

Where Healthy Meets Happy

AN ODE TO BBQ

Honouring some classic bbq favourites with a healthy spin



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To my readers...

I hope this book is a friendly reminder to you that an investment in your health is an investment in all your future joys and happiness.

May these recipes bring you closer to a healthier and more flavourful future.

With love always and in all ways,

Michelle

MEET MICHELLE



Toronto born and raised Holistic Nutritionist, Christian, Creator, Poet and Writer. Michelle has been working in the health and fitness industry for 4 years.

She specializes in helping her clients restore their digestive health and reconnect with their bodies so they can look and feel their best.

Read more about her journey:
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The Main Event

BBQ CHICKEN

PREP TIME: 15 MINS COOK TIME: 35 MINS SERVES: 6-8



INGREDIENTS

BBQ SAUCE:

Yields about 1 CUP of Sauce

- 1 nub of ginger (2 inches)
- 3 cloves of garlic
- 2 tbsp of minced onion
- 2/3 cup of ketchup
- 2 tsp of pink salt
- 2 tsp of black pepper
- 1 tsp of turmeric powder
- 8 tsp soy sauce
- 8 tsp of water
- 4 slices of pineapple
- 1/4 cup of maple syrup
- 4-6 chicken drumsticks or 8 wings



SAUCE TIP:

Enjoy this vegan bbq sauce on salmon, shrimp or tofu!
Or prepare to enjoy as a bbq sauce.

Simply, sauté the garlic, onion and ginger with a little oil, add pineapple and simmer for 5 mins, add the wet ingredients, mix and cook for 5 mins on medium heat!

DIRECTIONS

1. Clean your chicken! In a clean sink, rinse your chicken with some table salt or vinegar. Massage your chicken with salt and rinse well. Remove any undesirable parts of the chicken and place cleaned chicken in a tupperware container to marinate.
2. Prepare the sauce! Grate ginger and finely mince the garlic and onion. Combine ketchup, soy sauce, water, maple syrup and seasonings. Mix well and pour into container with chicken.
3. In between the chicken, lay slices of pineapple. Ensure the sauce is covering the chicken and pineapple is weaved in between each piece. Marinate in the fridge for 24 hours before cooking.
4. Bring BBQ to a medium heat of about 350F. Place chicken on the grill and place a pineapple on top of the chicken. Cook with the bbq cover on and flip every 5-10 mins and continue to place the pineapple on top with every flip. Cook for 35 mins to an internal temperature of 180-185 degrees. In the last 10 mins of cooking remove pineapple and cook both separately. ENJOY!

The Main Event

SALMON BURGER

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES: 6 PATTIES



INGREDIENTS

1 1/2 lbs of boneless, skinless salmon (680g)
3 tbsp of minced fresh cilantro
3 tbsp of minced red onion
2 tbsp of dill
1 inch knob of fresh peeled ginger, grated
2 tbsp of pink salt
2 tbsp of black pepper
2 tbsp of garlic powder
1 egg
2 tbsp of flour (I used spelt)
3 tbsp tempura flour
2 tsp lemon juice
2 tbsp of mayo
1 tbsp goat cheese

FOOD FACT:

Salmon is a great source of lean protein!

Filled with omega 3's, antioxidants and vitamin D to help support your eye, heart, brain health and immune system.

DIRECTIONS

1. Finely mince up the salmon. I recommend hand chopping the salmon, using a food processor may result in a spongy salmon texture. In a medium bowl, combine all ingredients and mix well.

2. Fill a separate shallow bowl with panko breadcrumbs. To bake: line a baking sheet with coconut oil and preheat the oven to 400 F. Divide the mixture into 6 portions, take the portion and roll it into a ball with your hands and then flatten so the patties are about 1 inch thick.

3. Place the patties into the breadcrumbs, flip or sprinkle breadcrumbs on top of the patty until entire patty is covered (gluten free breadcrumbs can also be used if gluten sensitive).

4. Baking Instructions: Bake for 20 mins on 400 F, flipping half way.

Pan Frying Instructions: line the pan with coconut oil on a medium/high heat to get a nice crispy sear, flipping a couple of times for 15 mins.

The Main Event

VEGGIE BURGER

PREP TIME: 20 MINS COOK TIME: 7 MINS SERVES: 6 PATTIES



INGREDIENTS

- 1 ripe plantain
- 1 can of black beans
- 3 tbsp of flour (I used spelt)
- 2 tbsp of ground flax
- 3 tbsp of sunflower seeds
- 2 tsp of coconut oil
- 5 tbsp of minced mushrooms
- 3 tbsp of minced red onion
- 2 tbsp of pink salt
- 2 tbsp of black pepper
- 2 tbsp of garlic powder

DID YOU KNOW?

Incorporating more plant-based meals is an easy way to reduce inflammation.

Plantains are a versatile complex carbohydrate loaded with easily digestible vitamins, minerals and fibre!

DIRECTIONS

1. In a large bowl, mash black beans and plantain
2. Finely mince up red onion and mushroom.
3. Add in the rest of the ingredients and mix well. Use your hands to mold patties with a 3-4 inch diameter.
4. For better results, I recommend letting the patties chill in the fridge for at least an hour or two, giving it time to bind. Keep patties separated with wax paper or plastic wrap in Tupperware. Can be stored in the fridge for a week, freeze for up to a couple of months.
5. Heat pan to a medium heat and line with coconut oil. Let the patties get a nice crispy sear on each side and carefully flip , cook each side for 3-4 mins.
6. Enjoy with sliced avocado and tomato, with a sprinkle lemon juice and pink salt on a bun or along side a salad and fries.

MANGO SALSA

PREP TIME: 15 MINS COOK TIME: N/A SERVES: 6-8



INGREDIENTS

1 cucumber
3 mangos
1 can of chickpeas
1 can of red kidney beans
1.5 avocado
1 small pint of grape tomatoes

Dressing:

1/3 cup of olive oil
1/2 lemon
2 tbsp of apple cider vinegar
2 tbsp of sesame oil
1 tbsp of pink salt
1 tbsp of black pepper
1 inch of minced ginger
1 tsp of garlic powder

DIRECTIONS

1. Rinse and strain beans. Cut cucumber and mango into small cubes. Cut grape tomatoes into halves. Lightly salt and add to large bowl or container.
2. Cut avocado into small cubes, lightly salt and add some lemon juice to avocado. This will help keep it from browning. Add to salad.
3. In a separate bowl, mix dressing ingredients together, taste and adjust seasonings if needed. Pour over salad, mix and enjoy! Can be kept in the fridge for up to 4 days.

FOOD FACT:

Get intentional about your plant-based proteins!

To ensure you're getting a complete amino-acid profile of protein, combine grains and beans/legumes or add some tofu, edamame, hummus, tempeh or quinoa to meals for a complete vegan protein source.

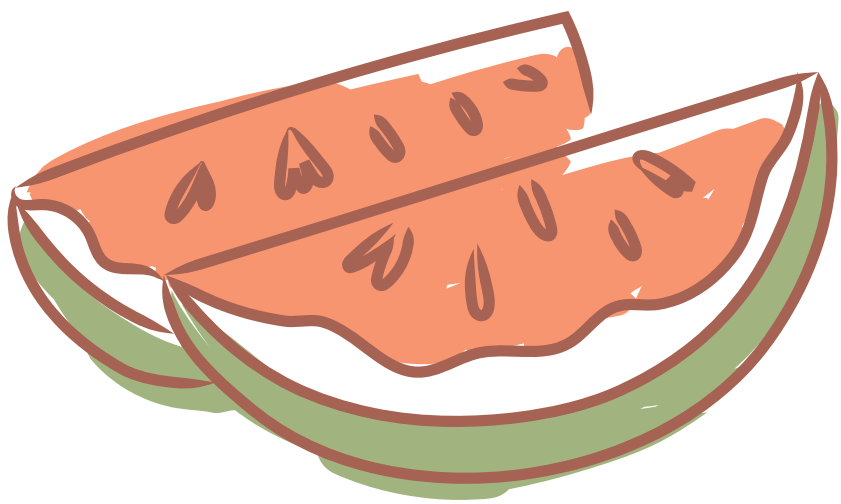
WATERMELON SALAD

PREP TIME: 15 MINS COOK TIME: N/A SERVES: 6-8



INGREDIENTS

1 tbsp goat cheese
1 cucumber
1/3 of a watermelon
3 tbsp of lemon
1/3 cup of olive oil
3 tbsp of pink salt
2 tbsp of black pepper
5-6 leaves of mint



DIRECTIONS

1. Clean and cut watermelon and cucumber into small cubes. Add to a medium/large container or bowl.
2. In a smaller bowl, crumble and break down feta and then add to the container with cucumber and watermelon.
3. Clean and finely chop up mint leaves and add to salad.
4. In the same bowl, add lemon, olive oil and seasonings, stir then pour over salad and mix so dressing is covered throughout. Store in a fridge for up to 3-4 days.

DID YOU KNOW?

Eating watermelon during summer is one of the easiest and yummiest ways to stay hydrated! Loaded with antioxidants, electrolytes and fibre that will help you retain hydration during hot summer days.

Watermelon also contains high amounts of L-citrulline, a non essential amino acid that our body converts to L-arginine which promotes blood vessel dialation. This can be helpful in clearing clogged arteries and improving blood circulation. Studies show that consuming watermelon can be helpful in improving erectile dysfunction for these very reasons.

ORZO SALAD

PREP TIME: 25 MINS COOK TIME: 15 SERVES: 6



INGREDIENTS

- 2 zucchini
- 3 corn on the cobb
- 3 tbsp of minced red onion
- 6 tbsp of goat’s milk feta
- 1 handful of grape tomatoes
- ½ package of Orzo pasta
- 1/3 cup of olive oil
- ½ lemon
- 3 tbsp vinegar
- 1 tsp of dill
- 3 tsp of pink salt
- 3 tbsp of garlic powder
- 2 tbsp of black pepper
- 2 tbsp of cayenne pepper

DIRECTIONS

1. Wash veggies. Cut zucchini into wedges that are about 1 inch. Make sure they’re not too small so they won’t fall through the bbq. In a small bowl, toss with 1 tsp of olive oil, pink salt, dill, garlic powder and black pepper.
2. Wash and clean corn, coat with a little olive oil, garlic powder, cayenne, black pepper and pink salt. Preheat the grill to 375 F. Grill zucchini for 4 mins, flipping in between. Grill corn for 4-6 mins on each side.
3. Prepare Orzo pasta, follow cooking instructions. Drain, strain and add to a large bowl.
4. Wash and cut grape tomatoes and lightly salt. Cut corn off the cob and add to bowl with orzo pasta, zucchini and tomatoes. Zucchini can be cut smaller if preferred.
5. In a smaller bowl, crumble goat’s milk feta and add to salad.
6. Mix olive oil, lemon, vinegar, dill, pink salt, black pepper. Taste and adjust seasonings if needed then add to salad, mix and enjoy. Store in fridge for up to 4 days.

FOOD FACT:

If you find that you have a little trouble digesting dairy, give goat’s milk a try!

Goat's milk contains a lower percentage of lactose and more essential fatty acids for an easier digestive cheesy experience!

Drank

WATERMELON LIME JUICE

PREP TIME: 20 MINS COOK TIME:N/A SERVES: 4



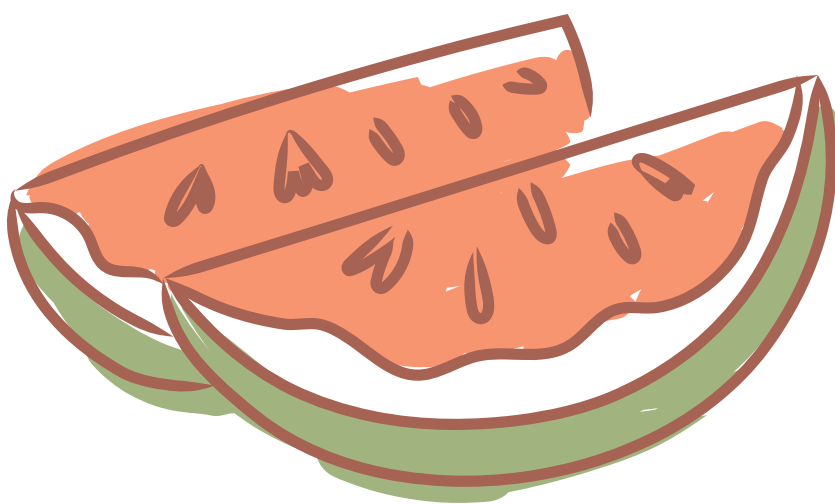
INGREDIENTS

5-6 cups of watermelon
(cut and cube to measure)

3 limes

5-6 mint leaves

1/2 tsp of pink salt



DIRECTIONS

1. Cut and cube watermelon, peel lime, add all ingredients to blender.
2. Blend until smooth. If using a juicer, cut all ingredients and juice.
3. Sprinkle with pink salt. If preferred, strain with a strainer for a refreshing juice or enjoy as a slushie.
4. Optional: add kombucha to enjoy the added benefits of improving your digestion, immunity and gut health.

Or a splash of your favorite liquor for the yummiest cocktail ever.

Juice can be stored for up to 5 days in the fridge or freeze into popsicles with frozen berries for a cool treat!

DID YOU KNOW?

Kombucha is a source of probiotics?

Kombucha is a naturally carbonated beverage that is created by fermenting tea with herbs, beneficial bacteria, yeast and sugar.

Consuming kombucha has many benefits such as increased energy, improved digestion, immunity and reducing inflammation.

Dessert

BERRY JAM PEACH COBLER

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES: 4



INGREDIENTS

4 peaches
4 tbsp of jam (see below for my recipe)
2 tsp of cinnamon
4 tsp of oats
3 tsp of sunflower seeds
coconut whipped cream

FOOD FACT:

This fuzzy fruit is filled with many nutritional benefits such as: fiber, antioxidants and plant compounds.

Reach for this fruit to help lower your risk of certain cancers, boost your immune system and lower blood sugar levels.

DIRECTIONS

1. Wash and dry peaches. Cut into halves and remove pits. Sprinkle with cinnamon and lightly coat the peach skins with coconut oil to keep from them from sticking to the grill.
2. Preheat grill to 375 F, cook on medium heat for about 5-7 mins, rotating in between. The trick is to not overcook them. Make sure they're not super soft that they're mushy and falling apart, but on long enough to get those grill marks.
3. On the stove, lightly toast oats and sunflower seeds on a medium heat for no longer than 5 mins or until a little toasty and browned.
4. Fill grilled peaches with jam, top with toasted oats and sunflower seeds and enjoy with either coconut whipped cream or vanilla ice cream.

Grilled peaches do not store well. I recommend preparing what you're able to consume and enjoy immediately.

Dessert

10 MIN DETOX JAM

PREP TIME: 10 MINS COOK TIME: 10 MINS SERVES: 8-10



INGREDIENTS

2 peaches (1 cup finely minced)
2 cups of berries (fresh or frozen)
1 cup of water
2 tsp of cinnamon
6 tsp of chia seeds
1 tbsp of lemon juice
1 tbsp of maple syrup
Probiotic capsule
(optional - for added gut health benefits)

FOOD FACT:

Chia seeds are a superfood! Jam packed with vitamins, minerals, omega 3's, protein, fibre, antioxidants and anti-inflammatory properties.

Their nutritional density aids our bodies in the detoxification processes by helping to draw out toxins in the body.

DIRECTIONS

1. Finely chop up peaches. Sauté in pan with cinnamon on low to medium heat for 10 mins or until peaches soften. Add a lil water just to keep peaches from sticking to the pan.
2. Add berries, sweetener and water. Stir occasionally and cook until berries start to breakdown.
3. Stir in chia seeds and lemon juice. Taste and add more sweetener if needed.
4. Remove from heat and let it cool for about 5 mins. The chia seeds will start to thicken the jam, if you prefer your jam thicker you can add a tsp or more of chia seeds, but let it thicken first before doing so.
5. Stir it up one more time before jarring chia seeds. Once cooled, you can open up a probiotic capsule and add to jam, stir in and serve or store in the fridge for up to a week. Can be stored in the freezer for up to 3 months.

Dessert

GRILLED PINEAPPLE

PREP TIME: 10 MINS COOK TIME: 7 MINS SERVES: 6

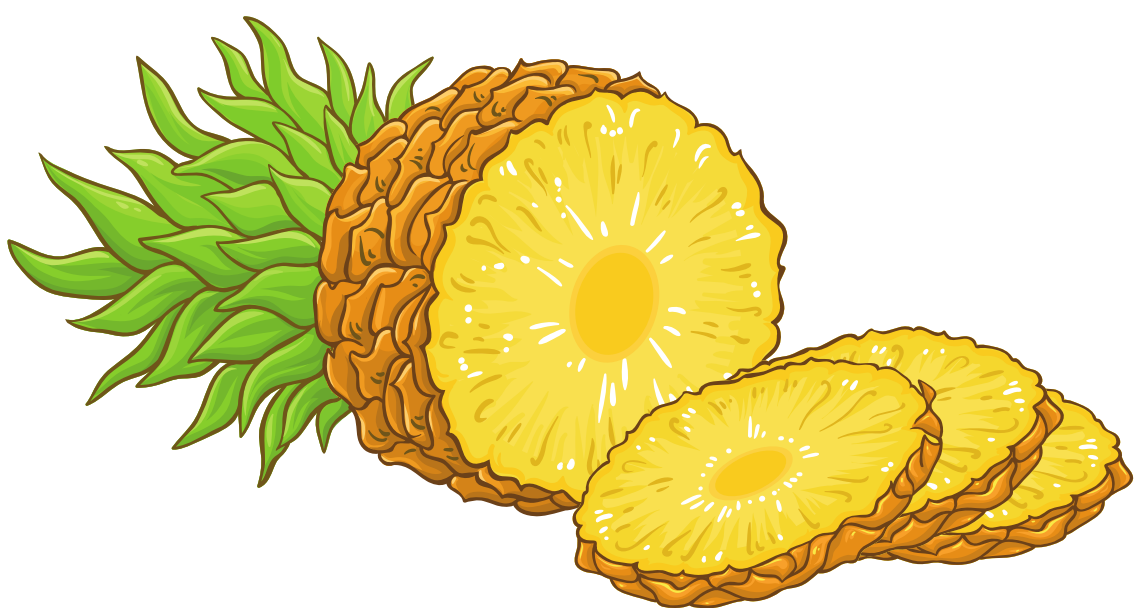


INGREDIENTS

1 pineapple
3 tbsp of cinnamon
maple syrup (optional)

DIRECTIONS

1. Clean and cut pineapple into diced pieces. Remove the hard center and save for smoothies or eat before a meal to improve digestion.
2. Sprinkle cinnamon all over pineapple pieces and grill for about 7 mins on medium to high heat, flipping occasionally until grilled. If pineapple isn't as sweet, drizzle the tiniest amount of maple syrup on pineapple pieces before grilled.
3. Enjoy and store in fridge for up to 2 days. Pairs really well with bbq chicken and pork!



FOOD FACT:

Pineapple is a tropical fruit that is celebrated for its yumminess and nutritional benefits. It carries a high amount of antioxidants, anti-inflammatories and ability to improve digestion.

Pineapples contain a high amount of digestive enzymes called bromelain that help to break down protein. Bromelain is highly concentrated in the center of pineapples, add them to your smoothies or enjoy a piece before your next meal.