













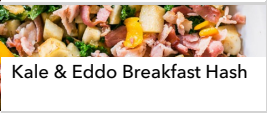





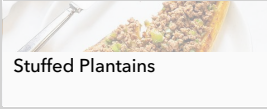
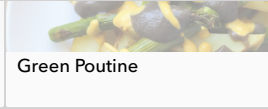
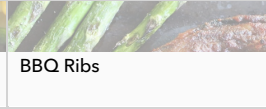

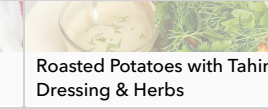






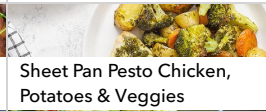
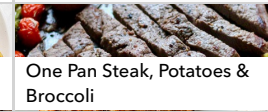


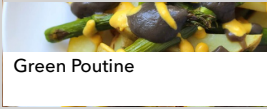
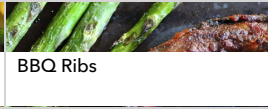




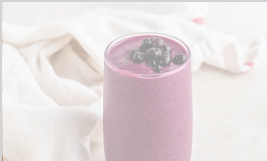
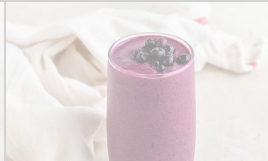



























3300 calories, paleo

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 2 Chocolate Cauliflower Shake	 2 Chocolate Cauliflower Shake	 2 Berry Avocado Smoothie	 2 Berry Avocado Smoothie
Snack 1	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Peach Cherry Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie	 Hot Chocolate Smoothie
	 0.5 Apples & Almonds	 Apples & Almonds	 0.5 Apples & Almonds				
Lunch	 Kale & Eddo Breakfast Hash	 Chicken Shawarma Salad Bowls	 Borscht	 Slow Cooker Apple Cinnamon Pork Tenderloin	 Sheet Pan Pesto Chicken, Potatoes & Veggies	 One Pan Steak, Potatoes & Broccoli	 Slow Cooker Maple Mustard Chicken
	 Steamed Mussels in Spicy Tomato Sauce	 Stuffed Plantains	 Green Poutine	 BBQ Ribs	 Cheesy Cauliflower & Broccoli Casserole	 15 Minute Spicy Shrimp	 Roasted Potatoes with Tahini Dressing & Herbs
Snack 2	 Apple Slices with Tuna	 Apple Slices with Tuna	 Apple Slices with Tuna	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie
Dinner	 Chicken Shawarma Salad Bowls	 Borscht	 Slow Cooker Apple Cinnamon Pork Tenderloin	 Sheet Pan Pesto Chicken, Potatoes & Veggies	 One Pan Steak, Potatoes & Broccoli	 Slow Cooker Maple Mustard Chicken	 2 One Pan Pork Chops with Potatoes & Green Beans
	 Stuffed Plantains	 Green Poutine	 BBQ Ribs	 Cheesy Cauliflower & Broccoli Casserole	 15 Minute Spicy Shrimp	 Roasted Potatoes with Tahini Dressing & Herbs	
Snack 3	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  30%	Fat  29%	Fat  31%	Fat  32%	Fat  32%	Fat  33%
Carbs  43%	Carbs  46%	Carbs  44%	Carbs  39%	Carbs  40%	Carbs  39%	Carbs  37%
Protein  26%	Protein  24%	Protein  27%	Protein  30%	Protein  28%	Protein  29%	Protein  30%
Calories 3246	Calories 3377	Calories 3222	Calories 3339	Calories 3287	Calories 3142	Calories 3288
Fat 115g	Fat 118g	Fat 110g	Fat 119g	Fat 122g	Fat 117g	Fat 122g
Carbs 366g	Carbs 413g	Carbs 366g	Carbs 343g	Carbs 343g	Carbs 317g	Carbs 315g
Fiber 67g	Fiber 84g	Fiber 80g	Fiber 94g	Fiber 97g	Fiber 84g	Fiber 83g
Sugar 172g	Sugar 197g	Sugar 189g	Sugar 161g	Sugar 117g	Sugar 114g	Sugar 116g
Protein 221g	Protein 211g	Protein 227g	Protein 259g	Protein 241g	Protein 233g	Protein 257g

Fruits

- 7 Apple
- 1 Avocado
- 11 Banana
- 1 1/3 cups Blackberries
- 1 1/2 cups Blueberries
- 1 1/2 cups Cherries
- 1 1/2 Kiwi
- 3 3/4 Lemon
- 1/2 tsp Lemon Juice
- 3 Peach
- 2 1/16 Plantain

Breakfast

- 1/4 cup Almond Butter
- 1 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Almonds
- 1/2 tsp Black Pepper
- 1/2 cup Cashews
- 1/16 tsp Cayenne Pepper
- 1 cup Chia Seeds
- 1 tsp Chili Powder
- 1 3/4 tsps Cinnamon
- 2 1/4 tsps Cumin
- 1/2 tsp Dried Basil
- 1 1/2 tsps Dried Rosemary
- 1 1/2 tsps Dried Thyme
- 3 tbsps Hemp Seeds
- 1 tbsps Italian Seasoning
- 3/4 tsp Oregano
- 1 2/3 tsps Paprika
- 1/8 tsp Red Pepper Flakes
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tsps Smoked Paprika
- 1/4 tsp Turmeric
- 1/4 cup Whole Flax Seeds

Frozen

Vegetables

- 5 cups Asparagus
- 3 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 1/3 Beet
- 8 cups Broccoli
- 2 cups Butternut Squash
- 3 1/8 Carrot
- 1/2 head Cauliflower
- 2/3 stalk Celery
- 1 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 1 1/2 cups Eddo
- 1/3 cup Fresh Dill
- 4 1/8 Garlic
- 6 cups Green Beans
- 2/3 Green Bell Pepper
- 6 cups Kale Leaves
- 8 cups Mini Potatoes
- 2 cups Mushrooms
- 1/2 cup Parsley
- 1/2 cup Red Onion
- 4 leaves Romaine
- 1 Tomato
- 1/3 White Onion
- 1/2 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 5 2/3 Yellow Potato
- 2 Zucchini

Boxed & Canned

- 1 1/8 cups Diced Tomatoes
- 2 tsps Tomato Paste
- 1 1/2 cans Tuna
- 2 1/2 cups Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 1/2 cup Cacao Powder
- 1/2 cup Cocoa Powder
- 3/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 2 slices Bacon
- 1 1/8 lbs Chicken Breast
- 1 lb Chicken Thighs
- 5 1/3 ozs Extra Lean Ground Beef
- 1 lb Mussels
- 12 1/3 ozs Pork Chop
- 1 1/3 lbs Pork Ribs
- 8 ozs Pork Tenderloin
- 8 ozs Shrimp
- 8 ozs Top Sirloin Steak

Condiments & Oils

- 1 1/3 tsps Avocado Oil
- 1/2 cup Barbecue Sauce
- 2 1/2 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 3 tbsps Mayonnaise
- 3 tbsps Pesto
- 2/3 oz Pickled Red Onions
- 3 1/2 tbsps Tahini

Cold

- 9 cups Plain Coconut Milk
- 17 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 2 cups Chocolate Protein Powder
- 2 2/3 ozs Collagen Powder
- 2 tbsps Maca Powder
- 4 1/4 cups Vanilla Protein Powder
- 3 3/4 cups Water

-
- 6 cups Frozen Berries
 - 3 cups Frozen Blueberries
 - 10 cups Frozen Cauliflower
 - 3 cups Frozen Mango
 - 4 cups Frozen Peaches
- 1 1/2 tbsps Raw Honey



Mango Green Smoothie Bowl

3 servings

5 minutes

Ingredients

- 3 Banana (frozen)
- 3 cups Frozen Mango
- 3 cups Baby Spinach
- 3/4 cup Vanilla Protein Powder
- 2 1/4 cups Unsweetened Almond Milk
- 1 1/2 Kiwi (peeled and sliced)
- 1 1/2 cups Blueberries (fresh or frozen)
- 3 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.



Chocolate Cauliflower Shake

4 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

1

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

Notes

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

Likes it Sweeter: Add pitted medjool dates.

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



Berry Avocado Smoothie

4 servings

5 minutes

Ingredients

4 cups Plain Coconut Milk
(unsweetened, from the box)
2 Zucchini (chopped, frozen)
1 cup Frozen Cauliflower
2 cups Frozen Berries
1 Avocado
1/4 cup Chia Seeds
1 cup 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.



Peach Cherry Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 Peach (medium, pitted)
1 1/2 cups Cherries (pitted)
3 tbsps Chia Seeds
3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	278
Fat	7g
Carbs	34g
Fiber	10g
Sugar	22g
Protein	24g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use cow's milk or any other milk alternative.

More Fiber: Add spinach, kale, or ground flax.

No Fresh Peaches or Cherries: Use frozen instead.



Apples & Almonds

1 serving
5 minutes

Ingredients

1 Apple (sliced)
1/4 cup Almonds

Nutrition

Amount per serving	
Calories	302
Fat	18g
Carbs	33g
Fiber	9g
Sugar	20g
Protein	8g

Directions

- 1 Core apple and cut it into slices. Serve with almonds.



Hot Chocolate Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Unsweetened Almond Milk
- 2 cups Frozen Cauliflower
- 2 Banana
- 1 cup Chocolate Protein Powder
- 1/2 cup Cocoa Powder
- 1/4 cup Chia Seeds
- 1/2 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.



Kale & Eddo Breakfast Hash

1 serving
20 minutes

Ingredients

- 2 slices Bacon
- 1 1/2 cups Eddo (peeled and diced)
- 1/2 Yellow Bell Pepper (diced)
- 2 cups Kale Leaves (roughly chopped)

Nutrition

Amount per serving	
Calories	435
Fat	22g
Carbs	49g
Fiber	9g
Sugar	1g
Protein	12g

Directions

- 1 In a pan or skillet, slowly cook the bacon over medium-low heat until done. Transfer to a plate and reserve some of the fat for cooking the hash.
- 2 In the same pan, cook the eddoes and yellow pepper over medium-high heat until soft and browned, about 6 to 8 minutes. Meanwhile, chop the bacon.
- 3 Stir in the kale and bacon, and remove from heat. Divide onto plates and enjoy!

Notes

No Eddoes: Use potatoes, sweet potatoes, jicama or kohlrabi instead.

No Bell Pepper: Use zucchini or mushrooms instead.

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



Steamed Mussels in Spicy Tomato Sauce

1 serving
20 minutes

Ingredients

1 lb Mussels
1 1/2 tsps Extra Virgin Olive Oil
2 tsbps Red Onion (finely chopped)
1 Garlic (clove, minced)
1/2 tsp Paprika
1/8 tsp Red Pepper Flakes
1/2 cup Diced Tomatoes (from the can with the juices)
2 tsbps Parsley (finely chopped, plus more for garnish)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	494
Fat	17g
Carbs	25g
Fiber	2g
Sugar	4g
Protein	56g

Directions

- 1 Place the mussels in a large colander and rinse well with cold water. Discard any broken mussels and remove beards if necessary.
- 2 In a large pot with a lid, heat the oil over medium heat. Add the onion and the garlic and cook for three to five minutes until the onions begin to soften. Stir in the paprika and red pepper flakes.
- 3 Add the tomatoes and parsley and stir to combine. Bring the sauce to a gentle boil and season with salt and pepper to taste.
- 4 Transfer mussels to the pot and cover with the lid. Let them steam for six to eight minutes or until mussels have opened, stirring halfway through. Transfer the opened mussels to a dish and discard any that have not opened. Season the tomato broth with additional salt and pepper, if needed.
- 5 To serve, spoon broth over top of the mussels and enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and place in an airtight container. Cover the mussels completely in the spicy tomato broth and keep refrigerated for one day.

More Flavor: For spicier mussels, add more red pepper flakes or a pinch of cayenne. For mild mussels, omit the red pepper flakes.

Additional Toppings: Fresh herbs and/or lemon wedges.



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, 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.



Chicken Shawarma Salad Bowls

2 servings

30 minutes

Ingredients

- 10 ozs Chicken Breast (diced into cubes)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cinnamon
- 1/4 tsp Turmeric
- 1 1/2 tsps Cumin
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 1 tbsp Water
- 1/4 Lemon (juiced)
- 4 leaves Romaine (chopped)
- 1 Tomato (diced)
- 1/2 Cucumber (diced)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	360
Fat	19g
Carbs	12g
Fiber	4g
Sugar	2g
Protein	37g

Directions

- 1 Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
- 2 Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
- 3 Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
- 4 Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

Notes

Garlic Lover: Serve with hummus or add minced garlic to the tahini dressing.

Leftovers: Store in the fridge for up to three days.

Vegan & Vegetarian: Omit the chicken and used cooked chickpeas 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.



Borscht

2 servings

1 hour

Ingredients

2 cups Vegetable Broth
 1 tsp Extra Virgin Olive Oil
 5 1/3 ozs Pork Ribs
 1/3 White Onion (diced)
 2/3 Garlic (minced)
 2/3 Carrot (peeled, chopped)
 2/3 stalk Celery (chopped)
 1 1/3 Beet (medium, peeled, chopped)
 2/3 Yellow Potato (chopped)
 2 tsps Tomato Paste
 2/3 cup Diced Tomatoes
 1/3 tsp Sea Salt
 2 tsps Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	290
Fat	11g
Carbs	28g
Fiber	5g
Sugar	10g
Protein	20g

Directions

- 1 In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.
- 2 Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.
- 3 When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!

Notes

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

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

More Flavor: Add pepper or red chilli flakes.

Additional Toppings: Add plain coconut yogurt or sour cream.

Make it Vegan: Use cooked lentils instead of the ribs and add at the same time as the vegetables.



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!



Slow Cooker Apple Cinnamon Pork Tenderloin

2 servings

4 hours

Ingredients

- 8 ozs Pork Tenderloin
- 1 Apple (sliced and divided)
- 1 1/2 Carrot (medium, sliced into rounds)
- 1/2 Yellow Onion (diced)
- 1 1/2 tbsps Raw Honey
- 1 1/2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	251
Fat	3g
Carbs	34g
Fiber	5g
Sugar	26g
Protein	25g

Directions

- 1 Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
- 2 Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
- 3 Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender: Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens: Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs: Serve with rice, quinoa or mini potatoes.



BBQ Ribs

2 servings

4 hours

Ingredients

1/2 cup Barbecue Sauce (divided)
 1 lb Pork Ribs
 3 cups Asparagus (woody ends snapped off)
 1 1/2 tps Extra Virgin Olive Oil (chopped)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	609
Fat	29g
Carbs	36g
Fiber	5g
Sugar	26g
Protein	51g

Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

Notes

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

No Ribs: Use wings, chicken breast or drumsticks instead.



Sheet Pan Pesto Chicken, Potatoes & Veggies

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast (skinless, boneless)
- 2 cups Mini Potatoes (halved)
- 2 cups Broccoli (cut into florets)
- 1 Carrot (medium, sliced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper
- 3 tbsps Pesto

Nutrition

Amount per serving	
Calories	483
Fat	23g
Carbs	38g
Fiber	7g
Sugar	6g
Protein	34g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

Additional Toppings: Add red pepper flakes, parmesan, or nutritional yeast.



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.



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.



15 Minute Spicy Shrimp

2 servings

15 minutes

Ingredients

- 1 1/2 tsp Extra Virgin Olive Oil
- 1/2 Garlic (clove, minced)
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1/16 tsp Cayenne Pepper
- 1/16 tsp Sea Salt
- 8 ozs Shrimp (raw, peeled, deveined)

Nutrition

Amount per serving	
Calories	133
Fat	4g
Carbs	1g
Fiber	1g
Sugar	0g
Protein	23g

Directions

- 1 In a mixing bowl combine the oil, garlic, chili powder, cumin, cayenne and sea salt. Add shrimp to the bowl and toss to coat evenly in the marinade.
- 2 Heat a large non-stick pan over medium-high heat. Add the shrimp and the marinade to the hot pan and cook for 4 to 5 minutes stirring often until the shrimp is cooked through. Season with additional salt if needed.
- 3 Serve immediately and enjoy!

Notes

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

Serving Size: One serving is approximately 4 oz or about 1/2 cup of shrimp.

More Flavor: Serve with lime wedges

Make it A Meal: Serve shrimp on top of a salad, in tacos or beside quinoa and leafy greens.



Slow Cooker Maple Mustard Chicken

2 servings

4 hours

Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 1 tbsp Maple Syrup
- 2 1/2 tbsps Dijon Mustard
- 1/2 tsp Dried Basil
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Green Beans (washed and trimmed)
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	414
Fat	13g
Carbs	21g
Fiber	6g
Sugar	13g
Protein	48g

Directions

- 1 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 2 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 3 Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or drumsticks instead.

Save Time: Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs: Serve with rice, sweet potato or quinoa.

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



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.



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.



Creamy Blueberry Smoothie

3 servings

5 minutes

Ingredients

3 cups Frozen Blueberries
3 cups Frozen Cauliflower
1 1/2 cups Unsweetened Coconut
Yogurt
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
3 Lemon (small, juiced)
3 cups Water

Nutrition

Amount per serving	
Calories	321
Fat	9g
Carbs	41g
Fiber	15g
Sugar	17g
Protein	25g

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy: Use almond milk or oat milk instead of water.

Lemon: One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Berry Banana Smoothie

4 servings

5 minutes

Ingredients

4 cups Unsweetened Almond Milk
4 cups Frozen Berries
2 Banana
4 cups Kale Leaves
1 cup Vanilla Protein Powder
1/4 cup Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g

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.

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

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