

FREE RECIPE GUIDE

20 Healthy Recipes

Simple meals. Everyday ingredients. Five wellness goals.

American measurements • cups / oz / °F

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01 / 20 • BLOOD SUGAR BALANCE

Cinnamon Chia Overnight Oats



Oats and chia seeds provide fiber.

PREPARATION / COOKING

5 min + overnight

Ingredients








Rolled oats	Chia seeds	Almond milk	Cinnamon	Vanilla	Berries
1/2 cup	1 tbsp	1 cup	1/2 tsp	1/2 tsp	To top

Instructions

1. Combine everything except berries in a jar.
2. Stir, cover and chill overnight.
3. Top with berries before serving.

Wellness Tip

Oats and chia seeds provide fiber.

Serving image is illustrative.

02 / 20 • BLOOD SUGAR BALANCE

Lentil & Spinach Power Soup



Lentils provide plant protein and fiber.

PREPARATION / COOKING

25 min simmer

Ingredients



Dry green lentils

1 cup



Vegetable broth

4 cups



Onion

1



Garlic

2 cloves



Spinach

2 cups



Cumin

1 tsp

Instructions

1. Sauté onion and garlic.
2. Add broth, lentils and cumin; simmer 25 minutes.
3. Stir in spinach for the last 2 minutes.

Wellness Tip

Lentils provide plant protein and fiber.

Serving image is illustrative.

03 / 20 • BLOOD SUGAR BALANCE

Baked Salmon with Garlic Broccoli



Salmon provides omega-3 fats.

PREPARATION / COOKING

15–18 min bake

Ingredients



Salmon fillets

2



Broccoli florets

2 cups



Garlic

2 cloves



Olive oil

2 tbsp



Lemon

1/2



Salt & pepper

To taste

Instructions

1. Toss broccoli with garlic, oil, salt and pepper on a sheet pan.
2. Add salmon; drizzle with oil and lemon.
3. Bake at 400°F for 15–18 minutes, until fish reaches 145°F.

Wellness Tip

Salmon provides omega-3 fats.

Serving image is illustrative.

04 / 20 • BLOOD SUGAR BALANCE

Zucchini Noodles with Walnut Pesto

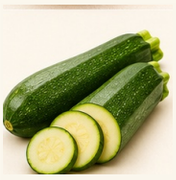


Zucchini is a lower-carbohydrate alternative to pasta.

PREPARATION / COOKING

No cooking

Ingredients



Zucchini

2, spiralized



Walnuts

1/2 cup



Basil

1 cup



Olive oil

2 tbsp



Garlic

1 clove



Parmesan

2 tbsp

Instructions

1. Blend walnuts, basil, oil, garlic and parmesan into a pesto.
2. Toss with zucchini noodles.
3. Serve right away.

Wellness Tip

Zucchini is a lower-carbohydrate alternative to pasta.

Serving image is illustrative.

05 / 20 • ANTI-INFLAMMATORY

Golden Turmeric Milk



Turmeric contains curcumin, a naturally occurring plant compound.

PREPARATION / COOKING

3–4 min simmer

Ingredients



Milk of choice

1 cup



Turmeric

1/2 tsp



Black pepper

1/4 tsp



Cinnamon

1/4 tsp



Honey

1 tsp

Instructions

1. Warm milk gently.
2. Whisk in turmeric, pepper and cinnamon; simmer 3–4 minutes.
3. Stir in honey and serve warm.

Wellness Tip

Turmeric contains curcumin, a naturally occurring plant compound.

Serving image is illustrative.

06 / 20 • ANTI-INFLAMMATORY

Grilled Chicken & Walnut Salad



Walnuts provide unsaturated fats.

PREPARATION / COOKING

12–14 min grill

Ingredients



Chicken breasts

2



Arugula

4 cups



Walnuts

1/4 cup



Olive oil

2 tbsp



Balsamic vinegar

1 tbsp

Instructions

1. Grill chicken 6–7 minutes per side, until it reaches 165°F.
2. Slice over arugula and walnuts.
3. Drizzle with oil and balsamic vinegar.

Wellness Tip

Walnuts provide unsaturated fats.

Serving image is illustrative.

07 / 20 • ANTI-INFLAMMATORY

Roasted Beet, Avocado & Spinach Salad



Beets and leafy greens provide a variety of plant nutrients.

PREPARATION / COOKING

40 min roast

Ingredients



Beets

2, roasted & cubed



Avocado

1



Spinach

3 cups



Olive oil

2 tbsp



Lemon juice

1 tbsp

Instructions

1. Roast beets at 400°F for 40 minutes.
2. Cool and cube.
3. Toss spinach, beets and avocado with oil and lemon.

Wellness Tip

Beets and leafy greens provide a variety of plant nutrients.

Serving image is illustrative.

08 / 20 • ANTI-INFLAMMATORY

Blueberry Ginger Smoothie Bowl



Blueberries contain naturally occurring polyphenols.

PREPARATION / COOKING

No cooking

Ingredients



Frozen blueberries

1 cup



Banana

1/2



Fresh ginger

1/2 inch



Greek yogurt

1/2 cup



Granola

To top

Instructions

1. Blend blueberries, banana, ginger and yogurt until thick.
2. Pour into a bowl.
3. Top with granola.

Wellness Tip

Blueberries contain naturally occurring polyphenols.

Serving image is illustrative.

09 / 20 • WEIGHT LOSS & METABOLISM

Egg White & Veggie Scramble



Egg whites provide protein.

PREPARATION / COOKING

Cook until set

Ingredients

01				
Egg whites	**Bell pepper**	**Onion**	**Spinach**	**Salt & pepper**
4	1/4 cup	1/4 cup	1/2 cup	To taste

Instructions

1. Sauté pepper and onion until soft.
2. Add spinach until wilted.
3. Pour in egg whites and scramble until cooked.

Wellness Tip

Egg whites provide protein.

Serving image is illustrative.

10 / 20 • WEIGHT LOSS & METABOLISM

Lemon Herb Turkey with Asparagus



Turkey is a lean source of protein.

PREPARATION / COOKING

10 min marinade

Ingredients



Turkey cutlets

2



Asparagus

1 bunch



Lemon

1



Olive oil

1 tbsp



Oregano

1 tsp

Instructions

1. Marinate turkey in lemon, oil and oregano for 10 minutes.
2. Grill turkey and asparagus 5–6 minutes per side.
3. Cook turkey to 165°F.

Wellness Tip

Turkey is a lean source of protein.

Serving image is illustrative.

11 / 20 • WEIGHT LOSS & METABOLISM

Spicy Cauliflower Rice Stir-Fry



Cauliflower rice is a lower-carbohydrate alternative to rice.

PREPARATION / COOKING

5 min stir-fry

Ingredients



Cauliflower rice

3 cups



Mixed vegetables

1 cup



Eggs

2



Soy sauce

1 tbsp



Chili flakes

1 tsp

06

Sesame oil

1 tbsp

Instructions

1. Sauté vegetables in sesame oil.
2. Scramble eggs alongside.
3. Add cauliflower rice, soy sauce and chili flakes; stir-fry 5 minutes.

Wellness Tip

Cauliflower rice is a lower-carbohydrate alternative to rice.

Serving image is illustrative.

12 / 20 • WEIGHT LOSS & METABOLISM

Greek Yogurt Berry Parfait

Greek yogurt provides protein and berries provide fiber.

PREPARATION / COOKING

No cooking

Greek yogurt
Mixed berries
Granola
Honey

Ingredients



Plain Greek yogurt

1 cup



Mixed berries

1/2 cup



Granola

2 tbsp



Honey

1 tsp

Instructions

1. Layer yogurt, berries and granola in a glass.
2. Drizzle with honey before serving.

Wellness Tip

Greek yogurt provides protein and berries provide fiber.

Recipe photo pending.

13 / 20 • HEART HEALTH & CIRCULATION

Baked Trout with Lemon & Dill



Trout provides omega-3 fats.

PREPARATION / COOKING

15–20 min bake

Ingredients



Trout fillets

2



Lemon

1, sliced



Fresh dill

2 tbsp



Olive oil

1 tbsp



Salt & pepper

To taste

Instructions

1. Top trout with lemon and dill in foil; drizzle with oil.
2. Fold foil closed.
3. Bake at 375°F for 15–20 minutes, until fish reaches 145°F.

Wellness Tip

Trout provides omega-3 fats.

Serving image is illustrative.

14 / 20 • HEART HEALTH & CIRCULATION

Quinoa, Kale & Pomegranate Salad



Kale, quinoa and pomegranate contribute fiber and plant nutrients.

PREPARATION / COOKING

No cooking

Ingredients



Cooked quinoa

1 cup



Chopped kale

2 cups



Pomegranate seeds

1/4 cup



Olive oil

2 tbsp



Lemon juice

1 tbsp

Instructions

1. Massage kale with a little oil to soften.
2. Toss with quinoa and pomegranate.
3. Dress with remaining oil and lemon.

Wellness Tip

Kale, quinoa and pomegranate contribute fiber and plant nutrients.

Serving image is illustrative.

15 / 20 • HEART HEALTH & CIRCULATION

Garlic Roasted Sweet Potatoes



Sweet potatoes provide potassium and fiber.

PREPARATION / COOKING

25–30 min roast

Ingredients



Sweet potatoes

2, cubed



Garlic

3 cloves



Olive oil

2 tbsp



Paprika

1/2 tsp



Salt & pepper

To taste

Instructions

1. Toss everything together.
2. Roast at 425°F for 25–30 minutes.
3. Flip halfway through.

Wellness Tip

Sweet potatoes provide potassium and fiber.

Serving image is illustrative.

16 / 20 • HEART HEALTH & CIRCULATION

Oatmeal with Flaxseed & Walnuts



Oats and flaxseed provide fiber.

PREPARATION / COOKING

5 min cook

Ingredients



Rolled oats

1/2 cup



Water or milk

1 cup



Ground flaxseed

1 tbsp



Chopped walnuts

1 tbsp



Cinnamon

To taste

Instructions

1. Cook oats with water or milk until creamy, about 5 minutes.
2. Stir in flaxseed.
3. Top with walnuts and cinnamon.

Wellness Tip

Oats and flaxseed provide fiber.

Serving image is illustrative.

17 / 20 • LUNG & RESPIRATORY HEALTH

Ginger Carrot Soup



Carrots provide beta-carotene.

PREPARATION / COOKING

20 min simmer

Ingredients



Carrots

4, chopped



Fresh ginger

1 inch



Onion

1



Vegetable broth

3 cups



Olive oil

1 tbsp

Instructions

1. Sauté onion and ginger in oil.
2. Add carrots and broth; simmer 20 minutes until soft.
3. Blend until smooth.

Wellness Tip

Carrots provide beta-carotene.

Serving image is illustrative.

Steamed Fish with Scallions & Ginger



White fish is a source of lean protein.

PREPARATION / COOKING

8–10 min steam

Ingredients



White fish fillets

2



Scallions

2, sliced



Ginger

1 inch, julienned



Soy sauce

1 tbsp

05

Sesame oil

1 tbsp

Instructions

1. Steam fish topped with ginger and scallions 8–10 minutes until opaque and 145°F.
2. Drizzle with warmed soy sauce and sesame oil.

Wellness Tip

White fish is a source of lean protein.

Serving image is illustrative.

19 / 20 • LUNG & RESPIRATORY HEALTH

Pineapple Turmeric Smoothie



Pineapple provides vitamin C.

PREPARATION / COOKING

No cooking

Ingredients



Pineapple chunks

1 cup



Turmeric

1/2 tsp



Coconut water

1/2 cup



Banana

1/2

Instructions

1. Blend all ingredients until smooth.
2. Serve immediately over ice.

Wellness Tip

Pineapple provides vitamin C.

Serving image is illustrative.

20 / 20 • LUNG & RESPIRATORY HEALTH

Broccoli & Garlic Stir-Fry with Brown Rice



Broccoli provides vitamin C and brown rice contributes fiber.

PREPARATION / COOKING

5–6 min stir-fry

Ingredients



Broccoli florets

2 cups



Garlic

3 cloves, sliced



Cooked brown rice

1 cup



Soy sauce

1 tbsp



Olive oil

1 tbsp

Instructions

1. Sauté garlic until golden.
2. Add broccoli and cook 5–6 minutes until tender-crisp.
3. Stir in soy sauce and serve over brown rice.

Wellness Tip

Broccoli provides vitamin C and brown rice contributes fiber.

Serving image is illustrative.

Keep exploring



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This guide is for general educational purposes. It is not medical advice or a substitute for individualized care. Food images are illustrative and may include optional garnishes.