






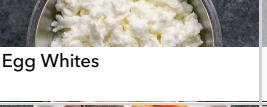
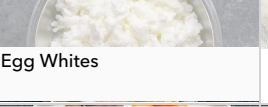

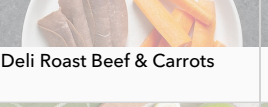
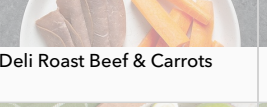
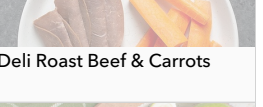
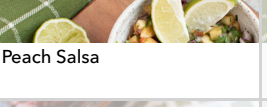
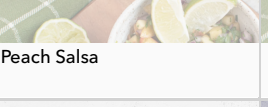
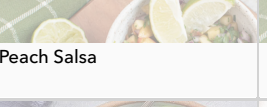
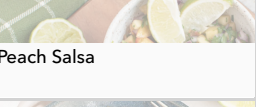




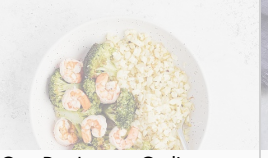


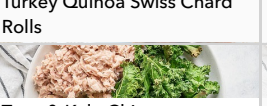
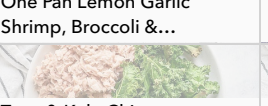
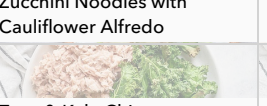
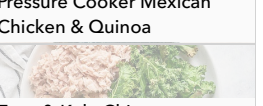
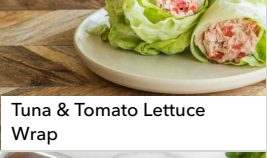
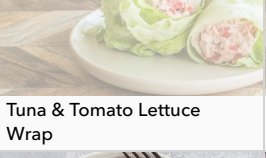
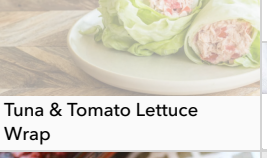
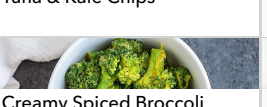
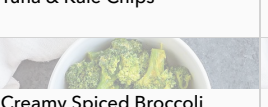
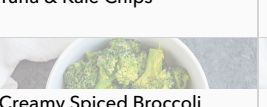
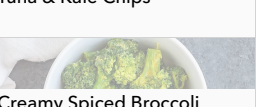
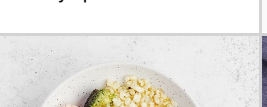


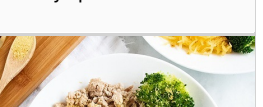
































1200 Calorie Gluten Free

<https://www.he-fluence.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blueberry & Cottage Cheese Oatmeal	 Blueberry & Cottage Cheese Oatmeal	 Blueberry & Cottage Cheese Oatmeal	 Basic Protein Porridge	 Basic Protein Porridge	 1.5 Simple Chocolate Protein Shake	 2 Simple Chocolate Protein Shake
				 Egg Whites	 Egg Whites		
Snack 1				 Deli Roast Beef & Carrots	 Deli Roast Beef & Carrots	 Deli Roast Beef & Carrots	 Deli Roast Beef & Carrots
				 Peach Salsa	 Peach Salsa	 Peach Salsa	 Peach Salsa
Lunch	 Chicken, Lettuce & Tomato Sandwich	 Baked Cod & Veggies in Roasted Red Pepper Sauce	 Seared Cod & Lemon White Beans	 Turkey Quinoa Swiss Chard Rolls	 One Pan Lemon Garlic Shrimp, Broccoli &...	 Zucchini Noodles with Cauliflower Alfredo	 Pressure Cooker Mexican Chicken & Quinoa
				 Tuna & Kale Chips	 Tuna & Kale Chips	 Tuna & Kale Chips	 Tuna & Kale Chips
Snack 2	 Tuna & Tomato Lettuce Wrap	 Tuna & Tomato Lettuce Wrap	 Tuna & Tomato Lettuce Wrap	 Creamy Spiced Broccoli	 Creamy Spiced Broccoli	 Creamy Spiced Broccoli	 Creamy Spiced Broccoli
				 One Pan Lemon Garlic Shrimp, Broccoli &...	 Zucchini Noodles with Cauliflower Alfredo	 Pressure Cooker Mexican Chicken & Quinoa	 Spaghetti Squash, Turkey & Broccoli
Dinner	 Baked Cod & Veggies in Roasted Red Pepper Sauce	 Seared Cod & Lemon White Beans	 Turkey Quinoa Swiss Chard Rolls	 One Pan Lemon Garlic Shrimp, Broccoli &...	 Zucchini Noodles with Cauliflower Alfredo	 Pressure Cooker Mexican Chicken & Quinoa	 Spaghetti Squash, Turkey & Broccoli

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  28%	Fat  29%	Fat  27%	Fat  26%	Fat  25%	Fat  23%	Fat  23%
Carbs  28%	Carbs  26%	Carbs  30%	Carbs  31%	Carbs  27%	Carbs  26%	Carbs  27%
Protein  44%	Protein  45%	Protein  43%	Protein  43%	Protein  48%	Protein  51%	Protein  50%
Calories 1205	Calories 1242	Calories 1298	Calories 1221	Calories 1217	Calories 1203	Calories 1198
Fat 38g	Fat 40g	Fat 40g	Fat 36g	Fat 35g	Fat 31g	Fat 31g
Carbs 85g	Carbs 83g	Carbs 98g	Carbs 100g	Carbs 85g	Carbs 80g	Carbs 83g
Fiber 16g	Fiber 23g	Fiber 24g	Fiber 26g	Fiber 26g	Fiber 22g	Fiber 22g
Sugar 30g	Sugar 26g	Sugar 26g	Sugar 29g	Sugar 30g	Sugar 25g	Sugar 18g
Protein 132g	Protein 142g	Protein 144g	Protein 136g	Protein 148g	Protein 153g	Protein 152g

Fruits

- 1 Lemon
- 2 tbsps Lemon Juice
- 1/4 Lime
- 1/4 cup Lime Juice
- 2 Peach

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1/2 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1/2 tsp Cumin
- 1 tsp Curry Powder
- 1/8 tsp Garlic Powder
- 1 tbsps Italian Seasoning
- 1/2 tsp Oregano
- 1/8 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika

Frozen

- 3 cups Cauliflower Rice
- 3/4 cup Frozen Blueberries
- 18 Ice Cubes

Vegetables

- 2 1/2 cups Arugula
- 2 cups Asparagus
- 8 cups Broccoli
- 4 Carrot
- 1/4 head Cauliflower
- 3 1/3 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 4 Garlic
- 1 head Iceberg Lettuce
- 1 Jalapeno Pepper
- 9 cups Kale Leaves
- 2 tbsps Parsley
- 1/2 cup Red Onion
- 5 1/16 ozs Roasted Red Peppers
- 1 1/2 tpsps Rosemary
- 1/4 Spaghetti Squash
- 2 cups Swiss Chard
- 1 tsp Thyme
- 1/2 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion
- 3 Zucchini

Boxed & Canned

- 3/4 cup Canned Coconut Milk
- 1/3 cup Chicken Broth
- 1 1/2 cups Crushed Tomatoes
- 1/2 cup Diced Tomatoes
- 1 1/2 cups Quick Oats
- 3/4 cup Quinoa
- 3 1/2 cans Tuna
- 1 cup White Navy Beans

Baking

- 3 tbsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 12 ozs Chicken Thighs
- 3 Cod Fillet
- 3 tbsps Cream Cheese, Regular
- 12 ozs Deli Roast Beef
- 12 ozs Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 8 ozs Shrimp

Condiments & Oils

- 2 1/8 tbsps Avocado Oil
- 1 tbsps Dijon Mustard
- 1 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Pitted Kalamata Olives

Cold

- 3 cups Cottage Cheese
- 1 cup Egg Whites
- 2 cups Unsweetened Almond Milk
- 1 1/8 cups Unsweetened Coconut Yogurt

Other

- 3/4 cup Chocolate Protein Powder
- 1 1/4 cups Vanilla Protein Powder
- 4 3/4 cups Water



Blueberry & Cottage Cheese Oatmeal

3 servings

15 minutes

Ingredients

- 3/4 cup Quick Oats (dry)
- 3 cups Cottage Cheese
- 3/4 cup Vanilla Protein Powder
- 3/4 cup Frozen Blueberries

Nutrition

Amount per serving	
Calories	388
Fat	11g
Carbs	27g
Fiber	4g
Sugar	9g
Protein	45g

Directions

- 1 Cook the oats according to package directions.
- 2 Mix the cottage cheese and protein powder together in a bowl. Add the cooked oats and stir well. Top with the blueberries and enjoy!

Notes

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

Serving Size: One serving is approximately 1 3/4 cup.

More Flavor: Add maple syrup, cinnamon, peanut butter and/or cacao powder.

Additional Toppings: Cacao nibs, hemp seeds, walnuts and/or pumpkin seeds.



Basic Protein Porridge

2 servings

5 minutes

Ingredients

- 3 cups Water
- 2/3 cup Quick Oats
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon (optional)

Nutrition

Amount per serving	
Calories	189
Fat	2g
Carbs	20g
Fiber	4g
Sugar	0g
Protein	23g

Directions

- 1 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 2 Stir in the protein powder and cinnamon until well combined. Enjoy!

Notes

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

Additional Toppings: Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.



Egg Whites

2 servings

5 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 cup Egg Whites
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	125
Fat	7g
Carbs	1g
Fiber	0g
Sugar	1g
Protein	13g

Directions

- 1 Heat the oil in a pan over medium to high heat.
- 2 Add egg whites to the skillet and season with salt. Gently stir until cooked through, about 3 to 4 minutes. Adjust salt as needed.

Notes

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

More Flavor: Add nutritional yeast, mayonnaise, garlic powder, onion powder, za'atar or other dried herbs and spices.

Serve it With: Toast, spiralized veggies, sweet potato toast, bacon, sausages or beans.

Make it Vegan: Use crumbled firm tofu instead of egg whites.



Simple Chocolate Protein Shake

3 servings

5 minutes

Ingredients

2 cups Unsweetened Almond Milk
 3/4 cup Chocolate Protein Powder
 18 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g

Directions

- 1 Add all the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Serving Size: One serving is approximately 1 1/4 cups of shake.

More Flavor: Use frozen fruit instead of ice cubes.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

No Chocolate Protein: Use vanilla or another flavour instead.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Deli Roast Beef & Carrots

4 servings

5 minutes

Ingredients

- 12 ozs Deli Roast Beef (sliced)
- 4 Carrot (medium, peeled, chopped)

Nutrition

Amount per serving	
Calories	137
Fat	4g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	20g

Directions

- 1 Serve the deli roast beef with the chopped carrots. Enjoy!

Notes

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

Additional Toppings: Add pickles, cheese, crackers or nuts.



Peach Salsa

4 servings

10 minutes

Ingredients

- 2 Peach (large, finely chopped)
- 1/2 cup Red Onion (finely diced)
- 1 Jalapeno Pepper (finely chopped)
- 1/3 cup Cilantro (finely chopped)
- 1/4 cup Lime Juice
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	42
Fat	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	1g

Directions

- 1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/4 cup.

Serve it With: Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.



Chicken, Lettuce & Tomato Sandwich

1 serving

5 minutes

Ingredients

2 slices Gluten-Free Bread (toasted)
2 tbsps Unsweetened Coconut Yogurt
1 tbsp Dijon Mustard
4 ozs Chicken Breast, Cooked
1/2 Tomato (sliced)
1/8 head Iceberg Lettuce (torn into pieces)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	373
Fat	9g
Carbs	30g
Fiber	4g
Sugar	6g
Protein	40g

Directions

- 1 Spread one slice of the toast with coconut yogurt and the other slice with dijon mustard. Layer on the chicken breast, tomato slices and lettuce. Season with salt and pepper to taste and top with the second slice of toast. Slice in half and enjoy!

Notes

Leftovers: Best enjoyed the same day made. Refrigerate in an airtight container for up to two days.

No Bread: Use lettuce wraps or brown rice tortillas.

Additional Toppings: Add in cucumber, bell pepper slices, avocado, mushrooms or onions.



Tuna & Tomato Lettuce Wrap

3 servings

10 minutes

Ingredients

- 1 1/2 cans Tuna (drained)
- 3 cups Cherry Tomatoes (chopped)
- 3 tbsps Cream Cheese, Regular
- 3/4 head Iceberg Lettuce (small, leaves pulled apart)

Nutrition

Amount per serving	
Calories	161
Fat	6g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	20g

Directions

1

Mix the tuna, tomatoes, and cream cheese until well combined. Spread the lettuce leaves with the tuna mixture and roll up tightly. Enjoy!

Notes

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

Serving Size: One serving is equal to one lettuce wrap.

More Flavor: Add fresh herbs like parsley, basil, and chives.

Iceberg Lettuce Leaves: Cut off the bottom end of the head of the lettuce and gently peel the leaves to maximize the surface area.

Dairy-Free: Use mayonnaise or dairy-free cream cheese instead.



Tuna & Kale Chips

4 servings

10 minutes

Ingredients

- 8 cups Kale Leaves (tough stems removed, torn into pieces)
- 2 cans Tuna (drained)
- 1/2 cup Unsweetened Coconut Yogurt
- 1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	99
Fat	2g
Carbs	3g
Fiber	2g
Sugar	1g
Protein	17g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
- 2 Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy (watch closely for burning).
- 3 Meanwhile, mix the tuna, coconut yogurt, and salt together in a bowl. Serve with the kale chips and enjoy!

Notes

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

Additional Toppings: Add chopped celery and red onion to the tuna.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Creamy Spiced Broccoli

4 servings

10 minutes

Ingredients

4 cups Broccoli (cut into small florets)
1/2 cup Unsweetened Coconut Yogurt
1 tsp Curry Powder
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	46
Fat	1g
Carbs	8g
Fiber	3g
Sugar	2g
Protein	3g

Directions

- 1 Add the broccoli to a steamer basket over boiling water. Steam for four to five minutes or until the broccoli is tender.
- 2 Meanwhile, in a bowl combine the coconut yogurt and curry powder. Season with salt and pepper to taste.
- 3 Add the steamed broccoli to the bowl with the spiced coconut yogurt and mix to evenly coat the broccoli. Serve and enjoy!

Notes

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

More Flavor: Add lemon juice and cumin.

No Broccoli: Use cauliflower instead.



Baked Cod & Veggies in Roasted Red Pepper Sauce

2 servings

20 minutes

Ingredients

5 1/16 ozs Roasted Red Peppers
 1/2 cup Canned Coconut Milk
 1/4 cup Water
 1 Cod Fillet
 Sea Salt & Black Pepper (to taste)
 1 Zucchini (medium, sliced into strips)
 1 Yellow Bell Pepper (medium, sliced)
 2 cups Asparagus (trimmed, chopped)
 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	283
Fat	12g
Carbs	18g
Fiber	5g
Sugar	8g
Protein	27g

Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Blend the roasted red pepper, coconut milk, and water using a blender or immersion blender until smooth. Season with salt and pepper.
- 3 Season both sides of the cod with salt and pepper.
- 4 Place the zucchini, bell pepper, and asparagus in a deep baking dish or tray. Add the red pepper sauce and stir. Place the cod on top and bake in the oven for 15 to 18 minutes or until the fish is cooked through and the vegetables are tender.
- 5 Top with parsley, divide evenly between plates, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 2 1/2 cups.

More Flavor: Add red onion and garlic.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Seared Cod & Lemon White Beans

2 servings

20 minutes

Ingredients

- 2 Cod Fillet
- 1/8 tsp Sea Salt
- 1 tbsp Avocado Oil
- 1 Garlic (cloves, minced)
- 1 tsp Thyme (fresh, minced)
- 1/3 cup Cherry Tomatoes (halved)
- 1/3 cup Chicken Broth
- 1 cup White Navy Beans
- 2 1/2 cups Arugula
- 1 tbsp Lemon Juice
- 2 2/3 tbsps Pitted Kalamata Olives

Nutrition

Amount per serving	
Calories	410
Fat	11g
Carbs	28g
Fiber	11g
Sugar	2g
Protein	50g

Directions

- 1 Season the cod with sea salt and preheat a skillet over medium heat. Add the avocado oil to the pan then add the cod. Cook for 4 minutes per side, until cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the garlic. Cook for one minute, then add the thyme and cherry tomatoes. Cook for 2 to 3 minutes. Add the chicken broth and beans and let it simmer for 3 to 5 minutes. Add the arugula, lemon juice and olives and stir until the arugula is wilted.
- 3 Divide the bean and vegetable mix between plates and top with the cod. Enjoy!

Notes

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

No Chicken Broth: Use vegetable broth instead.

No Avocado Oil: Use extra virgin olive oil instead.

No Arugula: Use spinach or kale instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.

Serving Size: One serving is one cod fillet with approximately 3/4 cups of bean mixture.



Turkey Quinoa Swiss Chard Rolls

2 servings

1 hour

Ingredients

- 1/3 cup Quinoa (uncooked)
- 1/2 cup Water
- 8 ozs Extra Lean Ground Turkey
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Crushed Tomatoes
- 2 cups Swiss Chard (washed and stems cut off)

Nutrition

Amount per serving	
Calories	339
Fat	12g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	29g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Slow Cooker Version: Place rolls and sauce in slow cooker and cook on low for 4 hours.

No Quinoa: Use brown rice.



One Pan Lemon Garlic Shrimp, Broccoli & Cauliflower Rice

2 servings

30 minutes

Ingredients

3 cups Cauliflower Rice
3 cups Broccoli (florets)
1 tbsp Extra Virgin Olive Oil (divided)
3/4 tsp Sea Salt (divided)
1 Lemon (juiced)
2 Garlic (cloves, smashed)
1/4 tsp Black Pepper
8 ozs Shrimp (peeled, deveined, tails removed)

Nutrition

Amount per serving	
Calories	244
Fat	8g
Carbs	18g
Fiber	7g
Sugar	6g
Protein	30g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the cauliflower rice on one side of the baking sheet and the broccoli florets in the middle, leaving room for the shrimp. Drizzle with half of the oil and half of the salt. Toss to coat.
- 3 Place in the oven and bake for 15 minutes, turning broccoli halfway through.
- 4 Meanwhile, in a small bowl, add the remaining oil, salt, lemon juice, smashed garlic cloves, and black pepper. Whisk well and set aside.
- 5 Remove the baking sheet from the oven and add the shrimp. Pour half of the lemon garlic dressing on top of the shrimp and broccoli. Discard the smashed garlic cloves. Place back in the oven for seven to eight minutes or until the shrimp is cooked.
- 6 To serve, divide the cauliflower rice, broccoli, and shrimp into bowls. Top with remaining lemon garlic dressing. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately four ounces of shrimp, 1 1/2 cup of cauliflower rice, and 1 1/2 cup of broccoli.

No Fresh Shrimp: Use frozen.

Additional Toppings: Chili flakes, fresh parsley, cilantro, or sliced green onions.

Save Time: Use pre-sliced cauliflower rice and broccoli florets.



Zucchini Noodles with Cauliflower Alfredo

2 servings

30 minutes

Ingredients

- 1/4 head Cauliflower (large, chopped into florets)
- 1/2 tsp Avocado Oil (divided)
- 1/2 Yellow Onion (small, chopped)
- 1 Garlic (cloves, minced)
- 2 tbsps Nutritional Yeast
- 1/4 cup Canned Coconut Milk
- 1 tbsp Lemon Juice
- 1/3 tsp Sea Salt (divided)
- 10 ozs Chicken Breast (boneless, skinless)
- 1 1/2 tsps Rosemary (fresh, chopped)
- 1/8 tsp Garlic Powder
- 2 Zucchini (medium, spiralized into noodles)

Nutrition

Amount per serving	
Calories	335
Fat	11g
Carbs	18g
Fiber	6g
Sugar	9g
Protein	41g

Directions

- 1 Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.
- 2 In a skillet over medium heat, add half of the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 3 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and 3/4 of the sea salt. Blend on high until smooth and creamy. Set aside.
- 4 Season the chicken breast with rosemary, garlic powder and the remaining sea salt. In a skillet over medium heat, add the remaining avocado oil. Then, add the chicken breast and cook for 8 minutes per side. Remove, let it rest for 2 to 3 minutes and then slice.
- 5 Plate the zucchini noodles and top with sliced chicken and cauliflower alfredo sauce. Enjoy!

Notes

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

More Flavor: Season with black pepper or chili flakes.

Additional Toppings: Add chopped fresh parsley and extra lemon slices.

Make it Vegan: Omit the chicken breast and top with a veggie burger or tofu.

Zucchini Noodles: If you prefer cooked zucchini noodles, you can lightly cook them in the same pan as the chicken after it's done cooking. Once they're done, add everything to the pan to re-heat it.



Pressure Cooker Mexican Chicken & Quinoa

2 servings

40 minutes

Ingredients

- 1/2 cup Water
- 12 ozs Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Chili Powder (divided)
- 1/2 tsp Cumin (divided)
- 1/2 tsp Smoked Paprika (divided)
- 1/2 tsp Oregano (divided)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Diced Tomatoes (from the can, drained)
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Quinoa (uncooked)
- 1/4 Lime (juiced)

Nutrition

Amount per serving	
Calories	386
Fat	10g
Carbs	31g
Fiber	5g
Sugar	2g
Protein	41g

Directions

- 1 Place the metal trivet in the pot of the pressure cooker and add the water. Place the chicken thighs on the trivet and season with half of the salt. Add a quarter of each the chili powder, cumin, paprika and oregano to the chicken. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Transfer the chicken thighs to a bowl to cool slightly then shred with two forks. Set aside. Remove the metal trivet from the pot.
- 4 To the cooking liquid inside the pot add the kale, tomatoes, and red pepper flakes. Then add the remaining chili powder, cumin, paprika, oregano and salt. Turn the pressure cooker to sauté mode and bring the water inside the pot to a gentle simmer. Cook until the kale wilts down, about a minute. Turn the sauté mode off and add the shredded chicken and quinoa to the pot and stir to combine. Close the lid.
- 5 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Stir in the juice of the lime and season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/3 cups of the quinoa mixture.

More Flavor: Add fresh garlic or onion, coriander or smoked paprika.

Additional Toppings: Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

Cooking Time: When cooking the quinoa (step 5), if the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

No Canned Tomatoes: Use fresh tomatoes instead.

No Kale: Use spinach instead.



Spaghetti Squash, Turkey & Broccoli

1 serving

1 hour

Ingredients

- 1/4 Spaghetti Squash (medium)
- 4 ozs Extra Lean Ground Turkey
- 1/2 cup Water
- 1 cup Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	10g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	30g

Directions

- 1 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 2 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 3 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 4 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup of each ingredient.

More Flavor: Season the turkey with minced onion or garlic while it cooks.

Additional Toppings: Top with fresh parsley, cilantro or your favorite hot sauce.

Make it Vegan: Use chickpeas or lentils instead of ground turkey.