



Perfect Summer Meal

Created by Swan Integrative Health and Wellness



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Looking for the perfect healthy summer meal, appetizer and dessert included? Look no further! Enjoy this nutrient dense, delicious combo of flavors and seasonal fruits and veggies!

Bon Appetit,
Amanda

Perfect Summer Meal

27 items

Fruits

- ☐ 1 Avocado
- ☐ 4 2/3 Lime
- ☐ 2 Mango
- ☐ 1/4 Navel Orange
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/2 tsp Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 1/2 cup Pecans
- ☐ 1 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Vegetables

- ☐ 1 cup Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 1/2 cup Parsley
- ☐ 1 Red Bell Pepper
- ☐ 2 tbsps Red Onion
- ☐ 1 1/2 cups Rhubarb
- ☐ 4 Sweet Potato
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 2 cups Corn
- ☐ 1 1/4 cups Organic Coconut Milk

Baking

- ☐ 1/3 cup Almond Flour
- ☐ 1/3 cup Coconut Flour

Bread, Fish, Meat & Cheese

- ☐ 2 lbs Shrimp

Condiments & Oils

- ☐ 3 tbsps Coconut Oil
- ☐ 1/3 cup Extra Virgin Olive Oil

Sweet Potato & Lime Chips

4 ingredients · 50 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C).
2. Wash sweet potatoes and lay them on a cutting board lengthwise. Starting at one end, slice sweet potato as thinly as possible into rounds. Try to be consistent in how thin you slice so the chips bake evenly. (Use a mandolin slicer if you have one.)
3. In a mixing bowl, toss the sweet potato rounds with olive oil and season with sea salt.
4. Line a baking sheet with parchment paper. Place the sweet potato rounds on the baking sheet in a single layer. Bake in oven on middle rack for 20 minutes. Flip the sweet potato and bake for another 10 to 20 minutes or until golden-brown (depending on the thickness of the rounds).
5. Let cool. Drizzle a lime wedge over the chips and serve. If chips aren't crispy enough, stick them back in the oven for another 10 minutes.

Ingredients

- 4 Sweet Potato
- 1 1/3 **tbsps** Extra Virgin Olive Oil
- 2/3 **tsp** Sea Salt
- 2/3 Lime (sliced into wedges)

Nutrition

Amount per serving

Calories	154	Vitamin C	5mg
Fat	5g	Calcium	40mg
Saturated	1g	Iron	1mg
Carbs	27g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.3mg
Sugar	6g	Folate	15µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	33mg
Sodium	466mg	Zinc	0mg
Potassium	447mg	Selenium	1µg
Vitamin A	18447IU		

Mango Salsa

6 ingredients · 10 minutes · 4 servings



Directions

1. Combine all ingredients in a large bowl. Refrigerate until ready to serve. Enjoy!

Notes

Serving Size

One serving equals approximately 1 1/2 cups of mango salsa.

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add paprika, minced garlic and/or sea salt.

Additional Toppings

Top with green onions, chopped chicken breast, grilled tofu or roasted chickpeas.

Serve it With

Tacos, brown rice tortilla chips or baked plantain chips.

Ingredients

2 Mango (peeled and cubed)

2 cups Corn (cooked)

2 tbsps Red Onion (finely chopped)

1 Red Bell Pepper (finely chopped)

1/2 cup Cilantro (chopped)

1 Lime (juiced)

Nutrition

Amount per serving

Calories	186	Vitamin C	107mg
Fat	2g	Calcium	27mg
Saturated	0g	Iron	1mg
Carbs	44g	Vitamin D	0IU
Fiber	5g	Vitamin B6	0.4mg
Sugar	28g	Folate	106µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	42mg
Sodium	5mg	Zinc	1mg
Potassium	538mg	Selenium	1µg
Vitamin A	3086IU		

Grilled Shrimp Salad

9 ingredients · 25 minutes · 4 servings



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

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.

Ingredients

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

Nutrition

Amount per serving

Calories	471	Vitamin C	66mg
Fat	22g	Calcium	227mg
Saturated	3g	Iron	3mg
Carbs	16g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.2mg
Sugar	5g	Folate	61µg
Protein	57g	Vitamin B12	0µg
Cholesterol	429mg	Magnesium	115mg
Sodium	321mg	Zinc	4mg
Potassium	1019mg	Selenium	0µg
Vitamin A	4328IU		

Coconut Zucchini Fries

5 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
2. Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
3. Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
4. Remove from oven and enjoy!

Notes

No Coconut Milk

Use eggs instead.

Leftovers

Refrigerate in an airtight container for up to five days. Reheat in the oven for best results.

Additional Toppings

Add paprika, chili powder or spices of your choice to the coconut flour.

Extra Crispy

Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.

Ingredients

- 1 **tbps** Coconut Oil
- 1/4 **cup** Organic Coconut Milk (canned, full fat)
- 1/4 **cup** Coconut Flour
- 1/2 **tsp** Sea Salt
- 2 Zucchini (medium, sliced into strips)

Nutrition

Amount per serving

Calories	103	Vitamin C	18mg
Fat	7g	Calcium	16mg
Saturated	6g	Iron	1mg
Carbs	7g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	3g	Folate	24µg
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	18mg
Sodium	322mg	Zinc	0mg
Potassium	279mg	Selenium	0µg
Vitamin A	196IU		

Strawberry Rhubarb Crisp

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C). Combine the rhubarb, strawberries, orange juice, half of the maple syrup and half of the coconut flour in a bowl and mix well until well combined.
2. In a separate bowl, mix together the chopped pecans, almond flour, cinnamon, sea salt and coconut oil with the remaining maple syrup and coconut flour. Mix well to combine.
3. Lightly grease ramekins, then divide the fruit mix into them. Crumble the pecan topping evenly over top. Bake for 20 to 25 minutes or until topping is golden brown and bubbling.
4. Remove from oven and let cool for about 5 minutes before serving. Enjoy!

Notes

No Ramekins

Bake in an oven-proof dish, pan or pie plate instead.

No Rhubarb

Use blueberries, cherries, raspberries or peaches instead.

Serve it With

Coconut whipped cream or coconut ice cream.

Ingredients

- 1 1/2 cups Rhubarb (diced)
- 1 1/2 cups Strawberries (sliced)
- 1/4 Navel Orange (juiced)
- 1/4 cup Maple Syrup (divided)
- 2 tbsps Coconut Flour (divided)
- 1/2 cup Pecans (chopped)
- 1/3 cup Almond Flour
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving

Calories	308	Vitamin C	43mg
Fat	22g	Calcium	105mg
Saturated	7g	Iron	2mg
Carbs	27g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.1mg
Sugar	17g	Folate	23µg
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	61mg
Sodium	86mg	Zinc	1mg
Potassium	333mg	Selenium	1µg
Vitamin A	84IU		

Coconut Whipped Cream

1 ingredient · 10 minutes · 4 servings



Directions

1. Chill a mixing bowl in the fridge for about 10 minutes before whipping.
2. Scoop out the thickened cream from the can into the mixing bowl, and set aside the remaining coconut juice for other uses (like in smoothies).
3. Whip the coconut cream with a hand mixer, gradually working up to high speed for approximately 5 minutes.
4. Enjoy!

Notes

Serve it With

Fresh fruit like berries or peaches.

Likes it Sweet

Add a splash of maple syrup and vanilla extract while whipping.

Leftovers

Store sealed in an airtight container in the fridge up to 4 days.

Ingredients

1 cup Organic Coconut Milk (canned, full fat, refrigerated overnight)

Nutrition

Amount per serving

Calories	106	Vitamin C	0mg
Fat	11g	Calcium	2mg
Saturated	9g	Iron	0mg
Carbs	2g	Vitamin D	0IU
Fiber	0g	Vitamin B6	0mg
Sugar	1g	Folate	0µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	0mg
Sodium	15mg	Zinc	0mg
Potassium	91mg	Selenium	0µg
Vitamin A	0IU		