



EMBER
NUTRITION & TRAINING

February Self-Love Dinner Recipes

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Salmon & Rice Bowl

4 servings

25 minutes

Ingredients

- 1 cup Brown Rice (dry)
- 1 1/3 tps Tamari
- 1 1/3 tps Extra Virgin Olive Oil
- 1 lb Salmon Fillet (skin removed)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 tbsps Mayonnaise
- 2 tps Sriracha
- 1 1/3 Avocado (cubed)
- 2/3 tsp Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	542
Fat	29g
Carbs	42g
Fiber	6g
Sugar	1g
Protein	28g
Cholesterol	67mg
Sodium	316mg
Vitamin A	235IU
Vitamin C	8mg
Calcium	33mg
Iron	2mg

Directions

- 1 Cook the rice according to the package directions. When the rice is finished cooking, pour on the tamari and set aside.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Once the salmon has cooled, flake with a fork and set aside.
- 3 In a small bowl, mix together the mayonnaise and sriracha.
- 4 Divide the rice into bowls and top with salmon, avocado, and garnish with sesame seeds. Serve with spicy mayo. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to two days.

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add more sriracha, or sesame oil to the mayo.

Additional Toppings: Top with nori, or serve with a side of kimchi.



Spicy Roasted Red Pepper Soup

4 servings

1 hour

Ingredients

- 4 Red Bell Pepper
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tsp Black Pepper (fresh ground)
- 1/8 oz Thyme Sprigs
- 1 Bay Leaf
- 3 cups Vegetable Broth
- 3 tsbps Apple Cider Vinegar
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)

Nutrition

Amount per serving	
Calories	88
Fat	2g
Carbs	16g
Fiber	4g
Sugar	10g
Protein	2g
Cholesterol	0mg
Sodium	503mg
Vitamin A	4208IU
Vitamin C	158mg
Calcium	40mg
Iron	1mg

Directions

- 1 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 2 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 3 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 4 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 5 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 6 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is roughly 1 cup of soup.



Broccoli & Cheese Melt

1 serving
15 minutes

Ingredients

- 1/2 cup Broccoli (chopped into florets)
- 1 1/2 tsps Butter
- 3 1/2 ozs Sourdough Bread
- 1 1/2 ozs Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	483
Fat	20g
Carbs	52g
Fiber	3g
Sugar	1g
Protein	20g
Cholesterol	57mg
Sodium	766mg
Vitamin A	983IU
Vitamin C	43mg
Calcium	321mg
Iron	3mg

Directions

- 1 Steam the broccoli over a small pot of water for about five minutes or until fork tender. Drain and set aside.
- 2 Heat a skillet over medium-low heat. Spread the butter on the outside of both slices of bread. Add the cheddar and broccoli to the middle.
- 3 Place on the skillet and cook for about four minutes per side, until browned on both sides. Remove from the skillet and slice in half. Enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

Gluten-Free: Use gluten-free bread.

Dairy-Free: Use vegan cheese and vegan mayonnaise.

Additional Toppings: Add apple slices, pear slices, or slices of cooked chicken.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.



Pineapple Chicken Tacos

2 servings

30 minutes

Ingredients

6 ozs Chicken Breast (boneless, skinless)
 2/3 cup Pineapple (chopped)
 1/2 Jalapeno Pepper (diced)
 1/4 Yellow Onion (medium, diced)
 2 tsps Taco Seasoning
 1/4 cup Water
 1/2 Avocado (medium, sliced)
 4 Corn Tortilla (small, warmed)
 2 tsps Cilantro
 1/2 Lime (juiced)

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	45g
Fiber	7g
Sugar	8g
Protein	23g
Cholesterol	62mg
Sodium	299mg
Vitamin A	241IU
Vitamin C	39mg
Calcium	238mg
Iron	3mg

Directions

- 1 In a pot over medium heat, add the chicken breast, pineapple, jalapeño, onion, taco seasoning, and water. Bring to a simmer, cover the pot with a lid and let it simmer for about 20 minutes or until the chicken is cooked through.
- 2 Once the chicken is done, take it out and shred it with two forks. Put it back into the pot and cook for another five minutes or until the water has evaporated. Adjust the seasoning to your taste.
- 3 Divide the shredded chicken and avocado between tortillas. Top with cilantro and lime juice. Enjoy!

Notes

Leftovers: Refrigerate the chicken mixture in an airtight container for up to three days. Assemble before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add cabbage and sauce of your choice.



Pan Fried Shrimp, Snap Peas & Rice

6 servings

20 minutes

Ingredients

- 1 1/2 cups Jasmine Rice (uncooked)
- 1 1/2 lbs Shrimp (peeled, deveined)
- 3/4 tsp Sea Salt
- 3 tbsps Extra Virgin Olive Oil
- 4 1/2 cups Snap Peas (trimmed)
- 1/4 cup Chives (chopped)

Nutrition

Amount per serving	
Calories	340
Fat	8g
Carbs	43g
Fiber	3g
Sugar	2g
Protein	27g
Cholesterol	183mg
Sodium	435mg
Vitamin A	615IU
Vitamin C	10mg
Calcium	102mg
Iron	1mg

Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 Meanwhile, place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 3 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 4 Divide the rice onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.

No Chives: Use green onion or another fresh herb such as parsley.



Pesto Quinoa & White Bean Salad

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1/3 cup Pesto
- 1 1/2 tbsps Lemon Juice
- 1 cup Cannellini Beans (cooked, drained and rinsed)
- 1/4 cup Red Onion (finely chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	453
Fat	19g
Carbs	55g
Fiber	10g
Sugar	5g
Protein	15g
Cholesterol	0mg
Sodium	596mg
Vitamin A	656IU
Vitamin C	6mg
Calcium	174mg
Iron	4mg

Directions

- 1 Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
- 2 In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
- 3 Divide between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately equal to 1 1/2 cups.

More Flavor: Add fresh garlic, extra lemon juice, or red pepper flakes.

More Veggies: Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

No Cannellini Beans: Use chickpeas or another white bean, like navy beans, instead.

Meal Prep: Use cooked quinoa to save time.



Spicy Sweet Potato, Turkey & Kale Bowl

4 servings

25 minutes

Ingredients

- 2 Sweet Potato (medium)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- 1/2 tsp Cayenne Pepper (optional)
- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper (optional)
- 8 cups Kale Leaves (finely diced)

Nutrition

Amount per serving	
Calories	319
Fat	17g
Carbs	19g
Fiber	5g
Sugar	4g
Protein	24g
Cholesterol	84mg
Sodium	490mg
Vitamin A	12014IU
Vitamin C	43mg
Calcium	165mg
Iron	3mg

Directions

- 1 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 2 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 3 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 4 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

Notes

Save Time: Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

Vegan & Vegetarian: Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.



Steak with Pineapple & Avocado Salsa

2 servings

20 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 8 ozs Flank Steak
- 1/2 tsp Sea Salt (divided)
- 1/2 cup Pineapple (chopped)
- 1/2 Avocado (diced)
- 1/4 Yellow Onion (chopped)
- 1/2 Lime (juiced)
- 1 tsp Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	307
Fat	18g
Carbs	12g
Fiber	4g
Sugar	6g
Protein	25g
Cholesterol	77mg
Sodium	656mg
Vitamin A	114IU
Vitamin C	28mg
Calcium	49mg
Iron	3mg

Directions

- 1 Warm the oil in a pan over medium-high heat. Season both sides of the steak with half of the salt. Add the steak to the pan and cook for five to six minutes on each side, or until desired doneness.
- 2 Meanwhile, in a small bowl mix the remaining ingredients together.
- 3 Remove the steak from the heat and allow it to rest for about five minutes before slicing into it.
- 4 Divide the steak evenly between plates. Top with the pineapple salsa and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Green onions.

No Lime: Use lemon instead.

No Fresh Pineapple: Use canned or frozen pineapple instead.



Brown Rice

2 servings

45 minutes

Ingredients

1/2 cup Brown Rice (uncooked)

1 cup Water

Nutrition

Amount per serving	
Calories	170
Fat	1g
Carbs	35g
Fiber	2g
Sugar	0g
Protein	3g
Cholesterol	0mg
Sodium	5mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	16mg
Iron	1mg

Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



One Pot Chickpea & Broccoli Curry

4 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 1/3 cup Shallot (chopped)
- 2 Red Bell Pepper (sliced)
- 1/4 cup Thai Red Curry Paste
- 4 Garlic (cloves, minced)
- 2 cups Canned Coconut Milk (full fat)
- 2 tsps Coconut Sugar
- 2 tbsps Tamari
- 2 cups Chickpeas (drained, rinsed)
- 4 cups Broccoli (florets, chopped)

Nutrition

Amount per serving	
Calories	448
Fat	26g
Carbs	43g
Fiber	10g
Sugar	12g
Protein	14g
Cholesterol	0mg
Sodium	983mg
Vitamin A	5453IU
Vitamin C	161mg
Calcium	104mg
Iron	4mg

Directions

- 1 Heat a large dutch oven over medium heat and melt the coconut oil. Once hot, add the shallot and bell pepper and cook for three to four minutes, until just softened.
- 2 Add the curry paste and garlic and cook for one minute longer. Add the coconut milk, sugar, tamari, chickpeas, and broccoli. Bring to a simmer and then reduce the heat to low. Cover and simmer for six to eight minutes or until the broccoli is fork-tender.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 3/4 cups.

More Flavor: Add fresh ginger or chopped jalapeño for more spice.

Additional Toppings: Serve with rice, cauliflower rice, pita, or quinoa if desired.



Hawaiian Naan Pizza

1 serving

15 minutes

Ingredients

- 1 piece Naan
- 1 tbsp Tomato Sauce
- 2 ozs Mozzarella Cheese (shredded, divided)
- 1/4 cup Pineapple (chopped)
- 2 ozs Sliced Ham (chopped)

Nutrition

Amount per serving	
Calories	504
Fat	19g
Carbs	52g
Fiber	3g
Sugar	8g
Protein	30g
Cholesterol	88mg
Sodium	1191mg
Vitamin A	495IU
Vitamin C	21mg
Calcium	288mg
Iron	4mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
- 2 Remove the naan from the oven and spread the tomato sauce evenly over top of the naan. Top with half the mozzarella, pineapple, sliced ham, and then the remaining mozzarella.
- 3 Return to the oven and bake for six to eight more minutes, or until the cheese is melted and the crust is crispy. Cut into slices and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Gluten-Free: Use a cauliflower crust or brown rice tortilla instead of naan, and adjust the baking time accordingly.

Dairy-Free: Use vegan cheese.

Additional Toppings: Add chopped bacon, green bell pepper slices, or mushrooms.

Naan: One piece of naan is 3.2 oz or 90 grams.



Chicken Taco Pizza

2 servings

30 minutes

Ingredients

- 2 pieces Naan
- 3/4 cup Marinara Sauce
- 1 1/2 tsps Taco Seasoning
- 3 ozs Mozzarella Cheese (shredded)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/4 cup Red Onion (sliced)
- 4 ozs Chicken Breast, Cooked (shredded)
- 1/4 Avocado (diced)
- 2 tsps Plain Greek Yogurt
- 2 tsps Cilantro (chopped, plus more for garnish)

Nutrition

Amount per serving	
Calories	574
Fat	21g
Carbs	57g
Fiber	6g
Sugar	8g
Protein	37g
Cholesterol	99mg
Sodium	991mg
Vitamin A	1736IU
Vitamin C	52mg
Calcium	295mg
Iron	4mg

Directions

- 1 With the rack in the middle of the oven, preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Place the naan on the prepared baking sheet. Add the marinara sauce and top with the taco seasoning, cheese, bell pepper, onion, and cooked chicken.
- 3 Bake for about 10 to 12 minutes or until golden and crisp.
- 4 Garnish with avocado, yogurt, and the cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one naan.

Naan: One piece of naan is 3.2 oz or 90 grams.

More Flavor: Use cooked turkey or black beans instead of chicken.

Additional Toppings: Chives, black olives, corn, and/or jalapeño pepper.

Gluten-Free: Use a brown rice tortilla instead of naan and adjust the baking time accordingly.



Squash & Kale Tortellini Soup

4 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 2 stalks Celery (sliced)
- 2 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 1/2 tbsps Italian Seasoning
- 8 cups Chicken Broth
- 10 1/2 ozs Cheese Tortellini
- 2 cups Kale Leaves (finely chopped)

Nutrition

Amount per serving	
Calories	337
Fat	10g
Carbs	49g
Fiber	4g
Sugar	7g
Protein	15g
Cholesterol	41mg
Sodium	2175mg
Vitamin A	8152IU
Vitamin C	25mg
Calcium	211mg
Iron	3mg

Directions

- 1 Heat the oil in a large pot over medium heat. Add the onions, celery, and squash. Cook, occasionally stirring, until the onions begin to soften, about five to seven minutes.
- 2 Stir in the Italian seasoning and add the broth. Bring to a boil, and then reduce to a simmer. Cook the soup at a low simmer until the vegetables are tender, for about 10 to 12 minutes.
- 3 Add the tortellini and the kale and cook for another three to five minutes, stirring to combine. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups.

More Flavor: Add fresh garlic.

Additional Toppings: Parmesan cheese, fresh basil.



Corn & Quinoa Salad with Steak

3 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, rinsed)
- 1 ear Corn on the Cob
- 10 ozs Ribeye Steak, Boneless (room temperature)
- Sea Salt & Black Pepper (to taste)
- 3 cups Baby Spinach
- 1/3 cup Red Onion (thinly sliced)
- 1/4 cup Cilantro Lime Dressing

Nutrition

Amount per serving	
Calories	444
Fat	26g
Carbs	29g
Fiber	3g
Sugar	3g
Protein	24g
Cholesterol	60mg
Sodium	302mg
Vitamin A	2824IU
Vitamin C	11mg
Calcium	53mg
Iron	5mg

Directions

- 1 Cook the quinoa according to package directions. Set aside to cool.
- 2 Using a cast-iron pan or grill, remove the husk from the corn. Cook the corn over medium-high heat for about one to two minutes per side until lightly charred on all sides. Once it is cooked, remove it and let it cool before slicing the kernels off the cob.
- 3 Pat the steak very dry with paper towel. Season with salt and pepper.
- 4 Use the same skillet and cook the steak for 10 to 12 minutes, flipping and turning every two to three minutes, until a dark crust has formed on both sides and the steak is cooked to your liking. Remove and let rest for about 10 minutes.
- 5 Divide the quinoa, corn, spinach, and red onion evenly between plates. Top with the steak and cilantro lime dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Warm up the steak before serving.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add cherry tomatoes.

No Corn On The Cob: Use canned corn instead.