





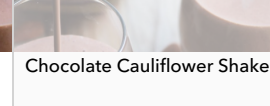



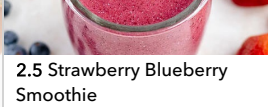
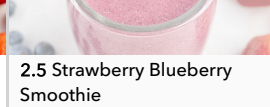

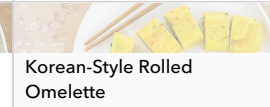

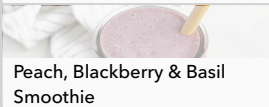
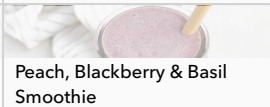
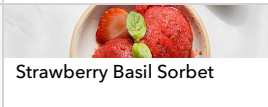
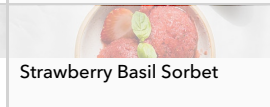
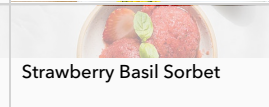
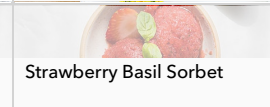
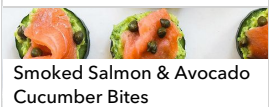
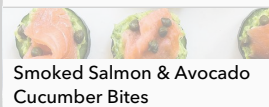
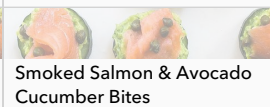

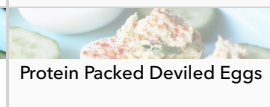
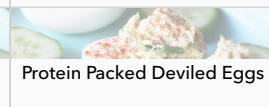


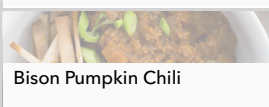
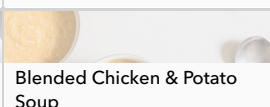
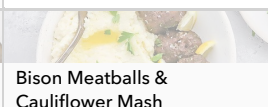
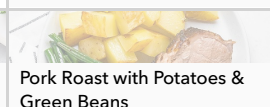
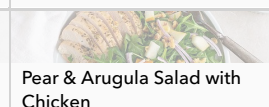
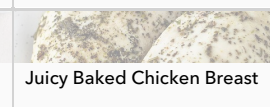
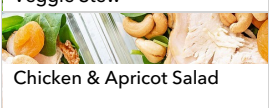
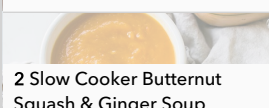
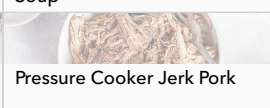
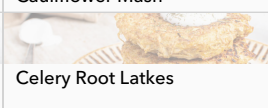
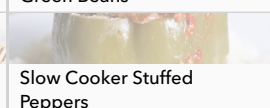
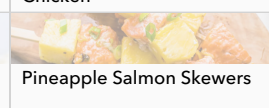
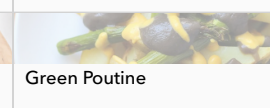

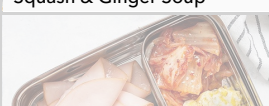

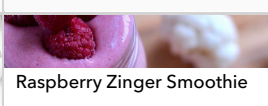
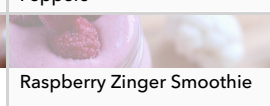
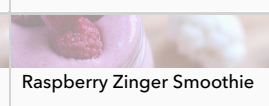
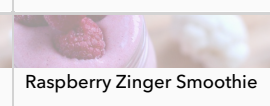




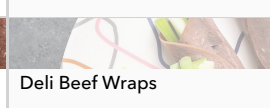
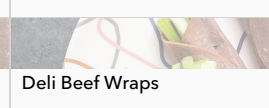
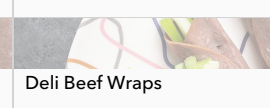

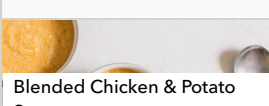
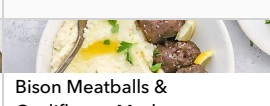
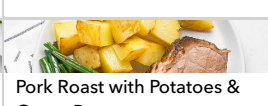
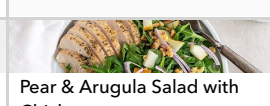
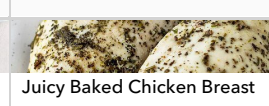
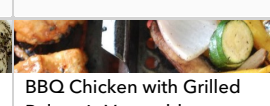
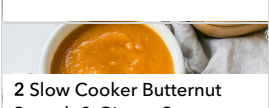





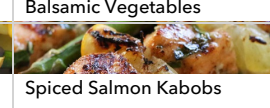



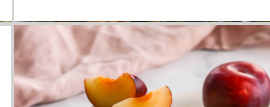





























3100 Calorie Plan

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 2 Vanilla Protein Pancakes	 2 Vanilla Protein Pancakes	 2 Vanilla Protein Pancakes	 2.5 Strawberry Blueberry Smoothie	 2.5 Strawberry Blueberry Smoothie	 Chocolate Cauliflower Shake	 Chocolate Cauliflower Shake
	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette
Snack 1	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Strawberry Basil Sorbet	 Strawberry Basil Sorbet	 Strawberry Basil Sorbet	 Strawberry Basil Sorbet
	 Smoked Salmon & Avocado Cucumber Bites	 Smoked Salmon & Avocado Cucumber Bites	 Smoked Salmon & Avocado Cucumber Bites	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs
Lunch	 Pressure Cooker Beef & Veggie Stew	 Bison Pumpkin Chili	 Blended Chicken & Potato Soup	 Bison Meatballs & Cauliflower Mash	 Pork Roast with Potatoes & Green Beans	 Pear & Arugula Salad with Chicken	 Juicy Baked Chicken Breast
	 Chicken & Apricot Salad	 2 Slow Cooker Butternut Squash & Ginger Soup	 Pressure Cooker Jerk Pork	 Celery Root Latkes	 Slow Cooker Stuffed Peppers	 Pineapple Salmon Skewers	 Green Poutine
Snack 2	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps
Dinner	 Bison Pumpkin Chili	 Blended Chicken & Potato Soup	 Bison Meatballs & Cauliflower Mash	 Pork Roast with Potatoes & Green Beans	 Pear & Arugula Salad with Chicken	 Juicy Baked Chicken Breast	 BBQ Chicken with Grilled Balsamic Vegetables
	 2 Slow Cooker Butternut Squash & Ginger Soup	 Pressure Cooker Jerk Pork	 Celery Root Latkes	 Slow Cooker Stuffed Peppers	 Pineapple Salmon Skewers	 Green Poutine	 Spiced Salmon Kabobs
Snack 3	 Brie & Plum	 2 Brie & Plum	 Brie & Plum				 Brie & Plum
	 Brie & Plum	 Brie & Plum	 Brie & Plum				 Brie & Plum

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  38%	Fat  35%	Fat  37%	Fat  35%	Fat  33%	Fat  36%	Fat  37%
Carbs  32%	Carbs  33%	Carbs  28%	Carbs  31%	Carbs  32%	Carbs  32%	Carbs  32%
Protein  30%	Protein  32%	Protein  35%	Protein  34%	Protein  35%	Protein  32%	Protein  31%
Calories 3159	Calories 3134	Calories 3110	Calories 3031	Calories 3074	Calories 3090	Calories 3224
Fat 138g	Fat 127g	Fat 130g	Fat 122g	Fat 118g	Fat 125g	Fat 135g
Carbs 262g	Carbs 263g	Carbs 221g	Carbs 250g	Carbs 255g	Carbs 252g	Carbs 263g
Fiber 50g	Fiber 47g	Fiber 40g	Fiber 78g	Fiber 73g	Fiber 70g	Fiber 73g
Sugar 129g	Sugar 114g	Sugar 94g	Sugar 85g	Sugar 113g	Sugar 100g	Sugar 108g
Protein 251g	Protein 258g	Protein 276g	Protein 267g	Protein 275g	Protein 255g	Protein 259g

Fruits

- 1 3/4 Avocado
- 8 Banana
- 1 cup Blackberries
- 5 Lemon
- 2 tbsps Lemon Juice
- 1 tsp Lemon Zest
- 1 2/3 tbsps Lime Juice
- 3 Navel Orange
- 1 Pear
- 2 cups Pineapple
- 5 Plum
- 2 1/2 cups Strawberries

Breakfast

- 2 tbsps Almond Butter
- 2 3/4 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 1/2 cup Cashews
- 1/2 cup Chia Seeds
- 1 1/2 tbsps Chili Powder
- 2 1/8 tps Cumin
- 2 1/3 tps Curry Powder
- 1/4 tsp Dried Basil
- 2/3 tsp Dried Dill
- 1 1/2 tps Dried Thyme
- 1 tsp Italian Seasoning
- 1 1/8 tbsps Jerk Seasoning
- 2 tps Paprika
- 2/3 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Sesame Seeds
- 1 tbsp Walnuts

Frozen

- 2 1/2 cups Frozen Blueberries
- 6 cups Frozen Cauliflower
- 3 cups Frozen Peaches

Vegetables

- 4 cups Arugula
- 3 1/2 cups Asparagus
- 2 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 7 1/3 cups Butternut Squash
- 1 1/2 Carrot
- 1 1/2 heads Cauliflower
- 1 stalk Celery
- 4 1/16 cups Celery Root
- 3/4 cup Cherry Tomatoes
- 3 1/4 tbsps Cilantro
- 2 cups Coleslaw Mix
- 2 3/4 Cucumber
- 13 Garlic
- 1 1/2 tbsps Ginger
- 2 cups Green Beans
- 2 Green Bell Pepper
- 5 stalks Green Onion
- 2 1/3 tps Mint Leaves
- 2 cups Mushrooms
- 1/4 cup Parsley
- 1/2 Parsnip
- 1/2 cup Portobello Mushroom
- 1/4 cup Red Onion
- 1 3/4 tps Thyme
- 1/2 Tomato
- 1 1/4 White Button Mushrooms
- 1/4 Yellow Bell Pepper
- 1 3/4 Yellow Onion
- 6 Yellow Potato
- 1/4 Zucchini

Boxed & Canned

- 4 fl ozs Bone Broth
- 2 cups Chicken Broth, Low Sodium
- 1/2 cup Crushed Tomatoes
- 1 cup Salsa
- 2 cans Tuna
- 3 cups Vegetable Broth

Baking

Bread, Fish, Meat & Cheese

- 10 ozs Brie Cheese
- 2 1/8 lbs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 6 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 lbs Ground Bison
- 1 1/2 lbs Pork Shoulder, Boneless
- 15 1/2 ozs Salmon Fillet
- 12 ozs Sliced Turkey Breast
- 9 ozs Smoked Salmon
- 4 ozs Stewing Beef

Condiments & Oils

- 2 3/4 tbsps Apple Cider Vinegar
- 1 1/16 tbsps Avocado Oil
- 3 1/4 tbsps Balsamic Vinegar
- 1 1/2 tps Capers
- 3 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 3/4 cup Kimchi
- 1/2 tsp Tabasco Sauce
- 1 tbsp Yellow Mustard

Cold

- 34 1/2 Egg
- 2 1/3 tbsps Orange Juice
- 3 3/4 cups Plain Coconut Milk
- 14 1/4 cups Unsweetened Almond Milk
- 1/3 cup Unsweetened Coconut Yogurt

Other

- 6 Barbecue Skewers
- 1/2 cup Chocolate Protein Powder
- 2 ozs Collagen Powder
- 1/4 cup Dried Apricots
- 1 tbsp Maca Powder
- 3 3/4 cups Vanilla Protein Powder
- 1 1/2 cups Water

-
- 4 cups Frozen Raspberries
 - 3 cups Frozen Strawberries
 - 1 tsp Arrowroot Powder
 - 1/4 cup Cacao Powder
 - 1 tbsp Coconut Flour
 - 1 tbsp Fancy Molasses
 - 1 tbsp Honey
 - 1/2 cup Nutritional Yeast
 - 2/3 cup Pureed Pumpkin
 - 1 1/2 tsps Raw Honey



Vanilla Protein Pancakes

6 servings

15 minutes

Ingredients

- 6 Banana (plus extra for topping)
- 12 Egg
- 1 1/2 cups Vanilla Protein Powder
- 3 tbsps Coconut Oil

Nutrition

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

Directions

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

Notes

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

Serving Size: One serving is approximately two pancakes.

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



Strawberry Blueberry Smoothie

5 servings

5 minutes

Ingredients

- 2 1/2 cups Frozen Blueberries (wild)
- 2 1/2 cups Strawberries (stems removed)
- 6 1/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 1/4 cups Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Chocolate Cauliflower Shake

2 servings

5 minutes

Ingredients

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tbsp Maca Powder

Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g

Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.



Korean-Style Rolled Omelette

2 servings

10 minutes

Ingredients

- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (sliced)
- 1/2 Carrot (finely chopped)
- 1 1/2 tsps Avocado Oil

Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	19g

Directions

- 1 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 2 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 3 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 4 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to about six small pieces of sliced omelette.

Additional Toppings: Add chopped cooked ham to the omelette.



Peach, Blackberry & Basil Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 3 cups Frozen Peaches
- 1 cup Blackberries (fresh or frozen)
- 3 tbsps Basil Leaves
- 2 ozs Collagen Powder

Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	28g
Fiber	5g
Sugar	24g
Protein	18g

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.

More Flavor: Add a pitted date before blending.

Make it Vegan: Omit collagen powder and use plant-based protein powder.



Smoked Salmon & Avocado Cucumber Bites

3 servings

5 minutes

Ingredients

3/4 Cucumber (large)
3/4 Avocado (mashed)
9 ozs Smoked Salmon
1 1/2 tsps Capers
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	191
Fat	11g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	17g

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

Notes

Leftovers: Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor: Add spices like chili flakes, cayenne or black pepper.

Make it Vegan: Omit the smoked salmon and use hemp hearts on top instead.



Strawberry Basil Sorbet

4 servings

15 minutes

Ingredients

- 3 cups Frozen Strawberries
- 1/4 cup Water (warm)
- 2 tbsps Maple Syrup
- 1 tbsp Lemon Juice
- 1/4 cup Basil Leaves

Nutrition

Amount per serving	
Calories	85
Fat	0g
Carbs	22g
Fiber	4g
Sugar	14g
Protein	1g

Directions

- 1 Thaw the frozen strawberries for ten minutes before blending.
- 2 In a food processor, blend the strawberries with water until smooth. Add in the maple syrup, lemon juice, and basil and blend to combine.
- 3 Scoop into bowls and serve immediately, or store in a resealable container in the freezer for one hour for a firmer texture. Enjoy!

Notes

Leftovers: Store leftovers in a resealable container in the freezer for up to one month. Thaw fifteen minutes before serving. Once frozen, the sorbet may take on a more "granita"-like texture. This is perfectly normal, but if you'd like it to be smoother, simply re-blend in the food processor for thirty seconds before serving.

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

Additional Toppings: Top with fresh strawberries and fresh basil.



Protein Packed Deviled Eggs

4 servings

20 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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



Pressure Cooker Beef & Veggie Stew

1 serving

1 hour

Ingredients

- 1/4 tsp Avocado Oil
- 4 ozs Stewing Beef (diced into cubes)
- 4 fl ozs Bone Broth
- 1/8 tsp Sea Salt (divided)
- 2 tbsps Pureed Pumpkin
- 3/4 tsp Apple Cider Vinegar
- 1/2 Garlic (cloves, minced)
- 1/2 Parsnip (peeled, chopped)
- 1 1/4 White Button Mushrooms (halved)
- 1/4 Yellow Onion (medium, sliced in large chunks)
- 1/4 tsp Thyme (dried)

Nutrition

Amount per serving	
Calories	304
Fat	11g
Carbs	22g
Fiber	5g
Sugar	8g
Protein	31g

Directions

- 1 Turn your pressure cooker to sauté mode and add the avocado oil. Season the beef with half of the sea salt. Add it to the pressure cooker and brown on all sides, working in batches if necessary.
- 2 Turn off the sauté mode and add all other ingredients, including the remaining salt. Stir to combine. Put the lid on the pressure cooker and change to meat/stew mode. Cook for 35 minutes and then do a quick release. Serve and enjoy!

Notes

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

Serving Size: One serving is approximately 2 cups.

Want it Thicker: After cooking, create a slurry by mixing 1 tbsp arrowroot powder with a little water and add to the stew. Repeat as needed for desired thickness.

No Pumpkin: Use butternut squash purée instead.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Chicken & Apricot Salad

1 serving

5 minutes

Ingredients

- 2 cups Baby Spinach
- 4 ozs Chicken Breast, Cooked (chopped)
- 1/4 cup Dried Apricots
- 1/4 cup Cashews
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	520
Fat	27g
Carbs	34g
Fiber	5g
Sugar	19g
Protein	43g

Directions

- 1 Divide the spinach, cooked chicken, apricots, and cashews into containers. Drizzle with olive oil and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken and 2 1/2 cups of salad.

Additional Toppings: Add feta cheese, goat cheese, olives, or sliced red onion.



Turkey & Egg Snack Box

3 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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



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



Deli Beef Wraps

4 servings

10 minutes

Ingredients

- 1 Cucumber (medium, julienned)
- 1 stalk Celery (julienned)
- 6 ozs Deli Roast Beef

Nutrition

Amount per serving	
Calories	69
Fat	2g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g

Directions

- 1 Divide the cucumber and celery into the middle of each deli roast beef slice. Roll tightly and enjoy!

Notes

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

Serving Size: One serving equals approximately two deli beef wraps.

Additional Toppings: Add pickle, tomato, arugula, and/or micro greens.



Bison Pumpkin Chili

2 servings

30 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
 8 ozs Ground Bison
 1/2 Yellow Onion (diced)
 1 1/2 Garlic (cloves, minced)
 1 tbsp Chili Powder
 1 1/2 tsps Cumin
 1/2 tsp Paprika
 1/2 cup Crushed Tomatoes
 1/2 cup Pureed Pumpkin
 1/2 cup Water
 3/4 tsp Maple Syrup
 1/2 tsp Sea Salt
 2 cups Coleslaw Mix

Nutrition

Amount per serving	
Calories	300
Fat	13g
Carbs	24g
Fiber	8g
Sugar	12g
Protein	27g

Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

Notes

Optional Toppings: Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

More Veggies: Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

No Bison: Use extra lean ground beef, chicken, turkey, lamb or venison.

Vegan or Vegetarian: Use mixed beans and/or tofu instead of ground meat.

Leftovers: Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

Serving Size: One serving is approximately 3/4 cup of chili with one cup of coleslaw.



Slow Cooker Butternut Squash & Ginger Soup

4 servings

4 hours

Ingredients

- 6 1/3 cups Butternut Squash (peeled, seeds removed and chopped)
- 1 1/4 tbsps Ginger (peeled and grated)
- 2 1/3 tpsps Curry Powder
- 2 1/3 cups Vegetable Broth
- 1 2/3 tbsps Apple Cider Vinegar
- 3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g

Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

Notes

Serving Size: One serving is equal to approximately 1.5 cups of soup.

Leftovers: Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

Save Time: Use pre-sliced butternut squash cubes (fresh or frozen).

Optional Toppings: Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

No Curry Powder: Use turmeric instead.

No Vegetable Broth: Use bone broth or almond milk instead.



Blended Chicken & Potato Soup

2 servings

45 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (diced)
1 Garlic (clove, minced)
8 ozs Chicken Breast (boneless, skinless, cubed)
2 Yellow Potato (peeled, diced)
1 Carrot (medium, peeled, diced)
2 cups Chicken Broth, Low Sodium
1 1/2 tsps Thyme (fresh, chopped)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	369
Fat	6g
Carbs	45g
Fiber	6g
Sugar	5g
Protein	35g

Directions

- 1 Heat the oil in a large pot over medium-high heat. Add the onion and garlic and cook until the onion softens, about five minutes.
- 2 Add the chicken, potato, carrots, chicken broth, and thyme, and bring to a boil. Simmer for 40 minutes or until the chicken is cooked through.
- 3 Blend the soup with an immersion blender until smooth. Season with salt and pepper, and enjoy!

Notes

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

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



Pressure Cooker Jerk Pork

2 servings

1 hour

Ingredients

- 10 2/3 ozs Pork Shoulder, Boneless (cut into large chunks)
- 1 1/8 tbsps Jerk Seasoning
- 2 2/3 tbsps Water

Nutrition

Amount per serving	
Calories	210
Fat	5g
Carbs	4g
Fiber	0g
Sugar	0g
Protein	34g

Directions

- 1 Add the pork shoulder to a large bowl with the jerk seasoning. Toss well to coat.
- 2 Place the seasoned pork and water in your pressure cooker. Put the lid on and set it to "sealing" then press manual/pressure cooker. Cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release.
- 3 Open the lid and shred the pork with two forks. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

Serving Size: One serving is equal to approximately 2/3 cup of pulled pork.

Crispy Pulled Pork: After cooking, broil the pulled pork in the oven on a baking sheet for five to eight minutes to make it crispy.

More Flavor: Let the pork marinate in the seasoning for one to four hours before cooking.

Serve it With: Tacos, rice, or vegetables.



Bison Meatballs & Cauliflower Mash

2 servings

40 minutes

Ingredients

- 1 lb Ground Bison
- 4 Garlic (cloves, minced, divided)
- 1 tsp Lemon Zest
- 1/4 cup Parsley (chopped)
- 1 tsp Sea Salt (divided)
- 1 head Cauliflower (large, chopped into florets)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	476
Fat	24g
Carbs	17g
Fiber	6g
Sugar	6g
Protein	52g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, combine the bison, half the minced garlic, lemon zest, parsley and half the sea salt. Form into meatballs, about 2 inches thick. Place on the baking sheet and bake for 23 to 25 minutes.
- 3 Meanwhile, bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft. Remove and place the florets into a blender or food processor.
- 4 In a small skillet over low heat add the extra virgin olive oil and the remaining minced garlic. Heat through until fragrant and lightly browned, being careful not to let the garlic burn. Add this to the cauliflower along with the remaining salt and process until smooth.
- 5 Serve the cauliflower mash along with the bison meatballs. Enjoy!

Notes

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

Serving Size: One serving is roughly 5 to 6 meatballs and 1 cup of cauliflower mash.

Additional Toppings: Garnish with minced chives, parsley or dill.

No Bison: Use another meat such as ground beef, lamb or chicken.



Celery Root Latkes

2 servings

20 minutes

Ingredients

4 cups Celery Root (shredded)
2 Egg
2/3 tsp Dried Dill
Sea Salt & Black Pepper (to taste)
1 1/3 tsps Extra Virgin Olive Oil
1/3 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	248
Fat	10g
Carbs	31g
Fiber	6g
Sugar	5g
Protein	11g

Directions

- 1 In a large bowl, combine the shredded celery root, eggs, dill, salt, and pepper. Mix until well combined.
- 2 Heat the oil in a large pan over medium heat. Form the celery root mixture into patties with your hands, about 1/2 cup per latke. Transfer to the frying pan and cook for five minutes on each side or until golden.
- 3 Top the latkes with coconut yogurt. Serve and enjoy!

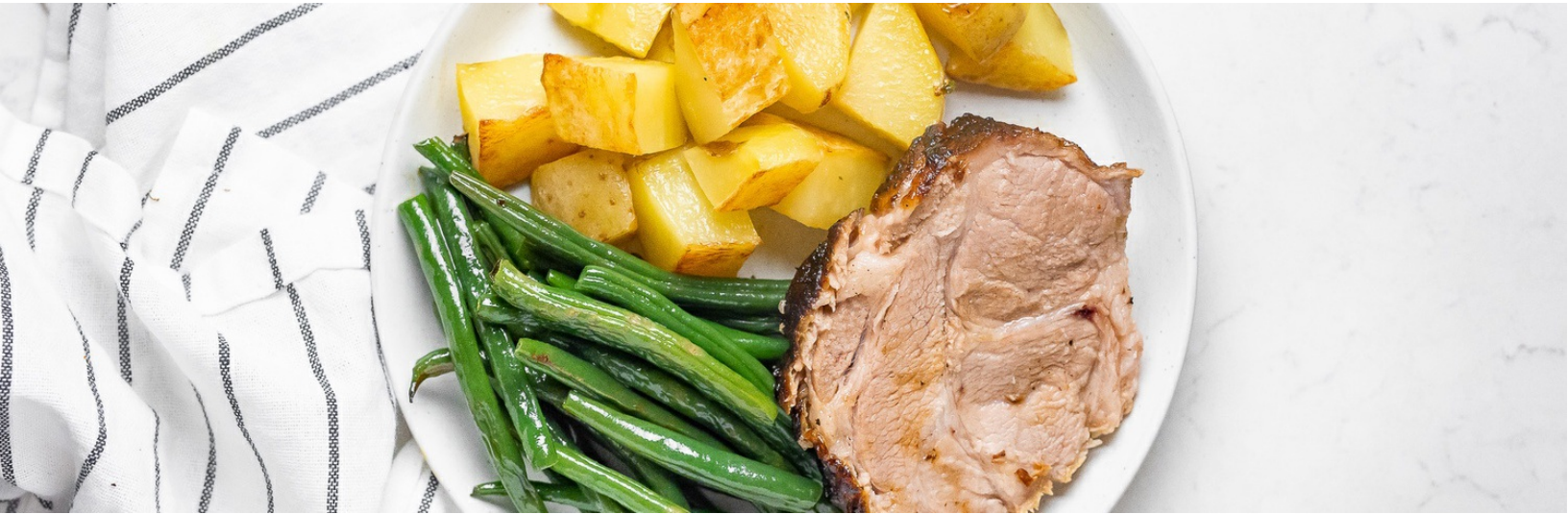
Notes

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

Serving Size: One serving is equal to two latkes.

More Flavor: Add garlic and onions.

No Coconut Yogurt: Use plain Greek yogurt, sour cream, and/or goat cheese instead.



Pork Roast with Potatoes & Green Beans

2 servings

10 hours

Ingredients

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

Directions

- 1 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 5 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 6 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

Notes

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

Serving Size: One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

More Flavor: Add fresh oregano and orange zest to the marinade.

Additional Toppings: Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



Slow Cooker Stuffed Peppers

2 servings

4 hours

Ingredients

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

Nutrition

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

Directions

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

Notes

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

No Ground Turkey: Use ground chicken or beef instead.

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

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



Pear & Arugula Salad with Chicken

2 servings

35 minutes

Ingredients

- 12 ozs Chicken Breast
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 4 cups Arugula
- 1 Pear (chopped)
- 2 tbsps Red Onion (thinly sliced)
- 1 tbsp Walnuts (finely chopped)
- 3 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	314
Fat	7g
Carbs	21g
Fiber	4g
Sugar	14g
Protein	40g

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

Nut-Free: Omit the walnuts or use sunflower or pumpkin seeds instead.

No Chicken: Use salmon, shrimp, chickpeas, or tofu instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.



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.



Juicy Baked Chicken Breast

2 servings

35 minutes

Ingredients

- 10 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/2 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	229
Fat	10g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	32g

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking dish with parchment paper.
- 2 Place chicken breasts in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through.
- 3 Remove the chicken from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 4 Carefully remove the foil and slice the chicken before serving. Enjoy!

Notes

Leftovers: Keeps well in the fridge up to 3 days. Store in the freezer for longer.

Meat Thermometer: If using a meat thermometer, the internal temperature of the chicken should be 165°F when cooked through.



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!



BBQ Chicken with Grilled Balsamic Vegetables

1 serving

1 hour

Ingredients

3/4 tsp Extra Virgin Olive Oil
 2 tbsps Red Onion (chopped)
 3/4 Garlic (cloves, minced)
 1/2 Tomato (diced)
 1/2 tsp Tabasco Sauce
 1 tbsp Apple Cider Vinegar
 1 tbsp Yellow Mustard
 1 tbsp Fancy Molasses
 1 1/2 tsps Raw Honey
 1/8 tsp Sea Salt
 4 ozs Chicken Breast
 1/4 Yellow Onion (coarsely chopped)
 1/4 Zucchini (coarsely chopped)
 1/2 cup Portobello Mushroom (coarsely chopped)
 1/4 Yellow Bell Pepper (coarsely chopped)
 3/4 tsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	333
Fat	7g
Carbs	39g
Fiber	4g
Sugar	30g
Protein	30g

Directions

- 1 Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
- 2 Transfer to blender and blend until smooth. Let cool while you prepare the rest.
- 3 Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
- 4 Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
- 5 Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
- 6 Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

Notes

No BBQ: Preheat the oven to 350°F (177°C). Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.



Spiced Salmon Kabobs

1 serving

20 minutes

Ingredients

- 1 1/2 tsps Parsley (chopped)
- 3/4 tsp Sesame Seeds
- 1/8 tsp Black Pepper
- 1/8 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tsps Maple Syrup
- 1 1/2 tsps Extra Virgin Olive Oil (plus extra for asparagus)
- 5 ozs Salmon Fillet (sliced into 1 inch cubes)
- 1/2 Lemon (sliced into thin rounds)
- 2 Barbecue Skewers
- 1 1/2 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.



Brie & Plum

1 serving
5 minutes

Ingredients

2 ozs Brie Cheese
1 Plum

Nutrition

Amount per serving	
Calories	220
Fat	16g
Carbs	8g
Fiber	1g
Sugar	7g
Protein	12g

Directions

- 1 Place all ingredients on a plate and enjoy!

Notes

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

No Brie Cheese: Use any other cheese instead.