



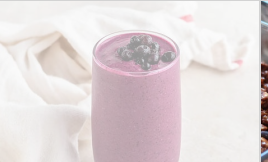











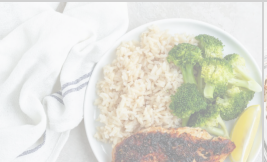


















































1200 calories, gluten free

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats
Snack 1	 Garlicky Kale	 Garlicky Kale	 Garlicky Kale	 Veggie Patties	 Veggie Patties	 Veggie Patties	 Veggie Patties
Lunch	 Grilled Vegetable & Lentil Salad	 Rice, Beef & Spinach	 Blackened Chicken with Rice & Broccoli	 Cumin Roasted Turkey & Broccoli	 Soba Breakfast Bowl	 Salmon, Rice & Arugula	 Ground Beef, Broccoli & Rice
Snack 2	 2 Chocolate & Strawberry Yogurt Bark	 2 Chocolate & Strawberry Yogurt Bark	 2 Chocolate & Strawberry Yogurt Bark	 Zucchini & Carrot Mini Egg White Bites	 Zucchini & Carrot Mini Egg White Bites	 Zucchini & Carrot Mini Egg White Bites	 Zucchini & Carrot Mini Egg White Bites
Dinner	 Rice, Beef & Spinach	 Blackened Chicken with Rice & Broccoli	 Cumin Roasted Turkey & Broccoli	 Soba Breakfast Bowl	 Salmon, Rice & Arugula	 Ground Beef, Broccoli & Rice	 Tempeh, Quinoa & Broccoli
Snack 3	 Basil Radish Dip with Cucumber Slices	 Basil Radish Dip with Cucumber Slices	 Basil Radish Dip with Cucumber Slices	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  26%	Fat  25%	Fat  27%	Fat  30%	Fat  30%	Fat  29%
Carbs  43%	Carbs  44%	Carbs  44%	Carbs  45%	Carbs  44%	Carbs  44%	Carbs  46%
Protein  27%	Protein  30%	Protein  31%	Protein  28%	Protein  26%	Protein  26%	Protein  25%
Calories 1328	Calories 1362	Calories 1382	Calories 1447	Calories 1445	Calories 1422	Calories 1408
Fat 45g	Fat 40g	Fat 39g	Fat 43g	Fat 47g	Fat 49g	Fat 47g
Carbs 149g	Carbs 150g	Carbs 155g	Carbs 163g	Carbs 158g	Carbs 161g	Carbs 166g
Fiber 37g	Fiber 27g	Fiber 29g	Fiber 31g	Fiber 28g	Fiber 26g	Fiber 30g
Sugar 25g	Sugar 16g	Sugar 18g	Sugar 44g	Sugar 43g	Sugar 27g	Sugar 31g
Protein 91g	Protein 104g	Protein 110g	Protein 99g	Protein 92g	Protein 93g	Protein 93g

Fruits

- 2 Apple
- 1 1/2 cups Blackberries
- 2 1/2 cups Grapes
- 3 Lemon
- 1/3 cup Strawberries

Breakfast

- 1/2 cup Coffee
- 1 3/4 tsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Cajun Seasoning
- 1 tbsp Cashews
- 1/2 cup Chia Seeds
- 1 tbsp Cinnamon
- 1 1/2 tsps Cumin Seed
- 1 1/2 tsps Fennel Seed
- 2/3 tsp Garlic Powder
- 1/3 tsp Italian Seasoning
- 1 1/3 tsps Onion Powder
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

Frozen

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower

Vegetables

- 2 cups Arugula
- 2 cups Baby Spinach
- 3/4 cup Basil Leaves
- 7 cups Broccoli
- 1 1/3 Carrot
- 1 1/3 cups Cauliflower Rice
- 3/4 Cucumber
- 1 tbsp Fresh Dill
- 3 Garlic
- 1 cup Grated Carrot
- 10 cups Kale Leaves
- 2 cups Mixed Greens
- 1/4 cup Parsley
- 1/2 cup Portobello Mushroom
- 3/4 cup Radishes
- 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 1 1/2 tsps Rosemary
- 2 1/3 Zucchini

Boxed & Canned

- 1/2 cup Brown Basmati Rice
- 1/2 cup Brown Rice
- 3 1/2 ozs Buckwheat Soba Noodles
- 1 1/2 cups Jasmine Rice
- 1/2 cup Lentils
- 1/4 cup Quinoa
- 1 1/3 tsps Vegetable Broth

Baking

- 2 tsps Cacao Nibs
- 2 tsps Cocoa Powder
- 1/4 cup Coconut Flour
- 1/2 oz Dark Chocolate
- 3 tsps Nutritional Yeast
- 2 1/2 cups Oats
- 1/3 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 1/3 cup Feta Cheese
- 3 ozs Prosciutto
- 8 ozs Salmon Fillet
- 3 ozs Tempeh
- 8 ozs Turkey Breast

Condiments & Oils

- 2 1/4 tsps Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 1 1/3 tsps Balsamic Vinegar
- 2 1/4 tsps Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 2 1/4 tsps Extra Virgin Olive Oil
- 3/4 tsp Red Wine Vinegar
- 1 1/2 tsps Rice Vinegar
- 1 1/2 tsps Tahini
- 2 tsps Tamari

Cold

- 6 2/3 Egg
- 1 cup Egg Whites
- 2 cups Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 1/4 cup Chocolate Protein Powder
- 1 cup Vanilla Protein Powder
- 2 1/4 cups Water



Blackberry Protein Overnight Oats

3 servings

8 hours

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Oats (quick or rolled)
- 3 tbsps Chia Seeds
- 1/3 cup Vanilla Protein Powder
- 1 tbsp Cinnamon
- 1 1/2 cups Blackberries

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	43g
Fiber	15g
Sugar	4g
Protein	19g

Directions

- 1 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 2 To serve, stir well and top with blackberries. Enjoy!

Notes

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

Nut-Free: Use another milk or milk alternative instead.

Additional Toppings: Stir in additional almond milk or top with a dollop of greek yogurt.

No Blackberries: Use other fresh berries fruit instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Creamy Blueberry Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 1 cup Unsweetened Coconut Yogurt
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 Lemon (small, juiced)
- 2 cups Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Mocha Overnight Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 2 tbsps Cocoa Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1/2 cup Coffee (brewed and chilled)
- 2 tbsps Cacao Nibs

Nutrition

Amount per serving	
Calories	325
Fat	12g
Carbs	40g
Fiber	13g
Sugar	0g
Protein	19g

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

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



Garlicky Kale

3 servings

15 minutes

Ingredients

- 6 cups Kale Leaves (stems removed)
- 1 1/2 tbsps Tahini
- 2 1/4 tbsps Apple Cider Vinegar
- 2 1/4 tsps Tamari
- 3 tbsps Nutritional Yeast
- 2 1/4 Garlic (cloves, minced)

Nutrition

Amount per serving	
Calories	102
Fat	5g
Carbs	8g
Fiber	5g
Sugar	1g
Protein	8g

Directions

- 1 Tear kale into bite-size pieces and place in a large bowl.
;
- 2 Puree all the remaining ingredients in a food processor until smooth.
;
- 3 Add the dressing to the kale and massage with your hands until well coated. Serve immediately or let marinate for 1 hour in the fridge for more flavour.

Notes

No Tahini: Use a nut butter or sunflower seed butter instead.

Leftovers: Refrigerate in an airtight container up to 3 days.



Veggie Patties

4 servings

50 minutes

Ingredients

- 1 1/3 cups Cauliflower Rice
- 1 1/3 Carrot (small, peeled, and grated)
- 1 1/3 Zucchini (small, seeds removed, and grated)
- 1 1/3 tsp Onion Powder
- 2/3 tsp Garlic Powder
- 2/3 tsp Sea Salt
- 1/4 cup Coconut Flour
- 2 2/3 Egg (whisked)

Nutrition

Amount per serving	
Calories	108
Fat	4g
Carbs	11g
Fiber	5g
Sugar	4g
Protein	7g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

Notes

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

Serving Size: One serving is equal to three to four patties.

More Flavor: Add green onion or other dried herbs and spices to taste.

Additional Toppings: Top with green onion, fresh herbs, or dipping sauce of choice.

Eggs: Medium-sized eggs work best for this recipe.

Vegetables: Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.



Grilled Vegetable & Lentil Salad

1 serving
20 minutes

Ingredients

1/2 Red Bell Pepper (cored and sliced)
1/4 cup Red Onion (coarsley chopped)
1/2 Zucchini (sliced into rounds)
1/2 cup Portobello Mushroom (sliced)
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 tbsp Cashews
1/4 Lemon (juiced)
3/4 tsp Tamari
1/4 cup Parsley
1 1/2 tsp Water
3/4 tsp Red Wine Vinegar
2 cups Mixed Greens
1/2 cup Lentils (cooked, drained and rinsed)
2 tbsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



Chocolate & Strawberry Yogurt Bark

6 servings

8 hours

Ingredients

- 1 1/4 cups Plain Greek Yogurt
- 1 3/4 tps Maple Syrup
- 1/3 tsp Vanilla Extract
- 1/3 cup Strawberries (sliced)
- 1/2 oz Dark Chocolate (chopped)

Nutrition

Amount per serving	
Calories	57
Fat	2g
Carbs	5g
Fiber	0g
Sugar	3g
Protein	5g

Directions

- 1 Line a baking sheet with parchment paper.
- 2 Stir the yogurt, maple syrup, and vanilla extract together in a bowl. Pour the mixture onto the baking sheet and evenly spread it out.
- 3 Top with the sliced strawberries and dark chocolate. Set in the freezer overnight. Break apart and enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one month. Best served immediately from the freezer.

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Add peanut butter to the yogurt.



Zucchini & Carrot Mini Egg White Bites

4 servings

25 minutes

Ingredients

- 1 cup Egg Whites
- 1 cup Grated Carrot (loosely packed)
- 1/2 Zucchini (medium, chopped)
- 1 1/2 tsps Dijon Mustard

Nutrition

Amount per serving	
Calories	49
Fat	0g
Carbs	4g
Fiber	1g
Sugar	2g
Protein	7g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, carrot, zucchini, and dijon mustard.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

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

Serving Size: One serving equals approximately four mini egg muffins.

More Flavor: Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese, feta cheese, or vegan cheese.



Rosemary Roasted Grapes

4 servings

30 minutes

Ingredients

- 2 1/2 cups Grapes (seedless)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tbsps Rosemary (fresh, chopped)

Nutrition

Amount per serving	
Calories	69
Fat	4g
Carbs	10g
Fiber	1g
Sugar	9g
Protein	0g

Directions

- 1 Preheat the oven to 450°F (232°C).
- 2 Break apart the branches and place the grapes onto a baking sheet. Gently toss in oil and rosemary. Roast for 20 to 30 minutes, stirring halfway, or until soft and slightly charred. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week.

Serving Size: One serving equals approximately half a cup.

More Flavor: Add salt, black pepper, and/or balsamic vinegar.

Serve It With: Enjoy as a snack, as a side dish, or over top of coconut ice cream for a sweet and savory dessert.



Rice, Beef & Spinach

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 8 ozs Extra Lean Ground Beef
- 2 cups Baby Spinach (packed)
- 1 1/2 tsps Tamari

Nutrition

Amount per serving	
Calories	369
Fat	11g
Carbs	39g
Fiber	2g
Sugar	0g
Protein	27g

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Add fresh garlic or ginger to the beef with the spinach.

Additional Toppings: Hot sauce, sesame seeds, sliced green onions and/or cilantro.

No Tamari: Use soy sauce or coconut aminos instead.

No Beef: Use ground chicken, turkey or pork instead.

No Jasmine Rice: Use brown rice, quinoa or cauliflower rice instead.



Blackened Chicken with Rice & Broccoli

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 8 ozs Chicken Breast
- 1 tsp Cajun Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Avocado Oil
- 2 cups Broccoli (cut into florets)
- 1/4 Lemon (cut into wedges, optional)

Nutrition

Amount per serving	
Calories	369
Fat	8g
Carbs	42g
Fiber	4g
Sugar	2g
Protein	32g

Directions

- 1 Cook the rice according to package directions.
- 2 Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
- 3 Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
- 4 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
- 5 To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. Enjoy!

Notes

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

More Flavor: Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder.

No Chicken Breast: Use chicken thighs, fish fillets, or pork chops instead.

No Brown Rice: Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.



Cumin Roasted Turkey & Broccoli

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Basmati Rice (uncooked)
- 1 1/2 tbsps Cumin Seed
- 1 1/2 tsps Fennel Seed
- 1/2 tsp Sea Salt
- 2 cups Broccoli (chopped into florets)
- 2 1/4 tsps Coconut Oil (melted, divided)
- 8 ozs Turkey Breast (cut into one-inch cubes)

Nutrition

Amount per serving	
Calories	389
Fat	10g
Carbs	44g
Fiber	4g
Sugar	2g
Protein	33g

Directions

- 1 Preheat the oven to 350°F (175°C). Line a large baking sheet with parchment paper. Cook the basmati rice according to package directions.
- 2 Meanwhile, coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Add the salt and set aside.
- 3 In a bowl, coat the broccoli in half the coconut oil and half the spices. Transfer to one side of the baking sheet.
- 4 In the same bowl, coat the turkey in the remaining coconut oil and spices. Transfer to the baking sheet and bake for 20 minutes or until cooked through.
- 5 Divide the rice, turkey, and broccoli onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of turkey, 3/4 cup of rice, and one cup of broccoli.

More Flavor: Add fresh herbs.

Additional Toppings: Serve with sauerkraut or other pickled vegetables.



Soba Breakfast Bowl

2 servings

15 minutes

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 4 Egg
- 4 cups Kale Leaves (stems removed, roughly chopped)
- 1/4 cup Water
- 1 tbsp Sesame Seeds (black)

Nutrition

Amount per serving	
Calories	418
Fat	13g
Carbs	40g
Fiber	3g
Sugar	1g
Protein	21g

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Toss with the tamari and vinegar and set aside.
- 2 Heat a non-stick skillet over medium heat and crack the eggs in the skillet. Cook until the whites are set and the yolks are cooked to your liking. Repeat for each serving and transfer to a plate.
- 3 Gently scrape any bits and wipe down the skillet. Add the kale leaves and water over medium heat. Cook until wilted, about 3 minutes. Drain any excess liquid.
- 4 Divide the kale and soba noodles into bowls. Top with fried eggs, black sesame seeds and additional tamari, if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately one serving of soba noodles, two eggs and 1 1/2 cups of cooked kale.

Make it Vegan: Top with marinated tofu, tempeh, chickpeas or edamame instead of eggs.



Salmon, Rice & Arugula

2 servings

25 minutes

Ingredients

- 8 ozs Salmon Fillet
- 1/4 tsp Sea Salt
- 1/2 cup Jasmine Rice (dry, uncooked)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	387
Fat	14g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

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



Ground Beef, Broccoli & Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 8 ozs Extra Lean Ground Beef
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Leftovers: Refrigerate in an airtight container up to 3 days.

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



Tempeh, Quinoa & Broccoli

1 serving
55 minutes

Ingredients

- 1 1/3 tbsps Vegetable Broth
- 1 1/3 tbsps Balsamic Vinegar
- 1/3 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 2/3 Garlic (clove, minced)
- 3 ozs Tempeh (cut into thin pieces)
- 1/4 cup Quinoa (uncooked)
- 1 cup Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

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

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Basil Radish Dip with Cucumber Slices

3 servings

10 minutes

Ingredients

3/4 cup Plain Greek Yogurt
3 tbsps Feta Cheese
3/4 cup Basil Leaves (chopped)
3/4 cup Radishes (chopped)
1/8 Lemon (juiced)
3/4 Cucumber (sliced into rounds or sticks)

Nutrition

Amount per serving	
Calories	89
Fat	3g
Carbs	8g
Fiber	1g
Sugar	3g
Protein	8g

Directions

- 1 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 2 Scoop into a bowl and dip with cucumber slices. Enjoy!

Notes

No Cucumber: Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

Dairy-Free: Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.



Prosciutto-Wrapped Apples

4 servings
10 minutes

Ingredients

- 2 Apple (cored and sliced)
- 3 ozs Prosciutto (cut in half)
- 1 tbsp Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	6g

Directions

- 1 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

Serving Size: One serving is roughly four pieces.

Additional Toppings: Ricotta or parmesan cheese.