






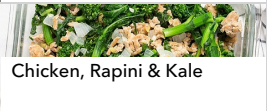
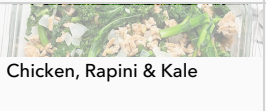
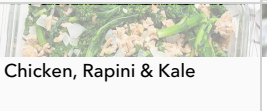
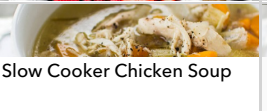
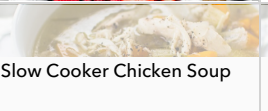
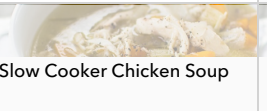
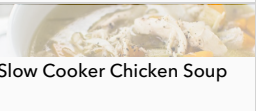

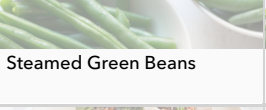
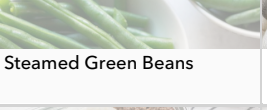

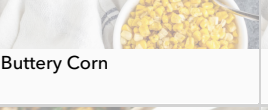
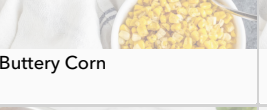
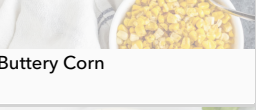
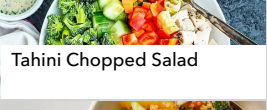

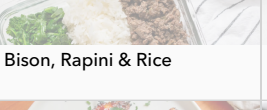




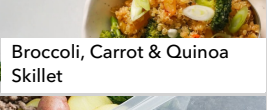
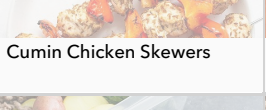
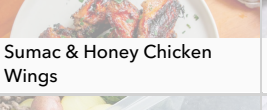
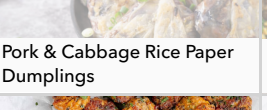







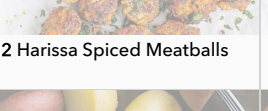
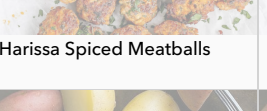
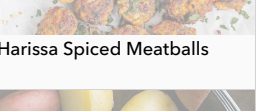
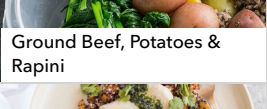
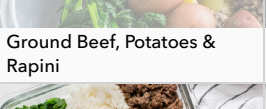
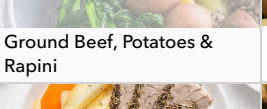

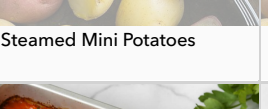
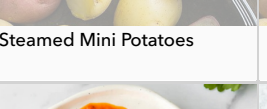
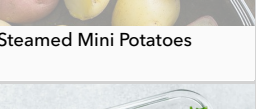

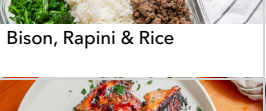






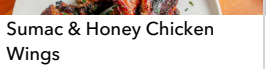
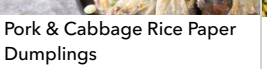

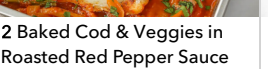



























2300 Calorie Gluten Free

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Peach Blueberry Smoothie	Peach Blueberry Smoothie	Peach Blueberry Smoothie	Coconut Chia Pudding	Coconut Chia Pudding	Tropical Coconut Oatmeal	Tropical Coconut Oatmeal
Snack 1							
	Chicken, Rapini & Kale	Chicken, Rapini & Kale	Chicken, Rapini & Kale	Slow Cooker Chicken Soup	Slow Cooker Chicken Soup	Slow Cooker Chicken Soup	Slow Cooker Chicken Soup
Snack 2							
	Steamed Green Beans	Steamed Green Beans	Steamed Green Beans	Buttery Corn	Buttery Corn	Buttery Corn	Buttery Corn
Lunch							
	Tahini Chopped Salad	Steamed Cod with Quinoa & Cilantro Sauce	Bison, Rapini & Rice	Pork Tenderloin with Steamed Parsnips & Carrots	2 Beef, Sweet Potato & Rapini Skillet	2 Baked Cod & Veggies in Roasted Red Pepper Sauce	2 Baked Cod & Veggies with Quinoa
Dinner							
	Broccoli, Carrot & Quinoa Skillet	Cumin Chicken Skewers	Sumac & Honey Chicken Wings	Pork & Cabbage Rice Paper Dumplings	2 Beef, Sweet Potato & Rapini Skillet	2 Baked Cod & Veggies in Roasted Red Pepper Sauce	2 Baked Cod & Veggies with Quinoa
Snack 1							
	Ground Beef, Potatoes & Rapini	Ground Beef, Potatoes & Rapini	Ground Beef, Potatoes & Rapini	2 Harissa Spiced Meatballs	2 Harissa Spiced Meatballs	Harissa Spiced Meatballs	Harissa Spiced Meatballs
Snack 2							
	Steamed Mini Potatoes	Steamed Mini Potatoes	Steamed Mini Potatoes	Steamed Mini Potatoes	Steamed Mini Potatoes	Steamed Mini Potatoes	Steamed Mini Potatoes
Dinner							
	Steamed Cod with Quinoa & Cilantro Sauce	Bison, Rapini & Rice	Pork Tenderloin with Steamed Parsnips & Carrots	2 Beef, Sweet Potato & Rapini Skillet	2 Baked Cod & Veggies in Roasted Red Pepper Sauce	2 Baked Cod & Veggies with Quinoa	2 Ground Turkey, Mini Potatoes & Watercress
Snack 1							
	Cumin Chicken Skewers	Sumac & Honey Chicken Wings	Pork & Cabbage Rice Paper Dumplings	2 Beef, Sweet Potato & Rapini Skillet	2 Baked Cod & Veggies in Roasted Red Pepper Sauce	2 Baked Cod & Veggies with Quinoa	2 Ground Turkey, Mini Potatoes & Watercress

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  36%	Fat  36%	Fat  40%	Fat  40%	Fat  32%	Fat  31%
Carbs  33%	Carbs  29%	Carbs  31%	Carbs  30%	Carbs  28%	Carbs  36%	Carbs  38%
Protein  35%	Protein  35%	Protein  33%	Protein  30%	Protein  32%	Protein  32%	Protein  31%
Calories 2198	Calories 2291	Calories 2295	Calories 2318	Calories 2241	Calories 2273	Calories 2339
Fat 80g	Fat 92g	Fat 93g	Fat 104g	Fat 100g	Fat 82g	Fat 82g
Carbs 186g	Carbs 170g	Carbs 184g	Carbs 173g	Carbs 157g	Carbs 207g	Carbs 227g
Fiber 41g	Fiber 31g	Fiber 33g	Fiber 38g	Fiber 40g	Fiber 38g	Fiber 36g
Sugar 48g	Sugar 40g	Sugar 47g	Sugar 45g	Sugar 49g	Sugar 63g	Sugar 49g
Protein 197g	Protein 202g	Protein 190g	Protein 176g	Protein 182g	Protein 182g	Protein 180g

## Fruits

- 2/3 cup Blackberries
- 2/3 cup Blueberries
- 1 Mango
- 2/3 cup Raspberries
- 1 1/3 cups Strawberries

## Seeds, Nuts & Spices

- 1/3 cup Chia Seeds
- 1 1/8 tbsps Cumin Seed
- 1/2 tsp Dried Basil
- 1 tsp Dried Rosemary
- 1 tsp Fennel Seed
- 1/3 cup Ground Flax Seed
- 2/3 tsp Ground Sumac
- 1/4 cup Harissa
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika

## Frozen

- 1 1/2 cups Frozen Blueberries
- 2 1/4 cups Frozen Peaches

## Vegetables

- 6 2/3 cups Asparagus
- 1 1/2 cups Broccoli
- 5 1/16 Carrot
- 2 2/3 stalks Celery
- 1 tbsp Chives
- 2 cups Cilantro
- 3 ears Corn On The Cob
- 1/4 Cucumber
- 11 1/3 Garlic
- 2 1/2 tbsps Ginger
- 1 cup Grated Carrot
- 4 1/2 cups Green Beans
- 3 1/2 stalks Green Onion
- 4 cups Kale Leaves
- 9 cups Mini Potatoes
- 2 tbsps Mint Leaves
- 3/4 cup Parsley
- 1 1/2 Parsnip
- 1 cup Purple Cabbage
- 1 2/3 lbs Rapini
- 1 1/2 Red Bell Pepper
- 2 tbsps Red Onion
- 1 1/16 lbs Roasted Red Peppers
- 1/2 head Romaine Hearts
- 2 1/16 tsps Rosemary
- 1/2 Sweet Onion
- 2 Sweet Potato
- 4 cups Watercress
- 3 1/2 Yellow Bell Pepper
- 1 2/3 Yellow Onion
- 3 1/3 Zucchini

## Boxed & Canned

- 2 1/2 cups Canned Coconut Milk
- 1/2 cup Jasmine Rice
- 1 1/2 cups Quinoa

## Baking

- 1 cup Oats
- 1 tsp Raw Honey

## Bread, Fish, Meat & Cheese

- 15 1/3 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 10 2/3 ozs Chicken Thighs
- 10 2/3 ozs Chicken Wings
- 5 2/3 Cod Fillet
- 1 3/4 lbs Extra Lean Ground Beef
- 2 lbs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 8 ozs Ground Bison
- 8 ozs Lean Ground Pork
- 8 ozs Pork Tenderloin

## Condiments & Oils

- 1 tbsp Coconut Butter
- 1/4 cup Coconut Oil
- 4 Rice Paper Wraps
- 1/4 tsp Sesame Oil
- 1 tbsp Tahini

## Cold

- 2 tbsps Butter
- 3 cups Oat Milk
- 1 1/4 cups Plain Coconut Milk

## Other

- 4 Barbecue Skewers
- 3/4 cup Vanilla Protein Powder
- 5 2/3 cups Water

- 
- 2 tbsps Unsweetened Coconut Flakes
  - 1 tsp Vanilla Extract



## Peach Blueberry Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Oat Milk
- 1 1/2 cups Frozen Blueberries
- 2 1/4 cups Frozen Peaches
- 1/3 cup Ground Flax Seed
- 3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	42g
Fiber	9g
Sugar	23g
Protein	26g

### Directions

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

### Notes

**Leftovers:** For best results, enjoy freshly made. Refrigerate for up to one day.

**No Oat Milk:** Use plain coconut milk instead.

**No Frozen Peaches:** Use frozen mango.



## Coconut Chia Pudding

2 servings

1 hour

### Ingredients

- 3/4 cup Canned Coconut Milk
- 3/4 cup Water
- 1/4 cup Chia Seeds
- 1 tsp Vanilla Extract

### Nutrition

Amount per serving	
Calories	278
Fat	23g
Carbs	13g
Fiber	8g
Sugar	1g
Protein	5g

### Directions

- 1 Combine all ingredients in a large container. Refrigerate for at least one hour or until chia seeds have set.
- 2 Stir well and divide into cups or containers if on-the-go. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1.5 cups of chia pudding.

**More Flavor:** Add maple syrup, honey, monk fruit sweetener, cinnamon or cardamom.

**Additional Toppings:** Top with shredded coconut, berries, banana slices, nuts or bee pollen.



## Mixed Berry Fruit Salad

2 servings

10 minutes

### Ingredients

- 2/3 cup Strawberries (chopped)
- 1/3 cup Blackberries
- 1/3 cup Blueberries
- 1/3 cup Raspberries

### Nutrition

Amount per serving	
Calories	50
Fat	0g
Carbs	12g
Fiber	4g
Sugar	7g
Protein	1g

### Directions

- 1 Add the fruit to a bowl and mix to combine. Divide into bowls or onto plates. Enjoy!

### Notes

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

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

**Additional Toppings:** Nuts, seeds, coconut flakes, honey and/or maple syrup.



## Tropical Coconut Oatmeal

2 servings

15 minutes

### Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (from the box)
- 1 1/2 tbsps Chia Seeds
- 1 Mango (cubed)
- 1 tbsp Coconut Butter (melted)
- 2 tbsps Unsweetened Coconut Flakes

### Nutrition

Amount per serving	
Calories	432
Fat	18g
Carbs	64g
Fiber	12g
Sugar	29g
Protein	9g

### Directions

- 1 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 2 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

**More Flavor:** Add a pinch of cinnamon.

**Likes it Sweet:** Add a drizzle of maple syrup or honey.



## Chicken, Rapini & Kale

3 servings

20 minutes

### Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Sweet Onion (diced)
- 1 tbsp Ginger (peeled, grated)
- 3 Garlic (cloves, minced)
- 1/2 tsp Sea Salt (to taste, divided)
- 8 ozs Rapini (chopped)
- 4 cups Kale Leaves (tough stems removed, chopped)

### Nutrition

Amount per serving	
Calories	266
Fat	13g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	30g

### Directions

- 1 Heat a large skillet over medium-high heat. Add the chicken, onion, ginger, garlic, and half the salt. Cook for about 10 minutes, stirring occasionally until the chicken is cooked through.
- 2 Add the rapini, kale and the remaining salt. Cook for five more minutes or until the greens are wilted and stalks are soft. Divide between containers and enjoy!

### Notes

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

**More Flavor:** Add lemon juice and red pepper flakes.

**Additional Toppings:** Serve it with sweet potatoes, cauliflower mash, brown rice, or lettuce wraps.

**Make it Vegan:** Use lentils instead of chicken.

**No Rapini:** Add broccoli, yu choy, or broccolini instead.



## Steamed Green Beans

3 servings

10 minutes

### Ingredients

4 1/2 cups Green Beans (trimmed, fresh or frozen)

### Nutrition

Amount per serving	
Calories	47
Fat	0g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	3g

### Directions

- 1 Bring a 1/2-inch of salted water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 2 Remove greens beans with a slotted spoon and serve.

### Notes

**Use a Steamer Basket:** Add green beans to the steamer basket and set over a pot of boiling water. Cover and cook for about 5 minutes or until tender.

**More Flavor:** Toss the beans in butter, coconut oil, or olive oil. Season with your favorite spices.



## Slow Cooker Chicken Soup

4 servings

6 hours

### Ingredients

- 2/3 Yellow Onion (diced)
- 2 2/3 stalks Celery (diced)
- 2 Carrot (medium, chopped)
- 2 tsps Rosemary (fresh)
- 5 1/3 ozs Chicken Breast (boneless, skinless)
- 10 2/3 ozs Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 cups Water (or broth)

### Nutrition

Amount per serving	
Calories	161
Fat	4g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	24g

### Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

### Notes

**More Carbs:** Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

**Leftovers:** Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



## Buttery Corn

4 servings

20 minutes

### Ingredients

- 2 tbsps Butter
- 3 ears Corn on the Cob (kernels cut away from the cob)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	118
Fat	7g
Carbs	14g
Fiber	1g
Sugar	4g
Protein	2g

### Directions

- 1 Heat the butter in a non-stick pan over medium heat.
- 2 Add the corn kernels and cook for 12 to 15 minutes stirring often until the kernels are tender and golden yellow. If they start to stick, add more fat or a splash of water. Season generously with salt and pepper to taste. Enjoy!

### Notes

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

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

**Dairy-Free:** Use a dairy-free butter alternative or oil instead.

**More Flavor:** Add dried herbs and spices to taste or some sugar.

**No Fresh Corn:** Use frozen or canned corn kernels instead.



## Tahini Chopped Salad

1 serving  
10 minutes

### Ingredients

- 1 tbsp Tahini
- 1 1/2 tbsps Water
- 1 tbsp Chives
- Sea Salt & Black Pepper
- 1/2 head Romaine Hearts (chopped)
- 1/4 Cucumber (medium, chopped)
- 1/2 Carrot (medium, peeled and chopped)
- 1/2 Red Bell Pepper (medium, chopped)
- 1/2 cup Broccoli (chopped)
- 4 ozs Chicken Breast, Cooked (chopped)

### Nutrition

Amount per serving	
Calories	318
Fat	12g
Carbs	16g
Fiber	5g
Sugar	6g
Protein	40g

### Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- ⋮
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

### Notes

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

**More Flavor:** Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

**Additional Toppings:** Add other chopped veggies or fresh herbs.

**No Cooked Chicken:** Use cooked shrimp, salmon, or tofu instead.

**No Chives:** Use fresh parsley instead.



## Broccoli, Carrot & Quinoa Skillet

1 serving  
15 minutes

### Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/4 tsp Sesame Oil
- 1 cup Broccoli (cut into florets)
- 1/2 Carrot (medium, diced)
- 1/4 Yellow Bell Pepper (medium, sliced)
- 2 tbsps Red Onion (diced)
- 1 tsp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (chopped)

### Nutrition

Amount per serving	
Calories	240
Fat	5g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	10g

### Directions

- 1 Cook the quinoa according to package directions.
- 2 Meanwhile, heat the sesame oil in a skillet over medium-high heat. Add the broccoli, carrots, bell pepper, and red onion. Sauté for seven to eight minutes.
- 3 Add the paprika and cooked quinoa. Season with salt and pepper and cook for another three to four minutes.
- 4 Before serving, stir in the green onion. Divide evenly between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1 1/3 cups.

**More Flavor:** Add your protein of choice. Top with crushed peanuts, soy sauce, sesame seeds, cilantro, and/or hot sauce.



## Ground Beef, Potatoes & Rapini

3 servings

30 minutes

### Ingredients

3 cups Mini Potatoes (halved)  
6 ozs Rapini (chopped, divided)  
12 ozs Extra Lean Ground Beef  
1/8 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	328
Fat	12g
Carbs	28g
Fiber	5g
Sugar	1g
Protein	28g

### Directions

- 1 Set the potatoes in a steaming basket over boiling water and cover. Steam for 15 minutes, or until tender. Set aside.
- 2 Meanwhile, add the rapini stems to a large pan. Add enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until just tender. Transfer the rapini 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 cooks. Season with salt. Once cooked through, drain any excess liquid.
- 4 Divide the beef, rapini, and potatoes onto plates or into containers. Enjoy!

### Notes

**No Rapini:** Use broccoli, broccolini or green beans instead.

**Less Bitter Rapini:** Cook the rapini in oil and season after boiling.

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

**Serving Size:** One serving is equal to approximately 1/2 cup of ground beef, 1 cup of potatoes and 1 cup of rapini.



## Harissa Spiced Meatballs

4 servings

25 minutes

### Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/4 cup Harissa
- 3 Garlic (cloves, minced)
- 1/3 cup Parsley (chopped)
- 2 tbsps Mint Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	168
Fat	9g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, mix all of the ingredients until well combined.
- 3 Using slightly damp hands, form into balls approximately two inches in diameter. Transfer to the prepared baking sheet and place in the oven to cook for 12 to 15 minutes. Turn the oven to broil and broil for eight to ten minutes, or until browned on top and cooked through. Watch closely as broilers can vary greatly between ovens.
- 4 Divide evenly between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately four meatballs.

**Serve it With:** Enjoy as-is, with hummus, with roasted vegetables, on top of pasta or rice, or on top of a salad.



## Steamed Mini Potatoes

4 servings  
20 minutes

### Ingredients

4 cups Mini Potatoes (halved)

### Nutrition

Amount per serving	
Calories	116
Fat	0g
Carbs	26g
Fiber	3g
Sugar	1g
Protein	3g

### Directions

1

Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Enjoy!

### Notes

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



## Steamed Cod with Quinoa & Cilantro Sauce

2 servings

30 minutes

### Ingredients

- 1 Carrot (large, finely chopped)
- 1/2 cup Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 2 cups Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

### Nutrition

Amount per serving	
Calories	393
Fat	17g
Carbs	32g
Fiber	4g
Sugar	2g
Protein	27g

### Directions

- 1 Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
- 2 Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
- 3 Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
- 4 Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately one cup of quinoa and one cod fillet.

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

**No Steamer Basket:** Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.)

**More Flavor:** Cook the quinoa in vegetable or bone broth.



## Cumin Chicken Skewers

2 servings

20 minutes

### Ingredients

- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/2 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 2 1/4 tsps Coconut Oil (melted)
- 1 Red Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

### Nutrition

Amount per serving	
Calories	246
Fat	10g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g

### Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

### Notes

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

**Serving Size:** One serving equals two skewers.

**More Flavor:** Add chili powder and garlic to your spice mix. Use a charcoal grill.

**Additional Toppings:** Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

**Barbecue Skewers:** If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

**No Coconut Oil:** Use olive oil, butter, or ghee instead.



## Bison, Rapini & Rice

2 servings

20 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry)
- 4 ozs Rapini (chopped)
- 8 ozs Ground Bison
- 1/2 tsp Oregano (dried)
- 1/8 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	339
Fat	8g
Carbs	40g
Fiber	3g
Sugar	0g
Protein	28g

### Directions

- 1 Cook the rice according to package directions.
- 2 Bring a pot of water to a boil. Cook the rapini for two minutes or until tender crisp. Drain and set aside.
- 3 Meanwhile, heat a pan over medium heat. Add the bison, oregano, and salt. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 4 Divide the rice, rapini, and bison onto plates. Enjoy!

### Notes

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

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

**More Flavor:** Add onions, garlic, and black pepper.

**No Bison:** Use ground beef, turkey, chicken, tempeh, or firm tofu instead.



## Sumac & Honey Chicken Wings

2 servings

35 minutes

### Ingredients

- 10 2/3 ozs Chicken Wings
- 1/2 tsp Coconut Oil (melted)
- 2/3 tsp Ground Sumac
- 1 tsp Raw Honey
- 1/3 Garlic (clove, minced)
- 1 tsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	312
Fat	21g
Carbs	3g
Fiber	0g
Sugar	3g
Protein	27g

### Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 Add the chicken wings, oil, sumac, honey, and garlic in a large bowl. Toss until the wings are well coated.
- 3 Spread the wings evenly on the baking sheet and bake for 25 minutes, flipping halfway. The honey will burn quickly, so be sure to remove the wings promptly and watch closely as they near the end of the cooking time.
- 4 Garnish with parsley and enjoy!

### Notes

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

**Serving Size:** One serving is approximately three wings.

**Additional Toppings:** Sliced green onions.



## Pork Tenderloin with Steamed Parsnips & Carrots

2 servings  
40 minutes

### Ingredients

- 1/2 tsp Dried Basil
- 1/2 tsp Dried Rosemary
- 1/3 tsp Sea Salt
- 1 1/2 tsps Coconut Oil
- 8 ozs Pork Tenderloin
- 1 1/2 Parsnip (medium, sliced)
- 1 Carrot (medium, sliced)

### Nutrition

Amount per serving	
Calories	253
Fat	6g
Carbs	24g
Fiber	5g
Sugar	7g
Protein	26g

### Directions

- 1 Preheat the oven to 400°F (205°C).
- 2 Mash together the basil, rosemary, salt and coconut oil into a paste.
- 3 Rub the pork tenderloin with the herb paste until evenly coated.
- 4 Wrap in foil and place on a baking sheet. Bake for about 30 minutes, or until a meat thermometer reads 145°F (65°C). Let it sit covered in the foil for 10 minutes before slicing.
- 5 Meanwhile, fill a pot with water and bring it to a boil. Place the carrots and parsnips in a steaming basket and steam for 10 to 15 minutes or until fork-tender. Slice the pork and enjoy with the carrots and parsnips.

### Notes

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

**More Flavor:** Roast the parsnips and carrots instead.

**No Coconut Oil:** Use butter or ghee instead.



## Pork & Cabbage Rice Paper Dumplings

2 servings

45 minutes

### Ingredients

- 1 1/2 tsps Coconut Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 8 ozs Lean Ground Pork
- 1 cup Purple Cabbage (thinly sliced)
- 1 cup Grated Carrot
- 1 1/2 tsps Ginger (grated)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 stalks Green Onion (chopped)
- 4 Rice Paper Wraps

### Nutrition

Amount per serving	
Calories	390
Fat	22g
Carbs	28g
Fiber	3g
Sugar	5g
Protein	22g

### Directions

- 1 Warm 1/3 of the oil in a pan over medium heat. Add the garlic and cook for one minute, stirring frequently. Add the ground pork and continue to cook for five minutes, until starting to brown.
- 2 Add the cabbage and cook for another 10 minutes, or until tender-crisp. Add the grated carrot, ginger, salt, and pepper and continue to cook for five more minutes, or until the carrot is softened. Add the green onion and cook for one minute, then turn off the heat.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate.
- 4 Scoop 1/3 cup of the pork and veggie mixture into the center of the rice paper wrap and fold the sides in. Allow them to stick together to create a pocket, and roll to create a dumpling. Repeat for the remaining wraps.
- 5 Warm the remaining oil in the pan and cook the wraps for five minutes on each side or until they start to brown and get crispy. 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 is equal to two dumplings.

**Make it Vegan:** Use crumbled tofu or tempeh instead of pork.

**More Flavor:** Add tamari or coconut aminos and red pepper flakes.

**Serve it With:** Plum sauce, peanut sauce, hoisin sauce, or ponzu.



## Beef, Sweet Potato & Rapini Skillet

4 servings

25 minutes

### Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 8 ozs Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

### Nutrition

Amount per serving	
Calories	283
Fat	12g
Carbs	18g
Fiber	4g
Sugar	5g
Protein	26g

### Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

### Notes

**Vegan and Vegetarian:** Skip the beef. Saute the veggies in olive oil then add cooked lentils.

**No Rapini:** Use kale or broccoli instead.

**Leftovers:** Store leftovers in an airtight container in the fridge for up to three days.



## Baked Cod & Veggies in Roasted Red Pepper Sauce

4 servings

20 minutes

### Ingredients

10 1/8 ozs Roasted Red Peppers  
1 cup Canned Coconut Milk  
1/2 cup Water  
2 Cod Fillet  
Sea Salt & Black Pepper (to taste)  
2 Zucchini (medium, sliced into strips)  
2 Yellow Bell Pepper (medium, sliced)  
4 cups Asparagus (trimmed, chopped)  
1/4 cup Parsley (chopped)

### Nutrition

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

### Directions

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

### Notes

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

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

**More Flavor:** Add red onion and garlic.

**No Cod Fillets:** Use another white fish instead.

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



## Baked Cod & Veggies with Quinoa

4 servings

30 minutes

### Ingredients

- 2/3 cup Quinoa (dry)
- 7 ozs Roasted Red Peppers
- 2/3 cup Canned Coconut Milk
- 1/3 cup Water
- Sea Salt & Black Pepper (to taste)
- 2 2/3 Cod Fillet
- 1 1/3 Zucchini (medium, sliced into strips)
- 1 1/3 Yellow Bell Pepper (medium, sliced)
- 2 2/3 cups Asparagus (trimmed, chopped)
- 2 2/3 tbsps Parsley (chopped)

### Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	30g
Fiber	5g
Sugar	5g
Protein	35g

### Directions

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

### Notes

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

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

**No Quinoa:** Use couscous, brown rice, or cauliflower rice instead.

**More Flavor:** Add red onion and garlic.

**No Cod Fillets:** Use another white fish instead.

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



## Ground Turkey, Mini Potatoes & Watercress

2 servings

30 minutes

### Ingredients

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