



Dr. Misa

Valentine's Day Menu

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Valentine's Day Menu

Breakfast - Part 1: (can be in bed or appetizer while you prepare Part 2)

- Coffee or Tea
- Chocolate Layered Chia Pudding

Breakfast - Part 2:

- Blueberry Turkey Breakfast Sausages
- Soft Scrambled Eggs on Toast

Lunch:

- Grilled Bruschetta Chicken
- Strawberry Quinoa Arugula Salad

Dinner:

- Citrus Glazed Salmon
- Zucchini Caprese Salad

Dessert:

- Decadent Chocolate Peppermint Truffles
- Raspberry Avocado Ice Cream



Chocolate Layered Chia Pudding

2 servings
25 minutes

Ingredients

- 1/4 cup Chia Seeds
- 3/4 cup Plain Coconut Milk (from the carton)
- 1 tbsp Cocoa Powder
- 3/4 cup Unsweetened Coconut Yogurt
- 3/4 cup Strawberries (cut in half)

Nutrition

Amount per serving	
Calories	214
Fat	13g
Carbs	23g
Fiber	9g
Sugar	6g
Protein	5g
Sodium	33mg

Directions

- 1 In a large bowl, combine the chia seeds, coconut milk and cocoa powder. Whisk thoroughly making sure the seeds are mixed well. Refrigerate for at least 20 minutes or overnight to thicken.
- 2 Divide the chia pudding and coconut yogurt between jars into layers. Top with strawberries and enjoy!

Notes

- Leftovers:** Refrigerate in an airtight container for up to five days.
- Likes it Sweet:** Add a drizzle of maple syrup or honey.
- Additional Toppings:** Add granola or cacao nibs on top for crunch.
- No Coconut Yogurt:** Use another type of yogurt instead.



Blueberry Turkey Breakfast Sausages

4 servings
25 minutes

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Garlic (clove, minced)
- 1 tbsp Italian Seasoning
- 1 tsp Ginger (peeled and minced)
- 3/4 tsp Sea Salt
- 1/2 cup Blueberries
- 1 tbsp Coconut Oil

Nutrition

Amount per serving	
Calories	212
Fat	13g
Carbs	3g
Fiber	0g
Sugar	2g
Protein	21g
Sodium	521mg

Directions

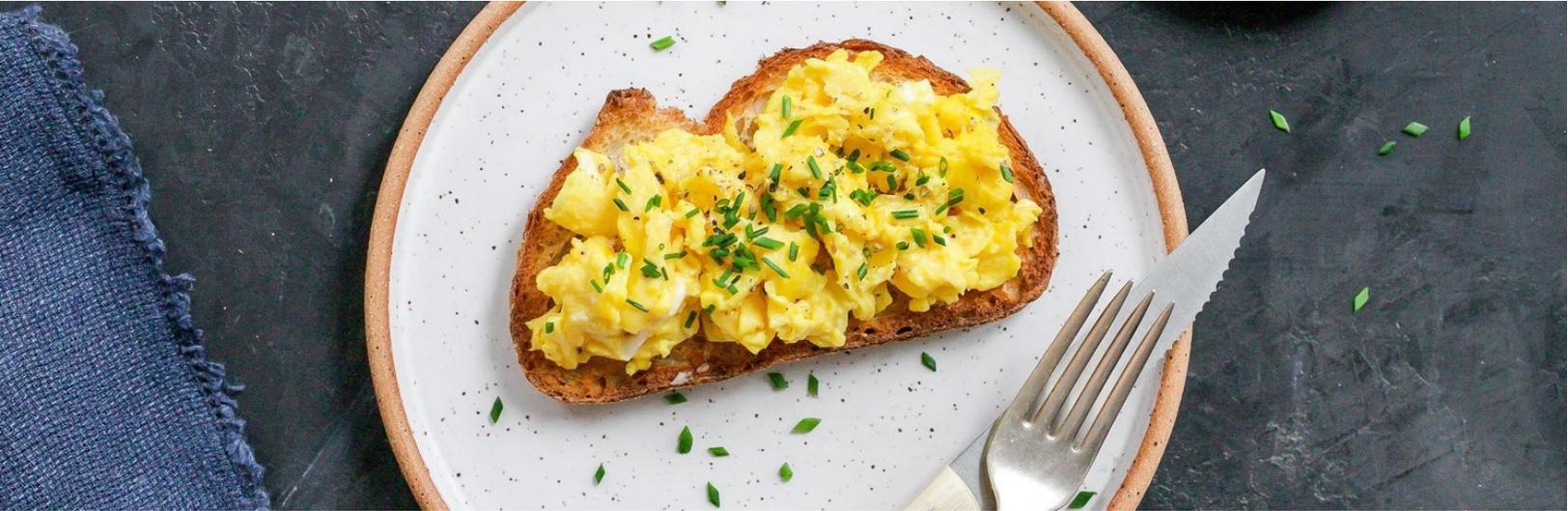
- 1 In a large mixing bowl combine the turkey, garlic, Italian seasoning, ginger and salt. Mix until combined. Gently fold in the blueberries. Form the meat mixture into thin, even patties, about 4-inches in diameter.
- 2 Heat the coconut oil in a large frying pan over medium-high heat. Cook the sausage patties for 4 to 5 minutes per side until cooked through. Serve and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to three days. Freeze for up to three months.

Serving Size: One serving is equal to approximately two sausage patties.

More Flavor: Add ground allspice, black pepper, thyme, cinnamon or cayenne to the turkey mixture before cooking.



Soft Scrambled Eggs on Toast

2 servings

5 minutes

Ingredients

- 4 Egg
- 1/2 tsp Butter
- 3 1/2 ozs Sourdough Bread (toasted)
- 1 tbsp Chives (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	277
Fat	10g
Carbs	25g
Fiber	1g
Sugar	0g
Protein	17g
Sodium	383mg

Directions

- 1 Crack the eggs into a bowl and whisk well.
- 2 Heat a skillet over medium-low heat and once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about 2 minutes. They should still look slightly runny on top.
- 3 Divide the eggs onto toast, and top with chives, salt and pepper. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made.

Gluten-Free: Use gluten-free bread instead.

Additional Toppings: Chili flakes and/or fresh herbs like parsley and dill.

No Butter: Use ghee or another cooking oil.



Grilled Bruschetta Chicken

4 servings
 30 minutes

Ingredients

- 1 lb Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 3 Tomato (medium, diced)
- 1/2 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/4 cup Basil Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	193
Fat	7g
Carbs	6g
Fiber	1g
Sugar	1g
Protein	27g
Sodium	88mg

Directions

- 1 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 2 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 3 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover: Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.



Strawberry Quinoa Arugula Salad

4 servings
 40 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 2 tbsps Tahini
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1 tbsp Water (warm)
- 1/8 tsp Sea Salt
- 6 cups Arugula
- 1/4 cup Sunflower Seeds
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	202
Fat	10g
Carbs	25g
Fiber	4g
Sugar	6g
Protein	7g
Sodium	93mg

Directions

- 1 Cook the quinoa according to package directions. Let cool.
- 2 In a large mixing bowl whisk together the tahini, maple syrup, lemon juice, water and salt. Season the dressing with additional salt or lemon juice if needed.
- 3 Pour the dressing over the arugula and toss to coat evenly. Fold in the cooked quinoa, sunflower seeds and strawberries. Transfer to plates and serve immediately. Enjoy!

Notes

Meal Prep: For best results, store all items separately in the fridge and assemble the salad just before serving.

No Arugula: Use baby spinach instead.

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



Zucchini Caprese Salad

4 servings
 20 minutes

Ingredients

- 2 Zucchini
- 1 1/2 cups Cherry Tomatoes (halved)
- 1 Lemon (juiced)
- 1 1/2 tbsps Balsamic Vinegar
- 2 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 3 1/2 ozs Small Boconcini (halved)
- 1/2 cup Basil Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	168
Fat	13g
Carbs	7g
Fiber	2g
Sugar	5g
Protein	6g
Sodium	62mg

Directions

- 1 Use a spiralizer to spiralize your zucchini into ribbons. Then slice the ribbons so that they are about 5 inches in length. If you do not have a spiralizer, use a peeling knife and take full strokes along the zucchini to create long ribbons.
- 2 Combine the zucchini ribbons and cherry tomatoes in a large bowl.
- 3 In a jar, combine the lemon, vinegar, olive oil and garlic. Put lid on and shake well.
- 4 Pour the dressing over the zucchini noodles and tomatoes and toss well. Place in the fridge and let marinade for at least 10 minutes.
- 5 When ready to serve, transfer to a serving bowl and sprinkle the boconcini balls and basil over top. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Make it a Meal: Serve with a grilled chicken breast for some added protein.



Citrus Glazed Salmon

2 servings
 25 minutes

Ingredients

- 8 ozs Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 5 stalks Green Onion (chopped, divided)
- 1 1/2 cups Shiitake Mushrooms (stems removed, sliced)
- 1 tbsp Orange Juice
- 1 1/2 tbsps Coconut Aminos
- 1 Lime (juiced, zested)

Nutrition

Amount per serving	
Calories	310
Fat	14g
Carbs	22g
Fiber	3g
Sugar	9g
Protein	25g
Sodium	557mg

Directions

- 1 Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
- 2 In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
- 3 In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
- 4 Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!

Notes

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

More Flavor: Add chili flakes.

Additional Toppings: Top with sesame seeds. Serve with rice, cauliflower rice, leafy greens or roasted veggies.

No Coconut Aminos: Use tamari or soy sauce instead.



Decadent Chocolate Peppermint Truffles

10 servings
 20 minutes

Ingredients

- 1 cup Pitted Dates (packed)
- 3 cups Water (just boiled)
- 1/3 cup Cocoa Powder
- 1/2 tsp Peppermint Extract
- 3 tbsps Coconut Oil
- 1/3 cup Dark Chocolate Chips
- 1/4 tsp Sea Salt (large flakes, for topping)

Nutrition

Amount per serving	
Calories	133
Fat	7g
Carbs	17g
Fiber	2g
Sugar	13g
Protein	1g
Sodium	61mg

Directions

- 1 Add the dates to a medium-sized bowl and cover with just-boiled hot water. Let them sit for 8 to 10 minutes.
- 2 Drain the dates and add to a blender or food processor along with cocoa powder, peppermint extract and coconut oil. Process until the mixture comes together.
- 3 Remove the chocolate mixture and scoop into rough teaspoon-sized balls. Don't roll them with your hands just yet as they will be too oily. Place them on a parchment-lined baking sheet and put them in the freezer to set for about 8 to 10 minutes.
- 4 In a small bowl, add the chocolate chips and microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to fully combine.
- 5 Remove the truffles from the freezer and use your hands to smooth them into balls. Take each ball and roll into melted chocolate with a spoon and then place them back on the baking sheet. Top with flaky sea salt and let them sit for 5 to 10 minutes to set or place in the fridge to set faster. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately two truffles.

Additional Toppings: Top with crushed up candy cane or shredded coconut flakes.

More Flavor: For a silkier chocolate coating, melt the chocolate chips with a bit of coconut oil.



Raspberry Avocado Ice Cream

2 servings

5 minutes

Ingredients

- 1 Avocado
- 1 cup Raspberries (frozen)
- 1/2 Banana (small, frozen)
- 3 tbsps Canned Coconut Milk (full fat)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	285
Fat	19g
Carbs	30g
Fiber	12g
Sugar	13g
Protein	3g
Sodium	15mg

Directions

- 1 Add all ingredients to a food processor and blend until smooth and creamy.
- 2 Serve immediately and enjoy!

Notes

Leftovers: Store in the freezer until ready to eat. For easier scooping, let leftover frozen treat sit at room temperature for 15 minutes.

Serving Size: One serving is equal to approximately 3/4 cup.

More Flavor: Adjust maple syrup to taste, add a pinch of salt and/or a splash of vanilla extract.

Additional Toppings: Top with additional frozen raspberries, flaked coconut or granola for extra crunch.

No Raspberries: Use strawberries instead.