



1400 calories, paleo

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HE-FLUENCE

WELCOME

Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some notes about your meal plan:

Leftovers: Days where leftovers will be used are shown by "grayed out" text.

Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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MON



BREAKFAST
Vanilla Protein Pancakes



LUNCH
Turkey Cranberry Squash Bowls



SNACK 2
Lemon Blueberry Chia Jam, Crispy Prosciutto-Wrapped Asparagus



DINNER
Paprika Beef with Mashed Potatoes



SNACK 3
Cucumber, Carrot & Egg Snack Box

TUE



BREAKFAST
Vanilla Protein Pancakes



SNACK 1
Fried Egg



LUNCH
Paprika Beef with Mashed Potatoes



SNACK 2
Lemon Blueberry Chia Jam, Crispy Prosciutto-Wrapped Asparagus



DINNER
Ground Turkey, Broccoli & Sweet Potato



SNACK 3
Cucumber, Carrot & Egg Snack Box

WED



BREAKFAST
Vanilla Protein Pancakes



SNACK 1
Fried Egg



LUNCH
Ground Turkey, Broccoli & Sweet Potato



SNACK 2
Lemon Blueberry Chia Jam, Crispy Prosciutto-Wrapped Asparagus



DINNER
Air Fryer Salmon & Potatoes



SNACK 3
Cucumber, Carrot & Egg Snack Box

THU



BREAKFAST
Hot Chocolate Smoothie



SNACK 1
Veggie Patties



LUNCH
Air Fryer Salmon & Potatoes



SNACK 2
Roast Beef & Pickle Rollups, Blackberries



DINNER
Beef Kafta Casserole



SNACK 3
Peach, Pressure Cooker Hard Boiled Eggs

FRI



BREAKFAST
Hot Chocolate Smoothie



SNACK 1
Veggie Patties



LUNCH
Beef Kafta Casserole



SNACK 2
Roast Beef & Pickle Rollups, Blackberries



DINNER
Pressure Cooker Chicken Taco Stuffed Sweet Potato



SNACK 3
Peach, Pressure Cooker Hard Boiled Eggs

SAT



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Veggie Patties



LUNCH
Pressure Cooker Chicken Taco Stuffed Sweet Potato



SNACK 2
Roast Beef & Pickle Rollups, Blackberries



DINNER
One Pan Lemon Chicken



SNACK 3
Peach, Pressure Cooker Hard Boiled Eggs

SUN



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Veggie Patties



LUNCH
One Pan Lemon Chicken



SNACK 2
Roast Beef & Pickle Rollups, Blackberries



DINNER
Shepherd's Pie Bowls



SNACK 3
Peach, Pressure Cooker Hard Boiled Eggs

MON

FAT 36% CARBS 35% PROTEIN 29%

Calories 1375
Fat 56g
Carbs 122g
Fiber 21g
Sugar 35g
Protein 104g

TUE

FAT 36% CARBS 34% PROTEIN 30%

Calories 1468
Fat 59g
Carbs 128g
Fiber 23g
Sugar 39g
Protein 113g

WED

FAT 38% CARBS 30% PROTEIN 32%

Calories 1485
Fat 63g
Carbs 114g
Fiber 21g
Sugar 36g
Protein 122g

THU

FAT 30% CARBS 38% PROTEIN 32%

Calories 1406
Fat 49g
Carbs 137g
Fiber 39g
Sugar 40g
Protein 117g

FRI

FAT 28% CARBS 41% PROTEIN 31%

Calories 1352
Fat 44g
Carbs 143g
Fiber 44g
Sugar 46g
Protein 110g

SAT

FAT 30% CARBS 39% PROTEIN 31%

Calories 1436
Fat 50g
Carbs 145g
Fiber 48g
Sugar 47g
Protein 115g

SUN

FAT 32% CARBS 38% PROTEIN 30%

Calories 1426
Fat 53g
Carbs 142g
Fiber 45g
Sugar 46g
Protein 111g

FRUITS

- 1/2 Avocado
- 4 Banana
- 4 cups Blackberries
- 2 Lemon
- 1 3/4 tbsps Lemon Juice
- 4 Peach

BREAKFAST

- 1 1/2 tpsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1 1/2 tpsps Garlic Powder
- 1 tsp Italian Seasoning
- 2 1/4 tpsps Lebanese Seven Spice Blend
- 1 1/3 tpsps Onion Powder
- 2 1/4 tpsps Poultry Seasoning
- 2 1/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tpsps Smoked Paprika

FROZEN

- 1/3 cup Frozen Blueberries
- 3 cups Frozen Cauliflower
- 2 tpsps Frozen Cranberries
- 2 cups Frozen Raspberries

VEGETABLES

- 2 1/4 cups Asparagus
- 1 1/2 cups Baby Carrots
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 1 3/4 Carrot
- 1/8 head Cauliflower
- 1 1/3 cups Cauliflower Rice
- 3/4 stalk Celery
- 1 tbsp Cilantro
- 3/4 Cucumber
- 1/2 Delicata Squash
- 2 1/2 Garlic
- 1 Green Bell Pepper
- 1 Jalapeno Pepper
- 1 cup Microgreens
- 4 cups Mini Potatoes
- 1/4 cup Parsley
- 3/4 cup Red Onion
- 1 tbsp Rosemary
- 2 Russet Potato
- 4 Sweet Potato
- 1 1/2 Tomato
- 1/2 Yellow Onion
- 2 Yellow Potato
- 1 1/3 Zucchini

BOXED & CANNED

- 1 1/4 cups Chicken Broth
- 2 tpsps Salsa
- 2 1/4 tpsps Tomato Paste
- 1 cup Vegetable Broth

BAKING

- 1/4 cup Cocoa Powder
- 1/4 cup Coconut Flour

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 6 ozs Deli Roast Beef
- 1 lb Extra Lean Ground Beef
- 16 ozs Extra Lean Ground Turkey
- 3 3/4 ozs Prosciutto
- 12 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tpsps Avocado Oil
- 1 1/2 tpsps Balsamic Vinegar
- 1 2/3 tpsps Coconut Oil
- 3 1/3 tpsps Extra Virgin Olive Oil
- 1 1/2 cups Pickle

COLD

- 17 2/3 Egg
- 5 1/16 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 1 1/4 cups Vanilla Protein Powder
- 2/3 cup Water

Vanilla Protein Pancakes

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Banana (plus extra for topping)
6 Egg
3/4 cup Vanilla Protein Powder
1 1/2 tbsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	394	Fiber	4g
Fat	17g	Sugar	15g
Carbs	29g	Protein	33g

DIRECTIONS

- 01 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate and top with additional banana slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is approximately two pancakes.

ADDITIONAL TOPPINGS

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

Hot Chocolate Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	268	Fiber	13g
Fat	9g	Sugar	8g
Carbs	31g	Protein	26g

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut milk or another nut-free milk instead.

MORE FLAVOR

Add ground cinnamon.

PROTEIN POWDER

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

Raspberry Zinger Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 cups Frozen Raspberries
2 Lemon (juiced)
1/2 cup Vanilla Protein Powder
2 tbsps Chia Seeds
3 cups Unsweetened Almond Milk

DIRECTIONS

01 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.

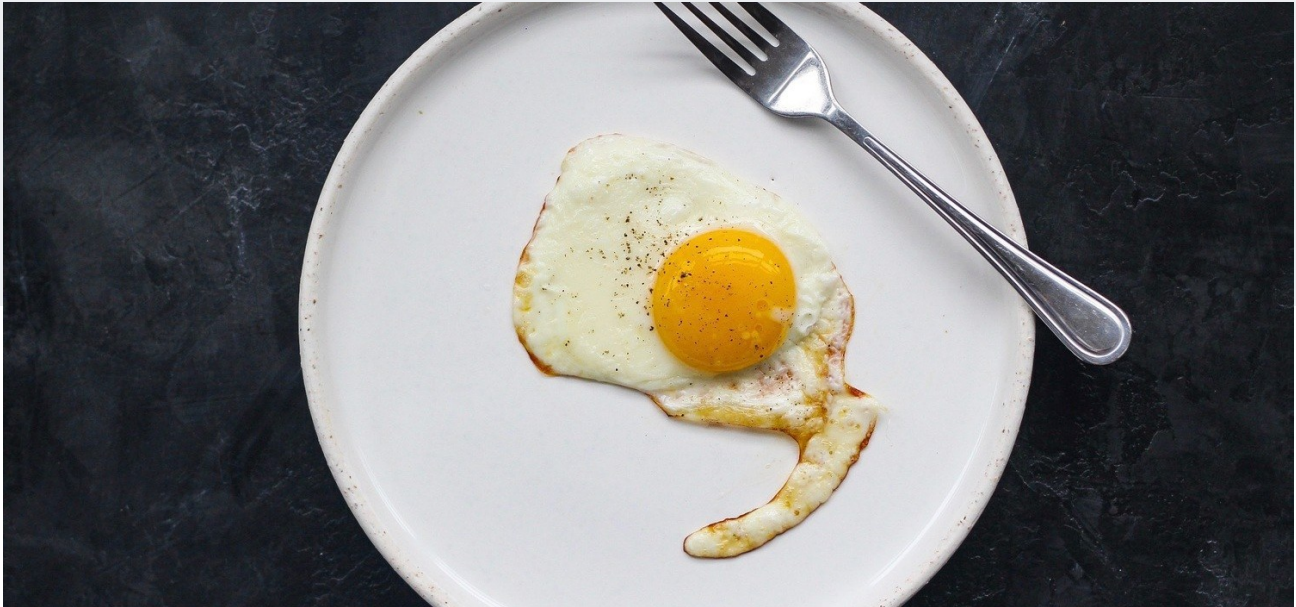
NUTRITION

AMOUNT PER SERVING

Calories	312	Fiber	16g
Fat	10g	Sugar	12g
Carbs	36g	Protein	27g

Fried Egg

1 SERVING 5 MINUTES



INGREDIENTS

1/4 tsp Coconut Oil
1 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	82	Fiber	0g
Fat	6g	Sugar	0g
Carbs	0g	Protein	6g

DIRECTIONS

- 01 In a medium pan, heat the coconut oil over medium heat.
- 02 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

NOTES

NO COCONUT OIL
Use butter or ghee instead.

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 tsps 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	Fiber	5g
Fat	4g	Sugar	4g
Carbs	11g	Protein	7g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 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.
- 03 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.)
- 04 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 05 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 TOPPING

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.

Turkey Cranberry Squash Bowls

1 SERVING 40 MINUTES



INGREDIENTS

1/2 Delicata Squash (small)
1 1/2 tsps Extra Virgin Olive Oil
4 ozs Extra Lean Ground Turkey
3/4 tsp Poultry Seasoning
1/4 tsp Sea Salt
2 tbsps Frozen Cranberries (thawed, or use fresh)
1 cup Microgreens
1 1/2 tsps Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	362	Fiber	6g
Fat	17g	Sugar	5g
Carbs	32g	Protein	25g

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 03 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or chickpeas instead of ground meat.

NO MICROGREENS

Use any leafy green like baby spinach, kale, or arugula.

LEFTOVERS

Keeps well in the fridge up to 3 days.

Lemon Blueberry Chia Jam

3 SERVINGS 25 MINUTES



INGREDIENTS

1/3 cup Frozen Blueberries
2 1/4 tsps Lemon Juice
1 1/2 tsps Maple Syrup
3/4 tsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	24	Fiber	1g
Fat	0g	Sugar	4g
Carbs	5g	Protein	0g

DIRECTIONS

- 01 Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 02 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 03 Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days or freeze for up to two months.

MORE FLAVOR

Add vanilla extract.

NO BLUEBERRIES

Use strawberries or raspberries instead.

NO MAPLE SYRUP

Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

HOW TO USE

Spread on toast, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.

Crispy Prosciutto-Wrapped Asparagus

3 SERVINGS 15 MINUTES



INGREDIENTS

2 1/4 cups Asparagus (woody ends trimmed)
3 3/4 ozs Prosciutto (thinly sliced strips)

NUTRITION

AMOUNT PER SERVING

Calories	96	Fiber	2g
Fat	5g	Sugar	2g
Carbs	4g	Protein	11g

DIRECTIONS

- 01 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 02 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 03 Divide onto plates and enjoy!

NOTES

NO PROSCIUTTO

Use bacon instead. Baking times may increase depending on the thickness of the bacon.

STORAGE

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

SERVING SIZE

One serving is equal to approximately 3 to 4 wrapped asparagus spears.

BBQ LOVER

Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.

Roast Beef & Pickle Rollups

4 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Pickle (halved lengthwise)
6 ozs Deli Roast Beef

NUTRITION

AMOUNT PER SERVING

Calories	63	Fiber	1g
Fat	2g	Sugar	1g
Carbs	1g	Protein	10g

DIRECTIONS

01 Wrap each pickle half in a slice or two of deli roast beef. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one rollup.

MORE FLAVOR

Add a bit of mayonnaise.

ADDITIONAL TOPPINGS

Add mixed greens or sprouts.

Blackberries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Blackberries

DIRECTIONS

01 Wash and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Fiber	8g
Fat	1g	Sugar	7g
Carbs	14g	Protein	2g

Paprika Beef with Mashed Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 Russet Potato (medium, peeled and chopped)
8 ozs Extra Lean Ground Beef
1 tbsp Smoked Paprika
1 Green Bell Pepper (small, seeds removed, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	386	Fiber	6g
Fat	12g	Sugar	4g
Carbs	42g	Protein	28g

DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and black pepper.
- 02 Meanwhile, heat a nonstick pan over medium-high heat. Add the beef, paprika, green bell pepper, salt, and black pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 03 Divide the beef and mashed potatoes and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder to the beef mixture. Add butter and milk to the mashed potatoes.

ADDITIONAL TOPPINGS

Top with cheese, yogurt, and fresh parsley.

Ground Turkey, Broccoli & Sweet Potato

2 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (small, peeled and cubed)
1/4 cup Chicken Broth
1 1/2 tsps Avocado Oil
3 cups Broccoli (cut into florets)
8 ozs Extra Lean Ground Turkey
1/4 cup Red Onion (finely chopped)
2 Garlic (clove, minced)
1 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	373	Fiber	8g
Fat	14g	Sugar	9g
Carbs	38g	Protein	28g

DIRECTIONS

- 01 Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- 02 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 03 While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 04 To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

NO TURKEY

Use ground chicken, ground pork, or ground beef instead.

NO BROCCOLI

Use another vegetable instead.

Air Fryer Salmon & Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Mini Potatoes (halved)
2 tps Extra Virgin Olive Oil (divided)
3/4 tsp Smoked Paprika (divided)
3/4 tsp Garlic Powder (divided)
1/2 tsp Sea Salt (divided)
12 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	403	Fiber	4g
Fat	16g	Sugar	1g
Carbs	28g	Protein	37g

DIRECTIONS

- 01 Preheat the air fryer to 400°F (205°C).
- 02 In a medium-sized bowl, toss the potatoes with half the oil, 3/4 of the smoked paprika, 3/4 of the garlic powder, and half the salt.
- 03 Add the potatoes to the air fryer and bake for 10 minutes, remove and flip and bake for eight to nine minutes longer, until cooked through and crispy. Remove and set aside.
- 04 Meanwhile, season the salmon with the remaining oil, smoked paprika, garlic powder, and salt.
- 05 Place the salmon in the air fryer and bake for seven to nine minutes, depending on thickness, until flaky and cooked through to your liking.
- 06 Divide the salmon and potatoes onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with chopped cilantro.

Beef Kafta Casserole

2 SERVINGS 1 HOUR 25 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
1/4 Yellow Onion (finely chopped)
1/4 cup Parsley (finely chopped)
2 1/4 tsps Lebanese Seven Spice Blend
3/4 tsp Sea Salt (divided)
1 1/2 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
1 1/2 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
1/2 cup Red Onion (sliced into 1/4-inch thick semi-circles)
1 cup Vegetable Broth
2 1/4 tsps Tomato Paste
1/8 tsp Black Pepper (optional)

NUTRITION

AMOUNT PER SERVING

Calories	371	Fiber	6g
Fat	12g	Sugar	6g
Carbs	38g	Protein	28g

DIRECTIONS

- 01 Preheat the oven to 350°F (176°C).
- 02 Add the beef, onion, parsley, Lebanese 7 Spice and two-thirds of the salt to a large mixing bowl and mix until combined. Form the meat mixture into thin patties, 2 to 3 inches in diameter.
- 03 Heat a pan over medium-high heat. Brown the patties in batches, 2 to 3 minutes per side. Drain the excess drippings from the pan between batches.
- 04 Arrange the browned kafta patties, potato, tomato and red onion slices in a baking dish in any pattern you'd like.
- 05 In a small bowl combine the vegetable broth, tomato paste, remaining salt and black pepper, if using, and pour into the baking dish. Cover with foil or a lid.
- 06 Bake for 60 to 70 minutes or until the potatoes are soft. Let the casserole cool slightly before dividing between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add fresh garlic to the meat mixture. Add additional Lebanese 7 Spice to the tomato sauce mixture.

NO BEEF

Use ground lamb instead.

SERVE IT WITH

Lebanese rice or a pita.

RED ONION

1 cup of sliced red onion is roughly one medium-sized red onion.

BAKING DISH

An 8.5 x 11.5-inch baking dish was used for four servings.

Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 SERVINGS 50 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 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.
- 02 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).
- 03 Remove the lid carefully. Remove the chicken and shred it with two forks.
- 04 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.

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	411	Fiber	7g
Fat	17g	Sugar	3g
Carbs	35g	Protein	32g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes, and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NOTES

NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

MORE FLAVOR

Add spices such as oregano, thyme, or chili flakes.

NO MINI POTATOES

Use diced regular potatoes.

ADDITIONAL TOPPINGS

Add lemon slices, zest from one lemon, and fresh rosemary.

Shepherd's Pie Bowls

1 SERVING 45 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 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.

Cucumber, Carrot & Egg Snack Box

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
Sea Salt & Black Pepper (to taste)
3/4 Cucumber (large, sliced)
1 1/2 cups Baby Carrots

NUTRITION

AMOUNT PER SERVING

Calories	113	Fiber	2g
Fat	5g	Sugar	5g
Carbs	10g	Protein	7g

DIRECTIONS

- 01 In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 02 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
- 03 Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

LEFTOVERS

Keep the egg(s) whole after peeling if saving for later.

ADDITIONAL TOPPINGS

Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

MAKE IT VEGAN

Replace the egg with nuts & seeds.

Peach

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Peach

DIRECTIONS

01 Wash and enjoy whole or sliced.

NUTRITION

AMOUNT PER SERVING

Calories	59	Fiber	2g
Fat	0g	Sugar	13g
Carbs	14g	Protein	1g

Pressure Cooker Hard Boiled Eggs

4 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Water

4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	72	Fiber	0g
Fat	5g	Sugar	0g
Carbs	0g	Protein	6g

DIRECTIONS

- 01 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 02 Set to “sealing”, then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 03 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

NOTES

LEFTOVERS

Refrigerate in an airtight container in the shell for up to seven days.

SERVING SIZE

One serving is one egg.

HOW TO MAKE AN ICE BATH

Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.