



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

Body Composition Week 4

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## Chicken Fajitas with Cashew Sour Cream

4 servings

40 minutes

### Ingredients

1 tbsp Chili Powder  
 1/2 tsp Black Pepper  
 1/2 tsp Cumin  
 1/2 tsp Paprika  
 1/2 tsp Garlic Powder  
 1 Red Bell Pepper (sliced)  
 1 Yellow Bell Pepper (sliced)  
 1 Green Bell Pepper (sliced)  
 1 Jalapeno Pepper (de-seeded and sliced)  
 1 Sweet Onion (sliced)  
 454 grams Chicken Breast (cut into strips)  
 1 tbsp Extra Virgin Olive Oil  
 1/2 cup Cashews (soaked for 1 hour and liquid drained)  
 1/2 tsp Sea Salt  
 1 tbsp Apple Cider Vinegar  
 1 Lemon (juiced)  
 2 tbsps Water  
 1 Lime (cut into wedges)  
 4 cups Collard Greens (washed and stems removed)

### Directions

- 1 Preheat oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
- 4 Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
- 5 Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

### Notes

**Vegan and Vegetarian:** Skip the chicken and use roasted chickpeas instead.

**Fajita Bowl:** Serve over a bed of greens to turn it into a bowl.

**No Collard Greens:** Use swiss chard or ice berg lettuce instead.

### Nutrition

Amount per serving	
Calories	345
Fat	15g
Carbs	24g

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Fiber	5g
Protein	31g
Calcium	139mg





## Blood Orange & Pistachio Chia Pudding

2 servings

25 minutes

### Ingredients

- 2 Blood Orange (small)
- 1/4 cup Chia Seeds
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Pistachios (roughly chopped)

### Nutrition

Amount per serving	
Calories	231
Fat	11g
Carbs	32g
Fiber	12g
Protein	6g
Calcium	342mg

### Directions

- 1 Peel half of the blood oranges and chop them. Set aside for garnish. Juice the other half. Set the juice aside and discard the juiced orange.
- 2 In a medium bowl, combine the chia seeds with the coconut yogurt and orange juice. Whisk well to combine. Refrigerate for at least 20 minutes or overnight to thicken.
- 3 Divide evenly between bowls or containers. Top with the chopped orange and pistachios. Enjoy!

### Notes

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

**No Coconut Yogurt:** Use Greek yogurt instead.

**Nut-Free:** Use sunflower seeds instead of pistachios.

**More Flavor:** Use vanilla coconut yogurt, or add a dash of vanilla.



## Seared Scallops with Spring Pea Purée

2 servings

20 minutes

### Ingredients

2 cups Fresh Peas (or frozen)  
 1/4 cup Vegetable Broth  
 1 tbsp Mint Leaves (plus extra for garnish)  
 3 tbsps Butter (divided)  
 1 Lemon (juiced, divided)  
 Sea Salt & Black Pepper (to taste)  
 283 grams Scallops

### Nutrition

Amount per serving	
Calories	375
Fat	19g
Carbs	27g
Fiber	8g
Protein	25g
Calcium	54mg

### Directions

- 1 In a saucepan, add the peas, vegetable broth, mint leaves, and 1/3 of the butter. Let simmer for about five minutes or until the peas are soft.
- 2 Transfer to a food processor and blend until smooth. Stir in half of the lemon juice and season with salt and pepper. Set aside.
- 3 Place the scallops on a paper towel-lined plate and pat them very dry. Season with salt and pepper. Heat a cast-iron skillet over medium heat and add half of the remaining butter. Add the scallops and cook for three to four minutes on one side. Flip and cook for one to two more minutes. During the last 30 seconds, add the remaining butter and spoon it over top of the scallops.
- 4 Divide the pea purée and scallops evenly between plates. Top with lemon juice and extra mint leaves, if desired. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Add cooked bacon or prosciutto.



## Green Goddess Cashew Dip

4 servings

35 minutes

### Ingredients

- 1/4 cup Cashews (raw, soaked for 30 minutes and drained)
- 1/3 cup Unsweetened Almond Milk
- 1/2 cup Basil Leaves (roughly chopped)
- 1/4 cup Parsley (roughly chopped)
- 2 1/2 tbsps Lemon Juice
- 1 Garlic (small clove, minced)
- 2 tbsps Red Onion (finely chopped)
- 1/4 tsp Sea Salt
- 1 Cucumber (sliced)

### Nutrition

Amount per serving	
Calories	71
Fat	4g
Carbs	7g
Fiber	1g
Protein	2g
Calcium	71mg

### Directions

- 1 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 2 Serve with cucumber slices and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

**Serving Size:** One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

**More Flavor:** Add other fresh herbs like cilantro, tarragon or chives.

**No Almond Milk:** Use cashew milk or boxed coconut milk instead.

**No Cucumber:** Serve with your favorite raw veggies or whole grain crackers instead.





## Asparagus & Pea Frittata

8 servings  
30 minutes

### Ingredients

- 10 Egg (large)
- 1/2 cup Plain Cow's Yogurt, Whole Milk
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Red Onion (chopped)
- 2 cups Asparagus (ends trimmed and cut into 1/2-inch pieces)
- 1 cup Frozen Peas (thawed)
- 1 cup Baby Spinach
- 1/4 cup Goat Cheese
- 1/4 cup Chives (chopped, optional)

### Nutrition

Amount per serving	
Calories	169
Fat	11g
Carbs	7g
Fiber	2g
Protein	11g
Calcium	79mg

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 In a large bowl, whisk the eggs and the yogurt together and season with salt and pepper. Set aside.
- 3 Heat the oil in an oven-safe skillet over medium heat. Add the onions and sauté for three to four minutes, or until softened.
- 4 Add the asparagus and sauté another one to two minutes. Add the peas and baby spinach, and sauté another one to two minutes, or until the spinach is wilted. Season with salt and pepper.
- 5 Pour the egg mixture over the vegetables and top with small dollops of cheese.
- 6 Transfer the skillet to the oven and cook for 15 to 20 minutes, or until the eggs are set.
- 7 Let sit for five minutes before cutting into wedges. Sprinkle with chives, if desired, and enjoy!

### Notes

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

**Serving Size:** A 12-inch skillet was used to make eight servings. One serving is one slice of frittata.