



2700 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:



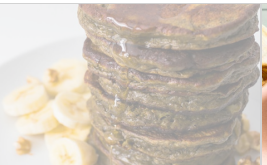




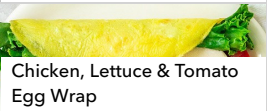
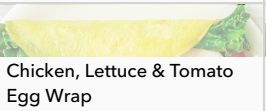
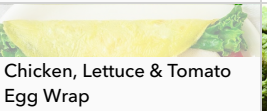

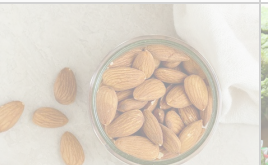






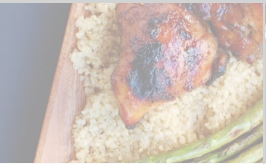

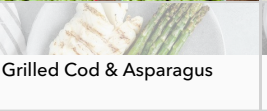
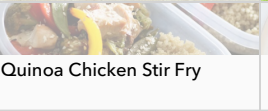
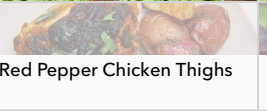
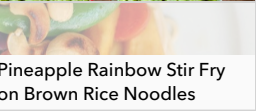

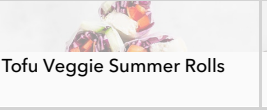
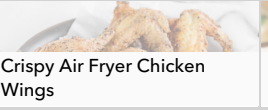
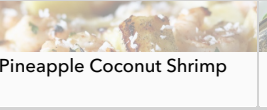
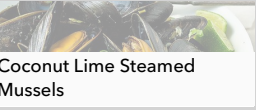









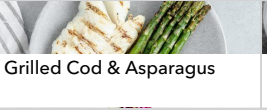
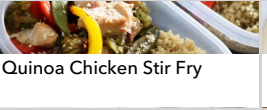
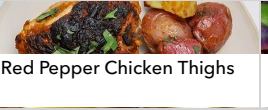

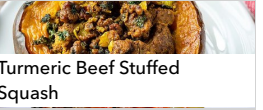
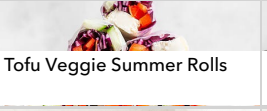
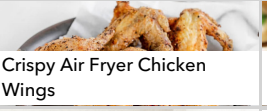






Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















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	 2 Chocolate Protein Pancakes	 2 Chocolate Protein Pancakes	 2 Chocolate Protein Pancakes	 2 Vanilla Protein Pancakes	 2 Vanilla Protein Pancakes	 3 Strawberry Blueberry Smoothie	 3 Strawberry Blueberry Smoothie
Snack 1	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Green Smoothie Muffins	 0.5 Almonds	 Green Smoothie Muffins	 Green Smoothie Muffins
	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt				
Lunch	 Citrus Coconut White Fish	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Grilled Cod & Asparagus	 Quinoa Chicken Stir Fry	 Red Pepper Chicken Thighs	 Pineapple Rainbow Stir Fry on Brown Rice Noodles
	 Corn & White Bean Gazpacho			 Tofu Veggie Summer Rolls	 Crispy Air Fryer Chicken Wings	 Pineapple Coconut Shrimp	 Coconut Lime Steamed Mussels
Snack 2	 Curried Chicken Wrap	 Curried Chicken Wrap	 Curried Chicken Wrap	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box
Dinner	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Grilled Cod & Asparagus	 Quinoa Chicken Stir Fry	 Red Pepper Chicken Thighs	 Pineapple Rainbow Stir Fry on Brown Rice Noodles	 Turmeric Beef Stuffed Squash
			 Tofu Veggie Summer Rolls	 Crispy Air Fryer Chicken Wings	 Pineapple Coconut Shrimp	 Coconut Lime Steamed Mussels	 Slow Cooker Stuffed Peppers
Snack 3		 0.5 Almonds	 0.5 Almonds	 0.5 Almonds			

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  37%	Fat  37%	Fat  38%	Fat  39%	Fat  34%	Fat  35%
Carbs  31%	Carbs  29%	Carbs  28%	Carbs  27%	Carbs  26%	Carbs  33%	Carbs  33%
Protein  33%	Protein  34%	Protein  35%	Protein  35%	Protein  35%	Protein  33%	Protein  32%
Calories 2804	Calories 2745	Calories 2708	Calories 2706	Calories 2726	Calories 2809	Calories 2773
Fat 114g	Fat 117g	Fat 116g	Fat 117g	Fat 121g	Fat 108g	Fat 111g
Carbs 224g	Carbs 208g	Carbs 198g	Carbs 188g	Carbs 179g	Carbs 236g	Carbs 239g
Fiber 46g	Fiber 46g	Fiber 44g	Fiber 30g	Fiber 28g	Fiber 45g	Fiber 53g
Sugar 74g	Sugar 72g	Sugar 73g	Sugar 80g	Sugar 74g	Sugar 81g	Sugar 78g
Protein 236g	Protein 238g	Protein 245g	Protein 239g	Protein 239g	Protein 239g	Protein 226g

Fruits

- 3/4 Apple
- 10 1/2 Banana
- 1 1/2 Lemon
- 1 tbsp Lemon Juice
- 3 tbsps Lime Juice
- 4 Navel Orange
- 2 1/8 cups Pineapple
- 3 cups Strawberries

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 2/3 tsp Black Pepper
- 1/3 cup Cashews
- 1/3 cup Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1/16 tsp Cinnamon
- 2/3 tsp Cumin
- 1 1/4 tbsps Curry Powder
- 1/8 tsp Dried Basil
- 1/3 tsp Garlic Powder
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/2 tsp Smoked Paprika
- 3/4 tsp Turmeric

Frozen

- 3 cups Frozen Blueberries

Vegetables

- 1/2 Acorn Squash
- 8 cups Asparagus
- 1 cup Baby Spinach
- 8 cups Broccoli
- 1 Carrot
- 1/4 head Cauliflower
- 1 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 1/4 Cucumber
- 9 1/3 Garlic
- 2 1/16 tbsps Ginger
- 1 Green Bell Pepper
- 2 stalks Green Onion
- 1/2 cup Kale Leaves
- 2 cups Mini Potatoes
- 1/4 cup Parsley
- 2 1/3 cups Purple Cabbage
- 1 1/2 Red Bell Pepper
- 1/2 Red Hot Chili Pepper
- 3 leaves Romaine
- 1 1/3 cups Snap Peas
- 2 Tomato
- 3/4 Yellow Bell Pepper
- 1 Yellow Onion

Boxed & Canned

- 1/3 cup Brown Rice Spaghetti
- 3/4 cup Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 3/4 cup Corn
- 1 cup Quinoa
- 1/2 cup Salsa
- 1/2 cup White Navy Beans

Baking

- 1 1/16 tsps Baking Powder
- 1 1/2 tsps Coconut Flour
- 1 1/2 tbsps Honey
- 1/2 cup Oats
- 1 1/2 tsps Pitted Dates

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 14 1/4 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 8 ozs Chicken Thighs With Skin
- 10 2/3 ozs Chicken Wings
- 3 Cod Fillet
- 4 ozs Extra Lean Ground Beef
- 4 ozs Extra Lean Ground Turkey
- 2 lbs Mussels
- 1 3/4 lbs Shrimp
- 16 ozs Sliced Turkey Breast
- 12 ozs Tofu
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 1/4 tbsps Apple Cider Vinegar
- 2 2/3 tbsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 1 tbsp Coconut Aminos
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 1 cup Kimchi
- 1 1/2 tbsps Mayonnaise
- 2 tbsps Pesto
- 1 tbsp Red Wine Vinegar
- 4 Rice Paper Wraps
- 1 1/2 tsps Sesame Oil
- 2 1/8 tbsps Tamari

Cold

- 31 3/4 Egg
- 2 tbsps Orange Juice
- 7 2/3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 6 Barbecue Skewers
- 1 1/2 cups Chocolate Protein Powder
- 2 2/3 cups Vanilla Protein Powder

 2 3/4 tbsps Raw Honey 2 1/3 cups Water 1 tbsp Unsweetened Coconut Flakes



Chocolate Protein Pancakes

6 servings

15 minutes

Ingredients

- 6 Banana (ripe)
- 12 Egg (medium)
- 1 1/2 cups Chocolate Protein Powder
- 3 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side for about two to three minutes or until browned. Enjoy!

Notes

Serving Size: One serving is approximately two pancakes.

Toppings: Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

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



Vanilla Protein Pancakes

4 servings

15 minutes

Ingredients

- 4 Banana (plus extra for topping)
- 8 Egg
- 1 cup Vanilla Protein Powder
- 2 tbsps Coconut Oil

Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

Directions

- 1 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Strawberry Blueberry Smoothie

6 servings

5 minutes

Ingredients

- 3 cups Frozen Blueberries (wild)
- 3 cups Strawberries (stems removed)
- 7 1/2 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 1/2 cups 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.



Chicken, Lettuce & Tomato Egg Wrap

3 servings

15 minutes

Ingredients

- 3 Egg
- 1/8 tsp Sea Salt
- 3/4 tsp Extra Virgin Olive Oil (divided)
- 3 leaves Romaine (large, whole)
- 3/4 Tomato (sliced)
- 5 1/4 ozs Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	22g

Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers: Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size: This recipe was tested in a 8-inch non-stick pan.

Serving Size: One serving is approximately one egg wrap with topping evenly divided.

More Flavor: Add garlic powder or dried herbs to the eggs.

Additional Toppings: Add cheese or avocado slices.

No Chicken: Use cooked turkey or additional vegetables and/or avocado instead.



Broccoli & Spiced Yogurt

3 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1 tbsp Curry Powder
- 6 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	124
Fat	4g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g

Directions

- 1 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

Notes

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

More Flavor: Add salt and pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.



Green Smoothie Muffins

3 servings

25 minutes

Ingredients

- 1/4 tsp Coconut Oil
- 2/3 cup Baby Spinach
- 1/2 Banana (ripe)
- 2 tbsps Vanilla Protein Powder
- 1 1/2 tsps Pitted Dates
- 3 tbsps Unsweetened Almond Milk
- 1/2 Egg
- 1/2 cup Oats (rolled)
- 3/4 tsp Baking Powder

Nutrition

Amount per serving	
Calories	106
Fat	2g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	6g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a muffin tray with liners. Brush the liners with coconut oil or use silicone cups or a silicone muffin tray to prevent the muffins from sticking.
- 2 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 3 Scoop the muffin batter into the prepared muffin tray. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 4 Let cool and enjoy!

Notes

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

Leftovers: Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

Add-Ins: After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!



Citrus Coconut White Fish

1 serving

20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, chopped)
- 1 Garlic (cloves, minced)
- 1/2 tsp Cumin
- 1/16 tsp Sea Salt
- 1/4 Tomato (large, diced)
- 2 tbsps Orange Juice (freshly squeezed)
- 2 tbsps Canned Coconut Milk (full-fat)
- 2 tbsps Cilantro (chopped)
- 1 Cod Fillet

Nutrition

Amount per serving	
Calories	341
Fat	14g
Carbs	9g
Fiber	1g
Sugar	5g
Protein	43g

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 2 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

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

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

Additional Toppings: More cilantro, lime wedges, or red pepper flakes.

No Cod: Use another white fish, like haddock, instead.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



Corn & White Bean Gazpacho

1 serving
10 minutes

Ingredients

1 Tomato (medium, roughly chopped)
1/4 Yellow Onion (small, roughly chopped)
3/4 cup Corn (cooked)
1/2 cup White Navy Beans (cooked)
1/4 Garlic (clove, minced)
2 1/4 tsps Apple Cider Vinegar
1 tbsp Extra Virgin Olive Oil
1/4 cup Water
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	386
Fat	16g
Carbs	54g
Fiber	14g
Sugar	8g
Protein	13g

Directions

- 1 Set aside 1/3 of the corn for garnish if desired. Add all the remaining ingredients to a blender and blend until smooth.
- 2 Pour into mason jars and top with corn. Refrigerate before serving. Enjoy!

Notes

Grill Version: Grill the tomatoes, onion and corn before adding to the blender. Each cob of corn yields approximately 1 cup of kernels.

No White Navy Beans: Use white kidney beans, Cannellini beans or Great Northern beans instead.

Leftovers: Refrigerate in mason jars up to 3-5 days. If freezing in mason jars, leave at least 1 inch of space at the top to allow the fluid to expand.

More Toppings: Grilled tofu, yogurt, avocado slices and/or chopped basil.



Curried Chicken Wrap

3 servings

10 minutes

Ingredients

- 9 ozs Chicken Breast, Cooked (shredded or chopped)
- 1 1/2 tbsps Mayonnaise
- 3/4 tsp Curry Powder
- 3/4 Apple (chopped)
- 3 Whole Wheat Tortilla
- 3 tbsps Parsley (optional)

Nutrition

Amount per serving	
Calories	329
Fat	12g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	30g

Directions

- 1 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 2 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers: For best results, enjoy the day of.

Egg-Free: Use vegan mayonnaise instead.

Additional Toppings: Top with sprouts, additional herbs of choice, or feta cheese.



Turkey & Egg Snack Box

4 servings

5 minutes

Ingredients

- 2 tsp Avocado Oil
- 8 Egg
- 1 cup Kimchi
- 16 oz Sliced Turkey Breast
- 1 cup Cherry Tomatoes
- 4 Navel Orange

Nutrition

Amount per serving	
Calories	364
Fat	17g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g

Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

Notes

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

Additional Toppings: Add sliced green onions, avocado, nuts, cheese, or crackers.

No Kimchi: Use sauerkraut, pickles, salsa, or olives instead.



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.



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.



Grilled Cod & Asparagus

2 servings

25 minutes

Ingredients

- 2 Cod Fillet
- 2 tbsps Avocado Oil (divided)
- 2 Garlic (cloves, minced)
- 3/4 tsp Sea Salt (divided)
- 2 cups Asparagus (trimmed)
- 1/2 Lemon (juiced)

Nutrition

Amount per serving	
Calories	347
Fat	16g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	44g

Directions

- 1 Preheat the grill to medium heat.
- 2 Add the cod fillets to a bowl. Coat with half of the oil then season with half of the salt. Add the minced garlic and rub all over the cod and into the crevices.
- 3 Coat the asparagus with the remaining oil and season with the remaining salt.
- 4 Place the cod on one side of the grill and the asparagus on the other side. Grill cod fillets on each side for six to seven minutes or until flaky. Roll the asparagus at the half way point.
- 5 Divide onto plates and then squeeze lemon on top. Enjoy!

Notes

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

Serving Size: One serving is one cod fillet and six asparagus spears.

Asparagus: Two cups of asparagus is equal to approximately 12 spears.

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



Tofu Veggie Summer Rolls

2 servings

15 minutes

Ingredients

- 1 1/2 tbsps Honey
- 1 tbsp Fish Sauce
- 1 tbsp Water (hot)
- 1 tbsp Lime Juice
- 4 Rice Paper Wraps
- 1 cup Purple Cabbage (thinly sliced)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/4 Cucumber (sliced)
- 12 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.



Quinoa Chicken Stir Fry

2 servings

30 minutes

Ingredients

- 1 1/2 tbsps Tamari
- 1 1/2 tsps Apple Cider Vinegar
- 1 1/2 tsps Raw Honey
- 1 1/2 tsps Sesame Oil
- 10 ozs Chicken Breast (sliced into cubes)
- 1/2 Red Bell Pepper (de-seeded and sliced)
- 1/2 Yellow Bell Pepper (de-seeded and sliced)
- 2 cups Broccoli (chopped into florets)
- 1 cup Snap Peas
- 1/3 cup Quinoa (dry)
- 3/4 cup Water
- 1 1/2 tsps Sesame Seeds

Nutrition

Amount per serving	
Calories	420
Fat	11g
Carbs	40g
Fiber	7g
Sugar	9g
Protein	42g

Directions

- 1 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 2 In a jar, combine the tamari, apple cider vinegar, honey and sesame oil. Shake well to combine and set aside.
- 3 Add the chicken, red bell pepper, yellow bell pepper, broccoli and snap peas in a large mixing bowl. Drizzle the sauce over the vegetables and chicken then toss to combine. Transfer to the baking sheet. Bake in the oven for 25 to 30 minutes, or until chicken is cooked through.
- 4 Meanwhile, cook your quinoa. Combine the quinoa and water in a saucepot and place over high heat. Bring to a boil, then cover with a lid and reduce to a simmer. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 5 Remove chicken and vegetables from the oven and divide into bowls with a side of quinoa. Garnish with sesame seeds. Drizzle with extra tamari or hot sauce if you like. Enjoy!

Notes

Storage: Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian: Replace the chicken breast with chickpeas.



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.



Red Pepper Chicken Thighs

2 servings

1 hour

Ingredients

- 1/2 Red Bell Pepper (roughly chopped)
- 1/2 Red Hot Chili Pepper (seeds removed, roughly chopped)
- 2 tbsps Cilantro (chopped)
- 1/2 tsp Smoked Paprika
- 1 tbsp Lemon Juice
- 1 tsp Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 8 ozs Chicken Thighs with Skin
- 2 cups Mini Potatoes (halved)

Nutrition

Amount per serving	
Calories	402
Fat	21g
Carbs	30g
Fiber	4g
Sugar	3g
Protein	22g

Directions

- 1 In a food processor or blender, add the red pepper, hot chili pepper, cilantro, smoked paprika, lemon juice, half the olive oil and half the sea salt. Blend until smooth.
- 2 In a large bowl add the chicken thighs along with the sauce and let it marinate on the counter for 20 minutes.
- 3 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the baby potatoes and toss with the remaining olive oil and sea salt. Add the chicken to the pan. Place in the oven and bake for 30 minutes. Broil for an additional 4 to 5 minutes.
- 4 Remove from the oven and let it cool slightly. Top with additional cilantro if desired and enjoy!

Notes

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

More Flavor: Let it marinate in the fridge for up to 24 hours.

Additional Toppings: Serve with a side salad or roasted vegetables.

Less Heat: Omit the chili pepper.



Pineapple Coconut Shrimp

2 servings

25 minutes

Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and de-veined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



Pineapple Rainbow Stir Fry on Brown Rice Noodles

2 servings

30 minutes

Ingredients

- 1/3 cup Brown Rice Spaghetti
- 1/2 tsp Coconut Oil
- 1 Carrot (diced)
- 1 tsp Raw Honey
- 1 tsp Ginger (peeled and grated)
- 1/3 tsp Sea Salt
- 2/3 Garlic (cloves, minced)
- 1/3 cup Snap Peas
- 1/3 Yellow Bell Pepper (diced)
- 1 1/3 cups Purple Cabbage (chopped)
- 2 tsps Tamari
- 2 2/3 tbsps Pineapple (sliced into small chunks)
- 1/3 cup Cashews (toasted)

Nutrition

Amount per serving	
Calories	342
Fat	13g
Carbs	52g
Fiber	5g
Sugar	10g
Protein	9g

Directions

- 1 Cook your brown rice spaghetti according to the directions on the package. When cooked, immediately run under cold water to prevent from over cooking. Set noodles aside.
- 2 Heat the coconut oil in a large skillet over medium heat. Add carrots and saute for 5 minutes or until softened. Add the honey and ginger and stir for another minute or until all honey is absorbed. Next add the garlic, snap peas, yellow pepper, red cabbage and tamari and saute for another 5 to 10 minutes. Finally add pineapple chunks, season with salt and pepper to taste and remove from heat.
- 3 Plate desired amount of noodles and spoon desired amount of veggie mix over top. Garnish with toasted cashews. Enjoy!

Notes

More Flavour: Toss your noodles in some extra virgin olive oil and minced garlic.



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos



Turmeric Beef Stuffed Squash

1 serving
45 minutes

Ingredients

1/4 tsp Extra Virgin Olive Oil
1/2 Acorn Squash (halved, seeds removed)
4 ozs Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)
1/2 Garlic (cloves, minced)
3/4 tsp Ginger (fresh, minced or grated)
3/4 tsp Turmeric
1/4 tsp Sea Salt
1/16 tsp Cinnamon
1/2 cup Kale Leaves (finely chopped)
2 tbsps Canned Coconut Milk (full fat)

Nutrition

Amount per serving	
Calories	375
Fat	18g
Carbs	29g
Fiber	5g
Sugar	3g
Protein	26g

Directions

- 1 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 2 Rub the oil on the cut sides of the squash. Place the squash cut sides down on the prepared baking sheet and bake for about 30 to 35 minutes or until just tender.
- 3 Meanwhile, heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 4 To the browned beef add the onion, garlic and ginger and cook for 3 to 5 minutes until the onion begins to soften. Add in the turmeric, salt and cinnamon and stir to combine. Add the kale to the beef mixture and stir until the kale begins to wilt. Stir in the coconut milk. Season with additional salt if needed.
- 5 Turn the squash cut side up and fill the beef mixture. Return to the oven and continue to bake for an additional 10 minutes.
- 6 Divide between plates and enjoy!

Notes

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

Serving Size: One serving is equal to half of a filled acorn squash.

More Flavor: Add lemon or lime juice, red pepper flakes, chili powder or coriander to the beef mixture.

Additional Toppings: Top with cilantro or parsley.

No Acorn Squash: Use a different variety of squash or a sweet potato.



Slow Cooker Stuffed Peppers

1 serving

4 hours

Ingredients

- 1 Green Bell Pepper (large)
- 4 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Dried Basil
- 1/4 Egg
- 1/2 Garlic (cloves, minced)
- 1/8 Yellow Onion (diced)
- 1/4 cup Baby Spinach (chopped)
- 3/4 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Flour
- 1/2 cup Salsa
- 1/4 head Cauliflower (large)

Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.



Almonds

2 servings

2 minutes

Ingredients

1/2 cup Almonds (raw)

Nutrition

Amount per serving	
Calories	207
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	8g

Directions

- 1 Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.

More Flavor: Roast, toast and/or season with salt.