



























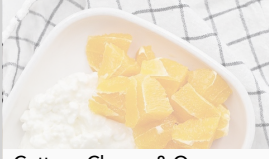
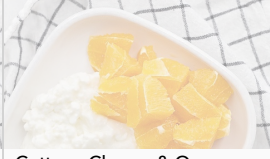


















































3000 Calories, Glutenfree

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 1.5 Cinnamon Green Smoothie	 1.5 Cinnamon Green Smoothie	 2 Cinnamon Green Smoothie	 1.5 Strawberry Almond Protein Smoothie	 1.5 Strawberry Almond Protein Smoothie	 Chocolate Tahini Layered Smoothie	 Chocolate Tahini Layered Smoothie
Snack 1	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Pineapple Spinach Smoothie		 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie
Lunch	 Chickpea Pasta with Pesto	 Edamame & Soba Noodle Salad	 Buffalo Chicken Salad	 Sun Dried Tomato & Salmon Pasta	 Kefir Marinated Chicken with Brussels Sprouts	 Honey Sesame Chicken with Peas & Quinoa	 Shiratake Noodle Chicken Stir Fry
	 Pesto Tofu Spinach Rolls	 Spiced Salmon Kabobs	 Corn & White Bean Gazpacho	 Maple Mustard Brussels Sprouts	 Mango & Chickpea Kale Salad	 Pineapple Salmon Skewers	 Zucchini White Bean Roll Ups
Snack 2	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie
Dinner	 Edamame & Soba Noodle Salad	 Buffalo Chicken Salad	 Sun Dried Tomato & Salmon Pasta	 Kefir Marinated Chicken with Brussels Sprouts	 Honey Sesame Chicken with Peas & Quinoa	 Shiratake Noodle Chicken Stir Fry	 One Pan Salmon with Green Beans & Roasted Tomato
	 Spiced Salmon Kabobs	 Corn & White Bean Gazpacho	 Maple Mustard Brussels Sprouts	 Mango & Chickpea Kale Salad	 Pineapple Salmon Skewers	 Zucchini White Bean Roll Ups	 Green Poutine
Snack 3	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  32%	Fat  31%	Fat  34%	Fat  34%	Fat  32%	Fat  32%
Carbs  42%	Carbs  41%	Carbs  42%	Carbs  40%	Carbs  38%	Carbs  40%	Carbs  41%
Protein  27%	Protein  27%	Protein  27%	Protein  26%	Protein  28%	Protein  28%	Protein  27%
Calories 2971	Calories 2892	Calories 2992	Calories 3064	Calories 2993	Calories 2953	Calories 2967
Fat 104g	Fat 104g	Fat 106g	Fat 120g	Fat 118g	Fat 107g	Fat 109g
Carbs 318g	Carbs 303g	Carbs 326g	Carbs 318g	Carbs 296g	Carbs 303g	Carbs 316g
Fiber 56g	Fiber 57g	Fiber 64g	Fiber 75g	Fiber 63g	Fiber 74g	Fiber 88g
Sugar 108g	Sugar 108g	Sugar 122g	Sugar 128g	Sugar 128g	Sugar 116g	Sugar 94g
Protein 207g	Protein 198g	Protein 212g	Protein 213g	Protein 212g	Protein 217g	Protein 209g

Fruits

- 1 Avocado
- 9 Banana
- 1/2 cup Blueberries
- 2 cups Cherries
- 1 1/2 Lemon
- 1/4 cup Lemon Juice
- 1/2 Mango
- 3 Navel Orange
- 4 Peach
- 5 cups Pineapple
- 1/4 cup Pomegranate Seeds
- 1/2 cup Raspberries
- 4 1/2 cups Strawberries

Breakfast

- 1/3 cup Almond Butter
- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 2 tbsps Cashews
- 1/2 cup Chia Seeds
- 1 1/4 tpsps Cinnamon
- 3/4 tsp Dried Thyme
- 3 tbsps Ground Flax Seed
- 1/4 tsp Italian Seasoning
- 1/2 tsp Paprika
- 2 tbsps Pine Nuts
- 2 tbsps Pumpkin Seeds
- 1 1/4 tpsps Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds

Frozen

- 3 Brown Rice Tortilla
- 1 cup Frozen Edamame
- 1 cup Frozen Peas
- 12 Ice Cubes

Vegetables

- 4 cups Asparagus
- 9 cups Baby Spinach
- 1 1/4 cups Basil Leaves
- 5 cups Brussels Sprouts
- 1/2 cup Butternut Squash
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 1 ear Corn On The Cob
- 1/4 Cucumber
- 5 1/2 Garlic
- 1 1/2 tpsps Ginger
- 1 cup Green Beans
- 1/8 head Green Lettuce
- 3 stalks Green Onion
- 1 cup Kale Leaves
- 1/2 cup Matchstick Carrots
- 1/4 cup Microgreens
- 1 cup Mushrooms
- 1 Orange Bell Pepper
- 3 tbsps Parsley
- 22 leaves Romaine
- 4 Tomato
- 1 Yellow Onion
- 1 Yellow Potato
- 3 Zucchini

Boxed & Canned

- 3 1/2 ozs Buckwheat Soba Noodles
- 1/3 cup Chicken Broth
- 9 ozs Chickpea Pasta
- 1 cup Chickpeas
- 1 1/2 cups Corn
- 2/3 cup Quinoa
- 8 ozs Shiratake Noodles
- 1/4 cup Vegetable Broth
- 3 cups White Navy Beans

Baking

- 1/2 tsp Arrowroot Powder
- 2 tbsps Cacao Powder

Bread, Fish, Meat & Cheese

- 1 2/3 lbs Chicken Breast
- 14 ozs Chicken Drumsticks
- 8 ozs Deli Roast Beef
- 1/4 cup Feta Cheese
- 5 3/4 ozs Prosciutto
- 2 1/16 lbs Salmon Fillet
- 4 1/4 ozs Tofu

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 2 1/8 tbsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 3/4 tsp Coconut Oil
- 1 tbsp Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Hot Sauce
- 1 1/2 tbsps Mayonnaise
- 1/3 cup Pesto
- 1 1/2 cups Pickle
- 2 Rice Paper Wraps
- 1 tbsp Rice Vinegar
- 1/2 tsp Sesame Oil
- 1/3 cup Sun Dried Tomatoes
- 3 tbsps Tahini
- 2 1/2 tbsps Tamari
- 1 cup Tomato Sauce

Cold

- 3 cups Cottage Cheese
- 7 3/4 cups Oat Milk
- 2/3 cup Plain Greek Yogurt
- 2 2/3 tbsps Plain Kefir
- 13 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 8 Barbecue Skewers
- 3/4 cup Dried Apricots
- 4 3/4 cups Vanilla Protein Powder

-
- 1 tbsp Honey
 - 1/3 cup Nutritional Yeast
 - 2 cups Oats
 - 2 tbsps Pitted Dates
 - 1 1/8 tbsps Raw Honey
- 2 cups Water



Cinnamon Green Smoothie

5 servings

10 minutes

Ingredients

- 6 1/4 cups Oat Milk (unsweetened, plain)
- 5 Banana (medium)
- 5 cups Baby Spinach
- 1/8 head Green Lettuce (separated into leaves and washed)
- 1 1/4 cups Vanilla Protein Powder
- 1 1/4 tsps 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.



Strawberry Almond Protein Smoothie

3 servings

5 minutes

Ingredients

- 4 1/2 cups Strawberries (frozen)
- 3 Banana (small, frozen)
- 3/4 cup Vanilla Protein Powder
- 1/4 cup Almond Butter
- 3 tbsps Ground Flax Seed
- 3 3/4 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g

Directions

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

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Chocolate Tahini Layered Smoothie

2 servings

5 minutes

Ingredients

- 1 1/2 cups Oat Milk
- 1 Banana (frozen)
- 8 leaves Romaine (roughly chopped)
- 2 tbsps Chia Seeds
- 3 tbsps Tahini
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Pitted Dates
- 2 tbsps Cacao Powder

Nutrition

Amount per serving	
Calories	498
Fat	22g
Carbs	50g
Fiber	15g
Sugar	20g
Protein	30g

Directions

- 1 In a blender, add the milk, banana, romaine, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
- 2 In the same blender, add the dates and cacao powder and blend until smooth and creamy.
- 3 Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!

Notes

Pitted Dates: One serving is equal to approximately one to two dates.

No Oat Milk: Use another milk or milk alternative instead.

More Veggies: Add frozen cauliflower to the vanilla layer.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Roast Beef Tortilla Wrap

3 servings

5 minutes

Ingredients

- 3 Brown Rice Tortilla
- 1 1/2 tbsps Mayonnaise (or more to taste)
- 6 leaves Romaine
- 8 ozs Deli Roast Beef (sliced)
- 1 1/2 cups Pickle (sliced)

Nutrition

Amount per serving	
Calories	314
Fat	11g
Carbs	31g
Fiber	5g
Sugar	5g
Protein	21g

Directions

- 1 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, assemble wrap just before serving.

Additional Toppings: Add mustard, prepared horseradish, or cheese.

More Veggies: Add cucumber, bell pepper, or tomato.

No Deli Roast Beef: Use another deli meat or sliced chicken or turkey instead.

No Brown Rice Tortilla: Use wheat tortillas instead.



Pineapple Spinach Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 4 Ice Cubes
- 1/2 cup Unsweetened Coconut Yogurt
- 1 cup Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
Protein	22g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Chickpea Pasta with Pesto

1 serving
20 minutes

Ingredients

- 4 ozs Chickpea Pasta (uncooked)
- 1 1/4 cups Basil Leaves (packed)
- 2 tbsps Pine Nuts
- 2 tbsps Nutritional Yeast
- 1 Garlic (clove)
- 1/8 tsp Sea Salt
- 1/4 Lemon (juiced)
- 2 tbsps Water

Nutrition

Amount per serving	
Calories	579
Fat	19g
Carbs	75g
Fiber	21g
Sugar	11g
Protein	42g

Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto plates and enjoy!

Notes

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

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

Nut-Free: Use sunflower seeds instead of pine nuts.



Pesto Tofu Spinach Rolls

1 serving
15 minutes

Ingredients

4 1/4 ozs Tofu (extra-firm, pressed and crumbled)
2 tbsps Pesto
2 Rice Paper Wraps
1 cup Baby Spinach
1/4 Cucumber (julienned)

Nutrition

Amount per serving	
Calories	318
Fat	18g
Carbs	25g
Fiber	3g
Sugar	5g
Protein	16g

Directions

- 1 In a bowl, combine the tofu and pesto together.
- 2 Soften a sheet of rice paper under warm water by submerging it for 5 to 10 seconds. Transfer to a plate. Add the spinach, cucumber and pesto tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up. Enjoy!

Notes

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

Serving Size: One serving equals approximately two rolls.

More Flavor: Season the pesto tofu with salt and red pepper flakes.

Additional Toppings: Carrots, red bell peppers, red cabbage, avocado.

No Tofu: Use edamame, paneer, or tempeh instead.

Extra Firm Tofu: To press the tofu, wrap in paper towel, place a plate or cutting board on top of the block of tofu. Place a heavy pan or heavy object on the cutting board. Let the tofu rest like this for 15 to 30 minutes.



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 Cherry Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 4 Peach (medium, pitted)
- 2 cups Cherries (pitted)
- 1/4 cup Chia Seeds
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, kale, or ground flax.

No Fresh Peaches or Cherries: Use frozen instead.



Edamame & Soba Noodle Salad

2 servings

15 minutes

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)
- 1 cup Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- 1 1/2 tsps Maple Syrup
- 1/2 tsp Ginger (fresh, minced)
- 1/2 cup Matchstick Carrots
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	418
Fat	12g
Carbs	50g
Fiber	6g
Sugar	7g
Protein	17g

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Spiced Salmon Kabobs

2 servings

20 minutes

Ingredients

- 1 tbsp Parsley (chopped)
- 1 1/2 tsps Sesame Seeds
- 1/4 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 tbsp Maple Syrup
- 1 tbsp Extra Virgin Olive Oil (plus extra for asparagus)
- 10 ozs Salmon Fillet (sliced into 1 inch cubes)
- 1 Lemon (sliced into thin rounds)
- 4 Barbecue Skewers
- 3 cups Asparagus (woody ends trimmed off)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	348
Fat	17g
Carbs	17g
Fiber	5g
Sugar	10g
Protein	33g

Directions

- 1 Preheat grill to medium heat.
- 2 In a mixing bowl, mix the parsley, sesame seeds, black pepper, sea salt, red pepper flakes, maple syrup and olive oil. Mix well. Add the salmon pieces and toss well to coat.
- 3 Grab your BBQ skewers and slide on a piece of salmon, followed by a folded lemon slice. Repeat until all ingredients are used up and several kabobs are made.
- 4 Toss asparagus in a splash of olive oil and season with sea salt and black pepper to taste.
- 5 Place kabobs on one side of the grill and asparagus on the other. Grill both for about 3 - 4 minutes per side, or until salmon flakes with a fork. Remove from the grill and divide between plates. Enjoy!

Notes

Add Carbs: Serve with quinoa, brown rice or sweet potato.

Time Saver: Chop the salmon and add it to a zip lock baggie with the marinade. Store in the fridge up to 1 day.



Buffalo Chicken Salad

2 servings

35 minutes

Ingredients

8 ozs Chicken Breast (skinless and boneless, cubed)
 Sea Salt & Black Pepper (to taste)
 1/3 cup Hot Sauce
 1 ear Corn on the Cob
 1/2 tsp Avocado Oil
 1/3 cup Plain Greek Yogurt
 2 tbsps Lemon Juice
 1/2 tsp Raw Honey
 2 tbsps Parsley (fresh, minced)
 1/8 tsp Sea Salt
 8 leaves Romaine (chopped)
 1 Avocado (medium, sliced)
 2 Tomato (quartered)
 2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	432
Fat	21g
Carbs	31g
Fiber	11g
Sugar	8g
Protein	36g

Directions

- 1 Season the cubed chicken with sea salt and pepper. Heat a pan over medium heat and add the chicken. Cook for approximately 7 to 8 minutes, until cooked through. Remove and combine the chicken with the hot sauce in a bowl.
- 2 Using a cast iron pan or grill, remove the husk from the corn and brush the corn with avocado oil. Cook the corn over medium-high heat for about 1 to 2 minutes per side until lightly charred on all sides. This should take approximately 8 to 9 minutes in total. Once it is cooked, remove and let it cool before slicing it off the cob.
- 3 Make the dressing by combining the yogurt, lemon juice, raw honey, parsley and sea salt to taste and stir well.
- 4 Divide the romaine into bowls and top with corn, avocado, tomatoes and green onion. Then add the cooked chicken and drizzle the yogurt dressing otop. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the dressing in a separate container.

Dairy-Free: Use coconut yogurt or cashew yogurt instead of Greek yogurt.

Meal Prep: Prepare the chicken and corn ahead of time. Wash and cut your veggies and make your dressing. Assemble bowls when ready to eat.

No Avocado Oil: Use olive oil instead.

No Corn on the Cob: Use frozen or canned corn instead.



Corn & White Bean Gazpacho

2 servings

10 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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

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



Sun Dried Tomato & Salmon Pasta

2 servings

15 minutes

Ingredients

5 ozs Chickpea Pasta (dry)
 1 tbsp Extra Virgin Olive Oil (divided)
 8 ozs Salmon Fillet
 1 1/2 Garlic (clove, minced)
 1/4 Yellow Onion (medium, diced)
 1/3 cup Sun Dried Tomatoes (drained, chopped)
 1/4 tsp Italian Seasoning
 1/4 cup Chicken Broth
 1/4 cup Plain Greek Yogurt
 Sea Salt & Black Pepper (to taste)
 1 1/2 tsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	512
Fat	19g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	44g

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

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

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

Dairy-Free: Use coconut milk instead of yogurt.



Maple Mustard Brussels Sprouts

2 servings

30 minutes

Ingredients

2 cups Brussels Sprouts (trimmed and halved)
 1/2 tsp Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 1 tbsp Dijon Mustard
 1 tbsp Maple Syrup
 1/4 cup Feta Cheese (crumbled)
 2 tbsps Pumpkin Seeds
 1/4 cup Microgreens (optional)

Nutrition

Amount per serving	
Calories	180
Fat	9g
Carbs	17g
Fiber	4g
Sugar	8g
Protein	8g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Toss the Brussels sprouts with olive oil, sea salt and pepper. Spread across the baking sheet and bake for 22 to 24 minutes.
- 2 While the Brussels sprouts roast, mix the dijon mustard with the maple syrup in a small bowl and set aside.
- 3 Remove the Brussels sprouts from the oven and toss with the dijon maple dressing. Transfer to a serving dish and top with feta, pumpkin seeds and microgreens (optional). Enjoy!

Notes

No Extra Virgin Olive Oil: Use avocado oil instead.

Leftovers: Store in the fridge in a sealed container for 2 to 3 days.

Dairy-Free: Omit the feta or use a plant-based cheese instead.

No Pumpkin Seeds: Omit, or use another type of nut or seed such as walnuts, almonds, or sesame seeds.

No Dijon Mustard: Use a grainy mustard instead.



Kefir Marinated Chicken with Brussels Sprouts

2 servings

2 hours 30 minutes

Ingredients

- 2 2/3 tbsps Plain Kefir
- 1 tbsp Avocado Oil (divided)
- 1 1/2 tbsps Lemon Juice
- 1/4 tsp Paprika
- 1/2 tsp Sea Salt (divided)
- 14 ozs Chicken Drumsticks
- 3 cups Brussels Sprouts (chopped)

Nutrition

Amount per serving	
Calories	453
Fat	26g
Carbs	14g
Fiber	5g
Sugar	5g
Protein	41g

Directions

- 1 In an airtight container, combine the kefir, half of the oil, lemon juice, paprika, and half the salt. Submerge the chicken, close the lid, and refrigerate for at least two hours.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Place the brussels sprouts on the baking sheet and toss in the remaining oil and salt. Add the chicken drumsticks to the same baking sheet if there is enough space, or onto a separate pan. Bake for 20 to 30 minutes, or until cooked through and slightly charred. Enjoy!

Notes

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

Serving Size: One serving equals approximately two chicken drumsticks and 1 1/2 cups of brussels sprouts.

More Flavor: Add minced garlic and black pepper to the marinade.



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.



Honey Sesame Chicken with Peas & Quinoa

2 servings

20 minutes

Ingredients

- 1 tbsp Chicken Broth
- 1 1/2 tbsps Tamari
- 1/2 tsp Sesame Oil
- 3/4 tsp Coconut Oil
- 1 tbsp Raw Honey
- 10 ozs Chicken Breast (diced into cubes)
- 1/3 cup Quinoa (uncooked)
- 2/3 cup Water
- 1 cup Frozen Peas (thawed)
- 1 1/2 tpsps Sesame Seeds
- 1/2 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	427
Fat	10g
Carbs	42g
Fiber	6g
Sugar	12g
Protein	42g

Directions

- 1 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 2 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 3 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 4 Warm the green peas.
- 5 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

Notes

No Chicken Breast: Use turkey breast instead.

Vegan & Vegetarian: Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.



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.



Shiratake Noodle Chicken Stir Fry

2 servings

20 minutes

Ingredients

- 8 ozs Shiratake Noodles
- 1 tbsp Avocado Oil
- 1 Orange Bell Pepper (sliced)
- 1 Zucchini (medium, sliced)
- 8 ozs Chicken Breast (diced)
- 2 tbsps Coconut Aminos
- 1 tbsp Hot Sauce (or to taste)
- 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	280
Fat	13g
Carbs	14g
Fiber	2g
Sugar	5g
Protein	28g

Directions

- 1 Drain and rinse the shiratake noodles. Add them to a small saucepan and cover with water. Bring to a boil for about 5 minutes, then drain and rinse again.
- 2 In a large frying pan or wok, heat the avocado oil over medium-high heat. Add the sliced bell pepper, zucchini, and chicken. Cook for about 10 minutes, until the chicken is cooked through.
- 3 Add the coconut aminos, hot sauce, and shiratake noodles to the pan. Toss to coat, then transfer the stirfry to bowls. Sprinkle with sesame seeds and enjoy!

Notes

Shiratake Noodles: A high-fibre pasta alternative made from the konjac root. You can find them at most grocery or health food stores, often in the refrigerated natural foods section. If you avoid soy, be sure to check the ingredients as some brands use soy flour.

Vegan & Vegetarian: Use mashed tofu or scrambled eggs instead of chicken.



Zucchini White Bean Roll Ups

2 servings

1 hour

Ingredients

- 2 Zucchini (medium)
- 2 cups White Navy Beans (cooked, from the can)
- 1/4 cup Pesto
- Sea Salt & Black Pepper (to taste)
- 1 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	449
Fat	14g
Carbs	63g
Fiber	23g
Sugar	12g
Protein	22g

Directions

- 1 Preheat your oven to 350°F (177°C).
- 2 Slice the zucchinis in half lengthwise. Using a mandolin, create long, thin slices from the cut-side of each zucchini. If you don't have a mandolin, use a sharp knife to make thin, flexible slices. You should end up with about 12 strips per zucchini.
- 3 In your food processor or blender, combine the white beans and pesto. Pulse until smooth. Taste and season with sea salt and black pepper as desired.
- 4 Lay the strips flat on your cutting board and spread each strip with about 1 tbsp of the white bean mixture. Roll them up and place into a casserole dish. When all the zucchini roll-ups are in the dish, cover with the tomato sauce.
- 5 Bake uncovered for 30 minutes. Remove from the oven, divide between plates and enjoy!

Notes

No White Beans: Use chickpeas instead.



One Pan Salmon with Green Beans & Roasted Tomato

1 serving
25 minutes

Ingredients

1 cup Green Beans (washed and trimmed)
1/2 cup Cherry Tomatoes
3/4 tsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
5 ozs Salmon Fillet

Nutrition

Amount per serving	
Calories	275
Fat	13g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	31g

Directions

- 1 Preheat oven to 510°F (266°C).
- 2 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 3 Season your salmon fillets with sea salt and black pepper.
- 4 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 5 Divide veggies between plates and top with salmon. Enjoy!

Notes

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

No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan: Use roasted chickpeas instead of salmon.

More Carbs: Serve with quinoa or rice.

Added Touch: Toss the green beans in balsamic vinegar before serving.



Green Poutine

1 serving
45 minutes

Ingredients

1 Yellow Potato (medium)
1 cup Asparagus
1 tbsp Extra Virgin Olive Oil (divided)
1 cup Mushrooms (sliced)
1/8 Yellow Onion (medium, diced)
1/2 Garlic (clove, minced)
3/4 tsp Dried Thyme
1/4 cup Vegetable Broth
1/2 tsp Arrowroot Powder
1/2 cup Butternut Squash (peeled and cubed)
1/4 cup Water
2 tbsps Cashews
1/4 cup Nutritional Yeast
1/4 Lemon (juiced)
1/4 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!



Prosciutto Wrapped Apricots

3 servings
10 minutes

Ingredients

3/4 cup Dried Apricots
5 3/4 ozs Prosciutto (cut in half)

Nutrition

Amount per serving	
Calories	196
Fat	7g
Carbs	20g
Fiber	2g
Sugar	17g
Protein	15g

Directions

- 1 Gently wrap each dried apricot with prosciutto. Enjoy!

Notes

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

Serving Size: One serving equals approximately four to five prosciutto-wrapped apricots.

Additional Toppings: Add goat cheese and walnuts.



Overnight Vanilla Protein Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (quick or traditional)
- 2 tbsps Chia Seeds
- 2 1/2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Raspberries
- 1/2 cup Blueberries
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

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