



**GOLDSTER**★  
*THE BEST SOLUTION FOR YEARS*

Body Composition Week 1

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## Jalapeno Turkey Burger Salad

4 servings

15 minutes

### Ingredients

- 454 grams Extra Lean Ground Turkey
- 1 Egg (whisked)
- 1 tbsp Smoked Paprika
- 2 tsps Chili Powder
- 1 Jalapeno Pepper (finely chopped, seeds removed for less heat)
- 1/3 cup Red Onion (grated and drained of excess water)
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula (packed)
- 1 Avocado (sliced)
- 1/3 cup Cilantro Lime Dressing

### Nutrition

Amount per serving	
Calories	408
Fat	32g
Carbs	8g
Fiber	5g
Protein	25g
Calcium	81mg

### Directions

- 1 In a large bowl, combine the turkey, egg, smoked paprika, chili powder, jalapeño, and red onion. Mix well and season with salt and pepper. Form the mixture into even patties.
- 2 Preheat the grill to medium heat.
- 3 Add the patties to the grill and cook for six to seven minutes per side or until cooked through.
- 4 Divide the arugula onto plates and top with the burger and avocado. Drizzle with the dressing. Enjoy!

### Notes

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

**Serving Size:** One serving is one cup of arugula and one burger patty.

**More Flavor:** Add green onion, garlic, and/or chopped cilantro to the turkey mixture.

**Additional Toppings:** Add sliced radish, cilantro, cherry tomatoes, or chopped pepper to the salad.

**Wet Mixture:** To avoid a wet mixture, be sure to squeeze out excess liquid from the onion after grating on a box grater.

**No Cilantro Lime Dressing:** Use dressing of choice.



## Quinoa & Kale Egg Muffins

6 servings

30 minutes

### Ingredients

- 1 1/2 tps Avocado Oil
- 1/3 cup Quinoa (dry)
- 1 tbsp Extra Virgin Olive Oil
- 3 cups Kale Leaves (finely chopped)
- 1 Tomato (diced)
- 7 Egg
- 1/4 cup Water
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	155
Fat	10g
Carbs	8g
Fiber	1g
Protein	9g
Calcium	66mg

### Directions

- 1 Preheat the oven to 350°F (177°C). Grease a muffin pan with the avocado oil or use a silicone muffin tray.
- 2 Cook the quinoa according to package directions.
- 3 While the quinoa is cooking, heat the extra virgin olive oil in a large pan over medium heat. Cook the kale until wilted and tender. Remove from heat.
- 4 Add the cooked quinoa and the tomato to the wilted kale and stir to combine. Transfer the quinoa mixture evenly into the muffin tray.
- 5 In a mixing bowl whisk the eggs until well scrambled. Whisk in the water and salt. Pour the egg mixture into the muffin tray to cover the quinoa, kale, and tomatoes.
- 6 Bake for 15 to 18 minutes or just until the egg is cooked through and no longer liquid on top. Remove from the oven, let cool and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two egg muffins.

**More Flavor:** Add red pepper flakes or black pepepr.



## Chermoula Trout & Quinoa

3 servings

30 minutes

### Ingredients

- 1/3 cup Quinoa (dry)
- 1 cup Parsley (chopped)
- 1 cup Cilantro (chopped)
- 2 Garlic (cloves)
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/2 tsp Cumin
- 3 Rainbow Trout Fillet

### Nutrition

Amount per serving	
Calories	434
Fat	25g
Carbs	16g
Fiber	2g
Protein	36g
Calcium	155mg

### Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 3 Add the parsley, cilantro, garlic, oil, lemon juice, salt, and cumin to a food processor. Blend until you get a somewhat smooth yet still textured mixture.
- 4 Place the trout fillets on the baking sheet. Set aside some of the chermoula for serving and spoon the rest on the fillets. Bake for 15 minutes, or until cooked through.
- 5 Serve the trout with the reserved chermoula and quinoa. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately one fillet and a 1/3 cup of cooked quinoa.

**More Flavor:** Add crushed chili peppers.

**Fillet Size:** One fillet is equal to approximately 160 grams or 5.6 ounces in size.



## Spinach & Goat Cheese Stuffed Chicken Breast

3 servings

30 minutes

### Ingredients

2 grams Avocado Oil Spray (divided)  
227 grams Chicken Breast  
1/4 cup Goat Cheese  
1 Lemon (juiced, zested)  
2 tbsps Frozen Spinach (thawed, drained)

### Nutrition

Amount per serving	
Calories	119
Fat	4g
Carbs	2g
Fiber	0g
Protein	19g
Calcium	20mg

### Directions

- 1 Preheat the oven to 400°F (205°C). Spray a baking dish with half of the oil.
- 2 Slice the chicken breasts in half lengthwise, creating a thinner piece of meat. In a bowl, mix together the goat cheese, spinach, lemon juice, and zest.
- 3 Spoon about 1 1/2 tbsps of the cheese mixture onto each piece of chicken, until the mixture is used up. Loosely roll up the breasts.
- 4 Bake in the oven for about 20 to 25 minutes, or until the chicken is cooked through. Drizzle with more lemon juice, if desired, and enjoy!

### Notes

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

**Serving Size:** One serving is equal to one chicken roll.

**More Flavor:** Add roasted vegetables.



## Beet & Snap Pea Salad with Strawberry Balsamic Dressing

4 servings

15 minutes

### Ingredients

- 8 cups Mixed Greens
- 1 Beet (medium, shredded)
- 1/2 cup Red Onion (thinly sliced)
- 1 cup Snap Peas (halved)
- 2 cups Strawberries (chopped, divided)
- 1 cup Walnuts
- 2 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Raw Honey
- 1/2 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	339
Fat	27g
Carbs	23g
Fiber	6g
Protein	7g
Calcium	101mg

### Directions

- 1 Combine the mixed greens, beets, red onion, snap peas, half of the strawberries, and walnuts in a large bowl.
- 2 Add the remaining strawberries, vinegar, oil, honey, and salt to a blender and blend on high until a smooth consistency is achieved.
- 3 Drizzle the dressing over the salad and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. The salad and dressing can be kept separately in the fridge for up to four days.

**Serving Size:** One serving is equal to approximately 2 1/2 cups.

**More Flavor:** Add a bit of cayenne to the dressing for a little kick.

**Additional Toppings:** Goat cheese and fresh dill.