



June Recipe Book 2025

Created by EpicLuv



Fig, Goat Cheese & Prosciutto Toast

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the goat cheese over the sourdough bread. Top with figs and prosciutto. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is equal to one slice of toast.

More Flavor

Add chili flakes, honey, and/or extra virgin olive oil.

Gluten-Free

Use gluten-free bread instead.

Dairy-Free

Use dairy-free cheese. Omit the cheese and use hummus instead.

Sourdough Bread

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

Ingredients

2 tbsps Goat Cheese

1 3/4 ozs Sourdough Bread (toasted)

2 Fig (sliced)

1 1/2 ozs Prosciutto (thinly sliced, torn into bite sized pieces)

Peach & Granola Quinoa Porridge

9 ingredients · 20 minutes · 2 servings



Directions

1. In a small pot, bring the quinoa, milk, water, maple syrup, and salt to a boil.
2. Reduce the heat to low and simmer covered until the liquid has been absorbed and the quinoa is tender but still chewy, about 15 minutes. Remove from heat and let stand for five minutes. Fluff with a fork.
3. Divide into bowls and serve topped with peach slices, yogurt, granola, and hemp seeds. Add more milk and maple syrup, if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

Meal Prep

The quinoa can be prepared ahead of time and kept stored in the refrigerator. Reheat on the stove or in the microwave when ready to serve.

More Flavor

Use berries or apples instead of peaches. Use sunflower and/or chia seeds instead of hemp seeds.

Ingredients

- 1/2 cup** Quinoa (tricolor, rinsed and drained)
- 1 cup** Unsweetened Almond Milk (plus more for garnish)
- 1/2 cup** Water
- 1 1/2 tsps** Maple Syrup (plus more for garnish)
- 1/8 tsp** Sea Salt
- 1** Peach (pitted, sliced)
- 1/4 cup** Unsweetened Coconut Yogurt
- 1/4 cup** Granola
- 1 1/2 tsps** Hemp Seeds

Chicken & Asparagus Pesto Pasta

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
3. Meanwhile, cook the pasta according to package instructions.
4. To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately two cups.

Dairy-Free

Use nutritional yeast or plant-based cheese instead of parmesan.

Additional Toppings

Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.

Ingredients

- 8 1/2 ozs Chicken Breast
- 2 cups Asparagus (ends trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 9 3/4 ozs Chickpea Pasta (dry)
- 1/3 cup Pesto
- 1 tbsp Lemon Juice
- 3 tbsps Parmigiano Reggiano (finely grated)
- Sea Salt & Black Pepper (to taste)

Sesame Soy Cucumber Salad

9 ingredients · 10 minutes · 3 servings



Directions

1. Slice the cucumber using a spiralizer or a knife.
2. Sprinkle salt over the cucumbers and let it sit for eight to 12 minutes. Rinse and pat dry.
3. In a small bowl, mix together the soy sauce, garlic, vinegar, chili sauce, sesame oil, sesame seeds, and green onions. Stir until well combined.
4. Toss the cucumbers in the dressing until evenly coated. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

More Flavor

Add sriracha and seaweed chips.

Ingredients

- 2 Cucumber (medium)
- 1 **tbsp** Sea Salt
- 1 **1/2 tps** Soy Sauce
- 1/2 Garlic (clove, minced)
- 1 **tbsp** Rice Vinegar
- 1 **tbsp** Sweet Chili Sauce
- 1 **tsp** Sesame Oil
- 2 **tps** Sesame Seeds (toasted)
- 3 **stalks** Green Onion (sliced)

Quinoa & Roasted Chickpea Rainbow Salad

14 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Pat the chickpeas dry and toss them with the melted coconut oil and sea salt. Spread them across the baking sheet and roast for 25 minutes, or until golden brown. Stir at the halfway mark.
3. While the chickpeas roast, cook the quinoa by combining the quinoa and water in a pot. Bring to a boil over high heat, then reduce to a simmer and cover. Simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork, and set aside.
4. Prepare the dressing by combining the olive oil and balsamic vinegar in a jar. Add a pinch of sea salt and black pepper to taste, and mix well.
5. Add the mixed greens to a large bowl. Top with quinoa, roasted chickpeas, cucumber, nectarine, raspberries, pumpkin seeds and basil. Drizzle with dressing and toss well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately 1 1/2 cups.

No Nectarine

Use sliced pear, plum, apple or peach instead.

Ingredients

- 2 cups Chickpeas (cooked)
- 1 1/2 tsps Coconut Oil (melted)
- 1/2 tsp Sea Salt
- 1 cup Quinoa (dry)
- 1 3/4 cups Water
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 6 cups Mixed Greens
- 1 Cucumber (diced)
- 1 Nectarine (pitted and thinly sliced)
- 1 cup Raspberries
- 1/4 cup Pumpkin Seeds
- 1/4 cup Basil Leaves (finely sliced)

Spicy Shrimp & Edamame Rice Bowl

8 ingredients · 20 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. In a bowl, whisk together the mayonnaise, sriracha, and lemon juice.
3. Divide the rice, shrimp, edamame, and cucumber evenly between bowls. Top with green onion and drizzle with the spicy mayonnaise. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup rice with shrimp, cucumber, edamame, and dressing.

No Green Onion

Omit or use cilantro instead.

No Basmati Rice

Use brown rice or jasmine rice.

Ingredients

1/2 cup Basmati Rice (dry, rinsed)

1 1/2 tbsps Mayonnaise

1 tsp Sriracha

1/4 Lemon (medium, juiced)

8 ozs Shrimp, Cooked

1/2 cup Frozen Edamame (defrosted)

1/4 Cucumber (medium, sliced)

1 stalk Green Onion (chopped)

One Pan Steak, Asparagus & Mushrooms

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat half the oil in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side, or until it has reached your desired doneness. Set aside and let rest for at least five minutes before cutting into slices.
3. Reduce the heat to medium and add the remaining oil to the skillet. Cook the asparagus and mushrooms for about five minutes, or until cooked through seasoning with the remaining salt.
4. Divide the asparagus, mushrooms, and steak slices onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Serve with garlic butter sauce, chimichurri, salsa or caramelized onions.

Serving Size

One serving is approximately 3/4 cup asparagus, 1/4 cup mushrooms, and 8 ounces (227 grams) steak.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil (divided)
- 1 **lb** Top Sirloin Steak
- 1/4 **tsp** Sea Salt (divided)
- 2 **cups** Asparagus (woody ends trimmed)
- 12 **Cremini Mushrooms** (sliced)

Figs & Yogurt with Flax

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, mix together yogurt and flax. Top with figs and drizzle syrup overtop. Enjoy!

Notes

No Greek Yogurt

Use any yogurt alternative or coconut cream.

No Maple Syrup

Use honey instead.

Leftovers

Refrigerate in an airtight container up to 5 days.

Ingredients

1/2 cup Plain Greek Yogurt

1 tbsp Ground Flax Seed

3 Fig (sliced)

1 tbsp Maple Syrup

Peach Ice Cream

2 ingredients · 5 minutes · 3 servings



Directions

1. Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
2. Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

Notes

Homemade

Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

Nut Allergy

Use sunflower seed butter instead.

Make it Sweeter

Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving

Ingredients

2 Peach (sliced and frozen)

1/2 cup Macadamia Nut Butter

Plum & Nectarine Crisp

7 ingredients · 1 hour · 6 servings



Directions

1. Preheat the oven to 350°F (175°C) and grease a deep baking dish. Add the nectarines, plums, and half of the coconut sugar. Toss to combine then spread the fruit out along the bottom. Set aside.
2. In a mixing bowl, add the oats, coconut flour, salt, and remaining coconut sugar. Mix to combine.
3. Add the coconut oil, one tablespoon at a time. Use your fingers to work it in until coarse crumbs form. Add this topping to the fruit and evenly spread it out, gently pressing down.
4. Bake for 35 to 40 minutes or until the oats turn golden brown. Let it cool for 15 to 20 minutes, allowing the topping to crisp up. To serve, divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

An 11 x 7-inch (28 x 18 cm) dish was used to make six servings. One serving is approximately one cup.

Serve it With

Yogurt or ice cream.

Ingredients

4 Nectarine (medium, pitted, sliced)

4 Plum (medium, pitted, sliced)

1/2 cup Coconut Sugar (divided)

1 1/4 cups Oats (rolled)

1/2 cup Coconut Flour

1/8 tsp Sea Salt

1/4 cup Coconut Oil