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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Mint Smoothie	 Mango Mint Smoothie	 Mango Mint Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Creamy Blueberry Smoothie	 Creamy Blueberry Smoothie
Snack 1	 Ginger Lime Dressing	 Ginger Lime Dressing	 Ginger Lime Dressing	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples
	 Turkey & Cabbage Rolls	 Turkey & Cabbage Rolls	 Turkey & Cabbage Rolls	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples
Lunch	 Pressure Cooker Chicken Taco Stuffed Sweet Potato	 One Pan Chicken & Pesto Spaghetti Squash	 Meal Prep Veggie Bowls	 Slow Cooker Bolognese with Spaghetti Squash	 Bison Pumpkin Chili	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Shepherd's Pie Bowls
	 Sea Salt Spinach Chips	 Sea Salt Spinach Chips	 Sea Salt Spinach Chips	 Strawberry Lime Popsicles	 Strawberry Lime Popsicles	 Strawberry Lime Popsicles	 Strawberry Lime Popsicles
Snack 2	 Steamed Asparagus	 Steamed Asparagus	 Steamed Asparagus	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps	 Deli Beef Wraps
	 One Pan Chicken & Pesto Spaghetti Squash	 Meal Prep Veggie Bowls	 Slow Cooker Bolognese with Spaghetti Squash	 Bison Pumpkin Chili	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Shepherd's Pie Bowls	 Lemon Garlic Shrimp Spaghetti Squash
Dinner	 One Pan Chicken & Pesto Spaghetti Squash	 Meal Prep Veggie Bowls	 Slow Cooker Bolognese with Spaghetti Squash	 Bison Pumpkin Chili	 Ground Beef, Asparagus & Mashed Sweet Potatoes	 Shepherd's Pie Bowls	 Lemon Garlic Shrimp Spaghetti Squash
	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Veggie Patties	 Veggie Patties	 Veggie Patties	 Veggie Patties
Snack 3	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Prosciutto-Wrapped Apples	 Veggie Patties	 Veggie Patties	 Veggie Patties	 Veggie Patties

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  35%	Fat  33%	Fat  29%	Fat  31%	Fat  31%	Fat  31%
Carbs  38%	Carbs  38%	Carbs  41%	Carbs  41%	Carbs  38%	Carbs  39%	Carbs  40%
Protein  29%	Protein  27%	Protein  26%	Protein  30%	Protein  31%	Protein  30%	Protein  29%
Calories 1359	Calories 1304	Calories 1294	Calories 1275	Calories 1272	Calories 1323	Calories 1295
Fat 52g	Fat 53g	Fat 50g	Fat 43g	Fat 46g	Fat 48g	Fat 47g
Carbs 133g	Carbs 130g	Carbs 139g	Carbs 137g	Carbs 127g	Carbs 135g	Carbs 135g
Fiber 28g	Fiber 27g	Fiber 31g	Fiber 38g	Fiber 36g	Fiber 37g	Fiber 34g
Sugar 59g	Sugar 60g	Sugar 73g	Sugar 71g	Sugar 63g	Sugar 52g	Sugar 46g
Protein 102g	Protein 91g	Protein 88g	Protein 102g	Protein 102g	Protein 102g	Protein 100g

### Fruits

- 3 1/2 Apple
- 1 Avocado
- 1 Banana
- 2 1/2 Lemon
- 2 1/8 Lime
- 1 1/2 tbsps Lime Juice
- 2 1/16 cups Strawberries

### Breakfast

- 1 2/3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 2 2/3 tbsps Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1 3/4 tps Cumin
- 2/3 tsp Garlic Powder
- 1 1/3 tps Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1 tbsp Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 3/4 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 2 tbsps Whole Flax Seeds

### Frozen

- 2 cups Frozen Berries
- 2 cups Frozen Blueberries
- 2 cups Frozen Cauliflower
- 3 cups Frozen Mango

### Vegetables

- 5 cups Asparagus
- 12 cups Baby Spinach
- 1/3 cup Basil Leaves
- 2 2/3 cups Broccoli
- 2 1/3 Carrot
- 1/4 head Cauliflower
- 1 1/3 cups Cauliflower Rice
- 2 1/2 stalks Celery
- 1 1/2 tps Cilantro
- 2 cups Coleslaw Mix
- 1 3/4 Cucumber
- 1 3/4 tbsps Fresh Dill
- 6 Garlic
- 3/4 tsp Ginger
- 1 1/3 cups Green Beans
- 1/2 Jalapeno Pepper
- 2 cups Kale Leaves
- 1/3 cup Mint Leaves
- 1 tbsp Parsley
- 1 1/2 cups Purple Cabbage
- 2 Spaghetti Squash
- 3 3/4 Sweet Potato
- 1 1/2 Yellow Onion
- 1 Yellow Potato
- 1 1/3 Zucchini

### Boxed & Canned

- 1/2 cup Chicken Broth
- 2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 1 tbsp Salsa

### Baking

- 1/4 cup Coconut Flour
- 1/2 cup Pureed Pumpkin

### Bread, Fish, Meat & Cheese

- 12 ozs Chicken Breast
- 6 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 8 ozs Ground Bison
- 5 1/4 ozs Prosciutto
- 4 ozs Shrimp
- 6 ozs Sliced Turkey Breast

### Condiments & Oils

- 1 3/4 tbsps Avocado Oil
- 3 tbsps Coconut Aminos
- 2 1/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tps Mayonnaise
- 1/4 cup Pesto

### Cold

- 6 2/3 Egg
- 3 3/4 cups Plain Coconut Milk
- 2 1/8 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

### Other

- 2 ozs Collagen Powder
- 1 cup Vanilla Protein Powder
- 2 1/2 cups Water



## 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.



## Berry Banana Smoothie

2 servings

5 minutes

### Ingredients

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



## Creamy Blueberry Smoothie

2 servings

5 minutes

### Ingredients

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



## Ginger Lime Dressing

3 servings

5 minutes

### Ingredients

3 tbsps Coconut Aminos  
1 1/2 tbsps Lime Juice  
3/4 tsp Ginger (fresh, grated or minced)

### Nutrition

Amount per serving	
Calories	17
Fat	0g
Carbs	4g
Fiber	0g
Sugar	3g
Protein	0g

### Directions

- 1 Combine all ingredients in a small bowl. Refrigerate until ready to use. Enjoy!

### Notes

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## Turkey & Cabbage Rolls

3 servings

10 minutes

### Ingredients

- 1 1/2 cups Purple Cabbage (leaves pulled apart)
- 6 ozs Sliced Turkey Breast
- 3/4 Cucumber (medium, sliced)
- 1 1/2 tsps Mayonnaise

### Nutrition

Amount per serving	
Calories	101
Fat	4g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	10g

### Directions

- 1 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.



## Prosciutto-Wrapped Apples

3 servings  
10 minutes

### Ingredients

- 1 1/2 Apple (cored and sliced)
- 2 1/4 ozs Prosciutto (cut in half)
- 2 1/4 tsps Fresh Dill (chopped)

### Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	13g
Fiber	2g
Sugar	9g
Protein	6g

### Directions

- 1 Gently wrap the apple slices with prosciutto and top with dill. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days. Add lemon juice to the apples to keep them fresh longer, or slice just before enjoying.

**Serving Size:** One serving is roughly four pieces.

**Additional Toppings:** Ricotta or parmesan cheese.



## Pressure Cooker Chicken Taco Stuffed Sweet Potato

1 serving  
50 minutes

### Ingredients

- 1 Sweet Potato (medium, pierced with a fork)
- 4 ozs Chicken Breast (skinless and boneless)
- 1/2 tsp Chili Powder
- 1/4 tsp Cumin (ground)
- 1/4 tsp Smoked Paprika
- 1/2 cup Chicken Broth
- 1 tbsp Salsa
- 1/4 Avocado (mashed)
- 1 1/2 tsps Cilantro (optional, chopped)
- 1/2 Jalapeno Pepper (optional, sliced)

### Nutrition

Amount per serving	
Calories	349
Fat	11g
Carbs	34g
Fiber	9g
Sugar	7g
Protein	30g

### Directions

- 1 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.
- 2 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to "sealing" then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).
- 3 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 4 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

### Notes

**Dairy Lover:** Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

**Meal Prep:** Cook the sweet potatoes ahead of time for a quick weeknight meal.

**Leftovers:** Keep in a sealed container in the fridge for 3 to 4 days.



## Sea Salt Spinach Chips

3 servings

30 minutes

### Ingredients

- 9 cups Baby Spinach
- 1 tbsp Avocado Oil
- 1/8 tsp Sea Salt (or to taste)

### Nutrition

Amount per serving	
Calories	62
Fat	5g
Carbs	3g
Fiber	2g
Sugar	0g
Protein	3g

### Directions

- 1 Preheat the oven to 300°F (150°C) and line a large baking sheet with parchment paper.
- 2 Place the spinach in a mixing bowl and drizzle with the oil. Use your hands to mix the spinach and lightly coat each leaf with the oil. Add the salt and mix again to season the leaves evenly.
- 3 In batches, arrange the spinach leaves on the baking sheet in an even layer being careful not to overcrowd the baking sheet. Season with additional salt, if desired. Bake for 12 to 15 minutes or until the leaves are dry and crispy. Transfer to a plate and repeat with remaining spinach. Enjoy!

### Notes

**Leftovers:** Best enjoyed immediately or within a day.

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

**More Flavor:** Add other dried herbs and spices to taste.

**No Avocado Oil:** Use extra virgin olive oil instead.



## Steamed Asparagus

3 servings

10 minutes

### Ingredients

3 cups Asparagus (woody ends trimmed, chopped in half)

### Nutrition

Amount per serving	
Calories	27
Fat	0g
Carbs	5g
Fiber	3g
Sugar	3g
Protein	3g

### Directions

- 1 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container up to 5 days.

**Serving Size:** One serving is equal to approximately one cup of cooked asparagus.



## Strawberry Lime Popsicles

4 servings

6 hours

### Ingredients

- 2 cups Strawberries (stems removed)
- 2/3 Lime (large, juiced)
- 1 1/3 tbsps Maple Syrup
- 2 tsps Chia Seeds

### Nutrition

Amount per serving	
Calories	52
Fat	1g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	1g

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth.
- 2 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

### Notes

**Leftovers:** Keep frozen popsicles in an airtight container in the freezer for up to one month.

**Serving Size:** One serving is one popsicle.

**No Lime:** Use lemon juice.

**No Maple Syrup:** Use raw honey.

**No Popsicle Molds:** Use paper cups with popsicle sticks instead.



## Deli Beef Wraps

4 servings

10 minutes

### Ingredients

- 1 Cucumber (medium, julienned)
- 1 stalk Celery (julienned)
- 6 ozs Deli Roast Beef

### Nutrition

Amount per serving	
Calories	69
Fat	2g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g

### Directions

- 1 Divide the cucumber and celery into the middle of each deli roast beef slice. Roll tightly and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two deli beef wraps.

**Additional Toppings:** Add pickle, tomato, arugula, and/or micro greens.



## One Pan Chicken & Pesto Spaghetti Squash

2 servings

35 minutes

### Ingredients

- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 1/4 cup Pesto
- 2 tbsps Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	30g

### Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 3 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 4 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals one half of a spaghetti squash.

**More Flavor:** Season the chicken with garlic powder and onion powder.

**Additional Toppings:** Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

**Make it Vegan:** Use chickpeas, tempeh, or tofu.



## Meal Prep Veggie Bowls

2 servings

35 minutes

### Ingredients

- 2 2/3 cups Broccoli (chopped into florets)
- 1 1/3 Sweet Potato (small, chopped into cubes)
- 2/3 tsp Avocado Oil
- 1/3 tsp Chili Powder
- Sea Salt & Black Pepper (to taste)
- 1 1/3 cups Green Beans (trimmed)
- 4 Egg

### Nutrition

Amount per serving	
Calories	294
Fat	12g
Carbs	31g
Fiber	8g
Sugar	8g
Protein	19g

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and sweet potatoes to the pan. Drizzle with avocado oil, chili powder, sea salt and pepper. Bake for 15 to 20 minutes.
- 2 Remove the pan from the oven and add the green beans. Cook for an additional 10 minutes.
- 3 Meanwhile, bring a pot of water to a boil. Hard boil the eggs. Cool, peel and slice.
- 4 Divide the vegetables and sliced eggs between plates, or into containers. Enjoy!

### Notes

**Egg-Free:** Replace the eggs with your favorite protein such as ground beef, sliced chicken, chickpeas or lentils.

**No Avocado Oil:** Use olive or coconut oil.

**More Flavor:** Add cayenne pepper, chili flakes or hot sauce.

**Leftovers:** Refrigerate in an airtight container for up to 4 days.

**Serving Size:** One serving is equal to approximately 2 cups of roasted vegetables topped with 2 eggs.



## Slow Cooker Bolognese with Spaghetti Squash

2 servings

8 hours

### Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1/2 Yellow Onion (diced)
- 2 1/2 Garlic (cloves, minced)
- 1 1/2 cups Diced Tomatoes (drained)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 Bay Leaf
- 1/2 tsp Oregano
- 1/2 Spaghetti Squash
- 1/4 cup Basil Leaves (chopped)
- 1/2 tsp Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	35g
Fiber	8g
Sugar	15g
Protein	27g

### Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

### Notes

**More Vegetables:** Add diced green pepper and mushrooms.

**Vegetarian:** Use lentils instead of ground turkey.

**More Carbs:** Use brown rice pasta instead of spaghetti squash.

**No Slow Cooker:** Make it on the stovetop and let simmer for at least an hour.



## Bison Pumpkin Chili

2 servings

30 minutes

### Ingredients

1 1/2 tsps Extra Virgin Olive Oil  
 8 ozs Ground Bison  
 1/2 Yellow Onion (diced)  
 1 1/2 Garlic (cloves, minced)  
 1 tbsp Chili Powder  
 1 1/2 tsps Cumin  
 1/2 tsp Paprika  
 1/2 cup Crushed Tomatoes  
 1/2 cup Pureed Pumpkin  
 1/2 cup Water  
 3/4 tsp Maple Syrup  
 1/2 tsp Sea Salt  
 2 cups Coleslaw Mix

### Nutrition

Amount per serving	
Calories	300
Fat	13g
Carbs	24g
Fiber	8g
Sugar	12g
Protein	27g

### Directions

- 1 Heat olive oil in a large skillet over medium-high heat. Add the ground bison, onion and garlic, and saute for about 5 to 7 minutes, or until the meat is cooked through. Drain off the fat.
- 2 Add the chili powder, cumin and paprika. Stir about 1 minute, until fragrant. Add crushed tomatoes, pumpkin, water, maple syrup and salt. Let simmer about 10 minutes.
- 3 Divide coleslaw into bowls. Top with chili and enjoy!

### Notes

**Optional Toppings:** Garnish with toasted tortillas, chopped green onion, avocado, jalapeno slices, cheddar cheese or greek yogurt.

**More Veggies:** Add bell peppers, corn, peas or any leftovers on hand. Stir in spinach, kale or watercress just before serving.

**No Bison:** Use extra lean ground beef, chicken, turkey, lamb or venison.

**Vegan or Vegetarian:** Use mixed beans and/or tofu instead of ground meat.

**Leftovers:** Refrigerate in an air-tight container for 3 to 5 days or freeze up to 2 months.

**Serving Size:** One serving is approximately 3/4 cup of chili with one cup of coleslaw.



## Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings

30 minutes

### Ingredients

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tps Avocado Oil
- 8 ozs Extra Lean Ground Beef

### Nutrition

Amount per serving	
Calories	341
Fat	15g
Carbs	25g
Fiber	6g
Sugar	7g
Protein	27g

### Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

### Notes

**No Sweet Potatoes:** Use regular potatoes, eddo, jicama or kohlrabi instead.

**No Avocado Oil:** Use coconut oil, olive oil, ghee or butter instead.

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

**Serving Size:** One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

**Vegan & Vegetarian:** Omit the ground beef and use cooked lentils instead.

**Extra Creamy Potatoes:** Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



## Shepherd's Pie Bowls

2 servings

45 minutes

### Ingredients

1 Yellow Potato (medium, chopped)  
 1/4 head Cauliflower (chopped into florets)  
 1 1/2 tsps Extra Virgin Olive Oil  
 1/2 Yellow Onion (medium, diced)  
 1 Carrot (medium, peeled and diced)  
 1 1/2 stalks Celery (diced)  
 1 Garlic (cloves, minced)  
 8 ozs Extra Lean Ground Turkey  
 1 tbsp Poultry Seasoning  
 Sea Salt & Black Pepper (to taste)  
 2 2/3 tsps Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	339
Fat	14g
Carbs	31g
Fiber	6g
Sugar	6g
Protein	26g

### Directions

- 1 Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
- 2 While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
- 3 When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
- 4 To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

### Notes

**Lower Carb:** Replace the yellow potato with more cauliflower.

**Vegan Version:** Replace the ground turkey with lentils or shredded tempeh.

**Leftovers:** Keeps well in the fridge for up to 4 days.



## Lemon Garlic Shrimp Spaghetti Squash

1 serving  
45 minutes

### Ingredients

- 1/2 Spaghetti Squash
- 1 tbsp Extra Virgin Olive Oil
- 1 Garlic (cloves, minced)
- 4 ozs Shrimp (uncooked, peeled)
- 1/2 Lemon (juiced)
- 1/8 tsp Sea Salt (or more to taste)
- 1 tbsp Parsley (chopped, to garnish)

### Nutrition

Amount per serving	
Calories	313
Fat	14g
Carbs	25g
Fiber	3g
Sugar	1g
Protein	25g

### Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the spaghetti squash in half through its belly, and place cut-side down on the baking sheet. Bake for 30 minutes, remove from the oven and let cool slightly.
- 3 While the squash is cooling, heat the olive oil in a skillet over medium heat. Add the garlic and shrimp. Saute for 5-7 minutes, or until the shrimp is cooked through. Squeeze the lemon juice into the pan, and season with sea salt.
- 4 Scoop out the spaghetti squash into noodles and divide them between bowls. Top with the shrimp, drizzle with the sauce from the pan, a little extra olive oil, and a sprinkle of parsley. Enjoy!

### Notes

**No Shrimp:** Use chickpeas or white beans instead.

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



## Veggie Patties

4 servings

50 minutes

### Ingredients

- 1 1/3 cups Cauliflower Rice
- 1 1/3 Carrot (small, peeled, and grated)
- 1 1/3 Zucchini (small, seeds removed, and grated)
- 1 1/3 tsp Onion Powder
- 2/3 tsp Garlic Powder
- 2/3 tsp Sea Salt
- 1/4 cup Coconut Flour
- 2 2/3 Egg (whisked)

### Nutrition

Amount per serving	
Calories	108
Fat	4g
Carbs	11g
Fiber	5g
Sugar	4g
Protein	7g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to three to four patties.

**More Flavor:** Add green onion or other dried herbs and spices to taste.

**Additional Toppings:** Top with green onion, fresh herbs, or dipping sauce of choice.

**Eggs:** Medium-sized eggs work best for this recipe.

**Vegetables:** Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.