



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Body Composition Week 2

<https://www.goldster.co.uk/>



Chicken & Broccoli Slaw with Peanut Sauce

4 servings

35 minutes

Ingredients

567 grams Chicken Breast
 Sea Salt & Black Pepper (to taste)
 1/4 cup All Natural Peanut Butter
 1 tbsp Tamari
 1 Lime (juiced)
 1 tbsp Extra Virgin Olive Oil
 1 tbsp Ginger (peeled and grated)
 1 Garlic (clove, minced)
 1/4 cup Water
 4 cups Broccoli Slaw
 1 Red Bell Pepper (sliced)
 3 stalks Green Onion (chopped)
 1/4 cup Cilantro (chopped, optional)
 1/4 cup Raw Peanuts (chopped)

Nutrition

Amount per serving	
Calories	395
Fat	20g
Carbs	15g
Fiber	5g
Protein	41g
Calcium	57mg

Directions

- 1 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
- 2 In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
- 3 In a large salad bowl, combine broccoli slaw, red pepper and green onion.
- 4 Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Notes

Vegan & Vegetarian: Use roasted chickpeas instead of diced chicken.

Slow Cooker Version: Throw your chicken in a slow cooker with some onion and broth and cook on low for 8 hours. Shred the chicken with a fork before serving and add it to the salad.

Prep Ahead: The chicken, peanut sauce, and veggies can all be prepped ahead to save time.

Leftovers: Store in an airtight container in the fridge up to 3 days.



Walnut Crusted Salmon with Asparagus

2 servings

20 minutes

Ingredients

- 1/4 cup Walnuts (very finely chopped)
- 1 stalk Green Onion (very finely chopped)
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning
- 1/2 tsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil (divided)
- 227 grams Salmon Fillet
- 2 cups Asparagus (trimmed)

Nutrition

Amount per serving	
Calories	347
Fat	24g
Carbs	8g
Fiber	4g
Protein	28g
Calcium	64mg

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Combine the walnuts, green onion, salt and Italian seasoning. Add the lemon juice and 1/3 of the oil and stir to mix.
- 3 Rub another 1/3 of the oil over all sides of the salmon fillets and place the salmon on the prepared baking sheet, skin side down. Spoon the walnut mixture on the top side of the fillets and gently press it down with the back of the spoon so the walnut mixture stays in place.
- 4 Toss the asparagus in the remaining oil and season with sea salt to taste. Place the seasoned asparagus in an even layer on the baking sheet with the salmon.
- 5 Bake for 12 to 15 minutes or until the salmon is cooked through and flakes easily and asparagus is tender. Divide between plates and enjoy!

Notes

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

More Flavor: Season the salmon with salt, pepper and garlic powder to taste before spooning the walnut mixture on top.

No Green Onion: Use yellow or red onion instead.

Salmon: Wild salmon was used to create this recipe. For thicker fillets of salmon adjust cooking time to ensure salmon is cooked through and flakes easily.

Asparagus: Choose asparagus that are roughly the same size. Adjust cooking time for thicker asparagus spears.



Garlic & Chili Edamame

1 serving
10 minutes

Ingredients

- 2 cups Water
- 1 cup Frozen Edamame
- 1 tsp Extra Virgin Olive Oil
- 2 tbsps Shallot (minced)
- 2 Garlic (cloves, minced)
- 1 tsp Maple Syrup
- 1 tsp Soy Sauce
- 1 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	277
Fat	13g
Carbs	25g
Fiber	9g
Protein	20g
Calcium	175mg

Directions

- 1 Bring the water to a boil in a large pot. Add the edamame and cook until tender, about three to five minutes and then drain.
- 2 Meanwhile, heat the oil in a pan over medium heat. Once hot, add the garlic and shallots and sauté until fragrant. Add the maple syrup, soy sauce, and red pepper flakes. Cook for one minute or until the sauce gets sticky.
- 3 Add the edamame to the pan and coat it in the sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is half a cup of edamame.

More Flavor: Add minced basil, cilantro, green onions and/or sesame seeds.



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.



Lentil, Chickpea & Green Pea Curry

4 servings

30 minutes

Ingredients

- 1/2 White Onion (small, diced)
- 4 Garlic (cloves, minced)
- 1 1/2 tbsps Curry Powder
- 1 1/2 cups Chickpeas (cooked)
- 1 cup Frozen Peas (thawed)
- 3 cups Vegetable Broth
- 1 1/2 cups Lentils (cooked)
- 1/3 cup Canned Coconut Milk
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	279
Fat	6g
Carbs	43g
Fiber	14g
Protein	16g
Calcium	81mg

Directions

- 1 In a pot, add the onion with a splash of water. Cook and stir over medium heat for about five minutes or until soft. Add the garlic and cook for another minute.
- 2 Add the curry powder, cook, and stir for another minute. Add the chickpeas, green peas, and vegetable broth to the pot. Cover with a lid and let it simmer on low heat for about 10 minutes.
- 3 Add the lentils and coconut milk, stir, and season with salt and pepper. Cover with a lid and let it simmer for another 10 minutes.
- 4 Divide evenly between bowls 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 cumin, chili, and spinach.

Additional Toppings: Top with cilantro or green onion.