



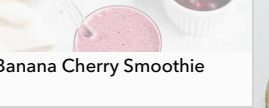











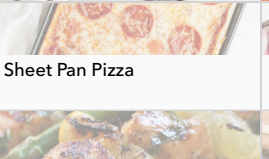
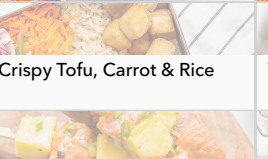
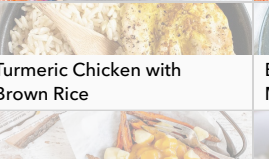

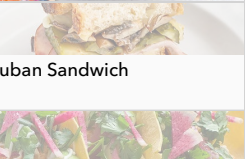

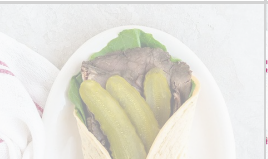
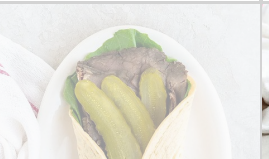





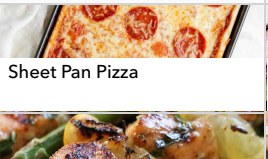
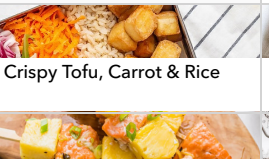


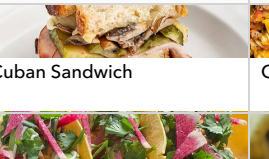
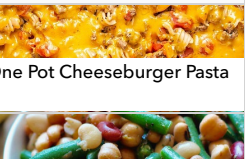

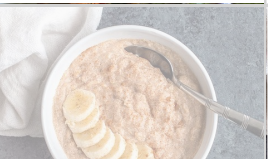
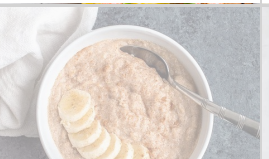





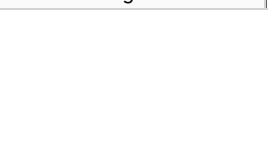
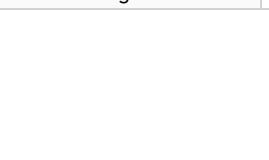
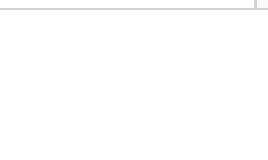
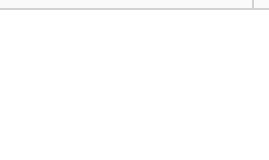
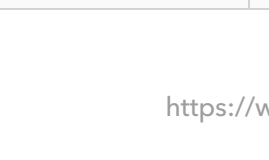
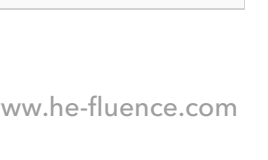

























3100 calories, glutenfree

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Veggie Scramble with Strawberries	Veggie Scramble with Strawberries	Veggie Scramble with Strawberries	Banana Cherry Smoothie	Banana Cherry Smoothie	Whipped Peanut Butter Yogurt Bowl	Whipped Peanut Butter Yogurt Bowl
Snack 1							
	Peach Cherry Smoothie	Peach Cherry Smoothie	Peach Cherry Smoothie	1.5 Pomelo & Cottage Cheese	1.5 Pomelo & Cottage Cheese	1.5 Pomelo & Cottage Cheese	Pomelo & Cottage Cheese
Lunch							
	Chicken Caesar Salad Wraps	Portobello Fajita Bowls with Black Bean Salsa	Sheet Pan Pizza	Crispy Tofu, Carrot & Rice	Turmeric Chicken with Brown Rice	Beef with Cabbage & Mushrooms	Cuban Sandwich
Snack 2							
	Watermelon Salad	Coconut Lime Steamed Mussels	Spiced Salmon Kabobs	Pineapple Salmon Skewers	Sweet Potato Poutine	Slow Cooker Stuffed Peppers	Coconut Cod Tacos
Dinner							
	Roast Beef Tortilla Wrap	Roast Beef Tortilla Wrap	Roast Beef Tortilla Wrap	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich
Snack 3							
	Portobello Fajita Bowls with Black Bean Salsa	Sheet Pan Pizza	Crispy Tofu, Carrot & Rice	Turmeric Chicken with Brown Rice	Beef with Cabbage & Mushrooms	Cuban Sandwich	One Pot Cheeseburger Pasta
Snack 3							
	Coconut Lime Steamed Mussels	Spiced Salmon Kabobs	Pineapple Salmon Skewers	Sweet Potato Poutine	Slow Cooker Stuffed Peppers	Coconut Cod Tacos	Marinated Mixed Bean Salad
Snack 3							
	Peanut Butter & Banana Protein Porridge	Peanut Butter & Banana Protein Porridge	Peanut Butter & Banana Protein Porridge	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  34%	Fat  36%	Fat  32%	Fat  31%	Fat  36%	Fat  37%
Carbs  39%	Carbs  38%	Carbs  38%	Carbs  43%	Carbs  42%	Carbs  35%	Carbs  37%
Protein  27%	Protein  28%	Protein  26%	Protein  25%	Protein  27%	Protein  29%	Protein  26%
Calories 3115	Calories 3235	Calories 3034	Calories 3091	Calories 3071	Calories 3170	Calories 3215
Fat 120g	Fat 123g	Fat 123g	Fat 113g	Fat 110g	Fat 131g	Fat 134g
Carbs 309g	Carbs 313g	Carbs 292g	Carbs 339g	Carbs 333g	Carbs 285g	Carbs 302g
Fiber 52g	Fiber 63g	Fiber 54g	Fiber 38g	Fiber 45g	Fiber 44g	Fiber 47g
Sugar 107g	Sugar 76g	Sugar 92g	Sugar 115g	Sugar 104g	Sugar 76g	Sugar 63g
Protein 219g	Protein 229g	Protein 203g	Protein 200g	Protein 211g	Protein 230g	Protein 207g

Fruits

- 1/2 Avocado
- 5 1/2 Banana
- 1/4 cup Blueberries
- 1 1/2 cups Cherries
- 1 1/4 Lemon
- 2 1/2 tbsps Lemon Juice
- 1 2/3 Lime
- 2 tbsps Lime Juice
- 3 Peach
- 2 cups Pineapple
- 5 cups Pomelo
- 1/8 Seedless Watermelon
- 7 cups Strawberries

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1 1/2 cups Granola
- 2 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tbsp Cinnamon
- 1/4 tsp Cumin
- 2/3 tsp Dried Basil
- 1/16 tsp Dried Thyme
- 1/8 tsp Garlic Powder
- 3/4 tsp Italian Seasoning
- 1/8 tsp Onion Powder
- 1/4 tsp Paprika
- 3/4 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 1/2 tsps Taco Seasoning
- 2/3 tsp Turmeric

Frozen

- 4 Brown Rice Tortilla

Vegetables

- 3 cups Asparagus
- 1/2 cup Baby Spinach
- 1/4 head Boston Lettuce
- 1 1/8 Carrot
- 1/2 head Cauliflower
- 1/3 cup Cilantro
- 4 Cremini Mushrooms
- 1/4 Cucumber
- 4 1/4 Garlic
- 1 3/4 tbsps Ginger
- 1/2 cup Green Beans
- 3 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 6 stalks Green Onion
- 1/4 cup Mint Leaves
- 2 cups Mixed Greens
- 1 3/4 cups Mushrooms
- 1 tbsp Parsley
- 3 cups Portobello Mushroom
- 3 Red Bell Pepper
- 3/4 cup Red Onion
- 14 leaves Romaine
- 1 Sweet Potato
- 5 1/4 Tomato
- 2 tbsps Watermelon Radish
- 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion

Boxed & Canned

- 1 cup Black Beans
- 1 2/3 cups Brown Rice
- 2/3 cup Brown Rice Fusilli
- 1/2 cup Canned Coconut Milk
- 2/3 cup Diced Tomatoes
- 1/2 cup Jasmine Rice
- 1 cup Mixed Beans
- 1 cup Salsa
- 1/2 cup Vegetable Broth

Baking

Bread, Fish, Meat & Cheese

- 2/3 oz Cheddar Cheese
- 2 2/3 ozs Cheese Curds
- 10 2/3 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 1 Cod Fillet
- 4 Corn Tortilla
- 8 ozs Deli Roast Beef
- 12 1/16 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 12 slices Gluten-Free Bread
- 3 1/2 ozs Mozzarella Cheese
- 2 lbs Mussels
- 3/4 oz Pepperoni
- 1 1/4 lbs Salmon Fillet
- 1 1/4 lbs Sliced Ham
- 2 ozs Swiss Cheese
- 8 ozs Tofu

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 3 1/4 tbsps Avocado Oil
- 4 ozs Baby Pickles
- 1 tbsp Coconut Aminos
- 1/4 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 3/4 tbsps Mayonnaise
- 1 1/2 cups Pickle
- 1 1/2 tsps Tahini
- 1 1/2 tbsps Tamari
- 1/3 cup Tomato Sauce
- 2 tsps Yellow Mustard

Cold

- 5 cups Cottage Cheese
- 13 Egg
- 1 1/2 cups Egg Whites
- 2 1/2 cups Plain Coconut Milk
- 5 cups Plain Greek Yogurt
- 6 cups Unsweetened Almond Milk

- 1 cup Frozen Banana
- 2 cups Frozen Cherries

- 1 1/16 cups All Purpose Gluten-Free Flour
- 1 1/3 tbsps Arrowroot Powder
- 1 tsp Baking Powder
- 3 tbsps Coconut Flour
- 1 tbsp Honey
- 2 tsps Nutritional Yeast
- 3/4 cup Oats
- 2 1/4 tsps Tapioca Flour
- 1/4 cup Unsweetened Shredded Coconut

Other

- 8 Barbecue Skewers
- 1 1/3 ozs Collagen Powder
- 3/4 cup Vanilla Protein Powder
- 1 1/16 cups Water



Veggie Scramble with Strawberries

3 servings

15 minutes

Ingredients

- 12 Egg
- 1/3 tsp Sea Salt (divided)
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (finely chopped)
- 3 Tomato (medium, diced)
- 3 stalks Green Onion (chopped)
- 3 cups Strawberries (chopped)

Nutrition

Amount per serving	
Calories	424
Fat	25g
Carbs	24g
Fiber	7g
Sugar	13g
Protein	29g

Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add dried herbs and spices like garlic powder or parsley.

No Red Pepper: Use any colour of bell pepper.

Like it Spicy: Add red pepper flakes or jalapeno pepper.

No Strawberries: Serve with a different fruit instead.



Banana Cherry Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Plain Coconut Milk (unsweetened from the carton)
- 2 cups Frozen Cherries
- 1 cup Frozen Banana
- 1 1/3 ozs Collagen Powder
- 2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g

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.

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

Additional Toppings: Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



Banana

2 servings

1 minute

Ingredients

2 Banana

Nutrition

Amount per serving	
Calories	105
Fat	0g
Carbs	27g
Fiber	3g
Sugar	14g
Protein	1g

Directions

- 1 Peel and enjoy!

Notes

More protein: Dip in almond butter.



Whipped Peanut Butter Yogurt Bowl

2 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 1/4 cup All Natural Peanut Butter
- 1/4 cup Granola
- 1/4 cup Blueberries (fresh or frozen)
- 2 tsps Maple Syrup

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	35g
Fiber	3g
Sugar	18g
Protein	31g

Directions

- 1 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

Notes

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

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

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

More Flavor: Swirl berry jam or chia jam into the yogurt.



Peach Cherry Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 Peach (medium, pitted)
1 1/2 cups Cherries (pitted)
3 tbsps Chia Seeds
3/4 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.



Pomelo & Cottage Cheese

5 servings

5 minutes

Ingredients

5 cups Pomelo (peeled, pink or white)
5 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	25g
Fiber	2g
Sugar	6g
Protein	25g

Directions

- 1 Add the pomelo and cottage cheese to a bowl. Enjoy!

Notes

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

More Flavor: Top with cinnamon.



Chicken Caesar Salad Wraps

1 serving
15 minutes

Ingredients

- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Tahini
- 1 1/2 tsps Lemon Juice
- 1/4 tsp Dijon Mustard
- 1/2 tsp Nutritional Yeast
- 1/16 tsp Sea Salt (divided)
- 1 1/2 tsps Water
- 1/4 head Boston Lettuce
- 1 Brown Rice Tortilla
- 1/4 Tomato (chopped, seeds removed)
- 4 ozs Chicken Breast, Cooked (chopped into cubes or slices)

Nutrition

Amount per serving	
Calories	439
Fat	17g
Carbs	31g
Fiber	4g
Sugar	3g
Protein	40g

Directions

- 1 Add the olive oil, tahini, lemon juice, mustard, nutritional yeast, sea salt and water to a jar. Shake vigorously to combine until smooth and creamy.
- 2 Place a few leaves of lettuce in a tortilla, and add the tomato. Place the chicken on top and drizzle with the tahini caesar dressing. Wrap and repeat until all the wraps are made. Enjoy!

Notes

Leftovers: All ingredients are best stored separately, and away from the dressing. Refrigerate the dressing for up to one week.

Serving Size: One serving is equal to one wrap.

Additional Toppings: Add sliced or cubed avocado.

More Flavor: Season the chicken with herbs and spices like oregano, thyme, garlic powder and onion flakes.



Watermelon Salad

1 serving
15 minutes

Ingredients

- 1 1/2 tsps Maple Syrup
- 1/8 Lime (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1/8 Seedless Watermelon (diced into cubes)
- 1/4 Cucumber (diced)
- 1/4 cup Mint Leaves
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	372
Fat	16g
Carbs	55g
Fiber	3g
Sugar	42g
Protein	10g

Directions

- 1 In a small mason jar, combine maple syrup, lime juice, olive oil and salt. Cover with lid, shake to combine and set aside.
- 2 In a serving bowl, combine chopped watermelon, cucumber, mint and feta.
- 3 Divide into bowls and drizzle with desired amount of dressing. Enjoy!

Notes

Make it Greek: Add thinly sliced red onion and black olives.

More Protein: Add edamame, ground flax, hemp hearts or serve with a grilled chicken breast.

More Greens: Add more fresh herbs, arugula or chopped basil.

Watermelon Size: This recipe was developed and tested using a 5 lb. watermelon.



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.



Ham Sandwich

4 servings

5 minutes

Ingredients

- 1 1/3 tbsps Mayonnaise
- 2 tsps Yellow Mustard
- 8 slices Gluten-Free Bread
- 8 leaves Romaine
- 2 Tomato (medium, thinly sliced)
- 12 ozs Sliced Ham

Nutrition

Amount per serving	
Calories	318
Fat	13g
Carbs	29g
Fiber	4g
Sugar	6g
Protein	22g

Directions

- 1 Spread the mayonnaise and yellow mustard on the bread. Add the remaining sandwich toppings. Close the sandwich and enjoy!

Notes

Leftovers: Refrigerate in an airtight container and enjoy within a day.

Additional Toppings: Cucumber, pickles, onion, bell pepper, cheese, or avocado.

No Ham: Use sliced turkey, chicken, or roast beef instead.



Portobello Fajita Bowls with Black Bean Salsa

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice
- 3/4 cup Red Onion (divided)
- 1 tbsp Avocado Oil
- 3 cups Portobello Mushroom (sliced)
- 1 Green Bell Pepper (sliced)
- 1 1/2 tsps Taco Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 cup Black Beans (cooked, rinsed)
- 1 Garlic (small clove, minced)
- 1 Lime (juiced)

Nutrition

Amount per serving	
Calories	449
Fat	10g
Carbs	76g
Fiber	16g
Sugar	9g
Protein	19g

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, slice 2/3 of the red onion. Heat the oil in a cast-iron pan over medium-high heat. Add the mushrooms, bell pepper, and onion to the pan and cook, stirring only occasionally, for six to eight minutes or until the veggies are browned and tender. Add the taco seasoning and stir to combine (if the pan seems too dry, add a splash of water or extra lime juice). Season with salt and pepper to taste and set aside.
- 3 Finely chop the remaining onion. Make the black bean salsa by combining the black beans, garlic, onion, and lime juice. Stir well and season with salt and pepper to taste.
- 4 To serve, divide the rice between bowls and top with the mushroom mixture. Add the black bean salsa and any excess dressing. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of vegetables, a half cup of rice, and a half cup of black bean salsa.

Additional Toppings: Avocado or guacamole, salsa, cheese, cilantro, green onion, cheese, sour cream, jalapenos, hot sauce, red pepper flakes, and/or lime wedges.

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

No Green Bell Pepper: Use red, yellow, or orange bell pepper instead.

No Portobello Mushroom: Use sliced cremini mushrooms instead.



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos



Sheet Pan Pizza

2 servings

35 minutes

Ingredients

- 1 tsp Avocado Oil (for greasing)
- 1 cup All Purpose Gluten-Free Flour (plus more for dusting)
- 1 cup Plain Greek Yogurt
- 1 tsp Baking Powder
- 1 tbsp Water
- 1/3 cup Tomato Sauce
- 3 1/2 ozs Mozzarella Cheese (shredded)
- 3/4 oz Pepperoni (sliced)

Nutrition

Amount per serving	
Calories	583
Fat	19g
Carbs	73g
Fiber	13g
Sugar	4g
Protein	27g

Directions

- 1 Preheat the oven to 500°F (260°C) and grease a baking sheet with the oil.
- 2 In a mixing bowl, add the flour, yogurt, baking powder and start mixing with a spatula. As the dough begins to form, add the water and keep mixing.
- 3 The dough is ready when it is a little bit sticky but mostly smooth. Lightly flour your work surface and shape the dough into a ball.
- 4 Start to roll out the dough and then transfer it to the baking sheet. Use your hands to stretch the dough and get it as thin as you can (approximately 1/8-inch thickness) on the baking sheet.
- 5 Bake the dough for ten minutes without the toppings. Remove from the oven and add the tomato sauce, cheese, and pepperoni. Place the pizza back in the oven for another 10 to 15 minutes or until the cheese melts to your liking.
- 6 Remove from the oven and cut the pizza into slices. Enjoy!

Notes

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

Serving Size: One serving is equal to two slices. An 18 x 11-inch baking sheet was used for four servings (eight slices).

More Flavor: Add garlic powder, onion powder, or dried herbs to the dough.

Additional Toppings: Add your favorite pizza toppings.

Gluten-Free Flour: This recipe was developed and tested using Bob's Red Mill 1:1 Baking Flour. If using another type of gluten-free flour, note that results may vary.

Greek Yogurt: This recipe was developed using 2% MF Greek yogurt. If using a Greek yogurt with differing milk fat, note the results may vary.



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.



Crispy Tofu, Carrot & Rice

2 servings

40 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 8 ozs Tofu (extra-firm, pressed and cubed)
- 1 1/3 tbsps Tamari
- 1 1/3 tbsps Arrowroot Powder
- 2 cups Mixed Greens
- 1 Carrot (medium, shredded)
- 1 tbsp Lemon Juice (to taste)

Nutrition

Amount per serving	
Calories	310
Fat	8g
Carbs	46g
Fiber	4g
Sugar	3g
Protein	17g

Directions

- 1 Cook the rice according to package directions. Let the rice cool slightly.
- 2 While the rice cooks, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated.
- 4 Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
- 5 Divide the mixed greens, shredded carrot, brown rice, and crispy tofu cubes in a bowl or container. Squeeze the lemon juice over top and enjoy!

Notes

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

More Flavor: Before serving, add a splash of tamari, salt, or pepper taste. Top with your favorite dressing or mix the lemon juice with your choice of oil.

Additional Toppings: Sliced green onions, sauerkraut, or other pickled veggies.

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

No Tamari: Use soy sauce or coconut aminos instead.

No Arrowroot Powder: Use tapioca flour or corn starch instead.

Tofu: This recipe was created and tested using extra firm tofu. To press the tofu to remove moisture, wrap the tofu in paper towel, place a plate or cutting board on top of the block of tofu and then place a heavy pan, book or object of similar weight on the plate or cutting board. Let the tofu rest like this for 15 to 30 minutes.



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.



Turmeric Chicken with Brown Rice

2 servings

30 minutes

Ingredients

2/3 cup Brown Rice (dry, uncooked)
10 2/3 ozs Chicken Breast (skinless and boneless)
2 tsps Avocado Oil
2/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

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

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Sweet Potato Poutine

2 servings

30 minutes

Ingredients

- 1 Sweet Potato (large, sliced into 1/4-inch strips)
- 2 1/4 tsps Tapioca Flour
- Sea Salt & Black Pepper (to taste)
- 1 1/4 tsps Avocado Oil
- 1/2 cup Vegetable Broth
- 3/4 tsp Tamari
- 1 tbsp All Purpose Gluten-Free Flour
- 1 1/2 tsps Nutritional Yeast
- 1/8 tsp Onion Powder
- 1/8 tsp Garlic Powder
- 1/16 tsp Dried Thyme
- 2 2/3 ozs Cheese Curds

Nutrition

Amount per serving	
Calories	308
Fat	20g
Carbs	23g
Fiber	3g
Sugar	3g
Protein	12g

Directions

- 1 Preheat the oven to 425°F (215°C) and line the baking sheet with parchment paper.
- 2 Place the sweet potato strips in a large bowl with tapioca flour, salt, and pepper and toss until well coated. Pour in the oil and toss again to combine.
- 3 Arrange the sweet potato onto your baking sheet, being careful not to crowd the pan. Use multiple baking sheets if needed. Bake for 28 to 30 minutes, flipping halfway through.
- 4 Meanwhile combine the vegetable broth, tamari, all purpose gluten-free flour, nutritional yeast, onion powder, garlic powder, thyme, salt, and pepper into a saucepan over medium heat and whisk well. Bring to a boil, and then reduce the heat and simmer on low for five minutes, until thickened, whisking often. Cover and keep on low heat until the fries are ready.
- 5 Remove the fries from the oven and transfer to a plate. Add the cheese curds on top and immediately pour the hot gravy on top. Season with salt and/or pepper if needed. Enjoy!

Notes

Leftovers: Best enjoyed freshly made. Leftover gravy can be refrigerated in an airtight container for up to five days. Reheat the fries separately in the oven to make them crispy.

Make it Vegan: Use dairy-free cheese curds or dairy-free shredded cheese.

No Cheese Curds: Use shredded cheese instead.



Beef with Cabbage & Mushrooms

2 servings

25 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 8 ozs Extra Lean Ground Beef
- 1/2 tsp Sea Salt (divided)
- 1 3/4 cups Mushrooms (sliced)
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1 tbsp Water

Nutrition

Amount per serving	
Calories	395
Fat	12g
Carbs	45g
Fiber	4g
Sugar	4g
Protein	29g

Directions

- 1 Cook the rice according to package directions.
- 2 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 3 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 4 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 5 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 6 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

Notes

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

More Flavor: Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

Additional Toppings: Top with sesame seeds or sliced green onion.

No Green Cabbage: Use purple cabbage instead.

No Beef: Use ground chicken, ground turkey or ground pork.



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.



Cuban Sandwich

2 servings

10 minutes

Ingredients

- 2 tbsps Water
- 4 Cremini Mushrooms (sliced)
- 4 slices Gluten-Free Bread
- 2 ozs Swiss Cheese (sliced)
- 8 ozs Sliced Ham
- 4 ozs Baby Pickles (sliced)

Nutrition

Amount per serving	
Calories	434
Fat	20g
Carbs	29g
Fiber	3g
Sugar	6g
Protein	35g

Directions

- 1 In a small pan, heat the water over medium-high heat. Add the mushrooms and cook until soft and browned, about five minutes (adding more water to prevent sticking, if needed).
- 2 Between the bread slices, layer the cheese, ham, pickles, and mushrooms. Enjoy as-is, or grill in a panini press, or toast in the oven until the cheese is melted.

Notes

Leftovers: This recipe is best enjoyed immediately, but can be refrigerated in an airtight container or food wrap for up to two days.

Dairy-Free: Use vegan cheese slices instead.



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.



One Pot Cheeseburger Pasta

1 serving
20 minutes

Ingredients

- 1/8 tsp Extra Virgin Olive Oil
- 4 ozs Extra Lean Ground Beef
- 1/8 Carrot (medium, finely diced)
- 1/3 tsp Dried Basil
- 1/16 tsp Sea Salt
- 1/2 cup Diced Tomatoes (with juices)
- 1/4 cup Water
- 2/3 cup Brown Rice Fusilli (dry)
- 2/3 oz Cheddar Cheese (shredded)

Nutrition

Amount per serving	
Calories	562
Fat	21g
Carbs	57g
Fiber	5g
Sugar	4g
Protein	33g

Directions

- 1 In a large pot or Dutch oven, heat the oil over medium heat. Add the ground beef, carrot, basil, and salt. Cook for five minutes, stirring often. Drain any excess oil.
- 2 Add the diced tomatoes, water, and brown rice fusilli. Stir until well combined and the fusilli is mostly submerged. Cover with a lid and cook for 10 to 12 minutes or until the pasta is cooked through.
- 3 Open the lid and stir the pasta again. Top with the shredded cheese and close the lid until melted. Divide between bowls and enjoy!

Notes

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

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

Dairy-Free: Use vegan cheese, nutritional yeast, or omit.

More Flavor: Add fresh basil, oregano, onion, and/or garlic.

Additional Toppings: Sliced green onions, chopped pickles, avocado and/or plain yogurt.

Make it Vegan: Use lentils instead of ground beef.

More Veggies: Stir in finely chopped spinach before topping with cheese.



Marinated Mixed Bean Salad

1 serving
15 minutes

Ingredients

1/2 cup Green Beans (fresh or frozen)
1 cup Mixed Beans (cooked)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Apple Cider Vinegar
3/4 tsp Italian Seasoning
1/4 Garlic (clove, minced)
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Nutrition

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

Directions

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

Notes

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

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



Peanut Butter & Banana Protein Porridge

3 servings

10 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3/4 cup Oats (rolled)
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 tbsp Cinnamon
- 1 1/2 Banana (mashed)

Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.



Granola, Yogurt & Berry Snack Box

4 servings

5 minutes

Ingredients

- 2 cups Plain Greek Yogurt
- 4 cups Strawberries (sliced)
- 1 1/3 cups Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

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

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.