




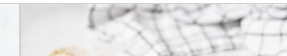














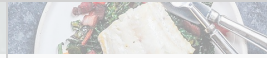
































































3400 calories, glutenfree

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Chocolate Almond Butter Smoothie Bowl	 Banana Protein Oats	 Banana Protein Oats	 2 Blueberry Protein Oats	 2 Blueberry Protein Oats
	 Lentil Salsa with Toast	 Lentil Salsa with Toast	 Lentil Salsa with Toast	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs		
Snack 1		 Cottage Cheese & Orange	 0.5 Cottage Cheese & Orange	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap	 Roast Beef Tortilla Wrap
Lunch	 Salsa Black Beans & Rice	 One Pot Poached Chicken with Broccoli & Sweet Potato	 Seared Cod with Bacon & Kale	 Pressure Cooker Thai Chicken & Vegetables with...	 One Pan Teriyaki Chicken	 Pressure Cooker Rice & Bean Burritos	 Lentil Meatballs & Pasta
	 Maple Glazed Chicken Wings	 Breakfast Taco Nachos	 Mexican-Style Fries Supreme	 Steak & Potato Skewers	 Thai Green Apple Salad	 Lamb Skewers with Avocado Sauce	 Egg, Shrimp & Avocado Salad
Snack 2	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 0.5 Granola, Yogurt & Berry Snack Box	 0.5 Granola, Yogurt & Berry Snack Box	 0.5 Granola, Yogurt & Berry Snack Box	 Granola, Yogurt & Berry Snack Box
Dinner	 One Pot Poached Chicken with Broccoli & Sweet Potato	 Seared Cod with Bacon & Kale	 Pressure Cooker Thai Chicken & Vegetables with...	 One Pan Teriyaki Chicken	 Pressure Cooker Rice & Bean Burritos	 Lentil Meatballs & Pasta	 Lime Basil Grilled Tuna Steaks
	 Breakfast Taco Nachos	 Mexican-Style Fries Supreme	 Steak & Potato Skewers	 Thai Green Apple Salad	 Lamb Skewers with Avocado Sauce	 Egg, Shrimp & Avocado Salad	 Quinoa Chickpea Stuffed Squash
Snack 3	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats	 Overnight Vanilla Protein Oats

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  32%	Fat  34%	Fat  37%	Fat  37%	Fat  34%	Fat  32%
Carbs  42%	Carbs  39%	Carbs  39%	Carbs  37%	Carbs  39%	Carbs  41%	Carbs  41%
Protein  27%	Protein  29%	Protein  27%	Protein  26%	Protein  24%	Protein  25%	Protein  27%
Calories 3349	Calories 3467	Calories 3404	Calories 3337	Calories 3405	Calories 3444	Calories 3336
Fat 117g	Fat 127g	Fat 131g	Fat 140g	Fat 141g	Fat 134g	Fat 122g
Carbs 356g	Carbs 345g	Carbs 343g	Carbs 318g	Carbs 343g	Carbs 366g	Carbs 354g
Fiber 81g	Fiber 79g	Fiber 73g	Fiber 56g	Fiber 67g	Fiber 79g	Fiber 74g
Sugar 108g	Sugar 124g	Sugar 116g	Sugar 103g	Sugar 101g	Sugar 82g	Sugar 88g
Protein 234g	Protein 253g	Protein 232g	Protein 217g	Protein 210g	Protein 222g	Protein 237g

Fruits

- 3 Avocado
- 4 Banana
- 1 cup Blueberries
- 2 1/4 cups Cherries
- 1 Green Apple
- 1/3 Lemon
- 3 1/8 tbsps Lemon Juice
- 1 Lime
- 2 1/2 Navel Orange
- 1 1/4 cups Raspberries
- 3 cups Strawberries

Breakfast

- 1/3 cup Almond Butter
- 1 1/3 cups Granola
- 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 3 1/4 tbsps Almonds
- 2/3 tsp Black Pepper
- 2 tps Cardamom
- 1/3 cup Chia Seeds
- 2 1/4 tps Chili Powder
- 1 tsp Cinnamon
- 2 tps Cumin
- 1/3 cup Ground Flax Seed
- 3/4 tsp Oregano
- 1/2 tsp Paprika
- 2 tbsps Pumpkin Seeds
- 1/2 cup Raw Peanuts
- 2 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsps Sesame Seeds
- 1 tsp Smoked Paprika
- 1 1/3 tbsps Taco Seasoning

Frozen

- 9 Brown Rice Tortilla
- 3 1/2 cups Frozen Blueberries
- 3/4 cup Frozen Cauliflower

Vegetables

- 1/2 Acorn Squash
- 4 1/2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 4 cups Broccoli
- 2 Carrot
- 1 cup Cherry Tomatoes
- 1/3 cup Cilantro
- 1 Cucumber
- 8 1/2 Garlic
- 1 1/2 tbsps Ginger
- 1 1/2 cups Green Beans
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 4 1/2 cups Kale Leaves
- 2 cups Mini Potatoes
- 3 1/4 tbsps Parsley
- 4 1/4 Red Bell Pepper
- 1/4 cup Red Onion
- 8 leaves Romaine
- 2 1/8 tbsps Shallot
- 2 cups Snap Peas
- 5 Sweet Potato
- 2 Thai Chili
- 2 Tomato
- 3/4 Yellow Onion
- 1 1/2 Zucchini

Boxed & Canned

- 1/2 cup Basmati Rice
- 2 cups Black Beans
- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 1/2 cup Chicken Broth
- 4 ozs Chickpea Pasta
- 1/3 cup Chickpeas
- 3 1/4 tbsps Dry Green Lentils
- 2 1/4 cups Green Lentils
- 1/4 cup Jasmine Rice
- 1 cup Quick Oats
- 3 tbsps Quinoa

Bread, Fish, Meat & Cheese

- 4 slices Bacon
- 1 3/4 lbs Chicken Breast
- 8 ozs Chicken Wings
- 2 Cod Fillet
- 10 1/2 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 3 slices Gluten-Free Bread
- 12 ozs Lamb Loin
- 8 ozs Shrimp, Cooked
- 8 ozs Top Sirloin Steak
- 6 ozs Tuna Steak

Condiments & Oils

- 1 tbsps Apple Cider Vinegar
- 1 tbsps Avocado Oil
- 3 tbsps Coconut Aminos
- 1 1/2 tps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Mayonnaise
- 2 cups Pickle
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 3 1/2 tbsps Tamari
- 1 tbsps Thai Red Curry Paste
- 3/4 cup Tomato Sauce

Cold

- 5 cups Cottage Cheese
- 8 Egg
- 7 cups Oat Milk
- 2 cups Plain Coconut Milk
- 1 1/2 cups Plain Greek Yogurt
- 5 1/2 cups Unsweetened Almond Milk
- 2/3 cup Unsweetened Coconut Yogurt

Other

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

2 1/4 cups Frozen Peaches

3 cups Salsa

2 3/4 cups Vanilla Protein Powder

1 can Tuna

3 1/16 cups Water

3/4 cup Vegetable Broth

Baking

1/3 cup Cacao Powder

1 2/3 tbsps Nutritional Yeast

3 cups Oats

3 1/3 tbsps Raw Honey

1 tbsp Unsweetened Shredded Coconut

1 tsp Vanilla Extract



Chocolate Almond Butter Smoothie Bowl

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3/4 cup Chocolate Protein Powder
- 3/4 cup Frozen Cauliflower
- 1 1/2 Zucchini (chopped, frozen)
- 3 Banana (divided)
- 3 tbsps Almond Butter
- 1/3 cup Cacao Powder
- 3 tbsps Chia Seeds
- 3/4 cup Raspberries
- 1/3 cup Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	558
Fat	24g
Carbs	59g
Fiber	20g
Sugar	22g
Protein	33g

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

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

More Flavor: Add cinnamon to your smoothie base.

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

No Smoothie Bowl: Drink as a regular smoothie instead.

Smoothie Consistency: For a creamier texture, use a frozen banana.



Lentil Salsa with Toast

3 servings

10 minutes

Ingredients

- 2 1/4 cups Green Lentils (cooked, drained and rinsed)
- 2 1/4 cups Salsa
- 3 tbsps Cilantro (chopped, optional)
- 3 slices Gluten-Free Bread (toasted)

Nutrition

Amount per serving	
Calories	306
Fat	3g
Carbs	55g
Fiber	17g
Sugar	13g
Protein	18g

Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

Notes

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

Serving Size: One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

More Flavor: Add cayenne or your choice of spices and herbs.

Additional Toppings: Avocado or plain yogurt.

No Lentils: Use chickpeas or black beans instead.



Banana Protein Oats

2 servings

10 minutes

Ingredients

- 1 cup Oats
- 2 cups Plain Coconut Milk (unsweetened from the carton)
- 1 Banana (sliced, plus extra for garnish)
- 2 tsps Maple Syrup
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 1 tsp Cinnamon (plus extra for garnish)
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Blueberries
- 2 tbsps Unsweetened Coconut Yogurt
- 2 tbsps Pumpkin Seeds
- 1 tbsp Unsweetened Shredded Coconut

Nutrition

Amount per serving	
Calories	487
Fat	14g
Carbs	63g
Fiber	9g
Sugar	23g
Protein	28g

Directions

- 1 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 2 Turn off the heat and stir in the cinnamon and protein powder.
- 3 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

Notes

Leftovers: Best enjoyed right away.

Gluten-Free: Use certified gluten-free oats.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.

No Coconut Milk: Use another plant-based milk like cashew, oat, or almond.



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.



Blueberry Protein Oats

4 servings

10 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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

No Oat Milk: Use plain coconut milk instead.



Cottage Cheese & Orange

2 servings

5 minutes

Ingredients

- 2 Navel Orange (large, chopped)
- 2 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g

Directions

- 1 Serve the chopped orange with the cottage cheese. Enjoy!

Notes

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



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.



Salsa Black Beans & Rice

1 serving
20 minutes

Ingredients

- 1/4 cup Jasmine Rice
- 1/4 cup Red Onion (finely chopped)
- 1 Garlic (cloves, minced)
- 1/4 Red Bell Pepper (finely chopped)
- 1/3 cup Vegetable Broth (divided)
- 1 tsp Cumin
- 1/8 tsp Sea Salt
- 1 cup Black Beans
- 1/4 cup Salsa
- 2 tbsps Cilantro (optional)

Nutrition

Amount per serving	
Calories	447
Fat	2g
Carbs	91g
Fiber	19g
Sugar	7g
Protein	21g

Directions

- 1 Cook the rice according to package directions.
- 2 Meanwhile, add the onion, garlic, and bell pepper to a pot with 1/3 of the vegetable broth. Cook for about five minutes or until the onions have softened. Add the cumin and salt to the pot and cook for another minute.
- 3 Stir in the black beans then add the remaining broth and the salsa. Bring the beans to a simmer and continue to cook for eight to 10 minutes or until the sauce begins to thicken and the beans are warmed through. Stir in the cilantro and season with additional salt if needed.
- 4 To serve, divide the rice between plates and top with the salsa black beans. Enjoy!

Notes

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

Serving Size: One serving is approximately equal to 1 1/2 cups of black beans and 3/4 cup of rice.

More Flavor: Add other dried herbs and spices like coriander or chili powder.

Additional Toppings: Avocado, cheese, or sour cream.

No Jasmine Rice: Use brown rice or cauliflower rice instead.

More Veggies: Add kale or spinach.



Maple Glazed Chicken Wings

1 serving
30 minutes

Ingredients

- 8 ozs Chicken Wings
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	559
Fat	36g
Carbs	15g
Fiber	0g
Sugar	13g
Protein	42g

Directions

- 1 In a bowl, combine the chicken with oil until well coated. Season with salt.
- 2 In a separate bowl, whisk together the maple syrup and tamari.
- 3 Grill the chicken over medium-high heat, turning frequently until golden brown, about 20 minutes.
- 4 Brush the maple tamari mixture onto the chicken and grill for 1 to 2 minutes per side. Divide onto plates, top with green onions and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven at 350°F (177°C) for 8 to 10 minutes.

Serving Size: One serving is equal to approximately seven chicken wings.

More Flavor: Add some chili flakes for spice. Use garlic-infused oil.

No Tamari: Use coconut aminos or soy sauce instead.

No BBQ: Cover the chicken wings in oil and bake in the oven at 400°F (200°C) for 35 minutes or until cooked. Glaze and broil the wings for 1 to 2 minutes per side.



Cottage Cheese with Cherries

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
2 1/4 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g

Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt or oatmeal instead.

Additional Toppings: Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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



One Pot Poached Chicken with Broccoli & Sweet Potato

2 servings
20 minutes

Ingredients

10 ozs Chicken Breast (skinless, boneless)
1 tbsp Apple Cider Vinegar
2 cups Water
1 Sweet Potato (medium, diced)
2 cups Broccoli (chopped into florets)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	258
Fat	4g
Carbs	19g
Fiber	4g
Sugar	4g
Protein	35g

Directions

- 1 In a pot over medium-high heat, add chicken followed by the remaining ingredients. Bring to a boil, reduce heat to a simmer and close the pan. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Using a slotted spoon, scoop out the chicken and veggies. Shred the chicken, season with sea salt and black pepper, and drizzle with broth. Save the leftover broth for future use. Enjoy!

Notes

More Flavour: Use chicken or vegetable broth instead of water, add herbs, garlic cloves and/or onion wedges.

No Broccoli or Sweet Potato: Use carrots, celery or cauliflower instead.

Leftovers: Refrigerate chicken in an air-tight container up to 3 days, and the broth up to 2 days, or freeze for up to 2 months.



Breakfast Taco Nachos

2 servings

30 minutes

Ingredients

- 3 Brown Rice Tortilla (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 2 Egg (fried)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1/2 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.



Seared Cod with Bacon & Kale

2 servings

20 minutes

Ingredients

- 4 slices Bacon (chopped)
- 2 Cod Fillet
- 1 Red Bell Pepper (sliced)
- 4 cups Kale Leaves (roughly chopped)
- 2 tsps Lemon Juice
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	441
Fat	23g
Carbs	6g
Fiber	3g
Sugar	3g
Protein	51g

Directions

- 1 In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Remove and set aside, leaving the rendered fat in the pan.
- 2 Add the cod fillet to the pan and cook for 4 minutes, and then remove and set aside. It won't be fully cooked at this point. Add the red pepper to the pan and cook for 2 to 3 minutes, then add the kale. Add the cod back to the pan and cover with a lid. Cook for 6 to 8 minutes, until the cod is cooked through and flaky.
- 3 Add the fillet to a plate along with the kale, peppers and bacon. Squeeze the lemon juice on top and season with sea salt. Enjoy!

Notes

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

More Flavor: Add minced garlic to the veggies.

No Pork: Use turkey bacon instead.

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



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.



Pressure Cooker Thai Chicken & Vegetables with Rice

2 servings
40 minutes

Ingredients

- 1/2 cup Brown Rice
- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Chicken Broth
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Ginger (fresh, minced)
- 1 Garlic (clove, minced)
- 8 ozs Chicken Breast
- 1/2 Red Bell Pepper (sliced)
- 1/4 Yellow Onion (sliced)
- 3/4 cup Green Beans
- 1/2 cup Kale Leaves (chopped)

Nutrition

Amount per serving	
Calories	463
Fat	16g
Carbs	47g
Fiber	4g
Sugar	7g
Protein	32g

Directions

- 1 Cook the rice according to the directions on the package.
- 2 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.
- 4 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.
- 5 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.
- 6 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

Notes

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

More Flavor: Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

No Brown Rice: Omit or use jasmine rice, quinoa or cauliflower rice instead.

No Chicken Breast: Use chicken thighs instead.

No Fresh Green Beans: Use frozen or choose another vegetable like snap peas or broccoli.

No Kale: Use spinach or bok choy instead.



Steak & Potato Skewers

2 servings

50 minutes

Ingredients

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



One Pan Teriyaki Chicken

2 servings

40 minutes

Ingredients

10 ozs Chicken Breast
 2 cups Broccoli (chopped into florets)
 2 Carrot (medium, sliced on the diagonal)
 2 cups Snap Peas
 2 tbsps Coconut Aminos
 2 tbsps Sesame Oil
 1/2 Navel Orange (juiced)
 2 tbsps Raw Honey
 2 tbsps Rice Vinegar
 4 Garlic (cloves, minced)
 1 tbsp Ginger (peeled and grated)
 1 tbsp Sesame Seeds

Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 4 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

Notes

Serve it With: Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

Likes it Spicy: Whisk hot sauce or chili flakes into the teriyaki sauce.

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

No Coconut Aminos: Use tamari instead.



Thai Green Apple Salad

2 servings

15 minutes

Ingredients

- 2 Thai Chili (stems removed and sliced)
- 2 Garlic (cloves, minced)
- 1/2 cup Raw Peanuts (chopped)
- 2/3 cup Green Beans (washed, trimmed and chopped into 1/3s)
- 1 Tomato (medium, diced)
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 1/2 Lime (juiced)
- 1 Green Apple (medium, grated)

Nutrition

Amount per serving	
Calories	331
Fat	19g
Carbs	34g
Fiber	8g
Sugar	20g
Protein	13g

Directions

- 1 In a medium bowl, use the back of a wooden spoon to grind the chili and garlic into a paste.
- 2 Add peanuts and mash into crumbs. Then mash the green beans until broken, then tomato chunks, tamari, maple syrup and lime juice.
- 3 Add your grated apple to the mixture and toss lightly. Adjust tamari, maple syrup and lime juice to taste. Enjoy!

Notes

Likes it Spicy: Start with one pepper per serving and add more to your preference.

Less Spicy: Use half a pepper per serving, replace with red pepper flakes or omit completely.

No Green Apple: Use green papaya.

Serve it With: Shrimp, sticky rice, or tofu.



Pressure Cooker Rice & Bean Burritos

2 servings

30 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1/2 Red Bell Pepper (chopped)
- 1 tsp Smoked Paprika
- 1/2 tsp Cumin
- 1/8 tsp Sea Salt
- 1 cup Black Beans (cooked, rinsed)
- 1/2 cup Basmati Rice
- 1/3 cup Salsa
- 3/4 cup Water
- 2 Brown Rice Tortilla
- 1/2 Avocado (mashed, optional)

Nutrition

Amount per serving	
Calories	568
Fat	13g
Carbs	98g
Fiber	17g
Sugar	9g
Protein	16g

Directions

- 1 Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
- 2 Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
- 3 Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
- 4 Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

Notes

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

Serving Size: One serving is equal to one burrito.

More Flavor: Add minced garlic and/or chili powder when cooking the onions and peppers. Add cilantro to the mashed avocado.



Lamb Skewers with Avocado Sauce

2 servings

15 minutes

Ingredients

12 ozs Lamb Loin (fat trimmed, chopped into 1-inch cubes)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 Barbecue Skewers
3/4 tsp Sea Salt (divided)
1/4 Lemon (juiced)
1/2 Avocado (peeled, pitted)

Nutrition

Amount per serving	
Calories	414
Fat	28g
Carbs	5g
Fiber	3g
Sugar	0g
Protein	37g

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil.
- 2 Toss the lamb in 1/3 of the oil and thread onto the skewers. Season with 1/3 of the salt. Transfer to the baking sheet and cook for 8 to 10 minutes or until cooked through.
- 3 Meanwhile, combine the remaining oil, salt, lemon juice and avocado in a food processor or blender. If needed, add a bit of water until your desired consistency is reached.
- 4 Divide the lamb skewers onto plates. Drizzle with avocado sauce and enjoy!

Notes

Leftovers: Refrigerate the lamb and avocado sauce in separate airtight containers for up to three days.

Serving Size: One serving is equal to approximately one large lamb skewer and two tablespoons of avocado sauce.

No Lemon Juice: Use apple cider vinegar instead.

No Lamb Loin: Use beef, chicken or shrimp instead.

Grill Lover: Grill the lamb skewers over medium heat, rotating frequently for 7 to 8 minutes for medium-rare to medium.

Barbecue Skewers: If your barbecue skewers are wooden, be sure to soak them before using.



Lentil Meatballs & Pasta

2 servings

35 minutes

Ingredients

3 1/4 tbsps Dry Green Lentils
1/3 cup Vegetable Broth
1/4 tsp Extra Virgin Olive Oil
2 1/8 tbsps Shallot (chopped)
1 1/4 tbsps Ground Flax Seed
1 1/4 tbsps Water
1 2/3 tbsps Nutritional Yeast
3 1/4 tbsps Almonds (chopped)
1/3 tsp Sea Salt
3 1/4 tbsps Parsley (divided, chopped)
4 ozs Chickpea Pasta (shells)
3/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	413
Fat	12g
Carbs	58g
Fiber	16g
Sugar	11g
Protein	28g

Directions

- 1 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 3 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 4 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 5 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 6 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

Notes

Leftovers: For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

Serving Size: One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

More Flavor: Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



Egg, Shrimp & Avocado Salad

2 servings

15 minutes

Ingredients

- 2 Egg
- 3 cups Baby Spinach
- 8 ozs Shrimp, Cooked
- 1 Avocado (chopped)
- 1 cup Cherry Tomatoes (halved)
- 2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	372
Fat	20g
Carbs	15g
Fiber	9g
Sugar	3g
Protein	37g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let them sit until cool enough to handle. Peel and slice into quarters.
- 2 Divide the spinach, shrimp, avocado, tomatoes, and eggs onto separate plates. Drizzle lemon juice over top and season with salt and black pepper to taste. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Use your favorite salad dressing instead of lemon juice.

Additional Toppings: Red pepper flakes, mushrooms, olives, bell peppers and red onions.



Lime Basil Grilled Tuna Steaks

1 serving
20 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil (plus extra for drizzling)
- 1/2 Lime (juiced)
- 2 tbsps Basil Leaves (chopped, plus extra for garnish)
- 1/2 Garlic (clove, minced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 6 ozs Tuna Steak
- 1/2 Tomato (large, chopped)
- 1/2 Cucumber (chopped)
- 1/8 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	288
Fat	8g
Carbs	10g
Fiber	2g
Sugar	3g
Protein	44g

Directions

- 1 In a small bowl, combine the olive oil, lime juice, basil, garlic, salt and pepper. Mix well to combine.
- 2 Add the tuna steaks to a ziploc bag and pour in the marinade. Shake well then store in the fridge while you prep the rest.
- 3 Combine the diced tomato and cucumber together in a bowl. Drizzle with a bit of olive oil, lemon juice and season with sea salt and black pepper to taste. Set aside.
- 4 Preheat the grill over medium heat.
- 5 Grill the steaks for about 4 minutes per side, or until they are cooked to your liking.
- 6 Remove fish from the grill. Plate on a bed of the cucumber tomato salad and garnish with basil. Enjoy!

Notes

No Tuna: Use marlin, salmon or swordfish steaks instead.

More Flavour: Marinate the tuna steaks up to 24 hours in advance for maximum flavour.

More Carbs: Serve with a side of rice, quinoa or roasted mini potatoes.



Quinoa Chickpea Stuffed Squash

1 serving
40 minutes

Ingredients

- 1/2 Acorn Squash (medium)
- 3 tbsps Quinoa (dry, uncooked)
- 1/2 cup Baby Spinach (packed)
- 1 1/2 tpsps Lemon Juice
- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1/3 cup Chickpeas (cooked, from the can)
- 2 tbsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	419
Fat	15g
Carbs	62g
Fiber	10g
Sugar	3g
Protein	15g

Directions

- 1 Preheat your oven to 400°F (204°C).
- 2 Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
- 3 While the squash is cooking, cook the quinoa according to the directions on the package.
- 4 When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
- 5 Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

Notes

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

Likes it Spicy: Add hot sauce or chili flakes.

Dairy-Free: Omit the cheese and use sea salt to taste.

No Acorn Squash: Use a different type of squash like butternut or spaghetti.



Peach Blueberry Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Oat Milk
- 1 1/2 cups Frozen Blueberries
- 2 1/4 cups Frozen Peaches
- 1/3 cup Ground Flax Seed
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	42g
Fiber	9g
Sugar	23g
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.

No Frozen Peaches: Use frozen mango.



Overnight Vanilla Protein Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (quick or traditional)
- 2 tbsps Chia Seeds
- 2 1/2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Raspberries
- 1/2 cup Blueberries
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

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