



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Body Composition Week 3

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Avocado Sweet Potato Toast with Poached Egg

2 servings

15 minutes

Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	360
Fat	24g
Carbs	22g
Fiber	9g
Protein	16g
Calcium	88mg

Directions

- 1 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 2 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 3 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 4 Poach, fry or hardboil the eggs.
- 5 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

Notes

Add Greens: Add a layer of baby spinach after you spread on the avocado.

Guacamole Lover: Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

Egg-Free: Skip the eggs and top with hemp seeds instead.



Sweet Potato Black Bean Quinoa Bake

6 servings

55 minutes

Ingredients

- 3 Sweet Potato (small, peeled and chopped)
- 2 cups Black Beans (cooked, from the can)
- 1 cup Quinoa (dry, uncooked)
- 1 Red Bell Pepper (chopped)
- 3 stalks Green Onion (chopped)
- 1 tbsp Chili Powder
- 1 tbsp Cumin (ground)
- 1 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 2 cups Vegetable Broth
- 1 Lime (juiced)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	311
Fat	8g
Carbs	52g
Fiber	12g
Protein	12g
Calcium	75mg

Directions

- 1 Preheat oven to 375°F (190°C).
- 2 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 3 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 4 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

Notes

Baking Dish: Use a 9x13-inch dish for six servings.

No Green Onion: Use a white or red onion instead.

No Red Bell Pepper: Use a green or yellow bell pepper instead.

Leftovers: Keeps well in the fridge for up to four days.

More Flavor: Top with chopped cilantro, shredded cheese, salsa and/or sour cream.



High Fiber Seed Loaf

10 servings

3 hours

Ingredients

- 1/2 cup Sunflower Seeds
- 1/2 cup Whole Flax Seeds
- 1/2 cup Pumpkin Seeds
- 1/4 cup Chia Seeds
- 2 cups Oats (rolled)
- 1/4 cup Psyllium Husks
- 1/2 tsp Sea Salt
- 3 tbsps Avocado Oil
- 1 1/2 cups Water

Nutrition

Amount per serving	
Calories	245
Fat	17g
Carbs	19g
Fiber	8g
Protein	8g
Calcium	75mg

Directions

- 1 In a large bowl, combine sunflower seeds, flax seeds, pumpkin seeds, chia seeds, oats, psyllium husks and salt. Mix well.
- 2 In a separate bowl, whisk together the avocado oil and water. Add the wet ingredients to the dry ingredients and mix very well until everything is combined.
- 3 Line a loaf pan with parchment paper, allowing the ends of the parchment to come higher than the sides of the pan. Pour in the mixture. Let it stand for two hours (or overnight) to thicken further.
- 4 Preheat the oven to 350°F (177°C). Place the loaf pan in the oven and bake for 20 minutes. Then remove the loaf from the pan by pulling up the sides of the parchment. Remove the parchment and place the loaf upside down directly on the oven rack and bake for another 30 minutes.
- 5 Remove from the oven and let it cool completely before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to one slice of bread.

Additional Toppings: Serve with nut or seed butter, hummus, avocado, or chia jam.

Psyllium Powder: If you are using psyllium powder instead of the whole husks, cut the amount used in half.



Tuna Nori Wraps

2 servings

15 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 1 Carrot (smaller, julienned)
- 1/2 Cucumber (julienned)
- 1/2 Avocado (peeled and sliced)
- 6 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Protein	21g
Calcium	72mg

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Sardine Spread with Cucumbers

1 serving

5 minutes

Ingredients

- 85 grams Sardines (in oil, drained)
- 1 1/2 tbsps Mayonnaise
- 2 1/2 tbsps Apple Cider Vinegar
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	348
Fat	25g
Carbs	6g
Fiber	1g
Protein	22g
Calcium	353mg

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

Notes

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

Serving Size: One serving equals approximately one cup.

More Flavor: Add black pepper or your choice of fresh or dried herbs.

No Cucumbers: Use bell pepper slices, carrot sticks, celery sticks or crackers instead.