

Mini PDF Guide: 3 Weeks of Salmon Recipes

Week 1: Easy & Quick

Day 1: Grilled Salmon with Lemon & Thyme

Time: 15 min | Calories: ~320 kcal

Type: Grilled, Mediterranean diet

Tip: Serve with steamed vegetables or basmati rice

Day 2: Salmon Cups Appetizer

Time: 20 min | Calories: ~280 kcal (2 servings)

Type: Baked, trendy appetizer, gluten-free option

Tip: Add mashed avocado for a creamy twist

Day 3: Creamy Smoked Salmon Pasta

Time: 25 min | Calories: ~450 kcal

Type: Comfort food, family-friendly

Tip: Use whole wheat pasta for extra fiber

Day 4: Cold Quinoa-Salmon-Avocado Salad

Time: 15 min | Calories: ~370 kcal

Type: Express lunch, no-cook

Tip: Perfect for meal prep, lasts up to 2 days

Day 5: Teriyaki Baked Salmon Fillet

Time: 30 min | Calories: ~400 kcal

Type: Asian flavors, oven-cooked

Tip: Homemade marinade with soy sauce, ginger, honey

Day 6: Salmon, Cream Cheese & Arugula Wrap

Time: 10 min | Calories: ~320 kcal

Type: Quick lunch

Tip: Add pickles or cucumber slices for crunch

Day 7: Homemade Salmon Burger

Time: 25 min | Calories: ~480 kcal

Type: Gourmet dinner

Tip: Use whole grain buns + lemon yogurt sauce

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Week 2: Wellness & Balance

Day 1: Steamed Salmon with Dill & Lemon

Time: 20 min | Calories: ~300 kcal

Type: Light, steamed, low-fat

Tip: Pair with steamed green beans and new potatoes

Day 2: Baked Salmon with Mustard-Herb Crust

Time: 30 min | Calories: ~370 kcal

Type: Oven-baked, herby

Tip: Mix Dijon mustard with breadcrumbs and parsley

Day 3: Spaghetti Squash with Salmon & Spinach

Time: 35 min | Calories: ~390 kcal

Type: Low-carb, high-protein

Tip: Roast squash halves ahead of time to save prep

Day 4: Salmon Tartare with Avocado & Cucumber

Time: 15 min | Calories: ~310 kcal

Type: Raw, fresh, light

Tip: Add lime juice and chives for extra zing

Day 5: Coconut Curry Salmon

Time: 30 min | Calories: ~450 kcal

Type: Spicy, comforting

Tip: Use light coconut milk and serve with brown rice

Day 6: Salmon, Chickpea & Kale Bowl

Time: 25 min | Calories: ~400 kcal

Type: Power bowl, fiber-rich

Tip: Massage kale with olive oil and lemon beforehand

Day 7: Mediterranean Grilled Salmon Skewers

Time: 20 min | Calories: ~350 kcal

Type: Skewers, BBQ-ready

Tip: Add bell peppers, red onions, and zucchini

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Week 3: Meal Prep & Batch Cooking

Day 1: Oven-Baked Lemon Garlic Salmon (4 servings)

Time: 30 min | Calories: ~320 kcal

Type: Meal prep, freezer-friendly

Tip: Store leftovers in airtight containers

Day 2: Salmon & Sweet Potato Cakes

Time: 35 min | Calories: ~410 kcal

Type: Make-ahead, pan-seared

Tip: Great for lunchboxes, serve with tzatziki

Day 3: Chili-Lime Salmon Tacos

Time: 25 min | Calories: ~450 kcal

Type: Tex-Mex, customizable

Tip: Use red cabbage slaw and spicy yogurt drizzle

Day 4: One-Pot Salmon & Lentil Stew

Time: 40 min | Calories: ~430 kcal

Type: Hearty, protein-packed

Tip: Use canned lentils to save time

Day 5: Salmon Nicoise Salad

Time: 20 min | Calories: ~390 kcal

Type: French-inspired, balanced

Tip: Add soft-boiled eggs and olives

Day 6: Sheet-Pan Miso Salmon with Broccoli

Time: 30 min | Calories: ~420 kcal

Type: Asian fusion, oven-baked

Tip: Use white miso and sesame oil for depth

Day 7: Smoked Salmon Breakfast Muffins

Time: 25 min | Calories: ~300 kcal (2 muffins)

Type: Breakfast, make-ahead

Tip: Include spinach, feta, and dill for extra flavor