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to healthier, happier you

ARISE

week of nourish bowls

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BY NICOLINA

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One Tray Roasted Salmon and Veggies

INGREDIENTS for 1 portion:

150g raw salmon fillet
200g raw potatoes
150g beetroot
150g baby carrots
150g bimi
100g French onions
2 tsp olive oil
1 tsp rosemary
Flaky salt to taste
Juice of ½ lemon

INSTRUCTIONS:

Preheat the oven to 200°C (400°F) and line a large baking tray. Toss the potatoes, beetroot, baby carrots, bimi, and French onions with olive oil, rosemary, flaky salt, and a pinch of salt, ensuring everything is evenly coated. Spread the vegetables across the tray, leaving space for the salmon. Roast the vegetables for 25 minutes.

After 25 minutes, season the salmon with salt and lemon juice, then place it on the tray alongside the partially cooked vegetables. Return the tray to the oven and roast for an additional 12-15 minutes, or until the salmon is flaky and the vegetables are tender and caramelized. Serve everything directly from the tray for a comfort, high-volume, low calorie, balanced meal. ENJOY!

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Roasted Sweet Potato with Tahini and Sirloin Steak Salad

INGREDIENTS for 1 portion:

150g raw sirloin steak
200g raw sweet potato
1 tsp tahini
10g dried apricots, chopped
10g pomegranate seeds
1 tsp fresh dill, chopped
200g mixed tomatoes, sliced
2 tsp capers
Flaky salt to taste
5g pecan nuts
1 tsp olive oil

INSTRUCTIONS:

Preheat the oven to 200°C (400°F). Pierce the sweet potato with a fork and roast it until tender, about 35-40 minutes. While the sweet potato cooks, season the steak with salt and pepper. Heat a skillet over medium-high heat, add olive oil, and sear the steak to your preferred doneness, then let it rest before slicing.

Once the sweet potato is cooked, cut it open and drizzle with tahini. Top with chopped dried apricots, pomegranate seeds and fresh dill. Prepare the tomato salad by tossing the sliced tomatoes with capers, olive oil and flaky salt. Serve the steak alongside the sweet potato and tomato salad, garnished with pecan nuts for added crunch. This creates a balanced, high-protein, high-vegetable meal. ENJOY!

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Accordion Potatoes with Grapefruit Roasted Chicken and Vegetables

INGREDIENTS for 1 portion:

150g raw chicken thigh (skin-on or skinless, depending on preference)
200g raw baby potatoes
1 small grapefruit
1 medium artichoke
1 bok choy, halved
150g carrots
2 tsp olive oil
1 tsp fresh rosemary, chopped
Salt and black pepper to taste

INSTRUCTIONS:

Preheat the oven to 200°C (400°F) and line two trays. Slice the baby potatoes into thin accordion-style cuts, ensuring not to cut all the way through. Toss the potatoes with olive oil, rosemary, salt, and pepper, then place on one tray. Roast for 40-45 minutes, flipping halfway through for even browning.

On the second tray, place the chicken thighs. Drizzle with olive oil and season with salt, pepper, half grapefruit sliced and half of its juice. Arrange the artichoke, bok choy and carrots around the chicken, seasoning them with olive oil, salt, and pepper. Roast for 30-35 minutes, ensuring the chicken is fully cooked and the vegetables are tender and ENJOY!

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Accordion Potatoes with Grapefruit Roasted Chicken and Vegetables

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150g raw chicken thigh (skin-on or skinless, depending on preference)
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1 small grapefruit
1 medium artichoke
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150g carrots
2 tsp olive oil
1 tsp fresh rosemary, chopped
Salt and black pepper to taste

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Grilled Salmon with Avocado Lime Sauce and Citrus Mint Salad

INGREDIENTS for 1 portion:

150g raw salmon fillet
90g cooked quinoa
1 avocado (half for the sauce, half for the rose)
Juice of 1 lime
1 tbsp chopped cilantro
1 kiwi, diced
½ grapefruit, segmented
50g purple cabbage, shredded
1 tsp olive oil
1 tsp fresh mint, chopped
Salt and pepper to taste

INSTRUCTIONS:

Cook the quinoa according to package instructions and set aside. For the avocado lime sauce, blend half an avocado with lime juice, cilantro, salt, and pepper until smooth. Grill the salmon, seasoned with salt and pepper, until cooked to your liking.

Prepare the salad by tossing the kiwi, grapefruit segments, purple cabbage, and mint with a drizzle of olive oil and a pinch of salt. To create the avocado rose, slice the remaining half avocado thinly, fan it out, and roll it into a rose shape. To assemble, lay the grilled salmon over a bed of quinoa and drizzle with the avocado lime sauce. Serve alongside the citrus mint salad and garnish with the avocado rose and ENJOY!

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Lemon Grilled Chicken with Mustard and Grilled Cinnamon Pineapple

INGREDIENTS for 1 portion:

90g cooked long-grain rice
150g raw chicken breast, sliced
Zest of 1 lemon
1 tbsp lemon juice
1 tsp Dijon mustard
100g mixed endives and lettuce
50g grilled pineapple, sprinkled with cinnamon
30g fresh blueberries
1 tsp olive oil
Salt and pepper to taste

INSTRUCTIONS:

Cook the long-grain rice and set aside. Season the chicken breast slices with salt, pepper, and lemon zest, then grill until cooked through and golden. For the mustard sauce, whisk together lemon juice, Dijon mustard, olive oil, and a pinch of salt and pepper. Prepare the salad by tossing the endives and lettuce with a drizzle of the mustard sauce. Grill the pineapple slices until caramelized, then sprinkle with cinnamon.

To assemble, plate the rice with the grilled chicken laid on top, drizzled with the mustard sauce. Serve with the salad on the side, topped with blueberries, and add the cinnamon-grilled pineapple as a sweet finishing touch. This dish is fresh, vibrant, and perfectly balanced and ENJOY!

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