




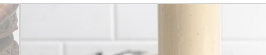
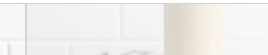


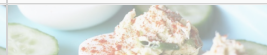

















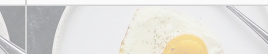












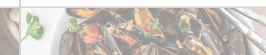


























































2700 Calorie, Gluten Free

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 2 Chocolate Protein Pancakes	 2 Chocolate Protein Pancakes	 Mango Banana Smoothie	 Mango Banana Smoothie
	 Protein Packed Deviled Eggs	 1.5 Protein Packed Deviled Eggs	 1.5 Protein Packed Deviled Eggs	 2 Chocolate Protein Pancakes	 2 Chocolate Protein Pancakes	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages
Snack 1	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie	 Pineapple Turmeric Smoothie
	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Fried Egg	 Fried Egg	 Fried Egg	 Fried Egg
Lunch	 Philly Cheesesteak Stuffed Portobello Mushrooms	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Portobello Veggie Burgers with Goat Cheese	 Turmeric Beef & Chicken Liver Cauliflower Rice	 Masala Dosa	 Slow Cooker Chicken & Broth
	 Lentil Salsa with Toast	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Cumin Chicken Skewers	 Cheesy Cauliflower & Broccoli Casserole	 Steamed Mussels in Spicy Tomato Sauce	 Marinated Mixed Bean Salad
Snack 2	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers
	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers
Dinner	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Portobello Veggie Burgers with Goat Cheese	 Turmeric Beef & Chicken Liver Cauliflower Rice	 Masala Dosa	 Slow Cooker Chicken & Broth	 Salmon with Rice & Greens
	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Cumin Chicken Skewers	 Cheesy Cauliflower & Broccoli Casserole	 Steamed Mussels in Spicy Tomato Sauce	 Marinated Mixed Bean Salad	 Deluxe Portobello Pizzas
Snack 3				 Melon & Grapes		 Melon & Grapes	
				 Melon & Grapes		 Melon & Grapes	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  36%	Fat  36%	Fat  33%	Fat  32%	Fat  28%	Fat  31%
Carbs  31%	Carbs  30%	Carbs  31%	Carbs  33%	Carbs  32%	Carbs  35%	Carbs  32%
Protein  33%	Protein  34%	Protein  33%	Protein  34%	Protein  36%	Protein  37%	Protein  37%
Calories 2657	Calories 2730	Calories 2775	Calories 2733	Calories 2713	Calories 2760	Calories 2671
Fat 111g	Fat 114g	Fat 114g	Fat 103g	Fat 99g	Fat 87g	Fat 93g
Carbs 216g	Carbs 212g	Carbs 219g	Carbs 235g	Carbs 220g	Carbs 245g	Carbs 216g
Fiber 67g	Fiber 58g	Fiber 60g	Fiber 48g	Fiber 39g	Fiber 38g	Fiber 39g
Sugar 76g	Sugar 83g	Sugar 85g	Sugar 102g	Sugar 69g	Sugar 95g	Sugar 73g
Protein 225g	Protein 239g	Protein 240g	Protein 239g	Protein 244g	Protein 259g	Protein 256g

Fruits

- 1 Avocado
- 5 Banana
- 1 cup Grapes
- 1/2 Honeydew Melon
- 4 1/2 Lemon
- 1 1/4 tsps Lemon Juice
- 3 Navel Orange
- 4 cups Pineapple

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/4 cup Cashews
- 3 tbsps Chia Seeds
- 1 tbsp Chili Powder
- 1/3 tsp Cumin
- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/3 cup Ground Flax Seed
- 1 1/2 tsps Italian Seasoning
- 3/4 tsp Oregano
- 2 2/3 tsps Paprika
- 3/4 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Turmeric

Frozen

- 2 cups Cauliflower Rice
- 1 1/2 cups Frozen Blueberries
- 5 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 2 1/4 cups Frozen Peaches
- 3 cups Frozen Raspberries

Vegetables

- 6 cups Asparagus
- 2 cups Baby Spinach
- 2 cups Broccoli
- 1 cup Butternut Squash
- 1/2 head Cauliflower
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 2 2/3 tbsps Cilantro
- 1 Cucumber
- 10 Garlic
- 3 tbsps Ginger
- 1 cup Green Beans
- 1/4 Green Bell Pepper
- 2 stalks Green Onion
- 1 2/3 cups Mini Potatoes
- 1 cup Mixed Greens
- 1/4 cup Mushrooms
- 1/3 cup Parsley
- 1 1/2 lbs Portobello Mushroom Caps
- 1 1/3 Red Bell Pepper
- 1 1/2 cups Red Onion
- 2 cups Swiss Chard
- 1 Yellow Bell Pepper
- 1 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1/4 cup Brown Rice
- 1 lb Canned Wild Salmon
- 4 ozs Chickpea Pasta
- 3/4 cup Crushed Tomatoes
- 1 cup Diced Tomatoes
- 3/4 cup Green Lentils
- 1 cup Lentils
- 2 cups Mixed Beans
- 4 1/4 ozs Oat Crackers
- 1/2 cup Quinoa
- 3/4 cup Salsa
- 2 cans Tuna

Baking

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 4 ozs Chicken Liver
- 1 lb Chicken Thighs
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 1/3 cup Feta Cheese
- 1 slice Gluten-Free Bread
- 1/2 cup Goat Cheese
- 2 lbs Mussels
- 2 ozs Provolone Cheese
- 6 ozs Salmon Fillet
- 12 ozs Shrimp
- 12 ozs Sliced Turkey Breast
- 3 ozs Top Sirloin Steak
- 1 1/3 lbs Whole Roasting Chicken

Condiments & Oils

- 1 1/3 tbsps Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 1 tbsp Coconut Aminos
- 3 1/16 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 3/4 cup Kimchi
- 2 tbsps Pesto

Cold

- 2 cups Cow's Milk, Reduced Fat
- 26 Egg
- 3 cups Oat Milk
- 1 1/8 cups Plain Greek Yogurt
- 8 1/2 cups Unsweetened Almond Milk

Other

- 4 Barbecue Skewers
- 1 cup Chocolate Protein Powder
- 1 1/3 ozs Collagen Powder
- 2 tsps Dry Sherry
- 2 1/2 cups Vanilla Protein Powder
- 3 2/3 cups Water

-
- 3 1/4 tbsps All Purpose Gluten-Free Flour
 - 1/16 tsp Baking Soda
 - 3 1/4 tbsps Chickpea Flour
 - 1/4 cup Nutritional Yeast
 - 2 tbsps Raw Honey



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.



Protein Packed Deviled Eggs

4 servings
20 minutes

Ingredients

- 8 Egg (hard boiled)
- 2 cans Tuna (drained)
- 1 Avocado
- 2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1 Cucumber (sliced)

Nutrition

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

Directions

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

Notes

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

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



Chocolate Protein Pancakes

4 servings

15 minutes

Ingredients

- 4 Banana (ripe)
- 8 Egg (medium)
- 1 cup Chocolate 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. 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.



Mango Banana Smoothie

2 servings

5 minutes

Ingredients

2 cups Cow's Milk, Reduced Fat
2 cups Frozen Cauliflower
1 1/2 cups Frozen Mango
1 Banana (frozen)
2/3 cup Plain Greek Yogurt
1 1/3 ozs Collagen Powder

Nutrition

Amount per serving	
Calories	407
Fat	8g
Carbs	54g
Fiber	8g
Sugar	40g
Protein	36g

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.

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

Dairy-Free: Use dairy-free milk such as almond, cashew, coconut, or oat.

No Frozen Fruit: Use fresh instead.

No Collagen: Omit or use a vanilla protein powder instead.

Make it Vegan: Omit the collagen and use dairy-free milk.



Chicken Breakfast Sausages

2 servings

20 minutes

Ingredients

- 8 ozs Extra Lean Ground Chicken
- 2 tbsps Parsley (very finely chopped)
- 1 1/2 Garlic (cloves, minced)
- 1/8 tsp Sea Salt
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	197
Fat	13g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g

Directions

- 1 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.
;
- 2 Heat the oil in a non-stick pan over medium heat.
;
- 3 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

Notes

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

Serving Size: One serving is equal to two patties.

More Flavor: Add other fresh or dried herbs and spices to taste.

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

No Chicken: Use ground turkey or pork instead.



Raspberry Zinger Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 3 Lemon (juiced)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Chia Seeds
- 4 1/2 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



Pineapple Turmeric Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 4 cups Pineapple (diced into chunks)
- 2 tbsps Ginger (peeled and grated)
- 1 cup Vanilla Protein Powder
- 2 tsps Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g

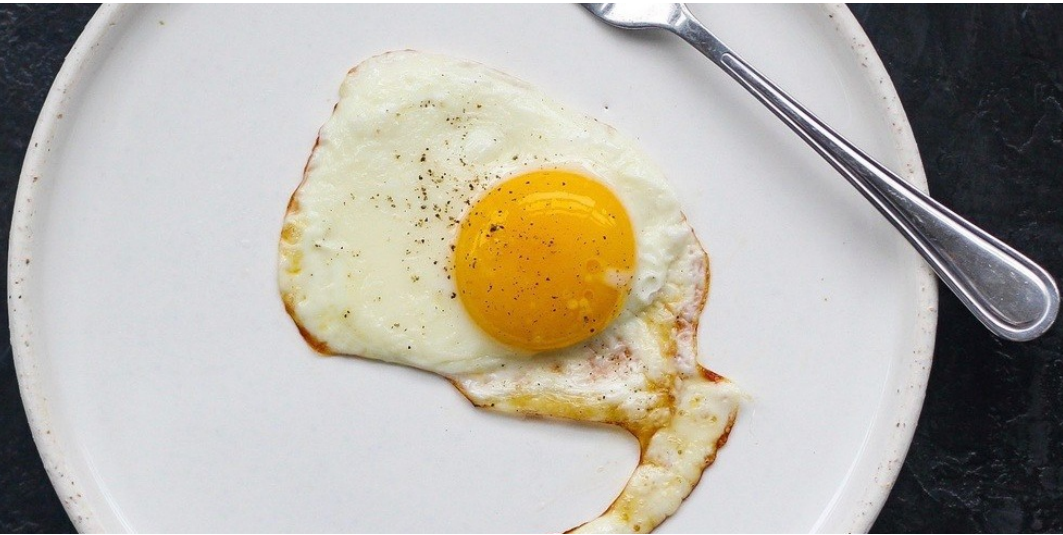
Directions

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

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Fried Egg

4 servings

5 minutes

Ingredients

- 1 tsp Coconut Oil
- 4 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	82
Fat	6g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

Directions

- 1 In a medium pan, heat the coconut oil over medium heat.
- 2 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Notes

No Coconut Oil: Use butter or ghee instead.



Philly Cheesesteak Stuffed Portobello Mushrooms

1 serving
20 minutes

Ingredients

6 ozs Portobello Mushroom Caps
1/4 tsp Extra Virgin Olive Oil
3 ozs Top Sirloin Steak (thinly sliced)
Sea Salt & Black Pepper
2 ozs Provolone Cheese (sliced)
2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	446
Fat	29g
Carbs	9g
Fiber	3g
Sugar	1g
Protein	39g

Directions

- 1 Preheat the oven to 400°F (205°C). Arrange the portobello mushroom caps on a parchment-lined baking sheet and bake for 10 to 15 minutes. Remove from the oven and soak up any excess liquid with a towel.
- 2 Meanwhile, heat the oil in a large skillet over medium-high heat. Cook the steak for about three to five minutes or until your desired doneness is reached. Season with salt and pepper.
- 3 Top each portobello mushroom cap with a slice of provolone, followed by the sliced steak, and topped with another slice of provolone. Set the oven to broil and return the stuffed mushrooms to the oven. Cook for about three minutes or until golden brown.
- 4 Serve over a bed of spinach and enjoy!

Notes

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

Serving Size: One serving equals approximately two stuffed portobello mushroom caps and two cups of spinach.

Dairy-Free: Use vegan cheese instead of provolone or omit completely.

More Flavor: Add mayonnaise, horseradish, or Italian seasoning.

Additional Toppings: Add garlic, onions, or bell peppers to the steak mixture.



Lentil Salsa with Toast

1 serving
10 minutes

Ingredients

- 3/4 cup Green Lentils (cooked, drained and rinsed)
- 3/4 cup Salsa
- 1 tbsp Cilantro (chopped, optional)
- 1 slice Gluten-Free Bread (toasted)

Nutrition

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

Directions

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

Notes

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

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

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

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Turkey & Egg Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 tps Avocado Oil
- 6 Egg
- 3/4 cup Kimchi
- 12 ozs Sliced Turkey Breast
- 3/4 cup Cherry Tomatoes
- 3 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.



Salmon Salad on Crackers

4 servings

5 minutes

Ingredients

1 lb Canned Wild Salmon
1/2 cup Plain Greek Yogurt
4 1/4 ozs Oat Crackers

Nutrition

Amount per serving	
Calories	330
Fat	12g
Carbs	22g
Fiber	3g
Sugar	1g
Protein	35g

Directions

- 1 In a bowl, mash together the wild salmon and greek yogurt until well combined. Spread the mixture evenly otop each cracker and enjoy!

Notes

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

Dairy-Free: Use mayonnaise or coconut yogurt instead of greek yogurt.

More Flavor: Season with salt, pepper, fresh dill, red pepper flakes, and/or lemon juice.

No Salmon: Use tuna instead.

No Oat Crackers: Use toast, rice crackers, or cucumber slices 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.



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.



Portobello Veggie Burgers with Goat Cheese

2 servings

25 minutes

Ingredients

- 1 cup Red Onion (sliced)
- 1 Zucchini (sliced into rounds)
- 1 Yellow Bell Pepper (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 12 ozs Portobello Mushroom Caps
- 1 cup Lentils (cooked, drained and rinsed)
- 1/2 cup Goat Cheese (or feta)
- 1 cup Mixed Greens

Nutrition

Amount per serving	
Calories	363
Fat	14g
Carbs	44g
Fiber	13g
Sugar	9g
Protein	22g

Directions

- 1 Preheat the grill to medium-high heat.
- 2 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 3 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushroom caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 4 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

Notes

Vegan: Skip the goat cheese and use pesto instead.

Meat Lover: Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.



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.



Turmeric Beef & Chicken Liver Cauliflower Rice

2 servings

20 minutes

Ingredients

- 8 ozs Extra Lean Ground Beef
- 4 ozs Chicken Liver (finely chopped)
- 1/2 Yellow Onion (finely chopped)
- 1 stalk Celery (finely chopped)
- 2 Garlic (clove, minced)
- 1 1/2 tsps Ginger (fresh, finely grated)
- 1 tsp Turmeric
- 3/4 tsp Sea Salt
- 2 cups Cauliflower Rice
- 1 tbsp Coconut Aminos (optional)

Nutrition

Amount per serving	
Calories	319
Fat	14g
Carbs	12g
Fiber	4g
Sugar	6g
Protein	35g

Directions

- 1 Heat a large pan over medium-high heat. Add the beef and chicken liver to the pan, breaking the beef up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan, if necessary.
- 2 Add the onion and celery to the meat and cook for about 5 minutes or until the onions have started to soften. Add the garlic, ginger, turmeric and salt. Stir to combine and cook for another 2 to 3 minutes.
- 3 Add the cauliflower rice and stir to combine everything. Cook until the cauliflower meets your desired texture then stir in the coconut aminos if using and season with additional salt if needed.
- 4 Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups.

More Flavor: Add hot sauce or red chili flakes to taste.

Additional Toppings: Top with fresh cilantro or parsley.

Chicken Livers: Freeze your chicken livers for about an hour to make for easier chopping.

No Cauliflower Rice: Use cooked rice instead.



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



Masala Dosa

2 servings

30 minutes

Ingredients

- 1 2/3 cups Mini Potatoes (quartered)
- 1 1/4 tsps Extra Virgin Olive Oil (divided)
- 1/3 Red Bell Pepper (seeds removed, diced)
- 1 1/4 tsps Ginger (peeled, grated)
- 1 1/4 tsps Lemon Juice
- 1 2/3 tsps Cilantro (chopped)
- Sea Salt & Black Pepper (to taste)
- 3 1/4 tsps Chickpea Flour
- 3 1/4 tsps All Purpose Gluten-Free Flour
- 1/16 tsp Baking Soda
- 2/3 cup Water

Nutrition

Amount per serving	
Calories	216
Fat	4g
Carbs	41g
Fiber	6g
Sugar	3g
Protein	6g

Directions

- 1 Set the potatoes in a steaming basket over boiling water and cover. Steam for about 10 minutes, or until tender. Set aside.
- 2 Heat 1/3 of the oil over medium-high heat in a pan or skillet. Cook the red bell pepper and ginger until soft, about five minutes. Add the steamed potatoes and mash with a wooden spoon. Add the lemon juice, cilantro, salt, and pepper. Remove from heat.
- 3 In a mixing bowl, whisk together the chickpea flour, all purpose flour, baking soda and water. Season with salt (optional).
- 4 To create the dosas, heat the remaining oil over medium-high heat in a skillet. Pour about 1/2 cup of batter and gently swirl to spread it into a thin layer. Cook for about one to two minutes, or until browned and cooked through. Repeat with the remaining batter, using more oil as needed.
- 5 Divide the dosa onto plates and add the potato-pepper stuffing. Fold over and enjoy!

Notes

Leftovers: This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

Serving Size: One serving is approximately one 9-inch dosa with one cup of potato-pepper stuffing.

More Flavor: Add onion, red chili peppers, and/or mustard seeds before cooking the red bell peppers.

Additional Toppings: Serve with chutney.

Flours: This recipe was developed and tested using Bob's Red Mill Garbanzo Bean (Chickpea) Flour and All Purpose Gluten-Free Flour. Results may vary if using other types/brands of flour.



Steamed Mussels in Spicy Tomato Sauce

2 servings

20 minutes

Ingredients

2 lbs Mussels
1 tbsp Extra Virgin Olive Oil
1/4 cup Red Onion (finely chopped)
2 Garlic (clove, minced)
1 tsp Paprika
1/4 tsp Red Pepper Flakes
1 cup Diced Tomatoes (from the can with the juices)
1/4 cup Parsley (finely chopped, plus more for garnish)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	494
Fat	17g
Carbs	25g
Fiber	2g
Sugar	4g
Protein	56g

Directions

- 1 Place the mussels in a large colander and rinse well with cold water. Discard any broken mussels and remove beards if necessary.
- 2 In a large pot with a lid, heat the oil over medium heat. Add the onion and the garlic and cook for three to five minutes until the onions begin to soften. Stir in the paprika and red pepper flakes.
- 3 Add the tomatoes and parsley and stir to combine. Bring the sauce to a gentle boil and season with salt and pepper to taste.
- 4 Transfer mussels to the pot and cover with the lid. Let them steam for six to eight minutes or until mussels have opened, stirring halfway through. Transfer the opened mussels to a dish and discard any that have not opened. Season the tomato broth with additional salt and pepper, if needed.
- 5 To serve, spoon broth over top of the mussels and enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and place in an airtight container. Cover the mussels completely in the spicy tomato broth and keep refrigerated for one day.

More Flavor: For spicier mussels, add more red pepper flakes or a pinch of cayenne. For mild mussels, omit the red pepper flakes.

Additional Toppings: Fresh herbs and/or lemon wedges.



Slow Cooker Chicken & Broth

2 servings

18 hours

Ingredients

- 1 1/3 lbs Whole Roasting Chicken
- 2 tsps Dry Sherry
- 2/3 tsp Sea Salt (divided)
- 1 tsp Apple Cider Vinegar
- 2 cups Water

Nutrition

Amount per serving	
Calories	344
Fat	8g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	61g

Directions

- 1 Place the chicken in the slow cooker. Drizzle dry sherry over top and season with half the salt. Cook on low for approximately 6 hours, or on high for 4 hours.
- 2 Enjoy immediately, and store any leftover meat for future use. Return the bones to the slow cooker and add the apple cider vinegar, remaining salt and water. Feel free to add any veggie scraps on hand.
- 3 Cook for at least 12 hours on low. After 12 hours, strain the broth through a strainer or mesh sack. Freeze broth until ready to use.

Notes

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

Refrigerate the broth for up to four days or freeze for up to three months.

Serving Size: One serving equals approximately 3/4 cup of cooked chicken, and 1 cup of broth.

More Flavor: Add onion, garlic, herbs, carrot and celery.

Less Fat: Once the broth cools, remove the layer of fat that forms on the top and discard or save it for future cooking.



Marinated Mixed Bean Salad

2 servings

15 minutes

Ingredients

- 1 cup Green Beans (fresh or frozen)
- 2 cups Mixed Beans (cooked)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Italian Seasoning
- 1/2 Garlic (clove, minced)
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	365
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g

Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

Notes

No Mixed Beans: Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

Leftovers: Keeps well covered in the fridge up to 4 to 5 days.



Salmon with Rice & Greens

1 serving
30 minutes

Ingredients

- 1/4 cup Brown Rice (uncooked)
- 1/2 tsp Paprika
- 1/3 tsp Cumin
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 6 ozs Salmon Fillet
- 1 tbsp Water
- 2 cups Swiss Chard (chopped)

Nutrition

Amount per serving	
Calories	413
Fat	10g
Carbs	39g
Fiber	3g
Sugar	1g
Protein	43g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to package directions.
- 3 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 4 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 5 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Notes

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

Additional Toppings: Add butter, ghee, or freshly squeezed lemon juice.

No Swiss Chard: Use spinach or kale instead.

No Brown Rice: Use white rice, quinoa, or cauliflower rice instead.



Deluxe Portobello Pizzas

1 serving
30 minutes

Ingredients

6 ozs Portobello Mushroom Caps
(wiped clean and stems removed)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Oregano
Sea Salt & Black Pepper (to taste)
3/4 cup Crushed Tomatoes
1/4 cup Red Onion (finely diced)
1/4 cup Mushrooms
1/4 cup Cherry Tomatoes (halved)
1/4 Green Bell Pepper (diced)
1/3 cup Feta Cheese (crumbled)
1/2 tsp Red Pepper Flakes (optional)

Nutrition

Amount per serving	
Calories	329
Fat	18g
Carbs	29g
Fiber	8g
Sugar	12g
Protein	18g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
- 3 Meanwhile, prepare your veggies.
- 4 Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
- 5 Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

Notes

More Veggies: Top with whatever vegetables you have on hand.

No Feta Cheese: Use goat cheese instead.

Vegan: Sprinkle with some nutritional yeast instead of feta.

Prep Ahead: Veggies can be diced in advance and stored in airtight containers or baggies.



Melon & Grapes

1 serving
5 minutes

Ingredients

1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)
1/2 cup Grapes

Nutrition

Amount per serving	
Calories	121
Fat	1g
Carbs	31g
Fiber	2g
Sugar	28g
Protein	2g

Directions

- 1 Divide the melon and grapes between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately two cups of fruit.

Additional Toppings: Drizzle with a bit of raw honey for extra sweetness.