
























3100 calories, paleo

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 2 Berry Avocado Smoothie	 1.5 Berry Avocado Smoothie	 1.5 Berry Avocado Smoothie	 1.5 Butternut Squash Smoothie	 1.5 Butternut Squash Smoothie	 2 Gingerbread Smoothie	 2 Gingerbread Smoothie
Snack 1	 Kale & Peach Smoothie	 Kale & Peach Smoothie	 Kale & Peach Smoothie	 Peach Salsa	 Peach Salsa	 Peach Salsa	 Peach Salsa
Snack 2	 Watermelon Pizza	 Watermelon Pizza	 Watermelon Pizza	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots
Lunch	 2 Turkey Cranberry Squash Bowls	 One Pan Pork Chops with Potatoes & Green Beans	 Citrus Coconut White Fish	 Turkey & Cabbage Stir Fry	 Sumac Drumsticks with Cauliflower Rice	 Beef Kafta Casserole	 Curried Chicken Salad
	 Cheesy Cauliflower & Broccoli Casserole	 Green Poutine	 Stuffed Plantains	 Roasted Potatoes with Tahini Dressing & Herbs	 Pineapple Salmon Skewers	 Mexican-Style Fries Supreme	 Mexican-Style Fries Supreme
Snack 2	 Apple Slices with Tuna	 Apple Slices with Tuna	 Apple Slices with Tuna	 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie	 Peach Cherry Smoothie	 1.5 Peach Cherry Smoothie
Dinner	 One Pan Pork Chops with Potatoes & Green Beans	 Citrus Coconut White Fish	 Turkey & Cabbage Stir Fry	 Sumac Drumsticks with Cauliflower Rice	 Beef Kafta Casserole	 Curried Chicken Salad	 Maple Roasted Carrots & Chicken
	 Cheesy Cauliflower & Broccoli Casserole	 Green Poutine	 Stuffed Plantains	 Roasted Potatoes with Tahini Dressing & Herbs	 Pineapple Salmon Skewers	 Mexican-Style Fries Supreme	 Aloo Palak
Snack 3	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  34%	Fat  32%	Fat  32%	Fat  33%	Fat  34%	Fat  33%
Carbs  36%	Carbs  37%	Carbs  41%	Carbs  42%	Carbs  39%	Carbs  38%	Carbs  39%
Protein  28%	Protein  29%	Protein  27%	Protein  26%	Protein  28%	Protein  28%	Protein  28%
Calories 3045	Calories 3098	Calories 3210	Calories 3106	Calories 3200	Calories 3096	Calories 3101
Fat 126g	Fat 120g	Fat 120g	Fat 115g	Fat 124g	Fat 122g	Fat 116g
Carbs 291g	Carbs 297g	Carbs 338g	Carbs 347g	Carbs 323g	Carbs 300g	Carbs 313g
Fiber 72g	Fiber 74g	Fiber 69g	Fiber 73g	Fiber 74g	Fiber 58g	Fiber 67g
Sugar 122g	Sugar 118g	Sugar 165g	Sugar 160g	Sugar 141g	Sugar 150g	Sugar 155g
Protein 222g	Protein 237g	Protein 228g	Protein 210g	Protein 230g	Protein 223g	Protein 228g

Fruits

- 3 Apple
- 1 1/2 Avocado
- 4 Banana
- 1 1/3 cups Blackberries
- 1 1/2 tbsps Blueberries
- 2 1/2 cups Cherries
- 1/2 cup Grapes
- 1/2 Lemon
- 2 1/8 tbsps Lemon Juice
- 2/3 Lime
- 1/4 cup Lime Juice
- 7 1/3 Peach
- 5 cups Pineapple
- 2 1/16 Plantain
- 1/16 Seedless Watermelon

Breakfast

- 1/2 cup Almond Butter
- 2 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1/4 tsp Cardamom
- 1/2 cup Cashews
- 1 1/3 cups Chia Seeds
- 1 1/2 tsps Cinnamon
- 1 3/4 tsps Cumin
- 1/4 tsp Curry Powder
- 1 1/2 tsps Dried Rosemary
- 1 1/2 tsps Dried Thyme
- 1/4 tsp Garam Masala
- 1 tbsp Ground Sumac
- 2 1/4 tsps Lebanese Seven Spice Blend
- 3/4 tsp Oregano
- 2/3 tsp Paprika
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Slivered Almonds

Vegetables

- 2 cups Asparagus
- 5 1/2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 cups Broccoli
- 5 cups Butternut Squash
- 4 2/3 Carrot
- 1/2 head Cauliflower
- 2 1/2 cups Cauliflower Rice
- 1 cup Cilantro
- 1 Delicata Squash
- 1/4 cup Fresh Dill
- 11 3/4 Garlic
- 1 3/4 tbsps Ginger
- 2 cups Green Beans
- 2/3 Green Bell Pepper
- 5 1/3 cups Green Cabbage
- 2 stalks Green Onion
- 1 1/16 Jalapeno Pepper
- 3 cups Kale Leaves
- 2 cups Microgreens
- 2 cups Mini Potatoes
- 2 cups Mushrooms
- 1/2 cup Parsley
- 1 Red Bell Pepper
- 1 1/3 cups Red Onion
- 16 leaves Romaine
- 1/4 cup Shallot
- 4 Sweet Potato
- 2 Tomato
- 2 3/4 Yellow Onion
- 7 Yellow Potato
- 3 Zucchini

Boxed & Canned

- 1 cup Canned Coconut Milk
- 2 1/4 tsps Tomato Paste
- 1 1/2 cans Tuna
- 1 1/2 cups Vegetable Broth

Baking

Bread, Fish, Meat & Cheese

- 10 1/2 ozs Chicken Breast, Cooked
- 1 lb Chicken Drumsticks
- 8 ozs Chicken Thighs
- 2 Cod Fillet
- 13 1/3 ozs Extra Lean Ground Beef
- 1 1/8 lbs Extra Lean Ground Turkey
- 12 1/3 ozs Pork Chop
- 7 3/4 ozs Prosciutto
- 10 1/2 ozs Salmon Fillet

Condiments & Oils

- 2 1/3 tsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 2 2/3 tbsps Coconut Aminos
- 1 1/8 tbsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 2/3 oz Pickled Red Onions
- 1 1/2 tbsps Tahini

Cold

- 1/4 cup Orange Juice
- 11 cups Plain Coconut Milk
- 19 1/3 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

Other

- 4 Barbecue Skewers
- 2 2/3 ozs Collagen Powder
- 1 cup Dried Apricots
- 6 1/4 cups Vanilla Protein Powder
- 1 1/16 cups Water

- 2 1/2 tsps Smoked Paprika
- 1 1/3 tbsps Taco Seasoning
- 1/8 tsp Turmeric

Frozen

- 3 cups Frozen Berries
- 3 1/2 cups Frozen Cauliflower
- 1/4 cup Frozen Cranberries
- 6 cups Frozen Peaches
- 24 Ice Cubes

- 1 tsp Arrowroot Powder
- 2 tbsps Blackstrap Molasses
- 1/2 tsp Ground Cloves
- 2 tbsps Honey
- 3/4 cup Nutritional Yeast



Berry Avocado Smoothie

6 servings

5 minutes

Ingredients

- 6 cups Plain Coconut Milk (unsweetened, from the box)
- 3 Zucchini (chopped, frozen)
- 1 1/2 cups Frozen Cauliflower
- 3 cups Frozen Berries
- 1 1/2 Avocado
- 1/3 cup Chia Seeds
- 1 1/2 cups Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	367
Fat	17g
Carbs	33g
Fiber	13g
Sugar	18g
Protein	25g

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Avocado: Use almond butter or sunflower seed butter instead.

Additional Toppings: Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

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



Butternut Squash Smoothie

4 servings

5 minutes

Ingredients

- 5 1/3 cups Unsweetened Almond Milk
- 2 cups Frozen Cauliflower
- 16 leaves Romaine (roughly chopped)
- 3 cups Butternut Squash (frozen, cubed)
- 2 Banana (frozen)
- 1/2 tsp Cinnamon
- 1 cup Vanilla Protein Powder
- 1/3 cup Chia Seeds
- 1/4 cup Almond Butter

Nutrition

Amount per serving	
Calories	441
Fat	19g
Carbs	46g
Fiber	18g
Sugar	12g
Protein	31g

Directions

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

Notes

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

No Frozen Butternut Squash: Use fresh, cooked squash or canned.

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



Gingerbread Smoothie

4 servings

5 minutes

Ingredients

4 cups Unsweetened Almond Milk
1 cup Vanilla Protein Powder
2 Banana (frozen)
1/4 cup Chia Seeds
1/4 cup Almond Butter
2 tbsps Blackstrap Molasses
2 tsps Ginger (fresh, minced)
1 tsp Cinnamon (ground)
1/2 tsp Ground Cloves

Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	32g
Fiber	9g
Sugar	13g
Protein	26g

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Blackstrap Molasses: Use maple syrup instead.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies: Add frozen cauliflower.



Kale & Peach Smoothie

3 servings

5 minutes

Ingredients

3 cups Kale Leaves
2 cups Frozen Peaches
2 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder
1 tbsp Honey
12 Ice Cubes

Nutrition

Amount per serving	
Calories	172
Fat	3g
Carbs	19g
Fiber	4g
Sugar	14g
Protein	21g

Directions

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

Notes

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

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

Nut-Free: Use nut-free milk such as cow's milk or oat milk.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.



Watermelon Pizza

3 servings

10 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat, refrigerated overnight)
- 1/16 Seedless Watermelon (medium)
- 1 1/2 tbsps Blueberries
- 1/3 Peach (sliced)

Nutrition

Amount per serving	
Calories	132
Fat	8g
Carbs	14g
Fiber	1g
Sugar	11g
Protein	2g

Directions

- 1 Scrape the coconut cream from the top of the can into a large mixing bowl. The cream should have separated from the coconut juice after being refrigerated.
- 2 Whip the coconut cream with a hand mixer until fluffy, about 5-10 minutes. Place in fridge until ready to use. (Note: it will not be as stiff as dairy whipped cream.)
- 3 Cut a round slice from the center of your watermelon, about 1 inch thick. Pat dry with paper towel.
- 4 Spread whipped coconut cream evenly across your watermelon and top with blueberries and peach slices. Carefully cut into servings and enjoy immediately.

Notes

Other Toppings: Any fruit, fresh herbs, crushed nuts, shredded coconut, hemp hearts, dark chocolate chips, etc.

No Coconut Whipped Cream: Use melted chocolate or yogurt instead.

Make More: Create smaller watermelon pizzas with leftover watermelon.



Peach Salsa

4 servings

10 minutes

Ingredients

- 2 Peach (large, finely chopped)
- 1/2 cup Red Onion (finely diced)
- 1 Jalapeno Pepper (finely chopped)
- 1/3 cup Cilantro (finely chopped)
- 1/4 cup Lime Juice
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	42
Fat	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	1g

Directions

- 1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

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

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

Serve it With: Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.



Prosciutto Wrapped Apricots

4 servings
10 minutes

Ingredients

1 cup Dried Apricots
7 3/4 ozs Prosciutto (cut in half)

Nutrition

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

Directions

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

Notes

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

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

Additional Toppings: Add goat cheese and walnuts.



Turkey Cranberry Squash Bowls

2 servings

40 minutes

Ingredients

- 1 Delicata Squash (small)
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Sea Salt
- 1/4 cup Frozen Cranberries (thawed, or use fresh)
- 2 cups Microgreens
- 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	362
Fat	17g
Carbs	32g
Fiber	6g
Sugar	5g
Protein	25g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 3 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 4 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 5 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

Notes

Vegan & Vegetarian: Use lentils or chickpeas instead of ground meat.

No Microgreens: Use any leafy green like baby spinach, kale, or arugula.

Leftovers: Keeps well in the fridge up to 3 days.



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.



Peach Cherry Smoothie

5 servings

5 minutes

Ingredients

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



One Pan Pork Chops with Potatoes & Green Beans

2 servings

25 minutes

Ingredients

- 2 cups Mini Potatoes (quartered)
- 2 cups Green Beans (trimmed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Oregano (divided)
- 1/2 tsp Sea Salt (divided)
- 12 1/3 ozs Pork Chop (bone-in, 1/2-inch thick)
- 1/2 tsp Smoked Paprika
- 1/4 tsp Cumin

Nutrition

Amount per serving	
Calories	477
Fat	20g
Carbs	34g
Fiber	6g
Sugar	5g
Protein	41g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Place the potatoes and green beans on the baking sheet. Drizzle with the olive oil and season with two-thirds of the oregano and half of the salt. Toss well to coat. Bake for 15 minutes.
- 3 Meanwhile, season the pork chops on both sides with the smoked paprika, cumin, remaining oregano, and salt.
- 4 Remove the pan from the oven and stir the vegetables. Add the pork chops to the center of the pan. Place the sheet back in the oven and bake for 10 minutes or until the pork chops are cooked through.
- 5 Remove the baking sheet from the oven. Divide the pork chops, green beans, and potatoes between plates. Enjoy!

Notes

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

More Flavor: Add garlic powder, onion powder, ground coriander or chili powder to the pork chop seasoning.

No Green Beans: Use broccoli or sliced carrots instead.

Cooking Time: Thicker pork chops may require additional cooking time.



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



Citrus Coconut White Fish

2 servings

20 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1/8 tsp Sea Salt
- 1/2 Tomato (large, diced)
- 1/4 cup Orange Juice (freshly squeezed)
- 1/4 cup Canned Coconut Milk (full-fat)
- 1/4 cup Cilantro (chopped)
- 2 Cod Fillet

Nutrition

Amount per serving	
Calories	341
Fat	14g
Carbs	9g
Fiber	1g
Sugar	5g
Protein	43g

Directions

- 1 In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
- 2 Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
- 3 Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
- 4 Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

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

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.

Additional Toppings: More cilantro, lime wedges, or red pepper flakes.

No Cod: Use another white fish, like haddock, instead.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.



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!



Turkey & Cabbage Stir Fry

2 servings

20 minutes

Ingredients

- 10 2/3 ozs Extra Lean Ground Turkey
- 2 tsps Coconut Oil
- 5 1/3 cups Green Cabbage (thinly sliced)
- 2/3 Carrot (large, julienned)
- 2 2/3 tsps Water
- 2 2/3 tsps Coconut Aminos
- 2/3 Lime (juiced, plus more for garnish)
- 2 Garlic (clove, minced)
- 2 tsps Ginger (fresh, minced or grated)
- 1/3 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	365
Fat	17g
Carbs	22g
Fiber	7g
Sugar	13g
Protein	32g

Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

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

More Flavor: Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

Additional Toppings: Top with additional cilantro.

No Turkey: Use ground chicken or pork instead.



Stuffed Plantains

2 servings

30 minutes

Ingredients

- 2 Plantain (very ripe, peeled)
- 1 1/3 tsps Avocado Oil
- 5 1/3 ozs Extra Lean Ground Beef
- 2 tsps Smoked Paprika
- 2/3 Green Bell Pepper (small, seeds removed, diced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	504
Fat	12g
Carbs	89g
Fiber	6g
Sugar	48g
Protein	19g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
- 3 Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 4 Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately one stuffed plantain.

More Flavor: Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

Additional Toppings: Top with cheese, yogurt, and fresh parsley.



Sumac Drumsticks with Cauliflower Rice

2 servings

55 minutes

Ingredients

- 1 tbsp Ground Sumac
- 1/4 tsp Cumin
- 1/4 tsp Cardamom
- 1/4 tsp Sea Salt
- 1 lb Chicken Drumsticks
- 1 tsp Avocado Oil (divided)
- 1 Yellow Onion (roughly chopped)
- 2 tbsps Water
- 2 1/2 cups Cauliflower Rice
- 1 tbsp Lemon Juice

Nutrition

Amount per serving	
Calories	447
Fat	24g
Carbs	13g
Fiber	6g
Sugar	7g
Protein	45g

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 In a small bowl, mix together the sumac, cumin, cardamom and sea salt. Sprinkle half of the spice mix all over the chicken.
- 3 Heat a skillet over medium heat and add half of the avocado oil. Add the chicken and brown on all sides, about 3 to 4 minutes per side. Remove and set aside on a plate. In the same skillet add the onion and the remaining spice mix. Stir and cook over medium-low heat for about 15 minutes.
- 4 Add the chicken back to the skillet along with the water and bake in the oven for 30 minutes.
- 5 Meanwhile, in a skillet over medium heat, add the remaining avocado oil and the cauliflower rice and sauté for about 3 to 5 minutes, until cooked through.
- 6 Divide the cauliflower rice onto plates, top with chicken and lemon juice. Serve and enjoy!

Notes

Leftovers: Refrigerate the chicken and cauliflower rice separately in sealed containers for up to three days.

Serving Size: One serving is approximately 2 chicken drumsticks and 1 cup of cauliflower rice.

No Sumac: Use another herb such as za'atar.

Additional Toppings: Top with fresh herbs and/or toasted pine nuts.



Roasted Potatoes with Tahini Dressing & Herbs

2 servings

50 minutes

Ingredients

- 3 Yellow Potato (small, washed and cubed)
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Dried Rosemary
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Tahini
- 1/2 tsp Lemon Juice
- 1 1/2 tsps Water
- 2/3 oz Pickled Red Onions (homemade or store-bought)
- 1/4 cup Parsley (washed and dried)
- 1/4 cup Fresh Dill (washed and dried)

Nutrition

Amount per serving	
Calories	368
Fat	12g
Carbs	61g
Fiber	8g
Sugar	3g
Protein	9g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Place the potatoes on the tray. Toss with olive oil, dried rosemary, salt, and pepper. Place the tray in the middle rack of the oven and cook for 30 to 40 minutes or until golden brown.
- 3 In the meantime, in a small bowl whisk together the tahini, lemon juice, and water until smooth. Season with salt.
- 4 Once the potatoes are cooked, place them on a serving platter. Drizzle with the tahini dressing. Add the pickled onions and spread parsley and dill on top. Enjoy!

Notes

Leftovers: Refrigerate the potatoes and tahini dressing in separate airtight containers for up to three days. Reheat the potatoes in the oven before serving and top with pickled onions and herbs.

Serving Size: One serving is equal to approximately one cup of roasted potatoes and dressing.

More Flavor: Add spices like paprika, garlic powder, and/or chili powder to the potatoes before roasting.

Additional Toppings: Fresh mint and sesame seeds.

No Pickled Red Onions: Use thinly sliced fresh red onion instead.



Beef Kafta Casserole

2 servings

1 hour 25 minutes

Ingredients

8 ozs Extra Lean Ground Beef
 1/4 Yellow Onion (finely chopped)
 1/4 cup Parsley (finely chopped)
 2 1/4 tsps Lebanese Seven Spice Blend
 3/4 tsp Sea Salt (divided)
 1 1/2 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
 1 1/2 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
 1/2 cup Red Onion (sliced into 1/4-inch thick semi-circles)
 1 cup Vegetable Broth
 2 1/4 tsps Tomato Paste
 1/8 tsp Black Pepper (optional)

Nutrition

Amount per serving	
Calories	371
Fat	12g
Carbs	38g
Fiber	6g
Sugar	6g
Protein	28g

Directions

- 1 Preheat the oven to 350°F (176°C).
- 2 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 3 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 4 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 5 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 6 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!

Notes

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

More Flavor: Add fresh garlic to the meat mixture. Add additional Lebanese 7 Spice to the tomato sauce mixture.

No Beef: Use ground lamb instead.

Serve it With: Lebanese rice or a pita.

Red Onion: 1 cup of sliced red onion is roughly one medium-sized red onion.

Baking Dish: An 8.5 x 11.5-inch baking dish was used for four servings.



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.



Curried Chicken Salad

2 servings

5 minutes

Ingredients

10 1/2 ozs Chicken Breast, Cooked (chopped)
1/2 cup Grapes (quartered)
2 tbsps Slivered Almonds
1 stalk Green Onion (sliced, green part only)
2 tbsps Mayonnaise
1 tsp Maple Syrup
1/4 tsp Curry Powder
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	20g
Carbs	9g
Fiber	1g
Sugar	7g
Protein	48g

Directions

- 1 In a small bowl, mix together all of the ingredients. Season with salt and pepper to taste. Enjoy!

Notes

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

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

Nut-Free: Replace the slivered almonds with sunflower seeds.

Serve With: Rice crackers and sliced vegetables, lettuce cups, or gluten-free bread.



Mexican-Style Fries Supreme

2 servings

30 minutes

Ingredients

4 Sweet Potato (medium, sliced into 1/4-inch strips)
 2 tbsps Extra Virgin Olive Oil
 1 1/3 tbsps Taco Seasoning
 Sea Salt & Black Pepper (to taste)
 1 cup Baby Spinach (thinly sliced)
 1 Red Bell Pepper (medium, diced)
 1/2 cup Unsweetened Coconut Yogurt (optional)

Nutrition

Amount per serving	
Calories	409
Fat	16g
Carbs	64g
Fiber	11g
Sugar	15g
Protein	6g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 3 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Additional Toppings: Tomatoes, shredded cheese, or green onions.



Maple Roasted Carrots & Chicken

1 serving
40 minutes

Ingredients

- 8 ozs Chicken Thighs (boneless, skinless)
- 1/4 tsp Sea Salt (divided)
- 3 Garlic (cloves, still attached to each other)
- 1/2 tsp Extra Virgin Olive Oil
- 4 Carrot (chopped roughly)
- 1/4 cup Shallot (peeled, cut in half)
- 1/2 tsp Ginger (thinly sliced)
- 1 1/2 tsps Maple Syrup

Nutrition

Amount per serving	
Calories	463
Fat	12g
Carbs	40g
Fiber	8g
Sugar	21g
Protein	48g

Directions

- 1 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 2 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 3 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

Notes

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

More Flavor: Add chili flakes.

No Shallots: Use small pearl onions instead.



Aloo Palak

1 serving

20 minutes

Ingredients

- 1/2 Yellow Potato (large, peeled, cut into small cubes)
- 1 1/2 tsps Coconut Oil
- 1/4 Yellow Onion (medium, chopped)
- 3/4 Garlic (clove, minced)
- 1/4 tsp Cumin
- 1/4 tsp Garam Masala
- 1/8 tsp Turmeric
- 1/16 tsp Sea Salt
- 1 1/2 cups Baby Spinach
- 2 tbsps Canned Coconut Milk
- 1/3 tsp Lime Juice

Nutrition

Amount per serving	
Calories	227
Fat	13g
Carbs	26g
Fiber	5g
Sugar	4g
Protein	4g

Directions

- 1 Boil the potatoes in salted water for five to seven minutes or until tender. Drain and set aside.
- 2 Heat the oil in a large pan. Add the onion and cook for about five minutes until the onions have softened. Add the garlic, cumin, garam masala, turmeric, and salt and cook for another minute until very fragrant.
- 3 Add the spinach and stir until wilted then add the coconut milk. Allow the coconut milk to come to a simmer then add the potatoes and stir to combine with the spinach. Add the lime juice.
- 4 Season with additional salt if needed. Divide evenly between plates and enjoy!

Notes

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

More Flavor: Add fresh ginger, red pepper flakes, chopped jalapeno, or serrano pepper.

No Lime Juice: Use lemon juice instead.



Pineapple Spinach Smoothie

3 servings

5 minutes

Ingredients

3 cups Pineapple (fresh or frozen)
3 cups Baby Spinach
12 Ice Cubes
1 1/2 cups Unsweetened Coconut
Yogurt
3 cups Unsweetened Almond Milk
3/4 cup Vanilla Protein Powder

Nutrition

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

Directions

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

Notes

Leftovers: Best enjoyed immediately.

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

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

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

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

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



Peach, Blackberry & Basil Smoothie

4 servings

5 minutes

Ingredients

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