















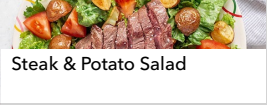
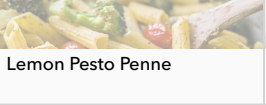
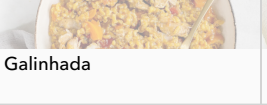
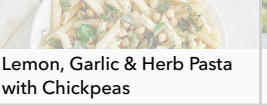
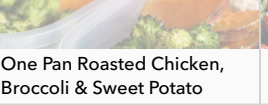
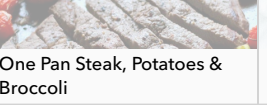

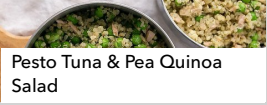
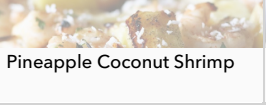
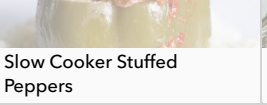
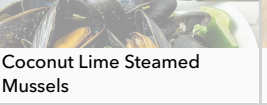
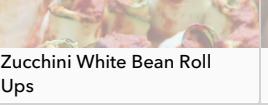

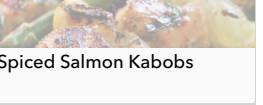








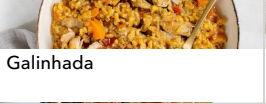

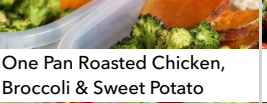
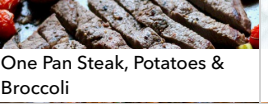

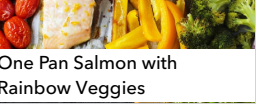


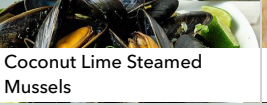
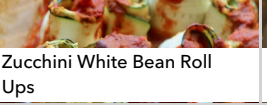

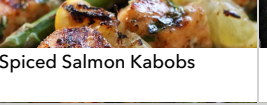
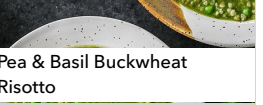




























3100 calories, no dairy

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 Apple Turmeric Smoothie	 1.5 Blueberry Protein Oats	 2 Blueberry Protein Oats	 2 Super Simple French Toast	 2 Super Simple French Toast
	 Banana Yogurt Bowl	 Banana Yogurt Bowl					
Snack 1	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Egg White Scramble Wrap	 Ham Sandwich	 Ham Sandwich	 Ham Sandwich	 Ham Sandwich
	 Steak & Potato Salad	 Lemon Pesto Penne	 Galinhada	 Lemon, Garlic & Herb Pasta with Chickpeas	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 One Pan Steak, Potatoes & Broccoli	 Deconstructed Falafel
Lunch	 Pesto Tuna & Pea Quinoa Salad	 Pineapple Coconut Shrimp	 Slow Cooker Stuffed Peppers	 Coconut Lime Steamed Mussels	 Zucchini White Bean Roll Ups	 Slow Cooker Moroccan Lentils	 Spiced Salmon Kabobs
	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
Dinner	 Lemon Pesto Penne	 Galinhada	 Lemon, Garlic & Herb Pasta with Chickpeas	 One Pan Roasted Chicken, Broccoli & Sweet Potato	 One Pan Steak, Potatoes & Broccoli	 Deconstructed Falafel	 One Pan Salmon with Rainbow Veggies
	 Pineapple Coconut Shrimp	 Slow Cooker Stuffed Peppers	 Coconut Lime Steamed Mussels	 Zucchini White Bean Roll Ups	 Slow Cooker Moroccan Lentils	 Spiced Salmon Kabobs	 Pea & Basil Buckwheat Risotto
	 Apple Slices with Tuna	 Apple Slices with Tuna	 Apple Slices with Tuna				
Snack 3							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  31%	Fat  28%	Fat  31%	Fat  32%	Fat  32%	Fat  32%
Carbs  42%	Carbs  43%	Carbs  43%	Carbs  42%	Carbs  42%	Carbs  45%	Carbs  44%
Protein  26%	Protein  26%	Protein  29%	Protein  27%	Protein  26%	Protein  23%	Protein  24%
Calories 3182	Calories 3188	Calories 3072	Calories 3128	Calories 3190	Calories 3153	Calories 2997
Fat 118g	Fat 114g	Fat 99g	Fat 109g	Fat 118g	Fat 115g	Fat 108g
Carbs 342g	Carbs 354g	Carbs 340g	Carbs 333g	Carbs 349g	Carbs 359g	Carbs 335g
Fiber 66g	Fiber 68g	Fiber 69g	Fiber 68g	Fiber 77g	Fiber 69g	Fiber 68g
Sugar 104g	Sugar 112g	Sugar 87g	Sugar 76g	Sugar 88g	Sugar 110g	Sugar 116g
Protein 216g	Protein 218g	Protein 223g	Protein 218g	Protein 210g	Protein 189g	Protein 189g

Fruits

- 6 Apple
- 1 Banana
- 4 1/2 Lemon
- 1/4 cup Lemon Juice
- 2 tbsps Lime Juice
- 1/4 Navel Orange
- 2 cups Pineapple
- 2 cups Raspberries
- 2 cups Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter
- 1/3 cup Buckwheat Groats
- 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 2 tsps Cardamom
- 1/8 tsp Cayenne Pepper
- 2/3 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tbsp Cumin
- 1/4 tsp Dried Basil
- 1 tbsp Italian Seasoning
- 1/3 tsp Oregano
- 3/4 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 1/8 tsp Saffron
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 3 tbsps Turmeric

Frozen

- 4 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 1/2 cup Frozen Peas
- 3 cups Frozen Raspberries

Vegetables

- 3 cups Asparagus
- 3 1/2 cups Baby Spinach
- 2/3 cup Basil Leaves
- 9 cups Broccoli
- 1/2 head Cauliflower
- 1 1/2 cups Cauliflower Rice
- 3 1/2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1 1/3 tbsps Fresh Dill
- 1/2 cup Fresh Peas
- 7 1/3 Garlic
- 1 1/2 tbsps Ginger
- 2 Green Bell Pepper
- 1/4 head Green Lettuce
- 2 stalks Green Onion
- 5 cups Mini Potatoes
- 3/4 Orange Bell Pepper
- 3/4 cup Parsley
- 3/4 Red Bell Pepper
- 1 1/4 cups Red Onion
- 12 leaves Romaine
- 1 Sweet Potato
- 3 3/4 Tomato
- 1/2 Yellow Bell Pepper
- 2/3 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1 1/3 cups Brown Rice Penne
- 1/2 cup Canned Coconut Milk
- 1 cup Chicken Broth
- 2 3/4 cups Chickpeas
- 1/2 cup Dry Lentils
- 2/3 cup Jasmine Rice
- 1 cup Quick Oats
- 1/4 cup Quinoa
- 2 cups Quinoa Penne
- 1 cup Salsa
- 2 cans Tuna
- 3/4 cup Vegetable Broth

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 9 2/3 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Turkey
- 8 slices Gluten-Free Bread
- 2 lbs Mussels
- 5 ozs Ny Striploin Steak
- 15 ozs Salmon Fillet
- 1 lb Shrimp
- 12 ozs Sliced Ham
- 8 ozs Top Sirloin Steak
- 8 slices Whole Grain Bread
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 1/4 tbsps Coconut Aminos
- 2/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Hot Sauce
- 1/4 cup Mayonnaise
- 1/2 cup Pesto
- 1 tbsp Red Wine Vinegar
- 1/4 cup Sunflower Seed Butter
- 1/4 cup Tahini
- 1 cup Tomato Sauce
- 2 tsps Yellow Mustard

Cold

- 8 1/2 Egg
- 1 1/2 cups Egg Whites
- 7 3/4 cups Oat Milk
- 9 1/2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 10 Barbecue Skewers
- 3 1/2 cups Vanilla Protein Powder
- 3 3/4 cups Water

2 cups White Navy Beans

Baking

- 1 tbsp Coconut Flour
- 1 1/2 tsp Nutritional Yeast
- 1 1/3 tbsps Raw Honey
- 1 tbsp Unsweetened Coconut Flakes



Apple Turmeric Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Oat Milk
- 3 Apple (small, cored, chopped)
- 1 1/2 cups Cauliflower Rice (or chopped florets)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Turmeric
- 3 tbsps Chia Seeds (plus more for garnish if desired)

Nutrition

Amount per serving	
Calories	425
Fat	11g
Carbs	60g
Fiber	15g
Sugar	29g
Protein	27g

Directions

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

Notes

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

More Flavor: Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice: Use pumpkin puree or steamed sweet potato instead.

No Oat Milk: Use almond, soy, pea, rice, coconut, or dairy milk instead.



Banana Yogurt Bowl

2 servings

5 minutes

Ingredients

- 1 cup Unsweetened Coconut Yogurt
- 1/4 cup All Natural Peanut Butter
- 1 Banana (sliced)

Nutrition

Amount per serving	
Calories	300
Fat	20g
Carbs	27g
Fiber	5g
Sugar	11g
Protein	8g

Directions

- 1 Add the coconut yogurt to a bowl and stir in the peanut butter. Top with the banana slices and enjoy!

Notes

Leftovers: Refrigerate the yogurt in an airtight container for up to three days. Slice the banana just before serving.

Nut-Free: Use sunflower seed butter instead.

More Flavor: Add vanilla extract, cinnamon, or sweetener of choice to taste.

Additional Toppings: Fresh berries or other chopped fruit, chopped nuts, chia seeds, hemp seeds, and/or granola.

No Coconut Yogurt: Use Greek yogurt instead.



Blueberry Protein Oats

4 servings

10 minutes

Ingredients

- 1 cup Quick Oats
- 4 cups Oat Milk (plain, unsweetened)
- 2 tsps Cardamom (ground)
- 1/4 cup Sunflower Seed Butter
- 1 1/3 tsps Raw Honey
- 1 cup Vanilla Protein Powder
- 2 cups Frozen Blueberries (or fresh)

Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	51g
Fiber	8g
Sugar	21g
Protein	28g

Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor: Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings: Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk: Use plain coconut milk instead.



Super Simple French Toast

4 servings

10 minutes

Ingredients

- 8 Egg
- 8 slices Whole Grain Bread
- 1/2 cup Maple Syrup
- 2 cups Raspberries

Nutrition

Amount per serving	
Calories	498
Fat	13g
Carbs	71g
Fiber	10g
Sugar	33g
Protein	24g

Directions

- 1 Whisk the eggs in a shallow bowl. Dip the bread into the mixture, coating both sides evenly.
- 2 Heat a nonstick pan over medium-high heat. Cook the bread slices for about two minutes per side, or until browned and cooked through. Repeat the process until all of the bread is cooked.
- 3 Top with raspberries and maple syrup. Enjoy!

Notes

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

Gluten-Free: Use gluten-free bread instead.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a splash of any milk to the egg mixture.

Additional Toppings: Nuts, shredded coconut, nut or seed butter, or cottage cheese.



Egg White Scramble Wrap

3 servings

10 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

No Egg Whites: Use whole eggs instead.

No Hot Sauce: Use salsa or sriracha instead.

No Spinach: Use kale instead.

No Bell Pepper: Use tomatoes or mushrooms instead.



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.



Steak & Potato Salad

1 serving
25 minutes

Ingredients

- 1 cup Mini Potatoes (quartered)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 5 ozs NY Striploin Steak
- 1/4 head Green Lettuce (chopped)
- 1/2 Tomato (medium, chopped)

Nutrition

Amount per serving	
Calories	456
Fat	24g
Carbs	29g
Fiber	4g
Sugar	1g
Protein	33g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 2 In a large bowl, toss the potatoes with half the oil and season with salt and pepper. Arrange the potatoes on the baking sheet and cook for 20 minutes, flipping halfway, or until they are crispy and cooked through.
- 3 Meanwhile, coat the steak in the remaining oil and season with salt and pepper.
- 4 Heat an ovenproof skillet over medium-high heat. Brown the steak on both sides for two minutes. Transfer to the oven and bake for four to eight minutes or until the steak is cooked to your liking. Remove from the oven and let rest for five minutes, then cut into slices.
- 5 Divide the lettuce, tomato, potatoes and steak onto plates. Serve as is or with your favorite dressing and enjoy!

Notes

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

Additional Toppings: Blue cheese, chives, green onion, and/or salad dressing.



Pesto Tuna & Pea Quinoa Salad

1 serving
20 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1/2 can Tuna (drained, broken into chunks)
- 1/2 cup Frozen Peas (thawed)
- 1 tbsp Pesto

Nutrition

Amount per serving	
Calories	356
Fat	10g
Carbs	40g
Fiber	7g
Sugar	5g
Protein	28g

Directions

- 1 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork.
- 2 Add the tuna, peas and pesto. Stir gently until well combined. Divide into bowls and enjoy!

Notes

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

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

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

More Flavor: Drizzle with a splash of olive oil and/or cook the quinoa using broth.

Additional Toppings: Cherry tomatoes, cucumber, chopped spinach, mushrooms or zucchini.

Make it Vegan: Use chickpeas or lentils instead of tuna.

No Quinoa: Use pasta instead.



Raspberry Zinger Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 3 Lemon (juiced)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Chia Seeds
- 4 1/2 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



Strawberry Blueberry Smoothie

4 servings

5 minutes

Ingredients

- 2 cups Frozen Blueberries (wild)
- 2 cups Strawberries (stems removed)
- 5 cups Unsweetened Almond Milk
- 1/4 cup Chia Seeds
- 1 cup 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.



Lemon Pesto Penne

2 servings

20 minutes

Ingredients

- 1 cup Cherry Tomatoes
- 1 tbsp Avocado Oil
- 2 cups Quinoa Penne (dry, uncooked)
- 1 cup Broccoli (chopped into florets)
- 2 2/3 tbsps Pesto
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	480
Fat	16g
Carbs	76g
Fiber	4g
Sugar	6g
Protein	10g

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil. Place tomatoes on a baking sheet and toss in oil. Broil for 5 to 10 minutes, or until tomatoes are soft and blistered.
- 2 Meanwhile, bring a large saucepan of water to a boil. Add penne and cook according to instructions. Add broccoli during the last 2 to 3 minutes of cooking. Drain the pasta and broccoli, and return to the pan.
- 3 Add in the pesto, lemon juice, sea salt and broiled tomatoes, gently tossing until combined. Divide into bowls and enjoy!

Notes

Leftovers: Best enjoyed immediately as quinoa pasta will get stiff and dry once refrigerated. Can be stored in the fridge up to 5 days and enjoyed hot or cold.

No Quinoa Penne: Use any other type of pasta instead.

No Broccoli: Use broccolini or any other veggies on hand.

No Avocado Oil: Use ghee, coconut oil or olive oil instead.



Pineapple Coconut Shrimp

2 servings

25 minutes

Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and de-veined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



Galinhada

2 servings

50 minutes

Ingredients

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 9 2/3 ozs Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

Nutrition

Amount per serving	
Calories	470
Fat	14g
Carbs	54g
Fiber	3g
Sugar	1g
Protein	33g

Directions

- 1 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 2 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 3 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 4 Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is about 1 1/4 cups.

No Saffron: Use turmeric.

More Flavor: Add sausage and cook with the chicken.



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.



Lemon, Garlic & Herb Pasta with Chickpeas

2 servings

20 minutes

Ingredients

- 1 1/3 cups Brown Rice Penne (uncooked)
- 1 1/3 cups Chickpeas (cooked, drained)
- 2 tsps Extra Virgin Olive Oil
- 1 tbsp Lemon Juice
- 1 1/3 Garlic (cloves, minced)
- 1/3 tsp Oregano
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tbsps Parsley (chopped)
- 1 1/3 tbsps Basil Leaves (chopped)
- 1 1/3 tbsps Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	506
Fat	10g
Carbs	89g
Fiber	13g
Sugar	5g
Protein	15g

Directions

- 1 Cook pasta according to the package.
- 2 While the pasta is cooking, in a bowl, add the chickpeas, olive oil, lemon juice, garlic, oregano, salt and pepper. Mix to combine and set aside to marinate.
- 3 Add the pasta to a serving bowl followed by the chickpea mix (including the liquid). Toss to combine.
- 4 Add the parsley, basil, dill and toss again. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 1/2 cups of pasta.

More Flavor: Add more lemon juice, olive oil, oregano.

Additional Toppings: Chili flakes and/or plant-based cheese.



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



One Pan Roasted Chicken, Broccoli & Sweet Potato

2 servings

30 minutes

Ingredients

10 ozs Chicken Breast
 Sea Salt & Black Pepper (to taste)
 1 Sweet Potato (medium, diced)
 1 tbsp Extra Virgin Olive Oil (divided)
 3 cups Broccoli (chopped into small florets)
 2 tbsps Tahini
 1 1/2 tsps Maple Syrup
 2 tbsps Water
 1/8 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	434
Fat	19g
Carbs	29g
Fiber	7g
Sugar	8g
Protein	39g

Directions

- 1 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 2 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 3 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 4 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 5 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 6 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage: Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian: Replace the chicken breast with black beans.



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 Steak, Potatoes & Broccoli

2 servings

40 minutes

Ingredients

- 4 cups Mini Potatoes
- 1 1/2 cups Cherry Tomatoes
- 4 cups Broccoli (chopped into florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Italian Seasoning
- 8 ozs Top Sirloin Steak
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	675
Fat	31g
Carbs	69g
Fiber	12g
Sugar	8g
Protein	35g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 3 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 4 Remove the pan from the oven, divide onto plates and enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.



Slow Cooker Moroccan Lentils

2 servings

8 hours

Ingredients

- 1/2 cup Dry Lentils (brown or green, uncooked)
- 1/2 Tomato (medium, diced)
- 1/4 Yellow Onion (medium, diced)
- 3/4 Garlic (cloves, minced)
- 2 tbsps Parsley (chopped and divided)
- 3/4 tsp Cumin
- 3/4 tsp Paprika
- 1/2 tsp Sea Salt
- 2 cups Water

Nutrition

Amount per serving	
Calories	187
Fat	1g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	13g

Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

Notes

Serve it With: Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

Leftovers: Refrigerate in an airtight container up to 5 days. Freeze if longer.



Deconstructed Falafel

2 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tsps Cumin
- 1/4 tsp Sea Salt
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 3 tsps Lemon Juice (divided)
- 1/4 cup Parsley (finely chopped)
- 2 tsps Tahini
- 2 tsps Water
- 4 leaves Romaine (large, chopped)

Nutrition

Amount per serving	
Calories	388
Fat	19g
Carbs	45g
Fiber	13g
Sugar	8g
Protein	15g

Directions

- 1 Heat the oil in a non-stick pan over medium heat. Add the onion and cook for three to five minutes until softened. Add the garlic, cumin, and salt and stir to combine.
- 2 Add the chickpeas, 1/3 of the lemon juice, and the parsley, and cook for three to four minutes or until the chickpeas are warmed through. Transfer to a bowl and roughly mash the chickpeas with a potato masher or fork. Season the chickpeas with additional salt if needed.
- 3 In a small bowl combine the tahini, water, and the remaining lemon juice. Stir until smooth. Season the dressing with salt or additional lemon juice if needed.
- 4 To serve, divide the lettuce between plates and top with the chickpeas. Drizzle with the tahini sauce and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

Additional Toppings: Serve with additional lemon wedges, chopped tomatoes, sliced onions, hot peppers, cucumbers, pickles, or hummus.

No Romaine Lettuce: Use baby spinach or mixed greens instead.

No Red Onion: Use yellow onion instead.



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.



One Pan Salmon with Rainbow Veggies

1 serving
40 minutes

Ingredients

- 1 cup Cherry Tomatoes
- 5 ozs Salmon Fillet
- 1/2 Yellow Bell Pepper (sliced)
- 1 cup Broccoli (chopped into small florets)
- 1/4 cup Red Onion (sliced into chunks)
- 1 tbsp Extra Virgin Olive Oil
- 3/4 tsp Coconut Aminos
- 1/4 Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	440
Fat	23g
Carbs	27g
Fiber	6g
Sugar	11g
Protein	34g

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 3 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 4 Divide between plates and enjoy!

Notes

More Carbs: Serve with rice or quinoa.

Vegan: Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Pea & Basil Buckwheat Risotto

1 serving
20 minutes

Ingredients

1/3 cup Buckwheat Groats (soaked overnight, drained & rinsed)
3/4 cup Vegetable Broth (divided)
1/2 cup Fresh Peas (or frozen, divided)
1/2 cup Basil Leaves (stems removed)
1 1/2 tsps Nutritional Yeast
1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	266
Fat	2g
Carbs	52g
Fiber	11g
Sugar	5g
Protein	14g

Directions

- 1 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 2 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 3 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1 3/4 cup.

More Flavor: Add a splash of apple cider vinegar and/or your desired herbs and spices.

Additional Toppings: Top with red pepper flakes and/or a dollop of yogurt.



Apple Slices with Tuna

3 servings

10 minutes

Ingredients

- 1 1/2 cans Tuna
- 1/3 cup Red Onion (diced)
- 3 tbsps Mayonnaise
- 1/8 tsp Sea Salt
- 3 Apple (cored, sliced)

Nutrition

Amount per serving	
Calories	267
Fat	11g
Carbs	27g
Fiber	5g
Sugar	20g
Protein	17g

Directions

- 1 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 2 Add the tuna on top of the sliced apple. Serve and enjoy!

Notes

Leftovers: The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

Additional Toppings: Add chopped nuts or sesame seeds on top.

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

No Mayonnaise: Use greek yogurt instead.