

CNF Kick Sugar Program Week 2

Created by Community Natural Foods 21-Day Kick Sugar Program



CNF Kick Sugar Program Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Workout Green Smoothie	Breakfast Stack	Beef Breakfast Sausage Patties	Low Carb Avocado Beef Stir Fry	Low Carb Avocado Beef Stir Fry	Beef Breakfast Sausage Patties	Simple Cast-Iron Steak
			Simple Avocado Salad				Avocado & Bacon Salad
Lunch	Lemon Chicken Salad with Cucumber	Mongolian Beef	Sheet Pan Steakhouse Grill	Creamy Dill Chicken	Slow Cooker Balsamic Roast Beef	Chicken Thighs with Braised Fennel	Slow Cooker Balsamic Roast Beef
	Grain-Free Crackers						
Dinner	Mongolian Beef	Sheet Pan Steakhouse Grill	Creamy Dill Chicken	Slow Cooker Balsamic Roast Beef	Chicken Thighs with Braised Fennel	Simple Cast-Iron Steak	Slow Roasted Salmon & Citrus
	Cauliflower Rice	Mixed Greens with Simple Dressing				Balsamic Roasted Vegetables	

CNF Kick Sugar Program Week 2

77 items

Fruits

- 7 1/2 Avocado
- 2 2/3 Lemon
- 1 tbsp Lemon Juice
- 1 Navel Orange

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 0 tsp Black Pepper
- 1/4 tsp Crushed Red Pepper Flakes
- 2 1/4 tsps Dried Thyme
- 3/4 tsp Garlic Powder
- 2 1/4 tsps Ground Sage
- 3/4 tsp Italian Seasoning
- 1 1/2 tsps Onion Powder
- 1 tsp Red Pepper Flakes
- 3 tsps Sea Salt
- 2 Sea Salt & Black Pepper
- 3/4 cup Walnuts

Vegetables

- 5 cups Arugula
- 4 cups Baby Spinach
- 4 Beet
- 4 cups Brussels Sprouts
- 1 head Cauliflower
- 2 cups Cauliflower Rice
- 1/2 stalk Celery
- 12 Cremini Mushrooms
- 1/2 Cucumber
- 1 1/2 bulbs Fennel
- 3 tsps Fresh Dill
- 27 1/2 Garlic
- 1/4 cup Ginger
- 8 cups Green Beans
- 3 stalks Green Onion
- 10 cups Kale Leaves
- 1 Large Yellow Onion
- 8 cups Mushrooms
- 1/4 cup Parsley
- 4 cups Portobello Mushroom
- 4 Portobello Mushroom Caps
- 2 tsps Red Onion
- 2 heads Romaine Hearts
- 3 cups Shredded Cabbage
- 6 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 3 cups Chicken Broth
- 1/4 cup Full Fat Coconut Milk
- 1/4 cup Organic Chicken Broth

Baking

- 1 tsp Baking Powder
- 1/2 cup Coconut Flour
- 2 tsps Gelatin
- 1 1/2 tsps Monk Fruit Sweetener

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 lb Chicken Thighs With Skin
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 1/2 lbs Flank Steak
- 3 1/2 lbs Ny Striploin Steak
- 8 slices Organic Bacon
- 1 1/2 lbs Salmon Fillet
- 5 lbs Top Sirloin Beef Roast
- 2 1/4 lbs Top Sirloin Steak

Condiments & Oils

- 3 tsps Apple Cider Vinegar
- 2/3 cup Avocado Oil
- 1 1/8 cups Balsamic Vinegar
- 1/3 cup Coconut Aminos
- 1/3 cup Coconut Oil
- 2 tsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 2 tsps Mayonnaise
- 1/4 cup Red Wine Vinegar
- 1/3 cup Sesame Oil
- 1/3 cup Tamari
- 2 tsps Toasted Sesame Oil

Cold

- 2 tsps Butter
- 1/4 cup Ghee

Other

- 2 ozs Collagen Powder
- 2 cups Water

1/2 tsp Vanilla Extract

Workout Green Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth.

Notes

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds.

Ingredients

2 ozs Collagen Powder (vanilla or chocolate)

1/4 cup Full Fat Coconut Milk (canned)

1 1/2 cups Water (cold)

1/2 Avocado

2 cups Baby Spinach

1/2 tsp Vanilla Extract

Breakfast Stack

9 ingredients · 20 minutes · 4 servings



Directions

1. Cook bacon in a dry skillet until crispy. Set aside. Leave fat in the pan.
2. Combine turkey, zucchini and sage. Season with salt and pepper. Form into 4 patties.
3. Cook patties in the bacon fat for 5-6 minutes per side or until cooked through. Remove and set aside.
4. Add mushrooms to the skillet along with a splash of water and cook on both sides until golden and fragrant. Turn off burner.
5. Mash the avocado with the lemon juice. Season to taste.
6. Place upturned mushroom on plate. Top with 1/4 of the arugula, then add the sausage patty. Finish with 1/4 of the avocado and a slice of bacon. Eat hot.

Ingredients

- 4 slices Organic Bacon
- 1 lb Extra Lean Ground Turkey
- 1 Zucchini (Grated)
- 1/4 tsp Ground Sage
- 4 Portobello Mushroom Caps
- 1 Avocado
- 1 Lemon (Juiced)
- 1 cup Arugula
- 1 Sea Salt & Black Pepper (To taste)

Beef Breakfast Sausage Patties

7 ingredients · 20 minutes · 4 servings



Directions

1. Combine the beef, sage, thyme, onion powder, salt, and garlic in a mixing bowl until mixed well.
2. Form the meat mixture into thin patties about four inches in diameter.
3. Heat the oil in a large pan over medium-high heat. In batches, cook the patties for two to three minutes per side, or until cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two sausage patties.

No Beef

Use ground turkey or pork instead.

Ingredients

- 1 lb Extra Lean Ground Beef
- 2 tsps Ground Sage
- 2 tsps Dried Thyme
- 1 tsp Onion Powder
- 1/4 tsp Sea Salt
- 3 Garlic (clove, minced)
- 1 1/2 tsps Avocado Oil

Simple Avocado Salad

5 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

Notes

No Lemon

Use lime juice or apple cider vinegar instead.

Less Spicy

Omit the red pepper flakes.

Ingredients

- 1 Avocado (cubed)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/8 Lemon (juiced)
- 1 **tsp** Red Pepper Flakes
- 1/4 **tsp** Sea Salt

Low Carb Avocado Beef Stir Fry

9 ingredients · 20 minutes · 6 servings



Directions

1. Add sesame oil to a large frying pan over medium heat. Saute garlic, ginger and onion for 2 to 3 minutes. Add sliced steak and stir until cooked, about 5 minutes.
2. Add coconut aminos, vinegar and salt and stir until well coated. Toss in avocado just before serving. Enjoy!

Notes

Serve it With

Steamed veggies, rice, quinoa, cauliflower rice or tortilla wraps.

No Beef

Use diced chicken breast, cooked chickpeas or tofu instead.

More Greens

Stir in kale or baby spinach until wilted.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

- 1/3 cup Sesame Oil
- 6 Garlic (cloves, minced)
- 3 tbsps Ginger (peeled and grated)
- 3 Yellow Onion (small, sliced)
- 2 1/4 lbs Top Sirloin Steak (thinly sliced)
- 3 tbsps Coconut Aminos
- 1/4 cup Red Wine Vinegar
- 1 tbsp Sea Salt
- 3 Avocado (peeled and cubed)

Avocado & Bacon Salad

10 ingredients · 15 minutes · 2 servings



Directions

1. Start by crisping up the bacon. Place the slices in a hot pan. Add 1/2 cup of water and cook over a medium heat to render the fat and until the bacon is crisped up, for 10-15 minutes. When done, set aside.
2. Meanwhile, tear the lettuce and wash well with the spinach. Place in a salad spinner or pat dry with a kitchen towel. Halve and deseed the avocados and slice into stripes.
3. Make the vinaigrette by mixing the olive oil, vinegar and mustard. Season to taste.
4. Assemble the salad by folding the lettuce and spinach in a bowl, add crisped up bacon torn in smaller pieces and sliced avocado. Enjoy!

Ingredients

- 2 Avocado
- 2 heads Romaine Hearts
- 2 cups Baby Spinach
- 1 stalk Green Onion
- 4 slices Organic Bacon
- 3 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Dijon Mustard (or wholegrain mustard)
- Sea Salt (or pink Himalayan, to taste)
- Black Pepper (ground, to taste)

Lemon Chicken Salad with Cucumber

11 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
2. Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
3. In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
4. To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

More Flavor

Add other chopped veggies to the salad like radish, peppers or tomatoes.

Meal Prep Option

Cook the chicken ahead of time or use leftover cooked chicken instead.

No Fresh Dill

Use other fresh herbs like parsley or chives instead.

No Avocado Oil

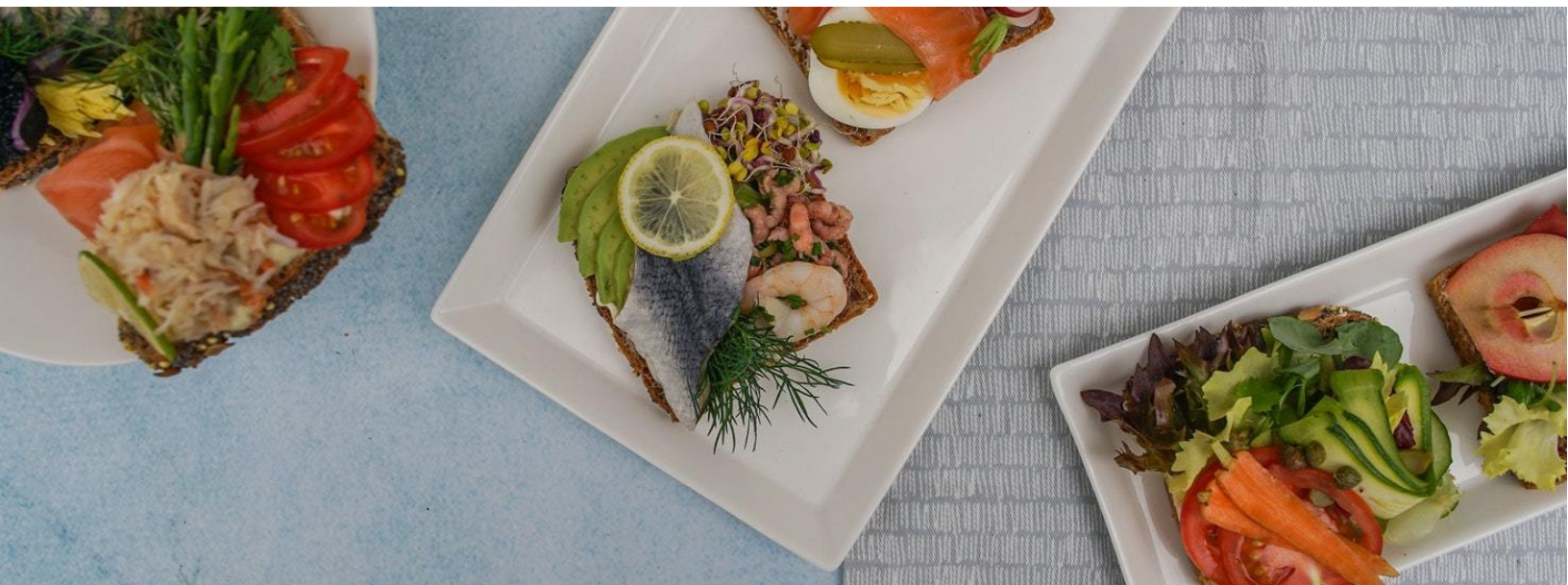
Use extra virgin olive oil instead.

Ingredients

- 8 ozs Chicken Breast
- 1 1/2 tps Avocado Oil
- 1/4 tsp Italian Seasoning
- 1/4 tsp Sea Salt (divided)
- 1/2 Cucumber (large)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 tbsp Fresh Dill
- 1/2 Garlic (clove, minced)
- 1/2 stalk Celery (finely chopped)
- 2 tbsps Red Onion (finely chopped)

Grain-Free Crackers

8 ingredients · 30 minutes · 8 servings



Directions

1. Preheat oven to 350F
2. In a small bowl mix the gelatin with 2 tablespoons water and stir until paste like. Boil the remaining 4 tablespoons of water. Stir into the gelatin and give it time to dissolve. Continue to stir until no lumps.
3. Add the gelatin mixture to a large bowl and add in the rest of the ingredients. Stir together well.
4. Line a baking pan with parchment paper and spread batter evenly to a 9 by 10 rectangle. Bake 22-24 minutes or until edges are browned and center is baked.
5. Allow to cool 20 minutes before slicing and serving.

Notes

To serve

Add your favorite toppings and enjoy! Store in aluminum foil on counter to keep crispness.

Storage

Store in aluminum foil on counter to keep crispness.

Ingredients

- 2 **tbps** Gelatin (organic, grass-fed beef)
- 1/3 **cup** Water
- 1/2 **cup** Avocado Oil
- 1/2 **cup** Coconut Flour
- 1 **tsp** Baking Powder (gluten free, grain free)
- 1 **tsp** Sea Salt
- 1/2 **tsp** Onion Powder (optional)
- 1/2 **tsp** Garlic Powder (optional)

Slow Cooker Balsamic Roast Beef

12 ingredients · 8 hours · 8 servings



Directions

1. Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
2. Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
3. Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
4. Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

Notes

More Carbs

Serve with rice, potatoes or quinoa.

Ingredients

- 2 1/2 lbs Top Sirloin Beef Roast
- 1 1/2 cups Chicken Broth
- 1/2 cup Balsamic Vinegar
- 3 tbsps Tamari
- 3 tbsps Maple Syrup
- 4 Garlic (cloves, minced)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (sliced)
- 5 cups Kale Leaves (chopped)
- 1 tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

Mongolian Beef

10 ingredients · 35 minutes · 4 servings



Directions

1. Cutting against the grain, slice steak into thin strips, then into 1 to 2 inch pieces. Set aside.
2. In a small bowl, whisk together the red pepper flakes, fish sauce, minced garlic, coconut aminos, sesame oil, and sweetener. To a large mixing bowl, add sliced steak and, using tongs, rotate steak strips until all meat is coated in marinade. Cover the bowl and transfer to the refrigerator to marinate for 30 minutes.
3. Once the steak has finished marinating, heat the avocado oil in a large pan over medium heat. Once the oil is hot, add the steak, marinade, and grated ginger to the pan. Cook the steak until browned, flipping as needed. Remove steak from pan and set aside.
4. Increase heat and reduce sauce until it coats the back of a spoon. Add beef back to pan and coat with sauce.
5. Serve beef in bowls on its own or atop cauliflower rice and garnish with sliced green onions.

Ingredients

- 1 1/2 lbs Flank Steak
- 1/4 tsp Crushed Red Pepper Flakes (optional)
- 1 tbsp Fish Sauce
- 3 Garlic (minced)
- 2 tbsps Coconut Aminos
- 2 tbsps Toasted Sesame Oil
- 1 1/2 tsps Monk Fruit Sweetener
- 1 tbsp Avocado Oil
- 1 tbsp Ginger (grated)
- 2 stalks Green Onion (thinly sliced)

Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size

One serving is equal to approximately one cup of cauliflower rice.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

1 head Cauliflower (chopped into small pieces)

Sheet Pan Steakhouse Grill

6 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425F. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
2. If your mushrooms are on the large side, be sure to quarter them. If they are small, just use them as is. Trim the green beans and cut in half.
3. Spread the veggies on a rimmed baking sheet. Mix the ghee with the minced garlic and drizzle about half over the veggies.
4. Sprinkle with salt and pepper and toss to combine. Roast the veggies for about 12 minutes.
5. Remove the pan from the oven and preheat the broiler.
6. Push the veggies to the side and nestle the steaks onto the pan.
7. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
8. Broil 4 to 6 inches from the heat for about 5 minutes per side or until the steaks are done to your liking (this will depend on how thick they are - 5 minutes per side is about right for medium rare steaks as long as they are 1 inch thick).

Ingredients

- 8 cups** Mushrooms (bottom or cremini)
- 8 cups** Green Beans
- 1/4 cup** Ghee (melted)
- 2** Garlic (minced)
- 1 1/2 lbs** NY Striploin Steak (4 pieces, 1 inch thick)
- Sea Salt & Black Pepper (to taste)

Mixed Greens with Simple Dressing

6 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients except your greens to a bowl and whisk until well blended.
2. Toss with your greens and serve immediately

Notes

On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

No Mixed Greens

Use spinach, kale or romaine instead.

Ingredients

4 cups Arugula (or mixed greens of choice)

2 2/3 tbsps Extra Virgin Olive Oil

1/2 Lemon (juiced)

1 tbsp Dijon Mustard

1/2 tsp Italian Seasoning

1/2 tsp Sea Salt (to taste)

Creamy Dill Chicken

7 ingredients · 20 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
2. In a small bowl, combine the mayonnaise and dill.
3. Arrange the chicken on the baking sheet, season lightly and evenly spread the creamy dill sauce overtop. Bake for 10 minutes or until cooked through. Slice into strips.
4. Meanwhile, heat the butter in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Season to taste
5. Divide the cauliflower rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!
6. Remove mushrooms from pan. Warm cauliflower rice in mushroom drippings.

Ingredients

- 2 cups Cauliflower Rice (uncooked)
- 12 ozs Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Butter (or ghee or coconut oil)
- 1 Sea Salt & Black Pepper (to taste)
- 12 Cremini Mushrooms (sliced)

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings

A squeeze of lemon juice.

Egg-Free

Use a vegan or egg-free mayonnaise instead.

No White Rice

Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.

Michal Ofer

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21 day
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Chicken Thighs with Braised Fennel

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Season the chicken thighs with garlic powder and half of the salt.
2. In a large cast-iron skillet or oven-safe pan, heat the oil over medium-high heat. Brown the seasoned chicken thighs starting with skin-side down for 5 to 7 minutes then flip and brown the other side for another 3 to 5 minutes. Transfer the browned chicken to a plate. It won't be cooked through yet.
3. Reduce the heat to medium and to the same pan add the fennel and onion. Cook, stirring frequently, for about 5 minutes or until the onion begins to soften. Add the thyme and remaining salt to the pan and stir to combine. Add the water to the pan and scrape any brown bits away from the bottom of the pan. Stir in the chicken broth.
4. Place the browned chicken on top of the fennel and onions in the pan and bake in the oven for 10 to 15 minutes, or until the chicken is cooked through and the fennel and onions are tender. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one chicken thigh and approximately 3/4 cup of vegetables.

Additional Toppings

Garnish with fennel fronds or fresh chopped parsley.

No Extra Virgin Olive Oil

Use avocado or coconut oil instead.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Chicken Thighs With Skin (bone-in)
- 1/4 **tsp** Garlic Powder
- 1/2 **tsp** Sea Salt (divided)
- 1 **bulb** Fennel (small, cored and thinly sliced)
- 1 **Yellow Onion** (thinly sliced)
- 1/4 **tsp** Dried Thyme
- 2 **tbsps** Water
- 1/4 **cup** Organic Chicken Broth

Simple Cast-Iron Steak

2 ingredients · 1 hour 15 minutes · 4 servings



Directions

1. Add half of the salt to the steak on all sides. Allow it to sit at room temperature for 45 to 60 minutes. This will allow the steak to cook more evenly.
2. When your steak is ready to cook, heat a cast-iron skillet over medium-high heat for 4 to 5 minutes or until very hot. Pat your steak dry and sprinkle the remaining sea salt into the pan.
3. Place the steak into the pan. It should sear loudly. Leave it in the pan until it is easy to move, about one minute. Flip the steak and cook for 30 seconds, occasionally pushing it down.
4. Continue flipping the steak until it has reached your desired doneness, approximately 5 total minutes for medium-rare. The steak shouldn't feel too spongy.
5. Remove the steak and place it on a plate. Cover it with tinfoil and allow it to rest for 10 minutes before cutting into it. Enjoy!

Ingredients

- 2 tps** Sea Salt (divided)
- 2 lbs** NY Striploin Steak

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Top with your favorite pesto or chimichurri. Add a pat of butter to the steak as it rests on the plate.

Serve it With

Add to a bed of greens, roasted potatoes or alongside roasted vegetables.

Balsamic Roasted Vegetables

9 ingredients · 1 hour · 4 servings



Directions

1. Preheat the oven to 400°F.
2. Place all the veggies, including the onion and garlic, in a large mixing bowl and toss with the oil and salt. Transfer to a glass roasting pan or a parchment-lined cookie sheet and roast for 30 minutes.
3. Remove from the oven and mix in the balsamic vinegar, and stir vegetables around. Sprinkle the walnuts over top and cook for another 10 to 15 minutes, until the veggies are tender.
4. Serve warm or at room temperature.

Ingredients

- 4 Beet (peeled and cut into ½-inch cubes)
- 4 cups Brussels Sprouts (and cut in halves or quarters)
- 3 cups Shredded Cabbage
- 1 Large Yellow Onion (coarsely chopped)
- 5 Garlic (crushed or finely chopped)
- ¼ cup Coconut Oil (or organic ghee)
- 1 tsp Sea Salt
- 2 tbsps Balsamic Vinegar
- ¾ cup Walnuts (optional, coarsely chopped)

Slow Roasted Salmon & Citrus

7 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 300°F (149°C).
2. In an oven-safe baking dish, add the fennel, orange, lemon and half the sea salt and mix to combine. Place the salmon on top and season with the remaining salt. Pour the extra virgin olive oil over the top of everything and place in the oven for 30 to 35 minutes or until the salmon is cooked to your liking.
3. Remove from the oven and add parsley. Divide between plates, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add chili flakes for some spice.

No Parsley

Use another fresh herb such as dill, chives or cilantro.

Ingredients

- 1/2 bulb Fennel (cored, thinly sliced)
- 1 Navel Orange (thinly sliced)
- 1 Lemon (thinly sliced)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 lbs Salmon Fillet
- 1/4 cup Extra Virgin Olive Oil
- 1/4 cup Parsley (finely chopped)