



Pro-Recovery Snacks

Created by The Addiction Nutritionist



Smoked Salmon & Veggie Nori Rolls

6 ingredients · 10 minutes · 2 servings



Directions

1. Place the nori sheets on a flat surface. Add the avocado, cucumber, pepper, smoked salmon and mayonnaise. Wrap and enjoy!

Notes

No Smoked Salmon

Use another protein source instead such as tuna or chicken.

More Veggies

Add microgreens or sprouts to the nori wrap.

No Mayonnaise

Omit or use another condiment such as hot sauce instead.

Leftovers

Leftovers aren't recommended as the nori sheet will get soggy. This recipe is best served right away.

Ingredients

2 Nori Sheets (large, cut in half down the middle)

1 Avocado (small, sliced)

1/2 Cucumber (medium, sliced into strips)

1/2 Red Bell Pepper (sliced into strips)

6 ozs Smoked Salmon

2 tbsps Mayonnaise (optional)

Nutrition

Amount per serving

Calories	378	Vitamin E	4mg
Fat	29g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.3mg
Fiber	9g	Niacin	6mg
Sugar	3g	Vitamin B6	0.6mg
Protein	19g	Folate	103µg
Potassium	812mg	Vitamin B12	2.8µg
Vitamin A	1640IU	Phosphorous	220mg
Vitamin C	53mg	Magnesium	58mg
Calcium	47mg	Zinc	1mg
Iron	2mg	Selenium	29µg
Vitamin D	583IU		

Sardine Salad with Peppers, Celery & Blueberries

5 ingredients · 10 minutes · 1 serving



Directions

1. Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes

No Sardines

Use canned tuna instead.

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

3 ozs Sardines (packed in oil, drained)

2 tbsps Red Onion (minced)

2 stalks Celery (sliced into sticks)

1/2 Red Bell Pepper (stems and seeds removed, sliced)

1/2 cup Blueberries

Nutrition

Amount per serving

Calories	254	Vitamin E	3mg
Fat	10g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.3mg
Fiber	5g	Niacin	6mg
Sugar	12g	Vitamin B6	0.4mg
Protein	23g	Folate	73µg
Potassium	757mg	Vitamin B12	7.6µg
Vitamin A	2354IU	Phosphorous	466mg
Vitamin C	87mg	Magnesium	56mg
Calcium	370mg	Zinc	2mg
Iron	3mg	Selenium	45µg
Vitamin D	164IU		

Roasted Jalapeno Cheese Crisps

2 ingredients · 20 minutes · 5 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Place sliced jalapeños on a parchment lined baking sheet and cook in the oven for 8 to 10 minutes or until tender, flipping halfway through. Remove from the oven and let cool slightly.
3. On a second parchment lined baking sheet, use a tablespoon to create piles of shredded cheese, one at a time, keeping them about 2 inches apart. Flatten each pile of cheese into a 2-inch circle and place a roasted jalapeno slice on top. Repeat in batches if necessary.
4. Place in the oven and bake for 4 to 6 minutes or until golden brown around the edges and bottom. Remove from the oven and cool for 5 minutes before transferring to a paper towel lined plate to cool completely before serving. Enjoy!

Notes

Leftovers

Store leftover crisps uncovered at room temperature for up to two days. Crisps may not be as crispy after about 24 hours.

Serving Size

One serving is equal to approximately two cheese crisps.

Less Spicy

Omit the jalapeno and use a sprinkle of Italian seasoning instead.

Serve Them With

Dipping sauce or as a salad topping.

Ingredients

1 Jalapeno Pepper (large, sliced into 1/4-inch rounds)

2/3 cup Parmigiano Reggiano (shredded)

Nutrition

Amount per serving

Calories	60	Vitamin E	0mg
Fat	4g	Thiamine	0mg
Carbs	0g	Riboflavin	0mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0mg
Protein	5g	Folate	1µg
Potassium	7mg	Vitamin B12	0µg
Vitamin A	137IU	Phosphorous	1mg
Vitamin C	3mg	Magnesium	0mg
Calcium	160mg	Zinc	0mg
Iron	0mg	Selenium	0µg
Vitamin D	0IU		

Baked Plantain Chips with Guacamole

6 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven 325°F (162°C). Line a baking sheet with parchment paper.
2. Thinly slice the plantain into even coins. In a mixing bowl toss the plantain slices with the oil and half of the salt. Arrange the plantain coins in a single layer on the baking sheet. Bake for 20 to 24 minutes, flipping halfway through, until golden brown. Let them cool slightly on the baking sheet.
3. In a medium-sized bowl mash the avocado, remaining salt, lime juice and cilantro (if using) together until a few chunks remain. Season with additional salt or lime juice if needed.
4. Serve guacamole immediately with plantain chips. Enjoy!

Notes

Leftovers

Guacamole lasts for up to three days in the fridge (discoloration may occur). Season with additional lime juice to prevent browning. Plantain chips are best enjoyed same day.

Serving Size

One serving is equal to approximately 12 plantain chips and 1/4 cup of guacamole.

More Flavor

Sprinkle plantain coins with chili powder and cumin before baking. Add garlic, chopped tomatoes and/or jalapeno pepper to the guacamole.

No Avocado Oil

Use melted coconut oil instead.

Ingredients

- 1 Plantain (large, peeled)
- 1 1/2 **tsps** Avocado Oil
- 1/2 **tsp** Sea Salt (divided)
- 2 Avocado
- 1 1/2 **tbsps** Lime Juice
- 2 **tbsps** Cilantro (chopped, optional)

Nutrition

Amount per serving

Calories	260	Vitamin E	2mg
Fat	17g	Thiamine	0.1mg
Carbs	31g	Riboflavin	0.2mg
Fiber	8g	Niacin	2mg
Sugar	13g	Vitamin B6	0.4mg
Protein	3g	Folate	97µg
Potassium	825mg	Vitamin B12	0µg
Vitamin A	944IU	Phosphorous	75mg
Vitamin C	24mg	Magnesium	54mg
Calcium	15mg	Zinc	1mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Chocolate Cherry Chia Pudding

5 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with the cherries and the coconut. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

No Protein Powder

Use raw cacao powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

1/4 cup Chia Seeds

1 cup Plain Coconut Milk (unsweetened, from the carton)

1/4 cup Chocolate Protein Powder

3/4 cup Cherries (pitted)

1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	255	Vitamin E	0mg
Fat	12g	Thiamine	0.1mg
Carbs	24g	Riboflavin	0.3mg
Fiber	8g	Niacin	0mg
Sugar	11g	Vitamin B6	0.1mg
Protein	14g	Folate	6µg
Potassium	383mg	Vitamin B12	1.8µg
Vitamin A	287IU	Phosphorous	172mg
Vitamin C	4mg	Magnesium	100mg
Calcium	424mg	Zinc	1mg
Iron	3mg	Selenium	3µg
Vitamin D	50IU		

Balsamic Parmesan Zucchini Bites

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the zucchini rounds to a mixing bowl and toss with oil and balsamic vinegar. Arrange seasoned zucchini rounds on the prepared baking sheet.
3. In a small bowl combine cheese, Italian seasoning, sea salt and garlic powder. Top each zucchini round with the cheese mixture.
4. Bake for 15 to 18 minutes or until zucchini is tender and the cheese is bubbly and browned. Serve immediately and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For best results, reheat in the oven.

Serving Size

One serving is approximately five zucchini bites (or 1/4 of a zucchini).

Make it Vegan

Use a dairy-free, parmesan-style cheese instead.

No Olive Oil

Use avocado oil instead.

Ingredients

1 Zucchini (medium, sliced into 1/4-inch thick rounds)

1 1/2 tps Extra Virgin Olive Oil

1 tsp Balsamic Vinegar

1/2 cup Parmigiano Reggiano (grated)

1/2 tsp Italian Seasoning

1/4 tsp Sea Salt

1/4 tsp Garlic Powder

Nutrition

Amount per serving

Calories	80	Vitamin E	0mg
Fat	6g	Thiamine	0mg
Carbs	2g	Riboflavin	0mg
Fiber	1g	Niacin	0mg
Sugar	1g	Vitamin B6	0.1mg
Protein	5g	Folate	12µg
Potassium	132mg	Vitamin B12	0µg
Vitamin A	198IU	Phosphorous	20mg
Vitamin C	9mg	Magnesium	9mg
Calcium	158mg	Zinc	0mg
Iron	0mg	Selenium	0µg
Vitamin D	0IU		

Tuna Salad Plate

5 ingredients · 5 minutes · 1 serving



Directions

1. Assemble all the ingredients onto a plate or into a container if on-the-go. Season with salt and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add pepper, paprika and/or lemon juice.

Additional Toppings

Top with sliced green onions, red onion or red pepper flakes.

No Tuna

Use sardines or salmon instead.

No Coconut Yogurt

Use mayonnaise or Greek yogurt instead.

Ingredients

1 can Tuna (drained, broken into chunks)

1/2 Avocado (pit removed)

1/4 cup Unsweetened Coconut Yogurt

1/4 Cucumber (sliced)

1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	342	Vitamin E	3mg
Fat	18g	Thiamine	0.1mg
Carbs	14g	Riboflavin	0.3mg
Fiber	8g	Niacin	19mg
Sugar	2g	Vitamin B6	0.8mg
Protein	35g	Folate	93µg
Potassium	893mg	Vitamin B12	4.9µg
Vitamin A	320IU	Phosphorous	300mg
Vitamin C	12mg	Magnesium	77mg
Calcium	177mg	Zinc	2mg
Iron	4mg	Selenium	117µg
Vitamin D	78IU		

Fried Halloumi with Avocado & Cucumbers

4 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium to high heat. Add the halloumi slices to the pan and cook until browned, about 1 to 2 minutes per side.
2. Divide the halloumi, avocado and cucumber onto plates or into containers if on-the-go. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Make it Vegan

Use marinated tofu or tempeh instead of halloumi.

More Flavor

Rub your choice of dried herbs or spices onto the halloumi before frying.

Additional Toppings

A little drizzle of honey over the halloumi.

Ingredients

- 1 **tb**sp Avocado Oil
- 5 **1/2** **ozs** Halloumi (halved, patted dry)
- 1 Avocado (pit removed, halved)
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving

Calories	540	Vitamin E	2mg
Fat	47g	Thiamine	0.1mg
Carbs	11g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	2g	Vitamin B6	0.3mg
Protein	22g	Folate	87µg
Potassium	598mg	Vitamin B12	0µg
Vitamin A	226IU	Phosphorous	70mg
Vitamin C	12mg	Magnesium	39mg
Calcium	720mg	Zinc	1mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Cinnamon Roasted Acorn Squash

5 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Slice the acorn squash into 1/4 inch wedges and toss in a bowl with olive oil.
3. Add in the cinnamon, turmeric and sea salt, and toss together until evenly combined. Add the squash slices to the baking sheet and bake for 30 minutes, flipping halfway.
4. Remove from the oven, divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving size is approximately four slices of squash.

More Flavor

Add garlic powder.

Ingredients

1 Acorn Squash (peeled, seeds removed)

1 **tbsp** Extra Virgin Olive Oil

1 **1/2 tsp** Cinnamon

1 **1/2 tsp** Turmeric

1/4 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	79	Vitamin E	1mg
Fat	4g	Thiamine	0.2mg
Carbs	13g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	0g	Vitamin B6	0.2mg
Protein	1g	Folate	19µg
Potassium	402mg	Vitamin B12	0µg
Vitamin A	398IU	Phosphorous	43mg
Vitamin C	12mg	Magnesium	37mg
Calcium	47mg	Zinc	0mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Coconut Yogurt with Strawberries

3 ingredients · 10 minutes · 1 serving



Directions

1. Place the coconut yogurt in a bowl. Top with cinnamon and strawberries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Add nuts and seeds.

Ingredients

1/2 cup Unsweetened Coconut Yogurt

1 tsp Cinnamon

1/4 cup Strawberries (chopped)

Nutrition

Amount per serving

Calories	73	Vitamin E	0mg
Fat	4g	Thiamine	0mg
Carbs	11g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	2g	Vitamin B6	0mg
Protein	1g	Folate	9µg
Potassium	66mg	Vitamin B12	1.4µg
Vitamin A	12IU	Phosphorous	10mg
Vitamin C	21mg	Magnesium	6mg
Calcium	282mg	Zinc	0mg
Iron	1mg	Selenium	0µg
Vitamin D	0IU		

Mint & Goat Cheese Stuffed Tomatoes

3 ingredients · 15 minutes · 2 servings



Directions

1. In a bowl, mix together the goat cheese and half the mint until well combined.
2. Stuff each cherry tomato half with the cheese mixture and transfer to a plate.
3. Garnish with the remaining mint and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving equals approximately 3/4 cup of stuffed cherry tomatoes.

More Flavor

Drizzle extra virgin olive oil overtop.

No Mint

Use parsley or basil instead.

Make it Vegan

Use cashew cream cheese instead.

Ingredients

1/3 cup Goat Cheese (crumbled)

1/4 cup Mint Leaves (chopped, divided)

1 1/2 cups Cherry Tomatoes (halved, seeds removed)

Nutrition

Amount per serving

Calories	69	Vitamin E	1mg
Fat	4g	Thiamine	0mg
Carbs	5g	Riboflavin	0mg
Fiber	2g	Niacin	1mg
Sugar	4g	Vitamin B6	0.1mg
Protein	4g	Folate	20µg
Potassium	283mg	Vitamin B12	0µg
Vitamin A	1067IU	Phosphorous	29mg
Vitamin C	16mg	Magnesium	15mg
Calcium	32mg	Zinc	0mg
Iron	0mg	Selenium	0µg
Vitamin D	0IU		

Fried Plantains with Hummus

3 ingredients · 15 minutes · 2 servings



Directions

1. Heat the coconut oil in a large skillet and add the plantains. Cook for 2 to 3 minutes per side or until browned.
2. Serve with hummus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Reheat the plantains in a skillet or the oven.

Serving Size

One serving equals approximately half a plantain and two tablespoons of hummus.

Ingredients

2 tbsps Coconut Oil

1 Plantain (peeled, sliced)

1/4 cup Hummus

Nutrition

Amount per serving

Calories	359	Vitamin E	0mg
Fat	19g	Thiamine	0.1mg
Carbs	48g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	24g	Vitamin B6	0.4mg
Protein	4g	Folate	44µg
Potassium	753mg	Vitamin B12	0µg
Vitamin A	1529IU	Phosphorous	99mg
Vitamin C	25mg	Magnesium	72mg
Calcium	19mg	Zinc	1mg
Iron	2mg	Selenium	3µg
Vitamin D	0IU		

Lemon Coconut Power Balls

8 ingredients · 15 minutes · 12 servings



Directions

1. Add the shredded coconut to a food processor and blend until a coarse crumb forms.
2. Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
3. Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size

One serving is one ball.

Additional Toppings

Top with shredded coconut, coconut sugar and lemon zest.

No Maple Syrup

Use honey or agave instead.

Consistency

The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.

Ingredients

1 1/4 cups Unsweetened Shredded Coconut

1/2 cup Coconut Butter

3/4 oz Collagen Powder

2 1/2 tbsps Lemon Juice

2 tbsps Maple Syrup

1 1/2 tsps Lemon Zest

1 tsp Vanilla Extract

1/16 tsp Sea Salt (optional)

Nutrition

Amount per serving

Calories	142	Vitamin E	0mg
Fat	13g	Thiamine	0mg
Carbs	7g	Riboflavin	0mg
Fiber	3g	Niacin	0mg
Sugar	3g	Vitamin B6	0mg
Protein	3g	Folate	1µg
Potassium	12mg	Vitamin B12	0µg
Vitamin A	0IU	Phosphorous	1mg
Vitamin C	2mg	Magnesium	1mg
Calcium	5mg	Zinc	0mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Kelly Miller

<http://theadictionnutritionist.com/>



Goat Cheese Zucchini Rolls

2 ingredients · 10 minutes · 1 serving



Directions

1. Spread a thin layer of goat cheese on each slice of zucchini.
2. Gently roll them into small wraps and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One zucchini makes approximately 12 rolls.

Dairy-Free

Use cashew cream cheese instead.

More Flavor

Mix in your choice of fresh herbs into the goat cheese. Drizzle with extra virgin olive oil.

Ingredients

1/4 cup Goat Cheese (crumbled)

1 Zucchini (trimmed, sliced length-wise)

Nutrition

Amount per serving

Calories	103	Vitamin E	0mg
Fat	7g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.2mg
Fiber	2g	Niacin	1mg
Sugar	6g	Vitamin B6	0.3mg
Protein	6g	Folate	47µg
Potassium	512mg	Vitamin B12	0µg
Vitamin A	392IU	Phosphorous	74mg
Vitamin C	35mg	Magnesium	35mg
Calcium	51mg	Zinc	1mg
Iron	1mg	Selenium	0µg
Vitamin D	0IU		

Celery with Sunflower Seed Butter & Olives

3 ingredients · 5 minutes · 1 serving



Directions

1. Arrange all ingredients on a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days.

No Sunflower Seed Butter

Use hummus, baba ganoush, tzatziki or any nut butter instead.

Ingredients

3 stalks Celery (cut into sticks)

1 tbsp Sunflower Seed Butter

2 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving

Calories	135	Vitamin E	4mg
Fat	11g	Thiamine	0mg
Carbs	8g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	3g	Vitamin B6	0.2mg
Protein	4g	Folate	81µg
Potassium	406mg	Vitamin B12	0µg
Vitamin A	603IU	Phosphorous	136mg
Vitamin C	4mg	Magnesium	64mg
Calcium	73mg	Zinc	1mg
Iron	2mg	Selenium	17µg
Vitamin D	0IU		

Jicama Fries with Hummus

7 ingredients · 45 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil or a silicone baking mat.
2. Par-boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Drain and dry with a towel.
3. In a mixing bowl, toss the jicama strips in the oil and season with 3/4 of the salt. Transfer to the baking sheet and bake for 30 to 40 minutes, or until browned and tender-crisp.
4. Meanwhile, blend the chickpeas, lemon juice, tahini, water and remaining salt in a food processor until smooth.
5. Serve the jicama fries alongside the hummus and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the jicama fries and hummus separately, and re-crisp the fries in the oven before serving.

Jicama

One medium jicama equals approximately 5 cups.

Serving Size

One serving equals approximately one cup of jicama fries with 1/4 cup of hummus.

More Flavor

Add seasonings like cajun seasoning, cayenne pepper, chili powder, black pepper, paprika, onion powder or garlic powder to add more flavor to the fries.

No Lemon Juice

Use apple cider vinegar instead.

Ingredients

4 cups Jicama (peeled, sliced into 1/4-inch strips)

2 tbsps Avocado Oil

1 1/2 tsps Sea Salt (divided)

1 1/3 cups Chickpeas (cooked)

2 tbsps Lemon Juice

3 tbsps Tahini

2 1/2 tbsps Water (cold)

Nutrition

Amount per serving

Calories	270	Vitamin E	1mg
Fat	15g	Thiamine	0.2mg
Carbs	29g	Riboflavin	0.1mg
Fiber	12g	Niacin	1mg
Sugar	5g	Vitamin B6	0.1mg
Protein	8g	Folate	122µg
Potassium	409mg	Vitamin B12	0µg
Vitamin A	50IU	Phosphorous	198mg
Vitamin C	30mg	Magnesium	53mg
Calcium	92mg	Zinc	2mg
Iron	3mg	Selenium	7µg
Vitamin D	0IU		

Cheezy Walnuts

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, toss the walnuts with the oil until well coated. Sprinkle the nutritional yeast and sea salt on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add your choice of dried herbs or spices.

Ingredients

1/4 cup Walnuts

1 1/2 tsps Avocado Oil

1/2 tsp Nutritional Yeast

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	264	Vitamin E	0mg
Fat	27g	Thiamine	1.3mg
Carbs	5g	Riboflavin	1.3mg
Fiber	2g	Niacin	7mg
Sugar	1g	Vitamin B6	1.4mg
Protein	5g	Folate	29µg
Potassium	164mg	Vitamin B12	5.6µg
Vitamin A	0IU	Phosphorous	104mg
Vitamin C	0mg	Magnesium	47mg
Calcium	30mg	Zinc	1mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Prosciutto Wrapped Avocado

3 ingredients · 10 minutes · 4 servings



Directions

1. Slice the prosciutto pieces in half. Wrap one piece around one slice of avocado. Repeat until all of the avocado slices are wrapped.
2. Top with sea salt and black pepper. Enjoy!

Notes

Leftovers

These are best enjoyed the same day. For best results, slice the avocado just before enjoying.

Serving Size

One serving is approximately four prosciutto-wrapped avocado slices.

More Flavor

Add garlic powder.

Additional Toppings

Chopped walnuts and/or sesame seeds.

Make it Vegan

Wrap seaweed around the avocado instead of prosciutto.

Ingredients

3 ozs Prosciutto

2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	206	Vitamin E	2mg
Fat	17g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.1mg
Fiber	7g	Niacin	2mg
Sugar	1g	Vitamin B6	0.3mg
Protein	7g	Folate	81µg
Potassium	487mg	Vitamin B12	0µg
Vitamin A	147IU	Phosphorous	52mg
Vitamin C	10mg	Magnesium	29mg
Calcium	12mg	Zinc	1mg
Iron	1mg	Selenium	0µg
Vitamin D	0IU		

Prosciutto-Wrapped Apples

3 ingredients · 10 minutes · 4 servings



Directions

1. Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

Serving Size

One serving is roughly four pieces.

Additional Toppings

Ricotta or parmesan cheese.

Ingredients

2 Apple (cored and sliced)

3 ozs Prosciutto (cut in half)

1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving

Calories	93	Vitamin E	0mg
Fat	3g	Thiamine	0mg
Carbs	13g	Riboflavin	0mg
Fiber	2g	Niacin	0mg
Sugar	9g	Vitamin B6	0mg
Protein	6g	Folate	3µg
Potassium	98mg	Vitamin B12	0µg
Vitamin A	60IU	Phosphorous	10mg
Vitamin C	4mg	Magnesium	5mg
Calcium	6mg	Zinc	0mg
Iron	0mg	Selenium	0µg
Vitamin D	0IU		

Green Goddess Tuna Salad

8 ingredients · 10 minutes · 2 servings



Directions

1. Add the tuna to a medium-sized bowl and flake with a fork.
2. In a blender or food processor add the basil, parsley, mayonnaise, lemon juice and olive oil. Blend until smooth and creamy and the color is pale green.
3. Add the dressing to the bowl with the tuna. Add the celery and sea salt and mix well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add spices such as cayenne or black pepper.

Additional Toppings

Add chopped shallot and/or garlic.

Serve it With

Enjoy on a sandwich, on top of mixed greens in a salad or as a dip with vegetables and/or crackers.

Ingredients

1 can Tuna (drained)
1/4 cup Basil Leaves (packed)
1/4 cup Parsley (packed)
1/4 cup Mayonnaise
1 1/2 tbsps Lemon Juice
1 1/2 tbsps Extra Virgin Olive Oil
1 stalk Celery (finely chopped)
1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	357	Vitamin E	3mg
Fat	32g	Thiamine	0mg
Carbs	2g	Riboflavin	0.1mg
Fiber	1g	Niacin	9mg
Sugar	1g	Vitamin B6	0.3mg
Protein	17g	Folate	29µg
Potassium	275mg	Vitamin B12	2.1µg
Vitamin A	1075IU	Phosphorous	134mg
Vitamin C	16mg	Magnesium	29mg
Calcium	45mg	Zinc	1mg
Iron	2mg	Selenium	59µg
Vitamin D	41IU		

Kelly Miller

<http://theadictionnutritionist.com/>



Sauerkraut Avocado Mash with Crackers

3 ingredients · 5 minutes · 4 servings



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

2 Avocado (peeled, pit removed)

1/2 cup Sauerkraut (roughly chopped)

7 1/16 ozs Seed Crackers

Nutrition

Amount per serving

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

Cheddar Cheese & Cucumber

2 ingredients · 5 minutes · 1 serving



Directions

1. Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

Notes

Leftovers

Store cheese cubes and cucumber separately in the fridge.

Dairy-Free

Use a dairy-free cheese instead.

Serve it With

Crackers, vegetables, nuts or cooked meat slices.

No Cheddar

Use swiss or gouda cheese instead.

Ingredients

2 ozs Cheddar Cheese (cubed)

1/2 Cucumber (sliced)

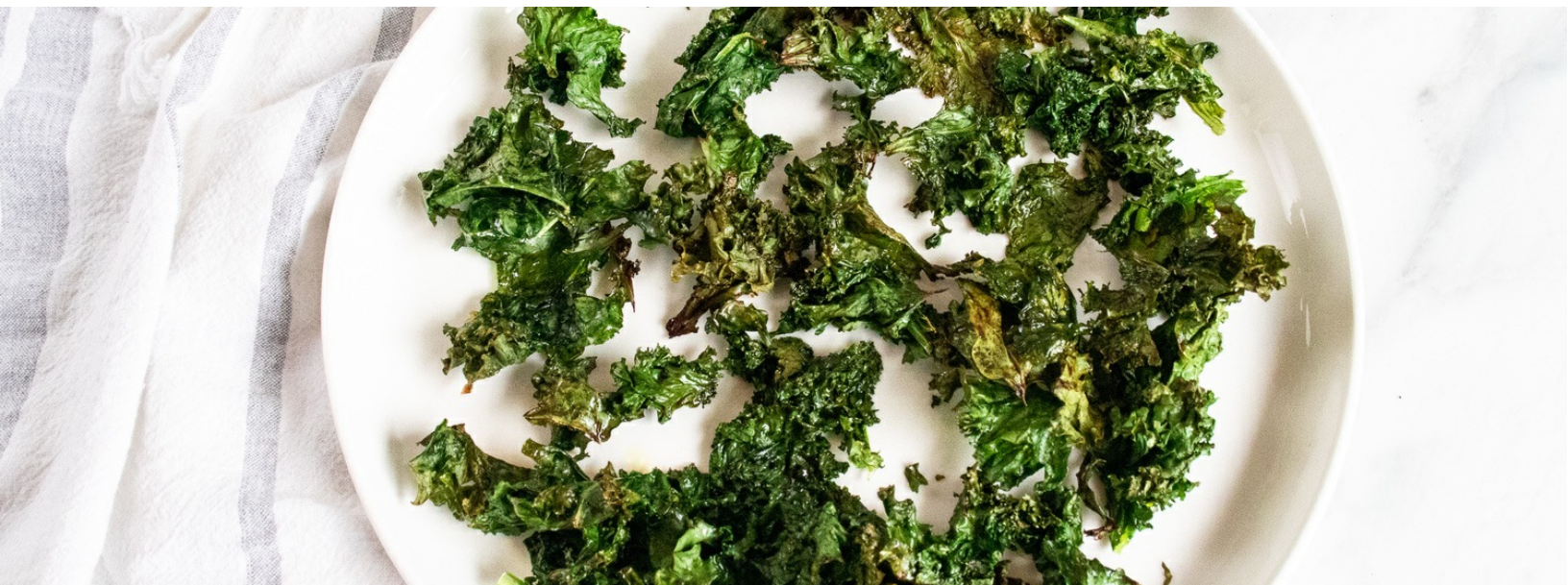
Nutrition

Amount per serving

Calories	248	Vitamin E	0mg
Fat	19g	Thiamine	0.1mg
Carbs	7g	Riboflavin	0.3mg
Fiber	1g	Niacin	0mg
Sugar	3g	Vitamin B6	0.1mg
Protein	14g	Folate	26µg
Potassium	264mg	Vitamin B12	0.6µg
Vitamin A	854IU	Phosphorous	291mg
Vitamin C	4mg	Magnesium	35mg
Calcium	422mg	Zinc	2mg
Iron	0mg	Selenium	16µg
Vitamin D	13IU		

Sweet & Salty Kale Chips

4 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Place kale leaves in a large bowl and add the salt, maple syrup, and oil on top. Massage lightly to coat the leaves.
3. Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!

Notes

Leftovers

Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for 4 to 5 minutes at 350°F (177°C).

Serving Size

One serving is equal to one cup of kale chips.

More Flavor

Add cinnamon.

Ingredients

4 cups Kale Leaves (packed, torn into pieces)

1 tsp Sea Salt

2 tbsps Maple Syrup

1 tbsps Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	126	Vitamin E	1mg
Fat	7g	Thiamine	0.1mg
Carbs	15g	Riboflavin	0.4mg
Fiber	2g	Niacin	1mg
Sugar	13g	Vitamin B6	0.1mg
Protein	1g	Folate	26µg
Potassium	189mg	Vitamin B12	0µg
Vitamin A	2021IU	Phosphorous	24mg
Vitamin C	39mg	Magnesium	18mg
Calcium	127mg	Zinc	0mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Candied Pecans with Blueberries

6 ingredients · 10 minutes · 4 servings



Directions

1. Warm a medium skillet over medium heat. Add the coconut oil. Once melted, add the pecans, maple syrup, shredded coconut and cinnamon. Stir often until everything is toasted, about 10 minutes.
2. Remove from stove and let cool. Divide the pecans and blueberries into separate containers. Enjoy!

Notes

Leftovers

For best results, store blueberries and pecans separately. Refrigerate the pecans in an airtight container for up to two weeks. Refrigerate the blueberries in an airtight container for up to five days.

More Crunch

Add pumpkin seeds.

No Pecans

Use almonds or walnuts instead.

Ingredients

- 1 tbsp** Coconut Oil
- 1 cup** Pecans
- 2 tbsps** Maple Syrup
- 1/4 cup** Unsweetened Shredded Coconut
- 1 tsp** Cinnamon
- 1 cup** Blueberries

Nutrition

Amount per serving

Calories	283	Vitamin E	1mg
Fat	25g	Thiamine	0.2mg
Carbs	17g	Riboflavin	0.2mg
Fiber	4g	Niacin	0mg
Sugar	11g	Vitamin B6	0.1mg
Protein	3g	Folate	8µg
Potassium	154mg	Vitamin B12	0µg
Vitamin A	36IU	Phosphorous	74mg
Vitamin C	4mg	Magnesium	35mg
Calcium	36mg	Zinc	1mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Sunflower Seed Butter & Strawberry Sandwich

3 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Additional Toppings

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Ingredients

2 slices Gluten-Free Bread

2 tbsps Sunflower Seed Butter

1/4 cup Strawberries (stems removed, sliced)

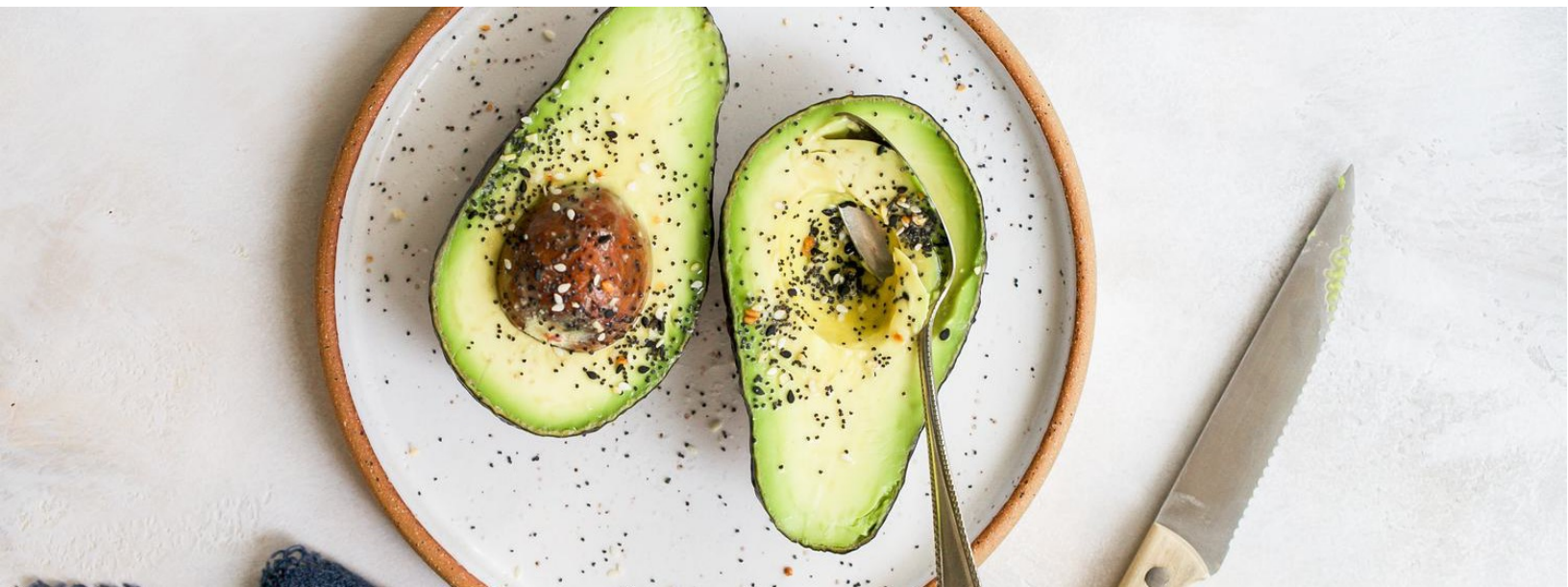
Nutrition

Amount per serving

Calories	363	Vitamin E	7mg
Fat	22g	Thiamine	0.1mg
Carbs	35g	Riboflavin	0.2mg
Fiber	5g	Niacin	3mg
Sugar	10g	Vitamin B6	0.2mg
Protein	9g	Folate	84µg
Potassium	301mg	Vitamin B12	0µg
Vitamin A	21IU	Phosphorous	260mg
Vitamin C	22mg	Magnesium	120mg
Calcium	56mg	Zinc	2mg
Iron	2mg	Selenium	34µg
Vitamin D	0IU		

Avocado with Everything Bagel Seasoning

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice avocado in half. Remove the pit and skin. Sprinkle the spices and seeds over top and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Everything Bagel Seasoning

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.

Ingredients

1 Avocado

1/2 tsp Everything Bagel Seasoning

Nutrition

Amount per serving

Calories	322	Vitamin E	4mg
Fat	29g	Thiamine	0.1mg
Carbs	17g	Riboflavin	0.3mg
Fiber	13g	Niacin	3mg
Sugar	1g	Vitamin B6	0.5mg
Protein	4g	Folate	163µg
Potassium	975mg	Vitamin B12	0µg
Vitamin A	293IU	Phosphorous	105mg
Vitamin C	20mg	Magnesium	58mg
Calcium	24mg	Zinc	1mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Green Tea Collagen Latte

5 ingredients · 10 minutes · 1 serving



Directions

1. Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
2. Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
3. Pour into a mug and enjoy!

Notes

Nut-Free

Use a nut-free milk instead, like coconut or oat.

More Flavor

Adjust the maple syrup according to preference.

Additional Toppings

Sprinkle with additional green tea powder to serve.

Make it Vegan

Omit the collagen powder.

Ingredients

1 1/4 cups Unsweetened Almond Milk

1/3 oz Collagen Powder

1 tsp Green Tea Powder (Matcha)

1 tsp Maple Syrup

1 tsp Coconut Oil

Nutrition

Amount per serving

Calories	127	Vitamin E	0mg
Fat	8g	Thiamine	0mg
Carbs	6g	Riboflavin	0.2mg
Fiber	1g	Niacin	0mg
Sugar	4g	Vitamin B6	0mg
Protein	10g	Folate	3µg
Potassium	111mg	Vitamin B12	0µg
Vitamin A	624IU	Phosphorous	4mg
Vitamin C	0mg	Magnesium	25mg
Calcium	586mg	Zinc	0mg
Iron	1mg	Selenium	4µg
Vitamin D	126IU		

Radishes & Cottage Cheese

2 ingredients · 5 minutes · 2 servings



Directions

1. Combine the cottage cheese and radishes in a bowl. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is 1/2 cup of radishes and about 1/4 cup of cottage cheese.

Dairy-Free

Use coconut yogurt instead of cottage cheese.

More Flavor

Add salt and pepper.

Ingredients

1 cup Radishes (thinly sliced)

1/2 cup Cottage Cheese

Nutrition

Amount per serving

Calories	61	Vitamin E	0mg
Fat	2g	Thiamine	0mg
Carbs	4g	Riboflavin	0.1mg
Fiber	1g	Niacin	0mg
Sugar	2g	Vitamin B6	0.1mg
Protein	6g	Folate	21µg
Potassium	190mg	Vitamin B12	0.2µg
Vitamin A	78IU	Phosphorous	95mg
Vitamin C	9mg	Magnesium	10mg
Calcium	58mg	Zinc	0mg
Iron	0mg	Selenium	5µg
Vitamin D	2IU		

Dill Pickles with Cheese & Almonds

3 ingredients · 5 minutes · 1 serving



Directions

1. Serve and enjoy!

Notes

Leftovers

Refrigerate the cheese and pickles in an airtight container for up to five days.

Dairy-Free

Use hummus or a vegan cheese instead.

Nut-Free

Use seeds or another vegetable instead of almonds.

Ingredients

1 oz Mozzarella Cheese (sliced)

1 oz Baby Pickles

1/4 cup Almonds

Nutrition

Amount per serving

Calories	283	Vitamin E	9mg
Fat	23g	Thiamine	0.1mg
Carbs	9g	Riboflavin	0.4mg
Fiber	4g	Niacin	1mg
Sugar	2g	Vitamin B6	0.1mg
Protein	13g	Folate	16µg
Potassium	262mg	Vitamin B12	0µg
Vitamin A	203IU	Phosphorous	172mg
Vitamin C	0mg	Magnesium	97mg
Calcium	197mg	Zinc	1mg
Iron	1mg	Selenium	1µg
Vitamin D	0IU		

Pressure Cooker Hard Boiled Eggs

2 ingredients · 30 minutes · 6 servings



Directions

1. Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
2. Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
3. Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

Notes

Leftovers

Refrigerate in an airtight container in the shell for up to seven days.

Serving Size

One serving is one egg.

How to Make an Ice Bath

Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.

Ingredients

1 cup Water

6 Egg

Nutrition

Amount per serving

Calories	72	Vitamin E	1mg
Fat	5g	Thiamine	0mg
Carbs	0g	Riboflavin	0.2mg
Fiber	0g	Niacin	0mg
Sugar	0g	Vitamin B6	0.1mg
Protein	6g	Folate	24µg
Potassium	69mg	Vitamin B12	0.5µg
Vitamin A	270IU	Phosphorous	99mg
Vitamin C	0mg	Magnesium	7mg
Calcium	32mg	Zinc	1mg
Iron	1mg	Selenium	15µg
Vitamin D	41IU		