



Simple, Healthy & Yummy

Wellness by Design Indy

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Hello!

I created this collection of recipes just for you! The recipes and foods selected optimize your nutrition and include foods to help nourish your body during stressful times. Yes, staying at home is stressful for everyone!!

Cost is taken into account and many use ingredients you can keep on hand, cook once and add to another recipe. Feel free to use ingredients that fit into your budget! Once you stock up on basics - oats, lentils, rice, macaroni, coconut milk, almond milk, vegetable broth, almonds, walnuts, etc. and keep seasonings and spices on hand such as Turmeric, red pepper flakes, black pepper, pesto, your favorite salsa, you will be rocking these recipes!

All recipes may be tweaked for your personal tastes, and availability of ingredients. Don't have coconut oil, then use your favorite oil. Don't have lentil macaroni, use regular macaroni or penne pasta. You don't keep coconut milk in your pantry, then use low-fat milk. Coconut milk in carton can be substituted for canned. Many recipes can be adjusted for your tastes. Be creative and add your favorite salsa to the pepper and eggs boats! Substitute out your favorite cheese for feta cheese in salads! Make the recipes friendly for you and your family's tastes.

Be mindful of how much you are eating and follow the Blue Zones "Hara hachi bu" principle which is a Confucian mantra that reminds to us to stop eating when our stomachs are 80% full. This means that half way through your meal, ask yourself "how full am I"? Then adjust your eating accordingly and stop before you eat too much.

Enjoy and be well!

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Coconut Turmeric Cauliflower Bowls

4 servings

30 minutes

Ingredients

- 2 cups Jasmine Rice (dry, rinsed)
- 2 cups Plain Coconut Milk (from the carton)
- 1 tsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Unsweetened Shredded Coconut
- 1/4 cup Cilantro (chopped)

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 While the rice cooks, heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 3 Once bubbles start to appear in the sauce, add the cauliflower florets and cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 4 Divide the rice between bowls. Top with the creamy cauliflower, shredded coconut and cilantro. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days.

More Flavor, Add garlic powder or chilli flakes to the sauce.

Additional Toppings, Top with sesame seeds.



Spinach Lentil Curry

4 servings

25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (large, chopped)
- 3 Garlic (clove, minced)
- 1 tbsp Ginger (peeled and grated)
- 2 tbsps Curry Powder
- 1 tsp Cumin
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 Lime (juiced)
- 1/2 cup Organic Vegetable Broth
- 1 cup Organic Coconut Milk (from the can)
- 2 cups Lentils (cooked)
- 1/2 cup Cilantro (optional, roughly chopped)
- 6 cups Baby Spinach
- 1 cup Jasmine Rice (dry)
- 2 tpsps Maple Syrup

Directions

- 1 In a large skillet, heat oil over medium heat. Add the onions, garlic and ginger to the pot, stirring and sautéing for 3 to 5 minutes until the onions begin to soften.
- 2 Stir in all of the curry powder, cumin, salt and red pepper flakes and continue to cook for a minute until the spices become fragrant.
- 3 Add the lime juice and vegetable stock. Scrape any browned bits off the bottom of the pan. Then add the coconut milk, lentils and cilantro and stir to combine. Wilt in the spinach 2 cups at a time.
- 4 Bring the curry to a gentle boil then reduce heat and simmer for 15 minutes. Meanwhile, cook your rice according to the instructions on the package.
- 5 When the curry has thickened slightly, stir in the maple syrup. Divide the cooked rice onto plates and top it with the curry. Enjoy!

Notes

No Rice, Serve alone or with quinoa, couscous or potatoes instead.

Leftovers, Keep covered in the fridge for up to 4 days or in the freezer for up to 2 to 3 months.

Too Thick, If the curry gets too thick, add extra vegetable broth to thin it.

More Flavour, Add extra cilantro and lime.



Strawberry Banana Smoothie

2 servings

5 minutes

Ingredients

2 cups Strawberries
1 Banana
1/4 cup Oats (quick or rolled)
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds

Directions

- 1 Throw all ingredients into a blender. Blend well until smooth.
- 2 Divide into glasses and enjoy!

Notes

No Banana, Sweeten with raw honey, maple syrup or soaked dates instead.

Storage, Refrigerate in a sealed mason jar up to 48 hours.

More Protein, Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

More Fibre, Add ground flax seeds.



Asparagus Salad

4 servings

30 minutes

Ingredients

3 cups Asparagus
1 Lemon (juiced and divided)
4 Egg
1/4 cup Extra Virgin Olive Oil
4 cups Arugula
1/2 Cucumber (diced)
2 stalks Green Onion (diced)
1 Avocado (peeled and diced)
1/4 cup Goat Cheese (crumbled)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Hard boil your eggs and set aside to cool.
- 2 Trim the woody ends from the asparagus. Fill a pot with 2 cups water, half the lemon juice and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 3 Peel the hard boiled eggs and chop eggs into quarters.
- 4 Create the dressing by combining olive oil and remaining lemon juice in a jar and shake well.
- 5 In a large salad bowl, combine the arugula, cucumber, green onion and avocado. Top with the chopped asparagus and hard boiled eggs. Sprinkle with goat cheese. Drizzle dressing evenly across and season with sea salt and pepper. Toss well and divide into bowls. Enjoy!

Notes

Egg-Free, Add diced chicken instead.

Vegan, Use chickpeas instead of eggs.



Apple Spice Muffins

12 servings

40 minutes

Ingredients

- 1 1/4 cups Almond Flour
- 1/4 cup Coconut Flour
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 2 Apple (cored and finely diced)
- 4 Egg (whisked)
- 1/4 cup Coconut Oil
- 1/4 cup Maple Syrup
- 1/3 cup Unsweetened Almond Milk

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tin with wrappers.
- 2 Combine the almond flour, coconut flour, cinnamon, nutmeg, baking soda and sea salt in a large mixing bowl and mix well. Add in the apples, eggs, coconut oil, maple syrup and almond milk. Stir until all ingredients are evenly distributed then divide into muffin tins. (Note: To make them fancy, dice an extra apple and sprinkle it on top of each muffin. Then sprinkle with extra cinnamon.)
- 3 Bake for 25 to 30 minutes. Let cool completely and enjoy!

Notes

No Apples, Use pears instead.

Storage, Store at room temperature for 3 days, or freeze up to 3 months.



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

2 Sweet Potato (small)
4 Egg (whisked)
1 tbsp Coconut Oil
1/2 tsp Cinnamon
2 tbsps Maple Syrup

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Spice it Up, Add nutmeg and/or ginger spice.

Toppings, Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Banana Nut Pancakes

4 servings

30 minutes

Ingredients

- 2 Banana (divided)
- 1/2 cup Unsweetened Almond Milk
- 2 cups Almond Flour
- 3 Egg
- 1 tbsp Baking Powder
- 1 tbsp Tapioca Flour
- 1 tbsp Coconut Oil
- 1/2 cup Walnuts (chopped)
- 1/3 cup Maple Syrup

Directions

- 1 In a mixing bowl, mash half of the bananas with a fork. Add almond milk, almond flour, eggs, baking powder and tapioca flour. Mix until thoroughly combined.
- 2 Heat coconut oil in a skillet over low-medium heat. Once hot, pour pancakes in the skillet, about 3 to 4-inches wide. Cook for about 3 to 4 minutes per side (or until middle begins to bubble).
- 3 Transfer to plates and top with the remaining banana (sliced), walnuts and maple syrup. Enjoy!

Notes

No Almond Flour, Use all purpose gluten-free flour instead.

No Tapioca Flour, Use arrowroot powder instead.

Storage, Refrigerate in an airtight container up to 3 to 5 days.



Bell Pepper Egg Cups

1 serving
20 minutes

Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour, Roast the red pepper in the oven before cracking the egg into them.

Added Touch, Sprinkle with cheese during the last 2 minutes.

Serve it With, Toast for dipping or our Grain-Free Flax Bread.

More Protein, If it is a large bell pepper, fill remaining space with egg whites for added protein.



Broccoli & Rice

4 servings

25 minutes

Ingredients

- 1 cup Jasmine Rice (dry, rinsed)
- 4 cups Broccoli (chopped into florets)

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, set the broccoli florets in a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender.
- 3 Divide the rice and broccoli into bowls or containers. Enjoy!

Notes

No Rice, Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Storage, Refrigerate in an airtight container up to 4 days.

Serving Size, One serving is equal to approximately 1 cup of broccoli florets, and 1.25 cups of cooked rice.



Spring Salad

4 servings

15 minutes

Ingredients

- 2 cups Green Lentils (cooked, drained and rinsed)
- 3 cups Snap Peas (washed)
- 1 cup Frozen Peas (thawed)
- 2 cups Baby Spinach (chopped)
- 2 cans Tuna (drained and flaked)
- 3 tbsps Red Wine Vinegar
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Dijon Mustard
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 2 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

Notes

Storage, Store in the fridge in an airtight container up to 3 days.

No Tuna, Use diced chicken breast instead.

Vegetarian and Vegan, Skip the tuna and add extra lentils.



Pesto Chicken Bake

4 servings
20 minutes

Ingredients

- 1 lb Chicken Breast (boneless, skinless)
- 1/4 cup Pesto
- 1 Tomato (sliced)

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto, Use hummus instead.

Leftovers, Refrigerate in an airtight container up to 3 days.



Chicken Guacamole

4 servings
10 minutes

Ingredients

4 1/3 ozs Chicken Breast, Cooked
2 Avocado
2 tbsps Lemon Juice
1 Garlic (clove, minced)
1/4 tsp Sea Salt
1 Cucumber (sliced)

Directions

- 1 Shred the cooked chicken breast until no large pieces remain. Set aside.
- 2 In a mixing bowl, mash the avocado then stir in the lemon juice, garlic and sea salt. Fold in the shredded chicken. Season with additional salt or lemon juice if needed.
- 3 Serve with cucumber slices and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Add cilantro, tomato, onion or jalapeno.

No Lemon, Use lime juice instead.

No Cucumbers, Serve with carrot sticks or crackers instead.



Cobb Salad Jar

2 servings

30 minutes

Ingredients

- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Dijon Mustard
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach (chopped)
- 1/4 cup Cherry Tomatoes (halved)
- 1/4 Avocado (diced)
- 4 ozs Chicken Breast, Cooked
- 1 Egg (hardboiled and sliced)
- 1/4 cup Feta Cheese (crumbled)

Directions

- 1 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 2 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 3 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.



Turmeric Beef Stew

4 servings

55 minutes

Ingredients

- 1 lb Top Sirloin Steak
- 1 tbsp Tapioca Flour
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 Carrot (medium, chopped)
- 1 Yellow Potato (large, chopped)
- 1 tsp Turmeric (ground)
- 1 tsp Coriander (ground)
- 1 tsp Cumin (ground)
- 1 tsp Ground Ginger
- 2 cups Beef Broth
- 4 stalks Green Onion (green parts only, chopped)
- 1/2 cup Cilantro (chopped)

Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

Notes

Too Thick, If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

Leftovers, Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Beef Broth, Use vegetable or chicken broth instead.



Macaroni Salad

6 servings

40 minutes

Ingredients

4 cups Lentil Macaroni (dry/uncooked)
4 Egg
1 Red Bell Pepper (chopped)
1/2 cup Red Onion (finely diced)
1 cup Plain Greek Yogurt
1/2 cup Mayonnaise
2 tbsps Lemon Juice
1 tsp Raw Honey
1 tsp Dijon Mustard
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the macaroni according to the directions on the package. Rinse with cold water and add to a large bowl.
- 2 Hard boil the eggs and transfer to a bowl of ice water to cool. Once cool, remove the shells and chop. Add them to the bowl with the cooked macaroni.
- 3 Add the chopped red bell pepper and red onion to the bowl with the macaroni and eggs.
- 4 Mix the dressing by combining the yogurt, mayonnaise, lemon juice, honey, mustard, salt and pepper. Mix well then add to the macaroni salad and mix thoroughly.
- 5 Refrigerate and enjoy!

Notes

No Lentil Macaroni, Use brown rice, whole wheat or chickpea macaroni instead.
Leftovers, Keeps well in the fridge for 3 to 4 days.



Roasted Potato Frittata

6 servings

55 minutes

Ingredients

6 stalks Green Onion (chopped, divided)
3 Yellow Potato (large, peeled and cut into 1/2-inch cubes)
2 tbsps Extra Virgin Olive Oil (divided)
1 tsp Italian Seasoning
1 tsp Sea Salt (divided)
8 Egg
1/4 cup Water

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a mixing bowl combine half of the green onions, the potatoes, 3/4 of the oil, the Italian seasoning and 3/4 of the salt. Transfer to the baking sheet and bake for about 30 minutes or until the potatoes are golden brown and tender.
- 3 Meanwhile, in the same mixing bowl whisk the egg, water, the remaining salt and the remaining green onion together. Set aside.
- 4 Use the remaining oil to grease a cast iron skillet and heat the skillet over medium heat.
- 5 Transfer the cooked potatoes to the skillet then pour in the egg mixture. Arrange the potatoes into an even layer then let cook for 5 minutes until the eggs begin to set. Transfer the skillet to the oven and bake for 13 to 16 minutes, or until the eggs have set.
- 6 Let cool slightly before slicing into equal pieces. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, A 10-inch cast-iron pan was used for 6 servings.

More Flavor, Season the potatoes with garlic powder or black pepper.

Additional Toppings, Garnish with additional green onions or fresh herbs.

No Yellow Potato, Use russet potatoes instead.

Like it Spicy, Add red pepper flakes or serve with hot sauce.

Extra Creaminess, Use almond milk or cream instead of water.



Blueberry Crumble

6 servings

45 minutes

Ingredients

- 1/4 cup Coconut Oil
- 4 cups Blueberries (fresh or frozen)
- 1 1/2 cups Almond Flour
- 1 cup Pecans (chopped)
- 1/4 tsp Sea Salt
- 1/4 cup Maple Syrup

Directions

- 1 Preheat oven to 350°F (177°C) and grease a pie pan with a bit of the coconut oil.
- 2 Spread blueberries in the pie pan. Combine remaining ingredients in a bowl. Mix with your hands or a spatula and crumble over the blueberries.
- 3 Bake for 40 to 45 minutes until golden brown and blueberries are bubbling. Let cool before serving.

Notes

Oven Too Hot, If your topping browns too quickly, cover with aluminum foil to prevent burning.

Serve it With, Coconut ice cream, whipped coconut cream or greek yogurt.



Pork & Veggie Meatballs

4 servings

30 minutes

Ingredients

- 1 Apple (medium, cored, grated)
- 1 Zucchini (medium, grated)
- 1 lb Lean Ground Pork
- 1 Sweet Potato (small, grated)
- 1/3 cup Parsley (finely chopped)
- 2 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 10 cups Baby Spinach

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Using a paper towel or a kitchen towel, squeeze as much moisture out of the grated apple and zucchini as possible. Set aside into a large bowl.
- 3 To the same bowl, add ground pork, sweet potato, parsley, garlic and sea salt. Mix well. Roll the mixture into 1.5-inch balls.
- 4 Place the meatballs on the baking sheet and place in the oven for 15 to 16 minutes.
- 5 In a non-stick skillet over medium-low heat, add the spinach and cook until just wilted. Divide the spinach between plates and top with the meatballs. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. Freeze the meatballs for up to two months.

Serving Size, One serving is equal to approximately five meatballs.

Making the Meatballs, Ensure that the zucchini and apple are well squeezed of excess moisture, otherwise, the mix will be too wet to hold together.

More Flavor, Serve over top of rice, cauliflower rice or alongside roasted vegetables.



Breakfast Oatmeal Cookies

8 servings

20 minutes

Ingredients

- 2 cups Oats (rolled)
- 3 Banana (mashed)
- 1/2 cup All Natural Peanut Butter
- 1/8 tsp Sea Salt
- 1/4 cup Organic Dark Chocolate Chips

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 3 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 4 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

Notes

No Peanut Butter, Use almond, cashew, or sunflower seed butter instead.

Gluten-Free, Use certified gluten-free oats.

Sugar-Free, Use sugar-free chocolate chips or dried cranberries.

Leftovers, Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

Serving Size, One serving is equal to one cookie.