



GOLDSTER★
THE BEST SOLUTION FOR YEARS

Body Composition Week 5

<https://www.goldster.co.uk/>



Black Bean Lettuce Wraps

2 servings

10 minutes

Ingredients

- 1 tbsp Water
- 2 tsps Taco Seasoning
- 2 cups Black Beans (cooked)
- 1 head Boston Lettuce (washed with leaves eparated)
- 1/4 cup Sour Cream
- 1/4 cup Salsa

Nutrition

Amount per serving	
Calories	294
Fat	6g
Carbs	47g
Fiber	16g
Protein	17g
Calcium	92mg

Directions

- 1 Heat a cast-iron or non-stick pan over medium heat. Add the water and taco seasoning and mix together.
- 2 Add the black beans to the pan and coat in the taco seasoning well. Heat for three to five minutes, stirring often. Remove from the heat.
- 3 Divide the black beans evenly between the lettuce leaves and top with the sour cream and salsa. Enjoy!

Notes

Leftovers: Refrigerate everything separately for up to three days. Make the wraps when ready to eat.

Serving Size: One serving is approximately six lettuce wraps.

Make it Vegan: Use vegan sour cream or omit.

More Flavor: Cook the black beans in oil instead of water. Add minced garlic and onion when cooking. Add salt and pepper to taste.

Additional Toppings: Add cheese, chopped green onions, cilantro and/or pickled jalapeños.



Turmeric Hummus

4 servings

10 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	281
Fat	18g
Carbs	24g
Fiber	7g
Protein	8g
Calcium	59mg

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



Golden Bone Broth Latte

1 serving
10 minutes

Ingredients

355 milliliters Bone Broth
9 grams Collagen Powder
1 tsp Turmeric
1 tsp Butter
Sea Salt & Black Pepper (to taste)
1/4 tsp Red Pepper Flakes (optional)

Nutrition

Amount per serving	
Calories	257
Fat	14g
Carbs	8g
Fiber	2g
Protein	22g
Calcium	72mg

Directions

- 1 Warm the bone broth in a saucepan over medium heat. Whisk in the collagen, turmeric, butter, salt, and pepper to taste. Bring to a boil then turn off the heat.
- 2 Transfer the broth mixture to a blender and blend on high for 30 to 60 seconds. Allow to sit in the blender for one minute, then pour into a mug. Top with the red pepper flakes. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cup.

Additional Toppings: Seaweed flakes.

Dairy-Free: Use coconut oil instead of butter.



Chicken & Pear Sausage with Avocado & Collard Greens

3 servings
20 minutes

Ingredients

340 grams Extra Lean Ground Chicken
1/2 Pear (medium, chopped)
1/2 tsp Sea Salt
1 tbsp Parsley (finely chopped)
1 Garlic (small, minced)
2 tbsps Extra Virgin Olive Oil (divided)
3 cups Collard Greens (chopped)
1 Avocado (large, sliced)

Nutrition

Amount per serving	
Calories	379
Fat	28g
Carbs	13g
Fiber	7g
Protein	22g
Calcium	105mg

Directions

- 1 Heat a cast-iron pan over medium heat.
- 2 Add the chicken, pear, salt, parsley, garlic, and half of the oil to a bowl. Mix well to combine. Divide the meat mixture evenly into the number of servings, and form it into patties.
- 3 Place the patties in the pan and cook until lightly browned and cooked through, about three minutes on each side. Remove and set aside.
- 4 Add the remaining oil to the same pan. Once hot, add the collard greens and sauté for two to three minutes or until cooked down.
- 5 Divide the patties, collard greens, and avocado evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Leave the avocado whole until you are ready to eat.

Serving Size: One serving is one sausage patty, one cup of collard greens, and 1/3 of an avocado.

More Flavor: Add minced shallot and minced sage to the sausage mixture.



Tofu & Lentil Stir Fry with Veggies

1 serving
25 minutes

Ingredients

1 1/2 tsps Sesame Oil
113 grams Tofu (firm, drained, cubed)
2 cups Frozen Vegetable Mix
3/4 cup Lentils (rinsed and drained)
1 tbsp Coconut Aminos
1 1/2 tsps Rice Vinegar
1/4 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
1 stalk Green Onion (chopped)
1 1/2 tsps Sesame Seeds (toasted)

Nutrition

Amount per serving	
Calories	609
Fat	16g
Carbs	84g
Fiber	30g
Protein	36g
Calcium	490mg

Directions

- 1 In a large skillet or wok, heat the sesame oil over medium-high heat.
- 2 Add the tofu and cook until browned on all sides, about five minutes.
- 3 Add the mixed vegetables to the skillet and stir fry for another five minutes, or until the vegetables are tender-crisp. Add the lentils and continue cooking for one more minute.
- 4 In a small bowl, whisk together the coconut aminos, rice vinegar, and garlic powder. Season with salt and pepper.
- 5 Pour the sauce over the stir fry and toss until well combined. Top with green onions and sesame seeds and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

More Flavor: Serve with noodles. Use fresh vegetables.

No Coconut Aminos: Use soy sauce or tamari.