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Brain Health Recipe Pack

This collection of healthy recipes includes simple, delicious options for breakfast, lunch, snack and dinner



Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created these healthy recipes to help you meet your health goals. All are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

The recipes in this e-book are available on my digital meal plans + 1,000s more. You can build your ultimate meal plan with our search-click-and-drag technology with automatic nutrition facts calculation and grocery list generation.

Now, let's get cooking!

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Recipes

BREAKFAST

Chocolate Covered Cherry Smoothie

Triple Berry Chia Jam

Greek Yogurt and Jam Parfaits

LUNCH

Whole-Grain Pasta with Arugula and Beans

Simple Kale Salad with Hemp Seeds

Avocado Toast with Artichokes and Basil

DINNER


Lemon-Dill Salmon

Moroccan Red Lentil Soup

Braised Fennel with Mint and Goat Cheese

NUTRIENT GUIDE

Per serving:

 calories

 carbohydrates

 total fat

 protein

Triple Berry Chia Jam

Serves 6

Prep: 15 mins. | Total: 20 mins.

Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds

Directions

Prep

1. Wash raspberries if using fresh.

Make

1. Add berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Transfer to a jar to cool.
5. Store in refrigerator for up to two weeks.

Per serving:

- C** 66 calories
- C** 13g carbohydrates
- F** 1g total fat
- P** 1g protein



Chia Jam Yogurt Parfaits

Serves 3

Prep: 15 mins. | Total: 20 mins.

Ingredients

- 1 cup raspberries, frozen or fresh
- 1 cup blueberries, wild, frozen
- 1 lemon, juiced (2 tablespoon)
- 2 Tbs maple syrup
- 2 Tbs chia seeds
- 3 cup yogurt, Greek plain

Directions

Prep

1. Wash raspberries if using fresh.

Make

1. Add both berries to the saucepan with lemon juice and simmer over medium heat until the fruit breaks down. Mash with a fork to break apart and create a smoother jam.
2. Remove from heat and stir in maple syrup and chia seeds.
3. Let stand for 10 minutes to thicken. If you want a thicker consistency, stir in more seeds a teaspoon at a time.
4. Once cool, layer jam and yogurt to create parfaits.
5. You can transfer any extra jam to a jar and refrigerate for up to two weeks.

Per serving:

C 253 calories

C 31g carbohydrates

F 7g total fat

P 19g protein



Chocolate Covered Cherry Smoothie

Serves 1

Total: 5 mins.

Ingredients

- 1/2 cup cherries, frozen
- 1/2 cup raspberries, frozen (or fresh)
- 1/4 cup spinach, frozen
- 1/2 banana, fresh or frozen
- 1 cup almond milk, unsweetened
- 2 Tbs cocoa powder
- 2 dates, pitted and chopped

Directions

Make

1. Combine all ingredients in a blender and process until smooth.

Per serving:

C 316 calories

C 75g carbohydrates

F 6g total fat

P 7g protein



Whole-Grain Pasta with Arugula, Beans, and Garlic

Serves 4

Prep: 10 mins. | Total: 15 mins.

Ingredients

- 4 cloves garlic, thinly sliced
- 5 oz arugula, roughly chopped
- 1 lemon, zested
- salt, to taste
- 8 oz pasta, whole-grain (gluten-free if needed)
- 4 Tbs olive oil
- 1 tsp red pepper flakes optional
- 4 Tbs parmesan cheese
- 4 Tbs olive oil, to finish
- 1 1/2 cup white beans, canned, drained and rinsed

Per serving:

C 449 calories

C 37g carbohydrates

F 30g total fat

P 11g protein

Directions

Prep

1. Thinly slice the garlic.
2. Chop arugula. Drain and rinse beans.
3. Zest lemon for 1 Tablespoon per 4 servings.

Make

1. Cook pasta in large pot of boiling water.
2. While pasta cooks, heat olive oil, garlic and red pepper in a pan; cook for about 2 minutes.
3. Add beans and arugula and cook until arugula is wilted. Scoop out a little water from the pasta pot and add it to the pan. Continue cooking greens, garlic, and red pepper on low heat.
4. When pasta is al dente, drain and add it to the pan with the greens.
5. Toss everything together with a pair of tongs.
6. Season with salt and pepper to taste.



Simple Kale Salad with Hemp Seeds

Serves 4

Prep: 5 mins. | Total: 10 mins.

Ingredients

- 8 cup kale, sliced crosswise
- 1 avocado, cubed
- 1/2 lemon, juiced
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste
- 6 Tbs hemp seeds

Per serving:

C 222 calories

C 6g carbohydrates

F 20g total fat

P 7g protein

Directions

Prep

1. Slice kale and cube avocado.
2. Juice lemon.

Make

1. Combine kale, olive oil, and 1 tablespoon lemon juice in a bowl.
2. Massage with hands until kale is tender.
3. Toss in avocado. Season with salt and pepper to taste.
4. Top with hemp seeds.



Avocado Toast with Artichokes and Basil

Serves 4

Prep: 5 mins. | Total: 10 mins.

Ingredients

- 4 slices whole-grain bread, toasted (gluten-free if needed)
- 2 avocados, sliced or mashed
- 1/2 cup artichokes, quartered, canned, drained and rinsed
- 6 basil leaves
- 1/4 tsp crushed red pepper
- salt, to taste
- pepper, to taste

Per serving:

C 210 calories

C 22g carbohydrates

F 12g total fat

P 6g protein

Directions

Prep

1. Toast bread.
2. Slice or mash avocado.
3. Chop basil or another herb.
4. Drain and rinse artichoke quarters. Pat dry.

Make

1. Place avocado on toast and layer with basil and artichoke quarters.
2. Top with crushed red pepper and season with salt and pepper.



Lemon-Dill Salmon

Serves 4

Prep: 8 mins. | Total: 15 mins.

Ingredients

- 2 lb salmon, cut into serving sizes
- 4 Tbs lemon-dill dressing, prepared (meal plan recipe)
- salt, to taste
- pepper, to taste

Per serving:

- C** 377 calories
- C** 3g carbohydrates
- F** 19g total fat
- P** 45g protein

Directions

Prep

1. Cut salmon into serving sizes ~ 6 ounces each.
2. Prepare lemon-dill dressing.
3. Preheat oven to 350° F.

Make

1. Line a baking pan with parchment paper.
2. Coat salmon with 3 tablespoons of dressing, reserving 1 tablespoon to top salmon after cooking. Let marinate for 30 minutes. Be sure not to dip the brush you use for raw salmon back into the reserved dressing.
3. Bake salmon for about 10-15 minutes until cooked through [timing will vary depending on the thickness of the filets.]
4. Remove salmon from oven and top with additional dressing.
5. Season with salt and pepper to taste.



Lemon-Dill Dressing

Serves 4

Prep: 5 mins. | Total: 15 mins.

Ingredients

- 4 Tbs olive oil
- 1 clove garlic, pressed
- 1 1/2 Tbs red wine vinegar
- 1 lemon, zested and juiced
- 1/2 cup dill, fresh, chopped
- salt, to taste
- pepper, to taste

Directions

Prep

1. Zest and juice lemon.

Make

1. Add oil, garlic, vinegar, lemon juice, 1/2 teaspoon zest, and dill to a small mason jar. Shake to combine.
2. Season with salt and pepper to taste.
3. Use as a dressing for salads and vegetables or as a marinade.

Per serving:

C 377 calories

C 3g carbohydrates

F 19g total fat

P 45g protein



Braised Fennel with Mint and Goat Cheese

Serves 4

Prep: 5 mins. | Total: 20 mins.

Ingredients

- 3 bulbs fennel, trimmed and sliced
- 2 Tbs olive oil, extra-virgin
- 1 cup vegetable broth
- salt, to taste
- pepper, to taste
- 1/4 cup mint leaves, fresh
- 4 oz goat cheese, crumbled
- 1/4 cup pomegranate arils

Per serving:

C 203 calories

C 16g carbohydrates

F 13g total fat

P 8g protein

Directions

Prep

1. Trim fennel saving some fronds for garnish - be sure to not trim too much of the root. You want to maintain the shape of the bulb.

Make

1. Cut fennel bulbs into wedges.
2. In a large skillet, add oil and fennel. Sauté over medium heat to slightly brown both sides of the wedges.
3. Add broth, season with salt and pepper, and reduce heat to low. Simmer for 10-15 minutes, turning gently, until the fennel is tender.
4. Serve topped with reserved fronds, fresh mint, cheese, and pomegranate arils.



Moroccan Red Lentil Soup

Serves 6

Prep: 25 mins. | Total: 60 mins.

Ingredients

- 1 large sweet onion, chopped
- 2 cup butternut squash, chopped or frozen
- 2 cup spinach, chopped
- 2 Cloves garlic, minced
- 1 Tbs ginger, shredded
- 1 cup red lentils, rinsed
- 1 Tbs olive oil
- 1 Tbs ras el hanout (or garam masala)
- 2 Tbs miso paste
- 4 cup water 4-5 cups
- 1 (15 oz.) can coconut milk
- 1 1/2 cup tomatoes, canned, diced
- salt, to taste
- cayenne pepper, to taste

Per serving:

- C** 254 calories
- C** 27g carbohydrates
- F** 14g total fat
- P** 9g protein



Directions

Prep

1. Chop onion, butternut squash, and spinach.
2. Mince garlic, shred ginger, and rinse and drain lentils.

Make

1. In a large soup pot, sauté onion and garlic gently in olive oil until soft and fragrant.
2. Stir in ginger and sauté for a few more minutes.
3. Add spice mix and miso and stir to coat vegetables.
4. Add squash, lentils, water, coconut milk, and tomatoes. Bring to a boil then reduce heat and simmer for 20 minutes until squash and lentils are soft, adding more water if needed to keep vegetables covered.
5. Stir in spinach just before serving.
6. Season with salt to taste, adding cayenne for added heat if desired.