Consider swapping them out for another.

My hope is that you feel inspired and empowered to have fun in the kitchen, experiment with cooking, and most of all enjoy the meals you've made!

-Jenna

Properly Prepared, Nutrient-Dense, Whole Food Diet

Eating a properly prepared, nutrient-dense, whole food diet provides the fuel and essential building blocks the body needs to maintain health and balance.

Nutritional Guidelines to Follow:

- Consuming whole foods that are as close to how they appear in nature as possible.
- Eating a diverse range of local, seasonal, organic fruits and vegetables, if accessible. [Reference the Dirty Dozen & Clean Fifteen list from EWG.](#)
- Soaking and sprouting nuts, seeds, grains, and legumes, when appropriate, to maximize the bioavailability of nutrients.
- Choosing grass-fed meats, pasture-raised poultry and eggs, and wild caught seafood, if accessible.

[Source: Nutritional Therapy Association]



How to Build a Balanced Meal

There are three essential building blocks to a balanced, nutrient-dense meal.

- Protein
- Healthy Fats
- Carbohydrates

Meals including the above will help reduce cravings, support your energy, stabilize your blood sugar throughout the day, and build long-term healthy habits.

It's important that each meal includes all three, however the ratios of each will look different for individuals. Women typically do well on ratios of 30-40% protein, 40-50% carbs, and 15-25% fats.

TIP - Never eat a naked carb (carb on its own) always eat a protein + a carb together to help balance blood sugar.

Protein Options:

- organic, grass-fed beef, pork, lamb, bison, elk, etc.
- organic, pasture-raised poultry and eggs
- wild-caught fish and seafood
- organic, raw, full-fat, grass-fed dairy products (if tolerated)
- organic, soaked & sprouted nuts, seed, & legumes (if tolerated)

Carbohydrates Options:

- local, in season fruits & vegetables, choose organic when possible
- sweet potatoes, yams, pumpkin, and other squash
- grains and legumes such as wild rice, quinoa, black beans, chickpeas, etc.
- sourdough bread (preferably from a bakery)
- brown rice pasta

Healthy Fats Options:

- wild-caught fish (salmon, sardines, anchovies)
- organic olives, avocados, almonds, walnuts, etc.
- extra-virgin olive oil, grass-fed butter, ghee, beef tallow
- organic virgin coconut oil
- raw, grass-fed cheese



Chicken Pot Pie



Ingredients

- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 1-2 tsp garlic
- 1/2 of a large russet potato; peeled & chopped
- 3 tbsp butter (grass-fed, if accessible)
- 1/2 cup frozen peas
- 1/2 cup flour (unrefined & unbleached)
- 2 cups chicken bone broth
- 1 cup organic whole milk (or raw milk)
- 2 cups cooked chicken, chopped or shredded
- sea salt and pepper to taste
- 2 pie crusts (store bought or homemade)

Directions

1. Heat butter in large cast iron skillet or stainless steel pan
2. Sauté onions, celery, carrots, and garlic, and potatoes for 5-7 minutes
3. Add flour; stir about 1 minute
4. Add bone broth and milk; stirring until thickened
5. Stir in chicken, frozen peas, salt, & pepper
6. Let mixture cool before pouring into pie crusts
7. Place one crust in pie dish; fill with mixture
8. Cover with top crust; fold edges & poke slits in the top
9. Bake at 350°F for 40-45 minutes or until crust is golden
10. Let cool for 10 minutes and enjoy!

*This recipe is enough for 2 pot pies. I usually freeze half the filling and save for a quick dinner!

Brussels Sprout Salad



Ingredients

- 4 cups Brussels sprout, shaved
- 1/4 cup extra virgin olive oil
- 1/4 cup lemon juice
- 1/2 cup roasted walnuts or pine nuts
- 1/2 cup dried berries of your choosing
- 1.5 cups shredded rotisserie chicken
- 1/3 cup shredded parmesan cheese
- sea salt and pepper

Directions

1. Thinly slice the Brussels sprout using a mandoline, if you have one.
2. Wash the sliced Brussels sprout, dry with a salad spinner.
3. Mix Brussels sprout, oil, lemon juice, nuts, chicken, dried berries, and cheese into a bowl and toss it.
4. Let it sit at room temperature for 15 minutes. Taste, then adjust the seasonings as needed.
5. Drizzle with additional extra virgin olive oil.

Italian Sausage, Bell Pepper, & Spinach Pasta

Ingredients

- 12oz brown rice or chickpea noodles
- 1 pound ground mild or spicy Italian sausage
- 2 tbsp extra virgin olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 4 cups baby spinach
- 3 cloves minced garlic
- 1 tbsp Italian seasoning
- sea salt and pepper to taste
- 1/4 cup freshly grated parmesan cheese
- fresh Italian parsley, chopped

Directions

1. Bring a large pot of water to a boil. Cook pasta according to package directions. Reserve 1/4 cup pasta water, then drain. Set noodles aside.
2. In a large cast iron skillet or stainless steel pan, add olive oil and cook Italian sausage until lightly browned.
3. Add bell pepper, garlic, and spinach. Cook 3-4 minutes or until spinach is wilted.
4. Stir in Italian seasonings. Add pasta water and pasta to the skillet and season with salt and black pepper; combine. Simmer until liquid has absorbed, stirring constantly.
5. Serve in bowls with Parmesan cheese and chopped parsley.



Greek Chicken Gyros

with homemade tzatziki sauce



Ingredients

- 4-6 boneless chicken thighs
- organic green leaf lettuce
- organic cherry tomatoes
- organic black Kalamata olives
- mini-cucumbers
- 1 lemon
- organic, whole-fat greek yogurt
- garlic salt
- extra virgin olive oil
- sea salt and pepper
- whole grain wraps or pita/flatbread

Directions

1. Season the chicken with extra virgin olive oil, garlic salt, sea salt, and ground black pepper. Bake the chicken at 400°F for 35-40 minutes, or until internal temperature is 165°F. You can also choose to grill the chicken thighs.
2. While the chicken is cooking make your sauce.
3. To make tzatziki sauce combine one cup of greek yogurt, squeeze of 1/2 lemon, 1/4 cup diced mini-cucumbers, and dash of garlic salt (optional to add chopped dill). Let sit in fridge.
4. Once chicken is cooked and slightly cooled, cut into strips.
5. Assemble wraps to your liking: grab your flatbread and add chicken, lettuce, cherry tomatoes, olives, chopped mini-cucumbers, and tzatziki. Squeeze a slice of lemon on top. Enjoy!

*options to add feta cheese and sliced red onion to your wrap

Chicken & Wild Rice Soup



Ingredients

- 2 tbsp extra virgin olive oil
- 1 cup yellow onion, finely diced
- 1 cup carrot, diced small
- 1 cup celery, diced small
- 4 cloves garlic, minced
- 1 tsp sea salt, or more to taste
- 1/2 tsp black pepper
- 8 cups chicken bone broth
- 2 bay leaves
- 1/2 tsp dried thyme
- 1/2 tsp dried rosemary
- 1/2 tsp dried oregano
- dash of cayenne pepper, optional
- 1 cup uncooked wild rice
- 2 cups cooked, diced chicken or you can use rotisserie chicken
- 3/4 cup heavy cream
- 2 tbsp arrowroot starch
- 2 tbsp lemon juice or the juice of 1 lemon

Directions

1. Heat oil in a large pot or dutch oven over medium heat. When hot, add the onion, carrot, celery, garlic, salt and pepper. Cook, stirring, until the veggies are just tender, about 5 minutes.
2. Add the bone broth, bay leaves, thyme, rosemary, oregano and cayenne. Stir to combine and increase heat so that it comes to a boil.
3. Once the soup is boiling, reduce the heat to a low simmer over low heat. Add the chicken and the uncooked wild rice. Cover and cook until the rice is tender, about 45 minutes.
4. After the rice is tender, uncover the soup and increase the heat so that it is simmering more vigorously, but not boiling (about medium heat).
5. In a small bowl, combine the heavy cream and arrowroot flour and whisk until arrowroot has dissolved in the creamer.
6. While slowly stirring the soup, slowly pour in the cream /arrowroot mixture until it is well combined in the soup. Continue to cook the soup, uncovered and simmering, stirring often until it has thickened, 5 to 10 more minutes.
7. Stir in the lemon juice, serve and enjoy!

Grass-fed Burger Bowls



Ingredients

- grass-fed cheddar cheese
- organic grass-fed ground beef (85-90% lean)
- green leaf lettuce or spinach
- 1 avocado
- 1-2 sweet potatoe
- red cherry tomatoe
- extra virgin olive oil
- raw red onions or sautéed white onion
- dressing/dip of choice: sugar-free ketchup, mustard, or mayo (I suggest Primal Kitchen brand)
- optional topping ideas: pickles, corn, mushrooms, bacon, etc.

Directions

1. Preheat oven to 450°F. Peel and cut sweet potatoes into wedges (1/4 - 1/2 inch thick). Toss with olive oil, salt, and pepper.
2. Spread potatoes in a single layer on a baking sheet. Bake for 15 to 25 minutes. Turn over potatoes and bake for another 5-15 minutes. (Option to use an air fryer instead of oven)
3. Form beef into patties and season with salt and pepper. Heat cast iron skillet over medium to medium-high heat. Add about 1-2tbsp of olive oil to the hot skillet.
4. Place the formed patties into the skillet and cook until nice and brown on each side. Approx. 2-3 minutes per side.
5. Assemble bowl to your liking. Lay burger on a bed of lettuce or spinach, add sweet potato fries, halved cherry tomatoes, avocado slices, shredded cheese, and raw/cooked onions. Pair with dressing of your choice.

Other easy meals you can make on your own - get creative!



Grilled Chicken Kabobs with grilled chicken, grilled onion, grilled green pepper, and a side of wild rice. Season to your liking.

Grilled or Pan Cooked Salmon with wild-caught salmon, wild rice, and asparagus.

Grilled Chicken Ceasar Salad with organic grilled chicken breast or thighs, organic dark leafy greens, shaved parmesan cheese, black kalamata olives, diced green pepper, squeeze of lemon slice, Primal Kitchen's Caesar dressing.

Grilled Steak or Pork Chops paired with a vegetable such as broccoli, zucchini, cooked carrots, green beans, etc. and roasted redskin potatoes.

Ground Meat Tacos with organic ground meat of your choice, Siete taco seasoning packet, organic corn tortillas. Toppings: grass-fed cheddar cheese, spinach or lettuce, diced tomatoes, onion, cilantro, etc.

Spaghetti & Meat Sauce with brown rice or chickpea noodles, grass-fed ground beef, and organic pasta sauce (Rao's, etc.)



Recipe websites to follow and gain inspiration from:

- [The Defined Dish](#)
- [Unbound Wellness](#)
- [Salt and Lavender](#)
- [Magnolia](#)
- [Half Baked Harvest](#)

Tips to modify recipes to make them more nutrient-dense:

- When a recipe calls for chicken or beef broth swap it for bone broth. Additional tip: *Cook rice in bone broth instead of water!*
- Swap any dairy to organic, raw, and/or full-fat, 100% grass-fed, pasture raised milk products (if well tolerated)
- Try to purchase organic produce on the updated Dirty Dozen list
- Reference the Clean 15 list
- Swap canola or vegetable oils / any cooking oils with extra virgin olive oil or avocado oil
- Swap butter spreads, margarine, or crisco for grass-fed butter
- Use unrefined sea salt instead of table salt
- Use fresh ground black pepper
- Experiment with fresh herbs!
- Stick to using whole foods vs. packaged or canned food





LOOKING FOR 1:1 NUTRITION SUPPORT?

If you're interested in working together and getting to the root cause of your health concerns, consider a discovery call!

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