



# Healthy Recipe Guide

20 Tasty Recipes for Healthy Cooking!

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— WELLNESS —



## A Natural Path to Health and Happiness



### Hello!

I'm Jen Levey, a Registered Holistic Nutritionist and founder of Jen Levey Wellness. I love trying new recipes that are healthy, delicious, and simple to make. I've learned that you don't have to sacrifice taste or satisfaction for health.

My approach to eating is adding clean, nutrient-rich, whole foods to my diet. I avoid processed foods and limit other harmful and irritating foods, such as refined sugar, refined carbohydrates, gluten, and dairy. I buy organic and local food whenever possible, for the best quality.

In this guide, I share some of my favorite healthy recipes. They are mostly dairy-free, gluten-free, and refined sugar-free, and still full of flavor. I hope you enjoy them as much as I do.

Wishing you Health and Happiness!

- Jen





## Breakfast

Start your day off right with the following nutritious and tasty breakfast recipes. You'll find simple smoothies that can be taken on the go, as well as meals that you can take your time to prepare and enjoy. Most recipes make multiple servings, so you can eat leftovers throughout the week.



## Strawberry Almond Smoothie

Makes 1 smoothie

### Ingredients:

- 1 ½ cups unsweetened almond milk
- ½ cup water
- 1 cup fresh or frozen strawberries
- ½ ripe banana
- 1 tablespoon ground flaxseed
- 1 teaspoon coconut oil
- Handful of spinach
- 10 drops liquid Stevia, for extra sweetness
- Optional add-ins: plant-based protein powder, extra greens, or greens powder

### Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and sip away!





## Blueberry Coconut Smoothie

Makes 1 smoothie

### Ingredients:

- 1 ½ cups coconut milk
- ½ cup water
- 1 cup fresh or frozen blueberries
- ½ ripe banana
- ¼ cup raw cashews
- 1 tablespoon chia seeds
- Handful of spinach
- 10 drops liquid Stevia, for extra sweetness
- Optional add-ins: plant-based protein powder, extra greens, or greens powder

### Directions:

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy!





## Egg Bites

Makes 8 egg bites

### Ingredients:

- 6 eggs
- 1 Roma tomato, seeded and diced
- 2 tablespoons yellow onion, diced
- ¼ cup baby spinach, finely chopped
- ¼ cup Italian parsley, finely chopped
- ¼ cup mushrooms, finely chopped
- 6 Kalamata olives, finely chopped
- ½ teaspoon black pepper
- ½ teaspoon smoked paprika
- ¼ teaspoon sea salt
- 1 garlic clove, minced
- Red pepper flakes, to taste
- Optional add-ins: Throw in any other veggies and spices you like!



### Directions:

1. Preheat oven to 350°F.
2. In a medium sized bowl, add eggs and all other ingredients and whisk together.
3. Lightly grease a muffin tin with coconut oil. Pour egg mixture evenly into 8 cups, so they are ½ to ¾ full.
4. Bake for 25-30 minutes, or until fully cooked.
5. Serve warm or place in the refrigerator for up to 3-4 days and serve for a quick breakfast or snack.





## Banana Raspberry Pancakes

**Makes 5-6 pancakes**

### **Ingredients:**

- 2 ripe bananas, mashed
- 4 eggs
- 1/3 cup coconut flour
- 1/2 cup raspberries
- 1/2 teaspoon baking soda
- 1/2 teaspoon vanilla extract
- Pinch of sea salt
- Coconut oil for skillet
- Maple syrup, for serving (optional)



### **Directions:**

1. In a blender, mix together bananas, eggs, coconut flour, baking soda, vanilla, and salt. Blend until smooth. Gently stir in raspberries, do not blend them.
2. Melt the coconut oil in a skillet over medium heat and pour about 1/3 cup batter at a time onto the skillet. Use the back of a spoon to spread out the batter slightly.
3. Cook for 3-4 minutes, until the edges are firm, then flip and cook for another 2 to 3 minutes, until the pancake is cooked through and golden brown. Repeat with the remaining batter.
4. Serve warm with maple syrup and any additional banana slices and/or raspberries on top. Enjoy!



## Pumpkin Pie Oatmeal

Makes 4 servings

### Ingredients:

- 1-15 ounce can pumpkin puree
- 2 cups unsweetened almond milk
- 2 cups water
- 1 ½ teaspoon vanilla extract
- 1 teaspoon pumpkin pie spice
- 1/8 teaspoon sea salt
- 2 cups gluten free rolled oats
- 3 tablespoons xylitol
- ¼ cup pumpkin seeds or slivered almonds for garnish
- 2 tablespoons coconut milk to drizzle in cooked oatmeal.



### Directions:

1. In a saucepan over high heat, mix the pumpkin puree, almond milk, water, vanilla, spices and sea salt. Bring to a boil.
2. Add the oats and stir mixture. Lower heat to a simmer, cover and let simmer for about 15 minutes, stirring occasionally.
3. When oatmeal is cooked, stir in the xylitol.
4. Serve drizzled with coconut milk and garnished with pumpkin seeds or slivered almonds.





## Avocado Toast

**Makes 2 servings**

### **Ingredients:**

- 2 slices gluten free or sprouted grain bread
- 1 ripe avocado, pitted and sliced
- ½ lime
- Pinch of sea salt
- Pinch of red chili flakes (optional)



### **Directions:**

1. Toast the bread slices.
2. Slice the avocado in half, squeeze the meat of the avocado onto the toast and spread evenly.
3. Cut a lime in half and squeeze the juice over the avocado on your toast.
4. Sprinkle with salt and red chili flakes (if using). Enjoy!



## Mains and Sides

Mix and match these main and side dishes, to make up meals that you enjoy. Most recipes contain a variety of fresh herbs and spices, which I love to incorporate into my meals for flavor and a variety of health benefits. Try experimenting with different ingredients, to find the flavors that you like best!





## Greek Salad

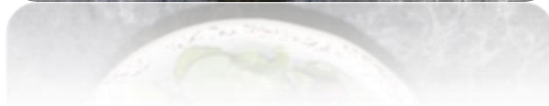
**Makes 2-4 servings**

### **Dressing Ingredients:**

- 6 tablespoons extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ¼ teaspoon black pepper
- ¼ teaspoon sea salt

### **Salad Ingredients:**

- 1 head romaine lettuce, chopped
- 2 tomatoes, chopped
- 1 cucumber, chopped
- ¼ yellow or red onion, chopped
- ½ cup Kalamata or black olives, halved
- Optional add-ins: feta cheese, chicken, fish



### **Directions:**

1. Prepare the dressing: Combine all of the dressing ingredients in a blender and blend until smooth.
2. Prepare the salad: In a large bowl, combine all of the salad ingredients.
3. Pour the dressing over the top. Toss well to coat and serve.





## Mixed Greens & Strawberry Salad with Basil Vinaigrette

Makes 1-2 servings

### Salad:

- 2 cups fresh mixed greens
- ¼ cup sliced almonds
- ¼ cup sliced fresh strawberries
- ½ ripe avocado, sliced
- Optional add-in: Goat cheese

### Dressing:

- 1 ½ tablespoons raw apple cider vinegar
- 1/8 cup fresh basil, finely chopped
- 2 tablespoons extra virgin olive oil
- 1 tablespoon water
- 1 teaspoon Dijon mustard
- 1 clove of garlic, minced
- 1 tablespoon raw honey

### Directions:

1. In a large bowl, combine mixed greens, strawberries, almonds and avocado.
2. In a small bowl, whisk all dressing ingredients together.
3. Drizzle dressing over salad.
4. Serve and enjoy!





## Red Lentil Vegetable Soup

Makes 6 servings

### Ingredients:

- 1 tablespoon olive oil
- 1 sweet onion, diced
- 3 stalks celery, chopped
- 2 cups cremini mushrooms, halved
- 2 cloves garlic, minced
- 1 bay leaf
- 2 teaspoons chili powder
- 1 ¼ teaspoons ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon smoked paprika
- 1/8 teaspoon cayenne pepper
- 1-14 ounce can diced tomatoes, with their juices
- 7 cups vegetable broth
- ½ cup uncooked red lentils
- ¼ teaspoon sea salt
- 1 teaspoon black pepper
- 2 handfuls destemmed, chopped spinach



### Directions:

1. In a large saucepan, heat oil over medium heat. Add the onion and sauté for a few minutes. Add the garlic, celery and mushrooms and sauté for approximately 5 more minutes.
2. Add the bay leaf, chili powder, cumin, coriander, paprika, and cayenne and stir to combine. Sauté for a couple of minutes.
3. Stir in the tomatoes with their juices, the broth, and the lentils. Bring the mixture to a boil, then reduce the heat to medium and simmer, uncovered for 20-25 minutes, until the lentils are tender. Add salt and pepper. Remove and discard the bay leaf.
4. Stir in the spinach and cook for a few minutes more, until it has wilted.
5. Serve and enjoy!



# Turkey Meatballs

**Makes 18-20 meatballs**

## **Ingredients:**

- 2 pounds ground turkey
- 1 small onion, roughly chopped
- 2 garlic cloves, minced
- 8 fresh sage leaves, finely chopped
- 8 large fresh basil leaves, finely chopped
- Leaves from 4 sprigs of thyme, finely chopped
- 6 ounces of cremini mushrooms, finely chopped
- ¼ cup fresh Italian parsley, finely chopped
- 1 teaspoon sea salt
- 2 teaspoons black pepper
- 3 tablespoons coconut oil



## **Directions:**

1. In a large mixing bowl, combine onion, garlic, herbs, mushrooms, salt, pepper.
2. Add turkey, using your hands to thoroughly combine all the ingredients, then roll them into golf ball-sized meatballs.
3. Heat the coconut oil in a large skillet over medium-high heat. Cook the first batch of meatballs until they are browned all over and fully cooked, approximately 3-4 minutes on each side (4 sides). Continue with second batch, until all meatballs are cooked. Flatten for easier cooking.
4. Transfer to a plate and serve with your favorite sauce and vegetable of choice.
5. Store leftovers in the fridge and enjoy over the next few days.





## Almond Mustard Fried Halibut

**Makes 2 servings**

### **Ingredients:**

- 2 fillets of halibut or preferred white fish
- ½ cup almond meal
- 1 tablespoon stoneground mustard
- ½ teaspoon smoked paprika
- Sea salt and pepper, to taste
- 1 ½ tablespoons coconut oil



### **Directions:**

1. Spread mustard on both sides of halibut fillets. Let sit for 5-10 minutes.
2. Add coconut oil to a pan. Heat on medium to high heat for several minutes.
3. Sprinkle salt and pepper onto halibut fillets.
4. Mix almond meal and smoked paprika together.
5. Roll fish in almond meal and smoked paprika mixture, until it is evenly coated.
6. Place fish in hot pan. Cook fish for approximately 5-7 minutes each side, or until fully cooked.



## Spaghetti Squash with Marinara

Makes 4-6 servings

### Ingredients:

- 1 whole spaghetti squash
- 1-28 oz can, plus 1-12 oz can of tomato sauce (Muir Glen Organic recommended)
- 2 tablespoons olive oil
- 1 small yellow onion, diced
- 3 cups cremini mushrooms, halved
- ½ cup Kalamata olives, halved
- 3 cloves garlic, minced
- 4 tablespoons fresh basil, chopped
- 1 ½ teaspoons Italian seasoning
- 1 ½ teaspoons black pepper
- Sea salt, to taste
- Red chili flakes, to taste (optional)



### Directions:

1. Preheat oven to 450°F.
2. Split squash in half or quarters and scrape out seeds. Drizzle with olive oil and place flesh side down on a baking sheet and place in oven.
3. In a large pan, heat olive oil on low-medium heat and add onions and mushrooms. Cook for a few minutes, stirring frequently. Add garlic, basil, and olives and cook until tender.
4. Add tomato sauce, Italian seasoning, pepper, sea salt and red chili flakes.
5. Remove squash from the oven when fully cooked, approximately 25-30 minutes. Let rest until cool enough to handle.
6. Using a spoon, scrape the strands of squash from the inside of the skin.
7. Toss the spaghetti squash in the pan with the marinara sauce. Serve and enjoy.



## Baked Cod with Lemon-Basil Vinaigrette

**Makes 2 servings**

### **Ingredients:**

- 2 medium size fillets of cod
- 2 ½ tablespoons fresh lemon juice
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- ½ teaspoon grated lemon peel
- 3 tablespoons thinly sliced fresh basil
- 2 teaspoons drained capers (optional)
- Sea salt and black pepper, to taste



### **Directions:**

1. Preheat oven to 400°F.
2. Place fillets in a baking dish and brush them with olive oil.
3. In a small bowl, whisk lemon juice, olive oil, minced garlic and grated lemon peel. Stir in fresh basil and capers and season vinaigrette with salt and pepper, to taste.
4. Place fish in the oven. Remove after 10 minutes and pour vinaigrette on top of fish. Let it continue to cook until easily flaked with a fork.
5. Serve and enjoy!





## Sweet Potato Fries

Makes 2 servings

### Ingredients:

- 1 sweet potato, thinly sliced
- ¼ cup grapeseed oil, divided
- 1 tablespoon arrowroot flour
- ½ teaspoon black pepper
- ¼ teaspoon sea salt



### Directions:

1. Preheat oven to 425°F.
2. Spread 2 tablespoons grapeseed oil on a baking sheet. Cut sweet potato into thin slices, keeping them similar in size for even cooking.
3. In a mixing bowl, add the remaining 2 tablespoons grapeseed oil, arrowroot flour, pepper and sea salt. Cover the fries in the mixture, until all are well coated.
4. Spread fries out on baking sheet in a single layer.
5. Bake fries for about 15 minutes. Remove from the oven and flip the fries. Continue baking for about 10 minutes more or until they are fully cooked and crispy.



## Guacamole

Makes 6 servings

### Ingredients:

- 3 avocados, halved and seeded
- ½ lime, juiced
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon ground cumin
- ½ teaspoon cayenne
- 1 tablespoon cilantro, chopped
- 1 clove garlic, minced
- ½ small yellow onion, diced
- ½ jalapeno pepper, seeded and finely chopped
- 2 Roma tomatoes, seeded and chopped



### Directions:

1. Place the scooped avocado and lime juice in a bowl and toss to coat.
2. Add the salt, pepper, cumin, and cayenne and mash.
3. Mix in onions, jalapeno, tomatoes, cilantro, and garlic.
4. Let sit at room temperature for 30 minutes and serve.



## Sweet Treats

Eating healthy doesn't mean that you can't enjoy treats. Just go with healthier versions, that use natural ingredients and sweeteners, without harmful additives. Try these delicious treats when you're looking to satisfy your sweet tooth!





## Almond Butter Oat Protein Balls

**Makes 14 balls**

### **Ingredients:**

- 1 cup gluten free rolled oats
- 1 ½ cups almond butter or peanut butter
- 1/3 cup honey
- 1 cup unsweetened coconut flakes
- 1/3 cup ground flaxseed
- 1/2 cup dark chocolate chips
- 1 teaspoon vanilla extract



### **Directions:**

1. Put all ingredients in a large bowl and mix thoroughly until combined.
2. Chill in the fridge for 30 minutes.
3. Roll into balls and enjoy!



## Almond Coconut Cookies

**Makes 10 cookies**

### Ingredients:

- 1 ¼ cups almond meal
- ¼ cup dark chocolate chips
- ¼ cup walnuts
- ½ cup shredded unsweetened coconut
- ½ cup coconut sugar
- 1 tablespoon maple syrup
- ½ teaspoon baking powder
- ¼ teaspoon salt
- ½ tablespoon vanilla extract
- 1 egg
- 3 tablespoons coconut oil, melted



### Directions:

1. Preheat oven to 375°F.
2. In a mixing bowl, stir together almond meal, chocolate chips, walnuts, coconut, baking powder, salt, and coconut sugar.
3. In a separate bowl, beat egg until uniform in color. Whisk in the coconut oil, vanilla, and maple syrup. Add to dry ingredients and mix until combined.
4. Chill in the fridge for at least 30 minutes.
5. Shape dough into 1-inch balls and place on baking sheet. Press down slightly to flatten a bit.
6. Bake for approximately 10-13 minutes, until edges begin to brown.
7. Remove from oven and let cool before serving.



## Coconut Banana Chia Pudding

Makes 6-8 servings

### Ingredients:

- 2 large ripe bananas
- 14 ounces canned coconut cream
- ¼ cup coconut sugar
- ¼ cup maple syrup
- 1 ½ teaspoons vanilla extract
- ½ teaspoon fresh lemon juice
- 1 small pinch of salt
- 6 tablespoons chia seeds
- Toasted sweetened coconut flakes for garnish, to taste (optional)



### Directions:

1. Combine 2 bananas with coconut cream, coconut sugar, maple syrup, vanilla, lemon juice and salt in a blender and blend until smooth.
2. Add the chia seeds and blend on low speed to combine.
3. Place mixture in a bowl to set. Stir after 20 minutes.
4. Chill for at least 4 hours before serving.
5. Top with toasted sweetened coconut flakes and enjoy!





## Cocoa Banana Smoothie

**Makes 1 smoothie**

**Ingredients:**

- 1 small ripe banana
- 2 tablespoons raw cocoa powder or cocoa powder
- 2 tablespoons maple syrup
- 1 tablespoon unsalted almond butter
- 1 tablespoon flaxseed
- 1 cup unsweetened almond milk
- ½ cup water

**Directions:**

1. Place all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and sip away!





## Dark Chocolate Covered Strawberries

Makes approximately 12 strawberries

### Ingredients:

- 1-16 ounce container of strawberries with leaves
- 5 ounces dark chocolate chopped  
(at least 70% cocoa)



### Directions:

1. Wash and dry the strawberries. Make sure they are completely dry, so the chocolate sticks and goes on smooth.
2. Cook chocolate in a saucepan on low to medium heat until melted. Stir occasionally until chocolate is smooth.
3. Hold berries by the stem and dip each one in chocolate about three quarters of the way to the stem.
4. Let the strawberries sit until the chocolate coating is set and dry to the touch.
5. Serve and enjoy!



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