



Summer Healthy Food (I)

RECIPE CARDS

2



CELEBRATING 20 YEARS

Starters



Start your meal with light, nutrient-rich dishes that awaken the palate and prime the body.



Chilled Cucumber & Avocado Soup

Starter



4 servings



15 minutes

INGREDIENTS

- 2 peeled, diced large cucumbers
- 1 ripe avocado
- 1 cup low-sodium vegetable broth
- ½ cup plain Greek yoghurt
- 1 garlic clove
- 2 tbsp fresh dill
- 1 tbsp olive oil
- juice of ½ lemon
- salt & pepper to taste

Cucumbers hydrate and cool, avocado delivers heart-healthy monounsaturated fats, yogurt brings protein and probiotics for gut health, dill adds antioxidants and supports digestion.

DIRECTIONS

1. In a high-power blender, combine the cucumber, avocado, broth, yoghurt, crushed garlic, chopped dill, olive oil, and lemon juice.
2. Blend until silky smooth.
3. Taste and adjust seasoning.
4. Transfer to a bowl, chill for at least an hour, then ladle into bowls
5. Garnish with a dill sprig and a drizzle of olive oil before serving.





Summer Tomato & Watermelon Salad

Starter



4 servings



10 minutes

INGREDIENTS

- 2 cups watermelon cubes
- 1 cup halved cherry tomatoes
- ¼ cup finely diced red onion
- 10 fresh basil leaves, torn
- 1 oz low-fat feta, crumbled
- 1 tbsp balsamic vinegar
- 1 tsp extra-virgin olive oil
- salt & pepper

DIRECTIONS

1. Gently toss watermelon, cherry tomatoes, and onion in a bowl.
2. Sprinkle torn basil leaves on top, then add crumbled feta.
3. Drizzle with balsamic and olive oil, season with salt and pepper, and toss lightly so flavours blend without wilting the fruit.
4. Serve immediately on chilled plates.

Watermelon hydrates, tomatoes bring lycopene (an antioxidant linked to reduced cancer risk), basil provides anti-inflammatory benefits, and feta adds calcium and a boost of protein.





Rainbow Veggie & Hummus Wraps

Starter



4 servings



10 minutes

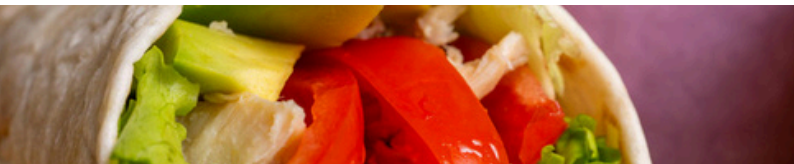
INGREDIENTS

- 4 whole-grain tortillas
- 1 cup shredded carrot
- ½ cup julienned red bell pepper
- ½ cup cucumber slices
- ½ cup baby spinach
- ¾ cup creamy hummus

DIRECTIONS

1. Lay a tortilla flat
2. Spread ~3 tbsp hummus in the centre, then layer with carrots, bell pepper, cucumber, and spinach.
3. Tuck in the sides, roll into a snug wrap, and slice in half on the diagonal.
4. Wraps stay fresh if chilled briefly.

Whole grains and fibre promote steady energy; chickpeas offer plant-based protein; bell pepper and spinach are rich in vitamins A & C and folate, supporting immune function and cell repair.





Chilled Mango & Ginger Gazpacho

Starter



4 servings



12 minutes +
chilling

INGREDIENTS

- 2 ripe mangoes, peeled and diced
- ½ cucumber
- ½ red bell pepper
- 1 tsp grated fresh ginger;
juice of 1 lime
- ½ cup low-sodium vegetable
broth
- a pinch of salt

Mango delivers vitamin C and beta-carotene, ginger aids in anti-inflammation and digestion, bell pepper contains immune-supporting nutrients, and lime enhances flavour without added sodium.

DIRECTIONS

1. Blend the mango, cucumber, bell pepper, ginger, lime juice, and broth until smooth and velvety.
2. Taste and adjust salt or lime as needed.
3. Chill for at least 30 minutes.
4. Before serving, gently stir and garnish with diced mango or fresh mint.





Pineapple, Avocado & Quinoa Cups

Starter

 4 servings  15 minutes

INGREDIENTS

- 1 cup cooked quinoa, cooled
- 1 cup diced pineapple
- 1 diced avocado
- 2 tbsp chopped cilantro
- juice of $\frac{1}{2}$ lime
- salt & pepper to taste

DIRECTIONS

1. In a bowl, gently fold quinoa, pineapple, avocado, and cilantro.
2. Squeeze lime juice, season with salt and pepper, and taste.
3. Spoon into individual small bowls or cups
4. No utensils required!

Quinoa provides complete protein and fibre, pineapple adds bromelain (helps digestion and inflammation), avocado delivers good fats, and cilantro offers antioxidants and detox support.



Main Courses



*Hearty dishes with balanced nutrition to support
strength and well-being.*



Grilled Lemon-Herb Salmon with Summer Veggies

Main Course



4 servings



20 minutes + 12
minutes grilling

INGREDIENTS

Four 5-oz salmon fillets
2 zucchinis and 1 yellow
squash, sliced
1 red bell pepper, quartered
2 tbsp olive oil
juice and zest of one lemon
1 tsp dried oregano
salt and pepper

Salmon is rich in omega-3 fatty acids (heart and brain support), vitamin D, and protein. Grilling retains nutrients while adding flavour. Colourful veggies deliver fibre, antioxidants, and cancer-protective phytonutrients.

DIRECTIONS

1. Begin by whisking olive oil, lemon juice, zest, oregano, salt, and pepper in a bowl.
2. Toss veggies in half the mixture, and brush salmon with the rest.
3. Grill veggies 5 minutes per side until tender and charred.
4. Grill salmon 3–4 minutes per side until flaky.
5. Plate veggies and top with salmon, finishing with extra lemon zest for brightness.





Quinoa & Turmeric Chickpea Stuffed Peppers

Main Course



4 servings



15 minutes + 25
minutes baking

INGREDIENTS

- 4 halved bell peppers
- 1 cup cooked quinoa
- 15-oz can chickpeas, rinsed
- 1 tsp turmeric
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{4}$ cup chopped parsley
- 2 tbsp olive oil
- salt and pepper

Chickpeas and quinoa offer combined plant protein and fibre, turmeric brings anti-inflammatory curcumin, bell peppers are vitamin C rich, and olive oil supports nutrient absorption.

DIRECTIONS

1. Preheat oven to 190 °C.
2. In a bowl, mix quinoa, chickpeas, turmeric, cumin, parsley, olive oil, salt, and pepper.
3. Stuff peppers with this mixture, arrange in a baking dish, and roast for 25 minutes until the pepper skins soften and the filling is heated through.
4. Serve warm.





Turkey & Zucchini Lettuce Cups

Main Course



4 servings



15 minutes + 10
minutes cooking

INGREDIENTS

400g lean turkey mince
2 grated zucchinis
1 tsp olive oil
juice of 1 lime
1 tsp ground coriander
8 butter lettuce leaves
salt and pepper

DIRECTIONS

1. Heat oil in a skillet, add turkey mince, and cook until no longer pink.
2. Stir in grated zucchini, coriander, lime juice, salt and pepper, cooking another 2 minutes.
3. Spoon the warm mixture into lettuce leaves, fold, and serve.

Lean turkey provides high-quality protein with lower saturated fat; zucchini adds fiber and hydration; lime and coriander brighten flavor and boost digestion.





Summer Shrimp & Avocado Salad Bowl

Main Course



4 servings



10 minutes

INGREDIENTS

400g cooked shrimp
1 diced avocado
1 cup halved cherry tomatoes
1 chopped cucumber
handful of cilantro
juice of 1 lime
drizzle of olive oil
salt and pepper

Shrimp is a lean source of protein and selenium; avocado offers healthy fats and potassium; tomatoes and cucumber hydrate and bring antioxidants; cilantro supports detoxification and has calming phytonutrients.

DIRECTIONS

1. In a large bowl, gently stir together shrimp, avocado, tomatoes, cucumber, and cilantro.
2. Squeeze lime juice and drizzle olive oil, then toss lightly and season.
3. Serve immediately while fresh.





Cold Soba Noodle Salad with Edamame

Main Course



4 servings



20 minutes

INGREDIENTS

- 200 g buckwheat soba noodles
- 1 cup shelled edamame, cooked
- 1 julienned carrot
- 1 thinly sliced red bell pepper
- 2 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp grated ginger
- sesame seeds for garnish

DIRECTIONS

1. Cook soba noodles per package, rinse under cold water, and drain.
2. In a large bowl, mix noodles with edamame, carrot, and bell pepper.
3. Whisk soy sauce, rice vinegar, sesame oil, and ginger, then pour over noodles.
4. Toss gently and sprinkle sesame seeds.
5. Serve chilled or at room temperature.

Buckwheat soba is gluten-free and a good plant-based carb; edamame provides complete plant protein and fiber; ginger and sesame oil bring anti-inflammatory and immune-supportive nutrients.





Snacks & Smoothies

Quick, cooling, and packed with nutrients to support hydration, energy, and wellbeing.



Anti-Oxidant Berry Smoothie

Snacks & Smoothies



2 servings



5 minutes

INGREDIENTS

- 1 cup mixed berries
- 1 cup plain Greek yoghurt
- 1 tbsp chia seeds
- 1 tsp honey
- ½ cup water or almond milk

DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into two glasses, optionally top with fresh berries
3. Enjoy right away.

Berries offer anthocyanins that fight oxidative stress, yoghurt adds protein and probiotics, chia seeds provide omega-3s and fibre, and honey gives natural sweetness without refined sugar.





Green Detox Smoothie

Snacks & Smoothies



2 servings



5 minutes

INGREDIENTS

- 2 cups baby spinach
- 1 banana
- 1 green apple (cored)
- 1 tbsp flaxseeds
- 1 cup coconut water

DIRECTIONS

1. Blend spinach, banana, apple, flaxseeds, and coconut water until creamy and vibrant green.
2. Serve immediately in chilled glasses.

Spinach delivers vitamins A, C, and folate; banana and apple offer gentle natural sweetness and fibre; flaxseeds bring omega-3s; coconut water hydrates with electrolytes.





Mango-Turmeric Probiotic Smoothie

Snacks & Smoothies



2 servings



5 minutes

INGREDIENTS

- 1 cup chopped mango
- ½ cup kefir or probiotic yoghurt
- ½ tsp turmeric
- a pinch of black pepper
- ½ cup water or almond milk

DIRECTIONS

1. Blend all ingredients until smooth and creamy.
2. Pour into two glasses and drink right away for maximum benefit.

Mango adds vitamin C and beta-carotene; turmeric and black pepper enhance curcumin absorption; kefir delivers probiotics for gut health, and the hydrating base rounds it out.





Cantaloupe & Mint Refresher

Snacks & Smoothies



2 servings



5 minutes

INGREDIENTS

2 cups cubed cantaloupe
a handful of fresh mint
leaves
juice of 1 lime
½ cup plain water
1 tsp honey

Cantaloupe is high in vitamins A and C and hydrating water content; mint helps soothe digestion; lime adds freshness, and honey gives a natural touch of sweetness.

DIRECTIONS

1. In a blender, combine cantaloupe, mint, lime juice, water, and honey.
2. Blend until silky and smooth.
3. Pour into glasses with ice if desired.





Iced Golden Milk Latte

Snacks & Smoothies



2 servings



5 minutes + cooling

INGREDIENTS

2 cups unsweetened almond
or oat milk
1 tsp ground turmeric
½ tsp ground cinnamon
a pinch of black pepper
1 tsp honey
ice cubes.

Turmeric and cinnamon provide powerful anti-inflammatory antioxidants; plant-based milk offers calcium with lower fat; black pepper enhances absorption of turmeric's key compound, curcumin.

DIRECTIONS

1. In a small saucepan, warm the milk with turmeric, cinnamon, and black pepper, stirring until fragrant—do not boil.
2. Remove from heat, whisk in honey, then let cool.
3. Fill two glasses with ice and pour the golden milk over it.

