



MEAL RECIPES

ORGANO



OGX OMELETTE

2 Eggs

1 tbsp Shredded parmesan cheese

1 tsp Coconut oil

1 tbsp Chopped onions

¼ cup Fresh mushrooms

½ cup Spinach

Salt and Pepper

- 1. Crack 2 eggs into a small mixing bowl. Stir gently with a fork until well-beaten. Add 1 tbsp of shredded Parmesan cheese and salt & black pepper to taste. Set aside.
- 2. Heat 1 tsp of coconut oil in a nonstick skillet over medium heat; cook and stir ¼ cup of fresh mushrooms and 1 tbsp chopped onion until tender, 4 to 5 minutes.
- 3. Add ½ cup of spinach; cook until spinach wilts, 3 to 4 minutes.
- 4. Pour in egg mixture; swirl pan around to evenly distribute egg mixture. Cook until egg half way cooked and fold in the middle and then let the egg finish cooking (5 to 10 minutes)
- 5. Slide the omelette out of the skillet and onto a plate.

GREEN CHICKEN SALAD

Leafy greens of your choice

1 Small tomato

2 tbsp Feta or goat cheese

1 tbsp Olive oil

1 Lime or lemon

1 tbsp Sunflower or pumpkin seeds

Grilled chicken breast

3 slices Avocado

Salt and pepper

- 1. Add two handfuls of leafy greens of your preference to a bowl (spinach, arugula, kale, etc.)
- 2. Add 1 small tomato cut into pieces
- 3. Add 2 tbsp of feta or goat cheese
- 4. Add 1 cut grilled chicken breast
- 5. Add 1 tbsp of sunflower or pumpkin seeds
- 6. Add 3 slices of avocado
- 7. Toss 1 tbsp of olive oil and half a lime or lemon.
- 8. Add salt and pepper to taste
- 9. Mix well and serve.

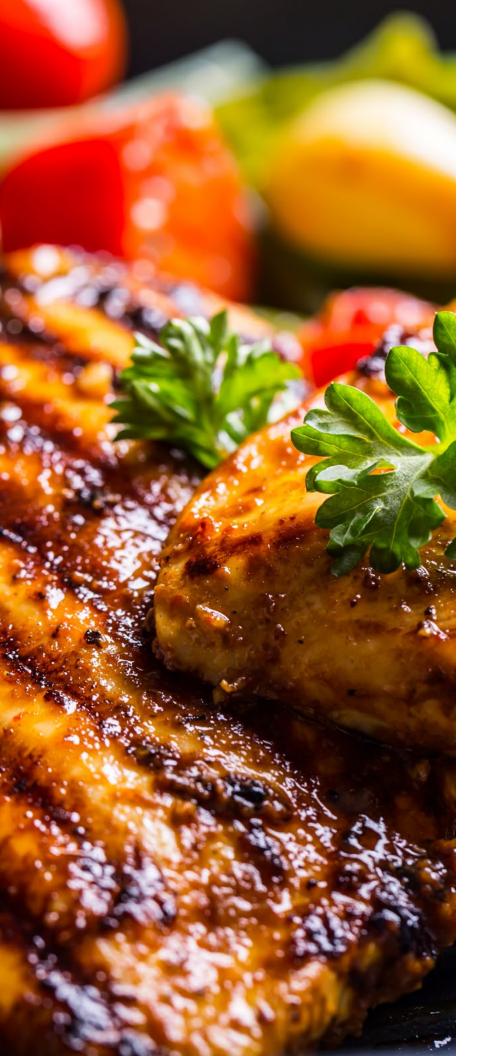


BAKED ROSEMARY & LEMON SALMON

2 Salmon fillets
3 sprigs Rosemary
1 Lemon
Olive oil
Salt and pepper

- 1. Preheat oven to 400 degrees F (200 degrees C).
- 2. Slice half a lemon and arrange the slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Add salt and pepper to taste. Place additional rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil
- 3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.





BALSAMIC GRILLED CAPRESE CHICKEN

Serves 4

½ cup Olive oil

¼ cup Balsamic vinegar

1 Garlic clove

1½ tbsp Honey

1 tbsp Dijon mustard

4 Skinless, boneless chicken breasts

4 slices Mozzarella cheese

4 slices Tomato

Fresh basil

- 1. Combine 1/2 cup olive oil, 1/4 cup balsamic vinegar, 1 clove garlic, minced, 1 1/2 tbsp of honey and 1 tbsp Dijon mustard and pour over 4 skinless, boneless chicken breasts. Allow the chicken to marinate in the fridge for at least 2 hours.
- 2. Heat the grill to medium heat. Grill the chicken breasts for 4 minutes on one side. Flip the chicken and add two slices of mozzarella cheese and top with two slices of tomato. Grill for 4 more minutes or until fully cooked.
- 3. Remove the chicken from the grill once it's done cooking. Add fresh basil and drizzle each chicken breast with the balsamic glaze.
- 4. Serve and enjoy!