



GOLDSTER★

Week 1: Eyes

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Roasted Broccoli & Arugula Caesar Salad

2 servings

30 minutes

Ingredients

- 2 cups Broccoli (cut into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula
- 1/4 cup Caesar Dressing
- 1/3 cup Parmigiano Reggiano (shredded)
- 1/4 cup Microgreens

Nutrition

Amount per serving	
Calories	273
Fat	21g
Carbs	14g
Fiber	3g
Protein	10g
Calcium	317mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the broccoli to the baking sheet and drizzle the oil all over, followed by the garlic powder, salt, and pepper. Toss to combine. Roast for 15 to 20 minutes or until the broccoli is golden brown and tender.
- 3 To assemble, evenly divide the arugula, roasted broccoli, dressing, cheese, and microgreens into bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Add the dressing when ready to eat.

Serving Size: One serving is approximately two cups of arugula with one cup broccoli.

Make it Vegan: Use a plant-based cheese alternative.

No Caesar Dressing: Use another dressing of choice.



Air Fryer Sesame Salmon Bites

2 servings
30 minutes

Ingredients

- 2 tbsps Tamari
- 1 1/2 tbsps Honey
- 2 tsps Rice Vinegar
- 1 tsp Sesame Oil
- 340 grams Salmon Fillet (skinless, cut into large cubes)
- 2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	14g
Fiber	0g
Protein	40g
Calcium	48mg

Directions

- 1 In a bowl, whisk together the tamari, honey, rice vinegar, and sesame oil. Add the salmon, stir, and marinate for about 15 minutes.
- 2 Preheat the air fryer to 400°F (205°C).
- 3 Transfer the salmon bites to the air fryer basket and bake for seven to eight minutes or until cooked through, shaking halfway through.
- 4 Top the salmon with sesame seeds and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add sriracha or chili flakes to the marinade.

Additional Toppings: Top with cilantro or green onion.



Pumpkin Chicken Curry & Rice

2 servings
35 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 227 grams Chicken Breast (boneless, skinless, cut into cubes)
- 1 tbsp Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (large, peeled, chopped)
- 1/2 cup Pureed Pumpkin
- 1 cup Chicken Broth
- 1/2 cup Basmati Rice (dry, rinsed)
- 1 cup Canned Coconut Milk (full fat)
- 1/2 Lime (juiced)
- 1 tbsp Parsley (chopped, for garnish)

Nutrition

Amount per serving	
Calories	645
Fat	27g
Carbs	64g
Fiber	7g
Protein	34g
Calcium	72mg

Directions

- 1 Heat the oil in a pot over medium heat. Add the chicken and cook for five to six minutes or until browned on all sides, stirring occasionally.
- 2 Add the curry powder, salt, pepper, and sweet potato. Stir and cook for another two to three minutes. Add the pumpkin purée and chicken broth. Stir, turn the heat to low, cover the pot with a lid, and simmer for about 15 minutes.
- 3 Meanwhile, cook the rice according to package directions.
- 4 Remove the lid from the curry pot. Stir in the coconut milk and simmer uncovered for another five minutes or until everything is cooked through. Remove from the heat and stir in the lime juice. Adjust the seasoning to your taste.
- 5 Serve the curry with rice. Top with parsley and enjoy!

Notes

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

Serving Size: One serving is approximately two cups.

More Flavor: Add garlic, ginger, and/or spinach.



Veggie & Tofu Curry with Rice

2 servings
25 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 255 grams Tofu (firm, cubed)
- 1 1/2 tsps Curry Powder
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1/2 cup Shallot (chopped)
- 1 bulb Fennel (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/16 tsp Sea Salt
- 1 cup Vegetable Broth (warm)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	60g
Fiber	9g
Protein	20g
Calcium	462mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Mix the tofu with the curry powder and half of the oil. Preheat a large non-stick pan or wok over medium-high heat. Add the tofu, and cook until browned on all sides, about five minutes. Remove from the pan and set aside.
- 3 In the same pan, add the remaining oil, shallots, and fennel. Cook for three to five minutes, until tender. Add the tomatoes and cook for two more minutes or until softened. Season with salt.
- 4 Return the tofu to the skillet and add the broth and parsley. Stir and cook until heated through.
- 5 Divide the rice and the tofu mixture between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

Serving Size: One serving is equal to approximately 1 1/2 cups of curry and 1/2 cup of rice.

More Flavor: Add garlic and use cilantro instead of parsley.



Matar Paneer

3 servings
20 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 2 Tomato (medium, chopped)
- 1 Yellow Onion (medium, chopped)
- 2 tsps Ginger (minced)
- 2 Garlic (clove, large, minced)
- 2 tsps Garam Masala
- 1/3 cup Plain Cow's Yogurt, Whole Milk
- 1/3 cup Water
- 340 grams Paneer Cheese (cubed)
- 1 1/2 cups Frozen Peas
- 1 tbsp Parsley (chopped)

Nutrition

Amount per serving	
Calories	508
Fat	33g
Carbs	25g
Fiber	6g
Protein	35g
Calcium	539mg

Directions

- 1 Add the oil to a large pan over medium heat. Once hot, add the tomatoes, onion, ginger, and garlic. Sauté for three to five minutes, or until the tomatoes and onions soften.
- 2 Add the tomato mixture to a blender or food processor and blend until just smooth. Add the mixture back to the pan. Add the garam masala, yogurt, and water. Stir to mix well.
- 3 Add the paneer and peas and stir to coat. Cover and cook for two minutes.
- 4 Serve and garnish with parsley. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.