



*jwn*  
JENNIFER WOODWARD  
NUTRITION

Healthy Spring Recipes

---

Jennifer Woodward  
<https://www.jenniferwoodwardnutrition.com>

Happy Spring, friends!

While a healthy diet is a huge part of feeling better and balancing your hormones, keep in mind that spring is the perfect time to begin practicing other hormone-balancing behaviors.

- Get outside as often as possible. Aim to spend more time outside than inside.
- Turn off your devices an hour earlier and take a swim or a bath.
- Get to bed by 10pm each night.
- Practice deep breathing.
- Drink lots and lots and lots of water! Add in some grey celtic sea salt for minerals and electrolytes.

Enjoy!

Love,  
Jennifer



## Coconut Apricot Grain-Free Granola

8 servings

20 minutes

### Ingredients

2 cups Unsweetened Coconut Flakes  
1/2 cup Dried Apricots (chopped)  
2 tbsps Coconut Butter (melted)  
2 tbsps Maple Syrup  
1 tsp Cinnamon  
1/8 tsp Sea Salt

### Directions

- 1 Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut butter, maple syrup, cinnamon and sea salt. Mix well.
- 3 Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
- 4 Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

### Notes

**Leftovers:** Store in an airtight container for up to seven days.

**Serving Size:** One serving size is equal to approximately 1/3 cup granola.

**More Flavor:** Add more spices such as ginger, nutmeg or cloves.

**No Coconut Butter:** Use melted coconut oil instead, or a mix of both butter and oil.

**No Maple Syrup:** Omit or use honey instead.



## Chicken & Apricot Salad

2 servings

5 minutes

### Ingredients

4 cups Baby Spinach  
8 ozs Chicken Breast, Cooked  
(chopped)  
1/2 cup Dried Apricots  
1/2 cup Cashews  
1 tbsp Extra Virgin Olive Oil

### Directions

1

Divide the spinach, cooked chicken, apricots, and cashews into containers.  
Drizzle with olive oil and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately four ounces of chicken and 2 1/2 cups of salad.

**Additional Toppings:** Add feta cheese, goat cheese, olives, or sliced red onion.



## Strawberry Kiwi Salad

2 servings

5 minutes

### Ingredients

1 1/2 tbsps Apple Cider Vinegar  
1 1/2 tbsps Extra Virgin Olive Oil  
1 1/2 tsps Maple Syrup  
Sea Salt & Black Pepper (to taste)  
4 cups Mixed Greens  
1 cup Strawberries (chopped)  
2 Kiwi (peeled and chopped)  
2 tbsps Sunflower Seeds

### Directions

- 1 In a small bowl combine the apple cider vinegar, olive oil, and maple syrup. Season with salt and pepper. Stir well.
- 2 Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Store fruit separately from the mixed greens and dress just before serving.

**Additional Toppings:** Cucumbers, red onion, red pepper, or other chopped vegetables. Add avocado or cheese.

**More Protein:** Top with cooked chicken, shrimp, fish, or tofu.

**No Sunflower Seeds:** Use pumpkin seeds, hemp seeds, or chopped nuts instead.



## Grilled Shrimp Salad

4 servings

25 minutes

### Ingredients

- 1/2 cup Parsley (chopped and packed)
- 3 Lime (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tsps Chili Powder
- 2 lbs Shrimp (raw, peeled and deveined)
- 4 cups Coleslaw Mix
- 1 cup Cherry Tomatoes (halved)
- 1 Avocado (peeled and diced)
- Sea Salt & Black Pepper (to taste)

### Directions

- 1 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 2 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 3 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 4 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

**No Grill:** Cook shrimp in a cast iron skillet over medium heat on the stove top.

**Vegan & Vegetarian:** Use portobello mushrooms instead of shrimp. Marinate and grill the same way.



## Melon Breakfast Bowls

2 servings

10 minutes

### Ingredients

- 1 Cantaloupe (small)
- 1 cup Plain Greek Yogurt
- 1 cup Raspberries
- 1/4 cup Granola

### Directions

- 1 Cut the cantaloupe in half and scoop out the seeds.
- 2 Divide the yogurt and raspberries evenly between each hollowed out cantaloupe half. Top with the granola and enjoy!

### Notes

**Dairy-Free:** Use a dairy-free yogurt such as coconut.

**Likes it Sweet:** Add a drizzle of honey or maple syrup on top.

**No Raspberries:** Use strawberries, blueberries or blackberries instead.

**No Granola:** Use nuts or seeds instead.



## Watermelon & Cucumber Quinoa Salad

4 servings

30 minutes

### Ingredients

- 1/2 cup Quinoa
- 1/8 Seedless Watermelon (cut into small cubes)
- 1/2 Cucumber (peeled, diced)
- 2 tbsps Red Onion (finely chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Mint Leaves
- 1/8 tsp Sea Salt

### Directions

- 1 Cook the quinoa according to the package directions. When the quinoa is cooked, let cool.
- 2 In a large mixing bowl combine the watermelon, cucumber, red onion, lime juice, mint and salt. Stir in the cooked quinoa and season with additional salt or lime juice if necessary. Chill before serving.
- 3 Enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 cup.

**More Fat:** Add a drizzle of extra virgin olive oil or top the salad with hemp seeds.

**No Mint:** Use basil or parsley instead.

**Quinoa:** Cook the quinoa ahead of time and refrigerate in an airtight container for up to five days. 1/2 cup uncooked quinoa yields approximately 2 cups of cooked quinoa.





## Thai Crunch Salad

6 servings

10 minutes

### Ingredients

- 1 Whole Rotisserie Chicken (shredded)
- 4 cups Napa Cabbage (shredded)
- 4 wholes Green Onion (sliced)
- 2 cups Snap Peas (sliced)
- 2 cups Carrot (shredded)
- 1 Red Bell Pepper (sliced)
- 1 cup Mint Leaves (shredded)
- 1 cup Cilantro (shredded)
- 1/2 cup Salted Cashews (chopped)
- 1 tbsp Sesame Seeds
- 2 tbsps Sesame Oil
- 1/3 cup Lime Juice
- 1 tbsp Honey (warmed)

### Directions

- 1 In a large salad bowl, toss all of the vegetables together.  
;
- 2 Fold in shredded chicken.  
;
- 3 In a small bowl, mix dressing ingredients. Toss into salad and mix thoroughly.  
;
- 4 Top with cashews and sesame seeds and serve.



## Spring Stir Fry

6 servings

26 minutes

### Ingredients

12 Italian Chicken Sausage  
1 lb Snap Peas (chopped)  
1 container White Button Mushrooms  
(thinly sliced)  
2 Onion (thinly sliced)  
1 tsp Salt & Pepper  
1 tbsp Ghee

### Directions

- 1 Slice sausage into thin rounds. Melt butter in a skillet.  
;
- 2 Saute vegetables and add salt and pepper.  
;
- 3 Add sausage and cook until crisp on both sides  
;
- 4 Serve hot.



## Watermelon Jicama Salad with Chicken and Tajin

1 serving  
10 minutes

### Ingredients

4 ozs Seedless Watermelon  
4 ozs Jicama (chopped)  
4 ozs Whole Rotisserie Chicken (shredded)  
1/2 tsp Tajin (or to taste)  
1/4 whole Lime (quartered and squeezed)  
1/8 tsp Black Pepper (or to taste)

### Directions

- 1 Peel and chop the jicama into 1-cm square pieces.
- 2 Core and cut the watermelon into 1-cm square pieces.
- 3 Chop the chicken.
- 4 Add the jicama, watermelon, and chicken to a salad bowl and toss with the pepper, Tajin, and lime. Add more or less to taste.

### Notes

**Zesty and Delicious:** When we were traveling in Austin, Texas, I was worried I wouldn't be able to find food that fit on the Living Light Metabolic Reset plan. I was so wrong! This amazing Tex-Mex restaurant close by the hotel had a salad like this one on the menu. Yum!