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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Black Bean Egg White Omelette	 Black Bean Egg White Omelette	 Black Bean Egg White Omelette	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Jackfruit Carrot Smoothie	 Jackfruit Carrot Smoothie
	 Breakfast Taco Nachos	 Breakfast Taco Nachos	 0.5 Breakfast Taco Nachos	 0.5 Protein Packed Deviled Eggs	 1.5 Protein Packed Deviled Eggs	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps
Snack 1	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
	 Lentils, Rapini & Mashed Potatoes	 One Pan Shrimp Boil	 Creamy Dill Chicken with Rice	 Soothing Pork Hock Noodle Soup	 Meal Prep Garlic Beef Stir Fry with Quinoa & Peas	 Pressure Cooker Roast Beef & Vegetables	 Pressure Cooker Wild Rice & Mushroom Soup
Lunch	 Chicken & Apricot Salad	 Turkey Stuffed Zucchini Boats	 Zucchini White Bean Roll Ups	 Mexican-Style Fries Supreme	 Seitan & Veggie Stir Fry	 Mango & Chickpea Kale Salad	 Peanut Turkey Lettuce Wraps
	 Ham Sandwich	 Ham Sandwich	 Ham Sandwich	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie
Dinner	 One Pan Shrimp Boil	 Creamy Dill Chicken with Rice	 Soothing Pork Hock Noodle Soup	 Meal Prep Garlic Beef Stir Fry with Quinoa & Peas	 Pressure Cooker Roast Beef & Vegetables	 Pressure Cooker Wild Rice & Mushroom Soup	 Unstuffed Cabbage Rolls
	 Turkey Stuffed Zucchini Boats	 Zucchini White Bean Roll Ups	 Mexican-Style Fries Supreme	 Seitan & Veggie Stir Fry	 Mango & Chickpea Kale Salad	 Peanut Turkey Lettuce Wraps	 Steak & Potato Skewers
Snack 3	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap
	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  33%	Fat  30%	Fat  31%	Fat  32%	Fat  30%	Fat  34%
Carbs  37%	Carbs  38%	Carbs  40%	Carbs  40%	Carbs  38%	Carbs  40%	Carbs  38%
Protein  30%	Protein  29%	Protein  30%	Protein  29%	Protein  30%	Protein  30%	Protein  28%
Calories 3329	Calories 3365	Calories 3262	Calories 3366	Calories 3340	Calories 3178	Calories 3313
Fat 126g	Fat 126g	Fat 110g	Fat 118g	Fat 122g	Fat 111g	Fat 129g
Carbs 321g	Carbs 332g	Carbs 334g	Carbs 344g	Carbs 330g	Carbs 325g	Carbs 321g
Fiber 75g	Fiber 80g	Fiber 79g	Fiber 67g	Fiber 71g	Fiber 80g	Fiber 80g
Sugar 75g	Sugar 66g	Sugar 61g	Sugar 115g	Sugar 128g	Sugar 116g	Sugar 106g
Protein 258g	Protein 251g	Protein 245g	Protein 246g	Protein 258g	Protein 247g	Protein 240g

Fruits

- 2 1/2 Avocado
- 7 1/2 Banana
- 1 cup Blueberries
- 2 cups Jackfruit
- 1 Kiwi
- 4 1/4 Lemon
- 1/2 Lime
- 1/2 Mango
- 1/4 cup Pomegranate Seeds
- 1 1/2 cups Strawberries

Breakfast

- 1 1/2 tsps Maple Syrup

Seeds, Nuts & Spices

- 1 1/4 tsps Black Pepper
- 1/4 cup Cashews
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 1 cup Chia Seeds
- 1 1/8 tbsps Chili Powder
- 1 tsp Cinnamon
- 2 1/2 tsps Cumin
- 1/4 cup Ground Flax Seed
- 2 tbsps Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 1/8 tsps Oregano
- 2/3 tsp Paprika
- 1 tsp Poultry Seasoning
- 2 tbsps Raw Peanuts
- 1/4 tsp Red Pepper Flakes
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Taco Seasoning

Frozen

- 10 Brown Rice Tortilla
- 1 1/2 cups Frozen Blueberries
- 5 1/2 cups Frozen Cauliflower
- 2 2/3 cups Frozen Mango

Vegetables

- 9 1/2 cups Baby Spinach
- 1 head Boston Lettuce
- 4 1/3 Carrot
- 1 2/3 stalks Celery
- 1 cup Celery Root
- 4 1/2 ozs Chinese Broccoli
- 1 1/2 ears Corn On The Cob
- 12 Cremini Mushrooms
- 1/2 Cucumber
- 1 head Endive
- 2 tbsps Fresh Dill
- 4 3/4 Garlic
- 2 1/8 tsps Ginger
- 1 Green Bell Pepper
- 2 cups Green Cabbage
- 3 1/2 stalks Green Onion
- 1 cup Kale Leaves
- 1/2 cup Matchstick Carrots
- 1 cup Mini Potatoes
- 1 2/3 cups Mushrooms
- 1/4 bunch Rapini
- 2 Red Bell Pepper
- 14 leaves Romaine
- 1 Russet Potato
- 1 1/3 cups Snow Peas
- 4 Sweet Potato
- 2 1/2 Tomato
- 1/2 White Onion
- 1 Yellow Onion
- 1 1/2 Yellow Potato
- 4 Zucchini

Boxed & Canned

- 1/2 cup Beef Broth
- 1 1/2 cups Black Beans
- 2 tbsps Brown Rice
- 2 2/3 ozs Buckwheat Soba Noodles
- 1 2/3 cups Chickpeas
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils

Bread, Fish, Meat & Cheese

- 8 ozs Beef Tenderloin
- 8 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 8 ozs Chicken Sausage
- 10 1/2 ozs Deli Roast Beef
- 4 ozs Extra Lean Ground Beef
- 2 1/2 lbs Extra Lean Ground Turkey
- 6 slices Gluten-Free Bread
- 1 1/2 lbs Pork Hock
- 5 1/3 ozs Seitan
- 8 ozs Shrimp
- 9 ozs Sliced Ham
- 11 3/4 ozs Top Sirloin Beef Roast
- 4 ozs Top Sirloin Steak

Condiments & Oils

- 2 1/2 tsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 tsp Coconut Aminos
- 2 1/4 tsps Coconut Oil
- 3/4 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1/4 cup Pesto
- 2 cups Pickle
- 1 tsp Rice Vinegar
- 1/3 cup Tamari
- 2 cups Tomato Sauce
- 1 1/2 tsps Yellow Mustard

Cold

- 8 Egg
- 1 1/2 cups Egg Whites
- 2 1/2 cups Oat Milk
- 14 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 2 Barbecue Skewers
- 3/4 cup Chocolate Protein Powder

- 1/2 cup Frozen Peas
- 4 cups Frozen Raspberries
- 8 Ice Cubes

- 1/2 cup Jasmine Rice
- 1 cup Quinoa
- 3/4 cup Salsa
- 6 ozs Sardines
- 1 can Tuna
- 2 cups Vegetable Broth
- 2 cups White Navy Beans
- 1/3 cup Wild Rice

- 1/4 cup Dried Apricots
- 3 3/4 cups Vanilla Protein Powder
- 8 1/3 cups Water

Baking

- 2 2/3 tbsps All Purpose Gluten-Free Flour
- 2/3 tsp Arrowroot Powder
- 1/3 cup Cocoa Powder
- 1 tbsp Coconut Sugar
- 2 1/16 tsps Tapioca Flour



Black Bean Egg White Omelette

3 servings

10 minutes

Ingredients

- 1 1/2 cups Black Beans (cooked and rinsed)
- 3/4 cup Salsa
- 1 1/2 tsps Cumin (optional)
- 1 1/2 cups Baby Spinach (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 cups Egg Whites

Nutrition

Amount per serving	
Calories	223
Fat	3g
Carbs	27g
Fiber	9g
Sugar	4g
Protein	22g

Directions

- 1 Add the black beans, salsa, and cumin to a pot over medium. Cook for three to five minutes or until the salsa is simmering and the black beans have warmed through. Add the spinach and cook until wilted. If the sauce becomes too thick add a splash of water. Season with salt and pepper and set aside.
- 2 Heat the oil in a non-stick pan over medium heat. Season the egg whites with salt and pepper then pour into the pan and cook until almost set. Place the black beans on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

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

More Flavor: Add red pepper flakes, cilantro, lime juice, or taco seasoning to the black beans.

Additional Toppings: Shredded or feta cheese, avocado slices, hot sauce, or more salsa.

No Spinach: Use another leafy green, like kale or arugula.



Breakfast Taco Nachos

4 servings

30 minutes

Ingredients

- 6 Brown Rice Tortilla (thawed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Chili Powder
- 1 tsp Oregano
- 1 tsp Cumin
- 1 tsp Black Pepper
- 1 tsp Sea Salt
- 1/2 cup Water
- 4 Egg (fried)
- 1 Green Bell Pepper (diced)
- 1 Tomato (diced)
- 1 Avocado (diced)

Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Make it Vegan: Use quinoa or lentils instead of ground meat and omit the fried egg.

Additional Toppings: Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



Mango Green Smoothie Bowl

2 servings

5 minutes

Ingredients

- 2 Banana (frozen)
- 2 cups Frozen Mango
- 2 cups Baby Spinach
- 1/2 cup Vanilla Protein Powder
- 1 1/2 cups Unsweetened Almond Milk
- 1 Kiwi (peeled and sliced)
- 1 cup Blueberries (fresh or frozen)
- 2 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	72g
Fiber	11g
Sugar	48g
Protein	27g

Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas: Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie: Add more almond milk for a thinner consistency.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Nutrition

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

Directions

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

Notes

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

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



Jackfruit Carrot Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Jackfruit (ripe, fresh or frozen)
- 2 Carrot (medium, chopped)
- 2 1/2 cups Oat Milk (plain, unsweetened)
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	417
Fat	8g
Carbs	66g
Fiber	7g
Sugar	43g
Protein	26g

Directions

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

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

No Oat Milk: Use plain coconut milk instead.



Sardine & Avocado Endive Wraps

2 servings

5 minutes

Ingredients

- 6 ozs Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head Endive (leaves separated)

Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g

Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately three endive-filled leaves.

Additional Toppings: Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive: Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



Hot Chocolate Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

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



Raspberry Zinger Smoothie

4 servings

10 minutes

Ingredients

- 4 cups Frozen Cauliflower
- 4 cups Frozen Raspberries
- 4 Lemon (juiced)
- 1 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 6 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



Lentils, Rapini & Mashed Potatoes

1 serving
25 minutes

Ingredients

- 1/3 tsp Sea Salt (divided)
- 1 Russet Potato (medium, peeled and chopped)
- 1/4 bunch Rapini (chopped, divided)
- 1/2 cup Green Lentils (cooked, drained and rinsed)

Nutrition

Amount per serving	
Calories	307
Fat	1g
Carbs	60g
Fiber	15g
Sugar	4g
Protein	18g

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt. Add the potatoes to the pot and boil for 15 minutes or until soft.
- 2 Transfer the potatoes to a bowl and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 3 Drain the water from the pot and add the rapini stems with enough water to cover halfway. Bring to a simmer and boil for 1 minute. Add the leaves and florets and cook for 3 to 4 more minutes or until tender.
- 4 Divide the potatoes, rapini, and cooked lentils onto plates or into containers. Enjoy!

Notes

Extra Creamy: Mash the potatoes with coconut or almond milk for extra creaminess.

No Rapini: Use broccoli, broccolini or green beans instead.

Less Bitter Rapini: Sauté the rapini in your choice of oil and seasoning after boiling.

Storage: Refrigerate in an airtight container up to 3 to 4 days.

Serving Size: One serving is equal to approximately 3/4 to 1 cup of mashed potatoes, 1 cup of rapini and 1/2 cup of lentils.



Chicken & Apricot Salad

1 serving

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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



Ham Sandwich

3 servings

5 minutes

Ingredients

- 1 tbsp Mayonnaise
- 1 1/2 tsps Yellow Mustard
- 6 slices Gluten-Free Bread
- 6 leaves Romaine
- 1 1/2 Tomato (medium, thinly sliced)
- 9 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.



Banana Cinnamon Smoothie

4 servings

5 minutes

Ingredients

- 1 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Chia Seeds
- 4 Banana (frozen)
- 8 Ice Cubes
- 4 cups Water
- 1 tsp Cinnamon

Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g

Directions

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

Notes

No Protein Powder: Use hemp seeds with vanilla extract instead.

Leftovers: Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green: Add spinach.



One Pan Shrimp Boil

2 servings

30 minutes

Ingredients

- 8 ozs Shrimp (raw)
- 8 ozs Chicken Sausage (sliced into chunks)
- 1 1/2 Yellow Potato (medium, diced)
- 1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Celery Salt
- 1/8 tsp Paprika
- 1/16 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	593
Fat	24g
Carbs	52g
Fiber	4g
Sugar	7g
Protein	44g

Directions

- 1 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 3 Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It: Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

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



Turkey Stuffed Zucchini Boats

2 servings

40 minutes

Ingredients

2 Zucchini (medium)
 1 cup Tomato Sauce (divided)
 1 1/2 tsps Extra Virgin Olive Oil
 8 ozs Extra Lean Ground Turkey
 1 Garlic (clove, minced)
 1 1/2 tsps Italian Seasoning
 1/2 tsp Sea Salt
 1/4 tsp Red Pepper Flakes
 1/2 Red Bell Pepper (chopped)
 2 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	280
Fat	14g
Carbs	16g
Fiber	5g
Sugar	11g
Protein	26g

Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 3 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 4 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 5 Spoon the turkey mixture into the hollowed out zucchini boats.
- 6 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 7 Divide zucchini boats between plates and enjoy!

Notes

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

Serving Size: One serving is equal to two zucchini boats.

More Flavor: Use a flavored pasta sauce instead of plain tomato sauce.

Additional Toppings: Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.

No Turkey: Use ground chicken or pork sausage instead.



Creamy Dill Chicken with Rice

2 servings
20 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 8 ozs Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Water
- 12 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	414
Fat	14g
Carbs	42g
Fiber	2g
Sugar	2g
Protein	32g

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 3 In a small bowl, combine the mayonnaise and dill.
- 4 Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce otop. Bake for 10 minutes or until cooked through. Slice into strips.
- 5 Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
- 6 Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

Notes

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

More Flavor: Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings: A squeeze of lemon juice.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



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.



Soothing Pork Hock Noodle Soup

2 servings

8 hours 30 minutes

Ingredients

- 1 1/2 lbs Pork Hock
- 2 cups Water
- 1/4 tsp Sea Salt
- 2 2/3 ozs Buckwheat Soba Noodles
- 4 1/2 ozs Chinese Broccoli

Nutrition

Amount per serving	
Calories	652
Fat	20g
Carbs	30g
Fiber	2g
Sugar	1g
Protein	75g

Directions

- 1 Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
- 2 About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
- 4 Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

Notes

Leftovers: Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

Serving Size: One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

More Flavor: Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

Additional Toppings: Top with fresh herbs, fried garlic and lime juice.

No Pork Hock: Use pork shank instead.



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.



Meal Prep Garlic Beef Stir Fry with Quinoa & Peas

2 servings

20 minutes

Ingredients

- 8 ozs Beef Tenderloin (sliced into strips)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Tamari (divided)
- 1/2 tsp Sea Salt
- 2/3 cup Quinoa (dry)
- 1 cup Water
- 1 stalk Green Onion (thinly sliced)
- 1 cup Baby Spinach
- 1/2 cup Frozen Peas (thawed)

Nutrition

Amount per serving	
Calories	611
Fat	35g
Carbs	42g
Fiber	6g
Sugar	2g
Protein	32g

Directions

- 1 In a bowl, toss beef strips with half the olive oil, garlic, half the tamari and salt. Set aside.
- 2 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, fluff with a fork and stir in the remaining tamari, green onion and spinach.
- 3 Heat the remaining olive oil in a pan over medium-high heat. Cook the garlic beef until it reaches your desired doneness.
- 4 Divide the quinoa, beef and peas into storage containers and refrigerate. Reheat in a microwave or pan over the stove before serving.

Notes

Storage: Refrigerate in an airtight container up to 3 days after cooking. You may also freeze the cooked quinoa, and raw garlic beef marinade in separate freezer bags.

No Beef: Use diced chicken breast, cooked chickpeas or tofu instead.

No Peas: Use snap peas, green beans, broccoli, mushrooms, peppers or any vegetables you have on hand.



Seitan & Veggie Stir Fry

2 servings

15 minutes

Ingredients

- 2 2/3 tbsps Tamari
- 1 tbsp Coconut Sugar
- 1 tsp Rice Vinegar
- 2 tsps Tapioca Flour
- 2/3 tsp Ginger (minced or grated)
- 5 1/3 ozs Seitan (chopped)
- 1 1/3 cups Snow Peas
- 2/3 cup Frozen Mango

Nutrition

Amount per serving	
Calories	197
Fat	2g
Carbs	29g
Fiber	3g
Sugar	17g
Protein	19g

Directions

- 1 In a pan over medium to medium-high heat, stir together the tamari, coconut sugar, and vinegar until dissolved.
- 2 Meanwhile, mix the tapioca with a bit of water until it dissolves to create a slurry. Add the tapioca slurry, ginger, seitan, snow peas, and mango to the pan. Cook for 10 minutes or until warmed through and thickened to your liking. (Add more tapioca if the sauce is too thin, or add more water if the sauce is too thick.)
- 3 Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups of stir fry.

More Flavor: Add garlic and onions.

Additional Toppings: Top with green onions, sesame seeds, or cilantro.

No Tamari: Use coconut aminos or soy sauce.



Pressure Cooker Roast Beef & Vegetables

2 servings
1 hour 45 minutes

Ingredients

- 11 3/4 ozs Top Sirloin Beef Roast
- 1/3 tsp Sea Salt
- 1 tsp Avocado Oil
- 1/3 Yellow Onion (chopped)
- 1 1/3 Garlic (clove, minced)
- 1/2 cup Beef Broth
- 1 tsp Coconut Aminos
- 1 1/3 Carrot (peeled, chopped)
- 1 cup Celery Root (peeled, cut into cubes)
- 2/3 tsp Arrowroot Powder
- 1 1/3 tsps Water

Nutrition

Amount per serving	
Calories	364
Fat	11g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	51g

Directions

- 1 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 2 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 3 Add the onions and garlic to the pot along with a splash of the beef broth. Cook the onions and garlic for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and the coconut aminos and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 4 Set to "sealing", then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 5 Add the carrots and celery root to the pot. Close the lid. Set to "sealing", then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Using a slotted spoon, remove the beef and vegetables to a plate and keep warm.
- 6 In a small bowl combine the arrowroot powder and water until a slurry forms. Turn the pressure cooker to sauté mode. Bring the sauce to a simmer then add in the arrowroot powder mixture and stir well to combine. Let the sauce simmer for 3 to 5 minutes or until glossy and thickened slightly. Season with additional salt if needed.
- 7 To serve, shred the beef with a fork. Divide the meat and vegetables between plates and top generously with the sauce. Enjoy!

Notes

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

Additional Toppings: Season with black pepper or add fresh herbs like rosemary or thyme.

No Coconut Aminos: Use tamari instead.

No Celery Root: Use yellow potatoes instead.

No Top Sirloin Roast: Use another cut of beef instead.



Mango & Chickpea Kale Salad

2 servings

20 minutes

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1 cup Kale Leaves (finely chopped)
- 1/4 cup Pomegranate Seeds
- 1/2 Mango (peeled and thinly sliced)

Nutrition

Amount per serving	
Calories	362
Fat	11g
Carbs	57g
Fiber	10g
Sugar	22g
Protein	12g

Directions

- 1 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork, and set aside to cool.
- 2 Meanwhile, prepare the dressing by combining olive oil, balsamic vinegar, maple syrup, sea salt, and pepper.
- 3 Combine chickpeas, kale, pomegranate seeds, mango and balsamic vinaigrette in a large bowl. Add quinoa once cooled.
- 4 Drizzle salad with desired amount of dressing and serve. Enjoy!

Notes

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

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

No Mango: Use peach, nectarine, orange or clementine slices instead.



Pressure Cooker Wild Rice & Mushroom Soup

2 servings

1 hour 15 minutes

Ingredients

- 1 Carrot (medium, peeled and chopped)
- 1 2/3 stalks Celery (chopped)
- 1/3 Yellow Onion (medium, chopped)
- 1/3 cup Wild Rice (dry)
- 1 2/3 cups Mushrooms (sliced)
- 2/3 cup Chickpeas (cooked, from the can)
- 2 cups Vegetable Broth
- 1 tsp Poultry Seasoning
- 2 2/3 tbsps All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	287
Fat	2g
Carbs	57g
Fiber	11g
Sugar	10g
Protein	13g

Directions

- 1 In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
- 2 Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
- 3 Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

Notes

Leftovers: Can be stored in the fridge for 4 days, or frozen for up to 2 months.

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

Mushroom Lover: Up the mushroom flavour by adding dried mushrooms.



Peanut Turkey Lettuce Wraps

2 servings

25 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1/2 White Onion (diced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Tamari
- 1 head Boston Lettuce (peeled apart into leaves and washed)
- 1 1/2 stalks Green Onion (chopped)
- 1/2 cup Matchstick Carrots
- 2 tbsps Raw Peanuts (chopped)
- 1/2 Lime (sliced into wedges)

Nutrition

Amount per serving	
Calories	461
Fat	27g
Carbs	10g
Fiber	2g
Sugar	4g
Protein	47g

Directions

- 1 Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 2 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
- 3 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Vegan and Vegetarian: Use lentils instead of ground meat.

Nut-Free: Garnish with sesame seeds instead of peanuts.

Likes it Spicy: Add hot sauce or chili flakes.



Unstuffed Cabbage Rolls

1 serving
45 minutes

Ingredients

- 2 tbsps Brown Rice (uncooked)
- 3 tbsps Water
- 3/4 tsp Coconut Oil
- 4 ozs Extra Lean Ground Beef
- 1/4 Yellow Onion (small, finely diced)
- 2 cups Green Cabbage (finely sliced)
- 3/4 cup Diced Tomatoes
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Nutrition

Amount per serving	
Calories	410
Fat	16g
Carbs	37g
Fiber	8g
Sugar	13g
Protein	28g

Directions

- 1 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 2 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 3 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 4 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 5 Divide into bowls and enjoy!

Notes

No Beef: Any type of ground meat will work.

Vegetarian & Vegan: Use lentils instead of ground meat.

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



Steak & Potato Skewers

1 serving
50 minutes

Ingredients

- 2 1/4 tps Tamari
- 1 1/2 tps Avocado Oil
- 3/4 tsp Dijon Mustard
- 1/3 tsp Chili Powder
- 1/8 tsp Oregano
- 4 ozs Top Sirloin Steak
- 1 cup Mini Potatoes
- 1/2 Red Bell Pepper (medium, cut into chunks)
- 2 Barbecue Skewers

Nutrition

Amount per serving	
Calories	451
Fat	24g
Carbs	31g
Fiber	5g
Sugar	4g
Protein	28g

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the tamari, oil, Dijon mustard, chili powder, and oregano. Add the steak and marinate for at least 30 minutes or up to overnight.
- 2 Meanwhile, boil the potatoes for about 15 minutes or until just tender. Let to potatoes rest until cool enough to handle.
- 3 Assemble the skewers by piercing the potatoes, steak, and bell pepper onto barbecue skewers. Brush the skewers with any of the excess marinade to coat the potatoes and peppers.
- 4 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking. Divide the skewers between plates and enjoy!

Notes

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

Serving Size: One serving is approximately two 12-inch skewers.

Serve it With: Salad or other roasted or grilled vegetables.

Make it Vegan: Use tofu instead of steak.

No Tamari: Use soy sauce or coconut aminos instead.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



Strawberry Blueberry Smoothie

3 servings

5 minutes

Ingredients

- 1 1/2 cups Frozen Blueberries (wild)
- 1 1/2 cups Strawberries (stems removed)
- 3 3/4 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3/4 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.



Roast Beef Tortilla Wrap

4 servings

5 minutes

Ingredients

- 4 Brown Rice Tortilla
- 2 tbsps Mayonnaise (or more to taste)
- 8 leaves Romaine
- 10 1/2 ozs Deli Roast Beef (sliced)
- 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.