

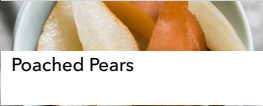
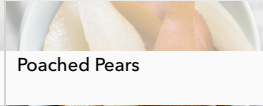

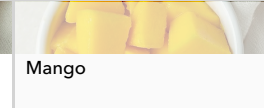
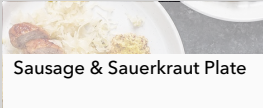
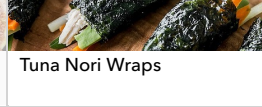
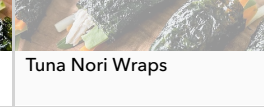
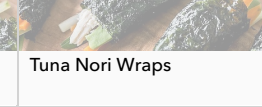
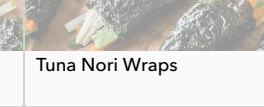

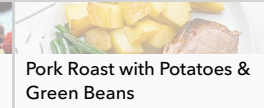
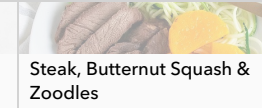


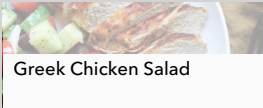
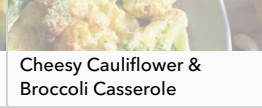
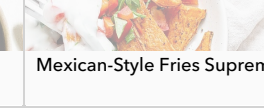








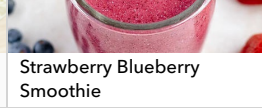
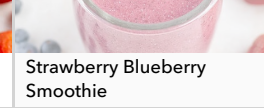
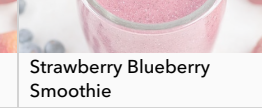
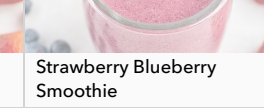

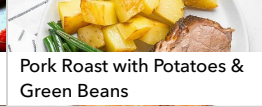




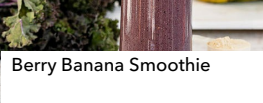
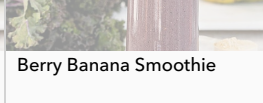
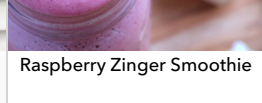
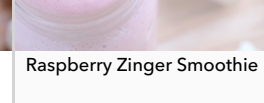
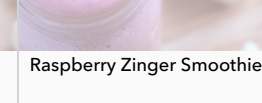
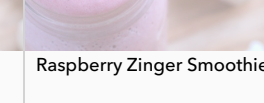































3400 calories, paleo

<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	 1.5 Strawberry Almond Protein Smoothie	 2 Strawberry Almond Protein Smoothie	 2 Cucumber, Mango & Banana Smoothie	 1.5 Cucumber, Mango & Banana Smoothie
	 Poached Pears	 Poached Pears	 Poached Pears	 Mango	 Mango	 Mango	 2 Mango
Snack 1	 Sausage & Sauerkraut Plate	 Sausage & Sauerkraut Plate	 Sausage & Sauerkraut Plate	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps
	 Figs & Prosciutto	 Figs & Prosciutto	 Figs & Prosciutto	 One Pan Steak, Potatoes & Broccoli	 Pork Roast with Potatoes & Green Beans	 Steak, Butternut Squash & Zoodles	 Slow Cooker Cod & Sea Veggie Soup
Lunch	 Eggs with Arugula & Plantains	 Greek Chicken Salad	 Sheet Pan Greek Chicken & Veggies	 Cheesy Cauliflower & Broccoli Casserole	 Tomato Gazpacho	 Aloo Gobi	 Mexican-Style Fries Supreme
	 Steamed Mussels in Spicy Tomato Sauce	 Stuffed Plantains	 Green Poutine	 Mango Mint Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
Snack 2	 Mango Mint Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie
	 Greek Chicken Salad	 Sheet Pan Greek Chicken & Veggies	 One Pan Steak, Potatoes & Broccoli	 Pork Roast with Potatoes & Green Beans	 Steak, Butternut Squash & Zoodles	 Slow Cooker Cod & Sea Veggie Soup	 Maple Ginger Glazed Ribs
Dinner	 Stuffed Plantains	 Green Poutine	 Cheesy Cauliflower & Broccoli Casserole	 Tomato Gazpacho	 Aloo Gobi	 Mexican-Style Fries Supreme	 Roasted Potatoes with Tahini Dressing & Herbs
	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
Snack 3	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  29%	Fat  31%	Fat  34%	Fat  35%	Fat  33%	Fat  32%
Carbs  47%	Carbs  46%	Carbs  45%	Carbs  40%	Carbs  38%	Carbs  40%	Carbs  42%
Protein  24%	Protein  25%	Protein  24%	Protein  26%	Protein  27%	Protein  27%	Protein  26%
Calories 3541	Calories 3406	Calories 3481	Calories 3329	Calories 3471	Calories 3486	Calories 3316
Fat 117g	Fat 116g	Fat 123g	Fat 135g	Fat 145g	Fat 136g	Fat 124g
Carbs 428g	Carbs 404g	Carbs 407g	Carbs 354g	Carbs 348g	Carbs 364g	Carbs 361g
Fiber 57g	Fiber 72g	Fiber 88g	Fiber 99g	Fiber 95g	Fiber 90g	Fiber 82g
Sugar 252g	Sugar 216g	Sugar 178g	Sugar 114g	Sugar 127g	Sugar 145g	Sugar 147g
Protein 226g	Protein 221g	Protein 222g	Protein 225g	Protein 244g	Protein 246g	Protein 229g

Fruits

- 2 3/4 Avocado
- 8 1/2 Banana
- 1 1/2 cups Blueberries
- 9 Fig
- 1 1/2 Kiwi
- 5 Lemon
- 2 1/16 tbsps Lemon Juice
- 1 1/2 Lime
- 1 2/3 tbsps Lime Juice
- 2 1/2 Mango
- 3 Pear
- 3 1/16 Plantain
- 8 cups Strawberries

Breakfast

- 3/4 cup Almond Butter
- 1 1/8 tsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 cup Cashews
- 1/2 cup Chia Seeds
- 2 tsps Cinnamon
- 2 tsps Cumin
- 1/2 tsp Dried Basil
- 3/4 tsp Dried Rosemary
- 1 1/2 tsps Dried Thyme
- 1/4 tsp Garam Masala
- 1 tbsp Greek Seasoning
- 1/4 cup Ground Flax Seed
- 3 tbsps Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 tsp Oregano
- 1 1/8 tsps Paprika
- 1/8 tsp Red Pepper Flakes
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/16 tsps Smoked Paprika
- 1 1/3 tbsps Taco Seasoning
- 1 tsp Turmeric
- 3 tbsps Whole Flax Seeds

Vegetables

- 2 cups Arugula
- 2 cups Asparagus
- 10 cups Baby Spinach
- 6 cups Broccoli
- 5 cups Butternut Squash
- 2 Carrot
- 1 head Cauliflower
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 2 1/4 Cucumber
- 2 tbsps Fresh Dill
- 9 3/4 Garlic
- 2 tbsps Ginger
- 2 cups Green Beans
- 2/3 Green Bell Pepper
- 1/4 stalk Green Onion
- 3 cups Kale Leaves
- 4 cups Mini Potatoes
- 1/2 cup Mint Leaves
- 4 cups Mushrooms
- 1/4 cup Parsley
- 3 Red Bell Pepper
- 3/4 cup Red Onion
- 1 1/2 Russet Potato
- 5 Sweet Potato
- 6 Tomato
- 1/16 White Onion
- 1 3/4 Yellow Onion
- 5 1/2 Yellow Potato
- 3 Zucchini

Boxed & Canned

- 1/2 cup Diced Tomatoes
- 2 cans Tuna
- 4 1/2 cups Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 3/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 2 Cod Fillet
- 5 1/3 ozs Extra Lean Ground Beef
- 1 lb Mussels
- 1 lb Ny Striploin Steak
- 8 ozs Pork Ribs
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 1/8 ozs Prosciutto
- 8 ozs Top Sirloin Steak
- 12 ozs Turkey Sausage

Condiments & Oils

- 3 tbsps Apple Cider Vinegar
- 1 1/3 tsps Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 2 1/2 tbsps Coconut Oil
- 3 1/2 tbsps Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 1/3 oz Pickled Red Onions
- 1/2 cup Pitted Kalamata Olives
- 1 1/2 cups Sauerkraut
- 2 1/4 tsps Tahini

Cold

- 2 Egg
- 2 2/3 tbsps Ghee
- 2 1/3 tbsps Orange Juice
- 3 3/4 cups Plain Coconut Milk
- 24 1/4 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 2 ozs Collagen Powder
- 2/3 oz Dulce
- 12 Nori Sheets
- 5 1/4 cups Vanilla Protein Powder
- 1 1/16 cups Water

Frozen

- 1 1/2 cups Frozen Banana
- 3 cups Frozen Berries
- 2 cups Frozen Blueberries
- 4 cups Frozen Cauliflower
- 7 1/2 cups Frozen Mango
- 4 cups Frozen Raspberries



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.



Poached Pears

3 servings
20 minutes

Ingredients

3 Pear (peeled, cored and quartered)

Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g

Directions

- 1 Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

Notes

Extra Flavour: Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

Serve It With: Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

Leftovers: Store in a covered container in the fridge up to 3 days.



Strawberry Almond Protein Smoothie

4 servings

5 minutes

Ingredients

- 6 cups Strawberries (frozen)
- 4 Banana (small, frozen)
- 1 cup Vanilla Protein Powder
- 1/3 cup Almond Butter
- 1/4 cup Ground Flax Seed
- 5 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	474
Fat	20g
Carbs	53g
Fiber	13g
Sugar	26g
Protein	29g

Directions

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

Notes

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

No Almond Milk: Use coconut milk or cashew milk instead.

Smoothie Consistency: If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber: Add in some chopped leafy greens like spinach or kale.

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



Cucumber, Mango & Banana Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Banana
- 1 1/2 cups Frozen Mango
- 3/4 Cucumber (medium, chopped)
- 3 cups Baby Spinach
- 1/3 cup Almond Butter
- 1 1/2 tsps Cinnamon
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g

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 cashew or oat.

No Almond Butter: Use cashew butter or sunflower seed butter.

Additional Toppings: Add chia seeds or hemp seeds.

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



Sausage & Sauerkraut Plate

3 servings

20 minutes

Ingredients

- 12 ozs Turkey Sausage
- 1 1/2 cups Sauerkraut (drained)
- 3 tbsps Dijon Mustard

Nutrition

Amount per serving	
Calories	204
Fat	9g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	22g

Directions

- 1 Preheat the oven to 425°F (220°C). Line a baking sheet with foil.
- 2 Cook the sausage for 20 minutes or until browned and cooked through.
- 3 Slice the sausage and serve with the sauerkraut and dijon mustard. Enjoy!

Notes

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

More Flavor: Sauté the sauerkraut with onions and mushrooms.

Additional Toppings: Avocado, plain yogurt, potatoes, or mashed cauliflower.

Make it Vegan: Use vegan sausage instead.



Figs & Prosciutto

3 servings

5 minutes

Ingredients

- 9 Fig (halved)
- 2 1/8 ozs Prosciutto (sliced into strips)

Directions

- 1 Wrap the figs with prosciutto and enjoy!

Nutrition

Amount per serving	
Calories	154
Fat	3g
Carbs	29g
Fiber	4g
Sugar	24g
Protein	6g



Mango

5 servings

5 minutes

Ingredients

2 1/2 Mango

Nutrition

Amount per serving	
Calories	101
Fat	1g
Carbs	25g
Fiber	3g
Sugar	23g
Protein	1g

Directions

- 1 Peel and cut into chunks. Portion into bowls and enjoy!

Notes

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

Serving Size: One serving is equal to one-half of a medium-sized mango.



Tuna Nori Wraps

4 servings

15 minutes

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smaller, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

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



Eggs with Arugula & Plantains

1 serving
25 minutes

Ingredients

- 1 tbsp Coconut Oil
- 1 Plantain (ripe, peeled and sliced)
- 2 cups Arugula
- 1 tbsp Apple Cider Vinegar
- 2 Egg
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	607
Fat	24g
Carbs	88g
Fiber	5g
Sugar	49g
Protein	17g

Directions

- 1 Heat the coconut oil in a heavy skillet over medium heat. Add the plantains and cook for about 5 minutes per side, or until golden brown.
- 2 Add the arugula to a plate.
- 3 While the plantains fry, poach your eggs by bringing a small saucepan of water to a simmer, and adding the apple cider vinegar. Crack one egg at a time into a small cup or bowl. Stir the water with a spoon to create a whirlpool. Carefully add egg into the whirlpool. Cook for about 3 to 4 minutes, or longer for a harder yolk. Use a slotted spoon to carefully remove the poached egg and transfer it to top the bed of arugula. Repeat with remaining egg.
- 4 Add the cooked plantains to the plate with the arugula and eggs. Season with sea salt as desired and enjoy!

Notes

Save Time: Serve the eggs scrambled, fried or hard boiled instead of poached.

Plantain Tip: The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.



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.



Mango Mint Smoothie

3 servings

5 minutes

Ingredients

- 3 3/4 cups Plain Coconut Milk (unsweetened from the carton)
- 3 cups Frozen Mango
- 3/4 Avocado
- 3 cups Baby Spinach
- 1/3 cup Mint Leaves (stems removed)
- 1 1/2 Lime (juiced)
- 2 ozs Collagen Powder

Nutrition

Amount per serving	
Calories	356
Fat	14g
Carbs	41g
Fiber	7g
Sugar	32g
Protein	20g

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.



Strawberry Blueberry Smoothie

4 servings

5 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

Directions

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

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as coconut, cashew, or oat.

No Fresh Strawberries: Use frozen instead.

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



Greek Chicken Salad

2 servings

45 minutes

Ingredients

- 1 tbsp Greek Seasoning
- 1/2 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 10 ozs Chicken Breast (boneless, skinless)
- 1 1/2 cups Cherry Tomatoes (halved)
- 1/2 Cucumber (diced)
- 2 tbsps Red Onion (finely diced)
- 1/2 cup Pitted Kalamata Olives (chopped)
- 1 1/2 tbsps Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	376
Fat	21g
Carbs	13g
Fiber	2g
Sugar	7g
Protein	34g

Directions

- 1 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 2 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 3 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 4 Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs: Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover: Sprinkle with feta cheese.

No Greek Seasoning: Use Italian seasoning 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.



Sheet Pan Greek Chicken & Veggies

2 servings

35 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice (plus more for serving)
- 1 Garlic (clove, minced)
- 1/2 tsp Oregano
- 1 1/2 tbsps Dijon Mustard
- 1/4 tsp Sea Salt
- 10 ozs Chicken Breast (cut into large cubes)
- 1 Zucchini (medium, sliced)
- 1 Red Bell Pepper (medium, chopped)
- 1/2 cup Red Onion (cut into thin wedges)

Nutrition

Amount per serving	
Calories	347
Fat	18g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	34g

Directions

- 1 In a small mixing bowl combine the oil, lemon juice, garlic, oregano, Dijon mustard and salt. Remove 1/3 of the sauce and set aside. Place the chicken cubes in the remaining sauce and stir to coat evenly. Let the chicken marinate for 10 to 15 minutes.
- 2 Meanwhile, preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Place the zucchini, bell pepper, and onion on the prepared baking sheet and drizzle with the reserved sauce. Add the marinated chicken to the pan.
- 4 Bake for about 20 minutes or until the chicken is cooked through and the veggies are just tender. Season with additional salt, if needed.
- 5 To serve, divide between plates and serve with additional lemon juice or lemon wedges. Enjoy!

Notes

Leftovers: Refrigerate for up to three days. For a meal prep option, divide chicken and veggies between meal prep containers for on-the-go meals.

More Flavor: Add other dried herbs and spices, like Greek seasoning, thyme, or basil.

Additional Toppings: Serve with fresh herbs, tzatziki, hummus, or baba ganoush.

More Carbs: Serve with rice, quinoa, or pita bread.

No Chicken Breast: Use chicken thighs, turkey breast, or pork tenderloin instead.



Green Poutine

2 servings

45 minutes

Ingredients

- 2 Yellow Potato (medium)
- 2 cups Asparagus
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 cups Mushrooms (sliced)
- 1/4 Yellow Onion (medium, diced)
- 1 Garlic (clove, minced)
- 1 1/2 tsps Dried Thyme
- 1/2 cup Vegetable Broth
- 1 tsp Arrowroot Powder
- 1 cup Butternut Squash (peeled and cubed)
- 1/2 cup Water
- 1/4 cup Cashews
- 1/2 cup Nutritional Yeast
- 1/2 Lemon (juiced)
- 1/2 tsp Paprika
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



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.



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

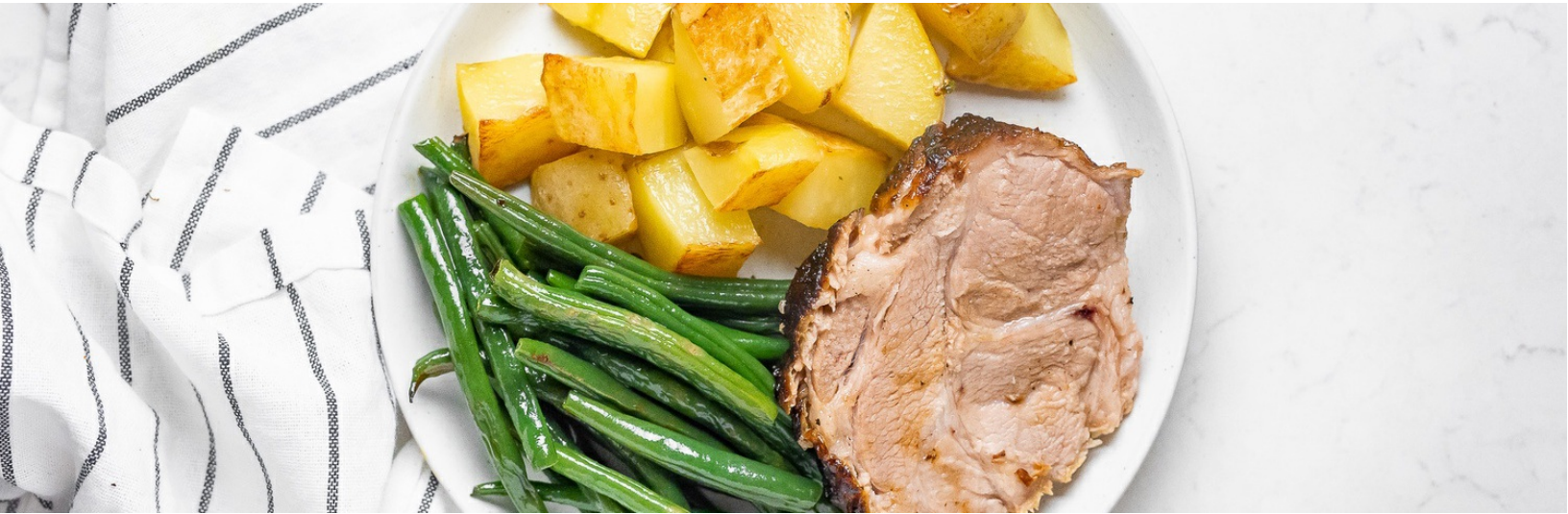
Directions

- 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.



Pork Roast with Potatoes & Green Beans

2 servings

10 hours

Ingredients

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

Directions

- 1 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 5 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 6 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

Notes

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

Serving Size: One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

More Flavor: Add fresh oregano and orange zest to the marinade.

Additional Toppings: Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



Tomato Gazpacho

2 servings

10 minutes

Ingredients

- 6 Tomato (medium, chopped)
- 1 Red Bell Pepper (medium, seeds and stem removed)
- 2 Garlic (clove)
- 2 tbsps Apple Cider Vinegar
- 1 Avocado (medium)
- 1/2 tsp Dried Basil
- 1/2 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	238
Fat	16g
Carbs	24g
Fiber	11g
Sugar	3g
Protein	7g

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Divide into bowls and enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to three days.

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

Additional Toppings: Top with sliced cherry tomatoes or fresh basil.

No Avocado: Use coconut cream instead.

No Apple Cider Vinegar: Use lemon juice instead.

Temperature: Can be enjoyed at room temperature or chilled.



Steak, Butternut Squash & Zoodles

2 servings
40 minutes

Ingredients

3 cups Butternut Squash (peeled, seeds removed, chopped)
1 tbsp Extra Virgin Olive Oil
1 tsp Sea Salt
1 lb NY Striploin Steak
2 Zucchini (spiralized)

Nutrition

Amount per serving	
Calories	526
Fat	23g
Carbs	32g
Fiber	6g
Sugar	10g
Protein	52g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 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 baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 In the same skillet you browned the steak, add the zucchini noodles and cook over medium heat for 2 to 3 minutes.
- 5 Remove the squash and steak from the oven and divide onto plates with the zucchini noodles. Enjoy!

Notes

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

More Flavor: Add garlic and your favorite herbs to the steak.



Aloo Gobi

2 servings

45 minutes

Ingredients

2 2/3 tbsps Ghee
 1 1/2 tsps Cumin
 1/4 tsp Garam Masala
 1/2 tsp Cinnamon
 1 tsp Turmeric
 1/2 Garlic (clove, minced)
 1 1/2 tsps Ginger (minced)
 1/2 Yellow Onion (chopped)
 1 1/2 Russet Potato (peeled, cut into 1-inch pieces)
 1/2 head Cauliflower (chopped into florets)
 1/4 cup Water
 1 tbsp Cilantro (chopped)
 Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	334
Fat	17g
Carbs	41g
Fiber	8g
Sugar	7g
Protein	7g

Directions

- 1 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 2 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 3 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 4 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

Notes

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

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

No Russet Potatoes: Use yellow or sweet potatoes instead.



Slow Cooker Cod & Sea Veggie Soup

2 servings

6 hours

Ingredients

- 1 1/2 tbsps Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 2 cups Mushrooms (sliced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2/3 oz Dulse (torn apart into small pieces)
- 1 Sweet Potato (medium, diced)
- 2 Cod Fillet (cubed)
- 4 cups Vegetable Broth (or bone broth)

Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	28g
Fiber	6g
Sugar	9g
Protein	49g

Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

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.



Maple Ginger Glazed Ribs

1 serving
4 hours 30 minutes

Ingredients

- 1 1/2 tsps Coconut Aminos
- 3/4 tsp Fish Sauce
- 1 1/8 tsps Maple Syrup
- 1/16 White Onion (chopped)
- 1 1/2 tsps Ginger (peeled, chopped)
- 2/3 Garlic (cloves, minced)
- 1/4 stalk Green Onion (chopped, divided)
- 8 ozs Pork Ribs

Nutrition

Amount per serving	
Calories	459
Fat	25g
Carbs	9g
Fiber	0g
Sugar	7g
Protein	47g

Directions

- 1 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, onion, ginger, garlic and green onion.
- 2 Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
- 3 When ready to eat, preheat the grill over medium heat.
- 4 Carefully remove the 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 any remaining marinade while cooking.
- 5 Transfer the ribs onto plates and enjoy!

Notes

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

Additional Toppings: Black and/or white sesame seeds.

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

No Coconut Aminos: Use soy sauce or tamari instead.

No Fish Sauce: Omit completely or use additional coconut aminos instead.



Roasted Potatoes with Tahini Dressing & Herbs

1 serving
50 minutes

Ingredients

- 1 1/2 Yellow Potato (small, washed and cubed)
- 1 1/8 tpsps Extra Virgin Olive Oil
- 3/4 tsp Dried Rosemary
- Sea Salt & Black Pepper (to taste)
- 2 1/4 tpsps Tahini
- 1/4 tsp Lemon Juice
- 3/4 tsp Water
- 1/3 oz Pickled Red Onions (homemade or store-bought)
- 2 tbsps Parsley (washed and dried)
- 2 tbsps 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.



Berry Banana Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3 cups Frozen Berries
- 1 1/2 Banana
- 3 cups Kale Leaves
- 3/4 cup Vanilla Protein Powder
- 3 tbsps 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.



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