






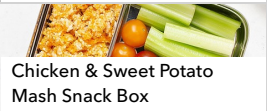
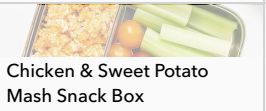
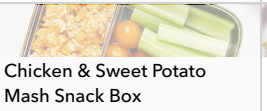
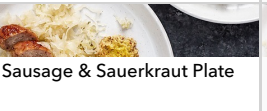
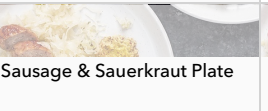
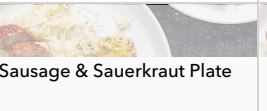
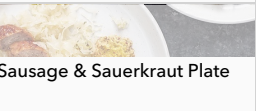

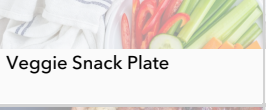
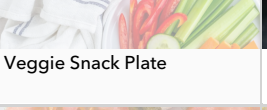

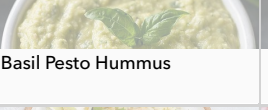
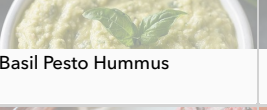
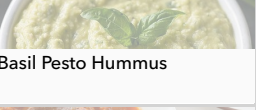



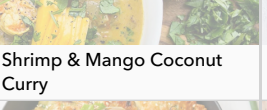


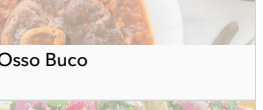
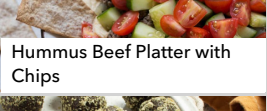
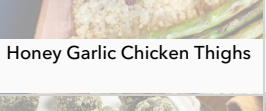
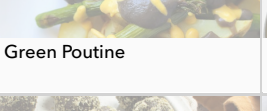
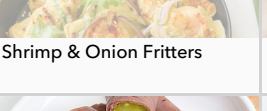
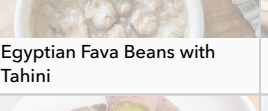

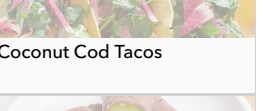




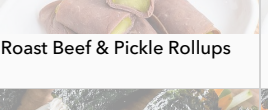
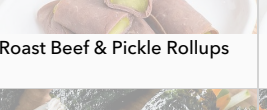
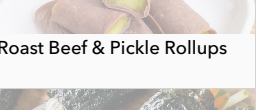



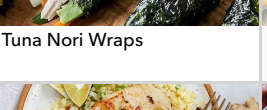
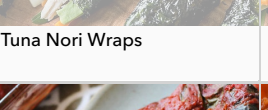
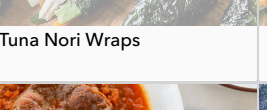
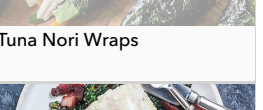

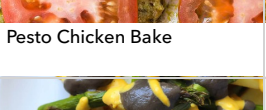



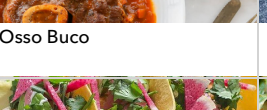
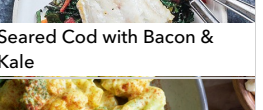

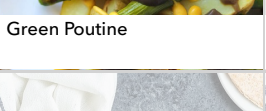
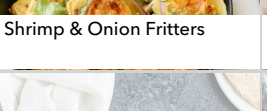
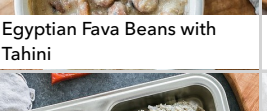



































2800 Calorie, Dairy Free

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	1.5 Chocolate Protein Pancakes	1.5 Chocolate Protein Pancakes	Chocolate Protein Pancakes	Breakfast Taco Nachos	Breakfast Taco Nachos	Taco Breakfast Bowl	Taco Breakfast Bowl
Snack 1							
	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box	Chicken & Sweet Potato Mash Snack Box	Sausage & Sauerkraut Plate	Sausage & Sauerkraut Plate	Sausage & Sauerkraut Plate	Sausage & Sauerkraut Plate
							
	Veggie Snack Plate	Veggie Snack Plate	Veggie Snack Plate	Basil Pesto Hummus	Basil Pesto Hummus	Basil Pesto Hummus	Basil Pesto Hummus
Lunch							
	Meal Prep Chicken & Cilantro Lime Quinoa	Honey Garlic Chicken Thighs	Pesto Chicken Bake	Shrimp & Mango Coconut Curry	Pan Seared Cod with Cauliflower Rice	Turkey Quinoa Swiss Chard Rolls	Osso Buco
							
	Hummus Beef Platter with Chips	Honey Garlic Chicken Thighs	Green Poutine	Shrimp & Onion Fritters	Egyptian Fava Beans with Tahini	Pineapple Salmon Skewers	Coconut Cod Tacos
Snack 2							
	1.5 Apricot Oat Energy Balls	1.5 Apricot Oat Energy Balls	2 Apricot Oat Energy Balls	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups
							
	Pickled Green Tomatoes & Tuna Lettuce Wraps	Pickled Green Tomatoes & Tuna Lettuce Wraps	Pickled Green Tomatoes & Tuna Lettuce Wraps	Tuna Nori Wraps	Tuna Nori Wraps	Tuna Nori Wraps	Tuna Nori Wraps
Dinner							
	Honey Garlic Chicken Thighs	Pesto Chicken Bake	Shrimp & Mango Coconut Curry	Pan Seared Cod with Cauliflower Rice	Turkey Quinoa Swiss Chard Rolls	Osso Buco	Seared Cod with Bacon & Kale
							
	Honey Garlic Chicken Thighs	Green Poutine	Shrimp & Onion Fritters	Egyptian Fava Beans with Tahini	Pineapple Salmon Skewers	Coconut Cod Tacos	Cheesy Cauliflower & Broccoli Casserole
Snack 3							
	Egg White Scramble Wrap	Egg White Scramble Wrap	Egg White Scramble Wrap	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  34%	Fat  35%	Fat  37%	Fat  37%	Fat  40%	Fat  39%
Carbs  33%	Carbs  33%	Carbs  33%	Carbs  30%	Carbs  30%	Carbs  25%	Carbs  23%
Protein  33%	Protein  33%	Protein  32%	Protein  33%	Protein  33%	Protein  35%	Protein  38%
Calories 2809	Calories 2819	Calories 2794	Calories 2797	Calories 2811	Calories 2798	Calories 2727
Fat 108g	Fat 109g	Fat 112g	Fat 117g	Fat 118g	Fat 124g	Fat 121g
Carbs 239g	Carbs 241g	Carbs 237g	Carbs 209g	Carbs 213g	Carbs 179g	Carbs 156g
Fiber 43g	Fiber 49g	Fiber 46g	Fiber 51g	Fiber 53g	Fiber 48g	Fiber 54g
Sugar 77g	Sugar 77g	Sugar 73g	Sugar 54g	Sugar 67g	Sugar 61g	Sugar 40g
Protein 236g	Protein 235g	Protein 224g	Protein 234g	Protein 235g	Protein 249g	Protein 259g

Fruits

- 3 Avocado
- 4 Banana
- 2 cups Blueberries
- 1 1/8 Lemon
- 2 3/4 tbsps Lemon Juice
- 2/3 Lime
- 2 1/2 tsps Lime Juice
- 1/2 Mango
- 2 cups Pineapple

Breakfast

- 2 1/2 tbsps Pumpkin Seed Butter

Seeds, Nuts & Spices

- 2 1/8 tsps Black Pepper
- 1/3 cup Cashews
- 1/2 tsp Chili Flakes
- 3 tbsps Chili Powder
- 1 1/8 tbsps Cumin
- 1 1/2 tsps Dried Thyme
- 1 1/2 tsps Garam Masala
- 1 1/4 tbsps Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/2 tsps Oregano
- 1 tsp Paprika
- 3 tbsps Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Turmeric

Frozen

- 7 Brown Rice Tortilla

Vegetables

- 2 cups Arugula
- 5 cups Asparagus
- 5 cups Baby Spinach
- 1/3 cup Basil Leaves
- 3 cups Broccoli
- 1 1/2 cups Butternut Squash
- 5 Carrot
- 1/4 head Cauliflower
- 3 cups Cauliflower Rice
- 14 1/2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 1/2 Cucumber
- 8 1/2 Garlic
- 1 1/3 tbsps Ginger
- 1 1/2 Green Bell Pepper
- 3/4 head Green Lettuce
- 5 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 2 cups Mushrooms
- 4 Red Bell Pepper
- 1 1/4 cups Red Onion
- 1/2 Sweet Onion
- 3/4 Sweet Potato
- 2 cups Swiss Chard
- 3 Tomato
- 2 tbsps Watermelon Radish
- 1/2 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 2 Yellow Potato

Boxed & Canned

- 7 1/16 fl ozs Bone Broth
- 3/4 cup Canned Coconut Milk
- 1 1/3 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 2 1/16 cups Fava Beans
- 1 1/16 cups Quinoa
- 12 ozs Sardines
- 2 1/4 tsps Tomato Paste

Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 8 ozs Chicken Breast
- 11 1/2 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 4 Cod Fillet
- 4 Corn Tortilla
- 6 ozs Deli Roast Beef
- 2 ozs Extra Lean Ground Beef
- 2 lbs Extra Lean Ground Turkey
- 1/4 cup Hummus
- 10 1/2 ozs Salmon Fillet
- 1 lb Shrimp
- 16 ozs Turkey Sausage
- 1 lb Veal Shank, Bone-In
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 2 tsps Coconut Aminos
- 2 tbsps Coconut Oil
- 1/4 cup Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Hot Sauce
- 2 tbsps Pesto
- 1 1/2 cups Pickle
- 2 cups Sauerkraut
- 2 1/16 tbsps Tahini

Cold

- 15 1/2 Egg
- 1 1/2 cups Egg Whites

Other

- 4 Barbecue Skewers
- 1 cup Chocolate Protein Powder
- 1/3 oz Collagen Powder
- 1/3 cup Dried Apricots
- 12 Nori Sheets
- 1/2 cup Pickled Green Tomato

-
- 3 1/2 cans Tuna
 - 1/2 cup Vegetable Broth

- 4 1/16 cups Water

Baking

- 1 tsp Arrowroot Powder
- 2 tbsps Coconut Flour
- 1 tbsp Honey
- 2/3 cup Nutritional Yeast
- 2 1/2 tbsps Oats
- 2 1/2 tbsps Pitted Dates
- 2 tbsps Raw Honey
- 2 1/3 ozs Unbleached All Purpose Flour
- 1/3 cup Unsweetened Shredded Coconut



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.



Breakfast Taco Nachos

4 servings

30 minutes

Ingredients

- 6 Brown Rice Tortilla (thawed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Water
- 4 Egg (fried)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Make it Vegan: Use quinoa or lentils instead of ground meat and omit the fried egg.

Additional Toppings: Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



Taco Breakfast Bowl

2 servings

30 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
 8 ozs Extra Lean Ground Turkey
 1 tbsp Chili Powder
 1/2 tsp Oregano
 1/2 tsp Cumin
 1/2 tsp Black Pepper
 1/2 tsp Sea Salt
 1/4 cup Water
 2 Egg (fried)
 2 cups Baby Spinach (chopped)
 1/2 Green Bell Pepper (diced)
 1/2 Tomato (diced)
 1/2 Avocado (mashed)

Nutrition

Amount per serving	
Calories	370
Fat	24g
Carbs	11g
Fiber	7g
Sugar	2g
Protein	31g

Directions

- Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- Fry your eggs and set aside.
- Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

Notes

Vegans and Vegetarians: Use lentils or quinoa instead of ground meat and omit the fried egg(s).

On-the-Go: Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.



Chicken & Sweet Potato Mash Snack Box

3 servings

15 minutes

Ingredients

- 3/4 Sweet Potato (medium, peeled, chopped)
- 7 1/2 ozs Chicken Breast, Cooked
- 3 tbsps Water
- 1 1/2 tbsps Lemon Juice (to taste)
- 1/3 tsp Sea Salt (to taste)
- 3/4 cup Cherry Tomatoes
- 3 stalks Celery
- 3 tbsps Pumpkin Seeds

Nutrition

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

Directions

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

Notes

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

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

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



Veggie Snack Plate

3 servings

5 minutes

Ingredients

- 3 stalks Celery (cut into sticks)
- 1 1/2 Carrot (medium, peeled and cut into sticks)
- 3/4 Red Bell Pepper (medium, cut into sticks)
- 1/3 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	31
Fat	0g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g

Directions

- 1 Place the vegetables on a plate and enjoy!

Notes

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

Serve it With: Hummus, guacamole, or your favorite dip.



Sausage & Sauerkraut Plate

4 servings
20 minutes

Ingredients

16 ozs Turkey Sausage
2 cups Sauerkraut (drained)
1/4 cup Dijon Mustard

Nutrition

Amount per serving	
Calories	204
Fat	9g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil.
- 2 Cook the sausage for 20 minutes or until browned and cooked through.
- 3 Slice the sausage and serve with the sauerkraut and dijon mustard. Enjoy!

Notes

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

More Flavor: Sauté the sauerkraut with onions and mushrooms.

Additional Toppings: Avocado, plain yogurt, potatoes, or mashed cauliflower.

Make it Vegan: Use vegan sausage instead.



Basil Pesto Hummus

4 servings

10 minutes

Ingredients

- 1 1/3 cups Chickpeas (cooked)
- 1/3 cup Basil Leaves (roughly chopped)
- 2/3 Lemon (juiced)
- 1/3 cup Water
- 2/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	92
Fat	1g
Carbs	16g
Fiber	4g
Sugar	3g
Protein	5g

Directions

- 1 Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or freeze for up to six months.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor: Use olive oil, avocado oil, broth and/or leftover liquid from the chickpeas instead of water.

Consistency: If hummus is too thick, add one tablespoon of cold water at a time.

Serving Size: One serving is approximately 1/3 of a cup



Meal Prep Chicken & Cilantro Lime Quinoa

1 serving
15 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 2 tbsps Cilantro (chopped)
- 1 tsp Lime Juice (to taste)
- 1/16 tsp Sea Salt (to taste)
- 2 cups Arugula (packed)
- 1 Carrot (small, chopped)
- 4 ozs Chicken Breast, Cooked (sliced)
- 1/2 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	366
Fat	7g
Carbs	35g
Fiber	6g
Sugar	4g
Protein	42g

Directions

- 1 Cook the quinoa according to the package directions and let cool.
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

Notes

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

More Flavor: Use balsamic vinegar or your dressing of choice.

Additional Toppings: Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



Hummus Beef Platter with Chips

1 serving
20 minutes

Ingredients

3/4 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (chopped)
2 ozs Extra Lean Ground Beef
Sea Salt & Black Pepper (to taste)
1 Brown Rice Tortilla (thawed and sliced into triangle chips)
1/4 cup Hummus
1/4 cup Cherry Tomatoes (quartered)
1/8 Cucumber (diced)

Nutrition

Amount per serving	
Calories	449
Fat	23g
Carbs	42g
Fiber	8g
Sugar	7g
Protein	20g

Directions

- 1 Preheat oven to 415F and line a baking sheet with parchment paper.
- 2 Heat olive oil in a large pan over medium heat. Add the onion and beef. Cook for 10-15 minutes, stirring occasionally until cooked through. Season with salt and pepper.
- 3 Transfer tortilla slices to the baking sheet and bake for 5 minutes.
- 4 Spread hummus onto a serving plate and top with the cooked beef, tomatoes and cucumber. Serve with the brown rice tortilla chips. Enjoy!

Notes

Vegan / Vegetarian: Use lentils, sauteed red peppers or mushrooms instead of beef.
Leftovers: Keep covered in the fridge up to three days. Store the chips at room temperature and crisp back up in the oven if necessary.



Apricot Oat Energy Balls

5 servings

1 hour

Ingredients

2 1/2 tbsps Unsweetened Shredded Coconut (divided)
 1/3 cup Dried Apricots
 2 1/2 tbsps Pitted Dates
 2 1/2 tbsps Oats (rolled)
 2 1/2 tbsps Pumpkin Seed Butter
 1 1/4 tbsps Hemp Seeds
 1/3 oz Collagen Powder
 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	129
Fat	8g
Carbs	12g
Fiber	2g
Sugar	7g
Protein	5g

Directions

- 1 Add half of the shredded coconut to a small bowl and set aside.
- 2 Add the remaining ingredients to a food processor and process until a sticky consistency is achieved.
- 3 Roll the batter into balls, with approximately two tablespoons of batter for each, until all of the batter is used up.
- 4 Roll each ball in the remaining shredded coconut to coat and transfer the balls onto a parchment-lined baking sheet. Transfer the baking sheet to the fridge to set for at least 30 minutes. Enjoy!

Notes

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

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

More Flavor: Add cinnamon and vanilla.

Make it Vegan: Use plant-based protein in place of the collagen powder.



Pickled Green Tomatoes & Tuna Lettuce Wraps

3 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

Serving Size: One serving equals approximately three stuffed lettuce wraps

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

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

No Pickled Green Tomatoes: Use sauerkraut instead.



Roast Beef & Pickle Rollups

4 servings

5 minutes

Ingredients

1 1/2 cups Pickle (halved lengthwise)
6 ozs Deli Roast Beef

Nutrition

Amount per serving	
Calories	63
Fat	2g
Carbs	1g
Fiber	1g
Sugar	1g
Protein	10g

Directions

- 1 Wrap each pickle half in a slice or two of deli roast beef. Enjoy!

Notes

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

Serving Size: One serving equals approximately one rollup.

More Flavor: Add a bit of mayonnaise.

Additional Toppings: Add mixed greens or sprouts.



Tuna Nori Wraps

4 servings

15 minutes

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smaller, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

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



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.



Pesto Chicken Bake

2 servings

20 minutes

Ingredients

- 8 ozs Chicken Breast (boneless, skinless)
- 2 tbsps Pesto
- 1/2 Tomato (sliced)

Nutrition

Amount per serving	
Calories	206
Fat	9g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	27g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Cut each breast in half to make thin slices like cutlets. Transfer to the baking sheet and top each slice with pesto and tomato slices. Bake for 12 to 15 minutes or until cooked through. Enjoy!

Notes

No Pesto: Use hummus instead.

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



Green Poutine

2 servings

45 minutes

Ingredients

2 Yellow Potato (medium)
 2 cups Asparagus
 2 tbsps Extra Virgin Olive Oil (divided)
 2 cups Mushrooms (sliced)
 1/4 Yellow Onion (medium, diced)
 1 Garlic (clove, minced)
 1 1/2 tsps Dried Thyme
 1/2 cup Vegetable Broth
 1 tsp Arrowroot Powder
 1 cup Butternut Squash (peeled and cubed)
 1/2 cup Water
 1/4 cup Cashews
 1/2 cup Nutritional Yeast
 1/2 Lemon (juiced)
 1/2 tsp Paprika
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Shrimp & Mango Coconut Curry

2 servings

30 minutes

Ingredients

8 ozs Shrimp (raw, peeled)
 1/8 Lime (juiced)
 1/8 tsp Sea Salt
 1/8 tsp Black Pepper
 1 1/2 tsps Extra Virgin Olive Oil
 1/2 Sweet Onion (diced)
 2 Garlic (cloves, minced)
 1 1/2 tsps Ginger (grated)
 1 1/2 tsps Garam Masala
 1/4 tsp Turmeric
 1 1/2 tsps Cumin
 1 Tomato (diced)
 3/4 cup Canned Coconut Milk
 2 cups Broccoli (chopped into small florets)
 1/2 Mango (peeled and sliced into strips)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	423
Fat	21g
Carbs	33g
Fiber	6g
Sugar	18g
Protein	29g

Directions

- 1 Marinate shrimp in a bowl with lime, salt and pepper. Cover and let sit in the fridge.
- 2 Heat olive oil in a large skillet over medium heat. Saute your onion until soft, about 5 minutes. Stir in garlic and ginger until fragrant.
- 3 Stir in garam masala, turmeric and cumin until everything is coated.
- 4 Add diced tomato and coconut milk. Bring to a simmer and add broccoli. Cook until tender, about 10 to 15 minutes. Add shrimp and simmer until cooked through, about 5 minutes.
- 5 Stir in sliced mango and garnish with optional toppings. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Freeze if longer.

Garnish With: Chopped cilantro, parsley, red pepper flakes or toasted cashews.

Serve it With: Quinoa, couscous, brown rice or cauliflower rice.

No Coconut Milk: Use Greek yogurt or cashew cream instead. Or use almond milk and thicken with arrowroot powder.

Meat Lover: Swap the shrimp for chicken, beef or pork.

Make it Vegan: Swap the shrimp for chickpeas, lentils, edamame, peas, eggplant, cauliflower or snap peas.

Serving Size: One serving is approximately one cup.



Shrimp & Onion Fritters

2 servings

25 minutes

Ingredients

2 1/3 ozs Unbleached All Purpose Flour
 1/3 cup Water
 1 Egg
 1/2 tsp Chili Flakes
 Sea Salt & Black Pepper
 8 ozs Shrimp (peeled, deveined)
 1/3 cup Red Onion (thinly sliced)
 1 stalk Green Onion (thinly sliced)
 1 1/2 tbsps Extra Virgin Olive Oil
 2 tbsps Cilantro (optional for garnish)

Nutrition

Amount per serving	
Calories	355
Fat	13g
Carbs	28g
Fiber	1g
Sugar	2g
Protein	30g

Directions

- 1 In a bowl, whisk together the flour, water, egg, chili flakes, salt, and pepper until smooth.
- 2 Add in the shrimp, red onion, and green onion and stir well.
- 3 Heat the oil in a large non-stick skillet over medium heat. Scoop roughly 1 1/2 tbsp of batter into the skillet per fritter. Cook for about 15 minutes flipping halfway through, until the fritters are golden brown.
- 4 Divide the fritters evenly between plates, top with cilantro if using, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately six fritters.

More Flavor: Add bean sprouts to the batter.

Dipping sauce: Serve with cilantro sauce or sweet chili sauce if desired.



Pan Seared Cod with Cauliflower Rice

2 servings

20 minutes

Ingredients

- 2 Cod Fillet
- 1 1/2 tsps Ginger (fresh, minced)
- 2 tsps Coconut Aminos
- 2 tbsps Avocado Oil (divided)
- 3 cups Cauliflower Rice
- 1 1/2 tsps Lime Juice
- 3 stalks Green Onion (green and white parts divided, sliced)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	356
Fat	16g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	44g

Directions

- 1 In a small bowl, add the cod along with the ginger, coconut aminos and half of the avocado oil. Let it sit while you prepare the cauliflower rice.
- 2 In a skillet over medium heat. Add the remaining avocado oil and then the cauliflower rice. Sauté for 5 to 7 minutes. Add the lime juice to the rice and stir. Remove the rice and set aside.
- 3 In the same skillet over medium-high heat, add the cod along with the marinade. Ensure the cod is skin side down. Cook for 2 to 3 minutes until the bottom is browned. Add the white parts of the green onion and cook for an additional 3 to 4 minutes. Flip the cod over and cook for 1 minute more. Remove from heat.
- 4 Divide the cauliflower rice onto plates and top with the cod. Garnish with the sliced green part of the onion. Top with the salt and enjoy!

Notes

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

Additional Toppings: Add cooked veggies like mushrooms, bell peppers and/or broccoli. Top with sesame seeds.

More Flavor: Drizzle olive oil over the finished dish to highlight the flavors.

No Coconut Aminos: Use tamari or soy sauce instead.

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



Egyptian Fava Beans with Tahini

2 servings

15 minutes

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

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

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Turkey Quinoa Swiss Chard Rolls

2 servings

1 hour

Ingredients

- 1/3 cup Quinoa (uncooked)
- 1/2 cup Water
- 8 ozs Extra Lean Ground Turkey
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Crushed Tomatoes
- 2 cups Swiss Chard (washed and stems cut off)

Nutrition

Amount per serving	
Calories	339
Fat	12g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	29g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Slow Cooker Version: Place rolls and sauce in slow cooker and cook on low for 4 hours.

No Quinoa: Use brown rice.



Pineapple Salmon Skewers

2 servings

15 minutes

Ingredients

- 10 1/2 ozs Salmon Fillet (cut into 1-inch cubes)
- 2 cups Pineapple (cut into 1-inch cubes)
- 4 Barbecue Skewers
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Honey
- 1 tbsp Lemon Juice
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (fresh, grated)
- 1/2 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 1 stalk Green Onion (optional, garnish)

Nutrition

Amount per serving	
Calories	453
Fat	23g
Carbs	32g
Fiber	3g
Sugar	25g
Protein	31g

Directions

- 1 Thread the salmon and pineapple onto the skewers.
- 2 In a small bowl, whisk together the oil, honey, lemon juice, garlic, ginger, red pepper flakes, sea salt, and pepper. Brush the marinade onto the skewers.
- 3 Grill the skewers for eight to ten minutes, or until the salmon is cooked through. Garnish with sliced green onion and enjoy!

Notes

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

Serving Size: One serving is equal to two 10-inch skewers.

More Flavor: Add paprika and garlic powder to the marinade.

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

No Grill: Bake the skewers in the oven at 400°F (205°C) for ten minutes or until the salmon is cooked through.



Osso Buco

2 servings

4 hours

Ingredients

1 lb Veal Shank, Bone-in
 Sea Salt & Black Pepper (to taste)
 1 1/2 tsps Extra Virgin Olive Oil
 1/2 Yellow Onion (medium, finely chopped)
 1/2 Carrot (peeled, finely chopped)
 1/2 stalk Celery (finely chopped)
 2 1/4 tsps Tomato Paste
 7 1/16 fl ozs Bone Broth (plus more if necessary)

Nutrition

Amount per serving	
Calories	386
Fat	17g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	50g

Directions

- 1 Season the veal shanks generously with salt and pepper.
- 2 Heat the oil in a dutch oven or heavy-bottomed pot. Brown the veal shanks on all sides, in batches if necessary, about 15 to 20 minutes. Transfer them to a plate and set them aside.
- 3 Add the onion, carrot, and celery to the pot. Sauté for about five minutes. Add the tomato paste, cook for another two to three minutes, stirring occasionally. Season with salt and pepper.
- 4 Add broth and place the veal shanks back into the pot. Bring to a boil, then turn the heat down to a simmer. Cover with a lid and cook for three to four hours or until the meat is completely cooked through. Check every hour and add more broth if necessary.
- 5 Adjust the seasoning to your taste. Divide between plates 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 garlic, thyme, rosemary, bay leaves, and/or white wine.

Additional Toppings: Chopped parsley.

Serve it With: Serve with rice, risotto, mashed or roasted potatoes, or your favorite vegetables.



Coconut Cod Tacos

2 servings

35 minutes

Ingredients

- 1/2 Egg
- 1/4 cup Unsweetened Shredded Coconut
- 2 tbsps Coconut Flour
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 Cod Fillet (cut into small pieces)
- 4 Corn Tortilla
- 1/2 Yellow Bell Pepper (sliced thinly)
- 2 tbsps Watermelon Radish (thinly sliced)
- 1/2 Lime (juiced)
- 2 tbsps Cilantro (optional, roughly chopped)
- 1/2 Avocado (cubed)

Nutrition

Amount per serving	
Calories	447
Fat	18g
Carbs	43g
Fiber	10g
Sugar	2g
Protein	27g

Directions

- 1 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 3 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 4 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

Notes

Leftovers: Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

Serving Size: One serving is equal to two tacos.

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

No Tortillas: Use lettuce as a wrap.

No Watermelon Radish: Omit or use regular radish.

Likes it Spicy: Add hot sauce or cayenne pepper to the assembled tacos.

Likes it Saucy: Drizzle the assembled tacos with mayonnaise or sour cream.



Seared Cod with Bacon & Kale

1 serving
20 minutes

Ingredients

- 2 slices Bacon (chopped)
- 1 Cod Fillet
- 1/2 Red Bell Pepper (sliced)
- 2 cups Kale Leaves (roughly chopped)
- 1 tsp Lemon Juice
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	441
Fat	23g
Carbs	6g
Fiber	3g
Sugar	3g
Protein	51g

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
- 2 Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
- 3 Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!

Notes

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

More Flavor: Add minced garlic to the veggies.

No Pork: Use turkey bacon instead.

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



Cheesy Cauliflower & Broccoli Casserole

1 serving

1 hour

Ingredients

- 1/2 cup Butternut Squash (peeled, seeded and cubed)
- 1/4 Yellow Onion (medium, diced)
- 1/2 Garlic (cloves, minced)
- 2 tbsps Water
- 1/4 head Cauliflower (medium, chopped into florets)
- 1 cup Broccoli (chopped into florets)
- 2 tbsps Cashews
- 2 tbsps Nutritional Yeast
- 1/8 tsp Sea Salt
- 1/16 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.



Egg White Scramble Wrap

3 servings

10 minutes

Ingredients

3/4 Red Bell Pepper (medium, finely chopped)
 1/3 cup Red Onion (finely chopped)
 1/2 cup Water
 3 cups Baby Spinach (chopped)
 1 1/2 tsps Extra Virgin Olive Oil
 1 1/2 cups Egg Whites
 Sea Salt & Black Pepper (to taste)
 3 Whole Wheat Tortilla
 1 1/2 tsps Hot Sauce (optional, or to taste)

Nutrition

Amount per serving	
Calories	233
Fat	7g
Carbs	24g
Fiber	6g
Sugar	4g
Protein	19g

Directions

- 1 Add the pepper, onion, and water to a non-stick pan over medium heat. Cook for about five minutes or until the peppers and onion begin to soften. Add the spinach and cook until just wilted, about one to two minutes. Move the vegetables to one side of the pan.
- 2 Add the oil to the other side of the pan. Pour in the egg whites and scramble until the eggs have set, then incorporate the vegetables into the eggs whites. Season with salt and pepper to taste.
- 3 Place the egg white scramble on the whole wheat tortilla and top with the hot sauce (if using). Enjoy!

Notes

Leftovers: Refrigerate eggs in an airtight container for up to three days. Assemble wrap just before serving.

No Egg Whites: Use whole eggs instead.

No Hot Sauce: Use salsa or sriracha instead.

No Spinach: Use kale instead.

No Bell Pepper: Use tomatoes or mushrooms instead.



Sardine Salad with Peppers, Celery & Blueberries

4 servings

10 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

No Sardines: Use canned tuna instead.

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