

Dinners & Snacks

Hearty whole-food evenings and smart snacks to curb cravings

Dinner doesn't need to be complicated to be nourishing. These whole-food dinners are designed for real weeknight cooking — quick prep, one or two pans, and ingredients you can find anywhere. The snack recipes replace processed chips and bars with genuinely satisfying whole-food alternatives.

1. One-Pan Baked Salmon with Asparagus & Lemon

Perfectly flaked salmon rich in omega-3 fatty acids, roasted alongside crispy asparagus in a single pan with bright lemon and garlic. Elegant enough for guests, simple enough for Tuesday.

8 min	18 min	2	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 2 salmon fillets (5–6 oz each), skin-on
- 1 bunch asparagus, woody ends snapped off
- 3 garlic cloves, thinly sliced
- 1 lemon — half sliced into rounds, half for juice
- 2 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tsp fresh or dried thyme (or dill)
- Salt and black pepper to taste
- Optional: capers or fresh parsley to finish

METHOD

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Toss asparagus with 1 tbsp olive oil, salt, and pepper. Arrange on the baking sheet, leaving space in the center.
3. Whisk together remaining olive oil, Dijon mustard, lemon juice, garlic, thyme, salt, and pepper. Brush generously over salmon fillets.
4. Place salmon in the center of the baking sheet, skin-side down. Top with lemon slices.
5. Roast 16–18 minutes until salmon flakes easily with a fork and asparagus tips are beginning to crisp. Serve immediately.

Chef's Tip: For extra-crispy asparagus, place it under the broiler for the last 2 minutes. Salmon is done when it flakes with gentle pressure — slightly translucent in the very center is perfect.

410 kcal	38 g	10 g	24 g	4 g
Calories	Protein	Carbs	Fat	Fiber

2. Black Bean & Vegetable Stir-Fry with Brown Rice

A fast, fiery stir-fry packed with plant protein, colorful vegetables, and bold umami flavor. Ready in 20 minutes flat — this is whole-food fast food at its most satisfying.

10 min	12 min	2–3	Easy
Prep	Cook	Serves	Difficulty

INGREDIENTS

- 1 can (15 oz) black beans, drained and rinsed
- 2 cups mixed stir-fry vegetables (broccoli, snap peas, bell pepper, bok choy)
- 3 garlic cloves, minced; 1 tsp fresh ginger, grated
- 2 tbsp low-sodium soy sauce or tamari
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp cornstarch mixed with 2 tbsp water (slurry)
- 1 tbsp avocado or coconut oil for cooking
- 1.5 cups cooked brown rice; sesame seeds and scallions to serve

METHOD

1. Combine soy sauce, rice vinegar, sesame oil, and cornstarch slurry in a small bowl. Set sauce aside.
2. Heat avocado oil in a wok or large skillet over high heat until smoking. Add garlic and ginger; stir 30 seconds.
3. Add the hardest vegetables first (broccoli, carrots) and cook 3 minutes, tossing frequently. Add softer vegetables and cook 2 more minutes.
4. Add black beans and toss to combine with vegetables. Pour sauce over everything and toss quickly for 1–2 minutes until sauce thickens and coats everything.
5. Serve over brown rice, topped with sesame seeds and sliced scallions.

Chef's Tip: High heat is the secret to restaurant-quality stir-fry. Have everything prepped before you turn on the stove — once the wok is hot, the cooking happens fast.

440 kcal	19 g	70 g	9 g	14 g
Calories	Protein	Carbs	Fat	Fiber

3. Whole-Food Snack Trio

Three ultra-simple snacks to replace processed chips, bars, and crackers. Each takes under 5 minutes to prepare and delivers real nutrition with genuine, lasting satisfaction.

A. Homemade Trail Mix

- 1/3 cup raw almonds or cashews
- 1/4 cup pumpkin seeds
- 1/4 cup dried unsweetened cranberries or raisins
- 2 tbsp dark chocolate chips (70%+ cacao)
- 2 tbsp unsweetened coconut flakes

Method: Combine all ingredients in a bowl and mix. Portion into 1/4 cup servings in small bags or jars. Store at room temperature up to 2 weeks.

B. Apple Slices with Almond Butter & Hemp Seeds

- 1 medium apple, cored and sliced
- 2 tbsp natural almond or peanut butter (no added sugar or oil)
- 1 tbsp hemp seeds
- Pinch of cinnamon

Method: Arrange apple slices on a plate. Spread or drizzle nut butter over slices. Sprinkle with hemp seeds and cinnamon. Eat immediately.

C. Cucumber & Hummus with Za'atar

- 1 large cucumber, sliced into rounds
- 4 tbsp hummus (store-bought with 5 ingredients or less, or homemade)
- 1 tsp za'atar spice blend (or smoked paprika)
- Drizzle of extra-virgin olive oil
- Optional: cherry tomatoes or celery sticks alongside

Method: Spoon hummus into a small bowl, drizzle with olive oil and dust with za'atar. Serve cucumber rounds and any other vegetables alongside for dipping.

Chef's Tip: Prep snack components every Sunday — wash and cut vegetables, portion trail mix into bags, and keep nut butter at your desk. Accessibility is the key to snacking smart.

Trail Mix	Apple & Nut Butter	Cucumber & Hummus
~220 kcal 6g protein 8g fiber	~240 kcal 7g protein 5g fiber	~130 kcal 5g protein 3g fiber