

# 7 DAYS OF HEALTHY MEALS



Brought to you by  
Keri Glassman

# ABOUT THE AUTHOR

Keri Glassman is a Registered Dietitian, renowned nutritionist, healthy cooking expert and wellness thought-leader. She is the founder of Nutritious Life, a lifestyle and media company devoted to helping individuals discover and live their most nutritious and happiest lives and the Nutritious Life Studio, (NLS) which provides cutting-edge nutrition, coaching, and business education to passionate students around the globe.

Her approach to providing accessible, science-backed healthy living advice that extends beyond food and diet — to areas like sleep, stress, and exercise—steers millions of people towards well-rounded wellness strategies that work for them.

As a trusted, forward-thinking, renowned healthy living expert and the author of four best-selling books, Keri is a prolific contributor and commentator for countless top media outlets.

Keri serves as one of the advisors for the Lutein For Every Age campaign.



## ABOUT LUTEIN FOR EVERY AGE

Lutein for Every Age educates on the benefits of lutein and zeaxanthin for eye and brain health throughout life. It highlights the science behind these carotenoids, addresses low intake issues, and offers creative ways to boost consumption for all ages. The campaign aims to inspire better nutrition for lifelong wellness. Visit [www.lutemax.com/lfea.com](http://www.lutemax.com/lfea.com) for more information.

## WHAT YOU'LL FIND IN THIS E-RECIPE BOOK

This recipe book is crafted to help families create delicious and nutritious meals rich in lutein and zeaxanthin, supporting healthy eyes, brain function, and overall wellness. These simple dishes are perfect for families to enjoy together or when everyone is on-the-go! For a list of ingredients high in lutein and zeaxanthin, be sure to check out the final page of the book.





# DAILY MEAL PLANNER

## MONDAY

**B: Cottage Cheese Omelet**

**L: Simple Greek Salad**

**D: Broiled Salmon with Spinach**

## TUESDAY

**B: Creamy Berry Parfait with Quinoa**

**L: Chicken Caesar Wrap with Avocado Kefir Dressing**

**D: Chickpea Pasta with Grilled Shrimp, Spinach and Tomato Sauce**



## WEDNESDAY

**B: Raspberry Oat Smoothie**

**L: Veggie packed Hummus and Pita Pocket**

**D: Stuffed Chicken Breast with Lemon-Artichoke Pesto**

## THURSDAY

**B: Avocado Boat Egg Bake**

**L: Chicken, Chickpea and Cauliflower Curry**

**D: Flank Steak with Mashed Cauliflower**

## FRIDAY

**B: Chia Pudding with Berries**

**L: Open-Faced Smoked Salmon Sandwich**

**D: White Bean Soup with Spicy Sausage**



## SATURDAY

**B: Veggie and Parmesan Mini Egg Muffins**

**L: Three Bean Chili**

**D: Noodle Free Turkey Lasagna**

## SUNDAY

**B: Veggie and Parmesan Mini Egg Muffins**

**L: Arugula Salad with Sweet Potato**

**D: Simple Pork with Spaghetti Squash**

# MONDAY



## BREAKFAST: COTTAGE CHEESE OMELET

### Ingredients

- 1 olive oil cooking spray 1/4 cup shiitake mushrooms, sliced
- 2 eggs, whisked
- 1/4 cup cottage cheese (good culture)
- 1 pinch salt and 1 pinch pepper

Serving Size  
One

### Directions

- Spray cooking oil into a preheated nonstick pan. Sauté shiitake mushrooms then add whisked eggs.
- Add cottage cheese, salt and pepper. Cook on low heat until eggs are set. Transfer the omelet to a serving plate and serve with toast.

## LUNCH: SIMPLE GREEK SALAD

### Ingredients

- 1 cup romaine hearts, chopped
- 1/3 cup baby cucumbers, sliced
- 1/3 cup red beefsteak tomato, cubed
- 1/3 cup yellow heirloom tomato, cubed
- 1/4 cup crumbled feta cheese
- 1/3 tbsp. fresh dill
- 1/4 cup of your choice of olives
- 1 can chunk lite tuna, drained 1 pinch salt 1 dash pepper

Serving Size  
one

### Directions

Add all in ingredients to bowl then toss with olive oil and red wine vinegar (approximately 1/3 cup olive oil and 1/8 cup red wine vinegar.) Top with tuna!



## DINNER: BROILED SALMON WITH SPINACH

### Ingredients

- 4 oz. fresh wild salmon
- 1.5 tbsp.s Dijon mustard
- 2 tbsp.s low sodium soy sauce or Bragg® Liquid Aminos
- 1 cup steamed spinach
- 1 small, sweet potato, baked
- Salt freshly ground black pepper and salt to taste

Serving Size  
One

### Directions

- Preheat broiler. Spread the top of the salmon with mustard and drizzle with soy sauce.
- Place in a baking pan (sprayed liberally with cooking spray) and broil for 8-10 minutes, or until cooked through.
- While the salmon is cooking, steam the spinach.
- Top salmon with spinach then season with salt and pepper to taste.
- Serve with baked sweet potato.





# TUESDAY



## BREAKFAST: CREAMY BERRY PARFAIT WITH QUINOA

Serving Size  
One

### Ingredients

- 1/3 cup cooked quinoa
- 1/3 cup fresh or frozen and thawed blueberries
- 1/4 cup frozen pure unsweetened acai berry puree thawed
- 1/2 cup Greek yogurt
- 1/2 tsp. honey (optional) and 1/4 tsp. vanilla extract
- 1/8 tsp. cinnamon and 2 tbsp.s walnuts, chopped

### Directions

- Mix quinoa, yogurt, honey (if using), vanilla extract, and cinnamon in small bowl.
- Fold blueberries gently into acai pulp in another small bowl, stirring to coat.
- Spoon 1/3 of quinoa mixture into glass, then 1/3 of blueberry mixture and 1/3 of walnuts or pistachios
- Repeat layers twice, ending with walnuts on top.

## LUNCH: CHICKEN CAESAR WRAP WITH AVOCADO KEFIR DRESSING

Serving Size  
One

### Ingredients

- 1 chicken breast, grilled
- 1/2 cup romaine hearts
- 2 tbsp.s cup Parmesan cheese, grated
- 1 tbsp. pepita
- 1 whole grain wraps
- 1/4 tsp. freshly ground black pepper

### AVOCADO KEFIR CAESAR DRESSING

- 1/3 Avocado (about 1/3 cup cubed)
- 1/4 cup plain kefir
- 1/8 cup shredded Parmesan
- 1/2 tbsp. olive oil
- 1/2 tbsp. lemon juice
- 1/4 garlic clove, minced and 1/4 tsp. salt

### Directions

- Slice chicken breast into 1-inch strips and set aside.
- Chop romaine and add to large bowl.
- Grate Parmesan and then add to romaine along with the pepitas.
- Make dressing by mashing avocado, adding remaining ingredients and whisking until combined. Toss salad with 2 to 3 tbsp.s of dressing.
- Place half of the sliced chicken in center of one wrap and top with salad and roll up. Slice in half and serve.



# TUESDAY



## DINNER OPTION 1: CHICKPEA PASTA WITH GRILLED SHRIMP

*Serving Size*  
Two

### Ingredients

- 4 oz. chickpea pasta, spaghetti or equivalent
- 1 tbsp. sea salt
- 1 tbsp. extra-virgin olive oil
- 1 shallots, finely chopped
- 1 garlic cloves, finely minced
- 4 large, cooked shrimp
- 4 oz. baby spinach and ½ cup fresh basil
- 1/4 cup Parmesan cheese, freshly grated
- 4 oz. whole canned tomatoes, cut into quarters

### Directions

- Bring water to boil in a large pot. Add salt and pasta; cook until al dente.
- In a large skillet, heat olive oil over medium-high heat. Add the shallots and cook for a few minutes until they become translucent. Then, add the minced garlic. Stir well and saute until the garlic turns light golden.
- Add the tomatoes and cook for a few minutes. Turn the heat low, stir in shrimp and baby spinach, and add basil leaves over the top.
- When pasta is done, transfer to skillet.
- Serve with grated or shaved Parmesan cheese.

## DINNER OPTION 2: HEALTHIER CHICKEN FINGERS

*Serving Size*  
Two kids

### Ingredients

- 1 cup whole wheat bread crumbs or panko whole wheat bread crumbs
- 1 tbsp. wheat germ
- 6 oz. thin chicken cutlets (cut into 1-ounce strips)
- 1 egg

### Directions

- Heat oven to 375 °F and line baking pan with parchment paper and spray with cooking spray.
- Mix together breadcrumbs and wheat germ.
- Dip chicken in egg, then in bread crumb and wheat germ mixture and place on pan and bake, approximately 6 to 8 minutes.

## SERVED WITH : SWEET POTATO FRIES

### Ingredients

- 2 whole sweet potatoes
- Sea salt and freshly ground black pepper to taste

### Directions

- Preheat oven to 400 F.
- Peel and slice sweet potatoes into thin (1/8 inch) strips.
- Spread in single layer on baking sheet.
- Spray with cooking spray and sprinkle with salt and pepper.
- Bake for 30 minutes or until crisp!





# WEDNESDAY

## BREAKFAST: RASPBERRY OAT SMOOTHIE

*Serving Size  
One*

### Ingredients

- 1 cup kefir
- 1 cup frozen Raspberries
- 1/4 cup raw rolled oats
- 1 tsp. unsweetened cocoa powder
- 1 tsp. Honey (optional)

### Directions

- Place all ingredients in a blender.
- Blend until smooth.



## LUNCH: VEGGIE PACKED HUMMUS AND PITA POCKET

*Serving Size  
One*

### Ingredients

- 16 1/2- inch whole-wheat Pita Bread
- 4 tbsp.s hummus
- 1/2 cup mixed salad greens
- 1/2 cup roasted root vegetables, chopped

### Directions

- Cut pita bread in half. Spread 2 tbsp.s hummus inside each half of the pita pocket.
- Stuff each pita pocket with greens and roasted vegetables.

# WEDNESDAY



## DINNER: STUFFED CHICKEN BREAST WITH LEMON-ARTICHOKE PESTO

Serving Size  
One

### Ingredients

- 1/4 cup tightly packed fresh Basil leaves
- 1/4 cup jarred marinated artichoke hearts packed in oil, quartered (reserve 1.5 tsp. oil)
- 1/2 tsp. garlic, chopped
- 1 tsp. lemon juice
- 1/4 tsp. lemon peel
- 2 tsp.s walnuts, chopped
- 3/4 tsp. freshly ground black pepper, divided
- 5 oz. boneless, skinless chicken breast (1/2-inch to 3/4-inch thick)
- 1 tsp. olive oil
- 1 tbsp. grated Parmesan cheese

### Directions

- Combine the basil, artichokes and oil, garlic, and lemon juice in a blender or mini food processor fitted with a metal blade and process 10 seconds, scraping down the sides halfway through.
- Add the lemon peel, walnuts, and 1/4 tsp. of the black pepper. Pulse 10 more seconds, scraping the sides halfway through.
- Place the chicken breast with its tip toward you and its thickest side closest to your cutting hand. Place your opposite hand on top of the breast. Hold the knife parallel to the cutting surface and slice horizontally, nearly all the way through, leaving the opposite end connected. Spread the top half of the breast open.
- Place 2 tbsp.s of the artichoke mixture in the center of the bottom chicken half and spread the mixture almost to the edges to cover, leaving about a 1/4-inch edge. Fold the opposite breast half over the pesto to cover.
- Heat the oil in a nonstick skillet over medium heat. Combine the cheese and the remaining 1/2 tsp. black pepper in a small bowl and rub on both sides of the chicken to coat.
- Cook 4 minutes per side or until the chicken is cooked through. (Note: If the breast is thick, turn to cook all four sides to ensure doneness.) Mix the remaining pesto with a side of steamed green beans, if desired.



# THURSDAY



## BREAKFAST: AVOCADO BOAT EGG BAKE

Serving Size  
Two

### Ingredients

- 1 avocado, halved, pit removed
- 2 organic eggs
- Salt & pepper to taste
- 1 tsp. fresh chopped scallions

### Directions

- Preheat oven to 450 degrees.
- Use a spoon to scoop each avocado half until large enough to accomodate 1 egg.
- Stabilize avocado upright with bunched tinfoil, if necessary.
- Crack 1 egg into each avocado half, and sprinkle with salt and pepper.
- Bake for 10-15 minutes, or until the white is set and the yellow is slightly runny.
- Sprinkle with fresh herbs and serve warm.

## LUNCH: CHICKEN, CHICKPEA AND CAULIFLOWER CURRY

Serving Size  
One

### Ingredients

- 1 (14-ounce) can unsweetened coconut milk
- 1/2 cup canned chickpeas, rinsed and drained
- 1/2 cup cauliflower florets, coarsely chopped
- 1/4 cup carrots, cut into rounds
- 1 tsp. coconut oil
- 1 tbsp. dried currants or raisins
- 1/4 tsp. ground cinnamon
- 1/8 tsp. ground turmeric
- 1 tbsp. curry powder
- 1 chicken breast, boneless, skinless, cut into 1-inch pieces
- 1 tsp. salt
- 1 tsp. freshly ground black pepper
- Water (as needed)

### Directions

- Heat the oil in a large saucepan over medium heat.
- Add the coconut milk and bring to a boil.
- When the liquid comes to a boil, add the chickpeas, cauliflower, carrots, currants, cinnamon, curry powder and turmeric. Add the chicken. Stir to combine.
- Cover and let cook for 5 minutes, reducing heat to simmer.
- Remove lid and cook another 8 to 10 minutes, or until the cauliflower is soft and the liquid is mostly absorbed.
- Add water (as needed) if curry is too thick.
- Season with 1 tsp. of salt and pepper to taste. Serve and garnish with additional cinnamon, if desired.



# THURSDAY

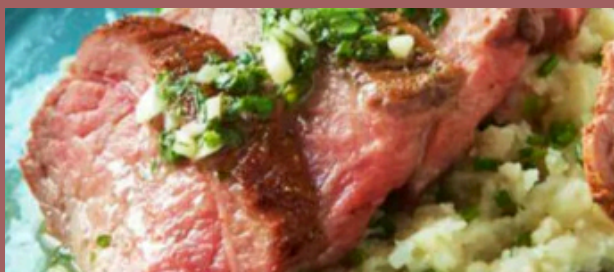


## DINNER: FLANK STEAK WITH MASHED CAULIFLOWER

Serving Size  
One

### Ingredients

- 4 oz. flank steak
- 1/8 tsp. ancho chile powder
- 1/8 tsp. sea salt
- 1/4 tsp. freshly ground black pepper, divided
- 1 tsp. garlic, minced
- 1 tsp. freshly squeezed Lemon Juice
- 1 tsp. red wine vinegar
- 2 tsp.s olive oil
- 1/8 tsp. ground cumin
- 2 tsp.s mint, finely chopped
- 2 tsp.s cilantro, finely chopped
- 2 tsp.s flat-leaf parsley, finely chopped
- Mashed cauliflower
- 1 cup cauliflower florets, hot cooked
- 1/4 cup low fat milk, at room temperature
- 1/4 tsp. chives, thinly sliced
- 1/4 tsp. garlic powder



### Directions

- Line a broiler rack with foil and place it about 4" from the heat. Preheat the broiler.
- Rub the flank steak on both sides with the chile powder, salt, and 1/8 tsp. of the black pepper. Let stand 5 to 10 minutes.
- Using a fork, combine the garlic, lemon juice, vinegar, oil, and cumin in a small bowl. Add the mint, cilantro, and parsley, the remaining 1/8 tsp. black pepper, and a dash of salt. Stir until very well combined. Set the sauce aside to let the flavors meld.
- Place the steak on the prepared rack and broil about 4 minutes per side, or until a thermometer inserted in the center reads 160 F for medium. Let the steak stand 5 minutes before slicing.
- Place the cauliflower in a blender or a mini food processor fitted with a metal blade. Combine the milk, chives, and garlic powder in a small bowl. Add the milk mixture to the blender and puree about 15 seconds, scraping down the sides with a small spatula halfway through. Season to taste with salt and freshly ground black pepper.
- Stir and spoon the reserved herb mixture over the steak and serve immediately with the cauliflower.



# FRIDAY

## BREAKFAST: CHIA PUDDING WITH BERRIES

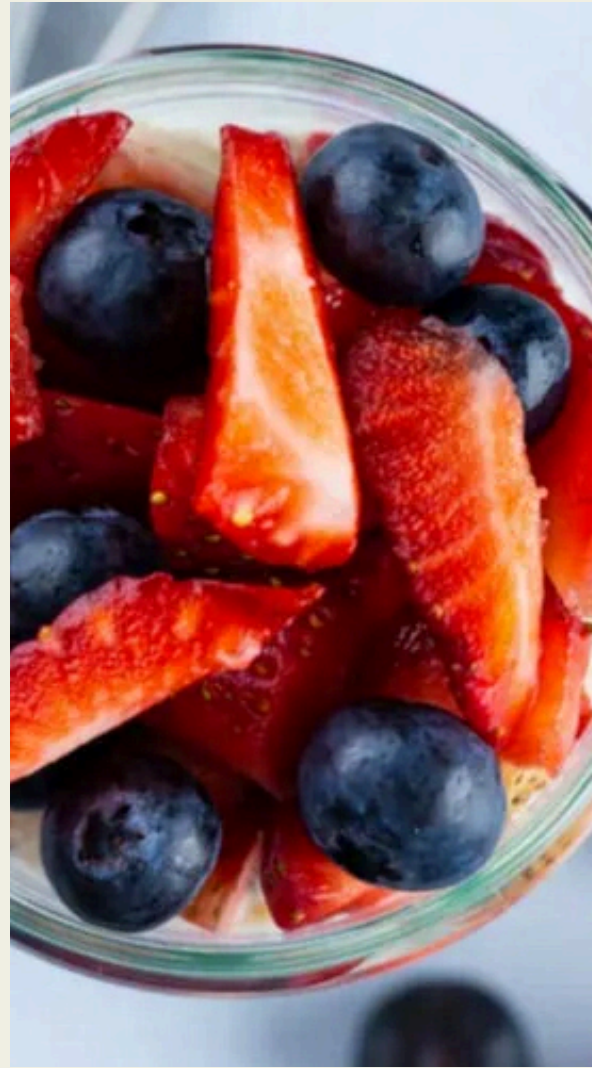
*Serving Size*  
Two

### Ingredients

- 2 cups unsweetened almond milk
- 1/2 cup chia seeds
- 3 tbsp.s organic maple syrup
- 2 tbsp.s vanilla extract
- 1 tsp. blue spirulina powder
- Toppings: blueberries, strawberries, raspberries, cherries, coconut whipped cream (optional)

### Directions

- Combine the milk, chia seeds, blue spirulina powder, maple syrup and vanilla in a large mixing bowl.
- Let sit for 15 minutes.
- Stir the mixture again to smooth out any chia clumps.
- Cover bowl tightly and let sit for 8 hours overnight.
- Transfer to small jars and top with strawberries, blueberries — or your other favorite toppings.



## LUNCH: OPEN-FACED SMOKED SALMON SANDWICH

### Ingredients

*Serving Size*  
One

- 1/2 cup cottage cheese
- 1 slice sprouted grain bread, toasted
- 3 oz. sliced smoked salmon
- 2 slices tomatoes
- 1 lemon wedges
- 1 tsp. drained capers
- 1 tsp. fresh dill

### Directions

- Spread the cottage cheese on the toast and top with the salmon.
- Top with tomato slices.
- Squeeze lemon juice over top.
- Garnish with capers and dill.

# FRIDAY



## DINNER: WHITE BEAN SOUP WITH SPICY SAUSAGE

### Ingredients

*Serving Size  
Two to four*

- 2 tbsp.s olive oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 links precooked spicy chicken sausage, diced
- 1 medium butternut squash, peeled and cut into ½ inch pieces
- 4 cups kale, chopped
- 3 1/2 cups low sodium chicken broth
- 2 cups water
- 1 14 ounce can cannellini beans, rinsed and drained

### Directions

- Heat oil in pot over medium heat. Add onion and garlic, stirring frequently until softened, about 5 minutes.
- Add sausage and sauté 2 minutes or until warmed through and slightly browned.
- Add squash, kale, broth, and water. Cook, partially covered, 15 to 20 minutes, or until squash is softened.
- Reduce heat to low. Add beans and gently simmer uncovered for 3 minutes.
- Season with salt and freshly ground black pepper to taste before serving.



# SATURDAY

## BREAKFAST: VEGGIE AND PARMESAN MINI EGG MUFFINS

*Serving Size  
Two*

### Ingredients

- 1 tbsp. + 2 tsp.s wheat germ
- 1 tbsp. ground flaxseed
- 3 Eggs
- 2 Egg whites
- 2 tbsp.s 2% of whole milk (or fat level of choice)
- 1/2 cup cottage cheese (or fat level of choice)
- 1/8 tsp. garlic powder
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. Salt
- 1 tsp. finely chopped fresh scallions
- 1/4 cup shredded Parmesan, plus extra for topping (fat level of choice)
- 3/4 cup finely chopped steamed broccoli
- 1/2 cup finely chopped mushrooms

### Directions

- Preheat the oven to 350°F. Coat a 12-cup nonstick muffin pan with olive oil or coconut spray.
- Combine the wheat germ and flaxseed in a small bowl. Add 1 heaping tsp. of the mixture to each muffin cup, spreading to coat the bottoms evenly.
- Whisk the eggs, egg whites, milk, and cottage cheese in a bowl.
- Add the garlic powder, black pepper, scallions, and Parmesan cheese and whisk until combined.
- Divide the broccoli and mushrooms among the muffin cups.
- Divide egg mixture evenly among muffin cups, filling just to the top.
- Bake 25 to 30 minutes on the middle rack in the oven, or until the mini quiches are lightly browned on top and a knife inserted in the center comes out clean.
- Let them cool in the pan on a rack 5 to 10 minutes; use a knife to loosen the edges from the pan and remove the mini quiches. Serve sprinkled with Parmesan cheese, if desired.



# SATURDAY

## LUNCH: THREE BEAN CHILI

### Ingredients

Serving Size  
Four

- 2 tsp.s olive oil
- 1 onion, chopped and 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 2 tsp.s cumin and 2 tsp.s chili powder
- 1 (15-ounce) can kidney beans, drained
- 1 (15-ounce) can garbanzo beans, drained
- 1 (15-ounce) can black beans, drained
- 1 1/2 cups frozen yellow corn, defrosted
- 2 (15-ounce) cans diced tomatoes (with liquid)
- Salt and freshly ground black pepper as per taste

### Directions

- Heat olive oil in a large saucepan pan over medium heat.
- Add onion, bell peppers, cumin with chili powder. (optional)
- Stirring occasionally, cook until vegetables are tender.
- Add kidney beans, garbanzo beans, black beans, corn, and diced tomatoes.
- Add salt and pepper to taste.
- Reduce to medium-low heat, and allow to simmer for 45 minutes. Serve warm.



## DINNER: NOODLE FREE TURKEY LASAGNA

### Ingredients

Serving Size  
Four to six

- 4 large zucchinis
- 4 tbsp.s olive oil
- to taste garlic salt
- 1 pound button mushrooms
- 1 yellow onion
- 5 cloves garlic
- 2 green bell peppers, sliced
- 1.5 pounds ground turkey breast
- 1-pound spinach, chopped
- 16 oz. low fat cottage cheese
- 5 egg whites
- 16 oz. tomato sauce
- 4 tbsp.s olive oil
- 4 tbsp.s grated Parmesan

### Directions

- Preheat oven to 250 F and preheat grill or grill pan.
- Wash zucchini and remove both ends.
- Cut zucchini into thin, slices.
- Brush both sides of the slices lightly with oil and sprinkle with garlic salt.
- Grill slices for 2-3 minutes per side until grill marks appear and moisture is reduced.
- Place mushrooms, onion, garlic, and bell peppers in food processor until finely chopped.
- Spoon mixture into large bowl.
- Add turkey, spinach, cottage cheese, and egg whites and stir until well combined.
- Cover bottom of 9" x 13" baking dish with half zucchini slices.
- Layer half turkey mixture on top of slices.
- Repeat these steps and Pour tomato sauce evenly over layered mixture.
- Sprinkle with grated Parmesan cheese and Bake at 250 F for 1 hour.
- Let cool slightly, slice, and serve.



# SUNDAY

## BREAKFAST: SUPERFOOD OATMEAL

### Ingredients

Serving Size  
One

- 1/2 cup oats
- 1 cup unsweetened almond milk
- 1 tsp. ground flaxseeds
- 1 tsp. chia seeds
- 1/4 tsp. cinnamon
- 1/4 cup blueberries

### Directions

- Combine all ingredients except blueberries in a small bowl.
- Microwave on high for 2 to 3 minutes, stirring halfway through and again after the oats are cooked through.
- Garnish with blueberries.



## LUNCH: ARUGULA SALAD WITH SWEET POTATO

### Ingredients

Serving Size  
One

- 1/2 medium sweet potato, chopped
- 3 tbsp.s olive oil
- 1 pinch salt
- 1 1/2 tbsp.s balsamic vinegar
- 1 tbsp. honey
- 2 cups arugula
- 4 1/3-inch slices goat cheese
- 1 tbsp. pine nuts

### Directions

- Preheat oven to 425 F. Chop sweet potato into 1-inch cubes leaving skin on and toss with 1 tsp. olive oil and salt. Bake for approximately 15 minutes.
- While potatoes are baking, make the dressing by adding remaining olive oil, balsamic, honey and salt to a mason jar and shaking.
- Toss arugula with dressing and plate on two dishes.
- Remove potatoes from oven, let cool. Then, place goat cheese in broiler on low and let brown (about 1-2 minutes).
- When done, remove from oven and top each plate with half the potatoes, and 2 goat cheese rounds.
- Sprinkle pine nuts evenly between both plates.

# SUNDAY



## DINNER: SIMPLE PORK WITH SPAGHETTI SQUASH

### How to make Spaghetti Squash?

#### Ingredients

- 1 spaghetti squash
- 2 tbsp.s olive oil
- 1/2 cup chopped yellow onion
- 1 garlic clove, minced
- 1 cup spinach leaves
- 1 1/2 cups chopped tomatoes
- 1 tbsp. dried rosemary
- 1 tbsp. dried thyme
- 1/2 cup grated Parmesan cheese

*Serving Size  
Four to six*

#### Directions

- Preheat oven to 375 F. You may want to place the whole squash inside of the oven during the preheat phase for ease while cutting.
- Once oven reaches proper temperature, cut squash down the middle to produce two equal halves.
- Lightly grease baking sheet and remove the seeds inside both halves.
- Place squash on baking sheet insides down, rind up. Allow squash to bake for 35 minutes.
- While squash is baking, add olive oil and chopped onion to pan. Sauté for approximately 3 minutes or until golden brown.
- Add minced garlic and spinach, and stir until soft.
- Add in the tomatoes and gently stir. Turn off stove once tomatoes are warm.
- Remove squash from oven and allow to cool for 5 minutes. Using a fork, scrape the insides of the squash from top to bottom and allow spaghetti-like insides to fall into serving bowl.
- Add tomato, garlic, and onion mixture. Season with rosemary and thyme. Mix together, and add grated Parmesan. Serve warm.

### How to make Simple Pork?



#### Ingredients

- 16 oz. pork tenderloin
- 2 tbsp.s Dijon mustard
- 2 garlic cloves, chopped
- Sprinkle sea salt
- Sprinkle freshly ground black pepper

*Serving Size  
Two to Four*

#### Directions

- Preheat oven to 425 F. Season the pork with salt and pepper to taste.
- Mix the mustard and garlic together and rub all over the tenderloin.
- Heat a large nonstick ovenproof skillet over medium-high heat.
- Add the pork and sear until all sides are brown, turning occasionally, about 5 to 7 minutes.
- Transfer the pan to the oven and roast until cooked through, about 15 minutes.
- Let the pork rest for 10 minutes.



# EXAMPLES OF INGREDIENTS THAT CONTAIN LUTEIN AND/OR ZEAXANTHAN

**Kale**

**Spinach**

**Parsley**

**Romaine lettuce**

**Peas**

**Brussels sprouts**

**Broccoli**

**Pumpkin**

**Corn**

**Pistachios**

**Carrots**

**Egg yolks**

**Avocado**

**Spaghetti squash**

**Arugula**

**Blueberries**

**Raspberries**

