











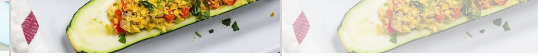








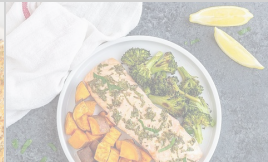











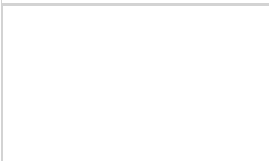
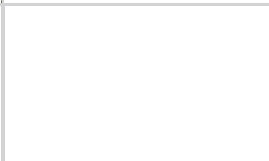

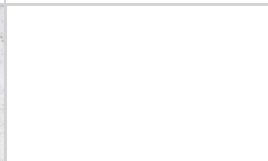
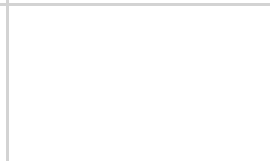
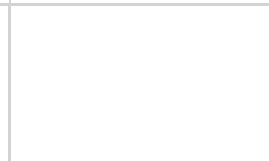
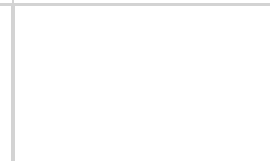

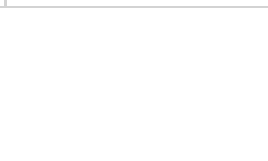
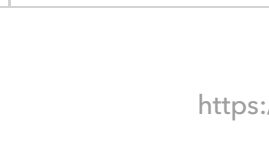

























2200 Calorie Dairy Free

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Zucchini Turkey Breakfast Skillet	 Cinnamon Green Smoothie	 Cinnamon Green Smoothie	 2 Zucchini Breakfast Boats	 2 Zucchini Breakfast Boats
	 Sourdough Bread	 Sourdough Bread	 Sourdough Bread	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 2 Zucchini Breakfast Boats	
Snack 1	 Tuna & Hummus Snack Plate	 Tuna & Hummus Snack Plate	 Tuna & Hummus Snack Plate	 1.5 Edamame with Everything Bagel Seasoning	 0.5 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 2 Edamame with Everything Bagel Seasoning
	 Tuna & Hummus Snack Plate			 1.5 Edamame with Everything Bagel Seasoning		 Edamame with Everything Bagel Seasoning	
Lunch	 One Pan Shrimp Boil	 Shrimp Asparagus Pesto Pasta	 Tuna Patties with Salad	 Lemon Garlic Salmon, Broccoli & Sweet Potatoes	 Chicken & Kale Skillet with Chickpea Pasta	 1.5 Baked Salmon with Broccoli & Quinoa	 Mango Chickpea Salad with Grilled Chicken Kabobs
	 One Pan Shrimp Boil			 Lemon Garlic Salmon, Broccoli & Sweet Potatoes		 1.5 Baked Salmon with Broccoli & Quinoa	
Snack 2	 Sweet Chili Edamame	 1.5 Sweet Chili Edamame	 1.5 Sweet Chili Edamame	 Edamame & Cream Cheese Spread on Crispbread	 Edamame & Cream Cheese Spread on Crispbread	 Edamame & Cream Cheese Spread on Crispbread	 Apple & Almond Milk
	 Sweet Chili Edamame			 Edamame & Cream Cheese Spread on Crispbread		 Edamame & Cream Cheese Spread on Crispbread	
Dinner	 Shrimp Asparagus Pesto Pasta	 Tuna Patties with Salad	 Lemon Garlic Salmon, Broccoli & Sweet Potatoes	 Chicken & Kale Skillet with Chickpea Pasta	 1.5 Baked Salmon with Broccoli & Quinoa	 Mango Chickpea Salad with Grilled Chicken Kabobs	 One Pan Chicken, Chickpeas & Broccoli
	 Shrimp Asparagus Pesto Pasta			 Lemon Garlic Salmon, Broccoli & Sweet Potatoes		 1.5 Baked Salmon with Broccoli & Quinoa	
Snack 3	 Apple & Almond Milk						

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  32%	Fat  34%	Fat  32%	Fat  37%	Fat  37%
Carbs  31%	Carbs  30%	Carbs  33%	Carbs  31%	Carbs  33%	Carbs  31%	Carbs  32%
Protein  35%	Protein  37%	Protein  35%	Protein  35%	Protein  35%	Protein  32%	Protein  31%
Calories 2228	Calories 2229	Calories 2263	Calories 2225	Calories 2185	Calories 2196	Calories 2266
Fat 87g	Fat 85g	Fat 84g	Fat 89g	Fat 82g	Fat 94g	Fat 97g
Carbs 177g	Carbs 173g	Carbs 190g	Carbs 182g	Carbs 191g	Carbs 180g	Carbs 190g
Fiber 35g	Fiber 40g	Fiber 39g	Fiber 56g	Fiber 51g	Fiber 56g	Fiber 66g
Sugar 41g	Sugar 46g	Sugar 62g	Sugar 50g	Sugar 42g	Sugar 55g	Sugar 82g
Protein 203g	Protein 215g	Protein 206g	Protein 202g	Protein 198g	Protein 188g	Protein 185g

Fruits

- 2 Apple
- 1/2 Avocado
- 2 Banana
- 3 1/2 Lemon
- 2 1/2 tbsps Lemon Juice
- 1/2 Mango

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 3/4 tsp Celery Salt
- 1/2 tsp Cinnamon
- 1 2/3 tbsps Everything Bagel Seasoning
- 1 tbsp Greek Seasoning
- 1/4 cup Hemp Seeds
- 1/2 tsp Paprika
- 1 1/2 tps Red Pepper Flakes
- 1 2/3 tps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 16 cups Edamame Pods
- 2 cups Frozen Edamame

Vegetables

- 2 cups Arugula
- 3 cups Asparagus
- 2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 9 1/2 cups Broccoli
- 3/4 ear Corn On The Cob
- 1 1/2 Cucumber
- 3 Garlic
- 1/16 head Green Lettuce
- 3 stalks Green Onion
- 8 cups Kale Leaves
- 3 cups Mixed Greens
- 1/2 cup Parsley
- 2 Red Bell Pepper
- 2 Sweet Potato
- 16 White Button Mushrooms
- 1 Yellow Onion
- 3/4 Yellow Potato
- 6 Zucchini

Boxed & Canned

- 2/3 cup Bread Crumbs
- 9 ozs Chickpea Pasta
- 1 3/4 cups Chickpeas
- 12 slices Light Rye Crisp Bread
- 3/4 cup Quinoa
- 1 1/3 ozs Rice Crackers
- 1 cup Salsa
- 6 cans Tuna

Baking

- 1 1/2 tps Arrowroot Powder
- 3 tpsps Coconut Sugar
- 3 1/3 tpsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Chicken Breast
- 4 ozs Chicken Sausage
- 1 lb Extra Lean Ground Turkey
- 1 2/3 lbs Salmon Fillet
- 1 lb Shrimp
- 5 1/4 ozs Sourdough Bread

Condiments & Oils

- 2 1/2 tpsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 1 1/2 tpsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise
- 2 tpsps Pesto
- 1/3 cup Rice Vinegar
- 2 1/4 tpsps Sriracha
- 1/4 cup Tahini
- 1 tbsp Tamari
- 2 ozs Tartar Sauce

Cold

- 4 ozs Cashew Cream Cheese
- 16 Egg
- 1/3 cup Hummus
- 2 1/2 cups Oat Milk
- 3 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 2 1/3 cups Water



Zucchini Turkey Breakfast Skillet

3 servings

20 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 lb Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 cup Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	10g
Fiber	3g
Sugar	7g
Protein	37g

Directions

- 1 Add the coconut oil to a large skillet and place over medium heat.
- 2 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 3 Add the salsa to the skillet and stir well to mix.
- 4 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 5 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

Leftovers: For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

More Protein: Add extra eggs.

Vegetarian: Use lentils instead of ground turkey.

More Greens: Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa: Use crushed tomatoes instead.



Sourdough Bread

3 servings

1 minute

Ingredients

5 1/4 ozs Sourdough Bread

Nutrition

Amount per serving	
Calories	124
Fat	0g
Carbs	24g
Fiber	1g
Sugar	0g
Protein	5g

Directions

- 1 Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

Notes

Leftovers: Store in original packaging, plastic storage bag, breadbox, or wrap in foil. Place in a cool, dry area at room temperature for up to seven days, or freeze in a freezer bag up to three months.

Serving Size: Each serving equals one slice of bread.

Gluten-Free: Use gluten-free bread, tortillas or pitas instead.

Additional Toppings: Spread or dip in coconut oil, olive oil or flaxseed oil.



Cinnamon Green Smoothie

2 servings

10 minutes

Ingredients

- 2 1/2 cups Oat Milk (unsweetened, plain)
- 2 Banana (medium)
- 2 cups Baby Spinach
- 1/16 head Green Lettuce (separated into leaves and washed)
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	349
Fat	7g
Carbs	50g
Fiber	7g
Sugar	23g
Protein	25g

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

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

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds instead.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

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

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



Zucchini Breakfast Boats

4 servings

30 minutes

Ingredients

- 4 Zucchini (large, sliced in half lengthwise)
- 2 Red Bell Pepper (chopped)
- 1 Yellow Onion (chopped)
- 16 White Button Mushrooms (chopped)
- 8 Egg
- 1/2 tsp Sea Salt
- 1/2 cup Parsley (chopped)
- 1 1/3 tbsps Nutritional Yeast (optional, for topping)

Nutrition

Amount per serving	
Calories	233
Fat	11g
Carbs	17g
Fiber	6g
Sugar	12g
Protein	20g

Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to two zucchini boats.

More Flavor: Add additional seasonings and herbs.



Tuna & Hummus Snack Plate

3 servings

5 minutes

Ingredients

- 3 cans Tuna (drained)
- 1/3 cup Hummus
- 1 1/3 ozs Rice Crackers
- 3/4 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	279
Fat	8g
Carbs	18g
Fiber	2g
Sugar	1g
Protein	36g

Directions

- 1 In a small bowl, stir together the tuna and hummus to combine.
- 2 Serve on a plate with rice crackers and sliced cucumber. Enjoy!

Notes

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

More Flavor: Use flavored hummus or add seasonings like garlic powder, onion powder, fresh dill, and/or lemon juice.

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



Edamame with Everything Bagel Seasoning

5 servings
10 minutes

Ingredients

- 10 cups Edamame Pods
- 2 1/2 tsps Avocado Oil
- 1 2/3 tbsps Everything Bagel Seasoning

Nutrition

Amount per serving	
Calories	278
Fat	13g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
- 3 Toss the edamame pods in oil and sprinkle everything bagel seasoning overtop. Enjoy!

Notes

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

More Flavor: Add finishing salt to taste.

Everything Bagel Seasoning: If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



One Pan Shrimp Boil

1 serving
30 minutes

Ingredients

- 4 ozs Shrimp (raw)
- 4 ozs Chicken Sausage (sliced into chunks)
- 3/4 Yellow Potato (medium, diced)
- 3/4 ear Corn on the Cob (sliced into 2 inch chunks)
- 1/8 Lemon (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Celery Salt
- 1/16 tsp Paprika
- 1/16 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	593
Fat	24g
Carbs	52g
Fiber	4g
Sugar	7g
Protein	44g

Directions

- 1 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 3 Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It: Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Sweet Chili Edamame

3 servings

15 minutes

Ingredients

- 1/3 cup Rice Vinegar
- 3/4 cup Water
- 3 tbsps Coconut Sugar
- 1 1/2 Garlic (clove, minced)
- 1 tbsp Tamari
- 2 1/4 tsps Sriracha
- 1 1/2 tsps Arrowroot Powder
- 6 cups Edamame Pods

Nutrition

Amount per serving	
Calories	302
Fat	11g
Carbs	30g
Fiber	12g
Sugar	16g
Protein	27g

Directions

- 1 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 2 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 3 Meanwhile, bring a large pot of salted water to a boil.
- 4 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 5 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.



Edamame & Cream Cheese Spread on Crispbread

6 servings

15 minutes

Ingredients

- 1 1/2 cups Frozen Edamame
- 4 ozs Cashew Cream Cheese
- 1/4 cup Hemp Seeds
- 2 tbsps Nutritional Yeast
- 1 tbsp Lemon Juice
- 1/2 cup Basil Leaves
- 3/4 tsp Sea Salt
- 12 slices Light Rye Crisp Bread

Nutrition

Amount per serving	
Calories	190
Fat	9g
Carbs	19g
Fiber	8g
Sugar	2g
Protein	13g

Directions

- 1 Bring water to a boil in a large pot. Add the edamame and cook until tender, about four to five minutes and then drain.
- 2 In a food processor, combine the edamame, cream cheese, hemp seeds, nutritional yeast, and lemon juice. Pulse until the mixture comes together into a chunky spread.
- 3 Add the basil leaves and salt and pulse just to combine.
- 4 Spread the mixture onto crispbread and enjoy!

Notes

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

Serving Size: One serving is two crispbreads with about 1/3 cup of spread.

More Flavor: Add fresh garlic to the spread.

Additional Toppings: Top with a drizzle of olive oil and/or chili flakes.

Gluten-Free: Use a gluten-free cracker or bread instead.

No Basil: Use parsley, dill, or cilantro.



Apple & Almond Milk

1 serving

5 minutes

Ingredients

- 1 Apple
- 1 1/2 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	138
Fat	4g
Carbs	27g
Fiber	6g
Sugar	19g
Protein	2g

Directions

- 1 Slice the apple if desired and serve with almond milk. Enjoy!

Notes

Serving Size: One serving is equal to one apple and 1 1/2 cups of almond milk.

More Flavor: Use vanilla or chocolate almond milk.

Additional Toppings: Dip apple slices in nut butter.



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 4 ozs Chickpea Pasta
- 2 tbsps Pesto

Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	43g
Fiber	13g
Sugar	10g
Protein	54g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



Tuna Patties with Salad

2 servings

45 minutes

Ingredients

- 2 cans Tuna (drained)
- 1 Egg
- 1 tbsp Mayonnaise
- 1/2 Lemon (juiced, plus extra for serving)
- 2 stalks Green Onion (thinly sliced)
- 2/3 cup Bread Crumbs (divided)
- Sea Salt & Black Pepper (to taste)
- 1/16 oz Avocado Oil Spray
- 2 ozs Tartar Sauce
- 3 cups Mixed Greens

Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	33g
Fiber	3g
Sugar	4g
Protein	42g

Directions

- 1 In a mixing bowl, add the tuna, egg, mayonnaise, lemon juice, green onion, 1/3 of the bread crumbs, salt, and pepper. Stir and mix everything together well.
- 2 Form the mixture into even patties, making two patties per serving. Refrigerate the patties for at least 20 minutes.
- 3 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 4 Coat each patty on both sides with the remaining bread crumbs.
- 5 Spray the patties with oil spray and place onto the baking sheet. Bake in the oven for 20 minutes, flipping halfway through.
- 6 Serve the patties with tartar sauce, lemon wedges, and mixed greens. Enjoy!

Notes

Leftovers: Refrigerate the tuna patties in an airtight container for up to two days. Store the patties separately from the salad.

Serving Size: One serving is equal to two tuna patties and 1 1/2 cups of salad.

No Mixed Greens: Use any other salad mix.

Gluten-Free: Use gluten-free bread crumbs.

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

Avocado Oil Spray: One gram (or 1/16 oz) of avocado oil spray is equal to a one-second spray.



Lemon Garlic Salmon, Broccoli & Sweet Potatoes

2 servings

30 minutes

Ingredients

- 2 Sweet Potato (small, cut into cubes)
- 2 cups Broccoli (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Lemon Juice
- 1 Garlic (clove, minced)
- 1 tbsp Parsley (finely chopped)
- 12 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	460
Fat	19g
Carbs	33g
Fiber	6g
Sugar	7g
Protein	43g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato and broccoli to the pan and drizzle with 2/3 of the oil and season with half of the salt. Stir to evenly coat the vegetables and bake for 10 minutes.
- 3 Meanwhile, in a small bowl combine the remaining oil, lemon juice, garlic, and parsley.
- 4 Remove the pan from the oven. Stir the vegetables and make room for the salmon in the centre of the pan.
- 5 Place the salmon on the pan and season with the remaining salt. Spoon the lemon garlic sauce over top of the fillets. Continue to bake for 15 minutes or until the salmon is cooked through and the vegetables are tender. Divide between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately six ounces of salmon, two cups of sweet potatoes, and one cup of broccoli.

More Flavor: Use other fresh herbs like chives or basil.

Additional Toppings: Fresh herbs or lemon wedges.

No Broccoli: Use cauliflower, Brussels sprouts, cabbage, zucchini, or bell pepper instead.



Chicken & Kale Skillet with Chickpea Pasta

2 servings

20 minutes

Ingredients

- 5 ozs Chickpea Pasta (dry)
- 1 tbsp Extra Virgin Olive Oil
- 10 ozs Chicken Breast (skinless, boneless, cut into strips)
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (stems removed and leaves chopped)
- 1/4 cup Water
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Red Pepper Flakes

Nutrition

Amount per serving	
Calories	500
Fat	16g
Carbs	45g
Fiber	14g
Sugar	7g
Protein	52g

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat the oil in a large pan over medium heat. Add the chicken and cook for five to seven minutes or until cooked through. Season with salt and pepper and stir as it cooks. Transfer the chicken to a bowl and set aside.
- 3 To the same skillet, add the kale and water. Cook the kale until soft and all the water is gone, stirring frequently. Return the chicken to the skillet and stir in the lemon juice.
- 4 Add the pasta to the skillet and stir to combine. Divide onto plates and season with red pepper flakes on top. Enjoy!

Notes

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

Serving Size: One serving is approximately three cups.

Make it Vegan: Omit the chicken.

More Flavor: Add minced garlic, lemon juice, parmesan and/or shallots.

Additional Toppings: Freshly parsley and/or hemp seeds.



Baked Salmon with Broccoli & Quinoa

3 servings

20 minutes

Ingredients

- 15 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Broccoli (sliced into small florets)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3/4 cup Quinoa (uncooked)
- 1 1/8 cups Water
- 1/3 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	465
Fat	17g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	43g

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers: Store covered in the fridge up to 2 days.

Speed it Up: Cook the quinoa ahead of time.

Vegan: Use tofu steaks instead of salmon fillets.



Mango Chickpea Salad with Grilled Chicken Kabobs

2 servings

30 minutes

Ingredients

8 ozs Chicken Breast
 1 cup Chickpeas (cooked, drained and rinsed)
 1/2 cup Frozen Edamame (thawed)
 1/4 Cucumber (diced)
 1/2 Mango (diced)
 2 cups Arugula
 1/4 cup Tahini
 1 Lemon (juiced)
 1/4 tsp Black Pepper
 1/2 Garlic (clove, minced)
 1/4 cup Water

Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	49g
Fiber	13g
Sugar	18g
Protein	44g

Directions

- 1 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 2 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 3 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 4 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 5 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

Notes

Vegans & Vegetarians: Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

No Mango: Use diced pineapple or fresh blueberries instead.

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



One Pan Chicken, Chickpeas & Broccoli

1 serving
20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 5 ozs Chicken Breast (boneless, skinless, cut into cubes)
- 1/2 Lemon (juiced, divided)
- 1 tbsp Greek Seasoning (divided)
- 1 1/2 cups Broccoli (cut into florets)
- 3/4 cup Chickpeas (drained, rinsed)

Nutrition

Amount per serving	
Calories	542
Fat	21g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	47g

Directions

- 1 Heat the oil in a large pan over medium heat. Add the chicken and cook for six to seven minutes or until cooked through. Add the lemon juice and half of the Greek seasoning. Add a splash of water if needed. Stir to combine and then add the chicken to a plate to set aside.
- 2 To the same pan, add the broccoli and sauté for three to four minutes or until slightly tender. Stir in the chickpeas, remaining lemon juice, and Greek seasoning. Add water if needed.
- 3 Stir the chicken back in and cook for another two to three minutes. Divide evenly between bowls or plates and enjoy!

Notes

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

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

More Flavor: Add parmesan cheese.