21-Day Anti-Inflammatory Diet
(Week 2)

Brenda Peralta, RDN, CDE
https://exercisewithstyle.com
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<tr>
<td><strong>Breakfast</strong></td>
<td>Chickpea &amp; Tomato Savory Yogurt Bowl</td>
<td>Chickpea &amp; Tomato Savory Yogurt Bowl</td>
<td>Chickpea &amp; Tomato Savory Yogurt Bowl</td>
<td>High Protein Sunbutter Oatmeal with Strawberries</td>
<td>High Protein Sunbutter Oatmeal with Strawberries</td>
<td>Mixed Berry Protein Porridge</td>
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<tr>
<td><strong>Snack 1</strong></td>
<td>Lemon &amp; Chili Pepper Sardine Toast</td>
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<td>Chicken &amp; Cucumber Bites</td>
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<td><strong>Lunch</strong></td>
<td>Shepherd’s Pie Bowls</td>
<td>Quinoa-Crusted Chicken ‘Parm’ with Salsa</td>
<td>Turkey Quinoa Swiss Chard Rolls</td>
<td>Asparagus, Soba &amp; Tempeh</td>
<td>Mediterranean Tuna Salad</td>
<td>Chicken &amp; Pea Soba Noodles</td>
<td>Sweet Potato Chili Bowls</td>
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<td><strong>Dinner</strong></td>
<td>Quinoa-Crusted Chicken ‘Parm’ with Salsa</td>
<td>Turkey Quinoa Swiss Chard Rolls</td>
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<td>Sweet Potato Chili Bowls</td>
<td>Baked Salmon with Broccoli &amp; Quinoa</td>
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Brenda Peralta, RDN, CDE
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### Fruits
- 1/4 Avocado
- 1/2 Banana
- 2 cups Blueberries
- 1/3 Lemon
- 1 tbsp Lemon Juice
- 1/4 cup Lime Juice
- 2 Peach
- 1/2 cup Strawberries

### Breakfast
- 2 tbsp Almond Butter

### Seeds, Nuts & Spices
- 1 1/4 tbsp Chili Powder
- 2 tsp Cinnamon
- 1/2 tsp Cumin
- 1 1/16 tsp Garlic Powder
- 3 1/16 tbsp Ground Flax Seed
- 1 tbsp Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 1/2 tbsp Onion Powder
- 1/8 tsp Paprika
- 1 1/2 tsp Poultry Seasoning
- 3 tbsp Pumpkin Seeds
- 1 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tsp Turmeric

### Vegetables
- 3/4 cup Asparagus
- 1/2 cup Basil Leaves
- 2 cups Broccoli
- 1/2 Carrot
- 1/8 head Cauliflower
- 1 1/2 stalks Celery
- 2 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 2 Cucumber
- 5 1/4 Garlic
- 2 tsp Ginger
- 1/4 Green Bell Pepper
- 1 1/2 stalks Green Onion
- 1 3/4 Jalapeno Pepper
- 1/2 cup Matchstick Carrots
- 1/4 cup Parsley
- 3 Red Hot Chili Pepper
- 3/4 cup Red Onion
- 1 Sweet Potato
- 2 cups Swiss Chard
- 1/4 White Onion
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1/2 Yellow Potato
- 1/2 Zucchini

### Bread, Fish, Meat & Cheese
- 511 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 1/3 cup Cream Cheese, Regular
- 454 grams Extra Lean Ground Turkey
- 3 slices Gluten-Free Bread
- 142 grams Salmon Fillet
- 170 grams Tempeh

### Condiments & Oils
- 2 3/4 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsp Miso Paste
- 1/2 cup Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 1/4 cup Sunflower Seed Butter

### Cold
- 3 cups Cottage Cheese
- 2 cups Egg Whites
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Unsweetened Almond Milk

### Other
- 2 2/3 cups Water

### Boxed & Canned
- 185 grams Buckwheat Soba Noodles
- 1 3/4 cups Cannellini Beans
- 1 1/2 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils
- 1 cup Lite Coconut Milk
- 1 cup Quick Oats
- 1 cup Quinoa
- 1/2 cup Red Kidney Beans
- 2/3 cup Salsa
- 83 grams Sardines
- 1 can Tuna

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**Brenda Peralta, RDN, CDE**
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1 cup Vegetable Broth

Baking

1/2 cup Oats
Chickpea & Tomato Savory Yogurt Bowl

**Ingredients**

- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 cups Chickpeas (drained & rinsed)
- 1 cup Cherry Tomatoes (halved)
- 3 tbsp Pumpkin Seeds
- Sea Salt & Black Pepper (to taste)

**Directions**

1. Combine all ingredients in a bowl. Enjoy!

**Notes**

- **Leftovers:** Refrigerate in an airtight container for up to five days.
- **Serving Size:** One serving is equal to approximately 1 1/2 cups.
- **Make it Vegan:** Use dairy-free yogurt.
- **Additional Toppings:** Tamari, cucumber, red onion, pickled onions, and/or fresh parsley.

**Nutrition**

| Amount per serving |  
|--------------------|---|
| Calories           | 279 |
| Fat                | 9g  |
| Carbs              | 31g |
| Fiber              | 7g  |
| Sugar              | 8g  |
| Protein            | 21g |
| Cholesterol        | 17mg|
| Sodium             | 79mg|
| Vitamin A          | 1062IU|
| Vitamin C          | 15mg|
| Calcium            | 299mg|
| Iron               | 4mg  |
High Protein Sunbutter Oatmeal with Strawberries

**Ingredients**

- 1 cup Quick Oats
- 1 cup Water
- 1 cup Egg Whites
- 2 tbsp Sunflower Seed Butter
- 1 tbsp Hemp Seeds
- 1/2 cup Strawberries (stems removed, chopped)

**Directions**

1. Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
2. Transfer to a bowl and top with sunflower seed butter, hemp seeds and strawberries. Enjoy!

**Nutrition**

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**Notes**

- **Leftovers:** Refrigerate in an airtight container for up to three days.
- **More Flavor:** Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt.
- **Additional Toppings:** Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or chia seeds.
- **Make it Vegan:** Omit the egg whites.
- **No Sunflower Seed Butter:** Use almond butter, tahini, pumpkin seed butter or peanut butter instead.
Mixed Berry Protein Porridge

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsp Cinnamon
- 1 cup Egg Whites
- 2 tbsp Almond Butter

Directions

1. Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.

2. Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. Enjoy!

Notes

- **Leftovers:** Refrigerate in an airtight container for up to three days.
- **More Flavor:** Add maple syrup or honey and vanilla extract.
- **Additional Toppings:** Additional almond butter, banana slices, fresh berries, or extra cinnamon.
- **No Almond Milk:** Use another dairy or dairy alternative milk instead.
- **No Almond Butter:** Use another nut or seed butter instead.
- **Frozen Berries:** This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.
Lemon & Chili Pepper Sardine Toast

3 servings
10 minutes

Ingredients

3/4 Garlic (clove)
3 slices Gluten-Free Bread (toasted)
83 grams Sardines (packed in oil, drained, halved lengthwise)
1 1/2 stalks Green Onion (sliced)
3 Red Hot Chili Pepper (sliced)
1/8 Lemon (juiced, zested)

Directions

1. Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

More Flavor: Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

No Sardines: Use tuna instead.

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Chicken & Cucumber Bites

4 servings
35 minutes

Ingredients

- 2 Cucumber (large, cut into 1-inch rounds)
- 1/3 cup Cream Cheese, Regular
- 227 grams Chicken Breast, Cooked (shredded into 1-inch pieces)
- 1/2 cup Matchstick Carrots (1-inch long)
- 1/2 cup Basil Leaves (chopped)

Directions

1. Hollow out the cucumber rounds with a knife to leave an edge of approximately 1/5 inch (1/2 cm).
2. Spread the cream cheese into each cucumber round, using approximately one tsp per cucumber round.
3. Divide the remaining ingredients evenly between the cucumber rounds until each one is stuffed full. Enjoy!

Notes

- **Leftovers**: Refrigerate in an airtight container for up to three days.
- **Serving Size**: One serving is approximately five bites.
- **Dairy-Free**: Use avocado or dairy-free cream cheese in place of regular cream cheese.
- **Different Fillings**: Use smoked or cooked salmon in place of chicken, bell pepper or zucchini in place of carrot, and cilantro or parsley in place of basil.
- **Make it Vegan**: Use avocado or dairy-free cream cheese, and tofu or tempeh instead of chicken.
- **Leftover Cucumber**: Use the cucumber cores in salads, smoothies, or eating on their own.

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Peach Salsa

4 servings
10 minutes

Ingredients

2 Peach (large, finely chopped)
1/2 cup Red Onion (finely diced)
1 Jalapeno Pepper (finely chopped)
1/3 cup Cilantro (finely chopped)
1/4 cup Lime Juice
1/2 tsp Sea Salt

Directions

1. Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately 1/4 cup.
Serve it With: Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.

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Shepherd’s Pie Bowls

1/2 Yellow Potato (medium, chopped)
1/8 head Cauliflower (chopped into florets)
3/4 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (medium, diced)
1/2 Carrot (medium, peeled and diced)
3/4 stalk Celery (diced)
1/2 Garlic (cloves, minced)
113 grams Extra Lean Ground Turkey
1 1/2 tsp Poultry Seasoning
Sea Salt & Black Pepper (to taste)
1 1/3 tbsp Unsweetened Almond Milk

Directions

1. Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.

2. While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.

3. When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.

4. To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

Notes

Lower Carb: Replace the yellow potato with more cauliflower.
Vegan Version: Replace the ground turkey with lentils or shredded tempeh.
Leftovers: Keeps well in the fridge for up to 4 days.
Golden Smoothie

Ingredients

1 cup Lite Coconut Milk
1 cup Frozen Pineapple
1/2 Banana (frozen)
1/2 Zucchini (chopped and peeled, frozen)
1 1/2 tsps Ginger (fresh, minced)
1 tsp Turmeric

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini: Omit or replace with frozen cauliflower or diced avocado.
No Fresh Ginger: Use powdered ginger instead, reduce to 1/2 tsp per serving.

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Cottage Cheese & Blueberry Sauce

**Ingredients**

- 2 cups Blueberries (fresh or frozen, thawed)
- 3 cups Cottage Cheese

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**Directions**

1. Blend the blueberries in a mini food processor or with an immersion blender until your desired consistency is reached.
2. Serve the cottage cheese with the blended blueberries and enjoy!

**Notes**

- **Leftovers:** Refrigerate in an airtight container for up to four days.
- **Additional Toppings:** Top with fresh fruit, crushed nuts, hemp seeds, or sweetener of your choice.
Quinoa-Crusted Chicken 'Parm' with Salsa

### Ingredients

- 3 tsps Ground Flax Seed
- 1/3 cup Water
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1/2 tsp Sea Salt
- 1/3 cup Quinoa (dry)
- 283 grams Chicken Breast (boneless, skinless, sliced horizontally)
- 1/2 cup Salsa

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### Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. In a shallow bowl, combine the flax, water, garlic powder, onion powder, and salt. Set it aside to thicken for five minutes.
3. Cook the quinoa according to the directions on the package.
4. Pat the sliced chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for the remaining chicken.
5. Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa overtop and bake for 5 more minutes or until cooked through. Enjoy!

### Notes

Serve it With: Brown rice spaghetti, garlic bread, roasted veggies or salad.
No Salsa: Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.
Real Cheese Lover: Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.
Leftovers: Refrigerate in an air-tight container up to 3 days.
Turkey Quinoa Swiss Chard Rolls

2 servings
1 hour

Ingredients

1/3 cup Quinoa (uncooked)
1/2 cup Water
227 grams Extra Lean Ground Turkey
1 tbsp Italian Seasoning
1/8 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 1/2 cups Crushed Tomatoes
2 cups Swiss Chard (washed and stems cut off)

Nutrition

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Directions

1. Preheat oven to 375°F (191°C).

2. Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.

3. Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.

4. Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).

5. Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.

6. Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Notes

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

Slow Cooker Version: Place rolls and sauce in slow cooker and cook on low for 4 hours.

No Quinoa: Use brown rice.
Asparagus, Soba & Tempeh

Ingredients

- 100 grams Buckwheat Soba Noodles (dry, uncooked)
- 3/4 cup Asparagus (trimmed, cut into bite sized pieces)
- 1 1/2 tbsp Miso Paste
- 1 tbsp Rice Vinegar
- 1/2 tsp Ginger (fresh, minced)
- 1 1/2 tbsp Water
- 170 grams Tempeh (cut into strips)
- 1 tsp Sesame Seeds

Directions

1. Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.

2. Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.

3. In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.

4. Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Nutrition

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Notes

- **Leftovers:** Refrigerate in an airtight container for up to four days.
- **Additional Toppings:** Add sliced green onions or red pepper flakes.
Mediterranean Tuna Salad

Ingredients

- 1 can Tuna (drained)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Pitted Kalamata Olives (halved)
- 1/4 cup Red Onion (sliced)
- 1 3/4 cups Cannellini Beans (drained and rinsed)
- 2 tbsp Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 3 tbsp Parsley (finely chopped)
- Sea Salt & Black Pepper (to taste)

Directions

1. In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.

2. Divide onto plates, serve and enjoy!

Notes

- Leftovers: Refrigerate in an airtight container for up to two days.
- Serving Size: One serving is about two cups.
- Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Nutrition

- Calories: 448
- Fat: 19g
- Carbs: 44g
- Fiber: 12g
- Sugar: 5g
- Protein: 26g
- Cholesterol: 30mg
- Sodium: 1053mg
- Vitamin A: 1260IU
- Vitamin C: 23mg
- Calcium: 100mg
- Iron: 7mg
Chicken & Pea Soba Noodles

2 servings
35 minutes

Ingredients

- 227 grams Chicken Breast
- 1/3 cup Water (divided)
- 85 grams Buckwheat Soba Noodles
- 1/2 Yellow Bell Pepper (sliced)
- 1/2 cup Frozen Peas (thawed)
- 2 tbsp Sunflower Seed Butter
- 2 Garlic (cloves, minced)
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt

Directions

1. Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.

2. Meanwhile, cook the soba noodles according to the package directions.

3. Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.

4. In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.

5. Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. Enjoy!

Nutrition

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Notes

- **Leftovers**: Refrigerate in an airtight container for up to three days.
- **Serving Size**: One serving is equal to approximately 1 1/2 cups.
- **Make it Vegan**: Use tofu or tempeh in place of the chicken.
- **More Flavor**: For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.
- **Additional Toppings**: Cilantro and sesame seeds.
- **No Sunflower Seed Butter**: Use peanut butter or almond butter instead.
Sweet Potato Chili Bowls

2 servings

2 hours

Ingredients

- 113 grams Extra Lean Ground Turkey
- 1/4 White Onion (chopped)
- 2 Garlic (clove, minced)
- 1/4 Green Bell Pepper (chopped)
- 1 tbsp Parsley (diced)
- 3/4 Jalapeno Pepper (de-seeded and chopped)
- 3 stalk Celery (diced)
- 3/4 cup Diced Tomatoes
- 1 1/4 tsp Chili Powder
- 1/2 tsp Cumin
- 1 cup Vegetable Broth
- 1/2 cup Red Kidney Beans (cooked, drained and rinsed)
- 1/2 cup Green Lentils (cooked, drained and rinsed)
- 1 Sweet Potato (optional)
- 1/4 Avocado (peeled and diced)
- 2 tbsp Salsa

Directions

1. Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.

2. Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.

3. Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.

4. In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)

5. Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don’t throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)

6. Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!
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Baked Salmon with Broccoli & Quinoa

1 serving
20 minutes

**Ingredients**

- **142 grams** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- **2 cups** Broccoli (sliced into small florets)
- **1 1/2 tsp** Extra Virgin Olive Oil
- **1/4 cup** Quinoa (uncooked)
- **1/3 cup** Water
- **1/8 Lemon** (sliced into wedges)

**Directions**

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.

2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.

3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.

4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.

5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

**Nutrition**

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<th>Amount per serving</th>
<th>Calories</th>
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**Notes**

- **Leftovers:** Store covered in the fridge up to 2 days.
- **Speed it Up:** Cook the quinoa ahead of time.
- **Vegan:** Use tofu steaks instead of salmon fillets.