

Vitamin D Boosting Meals

Known as the sunshine vitamin, Vitamin D is a fat -soluble vitamin which helps support bone, muscle, and immune health. When getting your daily dose of sun is not an option, dig into these vitamin D - rich meals.



Grocery List



28 ingredients

FRUITS

- ☐ 1 Avocado
- ☐ 1 1/2 Lemon

SEEDS, NUTS & SPICES

- ☐ 3/4 tsp Black Pepper
- ☐ 1 1/2 tsp Chili Powder
- ☐ 1 tsp Paprika
- ☐ 1 2/3 tsp Sea Salt
- ☐ 3/4 cup Walnuts

VEGETABLES

- ☐ 4 cups Baby Spinach
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 tbsps Fresh Dill
- ☐ 7 Garlic
- ☐ 4 cups Kale Leaves
- ☐ 4 cups Mixed Greens
- ☐ 1 cup Mushrooms
- ☐ 1/3 cup Parsley
- ☐ 4 cups Portobello Mushroom
- ☐ 1/4 cup Radishes
- ☐ 1 Red Bell Pepper
- ☐ 1 1/2 Yellow Onion

BOXED & CANNED

- ☐ 3 1/2 ozs Sardines
- ☐ 2 cups Green Lentils

BAKING

- ☐ 2/3 cup Almond Flour

BREAD, FISH, MEAT & CHEESE

- ☐ 1 1/4 lbs Salmon Fillet

CONDIMENTS & OILS

- ☐ 3 1/2 tbsps Extra Virgin Olive Oil
- ☐ 2 tpsps Tabasco Sauce

COLD

- ☐ 17 Egg
- ☐ 1 tbsp Ghee
- ☐ 2/3 cup Unsweetened Almond Milk



Kale & Red Pepper Frittata



8 ingredients



30 minutes



4 servings

DIRECTIONS

1. Preheat oven to 400°F (204°C).
2. Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
3. Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
4. Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
5. Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

NOTES

No Kale

Use spinach instead.

No Red Bell Pepper

Use a bell pepper of another color instead.

Leftovers

Keep in the fridge for up to 3 days.

INGREDIENTS

- 8 Egg
- 1/2 cup Unsweetened Almond Milk
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)

NUTRITION

Calories	196	Cholesterol	372mg
Fat	14g	Sodium	466mg
Carbs	5g	Vitamin A	2351IU
Protein	2g	Vitamin C	53mg
Carbs	3g	Calcium	1464mg
Protein	14g	Iron	2mg



Sardine & Avocado Salad



8 ingredients



20 minutes



2 servings

DIRECTIONS

1. Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
2. Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

INGREDIENTS

- 3 1/2 ozs Sardines (packed in oil, drained)
- 1/2 Lemon
- 1 tbsp Parsley (finely chopped)
- 4 cups Baby Spinach (packed)
- 1/4 cup Radishes (thinly sliced)
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (sliced)
- 1/8 tsp Sea Salt

NOTES

No Sardines

Use tuna instead.

NUTRITION

Calories	345	Cholesterol	71mg
Fat	28g	Sodium	363mg
Carbs	12g	Vitamin A	5986IU
Fiber	8g	Vitamin C	36mg
Sugar	2g	Calcium	270mg
Protein	16g	Iron	4mg



Mushroom Lentil Burgers



13 ingredients



30 minutes



9 servings

DIRECTIONS

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

NOTES

More Carbs

Serve it on a gluten-free bun or in a wrap.

Keep it Light

Serve on a bed of green or collard green wraps.

Extra Flavour

Brush the patties with clean BBQ sauce while grilling.

INGREDIENTS

1 tbsp	Extra Virgin Olive Oil
1	Yellow Onion (diced)
4 cups	Portobello Mushroom (diced)
3	Garlic (cloves, minced)
3/4 cup	Walnuts (chopped and toasted)
2 cups	Green Lentils (cooked, drained, rinsed and divided)
2 tsps	Tabasco Sauce
1 tsp	Paprika
1 1/2 tsps	Chili Powder
2/3 cup	Almond Flour
1/3 cup	Parsley (chopped)
1/4 tsp	Sea Salt
1/4 tsp	Black Pepper

NUTRITION

Calories	201	Cholesterol	0mg
Fat	13g	Sodium	94mg
Carbs	16g	Vitamin A	468IU
Fiber	7g	Vitamin C	5mg
Sugar	4g	Calcium	49mg
Protein	9g	Iron	3mg



Kale & Mushroom Egg Muffins

 **8 ingredients**

 **40 minutes**

 **12 servings**

DIRECTIONS

1. Preheat oven to 350°F (177°C). Whisk together eggs, almond milk and sea salt in a mixing bowl and set aside.
2. Heat olive oil in a frying pan over medium heat. Add onion and mushroom and saute for 5 minutes or until onions are translucent.
3. Add garlic and kale and continue to saute just until kale is wilted. Remove from heat and add to mixing bowl with eggs. Mix well.
4. Line a muffin tray with liners (parchment paper cups work best). Evenly distribute the egg/kale mixture across the muffin tin leaving some room at the top as the egg will rise. Bake in the oven for 20 minutes.
5. Remove from oven and let cool before removing the liners. Enjoy!

NOTES

- More Vegetables**
Add roasted tomatoes.
- Make it Spicy**
Add clean hot sauce.

INGREDIENTS

- 9** Eggs
- 2 tbsps** Unsweetened Almond Milk
- 1/2 tsp** Sea Salt
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/2** Yellow Onion (diced)
- 1 cup** Mushrooms
- 2** Garlic (cloves, minced)
- 2 cups** Kale Leaves (packed and finely sliced)

NUTRITION

Calories	64	Cholesterol	140mg
Fat	4g	Sodium	156mg
Carbs	1g	Vitamin A	3769IU
Fiber	0g	Vitamin C	4mg
Sugar	1g	Calcium	37mg
Protein	5g	Iron	1mg



Lemon Dill Baked Salmon



7 ingredients



25 minutes



4 servings

DIRECTIONS

1. Preheat the oven to 375°F (191°C).
2. Line a baking sheet with aluminum foil and place the salmon in the middle.
3. In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
4. Remove the salmon from the oven and serve with mixed greens. Enjoy!

INGREDIENTS

- 1 1/4 lbs Salmon Fillet
- 1 tbsp Ghee (melted)
- 2 Garlic (cloves, minced)
- 2 tbsps Fresh Dill (chopped)
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 4 cups Mixed Greens

NOTES

No Foil

Use parchment paper instead.

Likes it Crispy

Broil for 1 to 2 minutes after baking to make it crispy.

Leftovers

Keep well in the fridge for 2 to 3 days.

No Ghee

Use butter, avocado oil or coconut oil instead.

NUTRITION

Calories	247	Cholesterol	86mg
Fat	13g	Sodium	252mg
Carbs	2g	Vitamin A	229IU
Fiber	0g	Vitamin C	9mg
Sugar	0g	Calcium	41mg
Protein	29g	Iron	2mg