



BREAKFAST LEAFY SMOOTHIE

INGREDIENTS

- 1 cup Spinach
- 1 cup Kale leaf
- 1 cup Blueberries
- 1 tbsp Chia seeds

METHOD

1. Put all your ingredients in a blender until everything is combined and smooth.
2. Add almond milk (Optional).
3. Pour 1 tbs Chia seed on the top

ENJOY IT !



LUNCH

QUINOA SALAD WITH MIXED VEGETABLES

INGREDIENTS

- 1 cup uncooked quinoa (appx 3 cup prepared)
- 1 pint cherry tomatoes, roasted
- 1 red bell pepper
- 1 yellow bell pepper
- ¼ cup diced red onions
- ¾ cup diced English cucumbers
- Handful of fresh parsley
- 1 large avocado

METHOD

1. Cook the quinoa: Cook the quinoa according to package directions. Fluff and set aside to cool.
2. Roast the tomatoes: (optional) Heat oven to 400°F. Roast whole or sliced. Combine tomatoes with 1 tablespoon olive oil, sprinkle with a little salt and pepper. Roast for 15-20 minutes, stirring occasionally.
3. Chop the veggies: Diced the vegetables: bell peppers, red onion, cucumbers, parsley.
4. Prepare the dressing: Combine all ingredients in a small dish and stir to combine.
5. Toss the salad: Combine the cooled quinoa and combine together with the vegetables and then pour the dressing and toss to combine. Keep stored in the refrigerator in an airtight container.

ENJOY IT !

DINNER

GRILLED SALMON WITH BROCCOLI

INGREDIENTS

- 1 ½ tablespoons toasted (dark) sesame oil
- 1 ½ tablespoons reduced-sodium tamari
- 1 ½ tablespoons rice vinegar
- 1 tablespoon grated fresh ginger
- ¼ teaspoon salt, divided
- 8 cups large broccoli florets with 2-inch stalks attached (about 1 pound)
- 1 tablespoon molasses
- 1 ¾ pounds wild salmon, cut into 4 portions
- 2 teaspoons toasted sesame seeds

METHOD

1. Preheat oven to 425 degrees F
2. Whisk oil, tamari, vinegar, ginger and 1/8 teaspoon salt in a large bowl. Add broccoli and toss to coat. Transfer to the prepared pan using tongs or a slotted spoon, leaving as much marinade as possible in the bowl. Whisk molasses into the remaining marinade.
3. Roast the broccoli for 5 minutes. Move it to one side of the pan and place salmon on the other side. Season the salmon with the remaining 1/8 teaspoon salt and brush with the molasses glaze. Roast until the salmon is just cooked through, 7 to 10 minutes more. Sprinkle with sesame seeds.


ENJOY IT !




SNACKS: FRESH FRUIT AND A HANDFUL OF NUTS

BEST FRUITS FOR WEIGHTLOSS

1. Grapefruit
2. Apples
3. Berries
4. Stone fruits
5. Rhubarb
6. Passion fruit

ENJOY IT ! 

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