



2300 Calorie, Dairy Free

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

Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:
























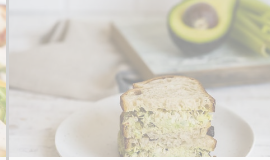

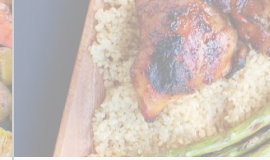











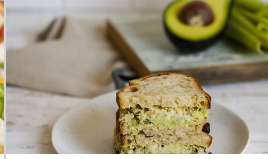

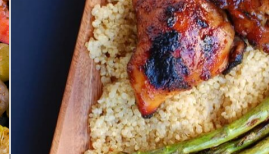

Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 2 Hot Chocolate Smoothie	 2 Hot Chocolate Smoothie	 Turkey Sausage Scramble	 Turkey Sausage Scramble
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs			 Lentil Salsa with Toast	 Lentil Salsa with Toast
Snack 1	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Ham Sandwich	 Ham Sandwich	 Ham Sandwich	 Ham Sandwich
Lunch	 Soba Breakfast Bowl	 Shrimp Asparagus Pesto Pasta	 Coconut Cod & Spinach with Rice	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Tuna Avocado Sandwich	 One Pan Shrimp Boil	 Honey Garlic Chicken Thighs
	 Ground Beef & Zucchini Noodles						
Snack 2	 Lemony Dill Veggie Sandwich	 1.5 Lemony Dill Veggie Sandwich	 1.5 Lemony Dill Veggie Sandwich	 Tuna & Hummus Snack Plate	 Tuna & Hummus Snack Plate	 0.5 Tuna & Hummus Snack Plate	 0.5 Tuna & Hummus Snack Plate
Dinner	 Shrimp Asparagus Pesto Pasta	 Coconut Cod & Spinach with Rice	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Tuna Avocado Sandwich	 One Pan Shrimp Boil	 Honey Garlic Chicken Thighs	 Steak, Butternut Squash & Broccoli

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  34%	Fat  34%	Fat  29%	Fat  29%	Fat  34%	Fat  34%
Carbs  35%	Carbs  36%	Carbs  37%	Carbs  37%	Carbs  37%	Carbs  34%	Carbs  31%
Protein  30%	Protein  30%	Protein  29%	Protein  34%	Protein  34%	Protein  32%	Protein  35%
Calories 2330	Calories 2362	Calories 2362	Calories 2257	Calories 2286	Calories 2355	Calories 2304
Fat 91g	Fat 91g	Fat 91g	Fat 77g	Fat 77g	Fat 89g	Fat 88g
Carbs 205g	Carbs 222g	Carbs 228g	Carbs 218g	Carbs 221g	Carbs 203g	Carbs 185g
Fiber 44g	Fiber 45g	Fiber 45g	Fiber 57g	Fiber 48g	Fiber 36g	Fiber 40g
Sugar 66g	Sugar 68g	Sugar 76g	Sugar 43g	Sugar 32g	Sugar 48g	Sugar 47g
Protein 181g	Protein 186g	Protein 176g	Protein 198g	Protein 198g	Protein 193g	Protein 203g

Fruits

- 1 3/4 Avocado
- 3 1/2 Banana
- 2 1/4 Lemon
- 1/4 cup Lemon Juice
- 1/2 Mango
- 3 cups Pineapple

Seeds, Nuts & Spices

- 2 Bay Leaf
- 3/4 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 1/4 cup Chia Seeds
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 3 tbsps Whole Flax Seeds

Frozen

- 3 cups Frozen Berries
- 2 cups Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 12 Ice Cubes

Vegetables

- 2 cups Arugula
- 6 cups Asparagus
- 7 cups Baby Spinach
- 1 cup Broccoli
- 1 1/2 cups Butternut Squash
- 2 Carrot
- 2 stalks Celery
- 2 tbsps Cilantro
- 1 1/2 ears Corn On The Cob
- 2 3/4 Cucumber
- 1 1/3 tbsps Fresh Dill
- 3 1/2 Garlic
- 1 1/2 stalks Green Onion
- 5 cups Kale Leaves
- 1 1/4 cups Red Onion
- 8 leaves Romaine
- 1/2 tsp Thyme
- 4 Tomato
- 1 1/2 Yellow Potato
- 3/4 Zucchini

Boxed & Canned

- 1 3/4 ozs Buckwheat Soba Noodles
- 1 cup Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 1 cup Chickpeas
- 1 1/2 cups Green Lentils
- 1/2 cup Jasmine Rice
- 1/2 cup Quinoa
- 1 1/3 ozs Rice Crackers
- 1 1/2 cups Salsa
- 6 1/2 cans Tuna

Baking

- 1/2 cup Cocoa Powder
- 1 1/2 tsps Nutritional Yeast
- 2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 8 ozs Chicken Sausage
- 1 lb Chicken Thighs
- 2 Cod Fillet
- 4 ozs Extra Lean Ground Beef
- 18 slices Gluten-Free Bread
- 1/2 cup Hummus
- 8 ozs Ny Striploin Steak
- 1 1/4 lbs Shrimp
- 12 ozs Sliced Ham
- 7 1/16 ozs Sourdough Bread
- 8 1/8 ozs Turkey Sausage

Condiments & Oils

- 1/3 tsp Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/3 tbsps Mayonnaise
- 2 tbsps Pesto
- 1 1/4 tbsps Rice Vinegar
- 1/4 cup Tahini
- 1 1/4 tbsps Tamari
- 2 tsps Yellow Mustard

Cold

- 12 Egg
- 10 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

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



Berry Banana Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3 cups Frozen Berries
- 1 1/2 Banana
- 3 cups Kale Leaves
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g

Directions

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

Notes

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

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Protein Packed Deviled Eggs

3 servings

20 minutes

Ingredients

- 6 Egg (hard boiled)
- 1 1/2 cans Tuna (drained)
- 3/4 Avocado
- 1 1/2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 3/4 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.



Hot Chocolate Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 2 cups Frozen Cauliflower
- 2 Banana
- 1 cup Chocolate Protein Powder
- 1/2 cup Cocoa Powder
- 1/4 cup Chia Seeds
- 1/2 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Turkey Sausage Scramble

2 servings

10 minutes

Ingredients

- 8 1/8 ozs Turkey Sausage (casing removed)
- 2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	328
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	35g

Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Hot sauce, ketchup, avocado, or salsa.

No Spinach: Use kale instead.

No Turkey Sausage: Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



Lentil Salsa with Toast

2 servings

10 minutes

Ingredients

- 1 1/2 cups Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Salsa
- 2 tbsps Cilantro (chopped, optional)
- 2 slices Gluten-Free Bread (toasted)

Nutrition

Amount per serving	
Calories	306
Fat	3g
Carbs	55g
Fiber	17g
Sugar	13g
Protein	18g

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

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

Serving Size: One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor: Add cayenne or your choice of spices and herbs.

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Pineapple Spinach Smoothie

3 servings

5 minutes

Ingredients

3 cups Pineapple (fresh or frozen)
3 cups Baby Spinach
12 Ice Cubes
1 1/2 cups Unsweetened Coconut
Yogurt
3 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Ham Sandwich

4 servings

5 minutes

Ingredients

- 1 1/3 tbsps Mayonnaise
- 2 tsps Yellow Mustard
- 8 slices Gluten-Free Bread
- 8 leaves Romaine
- 2 Tomato (medium, thinly sliced)
- 12 ozs Sliced Ham

Nutrition

Amount per serving	
Calories	318
Fat	13g
Carbs	29g
Fiber	4g
Sugar	6g
Protein	22g

Directions

- 1 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container and enjoy within a day.

Additional Toppings: Cucumber, pickles, onion, bell pepper, cheese, or avocado.

No Ham: Use sliced turkey, chicken, or roast beef instead.



Soba Breakfast Bowl

1 serving
15 minutes

Ingredients

- 1 3/4 ozs Buckwheat Soba Noodles
- 3/4 tsp Tamari
- 3/4 tsp Rice Vinegar
- 2 Egg
- 2 cups Kale Leaves (stems removed, roughly chopped)
- 2 tbsps Water
- 1 1/2 tsps 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.



Ground Beef & Zucchini Noodles

1 serving
20 minutes

Ingredients

- 1/3 tsp Avocado Oil
- 4 ozs Extra Lean Ground Beef
- 1/16 tsp Sea Salt
- 3/4 Zucchini (medium, spiralized into noodles)

Nutrition

Amount per serving	
Calories	240
Fat	14g
Carbs	5g
Fiber	1g
Sugar	4g
Protein	24g

Directions

- 1 In a large pan, heat the oil over medium heat. Cook the beef, breaking it up as it cooks. Once it is cooked through, drain off any excess liquid and season with salt to taste.
- 2 Divide the ground beef and zucchini noodles onto plates or into containers. Enjoy!

Notes

Zucchini Noodles: Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Vegetarian/Vegan: Use lentils instead of ground beef.

Storage: Refrigerate in an airtight container up to 3 days for the ground beef, and up to 4 to 5 days for the zucchini.

Serving Size: One serving is equal to approximately 1.5 to 2 cups of zucchini noodles and 1/2 cup of ground beef.



Lemony Dill Veggie Sandwich

4 servings

5 minutes

Ingredients

- 2 Carrot (medium)
- 1 1/3 tbsps Fresh Dill (finely chopped)
- 1/4 cup Lemon Juice
- 1 tsp Sea Salt
- 8 slices Gluten-Free Bread
- 2 2/3 tbsps Hummus (divided)
- 2 Tomato (small, sliced)
- 1 Cucumber (small, sliced)
- 1 cup Red Onion (small, thinly sliced)

Nutrition

Amount per serving	
Calories	231
Fat	7g
Carbs	38g
Fiber	5g
Sugar	10g
Protein	6g

Directions

- 1 Use a vegetable peeler to make carrot ribbons. Add them to a bowl with the dill, lemon juice, and sea salt. Toss to combine.
- 2 To assemble the sandwich, lay out the bread and spread hummus on each slice. Add the tomato, cucumber, onion, and carrot ribbons. Close the sandwich and enjoy!

Notes

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

Serving Size: One serving is one sandwich.

Additional Toppings: Mixed greens, micro-greens, fresh herbs, mashed chickpeas.



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.



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.



Coconut Cod & Spinach with Rice

2 servings

15 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 cup Canned Coconut Milk
- 1/2 cup Water
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 2 Bay Leaf
- 1/8 tsp Sea Salt (or more to taste)
- 2 Cod Fillet
- 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	574
Fat	23g
Carbs	43g
Fiber	2g
Sugar	2g
Protein	47g

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

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



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.



Tuna Avocado Sandwich

2 servings

10 minutes

Ingredients

2 cans Tuna
Sea Salt & Black Pepper (to taste)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1 Avocado (medium)
7 1/16 ozs Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	566
Fat	16g
Carbs	60g
Fiber	10g
Sugar	2g
Protein	44g

Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

Notes

Leftovers: Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

Gluten-Free: Use gluten-free bread instead.

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

No Red Onion: Use chives or green onions instead.

No Avocado: Use mayonnaise or Greek yogurt instead.



One Pan Shrimp Boil

2 servings

30 minutes

Ingredients

- 8 ozs Shrimp (raw)
- 8 ozs Chicken Sausage (sliced into chunks)
- 1 1/2 Yellow Potato (medium, diced)
- 1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Celery Salt
- 1/8 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.



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

Nutrition

Amount per serving	
Calories	670
Fat	26g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Steak, Butternut Squash & Broccoli

1 serving
40 minutes

Ingredients

- 1 1/2 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 8 ozs NY Striploin Steak
- 1/2 tsp Thyme
- 1 cup Broccoli (chopped into florets)
- 1 1/2 tps Nutritional Yeast

Nutrition

Amount per serving	
Calories	542
Fat	23g
Carbs	34g
Fiber	8g
Sugar	6g
Protein	54g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

Notes

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

More Flavor: Add garlic and your favorite herbs to the steak.