



HOLISTIC
NUTRITION NUT

Healthy Grilling

Created by Holistic Nutrition Nut



Veggie Skewers

6 ingredients · 15 minutes · 4 servings



Directions

1. Toss the mushrooms, onion and bell pepper in a bowl with the oil until well coated.
2. Pierce the mushrooms, onion and bell pepper onto the barbecue skewers. Season with salt and pepper.
3. Grill over medium heat, turning frequently until slightly charred and cooked through, about 15 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately one skewer with 7 to 8 pieces.

More Flavor

Add your choice of dried herbs or spices.

Ingredients

- 4 Cremini Mushrooms (halved)
- 1 cup Red Onion (chopped)
- 1 Red Bell Pepper (seeds removed, chopped)
- 2 tbsps Extra Virgin Olive Oil
- 4 Barbecue Skewers
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	87	Protein	1g
Fat	7g	Cholesterol	0mg
Saturated	1g	Sodium	4mg
Trans	0g	Potassium	178mg
Polyunsaturated	1g	Vitamin A	932IU
Monounsaturated	5g	Vitamin C	41mg
Carbs	6g	Calcium	12mg
Fiber	1g	Iron	0mg
Sugar	3g		



Mango Chickpea Salad with Grilled Chicken Kabobs

11 ingredients · 30 minutes · 4 servings



Directions

1. Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
2. In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
3. In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
4. Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
5. Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

Notes

Vegans & Vegetarians

Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

No Mango

Use diced pineapple or fresh blueberries instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Ingredients

- 1 lb Chicken Breast
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Frozen Edamame (thawed)
- 1/2 Cucumber (diced)
- 1 Mango (diced)
- 4 cups Arugula
- 1/2 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1/2 cup Water

Nutrition

Amount per serving

Calories	564	Protein	44g
Fat	24g	Cholesterol	82mg
Saturated	3g	Sodium	101mg
Trans	0g	Potassium	1212mg
Polyunsaturated	9g	Vitamin A	1618IU
Monounsaturated	8g	Vitamin C	48mg
Carbs	49g	Calcium	253mg
Fiber	13g	Iron	7mg
Sugar	18g		



Grilled Fruit Medley

6 ingredients · 10 minutes · 4 servings



Directions

1. Preheat grill to high heat. Slide the pineapple, strawberries and nectarine onto skewers. (Note: If using wooden skewers, they should be soaked in water beforehand.)
2. Grill fruit skewers for 1 to 2 minutes per side, or until grill marks appear.
3. Slide the grilled fruit off the skewers and into a bowl. Add the blueberries, top with lime juice and enjoy!

Notes

Other Grilled Fruit Ideas

Use watermelon, peach, apricot, cantaloupe, or mango.

No Grill

Use a grill pan on the stovetop instead, or broil in the oven.

Serve it With

Yogurt, ice cream, whipped coconut cream, oatmeal, granola or a bit of honey.

Serve it as a Salad

Add arugula, spinach, basil, goat cheese, feta cheese, walnuts and/or pecans, with a dressing of your choice.

Storage

This recipe is best enjoyed immediately but can be refrigerated in an airtight container up to 2 to 3 days.

Ingredients

- 2 cups Pineapple (diced and cored)
- 1 cup Strawberries (halved and stems removed)
- 1 Nectarine (sliced and pit removed)
- 12 Barbecue Skewers
- 1 cup Blueberries
- 1/4 Lime (juiced)

Nutrition

Amount per serving

Calories	90	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	2mg
Trans	0g	Potassium	248mg
Polyunsaturated	0g	Vitamin A	191IU
Monounsaturated	0g	Vitamin C	67mg
Carbs	23g	Calcium	21mg
Fiber	3g	Iron	1mg
Sugar	16g		



Grilled Cauliflower Steaks with Avocado Chimichurri

8 ingredients · 30 minutes · 4 servings



Directions

1. Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
2. Stir in the avocado until well coated and refrigerate.
3. Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
4. Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

Notes

Likes it Spicy

Add a chili pepper or red pepper flakes to the chimichurri.

Leftovers

Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

No Cilantro

Use parsley instead.

No Cauliflower

Use zucchini or portobello mushrooms instead.

No Grill

Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

No Food Processor

Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.

Ingredients

1/2 cup Red Wine Vinegar

1 cup Cilantro (thick stems removed)

1/4 cup Fresh Oregano (stems removed)

4 Garlic (cloves, minced)

3/4 cup Extra Virgin Olive Oil (divided)

1 tsp Sea Salt

1 Avocado (peeled and cubed)

1 head Cauliflower (sliced into steaks)

Nutrition

Amount per serving

Calories	494	Protein	4g
Fat	48g	Cholesterol	0mg
Saturated	7g	Sodium	644mg
Trans	0g	Potassium	766mg
Polyunsaturated	5g	Vitamin A	395IU
Monounsaturated	35g	Vitamin C	78mg
Carbs	15g	Calcium	97mg
Fiber	8g	Iron	3mg
Sugar	3g		

Honey Garlic Chicken Thighs

10 ingredients · 30 minutes · 2 servings



Directions

1. Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
2. Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
3. Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
4. Preheat your grill over medium heat.
5. Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs

Use chicken breast or chicken wings. Grill time will vary.

No Asparagus

Use any grilled vegetable.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 2 **tsps** Raw Honey
- 3 Garlic (cloves, minced)
- 1 **tbsp** Chili Powder
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1 **lb** Chicken Thighs
- 3 **cups** Asparagus (woody ends snapped off)
- 1/2 **cup** Quinoa (uncooked)
- 3/4 **cup** Water

Nutrition

Amount per serving

Calories	670	Protein	56g
Fat	26g	Cholesterol	213mg
Saturated	5g	Sodium	1519mg
Trans	0g	Potassium	1300mg
Polyunsaturated	5g	Vitamin A	2770IU
Monounsaturated	14g	Vitamin C	13mg
Carbs	56g	Calcium	118mg
Fiber	9g	Iron	9mg
Sugar	20g		



Fusilli with Grilled Eggplant

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425°F (218°C).
2. Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
3. Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
4. Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
5. Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
6. Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!

Ingredients

- 8 ozs Chicken Breast, Cooked
- 3 Tomato (sliced in half)
- 1 Sweet Onion (coarsley chopped)
- 1 Eggplant (sliced into 1/2 inch rounds)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 cup Basil Leaves (chopped)
- 2 1/2 cups Brown Rice Fusilli (uncooked)

Nutrition

Amount per serving

Calories	516	Protein	25g
Fat	15g	Cholesterol	59mg
Saturated	2g	Sodium	74mg
Trans	0g	Potassium	933mg
Polyunsaturated	2g	Vitamin A	1436IU
Monounsaturated	9g	Vitamin C	26mg
Carbs	72g	Calcium	43mg
Fiber	9g	Iron	2mg
Sugar	9g		



Spiced Salmon Kabobs

12 ingredients · 20 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
3. Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
4. Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
5. Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs

Serve with quinoa, brown rice or sweet potato.

Time Saver

Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.

Ingredients

- 2 **tbsps** Parsley (chopped)
- 1 **tbsp** Sesame Seeds
- 1/2 **tsp** Black Pepper
- 1/2 **tsp** Sea Salt
- 1/2 **tsp** Red Pepper Flakes
- 2 **tbsps** Maple Syrup
- 2 **tbsps** Extra Virgin Olive Oil (plus extra for asparagus)
- 1 **1/4 lbs** Salmon Fillet (sliced into 1 inch cubes)
- 2 Lemon (sliced into thin rounds)
- 8 Barbecue Skewers
- 6 **cups** Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	332	Protein	37g
Fat	15g	Cholesterol	72mg
Saturated	2g	Sodium	413mg
Trans	0g	Potassium	1002mg
Polyunsaturated	3g	Vitamin A	2006IU
Monounsaturated	7g	Vitamin C	23mg
Carbs	17g	Calcium	99mg
Fiber	5g	Iron	5mg



Sugar 10g

Mushroom Lentil Burgers

13 ingredients · 30 minutes · 9 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Saute onion and mushrooms for 8 to 10 minutes or until onions are translucent. Add the garlic and saute for another minute. Drain off all the excess liquid.
2. In a food processor, combine the mushroom and onion mix, walnuts, half the lentils, tabasco sauce, paprika and chili powder. Pulse until smooth. Transfer into a large mixing bowl and add almond flour, parsley, sea salt, black pepper and remaining lentils. Mix well. (Note: Add more almond flour 1 tbsp at a time if your mixture is too wet.)
3. Use a 1/3 measuring cup to measure out even amount of the mix and form them into patties with your hands or use a round cookie cutter or large mason jar lid to make perfect patties. Place them on a piece of parchment paper.
4. Heat the grill over medium heat. Grill the patties for 10 to 15 minutes per side and then gently flip. Brush each side with a bit of olive oil before and after flipping.
5. Remove from grill and top the burgers with your favourite burger fixings and enjoy!

Notes

More Carbs

Serve it on a gluten-free bun or in a wrap.

Keep it Light

Serve on a bed of greens or collard green wraps.

Extra Flavor

Brush the patties with clean BBQ sauce while grilling.

No BBQ

Preheat oven to 375°F (191°C) and bake the patties for 15 to 20 minutes per side.

Additional Toppings

Sprouts, avocado, tomato, plant-based cheese, mustard, and/or greens.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 **cups** Portobello Mushroom (diced)
- 3 Garlic (cloves, minced)
- 3/4 **cup** Walnuts (chopped and toasted)
- 2 **cups** Green Lentils (cooked, drained, rinsed and divided)
- 2 **tsps** Tabasco Sauce
- 1 **tsp** Paprika
- 1 1/2 **tsps** Chili Powder
- 2/3 **cup** Almond Flour
- 1/3 **cup** Parsley (chopped)
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper

Nutrition

Amount per serving

Calories	202	Protein	9g
Fat	13g	Cholesterol	0mg
Saturated	1g	Sodium	94mg
Trans	0g	Potassium	493mg
Polyunsaturated	5g	Vitamin A	469IU
Monounsaturated	2g	Vitamin C	4mg
Carbs	17g	Calcium	49mg



Fiber	7g	Iron	3mg
Sugar	4g		

Thai Turkey Burgers with Almond Carrot Slaw

12 ingredients · 30 minutes · 4 servings



Directions

1. In a large bowl, combine the turkey, green onion, cilantro, basil, garlic, and ginger. Season with salt and pepper, and mix until well combined. Form the meat mixture into equal-sized patties and set aside.
2. Heat a grill or pan to medium heat and cook the patties for 10 to 15 minutes per side, or until cooked through.
3. While the burgers are cooking, make the almond carrot slaw by combining the grated carrots, lime juice, almond butter, and tamari. Season with sea salt and black pepper to taste, and stir in some extra chopped cilantro (optional).
4. To serve, wrap patties in lettuce leaves and top with the almond carrot slaw. Enjoy!

Notes

More Carbs

Serve on burger buns or sweet potato toast.

Make Ahead

Prepare patties in advance and store in the fridge overnight, or freeze up to 3 months.

No Boston Lettuce

Use cabbages leaves instead.

Oven Version

Bake the patties in the oven at 350 degrees F for 30 minutes or until cooked through, flipping halfway.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Basil Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 tbsps Ginger (peeled and grated)
- Sea Salt & Black Pepper (to taste)
- 2 Carrot (medium, grated)
- 1 Lime (juiced)
- 2 tbsps Almond Butter
- 2 tbsps Tamari (or Coconut Aminos)
- 1 head Boston Lettuce (peeled apart into leaves)

Nutrition

Amount per serving

Calories	244	Protein	24g
Fat	14g	Cholesterol	84mg
Saturated	3g	Sodium	605mg
Trans	0g	Potassium	465mg
Polyunsaturated	4g	Vitamin A	5693IU
Monounsaturated	6g	Vitamin C	7mg
Carbs	7g	Calcium	75mg
Fiber	2g	Iron	2mg
Sugar	2g		



Grilled Mediterranean Chicken Kabobs

10 ingredients · 30 minutes · 4 servings



Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Leftovers

Store covered in an airtight container in the fridge up to three days.

Serving Size

One serving is equal to approximately two kabobs.

Serve Them With

Rice, quinoa, grilled potatoes and/or tzatziki sauce. Add to leafy greens to make a salad.

Vegan & Vegetarian

Omit the chicken and use marinated tofu or whole mushrooms instead.

Wooden Skewers

If grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

Ingredients

- 1 Lemon (juiced)
- 1 tbsp Red Wine Vinegar
- 1 tbsp Oregano (dried)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 lb Chicken Breast (boneless, skinless, diced into cubes)
- 1 Zucchini (large)
- 1 Yellow Bell Pepper
- 1 cup Red Onion
- 2 cups Cherry Tomatoes
- 8 Barbecue Skewers

Nutrition

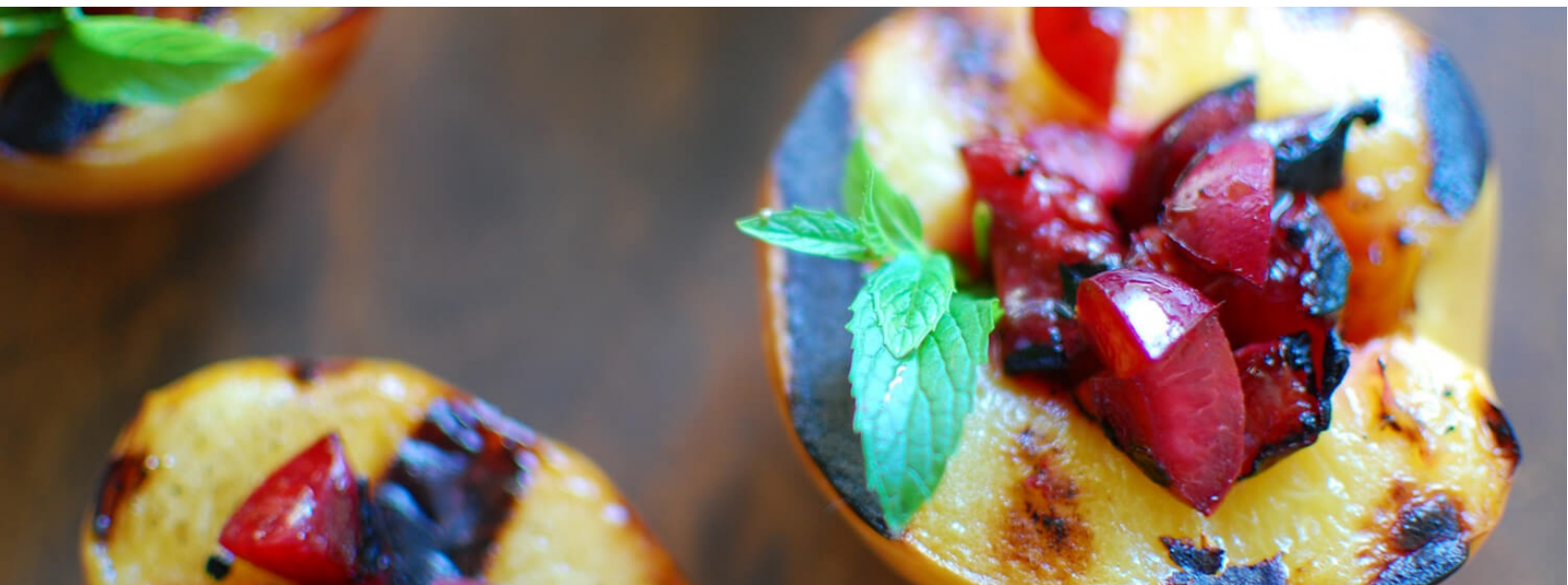
Amount per serving

Calories	251	Protein	28g
Fat	10g	Cholesterol	82mg
Saturated	2g	Sodium	62mg
Trans	0g	Potassium	862mg
Polyunsaturated	1g	Vitamin A	860IU
Monounsaturated	6g	Vitamin C	112mg
Carbs	12g	Calcium	48mg
Fiber	3g	Iron	1mg
Sugar	5g		



Grilled Cherry Stuffed Peaches

2 ingredients · 10 minutes · 2 servings



Directions

1. Preheat grill to medium heat.
2. Cut the peaches in half and remove the pits. Cut the cherries in half and remove the pits.
3. Place the peaches and cherries face down on the grill and grill for 5 to 8 minutes, or until slightly charred. (Note: Use a basket to grill the cherries if the grates of the grill are too far apart.)
4. Remove everything from the grill and let cool. When cool enough to handle, roughly chop the cherries and stuff them into the centre of each peach. Enjoy!

Notes

Serve it With

For an added touch, serve it with coconut whipped cream or banana ice cream.

Ingredients

2 Peach (large)

1 cup Cherries

Nutrition

Amount per serving

Calories	107	Protein	2g
Fat	1g	Cholesterol	0mg
Saturated	0g	Sodium	0mg
Trans	0g	Potassium	456mg
Polyunsaturated	0g	Vitamin A	538IU
Monounsaturated	0g	Vitamin C	15mg
Carbs	27g	Calcium	19mg
Fiber	4g	Iron	1mg
Sugar	22g		



Cedar Planked Salmon with Grilled Asparagus

12 ingredients · 30 minutes · 2 servings



Directions

1. Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
2. Toss asparagus in olive oil, salt and pepper to taste and set aside.
3. In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
4. Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
6. Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
7. Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

Notes

Safety First

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

No Asparagus

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

Likes it Spicy

Add chili powder or red pepper flakes to the marinade.

No BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

Prep Ahead

Soak the plank ahead of time and store in the freezer until ready to use.

Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

Nutrition

Amount per serving

Calories	347	Protein	36g
Fat	14g	Cholesterol	72mg
Saturated	2g	Sodium	708mg
Trans	0g	Potassium	1014mg
Polyunsaturated	2g	Vitamin A	2034IU
Monounsaturated	7g	Vitamin C	21mg
Carbs	24g	Calcium	86mg
Fiber	5g	Iron	5mg
Sugar	17g		

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More Carbs

Serve with quinoa, potatoes or brown rice.

Keep it Simple

Omit the marinade and season the salmon with olive oil, salt and pepper.

Grilled Vegetable & Lentil Salad

15 ingredients · 20 minutes · 4 servings



Directions

1. Preheat grill to medium-high.
2. Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
3. Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
4. Remove veggies from the grill and toss in red wine vinegar.
5. Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils

Use chickpeas or black beans instead.

Vegan

Omit the cheese and top with toasted cashews instead.

Save Time

Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers

Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.

Ingredients

- 2 Red Bell Pepper (cored and sliced)
- 1 cup Red Onion (coarsley chopped)
- 2 Zucchini (sliced into rounds)
- 2 cups Portobello Mushroom (sliced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cashews
- 1 Lemon (juiced)
- 1 tbsp Tamari
- 1 cup Parsley
- 2 tbsps Water
- 1 tbsp Red Wine Vinegar
- 8 cups Mixed Greens
- 2 cups Lentils (cooked, drained and rinsed)
- 1/2 cup Feta Cheese (crumbled)

Nutrition

Amount per serving

Calories	335	Protein	19g
Fat	13g	Cholesterol	17mg
Saturated	4g	Sodium	529mg
Trans	0g	Potassium	1420mg
Polyunsaturated	2g	Vitamin A	3428IU
Monounsaturated	6g	Vitamin C	130mg

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Carbs	41g	Calcium	210mg
Fiber	14g	Iron	7mg
Sugar	11g		

Steak & Veggie Kabobs

6 ingredients · 20 minutes · 5 servings



Directions

1. Pierce the steak, green bell peppers, cherry tomatoes, and red onions onto the barbecue skewers. Season with salt and pepper.
2. Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals two 13.5-inch (34 cm) skewers.

More Flavor

Add your choice of additional herbs and spices. Use a charcoal grill.

Additional Toppings

Serve with lettuce wraps, grilled corn on the cob or a side of mixed greens.

Barbecue Skewers

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Ingredients

1 3/4 lbs Top Sirloin Steak (cut into 1-inch pieces)

2 Green Bell Pepper (medium, chopped)

2 cups Cherry Tomatoes

2 cups Red Onion (chopped)

10 Barbecue Skewers

Sea Salt & Black Pepper

Nutrition

Amount per serving

Calories	386	Protein	33g
Fat	23g	Cholesterol	124mg
Saturated	9g	Sodium	88mg
Trans	0g	Potassium	809mg
Polyunsaturated	1g	Vitamin A	674IU
Monounsaturated	10g	Vitamin C	51mg
Carbs	10g	Calcium	65mg
Fiber	3g	Iron	3mg
Sugar	5g		



Grilled Chickpea Stuffed Avocados

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat grill to medium heat.
2. Combine the peas, corn and cherry tomatoes in a bowl. Set aside.
3. Combine the lemon and tahini together in a small jar. Seal and shake well. Set aside. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
4. In a small bowl, toss your chickpeas with olive oil and chili powder. Season with sea salt and black pepper to taste. Toss well until coated and transfer into a grilling basket. Grill for 15 to 20 minutes or until crispy. Toss with tongs periodically to prevent burning.
5. Brush the flesh of the avocado with a bit of olive oil then place face down on the grill. Grill for 5 minutes.
6. Remove the avocados from the grill. Stuff with the peas, corn and tomato mix. Add chickpeas on top then drizzle with tahini sauce. Garnish with chopped parsley and enjoy!

Notes

Extra Grilled Chickpea Mix

Not all of the grilled chickpea and veggie mix will fit inside the avocados, so serve it as a salad on the side.

Ingredients

- 1/2 cup Frozen Peas (thawed)
- 1/2 cup Frozen Corn (thawed)
- 1/2 cup Cherry Tomatoes (halved)
- 1 Lemon (juiced)
- 2 tbsps Tahini
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 2 Avocado (halved and pits removed)
- 1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	415	Protein	13g
Fat	25g	Cholesterol	0mg
Saturated	3g	Sodium	97mg
Trans	0g	Potassium	944mg
Polyunsaturated	5g	Vitamin A	1704IU
Monounsaturated	14g	Vitamin C	26mg
Carbs	42g	Calcium	104mg
Fiber	16g	Iron	5mg
Sugar	7g		



Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

11 ingredients · 30 minutes · 4 servings



Directions

1. Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
2. Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
3. Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
4. When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

Notes

No Grill

Cook burgers in the oven at 350°F (177°C) for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

More Carbs

Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers

Can be frozen up to 6 months in an airtight container.

Ingredients

- 1 1/2 **tsp** Extra Virgin Olive Oil
- 4 **cups** Baby Spinach
- 1/2 **cup** Artichoke Hearts (chopped)
- 1 **lb** Extra Lean Ground Turkey
- 1/2 **tsp** Red Pepper Flakes
- 1/2 **tsp** Black Pepper
- 1 **tsp** Sea Salt (divided)
- 3/4 **cup** Almond Flour
- 1 **Tomato**
- 1/2 **cup** Cashews
- 1 **head** Green Lettuce (separated into leaves and washed)

Nutrition

Amount per serving

Calories	423	Protein	30g
Fat	30g	Cholesterol	84mg
Saturated	5g	Sodium	805mg
Trans	0g	Potassium	586mg
Polyunsaturated	4g	Vitamin A	3938IU
Monounsaturated	9g	Vitamin C	16mg
Carbs	14g	Calcium	122mg
Fiber	5g	Iron	4mg
Sugar	3g		



Grilled Caesar Salad

8 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Line a baking sheet with foil or parchment paper. Spread your bacon across the baking sheet.
3. Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap with foil. Place both the bacon and the garlic in the oven. Let your garlic roast for 30 minutes. Let your bacon cook for about 8 minutes per side or until crispy. (Tip: Set two separate timers.)
4. When the bacon is cooked, wrap bacon in paper towel to absorb the grease and then chop into fine pieces and set aside.
5. When the garlic is finished, let it cool and squeeze all the cloves/flesh into a blender or food processor. Discard the remaining skin. Add olive oil, lemon juice, mustard, a pinch of sea salt and black pepper. Blend well until smooth.
6. Preheat your grill on medium heat.
7. Brush the face of your halved romaine hearts with a bit of olive oil then place them directly on the grill face down. Grill for about 5 minutes.
8. Remove romaine hearts. Place two on a plate and drizzle with desired amount of caesar dressing. Sprinkle with bacon and grated parmigiano reggiano cheese. Enjoy!

Notes

More Protein

Grill up some chicken breasts while you cook the bacon. Slice into strips and serve them alongside the romaine hearts.

Work Ahead

The bacon, dressing and chicken (optional) can all be cooked in advance. Then simply grill the romaine hearts and assemble when ready to eat!

Ingredients

- 8 slices Bacon
- 1 Garlic (whole bulb)
- 1/3 cup Extra Virgin Olive Oil (plus some extra for brushing)
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 4 heads Romaine Hearts (halved)
- 1/4 cup Parmigiano Reggiano (grated or shaved)

Nutrition

Amount per serving

Calories	413	Protein	10g
Fat	40g	Cholesterol	43mg
Saturated	11g	Sodium	551mg
Trans	0g	Potassium	197mg
Polyunsaturated	5g	Vitamin A	2510IU
Monounsaturated	21g	Vitamin C	6mg
Carbs	2g	Calcium	90mg
Fiber	1g	Iron	1mg
Sugar	1g		



No Grill

Roast the romaine hearts in the oven at 425°F (218°C) for 15 to 20 minutes or until they start to char.

BBQ Chicken with Grilled Balsamic Vegetables

16 ingredients · 1 hour · 4 servings



Directions

1. Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
2. Transfer to blender and blend until smooth. Let cool while you prepare the rest.
3. Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
4. Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
5. Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
6. Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

Notes

No BBQ

Preheat the oven to 350°F (177°C). Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil
- 1/2 **cup** Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 2 Tomato (diced)
- 2 **tsps** Tabasco Sauce
- 1/4 **cup** Apple Cider Vinegar
- 1/4 **cup** Yellow Mustard
- 1/4 **cup** Fancy Molasses
- 2 **tbps** Raw Honey
- 1/2 **tsp** Sea Salt
- 1 **lb** Chicken Breast
- 1 Yellow Onion (coarsely chopped)
- 1 Zucchini (coarsely chopped)
- 2 **cups** Portobello Mushroom (coarsely chopped)
- 1 Yellow Bell Pepper (coarsely chopped)
- 1 **tbps** Balsamic Vinegar

Nutrition

Amount per serving

Calories	333	Protein	30g
Fat	7g	Cholesterol	82mg
Saturated	1g	Sodium	557mg
Trans	0g	Potassium	1391mg
Polyunsaturated	1g	Vitamin A	1094IU



Monounsaturated	3g	Vitamin C	105mg
Carbs	39g	Calcium	88mg
Fiber	4g	Iron	3mg
Sugar	30g		

White Bean Burgers

13 ingredients · 30 minutes · 4 servings



Directions

1. In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
2. Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
3. In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
4. Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one burger.

Ingredients

- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 1** Garlic (clove, minced)
- 1/4 cup** Basil Leaves (chopped)
- 1** Egg (whisked)
- 1/2 cup** Almond Flour
- 2** Tomato (diced)
- 1/2 cup** Green Olives (pits removed and chopped)
- 1/4 cup** Red Onion (finely diced)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 4 cups** Baby Spinach
- 1** Lemon (cut into wedges)

Nutrition

Amount per serving

Calories	302	Protein	14g
Fat	14g	Cholesterol	47mg
Saturated	2g	Sodium	190mg
Trans	0g	Potassium	700mg
Polyunsaturated	1g	Vitamin A	3907IU
Monounsaturated	4g	Vitamin C	24mg



Carbs	33g	Calcium	157mg
Fiber	13g	Iron	5mg
Sugar	2g		