THRYVIVA | DIGITAL WELLNESS EDITION

100 Healthy Recipes Ebook (Sample)

Wholesome, under-30-minute recipes built for everyday kitchens.

Recipe 1: Lemon-Herb Quinoa & Avocado Bowl (20 min | Plant-Based)

Ingredients: 1 cup cooked quinoa, 1/2 avocado, 1/2 cup chickpeas, baby spinach, cherry tomatoes, 1 tbsp tahini, juice of 1/2 lemon, pinch of sea salt.
Method: Whisk tahini with lemon and warm water. Toss spinach, quinoa, and chickpeas in a bowl; top with sliced avocado and drizzle dressing.

Recipe 2: Cinnamon Chia Overnight Oats (5 min prep | High-Fiber)

Ingredients: 1/2 cup rolled oats, 1 tbsp chia seeds, 3/4 cup oat milk, 1/2 tsp Ceylon cinnamon, 1 tsp maple syrup, fresh blueberries.
Method: Stir all ingredients in a jar, chill overnight, top with berries.

Recipe 3: Sheet-Pan Lemon Salmon & Asparagus (25 min | High-Protein)

Ingredients: 2 salmon fillets, 1 bunch asparagus, olive oil, garlic, lemon.
Method: Roast at 400F (200C) for 14-16 minutes until flaky and tender.