



# The *Secret* LEMON Cookbook:

31 Delicious & Healthy Recipes for  
Breakfast, Lunch & Dinner



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The Alternative Daily

They say an apple a day keeps the doctor away — and we say the same thing about the humble lemon! When it comes to all-natural health-boosters, nature sure knows how to deliver with this tasty, tart fruit. Everyone deserves a little more lemon in their life, and here are a few reasons why.



For starters, lemon is a rich source of vitamin C, which provides a variety of health benefits for the body. Vitamin C aids in detoxification on a cellular level, helping your liver clear out fat and other harmful products on a regular basis. Vitamin C also contains enzymes that assist with metabolic and organ function, which is essential for optimal health. On top of that, vitamin C also clears waste from the digestive tract and enhances overall immune health so you can stay in tip-top shape year round. Vitamin C is also necessary for





the regulation of certain hormones, like glucose and leptin. And finally, the vitamin C contained in lemons can even enhance energy levels naturally, so you can forget those sugar-filled drinks for good.

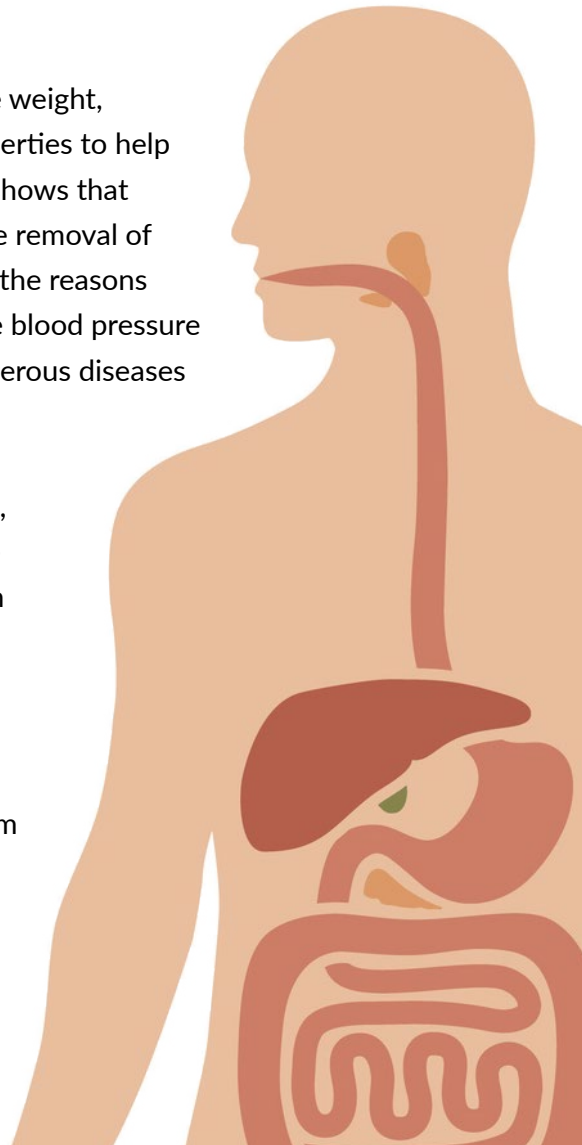


So far, we've covered just one vitamin contained in lemons, but there are plenty of other health benefits you should know about. For example, lemons act as a natural stimulant for the digestive system, since lemon juice is similar in composition to digestive juices and saliva. Lemons also help to balance out the body's pH level as minerals alkalize



the blood. And if you're trying to lose weight, lemon has appetite-suppressing properties to help you combat cravings. Plus, research shows that the citric acid in lemons can aid in the removal of harmful toxins from the body. For all the reasons listed above, lemons can even reduce blood pressure and fight inflammation, keeping dangerous diseases at bay.

As shown in several scientific studies, lemons truly possess a treasure trove of special properties. All of the health benefits aside, there's another great reason you should use lemons every single day: they are delicious. The lemon flavor is a perfect compliment to a variety of dishes all day long, from breakfast to dessert. Just make sure to shop locally for the best quality fruit and use all organic varieties, since we'll be using quite a bit of lemon peel in these recipes.





Are you ready to fall in love with lemons yet? We certainly hope so! Whether you're mixing up sweet lemonade infused with fresh basil or a strawberry salad topped with a light lemon vinaigrette, the recipes in this book will help you get the most from this superstar fruit. Now head on down to the grocery store to stock up on lemons – you're going to need them! Cheers to more health and vitality in your life.

Enjoy!



# # 1 Basil Twist Strawberry Lemonade

If there is one thing that tastes like summer, it's sweet and tangy lemonade. Try this recipe for a unique twist on your favorite drink.

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## Ingredients

- 15 strawberries, leaves removed, cut in half
- 4 cups water
- 3/4 cup lemon juice (or juice of 3 large lemons)
- 3 sprigs fresh basil
- 1/2 cup honey

## Instructions

1. Combine 1 cup water, honey and basil in medium saucepan over medium heat until honey is fully incorporated. Stir occasionally for 4 minutes.
2. Remove mixture from heat and let cool, then strain out basil leaves.
3. Add strawberries and remaining water into blender and puree on high speed until smooth.
4. Mix pureed strawberries with honey mixture in a large pitcher and stir in lemon juice until well combined.
5. Place pitcher in fridge and serve chilled or over ice. Garnish with fresh basil.



## #2 Fizzy Lemon Tonic

This refreshing flavored water can be whipped up in minutes. No need to buy expensive, sugar-laden carbonated drinks when you can make your own at home.

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### Ingredients

- 2 lemons, sliced
- 2 limes, sliced
- 1 cup packed mint leaves
- 1 1/2 quarts sparkling water

### Instructions

1. Place all ingredients into large pitcher.
2. Cover and chill for 2 hours before serving.





## #3 Feta Lemon Appetizers

Enjoy these lemon-infused feta cubes with toothpicks as a party appetizer or to top a salad for extra flavor.

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### Ingredients

- 1/4 cup fresh mint
- 1 jalapeno, sliced in half and seeds removed
- 4 oz plain feta cheese, cut into small cubes
- 1/2 lemon, juiced
- 2 tbsp olive oil

### Instructions

1. Whisk lemon juice and olive oil together in medium bowl.
2. Add mint leaves, jalapeno and feta, toss to coat.
3. Refrigerate for at least 4 hours before serving.



## #4 Roasted Lemon Chicken

Roasting this chicken allows the flavors to blend spectacularly and the lemon accents the spices for the perfect main dish. Serve with rice or sprinkled with crumbled feta.

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### Ingredients

- 2 lbs chicken thighs
- 4 tbsp butter, melted
- 1/2 cup water
- 2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp cayenne
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 lemon, juiced

### Instructions

1. Preheat oven to 425°F.
2. Pour water in bottom of roasting pan, add chicken thighs to pan and drizzle with melted butter.
3. Combine all spices in bowl, then cover chicken with mixture.
4. Squeeze lemon juice over chicken, then place lemon halves in roasting pan.
5. Cover pan and cook for 25 minutes, roast uncovered for another 15 minutes.
6. Once cooked, remove pan from oven and drizzle extra juices over chicken.
7. Serve immediately.



## #5 Lemon Chickpea Snack

Sauteed chickpeas are the perfect alternative to unhealthy snack foods. If you work at a desk, bring a batch of lemon chickpeas to keep you full until lunch rolls around.

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### Ingredients

- 2 15-oz cans chickpeas, rinsed and drained
- 2 tbsp fresh parsley, finely chopped
- 2 tbsp garlic, minced
- 5 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp red pepper flakes
- 1/2 tsp chili powder

### Instructions

1. Heat olive oil in large pan over medium heat.
2. Saute garlic for 1 minute. Add chickpeas to olive oil and garlic mixture, stir them until coated.
3. Pour lemon juice into skillet, turn heat to medium-low and simmer until liquid is reduced by half.
4. Once chickpeas are softened and beginning to brown, remove from heat and stir in parsley.



## #6 Crazy-For-Kale Salad

This kale-based salad hits all the right flavor notes. Filled with healthy vegetables and topped with a light vinaigrette, it's the perfect meal to give you that midday energy boost.

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### Ingredients

- 1 cup cooked lentils
- 1 cup red cabbage, chopped
- 1 cup cherry tomatoes, cut in half
- 2 1/2 cups kale, chopped
- 2 tbsp almonds, slivered
- 1 tbsp olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp honey
- 1/2 lemon, juiced
- Salt and pepper to taste

### Instructions

1. Whisk olive oil, lemon juice, salt, pepper, apple cider vinegar and honey together in small bowl, then set aside.
2. Combine remaining ingredients in large mixing bowl.
3. Drizzle with vinaigrette and toss to coat.
4. Serve immediately or chilled.



## #7 Summer Arugula Strawberry Salad

Bursting with flavor and the sweet tang of strawberries and lemon, this salad captures all the tastes of breezy summer evenings.

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### Ingredients

- 3 tbsp olive oil
- 2 tbsp balsamic vinegar
- 3 tbsp lemon juice
- 2 1/2 cups strawberries, tops removed and sliced
- Pinch of salt and pepper
- 6 cups baby arugula
- 2 oz crumbled goat cheese
- 1/2 cup almonds, slivered

### Instructions

1. To assemble salad, combine arugula, almonds and 2 cups strawberries in large salad bowl.
2. For dressing, add olive oil, vinegar, lemon juice and remaining strawberries to blender. Process on high speed until mixture is a liquid consistency.
3. Drizzle vinaigrette over salad. Toss to coat.
4. Top with goat cheese and enjoy.



## #8 Tropical Twist Flapjacks

Drizzle these thin flapjacks with a hint of maple syrup for a healthy breakfast that keeps you full and satisfies your sweet tooth.

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### Ingredients

- 1 egg
- 1 egg white
- 2 tbsp ricotta cheese
- 1/2 cup oat flour
- 1 lemon, juiced and zested
- 1/3 cup unsweetened almond milk
- 1/2 tsp chia seeds
- 1/4 tsp baking powder
- Shredded coconut to top
- Coconut oil to grease pan

### Instructions

1. Heat coconut oil in large skillet (or griddle) over medium heat.
2. Whisk egg, egg white, lemon juice, ricotta and almond milk together in large bowl.
3. Stir dry ingredients into wet – batter should be thick.
4. Spoon 3 tablespoons onto skillet, cook 4 to 5 minutes, flip and cook another 2 to 3 minutes or until done. Repeat with remaining batter.
5. Top with shredded coconut.



## #9 Raspberry Lemon Scones

It's hard to believe that these scones didn't come straight from the bakery. Serve with a glass of almond milk for a surprisingly healthy breakfast.

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### Ingredients

- 1 cup fresh raspberries
- 2 cups almond flour
- 1/3 cup tapioca flour
- 1 egg
- 1/4 cup melted butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tbsp lemon zest
- 2 tsp baking powder
- Pinch of salt

### Instructions

1. Preheat oven to 350°F. Line baking sheet with parchment paper.
2. Add egg, butter, vanilla extract, lemon zest and maple syrup to a large bowl. Whisk together until frothy.
3. Stir flours, salt and baking powder into egg mixture until completely combined.
4. Stir in raspberries.
5. Pour dough onto parchment paper and form into a circle.
6. Bake for 20 minutes, or until toothpick inserted in the center comes out clean.
7. Remove from oven and slice scone into 6 pieces, then return to oven for 5 minutes.
8. Cool 10 minutes before serving.



## #10 No-Bake Lemon Cocoa Bites

With only three steps, these delicious dessert bites couldn't be any easier. Who said that eating healthy meant giving up your post-meal treats?

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### Ingredients

- 1 tsp cinnamon
- 2 tsp lemon juice
- 1 tsp lemon zest
- 2 tbsp maple syrup
- 2 tbsp cocoa powder
- 1 cup pecans, chopped
- 1/4 tsp vanilla extract
- Pinch of sea salt

### Instructions

1. Mix all ingredients in food processor until well combined and sticky.
2. Roll mixture into small bite-sized balls and place on parchment paper.
3. Freeze for 20 minutes before serving.





## # 1 | Gluten-Free Lemon Squares

While traditional lemon squares may be sugar-laden, everyone has indulged from time to time. These lemon squares eliminate that guilt, offering a completely sugar-free option that tastes just like the original.

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### Ingredients

#### Crust

- 1 cup coconut flour
- Pinch of salt
- 1/2 cup coconut oil, softened
- 1/4 cup honey

#### Topping

- 1/2 cup fresh lemon juice
- 2 tsp coconut flour
- 2 tsp lemon zest
- 1/2 cup honey
- 3 eggs



## Instructions

1. Preheat oven to 350°F. Grease 8x8 inch pan with coconut oil.
2. In large bowl, beat salt, coconut oil and honey together with electric hand mixture. Stir in coconut flour until doughy mixture forms.
3. Press crust into bottom of pan in an even layer and bake for 8 minutes until golden brown. Set aside and let cool for 30 minutes.
4. Once crust is cooked, lower oven temperature to 325°F.
5. In a medium bowl, whisk lemon zest, eggs and honey by hand. Be sure not to over-whisk.
6. In a separate bowl, continually whisk coconut flour into lemon juice 1 teaspoon at a time.
7. Whisk coconut flour mixture into egg mixture until fully combined.
8. Spread lemon topping over crust and bake for 21 to 23 minutes, or until center is just slightly gelatinous.
9. Let cool completely, then cover and refrigerate overnight before eating.
10. Slice into bars and enjoy.



## #12 Old Fashioned Lemonade

What better way to use those extra lemons than a chilled glass of sweet lemonade? Because of the coconut sugar, this lemonade will have a slightly brown tinge. But don't let that put you off – this recipe tastes exactly like the lemonade you used to sell in your front yard.

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### Ingredients

- 5 cups water
- 1 cup freshly squeezed lemon juice
- 1/2 cup coconut sugar

### Instructions

1. Bring 1 cup of water and coconut sugar to boil in a small saucepan.
2. Once sugar mixture has come to a boil, remove from heat and pour into a large pitcher.
3. Add 4 cups cold water and lemon juice. Gently stir to combine.
4. Chill in fridge for 3 hours. Serve over ice. Garnish with lemon slices or mint leaves.



## # 13 Roasted Lemon Shrimp

Lemon and shrimp is a match made in heaven. Enjoy this shrimp with brown rice and a salad for a fresh, invigorating take on the traditional dinner.

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### Ingredients

- 2 tbsp lemon juice
- 1/2 tsp chili flakes
- 1/2 tsp salt
- 1 tsp lemon zest
- 2 tsp garlic, minced
- 1 tbsp olive oil
- 24 oz raw shrimp, peeled and deveined

### Instructions

1. Preheat oven to 450°F. Line a baking sheet with tin foil.
2. Spread shrimp out on baking sheet. Be sure none are overlapping.
3. Drizzle with olive oil. Sprinkle with garlic, lemon zest and chili flakes.
4. Cook for 6 to 7 minutes or until shrimp is bright pink and evenly cooked.
5. Drizzle with lemon juice once cooked. Enjoy!



## # 14 Turmeric, Ginger, Lemon Wellness Remedy

Rather than reach for that bottle of cold medicine when you feel a cough coming on, combine these superfoods in a juice that is bursting with immune-boosting ingredients.

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### Ingredients

- 5 large carrots
- 1-inch ginger root
- 1-inch turmeric root
- 1 lemon
- 1 tsp honey

### Instructions

1. Juice all ingredients except honey.
2. Add juice to blender and blend in honey until combined and frothy.



## # 15 Lemon Honey Mustard Dressing

Use this dressing to top salads, dip chicken or coat potatoes. It can be stored in the fridge for a week in a sealed container.

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### Ingredients

- 2 tbsp lemon juice
- 1 tbsp honey
- 2 tbsp mustard powder
- 1/3 cup water
- 3/4 cup macadamia nuts, soaked overnight

### Instructions

1. Mix all ingredients in high-speed blender.
2. Continue adding water until dressing is desired consistency.



## #16 Raw Pepper Salad

This colorful salad will guarantee that you get in your veggies for the day. Plus, it can be made ahead without getting wilted in a heavy dressing.

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### Ingredients

- 2 small zucchinis
- 1/2 cup raw almonds, slivered
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow bell pepper
- 1/2 cup cilantro, chopped
- Salt and pepper to taste
- 1/4 cup olive oil
- 1/2 lemon, juiced

### Instructions

1. Slice zucchini and peppers into long, thin strips. Place them in a bowl with cilantro and almonds.
2. Drizzle salad with lemon juice and olive oil.
3. Sprinkle with salt and pepper to taste.



## # 17 Watermelon Slushie

Ah, watermelon. It's the anthem of every picnic and barbecue, yet this summer fruit can become dull after a while. Blend up this delicious slushie to inject some life back into this fantastic fruit.

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### Ingredients

- 2 lemons, juiced
- 3 cups watermelon, cut into chunks
- 1/2 cup honey
- 3 cups ice cubes

### Instructions

1. Blend all ingredients together until slushie consistency is achieved. Be sure not to blend too long or it will be liquid.
2. Pour into tall glass. Garnish with lemon slice and enjoy.





## # 18 Ginger Lemon Tea

This tea can be enjoyed hot to soothe sore throats, or chilled and served over ice. The ginger provides a delicious kick that can also boost your immune system.

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### Ingredients

- 3-inch piece of ginger, sliced
- 1 lemon, juiced
- 4 cups water
- Honey to taste

### Instructions

1. Bring water and ginger to boil in saucepan over medium heat.
2. Remove from heat, stir in lemon juice and honey.
3. Let tea steep for at least 20 minutes, then strain and enjoy.



## # 19 Savory Lemon Potatoes

Potatoes don't need to be deep fried to be delicious. These lemon roasted potatoes are cooked in heart-healthy olive oil and take just minutes to prepare.

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### Ingredients

- 1 lb tiny new potatoes
- Salt and black pepper to taste
- 1 lemon, juiced and zested
- 4 tbsp olive oil

### Instructions

1. Preheat oven to 450°F.
2. Clean and dry potatoes.
3. Add potatoes to large bowl and drizzle with olive oil. Toss to coat. Sprinkle with salt and pepper.
4. Spread on baking sheet and cook for 20 minutes until tender and golden.
5. Once roasted, toss with lemon zest and juice. Serve immediately.



## #20 No-Bake Coconut Snack Bites

These powerhouse snack bites are bursting with wholesome seeds and spices but balanced out by just enough of sweetness to serve as dessert.

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### Ingredients

- 1/4 tsp turmeric
- 1/2 tsp maca powder
- 1 tbsp chia seeds
- 2 tbsp hemp seeds
- Pinch of sea salt
- 1 cup gluten-free rolled oats
- 1 cup unsweetened shredded coconut
- 1/3 cup maple syrup
- 1/2 tsp vanilla extract
- 1 tbsp coconut oil
- 1 tbsp lemon zest
- 1/2 lemon, juiced

### Instructions

1. Combine all dry ingredients in food processor until oats are flour-like consistency.
2. Add remaining ingredients to food processor and pulse until mixture starts to become doughy.
3. Place mixture in refrigerator for 20 minutes.
4. Roll dough into 12 small balls, coat in extra coconut if desired.
5. Refrigerate for at least 1 hour before serving.



## #21 Lemon Sesame Chicken

Enjoy this chicken over rice or with a side of cooked vegetables for a complete meal. The lemon flavor pairs wonderfully with the chicken to create a delicious glaze.

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### Ingredients

- 2 lbs boneless, skinless chicken breast, cut into cubes
- 1/2 yellow onion, finely chopped
- 2 tbsp olive oil
- Salt and pepper to taste
- 2 tbsp lemon zest
- 2 tbsp lemon juice
- 1 tsp toasted sesame oil
- 3 garlic cloves, minced
- 1 tbsp liquid aminos
- 1 green onion, thinly sliced

### Instructions

1. Heat olive oil in large skillet over medium heat.

2. Add onion and cook until soft and fragrant, about 4 minutes. Add in garlic and cook for another minute.
3. Place chicken in pan and cook until brown, about 3 minutes. Stir occasionally.
4. Stir in liquid aminos, sesame oil and salt and pepper to taste. Cook over medium-high heat for 3 more minutes or until chicken is well done.
5. Remove from heat and drizzle with lemon juice and zest. Stir in well, making sure to coat chicken evenly.
6. Serve over rice of choice with green onion.



## #22 Lemon Kale Salad

With a tangy, creamy dressing, this simple salad packs a nutritional punch. Extra dressing can be stored in the fridge for up to a week. Feel free to add other vegetables like cabbage and carrots if desired.

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### Ingredients

#### Dressing

- 1/2 cup raw cashews, soaked overnight
- 2 tbsp Dijon mustard
- 4 tbsp olive oil
- 1 lemon, juiced
- 1 clove garlic, chopped
- Salt and pepper to taste
- 3 tbsp water

#### Salad

- 4 cups kale, coarsely chopped
- 2 tbsp raw hemp seeds
- 1 lemon, zested

### Instructions

1. Blend all dressing ingredients in high-speed blender until dressing-like consistency is reached. Add more water to thin, if needed.
2. Divide salad ingredients between two bowls and drizzle with dressing. Serve immediately.



## #23 Gluten-Free Lemon Poppy Seed Muffins

Start your morning right with these cheerful, poppy seed muffins.

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### Ingredients

- 1 lemon, zested
- 1 1/2 tsp baking powder
- 2 tbsp poppy seeds
- 1/4 tsp xanthan gum
- 1 1/2 cups gluten-free flour
- 1 1/2 cups almond flour
- 1/2 tsp salt
- 3 eggs
- 1/3 cup coconut sugar
- 1 tsp vanilla extract
- 1/2 tsp lemon extract
- 1/4 cup honey
- 1/4 cup coconut oil, melted
- 1/2 cup plain almond milk



## Instructions

1. Preheat oven to 350°F. Line a muffin tin with muffin liners.
2. In a large bowl, whisk together lemon zest, baking powder, flours, poppy seeds, xanthan gum and salt until well combined and there are no clumps.
3. In a separate bowl, beat eggs, honey, coconut oil, lemon extract, vanilla extract, almond milk and coconut sugar with hand whisk until well combined and sugar is completely incorporated.
4. Stir wet ingredients into dry ingredients until consistency is even and batter is well combined.
5. Pour batter into muffin tin, evenly dividing it among muffins.
6. Bake for 18 to 20 minutes, or until a toothpick inserted in the center comes out clean.
7. Remove from oven and let cool before eating.



## #24 Honey-Sweetened Lemon Jam

This marmalade is a wonderful topping for pancakes, biscuits or sandwiches. Even if you're a jam-making amateur, you can still whip up a batch of this lemon goodness.

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### Ingredients

- 4 tsp lemon zest
- 3/4 cup fresh lemon juice, strained
- 3 oz liquid pectin
- 2 cups honey

### Instructions

1. Bring lemon zest, juice and honey to boil in saucepan over high heat.
2. Once mixture is at a rolling boil, stir in pectin. Return to boil and stir constantly for 1 minute.
3. Remove from heat and quickly pour jelly into jars, filling to 1/4 inch from top of jar.
4. Cover immediately with lids and process in boiling water bath for 5 minutes.
5. Allow it to cool completely in the fridge in order to be sure that it sets properly.





## #25 Lemon Ice Cream

With no sugar whatsoever, this delightful lemon ice cream will still satisfy any sweet tooth.

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### Ingredients

- 2 14-oz cans full-fat coconut milk, chilled overnight
- Zest from 3 lemons
- Juice from 2 lemons
- 1/2 cup maple syrup
- Pinch of clove
- 8 oz dates, pitted
- 1/2 cup boiling water

### Instructions

1. Add boiling water and dates to food processor, let soak for 10 minutes. Pulse to combine until dates are light and completely chopped, about 10 minutes.
2. Drain the liquid from chilled coconut milk. Beat the thick cream that is left until it is fluffy and similar in consistency to whipped cream.
3. Add lemon zest, maple syrup, processed dates, lemon juice and clove to whipped coconut cream. Stir well.
4. Freeze for 2 to 3 hours. Enjoy!



## #26 Rosemary Lemon Salmon

Baking this salmon with lemon and rosemary guarantees full flavor. You can also try grilling salmon wrapped in tin foil to get that classic smoke taste.

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### Ingredients

- 2 salmon fillets, boneless and skinless
- Sea salt to taste
- 1 tbsp olive oil
- 4 tbsp fresh rosemary
- 1 lemon, thinly sliced
- 2 tbsp lemon juice

### Instructions

1. Preheat oven to 400°F.
2. Line baking dish with half of the lemon slices and 2 tablespoons rosemary. Lay fillets over lemon and rosemary.
3. Top with remaining lemon and rosemary.
4. Drizzle with olive oil and lemon juice.
5. Bake for 20 minutes or until fish is flaky and can be peeled with a fork.



## #27 Savory Lemon Chicken Soup

On a cold winter day, there's nothing like a piping hot bowl of chicken soup to warm you up from the inside out.

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### Ingredients

- 1 lb boneless, skinless chicken, cut into small cubes
- 1 tbsp olive oil
- 1 sweet onion, chopped
- 1 quart chicken broth
- 1 lemon, juiced and zested
- 1 garlic clove, minced
- 2 carrots, diced
- 2 scallions, thinly sliced
- Salt and pepper to taste
- 2 celery stalks, diced
- 1 cup cooked brown rice

### Instructions

1. Heat olive oil over medium heat in large stockpot. Add chicken and season with salt, pepper and half of the lemon zest.
2. Cook chicken for about 5 minutes, or until all sides have browned.
3. Stir in onion and garlic. Cook until soft and fragrant, about 3 minutes.
4. Add celery and carrots to pan and cook until soft, about 5 minutes.
5. Pour chicken stock, rice and lemon juice over vegetables and chicken. Simmer on low-medium heat for 5 minutes.
6. Garnish with lemon zest and scallions. Serve immediately.



## #28 Almond Cod With Lemon

While the combination of flavors may seem strange, this almond-encrusted cod is brimming with healthy ingredients and interesting tang.

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### Ingredients

- 1 lb baby spinach
- 2 cloves garlic, minced
- 4 tsp Dijon mustard
- 1/2 cup almonds, slivered
- 1 tsp dried dill
- Salt and pepper to taste
- 1 1/4 lbs cod
- 1 lemon, juiced and zested
- 1 tbsp plus 2 tsp olive oil
- 1 lb baby spinach

### Instructions

1. Preheat oven to 400°F. Coat baking dish with olive oil, set aside.
2. In a small bowl, combine almonds, 1 tablespoon olive oil, lemon zest and pinch of salt and pepper.
3. Space out fish fillets on baking sheet and spread mustard evenly over fillets. Press almond mixture into mustard layer, making sure fillets are coated evenly.
4. Place in oven and bake for 7 to 9 minutes, or until cod is opaque in the center.
5. While fish is cooking, heat remaining olive oil in small saucepan over medium heat. Add in garlic and cook for 30 seconds, stirring in lemon juice, spinach, salt and pepper.
6. Stir constantly and cook for 3 minutes until spinach just starts to wilt.
7. Serve cooked cod over bed of spinach. Garnish with lemon wedges.



## #29 Refreshing Citrus Smoothie

This yogurt-based smoothie is a great way to start your day. Drink before your morning workout for an extra energy boost.

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### Ingredients

- Pinch of ground turmeric
- Pinch of black pepper
- 2 tbsp honey
- 1 cup plain Greek yogurt
- 1 cup ice cubes
- 2 tbsp freshly squeezed lemon juice
- 2 tsp lemon zest
- 1 tbsp grated ginger

### Instructions

1. Place all ingredients together in high-speed blender and blend until smooth.



## #30 Lemon Glazed Chicken Stir-Fry

Lemon and chicken once again prove their compatibility. This dish is an easy dinner that your entire family will love.

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### Ingredients

- 2 tsp cornstarch
- 4 tsp liquid aminos
- 1 tbsp lemon juice
- 1/2 tsp ground ginger
- 1 1/2 lbs boneless, skinless chicken breast, cut into 1/2-inch strips
- 4 tbsp olive oil
- Pinch of salt and pepper
- 1 red bell pepper, sliced into strips
- 1 green bell pepper, sliced into strips
- 2 green onions, sliced
- 1 1/2 tsp lemon zest
- 1 tbsp chicken broth
- 3 cups cooked brown rice



## Instructions

1. Combine 1/2 teaspoon ground ginger with cornstarch in bowl. Slowly stir in liquid aminos, chicken broth and lemon juice until completely smooth.
2. Transfer mixture to Ziploc bag, then add lemon zest and chicken. Make sure chicken is completely coated. Refrigerate for at least 30 minutes to marinate.
3. In a large skillet over medium-high heat, stir-fry peppers until soft. Remove from heat, then cook chicken in remaining 2 tablespoons olive oil until well done.
4. Serve chicken and peppers over rice. Garnish with green onions.





## #31 Hummus With Lemon

Not only is this hummus affordable to make, it is delicious as well. If you like your hummus with a little more kick, simply top with red pepper flakes or add them to the food processor.

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### Ingredients

- 1/4 cup tahini
- 1 15-oz can chickpeas, drained and rinsed
- 2 tbsp lemon zest
- 2 lemons, juiced
- 2 garlic cloves, chopped
- Pinch of salt
- 2 tbsp olive oil
- Fresh parsley to garnish

### Instructions

1. Process all ingredients in food processor for 60 seconds, scraping sides when necessary.
2. Add water as needed to reach desired consistency. Continue to blend until hummus is completely smooth.
3. Scrape hummus into bowl. Top with parsley, lemon zest and a small amount of olive oil.