




















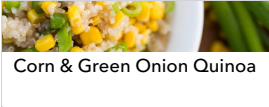
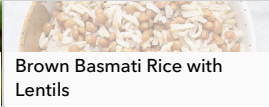

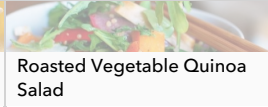
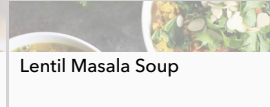
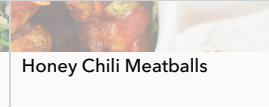
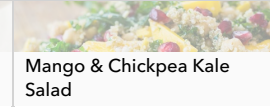







































2900 calories, glutenfree

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	1.5 Cinnamon Green Smoothie	1.5 Cinnamon Green Smoothie	Cinnamon Green Smoothie	Mango Lime Smoothie	Mango Lime Smoothie	0.5 Lentil Salsa with Toast	0.5 Lentil Salsa with Toast
Snack 1							
	Cottage Cheese with Cherries	Cottage Cheese with Cherries	Cottage Cheese with Cherries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries
Lunch							
	Tuna & Cucumber Sandwich	Everything Bagel Salmon & Veggies	Quinoa-Crusted Chicken 'Parm' with Salsa	Baked Salmon with Broccoli & Quinoa	Jerk Spiced Pulled Pork Tacos	Healthy Fish n' Chips	Sheet Pan Moroccan Style Chicken & Cauliflower
Snack 2							
	Yogurt & Pomegranate	Yogurt & Pomegranate	Yogurt & Pomegranate	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie
Dinner							
	Everything Bagel Salmon & Veggies	Quinoa-Crusted Chicken 'Parm' with Salsa	Baked Salmon with Broccoli & Quinoa	Jerk Spiced Pulled Pork Tacos	Healthy Fish n' Chips	Sheet Pan Moroccan Style Chicken & Cauliflower	Sesame Beef & Brown Rice
Snack 3							
	Cottage Cheese & Orange	Cottage Cheese & Orange	Cottage Cheese & Orange	Peach Cobbler Smoothie	Peach Cobbler Smoothie	Peach Cobbler Smoothie	Peach Cobbler Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  27%	Fat  25%	Fat  29%	Fat  29%	Fat  31%	Fat  35%	Fat  33%
Carbs  43%	Carbs  43%	Carbs  39%	Carbs  42%	Carbs  40%	Carbs  36%	Carbs  39%
Protein  30%	Protein  32%	Protein  32%	Protein  29%	Protein  29%	Protein  29%	Protein  28%
Calories 2786	Calories 2852	Calories 2760	Calories 2783	Calories 2710	Calories 2834	Calories 2795
Fat 86g	Fat 81g	Fat 89g	Fat 92g	Fat 94g	Fat 115g	Fat 107g
Carbs 310g	Carbs 309g	Carbs 275g	Carbs 299g	Carbs 279g	Carbs 262g	Carbs 282g
Fiber 41g	Fiber 49g	Fiber 44g	Fiber 63g	Fiber 57g	Fiber 65g	Fiber 64g
Sugar 103g	Sugar 98g	Sugar 91g	Sugar 101g	Sugar 123g	Sugar 114g	Sugar 103g
Protein 214g	Protein 234g	Protein 224g	Protein 202g	Protein 197g	Protein 209g	Protein 201g

## Fruits

- 1 1/3 Avocado
- 4 Banana
- 2 cups Blueberries
- 2 1/4 cups Cherries
- 4 3/4 Lemon
- 2 1/2 Lime
- 1 1/8 tbsps Lime Juice
- 1/2 Mango
- 3 Navel Orange
- 4 Peach
- 1 3/4 cups Pomegranate Seeds

## Breakfast

- 1 1/2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1/16 tsp Chili Flakes
- 1 1/4 tbsps Chili Powder
- 1 tsp Cinnamon
- 1/2 tsp Cumin
- 1/3 tsp Everything Bagel Seasoning
- 1 1/2 tsps Garam Masala
- 1 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/8 tsp Ground Mustard
- 1 1/8 tbsps Jerk Seasoning
- 1 tsp Moroccan Spice Blend
- 1 tsp Onion Powder
- 1/2 tsp Oregano
- 1/3 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 1/2 tsp Turmeric

## Frozen

- 6 cups Frozen Cauliflower

## Vegetables

- 1 cup Arugula
- 8 cups Baby Spinach
- 4 cups Broccoli
- 1 bunch Broccolini
- 1/2 head Cauliflower
- 8 stalks Celery
- 3/4 cup Cilantro
- 1/3 Cucumber
- 4 Garlic
- 1/16 tsp Ginger
- 1/2 Green Bell Pepper
- 1/8 head Green Lettuce
- 1 stalk Green Onion
- 3 cups Kale Leaves
- 1 1/2 Leeks
- 2 cups Mini Potatoes
- 2 tbsps Mint Leaves
- 1/2 cup Purple Cabbage
- 2 3/4 Red Bell Pepper
- 1 1/3 cups Red Onion
- 2 tbsps Sunflower Sprouts
- 3 1/2 Sweet Potato
- 1/2 Tomato
- 2 tbsps Watermelon Radish
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion

## Boxed & Canned

- 1/3 cup Brown Basmati Rice
- 1/4 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 1 cup Chickpeas
- 1/2 cup Corn
- 1 1/2 cups Diced Tomatoes
- 1/3 cup Dry Lentils
- 1/2 cup Dry Red Lentils
- 3/4 cup Green Lentils
- 1 1/2 cups Quinoa
- 1 1/4 cups Salsa

## Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 12 ozs Chicken Thighs
- 1 Cod Fillet
- 8 Corn Tortilla
- 4 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 3 slices Gluten-Free Bread
- 10 2/3 ozs Pork Shoulder, Boneless
- 2 1/3 lbs Salmon Fillet
- 6 ozs Tofu

## Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 1 1/4 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 2 tbsps Mayonnaise
- 2 Rice Paper Wraps
- 1/2 tsp Sesame Oil
- 2 tbsps Tamari

## Cold

- 1 tbsp Butter
- 8 cups Cottage Cheese
- 3 Egg
- 5 cups Oat Milk
- 3 cups Plain Coconut Milk
- 3 cups Plain Greek Yogurt
- 6 cups Unsweetened Almond Milk
- 3 cups Unsweetened Cashew Milk

## Other

- 2 1/2 cups Vanilla Protein Powder
- 3 cups Water

- 2 cups Frozen Mango
- 4 cups Frozen Raspberries

- 12 ozs Sardines
- 2 1/2 tbsps Tomato Paste
- 1 can Tuna
- 3 1/3 cups Vegetable Broth

### Baking

- 2 tbsps Coconut Flour
- 3/4 tsp Coconut Sugar
- 2 1/4 tps Honey
- 1/2 cup Oats
- 1/4 cup Pitted Dates
- 2 tbsps Raw Honey
- 1/4 cup Unsweetened Shredded Coconut



## Cinnamon Green Smoothie

4 servings

10 minutes

### Ingredients

- 5 cups Oat Milk (unsweetened, plain)
- 4 Banana (medium)
- 4 cups Baby Spinach
- 1/8 head Green Lettuce (separated into leaves and washed)
- 1 cup Vanilla Protein Powder
- 1 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	349
Fat	7g
Carbs	50g
Fiber	7g
Sugar	23g
Protein	25g

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

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

**More Flavor:** Add grated ginger.

**No Spinach:** Use kale instead.

**No Protein Powder:** Add a few spoonfuls of hemp seeds instead.



## Mango Lime Smoothie

2 servings

5 minutes

### Ingredients

- 2 cups Frozen Mango
- 2 cups Frozen Cauliflower
- 2 Lime (large, zest and juice)
- 1/2 cup Vanilla Protein Powder
- 3 cups Plain Coconut Milk (unsweetened, from the carton)

### Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g

### Directions

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

### Notes

**Additional Toppings:** Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

**No Coconut Milk:** Use almond or oat milk.

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



## 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.



## 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.



## Cottage Cheese with Cherries

3 servings

5 minutes

### Ingredients

- 3 cups Cottage Cheese
- 2 1/4 cups Cherries (pitted)

### Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g

### Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt or oatmeal instead.

**Additional Toppings:** Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



## 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.



## Tuna & Cucumber Sandwich

1 serving  
10 minutes

### Ingredients

- 1 can Tuna
- 2 tbsps Mayonnaise
- 2 slices Gluten-Free Bread (toasted)
- 1/4 Cucumber (sliced)
- 2 tbsps Sunflower Sprouts (optional)

### Nutrition

Amount per serving	
Calories	501
Fat	28g
Carbs	28g
Fiber	3g
Sugar	6g
Protein	37g

### Directions

- 1 In a small bowl add the tuna and mayonnaise. Mix together until well combined.
- 2 Add the tuna to one piece of the toast and top with cucumber and sprouts, if using. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate leftover tuna in an airtight container for up to three days. For best results, construct sandwich just before enjoying.

**More Flavor:** Add additional spices or herbs such as cayenne, cumin, dill or garlic.

**Additional Toppings:** Add sliced avocado or tomato.

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

**No Mayonnaise:** Use hummus or yogurt instead of mayonnaise.

**No Sunflower Sprouts:** Use alfalfa sprouts instead.



## Corn & Green Onion Quinoa

1 serving  
15 minutes

### Ingredients

- 1/4 cup Quinoa (dry)
- 1/2 cup Water
- 1/2 cup Corn
- 1 stalk Green Onion
- 3/4 tsp Tamari (or Coconut Aminos)

### Nutrition

Amount per serving	
Calories	234
Fat	4g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	9g

### Directions

- 1 Combine the quinoa and water in a pot and bring to a boil over high heat. Once boiling, reduce heat to a simmer. Cover and let simmer for 12 to 15 minutes.
- 2 Fluff the cooked quinoa with a fork and transfer to a mixing bowl. Add the corn, green onion and tamari. Toss well to mix and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 4 days or freeze up to 1 month.

**No Quinoa:** Use rice or cauliflower rice instead

**Serve it With:** Add to a stir fry or stir in edamame, tofu, or tempeh for added protein.

**Freezer Tip:** Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



## Yogurt & Pomegranate

3 servings

5 minutes

### Ingredients

- 3 cups Plain Greek Yogurt
- 1 1/2 cups Pomegranate Seeds

### Nutrition

Amount per serving	
Calories	241
Fat	6g
Carbs	25g
Fiber	3g
Sugar	15g
Protein	23g

### Directions

- 1 Top the yogurt with pomegranate seeds and enjoy!

### Notes

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

**Dairy-Free:** Use a dairy-free yogurt like coconut, almond, or cashew.

**Additional Toppings:** Add hemp seeds, nuts, pumpkin seeds, shredded coconut, or more fruit.



## Raspberry Zinger Smoothie

4 servings  
10 minutes

### Ingredients

4 cups Frozen Cauliflower  
4 cups Frozen Raspberries  
4 Lemon (juiced)  
1 cup Vanilla Protein Powder  
1/4 cup Chia Seeds  
6 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



## Everything Bagel Salmon & Veggies

2 servings

30 minutes

### Ingredients

- 2 cups Mini Potatoes (halved)
- 1 tbsp Butter (melted, divided)
- 1/2 tsp Sea Salt (divided)
- 12 ozs Salmon Fillet
- 1 bunch Broccolini (trimmed)
- 1/3 tsp Everything Bagel Seasoning

### Nutrition

Amount per serving	
Calories	462
Fat	18g
Carbs	33g
Fiber	9g
Sugar	3g
Protein	45g

### Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the potatoes with half the melted butter and half the salt and mix well. Transfer to the baking sheet and bake for 10 minutes.
- 3 Meanwhile, drizzle the remaining melted butter and salt amongst the salmon and the broccolini. Coat the salmon with the everything bagel seasoning.
- 4 Transfer the broccolini and salmon to the baking sheet with the potatoes and place in the oven for 13 to 16 minutes, until the salmon is cooked through. Divide between plates and enjoy!

### Notes

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

**No Salmon:** Use another fish, like trout, instead.

**More Flavor:** Serve with lemon wedges.

**No Broccolini:** Use broccoli instead.



## Brown Basmati Rice with Lentils

2 servings

1 hour

### Ingredients

- 1/3 cup Brown Basmati Rice (uncooked)
- 1/3 cup Dry Lentils
- 1 1/3 cups Vegetable Broth

### Nutrition

Amount per serving	
Calories	271
Fat	1g
Carbs	54g
Fiber	5g
Sugar	2g
Protein	12g

### Directions

- 1 Combine the brown basmati rice, lentils, and broth together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce the heat to a simmer and cover with a lid. Let simmer for 50 minutes. Do not stir or lift the lid during this time.
- 2 Remove from heat and let it sit with the lid on for five minutes. Fluff with a fork and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days, or in the freezer for up to six months.

**Serving Size:** One serving equals approximately one cup.

**More Flavor:** Season with salt, spices and fresh herbs once cooked.

**Save Time:** Use cooked lentils from the can and stir with leftover brown basmati rice.

**No Brown Basmati Rice:** Use jasmine rice instead and adjust the cooking time and water ratio accordingly.

**Too Watery:** Remove the lid and cook on low for five to 10 minutes. Cover with a lid and let it rest for another five minutes before serving.



## Quinoa-Crusted Chicken 'Parm' with Salsa

2 servings

30 minutes

### Ingredients

3 tbsps Ground Flax Seed  
 1/3 cup Water  
 1 tsp Garlic Powder  
 1 tsp Onion Powder  
 1/2 tsp Sea Salt  
 1/3 cup Quinoa (dry)  
 10 ozs Chicken Breast (boneless, skinless, sliced horizontally)  
 1/2 cup Salsa

### Nutrition

Amount per serving	
Calories	354
Fat	9g
Carbs	28g
Fiber	6g
Sugar	3g
Protein	39g

### Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a shallow bowl, combine the flax, water, garlic powder, onion powder, and salt. Set it aside to thicken for five minutes.
- 3 Cook the quinoa according to the directions on the package.
- 4 Pat the sliced chicken dry and coat in the flax mixture. Let the excess drip off, then transfer the chicken to the quinoa mixture. Press the quinoa into the chicken with your hands until completely coated. Transfer to a baking sheet and repeat for the remaining chicken.
- 5 Bake for 20 minutes, or until golden brown. Remove from oven, spread salsa overtop and bake for 5 more minutes or until cooked through. Enjoy!

### Notes

**Serve it With:** Brown rice spaghetti, garlic bread, roasted veggies or salad.

**No Salsa:** Use homemade salsa, or a favourite store-bought marinara or pasta sauce instead.

**Real Cheese Lover:** Place sliced mozzarella over salsa and set oven to high broil for the remaining 3 minutes.

**Leftovers:** Refrigerate in an air-tight container up to 3 days.



## 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.



## Baked Salmon with Broccoli & Quinoa

2 servings

20 minutes

### Ingredients

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

### Nutrition

Amount per serving	
Calories	480
Fat	19g
Carbs	40g
Fiber	8g
Sugar	3g
Protein	39g

### Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 3 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 4 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 5 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

### Notes

**Leftovers:** Store covered in the fridge up to 2 days.

**Speed it Up:** Cook the quinoa ahead of time.

**Vegan:** Use tofu steaks instead of salmon fillets.



## Roasted Vegetable Quinoa Salad

2 servings

1 hour

### Ingredients

5 ozs Salmon Fillet (oven baked)  
 1/2 Sweet Potato (diced into 1 inch cubes)  
 1/2 Red Bell Pepper (diced)  
 1/2 cup Red Onion (diced)  
 1 1/2 Leeks (chopped)  
 1 Garlic (cloves, peeled and halved)  
 1 1/2 tsps Extra Virgin Olive Oil  
 1/2 tsp Red Pepper Flakes  
 1/4 cup Quinoa (uncooked)  
 1/2 cup Water  
 1 cup Arugula  
 2 tbsps Mint Leaves  
 2 tbsps Feta Cheese (crumbled)  
 1/2 Lemon (juiced)  
 Sea Salt & Black Pepper (to taste)

### Directions

- 1 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 2 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 3 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 4 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!

### Nutrition

Amount per serving	
Calories	336
Fat	12g
Carbs	38g
Fiber	5g
Sugar	7g
Protein	21g



## Jerk Spiced Pulled Pork Tacos

2 servings

1 hour 5 minutes

### Ingredients

- 10 2/3 ozs Pork Shoulder, Boneless (cut into large chunks)
- 1 1/8 tbsps Jerk Seasoning
- 2 2/3 tbsps Water
- 4 Corn Tortilla
- 1/3 Avocado (sliced)
- 2 2/3 tbsps Red Onion (sliced thin)
- 1 3/4 tbsps Cilantro (roughly chopped)
- 2 tsps Lime Juice

### Nutrition

Amount per serving	
Calories	410
Fat	11g
Carbs	36g
Fiber	4g
Sugar	1g
Protein	37g

### Directions

- 1 Add the pork shoulder to a large bowl and season well with the jerk seasoning, using your hands to rub it in.
- 2 Place the pork and water in your pressure cooker. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release. Remove the pork and place in a bowl. Shred it with two forks.
- 3 Place the pork into a tortilla and top with avocado, onion and cilantro. Drizzle with lime juice. Serve and enjoy!

### Notes

**Leftovers:** Store ingredients separately in airtight containers in the fridge for up to 3 days. Assemble tacos just before eating.

**Serving Size:** One serving is equal to two tacos.

**Additional Toppings:** Diced mango or pineapple.



## Lentil Masala Soup

2 servings

30 minutes

### Ingredients

- 3/4 tsp Coconut Oil
- 1/4 cup Red Onion (finely diced)
- 2 Garlic (cloves, minced)
- 1/2 tsp Turmeric
- 1 1/2 tsps Garam Masala
- 1/2 tsp Sea Salt
- 1/2 cup Cilantro (finely diced)
- 2 cups Vegetable Broth
- 1 1/2 cups Diced Tomatoes
- 1/2 cup Dry Red Lentils
- 1/2 cup Canned Coconut Milk (full fat)
- 2 cups Kale Leaves (finely sliced)

### Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

### Notes

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

**Additional Toppings:** Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



## Healthy Fish n' Chips

2 servings

1 hour

### Ingredients

- 10 ozs Salmon Fillet
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 2 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	411
Fat	16g
Carbs	34g
Fiber	5g
Sugar	12g
Protein	32g

### Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

### Notes

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



## Honey Chili Meatballs

2 servings

30 minutes

### Ingredients

- 8 ozs Extra Lean Ground Chicken
- 1/4 Yellow Onion (medium, chopped)
- 1 Garlic (cloves, minced)
- 1/2 Egg
- 1/2 tsp Sea Salt (divided)
- 1/8 tsp Black Pepper
- 1 tbsp Coconut Oil
- 1/4 cup Chicken Broth
- 2 1/2 tbsps Tomato Paste
- 2 tbsps Raw Honey
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Chili Powder
- 1/8 tsp Paprika
- 1/8 tsp Ground Mustard

### Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

### Notes

**Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

**Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

**Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

**Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.

**Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



## Sheet Pan Moroccan Style Chicken & Cauliflower

2 servings

40 minutes

### Ingredients

- 12 ozs Chicken Thighs (boneless, skinless)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Moroccan Spice Blend (divided)
- 1/2 head Cauliflower (small, chopped into florets)
- 1 Sweet Potato (small, chopped)

### Nutrition

Amount per serving	
Calories	388
Fat	18g
Carbs	20g
Fiber	5g
Sugar	6g
Protein	37g

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a large baking sheet with parchment paper (or use two smaller baking trays if needed).
- 2 In a large bowl, toss the chicken thighs with half the oil and Moroccan spice blend. Toss to coat, making sure the chicken is well coated. Transfer to the baking sheet.
- 3 In the same bowl, combine the cauliflower and sweet potatoes and drizzle in the remaining oil and spice blend and mix together using your hands to coat well. Transfer to the baking sheet, making sure to space them out.
- 4 Place in the oven to bake for 30 to 35 minutes, until the chicken is cooked through and the veggies are slightly browned and crispy. Divide onto plates and enjoy!

### Notes

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

**More Flavor:** Top with fresh herbs such as mint and/or parsley.

**Additional Toppings:** Serve with Greek yogurt or a tahini dressing.

**No Moroccan Spice:** Use a combination of paprika, turmeric, cinnamon, ginger, and cumin.



## Mango & Chickpea Kale Salad

2 servings

20 minutes

### Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/4 cup Pomegranate Seeds
- 1/2 Mango (peeled and thinly sliced)

### Nutrition

Amount per serving	
Calories	362
Fat	11g
Carbs	57g
Fiber	10g
Sugar	22g
Protein	12g

### Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
- 2 Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

### Notes

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

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

**No Mango:** Use peach, nectarine, orange or clementine slices instead.



## Sesame Beef & Brown Rice

1 serving  
35 minutes

### Ingredients

- 1/4 cup Brown Rice (dry, uncooked)
- 2 1/4 tsps Tamari
- 3/4 tsp Coconut Sugar
- 1/2 tsp Sesame Oil
- 1/16 tsp Ginger (ground)
- 1/16 tsp Chili Flakes
- 4 ozs Extra Lean Ground Beef
- 1 tbsp Cilantro (for topping, chopped)
- 3/4 tsp Sesame Seeds (optional, for topping)

### Nutrition

Amount per serving	
Calories	418
Fat	16g
Carbs	39g
Fiber	2g
Sugar	3g
Protein	28g

### Directions

- 1 Cook the rice according to the directions on the package.
- 2 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 3 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 4 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

### Notes

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

**Additional Toppings:** Add sautéed vegetables on the side.

**No Cilantro:** Use green onions instead or completely omit.



## Tofu Veggie Summer Rolls

1 serving

15 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

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



## Cottage Cheese & Orange

3 servings

5 minutes

### Ingredients

- 3 Navel Orange (large, chopped)
- 3 cups Cottage Cheese

### Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g

### Directions

- 1 Serve the chopped orange with the cottage cheese. Enjoy!

### Notes

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



## Peach Cobbler Smoothie

4 servings

5 minutes

### Ingredients

- 3 cups Unsweetened Cashew Milk
- 4 Peach (pitted)
- 1/2 cup Oats (quick or rolled)
- 2 cups Cottage Cheese
- 1/4 cup Pitted Dates
- 2 tsps Cinnamon

### Nutrition

Amount per serving	
Calories	256
Fat	8g
Carbs	33g
Fiber	5g
Sugar	21g
Protein	15g

### Directions

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

### Notes

**Dairy-Free:** Use coconut yogurt instead of cottage cheese.

**No Cashew Milk:** Use almond, rice, coconut or your choice of alternative milk instead.

**No Dates:** Sweeten with maple syrup, honey or banana instead.

**Storage:** Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

**More Protein:** Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

**More Fiber:** Add ground flax seed.