



March Recipe Book 2025

Created by EpicLuv



Cilantro Lime Dressing

7 ingredients · 5 minutes · 8 servings



Directions

1. Add all of the ingredients into a blender and blend until completely smooth.
2. Season with additional salt or lime juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to 2 tablespoons of dressing.

No Coconut Milk

Use almond milk or unsweetened oat milk instead.

Serve it With

Raw vegetables, on salads or on burgers.

Ingredients

- 1/2 Avocado (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 tsp Ground Ginger
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 1/2 cup Canned Coconut Milk

Coconut Shredded Chicken Soup

13 ingredients · 40 minutes · 4 servings



Directions

1. In a shallow dish, add the chicken and season with thyme, onion powder, half the sea salt and half the avocado oil.
2. In a dutch oven, over medium heat, add the remaining avocado oil along with the onion and celery and cook for 5 minutes. Add the garlic and cook for 1 minute more. Add the chicken to the pot and brown on all sides, about 5 to 7 minutes.
3. Add the broth and lower the heat to medium-low and let it simmer for about 10 minutes. Remove the chicken and shred it using two forks. Return to the pot along with the coconut milk, lime juice and remaining sea salt and stir to combine.
4. Divide the chicken into bowls and top with arugula and avocado. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Add mushroom powder to season the chicken. Top with chili flakes for more spice.

Additional Toppings

Serve with tortilla chips for dipping.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless)
- 1/3 tsp Dried Thyme
- 1/2 tsp Onion Powder
- 1/2 tsp Sea Salt (divided)
- 2 tsps Avocado Oil (divided)
- 1/2 Yellow Onion (chopped)
- 2 stalks Celery (chopped)
- 2 Garlic (cloves, minced)
- 1 1/4 cups Chicken Broth
- 1 1/4 cups Canned Coconut Milk (full fat)
- 2 tbsps Lime Juice
- 2 cups Arugula
- 1 Avocado (sliced)

Grilled Salmon Salad with Cilantro Lime Dressing

9 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat. Clean the grates and grease well.
2. Pat the salmon dry with paper towel. Drizzle the oil over the salmon. Rub it with chipotle powder and season with salt and pepper.
3. Place the salmon flesh side down and close the lid. Grill for two to three minutes. Gently flip the salmon skin side down and reduce the heat to medium. Close the lid and grill for three to five minutes or until cooked through. Rest for five minutes and then flake into pieces.
4. Add the arugula, onion, cucumber, and tomatoes to a salad bowl. Drizzle most of the dressing over top. Portion onto plates and top with salmon. Add the remaining dressing as needed and enjoy!

Notes

Leftovers

Refrigerate the salmon and salad ingredients separately from the dressing in sealed containers for up to two days.

Serving Size

One serving is approximately 2 1/2 cups of salad with salmon.

Additional Toppings

Sliced avocado, cilantro, radish or toasted nuts/seeds.

Ingredients

- 1 lb Salmon Fillet (skin on)
- 2 tsps Avocado Oil
- 1/2 tsp Chipotle Powder
- Sea Salt & Black Pepper (to taste)
- 6 cups Arugula
- 1/3 cup Red Onion (thinly sliced)
- 1/2 Cucumber (large, sliced)
- 2 cups Cherry Tomatoes (halved)
- 1/3 cup Cilantro Lime Dressing

Sweet Potato & Pineapple Salad with Chicken

10 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Toss the sweet potato in half of the oil and season with half of the salt. Add to the prepared baking sheet, along with the chicken, and cook in the oven for 25 minutes, or until cooked through.
3. Meanwhile, add the pineapple, chives, and cilantro to a large bowl.
4. In a small bowl, whisk together the remaining oil, remaining salt, coconut aminos, lime juice, and ginger.
5. Add the cooked sweet potato to the pineapple mixture and stir to combine. Drizzle on the dressing, then toss to coat. Serve with the chicken and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of salad and one chicken breast.

Additional Toppings

Sliced jalapeño pepper.

Ingredients

- 1 Sweet Potato (medium, chopped)
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- 1/2 **tsp** Sea Salt (divided)
- 1 **lb** Chicken Breast
- 2 **cups** Pineapple (chopped)
- 1/4 **cup** Chives (chopped)
- 1/2 **cup** Cilantro (chopped)
- 1 **tbsp** Coconut Aminos
- 1 **tbsp** Lime Juice
- 1 **tbsp** Ginger (freshly grated)

Lentil & Purple Cabbage Salad

10 ingredients · 40 minutes · 3 servings



Directions

1. Cook the lentils according to the package directions. Once cooked, drain and rinse under cold water then add to a large serving bowl.
2. Add the remaining ingredients to the bowl and toss to coat. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add more nuts, seeds, and/or fresh herbs like chives and basil.

Ingredients

- 1 cup Dry Green Lentils (rinsed)
- 1 1/2 cups Purple Cabbage (thinly sliced)
- 1/4 cup Shallot (finely chopped)
- 1 Carrot (medium, finely diced)
- 1 stalk Celery (medium, finely diced)
- 1/3 cup Almonds (roasted, chopped)
- 1/2 cup Parsley (chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Lemon Juice

Lemon Oat Bars

8 ingredients · 2 hours 5 minutes · 16 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a pan with parchment paper and set aside.
2. In a large bowl, combine the oat flour, coconut oil, half of the honey, and half of the salt. Mix well until a wet, but firm consistency is formed.
3. Press the dough into the lined pan, making sure to press it out evenly and into the corners. Bake for 15 minutes, until lightly browned and set. Let cool.
4. While the crust is baking, in a mixer add the eggs, coconut flour, lemon zest, lemon juice, the remaining honey, and remaining salt. Mix for about four minutes or until well combined.
5. Pour the mixture on top of the crust and bake for 30 minutes, or until set and cooked through. Cool completely then chill for one to two hours before serving.
6. When ready to serve, remove from the pan, cut into squares, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one square. A 9 x 9-inch (23 x 23 cm) square pan was used to make 16 servings.

No Honey

Use maple syrup instead of honey.

No Oat Flour

Use all purpose gluten-free flour instead.

Ingredients

- 1 cup Oat Flour
- 1/3 cup Coconut Oil (melted)
- 1/2 cup Raw Honey (divided)
- 1/2 tsp Sea Salt (divided)
- 6 Egg (large)
- 2 tbsps Coconut Flour
- 1 tbsp Lemon Zest
- 1/2 cup Lemon Juice

Za'atar Drumsticks with Cauliflower & Arugula

8 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together the oil, lemon juice, za'atar, salt, and pepper. Add the chicken and cauliflower and mix well.
3. Transfer into the baking sheet and cook in the oven for about 30 minutes or until the chicken is cooked through. Flip the chicken and vegetables halfway.
4. Divide the chicken, arugula, and cauliflower evenly between plates. Serve with green goddess sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup arugula, two drumsticks, one cup of cauliflower, and 1 1/2 tablespoons sauce.

More Flavor

Add carrots and zucchini.

No Green Goddess Sauce

Use tahini or any dressing of choice instead.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 **Lemon** (juiced)
- 1 **tbsp** Za'atar Spice
- Sea Salt & Black Pepper (to taste)
- 1 **lb** Chicken Drumsticks
- 1/2 **head** Cauliflower (large, chopped into small florets)
- 2 **cups** Arugula
- 3 **tbsps** Green Goddess Salad Dressing

Kiwi Granola Chia Pudding

5 ingredients · 2 hours 10 minutes · 2 servings



Directions

1. In a bowl, stir together the oat milk, maple syrup, and chia seeds. Refrigerate for at least two hours or until chilled and chia seeds have set.
2. Divide the chia pudding, granola, and kiwi evenly between jars or bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

More Flavor

Add vanilla or cardamom to the chia pudding.

No Oat Milk

Use any other milk of choice.

Ingredients

- 1 cup Oat Milk
- 1 tbsp Maple Syrup
- 1/4 cup Chia Seeds
- 1/4 cup Granola
- 1 Kiwi (peeled, sliced)

Mango Green Smoothie Bowl

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
2. Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie

Add more almond milk for a thinner consistency.

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsp Hemp Seeds

Pineapple Basil Mocktail

6 ingredients · 10 minutes · 2 servings



Directions

1. Add all the ingredients except for the ice cubes to a blender. Blend until smooth.
2. Divide the ice cubes between glasses. Pour the drink overtop and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately 1 1/2 cups.

No Maple Syrup

Use honey instead.

No Basil

Use mint instead.

Ingredients

- 2 cups** Pineapple (chopped)
- 4 fl ozs** Pineapple Juice
- 2 tbsps** Lime Juice
- 2 tbsps** Maple Syrup
- 2 tbsps** Basil Leaves (chopped)
- 8** Ice Cubes (as needed)

Pineapple Chicken Stir Fry

10 ingredients · 25 minutes · 3 servings



Directions

1. Cook the rice according to package directions.
2. In a large pan over medium heat, add 2/3 of the oil and sauté the garlic and shallots until fragrant, about two minutes. Then, add the chicken and cook for five to seven minutes.
3. Add the mixed vegetables, pineapple, and green onions to the pan and stir well.
4. Mix the coconut aminos, ketchup, and remaining oil together and add to the pan. Stir everything together to make sure it is coated well with the sauce. Cover and continue cooking for two minutes.
5. Divide the rice evenly between bowls and top with the pineapple chicken stir fry. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups of stir fry over 1/3 cup of rice.

Make it Vegan

Use tofu or tempeh instead of chicken.

More Flavor

Add chopped yellow onion to the stir fry when cooking the garlic. Add Chinese Five Spice and sesame oil to the sauce. Use sesame oil instead of olive oil to cook the chicken.

Additional Toppings

Chopped peanuts, sesame seeds, and/or bean sprouts.

No Coconut Aminos

Use soy sauce or tamari.

Ingredients

- 1/3 cup Basmati Rice (dry)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced)
- 1/4 cup Shallot (minced)
- 8 ozs Chicken Thighs (boneless, skinless, cubed)
- 2 cups Frozen Vegetable Mix
- 1/2 cup Pineapple (chopped)
- 2 stalks Green Onion (chopped)
- 1/4 cup Coconut Aminos
- 1 tbsp Sugar Free Ketchup