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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	2 Hot Chocolate Smoothie	2 Hot Chocolate Smoothie	2 Hot Chocolate Smoothie	2 Strawberry Blueberry Smoothie	2 Strawberry Blueberry Smoothie	Strawberry Red Pepper Smoothie	Strawberry Red Pepper Smoothie
Snack 1							
	No Bake Apple Cinnamon Bites	No Bake Apple Cinnamon Bites	No Bake Apple Cinnamon Bites	2 Edamame	2 Edamame	2 Edamame	2 Edamame
Lunch							
	Pickled Green Tomatoes & Tuna Lettuce Wraps	Pickled Green Tomatoes & Tuna Lettuce Wraps	Pickled Green Tomatoes & Tuna Lettuce Wraps	2 Edamame	2 Edamame	2 Edamame	2 Edamame
Lunch							
	Ground Turkey, Mini Potatoes & Watercress	Shrimp Asparagus Pesto Pasta	Coconut Cod & Spinach with Rice	Honey Garlic Chicken Thighs	Pork Roast with Potatoes & Green Beans	BBQ Ribs	Slow Cooker Apple Cinnamon Pork Tenderloin
Snack 2							
	Simple Chocolate Protein Shake	Simple Chocolate Protein Shake	Simple Chocolate Protein Shake	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box
Dinner							
	Watermelon Pizza	Watermelon Pizza	Watermelon Pizza	Green Tomato Salsa Verde	Green Tomato Salsa Verde	Green Tomato Salsa Verde	Green Tomato Salsa Verde
Dinner							
	Shrimp Asparagus Pesto Pasta	Coconut Cod & Spinach with Rice	Honey Garlic Chicken Thighs	Pork Roast with Potatoes & Green Beans	BBQ Ribs	Slow Cooker Apple Cinnamon Pork Tenderloin	One Pan Chicken with Carrot & Parsnip Fries
Snack 3							
	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Turmeric Chicken Nuggets	Turmeric Chicken Nuggets	Turmeric Chicken Nuggets	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  32%	Fat  32%	Fat  35%	Fat  39%	Fat  37%
Carbs  31%	Carbs  32%	Carbs  33%	Carbs  32%	Carbs  29%	Carbs  29%	Carbs  33%
Protein  35%	Protein  35%	Protein  35%	Protein  36%	Protein  36%	Protein  32%	Protein  30%
Calories 2332	Calories 2324	Calories 2430	Calories 2380	Calories 2319	Calories 2450	Calories 2240
Fat 92g	Fat 88g	Fat 90g	Fat 88g	Fat 91g	Fat 108g	Fat 96g
Carbs 189g	Carbs 195g	Carbs 208g	Carbs 195g	Carbs 175g	Carbs 180g	Carbs 191g
Fiber 56g	Fiber 52g	Fiber 48g	Fiber 49g	Fiber 45g	Fiber 38g	Fiber 40g
Sugar 61g	Sugar 57g	Sugar 67g	Sugar 58g	Sugar 64g	Sugar 97g	Sugar 96g
Protein 219g	Protein 216g	Protein 218g	Protein 217g	Protein 212g	Protein 200g	Protein 172g

## Fruits

- 1 1/4 Apple
- 3 Banana
- 1 2/3 cups Blueberries
- 1 Lemon
- 2 tbsps Lemon Juice
- 2 1/8 tbsps Lime Juice
- 1/3 Peach
- 1/16 Seedless Watermelon
- 2 cups Strawberries

## Breakfast

- 1 1/8 tbsps Almond Butter

## Seeds, Nuts & Spices

- 2 Bay Leaf
- 2/3 tsp Black Pepper
- 3/4 cup Chia Seeds
- 1 tbsps Chili Powder
- 1 2/3 tsps Cinnamon
- 1/3 tsp Cumin
- 1/8 tsp Dried Parsley
- 1/4 tsp Dried Rosemary
- 3/4 tsp Garlic Powder
- 2 1/2 tsps Ground Flax Seed
- 2/3 tsp Onion Powder
- 1/4 cup Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 tbsps Turmeric

## Frozen

- 2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 4 cups Frozen Edamame
- 2 cups Frozen Strawberries
- 18 Ice Cubes

## Vegetables

- 9 cups Asparagus
- 4 cups Baby Spinach
- 2 1/2 Carrot
- 10 stalks Celery
- 1 cup Cherry Tomatoes
- 3/4 cup Cilantro
- 1/8 Cucumber
- 4 1/2 Garlic
- 2 cups Green Beans
- 3/4 head Green Lettuce
- 2 2/3 Green Tomato
- 2 2/3 Jalapeno Pepper
- 1 cup Mini Potatoes
- 2 1/3 tsps Mint Leaves
- 3/4 cup Mushrooms
- 2 tbsps Parsley
- 1/2 Parsnip
- 1/2 cup Purple Cabbage
- 2 3/4 Red Bell Pepper
- 1 cup Red Onion
- 2 Sweet Potato
- 2 cups Watercress
- 1 White Onion
- 1/2 Yellow Onion
- 2 Yellow Potato

## Boxed & Canned

- 1 2/3 cups Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 1/2 cup Jasmine Rice
- 1/2 cup Quinoa
- 9 ozs Sardines
- 1 1/2 cans Tuna

## Baking

- 1/3 tsp Baking Powder
- 3/4 cup Cocoa Powder
- 2 1/4 tsps Honey
- 3/4 cup Oats
- 1/4 cup Pitted Dates

## Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 13 2/3 ozs Chicken Breast
- 10 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 10 2/3 ozs Chicken Wings
- 2 Cod Fillet
- 8 ozs Extra Lean Ground Turkey
- 1 lb Pork Ribs
- 12 3/4 ozs Pork Shoulder, Boneless
- 8 ozs Pork Tenderloin
- 12 ozs Shrimp
- 6 ozs Tofu

## Condiments & Oils

- 1 1/4 tbsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 1/2 cup Barbecue Sauce
- 2 1/4 tsps Coconut Aminos
- 1/2 tsp Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 tbsps Pesto
- 2 Rice Paper Wraps
- 1 tbsps Rice Vinegar
- 1 tbsps Tamari

## Cold

- 2 1/3 tbsps Orange Juice
- 13 cups Unsweetened Almond Milk

## Other

- 2 1/4 cups Chocolate Protein Powder
- 1 cup Coconut Water
- 1 1/3 ozs Collagen Powder
- 1/2 cup Pickled Green Tomato
- 1 cup Vanilla Protein Powder
- 1 1/2 cups Water

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 4 tbsps Raw Honey



## Hot Chocolate Smoothie

6 servings

5 minutes

### Ingredients

- 6 cups Unsweetened Almond Milk
- 3 cups Frozen Cauliflower
- 3 Banana
- 1 1/2 cups Chocolate Protein Powder
- 3/4 cup Cocoa Powder
- 1/3 cup Chia Seeds
- 3/4 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.



## Strawberry Blueberry Smoothie

4 servings

5 minutes

### Ingredients

- 2 cups Frozen Blueberries (wild)
- 2 cups Strawberries (stems removed)
- 5 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as coconut, cashew, or oat.

**No Fresh Strawberries:** Use frozen instead.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.



## Strawberry Red Pepper Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Frozen Strawberries
- 1 Red Bell Pepper (medium)
- 1/4 cup Pitted Dates
- 1 1/3 tbsps Chia Seeds
- 1 1/3 ozs Collagen Powder
- 1 cup Coconut Water

### Nutrition

Amount per serving	
Calories	268
Fat	3g
Carbs	46g
Fiber	10g
Sugar	29g
Protein	20g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately, but can be kept refrigerated in an airtight jar or container for up to two days.

**Serving Size:** One serving is equal to approximately two cups.

**Make it Vegan:** Use hemp seeds or plant-based protein powder instead of collagen.



## Sweet Potato Bacon Hash

2 servings

25 minutes

### Ingredients

4 slices Bacon  
1 1/2 tbsps Extra Virgin Olive Oil  
1 Sweet Potato (medium, peeled and cut into small cubes)  
1/2 cup Red Onion (chopped)  
2 cups Baby Spinach  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	388
Fat	31g
Carbs	18g
Fiber	3g
Sugar	5g
Protein	10g

### Directions

- 1 Heat a pan over medium heat and add the bacon. Cook until browned and crispy, about four to five minutes per side. Transfer the bacon to a paper towel-lined plate and set aside. Remove the grease from the pan and carefully wipe the pan out with a paper towel. Chop the bacon into small pieces when cool enough to handle.
- 2 Add the oil to the pan. Add the sweet potato and cook, stirring occasionally, for about five to six minutes. Add the onion and continue to cook until the potatoes are tender, seven to nine minutes more.
- 3 Add the chopped bacon and baby spinach to the pan and continue to cook until the spinach has wilted. Season the hash with salt and pepper to taste. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately equal to one cup.

**More Flavor:** Add dried herbs and spices like garlic powder, chili powder, or smoked paprika.

**Sweet Potato:** One medium sweet potato yields approximately two cups of sweet potato cubes.

**No Spinach:** Use kale instead.

**No Red Onion:** Use yellow onion instead.



## No Bake Apple Cinnamon Bites

3 servings

15 minutes

### Ingredients

3 1/2 tbsps Oats (quick or traditional)  
2 1/2 tps Ground Flax Seed  
1/8 tsp Cinnamon  
1 1/8 tbsps Almond Butter  
1 1/4 tps Raw Honey  
1/4 Apple (peeled, cored and finely diced)

### Nutrition

Amount per serving	
Calories	84
Fat	4g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	2g

### Directions

- 1 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 2 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 3 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

**Serving Size:** One serving is equal to one ball.

**Vegan:** Use maple syrup instead of honey.

**Nut-Free:** Use sunflower seed butter instead of almond butter.



## Pickled Green Tomatoes & Tuna Lettuce Wraps

3 servings

5 minutes

### Ingredients

- 3/4 head Green Lettuce (leaves separated)
- 1 1/2 cans Tuna (drained and flaked)
- 1/2 cup Pickled Green Tomato

### Nutrition

Amount per serving	
Calories	81
Fat	1g
Carbs	2g
Fiber	0g
Sugar	2g
Protein	16g

### Directions

- 1 Layer the tuna and pickled green tomatoes on top of each lettuce leaf. Repeat until all the ingredients are used. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately three stuffed lettuce wraps

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

**More Flavor:** Season with sea salt and black pepper to taste.

**No Pickled Green Tomatoes:** Use sauerkraut instead.



## Edamame

8 servings

5 minutes

### Ingredients

4 cups Frozen Edamame (shelled, thawed)

### Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g

### Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

### Notes

**Storage:** Refrigerate in an airtight container up to 4 days.



## Ground Turkey, Mini Potatoes & Watercress

1 serving  
30 minutes

### Ingredients

- 1 cup Mini Potatoes (halved)
- 1/2 tsp Coconut Oil
- 4 ozs Extra Lean Ground Turkey
- 1/4 tsp Dried Rosemary
- 1/8 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Watercress (roughly chopped)
- 1/4 Garlic (clove, minced)

### Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	26g

### Directions

- 1 Place the potatoes in a pot and cover them with water. Bring to a boil and cook for 15 to 20 minutes or until they are fork tender. Drain, season with salt and pepper, and set aside.
- 2 Heat the oil in a frying pan over medium heat and add the ground turkey, breaking it up as it cooks. Mix in the rosemary, onion powder, salt, and pepper and cook for 14 to 15 minutes or until cooked through and no longer pink. Remove from the heat and set aside.
- 3 To the same pan, add the watercress, garlic, and salt and pepper to taste, and sauté for three to four minutes or until the watercress is slightly wilted.
- 4 Divide the turkey, potatoes, and watercress evenly between bowls or containers. Enjoy!

### Notes

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

**More Flavor:** Add hot sauce or tzatziki when ready to eat.

**No Ground Turkey:** Use any other ground meat or lentils instead.



## Slow Cooker Swedish Meatballs

1 serving  
4 hours 30 minutes

### Ingredients

4 ozs Extra Lean Ground Turkey  
2 tbsps Parsley (chopped and divided)  
1/4 tsp Onion Powder  
1/8 tsp Sea Salt  
3/4 cup Mushrooms (sliced)  
1/4 White Onion (chopped)  
2 tbsps Canned Coconut Milk  
2 1/4 tps Coconut Aminos (or tamari)

### Nutrition

Amount per serving	
Calories	266
Fat	15g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	24g

### Directions

- 1 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 2 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 3 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 4 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

### Notes

**Serve it With:** Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

**Leftovers:** Keeps well in the fridge up to 3 days. Freeze for longer.



## 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.



## Watermelon Pizza

3 servings

10 minutes

### Ingredients

- 1/2 cup Canned Coconut Milk (full fat, refrigerated overnight)
- 1/16 Seedless Watermelon (medium)
- 1 1/2 tbsps Blueberries
- 1/3 Peach (sliced)

### Nutrition

Amount per serving	
Calories	132
Fat	8g
Carbs	14g
Fiber	1g
Sugar	11g
Protein	2g

### Directions

- 1 Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 2 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 3 Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
- 4 Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

### Notes

**Other Toppings:** Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

**No Coconut Whipped Cream:** Use melted chocolate or yogurt instead.

**Make More:** Create smaller watermelon pizzas with leftover watermelon.



## Chicken & Sweet Potato Mash Snack Box

4 servings

15 minutes

### Ingredients

- 1 Sweet Potato (medium, peeled, chopped)
- 10 ozs Chicken Breast, Cooked
- 1/4 cup Water
- 2 tbsps Lemon Juice (to taste)
- 1/2 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes
- 4 stalks Celery
- 1/4 cup Pumpkin Seeds

### Nutrition

Amount per serving	
Calories	194
Fat	6g
Carbs	11g
Fiber	3g
Sugar	3g
Protein	25g

### Directions

- 1 Boil the sweet potatoes for seven to 10 minutes or until fork tender.
- 2 Place the sweet potato in a food processor with the chicken, water, lemon juice, and salt. Blend until just mixed.
- 3 Arrange the chicken sweet potato mash, cherry tomatoes, celery, and pumpkin seeds in a to-go container. Enjoy!

### Notes

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

**More Flavor:** Add garlic and your choice of herbs and spices to the mash.

**Additional Toppings:** Top with cheese, vegan cheese, sour cream, or plain yogurt.



## Green Tomato Salsa Verde

4 servings

15 minutes

### Ingredients

- 2 2/3 Green Tomato (large, halved)
- 2 2/3 Jalapeno Pepper (roughly chopped)
- 2/3 White Onion (roughly chopped)
- 1/3 tsp Sea Salt
- 2/3 cup Cilantro (roughly chopped)

### Nutrition

Amount per serving	
Calories	30
Fat	0g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g

### Directions

- 1 Set your oven to broil and move the rack to the highest position.
- 2 Place the green tomatoes on a baking sheet. Broil for 2 to 3 minutes each side, or until charred. Let cool.
- 3 Remove the core and peel. Transfer to a food processor with the remaining ingredients. Pulse until your desired consistency is reached, adding water if it is too thick. Adjust salt as needed and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

**Serving Size:** One serving equals approximately 1/2 cup.

**More Flavor:** Add more jalapeno peppers to make it spicier.

**Serve it With:** Tortilla chips, roasted vegetables, grilled meat or fish.

**No Green Tomatoes:** Use tomatillos instead.



## 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.



## 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

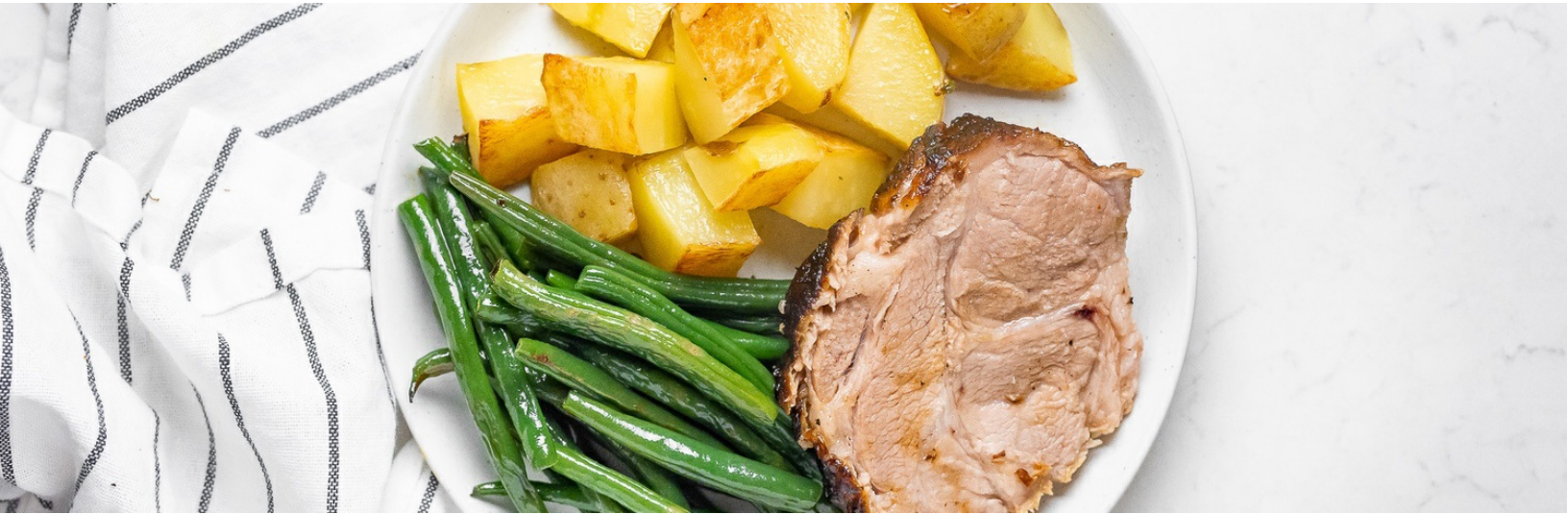
### Directions

- 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.



## Pork Roast with Potatoes & Green Beans

2 servings

10 hours

### Ingredients

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

### Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

### Directions

- 1 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 5 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 6 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

**More Flavor:** Add fresh oregano and orange zest to the marinade.

**Additional Toppings:** Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



## BBQ Ribs

2 servings

4 hours

### Ingredients

1/2 cup Barbecue Sauce (divided)  
 1 lb Pork Ribs  
 3 cups Asparagus (woody ends snapped off)  
 1 1/2 tps Extra Virgin Olive Oil (chopped)  
 Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	609
Fat	29g
Carbs	36g
Fiber	5g
Sugar	26g
Protein	51g

### Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

### Notes

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

**No Ribs:** Use wings, chicken breast or drumsticks instead.



## Slow Cooker Apple Cinnamon Pork Tenderloin

2 servings

4 hours

### Ingredients

- 8 ozs Pork Tenderloin
- 1 Apple (sliced and divided)
- 1 1/2 Carrot (medium, sliced into rounds)
- 1/2 Yellow Onion (diced)
- 1 1/2 tbsps Raw Honey
- 1 1/2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	251
Fat	3g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	25g

### Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

### Notes

**Make it Tender:** Brine your pork tenderloin the night before for more flavour and tenderness.

**More Greens:** Serve on a bed of spinach or add your choice of veggies to the slow cooker.

**More Carbs:** Serve with rice, quinoa or mini potatoes.



## Crispy Air Fryer Chicken Wings

2 servings

20 minutes

### Ingredients

- 10 2/3 ozs Chicken Wings
- 1/3 tsp Baking Powder
- 1/3 tsp Sea Salt
- 1/3 tsp Garlic Powder
- 1/16 oz Avocado Oil Spray

### Nutrition

Amount per serving	
Calories	291
Fat	19g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	27g

### Directions

- 1 Preheat the air fryer to 400°F (205°C).
- 2 Pat the chicken wings dry and place them in a large bowl. Add the baking powder, salt, and garlic powder and toss well to coat the wings.
- 3 Place the wings in the air fryer in a single layer. Spray with oil. Bake for 16 to 18 minutes, flipping once, until they are crispy. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is about two to three whole chicken wings.

**More Flavor:** Add extra seasonings such as lemon pepper, herbs, or smoked paprika.

**No Air Fryer:** Bake at 425°F (220°C) for about 35 minutes, flipping halfway through until crispy.



## One Pan Chicken with Carrot & Parsnip Fries

1 serving  
40 minutes

### Ingredients

- 1 Carrot (medium, peeled)
- 1/2 Parsnip (large, peeled)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/2 tsp Sea Salt (divided)
- 4 ozs Chicken Breast (boneless, skinless)
- 1/2 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/8 tsp Dried Parsley

### Nutrition

Amount per serving	
Calories	344
Fat	17g
Carbs	21g
Fiber	5g
Sugar	7g
Protein	27g

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cut the carrots and parsnip into fries and add them to a bowl. Add half of the olive oil and half of the sea salt. Toss to combine. Spread them out on one side of the baking sheet.
- 3 In a shallow bowl, add the chicken, the remaining oil and salt, garlic powder, onion powder, and parsley. Rub all over the chicken. Place the chicken on the other side of the baking sheet.
- 4 Bake for 30 minutes (or until chicken is cooked through) flipping the chicken and the vegetables halfway.
- 5 Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately five ounces of chicken breast and one cup of vegetables.



## Tofu Veggie Summer Rolls

1 serving  
15 minutes

### Ingredients

- 2 1/4 tsps Honey
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Water (hot)
- 1 1/2 tsps Lime Juice
- 2 Rice Paper Wraps
- 1/2 cup Purple Cabbage (thinly sliced)
- 1/4 Red Bell Pepper (medium, sliced)
- 1/8 Cucumber (sliced)
- 6 ozs Tofu (extra firm, pressed, sliced)

### Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g

### Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

**Serving Size:** One serving equals approximately two rolls.

**Additional Toppings:** Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

**No Honey:** Use sugar, maple syrup, or your sweetener of choice instead.

**Hoisin Lover:** Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



## Sardine Salad with Peppers, Celery & Blueberries

3 servings

10 minutes

### Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1/3 cup Red Onion (minced)
- 6 stalks Celery (sliced into sticks)
- 1 1/2 Red Bell Pepper (stems and seeds removed, sliced)
- 1 1/2 cups Blueberries

### Nutrition

Amount per serving	
Calories	254
Fat	10g
Carbs	19g
Fiber	5g
Sugar	12g
Protein	23g

### Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

### Notes

**No Sardines:** Use canned tuna instead.

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



## Turmeric Chicken Nuggets

3 servings

30 minutes

### Ingredients

- 2/3 cup Oats (rolled)
- 1 1/4 tbsps Turmeric
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 9 2/3 ozs Chicken Breast (boneless, cubed)
- 1 1/4 tbsps Avocado Oil (divided)

### Nutrition

Amount per serving	
Calories	231
Fat	9g
Carbs	13g
Fiber	2g
Sugar	0g
Protein	23g

### Directions

- 1 In a food processor blend the rolled oats, turmeric powder, sea salt and black pepper until a flour-like consistency forms.
- 2 In a separate bowl, toss the cubed chicken breast in half of the avocado oil until evenly distributed. Pour the oat mixture over the chicken and toss until the chicken is coated.
- 3 Warm a skillet over medium heat and add the remaining oil. Add the breaded chicken to the pan and cook for 10 minutes per side. For the final 2 minutes, add a lid and cook until the chicken reaches an internal temperature of 165°F (74°C).
- 4 Serve the chicken nuggets with your favorite dipping sauce and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately five nuggets.

**Make it Vegan:** Use cauliflower florets instead and bake them in the oven for 25 to 30 minutes.