



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Body Composition Week 6

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Coconut Cod & Spinach with Rice

2 servings

15 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 cup Canned Coconut Milk
- 1/2 cup Water
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 2 Bay Leaf
- 1/8 tsp Sea Salt (or more to taste)
- 2 Cod Fillet
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	574
Fat	23g
Carbs	43g
Fiber	2g
Protein	47g
Calcium	79mg

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Matzo Granola

7 servings

35 minutes

Ingredients

- 1/2 cup Pecans (roughly chopped)
- 1/2 cup Walnuts (roughly chopped)
- 1/2 cup Almonds (roughly chopped)
- 1 cup Unsweetened Coconut Flakes
- 28 grams Matzo (unsalted)
- 1/4 cup Coconut Oil (melted, slightly cooled)
- 1/4 cup Maple Syrup
- 2 tsp Vanilla Extract
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	359
Fat	31g
Carbs	19g
Fiber	4g
Protein	5g
Calcium	55mg

Directions

- 1 Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the pecans, walnuts, almonds, coconut flakes, and matzo. Mix to combine.
- 3 Add the coconut oil, maple syrup, vanilla extract, cinnamon, and salt. Stir to combine.
- 4 Add the granola to the baking sheet and spread it out into an even layer. Bake for 20 to 25 minutes or until everything is golden brown. Check on it every five minutes and toss it around.
- 5 Remove from the oven and let it cool for 10 minutes. It will crisp up as it cools. Enjoy!

Notes

Leftovers: Store in the pantry in an airtight container for up to two weeks

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

Gluten-Free: Use gluten-free matzo.



One Pan Chicken, Carrots & Zucchini

3 servings

40 minutes

Ingredients

- 1 1/2 Zucchini (large, cut into sticks)
- 2 Carrot (large, cut into sticks)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 3 tbsps Italian Seasoning
- 680 grams Chicken Drumsticks

Nutrition

Amount per serving	
Calories	558
Fat	39g
Carbs	7g
Fiber	2g
Protein	43g
Calcium	47mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 On one side of the baking sheet, add the zucchini and carrot sticks. Toss with half of the oil and 1/4 of the Italian seasoning. Spread out into an even layer.
- 3 On the other side of the baking sheet, add the drumsticks. Rub the remaining oil and Italian seasoning all over the chicken. Spread them out into an even layer.
- 4 Bake for 30 minutes or until the chicken is cooked through. Flip the chicken and vegetables halfway. Enjoy!

Notes

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

Serving Size: One serving is approximately two chicken drumsticks and one cup of vegetables.

More Flavor: Drizzle lemon juice on top or hot sauce.



Oat Bread

12 servings

55 minutes

Ingredients

- 4 Egg (large, whisked)
- 2 cups Plain Goat Milk Yogurt (runny)
- 3 1/2 cups Oat Flour
- 2 tbsps Baking Powder
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	196
Fat	6g
Carbs	26g
Fiber	4g
Protein	10g
Calcium	221mg

Directions

- 1 Preheat the oven to 350°F (175°C). Grease a loaf pan and line it with a rectangular strip of parchment paper that hangs out of the pan to easily lift the bread out after baking.
- 2 Using a stand or hand mixer, combine the eggs and yogurt. In a separate medium-sized bowl, add the oat flour, baking powder, and salt. Mix well to combine. Fold the dry mixture into the wet mixture.
- 3 Pour the dough evenly into the loaf pan. Bake for 45 minutes or until golden.
- 4 Let the bread cool completely before slicing, about 30 minutes. Serve and enjoy!

Notes

Leftovers: Store in an airtight container for three days on the counter.

Serving Size: One serving is one slice of bread.

More Flavor: Add fresh or dry rosemary and/or sliced olives.

Serve it With: Butter, jam, peanut butter, or olive oil.



Spicy Black Bean & Lentil Salad

1 serving
10 minutes

Ingredients

- 1 cup Black Beans (cooked)
- 1 cup Lentils (cooked)
- 1 Red Bell Pepper (medium, diced)
- 1 Jalapeno Pepper (diced)
- 1 cup Baby Spinach
- 1/4 cup Cilantro (chopped)
- 1/2 Lime (medium, juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	569
Fat	9g
Carbs	92g
Fiber	34g
Protein	36g
Calcium	139mg

Directions

- 1 In a large mixing bowl, combine the black beans, lentils, red bell pepper, jalapeño pepper, spinach, and cilantro.
- 2 In a small bowl, whisk together the lime juice, oil, and cumin. Season with salt and pepper.
- 3 Pour the dressing over the salad and toss until well combined. Enjoy!

Notes

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

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