



1500 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
Butternut Squash Smoothie



LUNCH
Paprika Beef with Mashed Potatoes



SNACK 2
Tomato, Parsley & Chia Mini Egg White Bites, Coconut Chive Flatbread



DINNER
One Pan Chicken Souvlaki



SNACK 3
Chili & Lime Cucumbers, Turkey & Cabbage Rolls

TUE



BREAKFAST
Butternut Squash Smoothie



LUNCH
One Pan Chicken Souvlaki



SNACK 2
Tomato, Parsley & Chia Mini Egg White Bites, Coconut Chive Flatbread



DINNER
Beef Shank & Mashed Potatoes



SNACK 3
Chili & Lime Cucumbers, Turkey & Cabbage Rolls

WED



BREAKFAST
Butternut Squash Smoothie



LUNCH
Beef Shank & Mashed Potatoes



SNACK 2
Tomato, Parsley & Chia Mini Egg White Bites, Coconut Chive Flatbread



DINNER
Slow Cooker Bolognese with Spaghetti Squash



SNACK 3
Chili & Lime Cucumbers, Turkey & Cabbage Rolls

THU



BREAKFAST
Chocolate Cauliflower Shake



LUNCH
Slow Cooker Bolognese with Spaghetti Squash



SNACK 2
Cabbage & Cauliflower Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Ground Turkey, Broccoli & Sweet Potato



SNACK 3
Strawberry Chia Jam, Turkey & Cabbage Rolls

FRI



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cucumber & Lime Chia Fresca, Creamy Dijon Dip Snack Plate



LUNCH
Ground Turkey, Broccoli & Sweet Potato



SNACK 2
Cabbage & Cauliflower Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Ginger Beef Sweet Potato Noodles

SAT



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Cucumber & Lime Chia Fresca, Creamy Dijon Dip Snack Plate



LUNCH
Ginger Beef Sweet Potato Noodles



SNACK 2
Cabbage & Cauliflower Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Shepherd's Pie Bowls



SNACK 3
Strawberry Chia Jam, Turkey & Cabbage Rolls

SUN



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Cucumber & Lime Chia Fresca, Creamy Dijon Dip Snack Plate



LUNCH
Shepherd's Pie Bowls



SNACK 2
Cabbage & Cauliflower Mini Egg White Bites, Bell Pepper & Taco Dip



DINNER
Beef Kafta Casserole



SNACK 3
Strawberry Chia Jam, Turkey & Cabbage Rolls

MON

FAT 35% **CARBS 38%** **PROTEIN 27%**

Calories 1522 Fiber 38g
Fat 60g Sugar 31g
Carbs 148g Protein 106g

TUE

FAT 33% **CARBS 38%** **PROTEIN 29%**

Calories 1565 Fiber 38g
Fat 58g Sugar 33g
Carbs 150g Protein 118g

WED

FAT 30% **CARBS 39%** **PROTEIN 31%**

Calories 1498 Fiber 40g
Fat 51g Sugar 41g
Carbs 150g Protein 119g

THU

FAT 30% **CARBS 41%** **PROTEIN 29%**

Calories 1449 Fiber 40g
Fat 51g Sugar 58g
Carbs 155g Protein 109g

FRI

FAT 33% **CARBS 41%** **PROTEIN 26%**

Calories 1584 Fiber 40g
Fat 59g Sugar 61g
Carbs 168g Protein 108g

SAT

FAT 32% **CARBS 40%** **PROTEIN 28%**

Calories 1548 Fiber 39g
Fat 58g Sugar 57g
Carbs 160g Protein 113g

SUN

FAT 30% **CARBS 40%** **PROTEIN 30%**

Calories 1465 Fiber 38g
Fat 51g Sugar 48g
Carbs 155g Protein 113g

FRUITS

- 3 1/2 Banana
- 2 1/2 Lemon
- 1/3 cup Lime Juice
- 3/4 cup Strawberries

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1 1/2 Bay Leaf
- 1/16 tsp Black Pepper
- 2/3 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1/3 tsp Cinnamon
- 3 tbsps Dried Chives
- 1/2 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1 1/8 tpsps Lebanese Seven Spice Blend
- 1 tsp Oregano
- 1 tbsp Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 tpsps Smoked Paprika
- 1 1/3 tpsps Taco Seasoning

FROZEN

- 5 1/2 cups Frozen Cauliflower
- 2 cups Frozen Raspberries
- 12 Ice Cubes

VEGETABLES

- 4 cups Arugula
- 1/4 cup Basil Leaves
- 5 cups Broccoli
- 2 1/4 cups Butternut Squash
- 1 Carrot
- 1/4 head Cauliflower
- 2/3 cup Cauliflower Rice
- 4 1/2 stalks Celery
- 2 2/3 tpsps Chives
- 4 1/2 Cucumber
- 8 1/2 Garlic
- 1 1/2 tpsps Ginger
- 1/2 Green Bell Pepper
- 2 cups Mini Potatoes
- 1 cup Parsley
- 3 cups Purple Cabbage
- 4 Red Bell Pepper
- 1/2 cup Red Onion
- 12 leaves Romaine
- 3 Russet Potato
- 1 1/3 cups Savoy Cabbage
- 1/2 Spaghetti Squash
- 4 Sweet Potato
- 2 1/4 Tomato
- 1/8 White Onion
- 2 2/3 Yellow Onion
- 1 3/4 Yellow Potato

BOXED & CANNED

- 1/4 cup Chicken Broth
- 1 1/2 cups Crushed Tomatoes
- 2 1/2 cups Diced Tomatoes
- 1 1/8 tpsps Tomato Paste
- 1/2 cup Vegetable Broth

BAKING

- 1/8 tsp Baking Soda

BREAD, FISH, MEAT & CHEESE

- 10 2/3 ozs Beef Shanks
- 8 ozs Chicken Thighs
- 16 ozs Extra Lean Ground Beef
- 1 1/2 lbs Extra Lean Ground Turkey
- 2 2/3 ozs Prosciutto
- 12 ozs Sliced Turkey Breast

CONDIMENTS & OILS

- 1 1/2 tpsps Avocado Oil
- 2 1/4 tpsps Balsamic Vinegar
- 1/4 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 1 tbsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Mayonnaise

COLD

- 2 1/16 cups Egg Whites
- 9 1/8 cups Unsweetened Almond Milk
- 2 1/3 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Chocolate Protein Powder
- 1 tbsp Maca Powder
- 1 1/4 cups Vanilla Protein Powder
- 5 1/3 cups Water

- 1/4 cup Cacao Powder
- 1/3 cup Coconut Flour
- 1 1/2 tbsps Psyllium Husk Powder
- 1 1/8 tsp Raw Honey

Butternut Squash Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Unsweetened Almond Milk
1 1/2 cups Frozen Cauliflower
12 leaves Romaine (roughly chopped)
2 1/4 cups Butternut Squash (frozen, cubed)
1 1/2 Banana (frozen)
1/3 tsp Cinnamon
3/4 cup Vanilla Protein Powder
1/4 cup Chia Seeds
3 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	446	Fiber	17g
Fat	19g	Sugar	12g
Carbs	46g	Protein	31g

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut or oat milk and use sunflower seed butter instead of almond butter.

NO FROZEN BUTTERNUT SQUASH

Use fresh, cooked squash or canned.

PROTEIN POWDER

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

Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

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

Cucumber & Lime Chia Fresca

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 Cucumber (chopped)
4 1/2 cups Water
3 tbsps Lime Juice
1 1/2 tbsps Maple Syrup
1 1/2 tbsps Chia Seeds
12 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	71	Fiber	2g
Fat	2g	Sugar	8g
Carbs	13g	Protein	2g

DIRECTIONS

- 01 Blend the cucumber, water, lime juice, and maple syrup in a blender until smooth.
- 02 Pour the mixture into a pitcher. Optional: use a fine mesh strainer to strain the mixture. Stir in the chia seeds and allow them to sit for 10 minutes.
- 03 Add ice to glasses and pour the chia fresca over top. Enjoy!

NOTES

LEFTOVERS

Best served immediately. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add chopped mint.

Creamy Dijon Dip Snack Plate

3 SERVINGS 5 MINUTES



INGREDIENTS

1/3 cup Unsweetened Coconut Yogurt
1 tbsp Dijon Mustard
3 stalks Celery (cut into sticks)
3/4 Cucumber (medium, sliced)
2 2/3 ozs Prosciutto

NUTRITION

AMOUNT PER SERVING

Calories	89	Fiber	1g
Fat	4g	Sugar	2g
Carbs	5g	Protein	7g

DIRECTIONS

01 In a small bowl combine the yogurt and Dijon mustard. Serve with celery, cucumber, and prosciutto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the dip, veggies, and prosciutto separately until ready to serve.

MORE FLAVOR

Add a pinch of garlic powder, onion powder, or other dried herbs and spices to the dip.

VEGGIES

Use any combination of cut vegetables.

NO COCONUT YOGURT

Use Greek yogurt instead.

Paprika Beef with Mashed Potatoes

1 SERVING 30 MINUTES



INGREDIENTS

1 Russet Potato (medium, peeled and chopped)
4 ozs Extra Lean Ground Beef
1 1/2 tsps Smoked Paprika
1/2 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.

Tomato, Parsley & Chia Mini Egg White Bites

3 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Egg Whites
1 1/2 Tomato (small, diced, juices drained)
3/4 cup Parsley (chopped)
2 1/4 tsp Chia Seeds
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	61	Fiber	2g
Fat	1g	Sugar	1g
Carbs	4g	Protein	8g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, tomato, parsley, chia seeds, and salt.
- 03 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately five mini muffins.

MORE FLAVOR

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

ADDITIONAL TOPPING

Add goat cheese, feta cheese, or vegan cheese.

Coconut Chive Flatbread

3 SERVINGS 15 MINUTES



INGREDIENTS

1/3 cup Coconut Flour
1 1/2 tbsps Psyllium Husk Powder
3 tbsps Dried Chives
1/8 tsp Baking Soda
1/3 tsp Sea Salt
2 1/4 tsps Extra Virgin Olive Oil (plus extra for greasing)
3/4 cup Water (warm)

NUTRITION

AMOUNT PER SERVING

Calories	91	Fiber	5g
Fat	5g	Sugar	1g
Carbs	8g	Protein	2g

DIRECTIONS

- 01 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 02 Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
- 03 Cut the dough into the according number of recipe servings. Roll into balls.
- 04 Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
- 05 Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

NOTES

LEFTOVERS

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

SERVING SIZE

One serving is equal to one 8-inch flatbread.

MORE FLAVOR

Add your choice of herbs or spices to the flour before mixing.

SERVE IT WITH

Grilled chicken, tofu, roasted chickpeas, fresh veggies and tzatziki sauce.

Cabbage & Cauliflower Mini Egg White Bites

4 SERVINGS 25 MINUTES



INGREDIENTS

1 1/3 cups Egg Whites
2/3 cup Cauliflower Rice
1 1/3 cups Savoy Cabbage (finely chopped)
2 2/3 tbsps Chives
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	52	Fiber	1g
Fat	0g	Sugar	1g
Carbs	3g	Protein	10g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, cauliflower rice, cabbage, chives, and salt.
- 03 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four mini egg muffins.

MORE FLAVOR

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

ADDITIONAL TOPPINGS

Add goat cheese or feta cheese.

Bell Pepper & Taco Dip

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1 1/3 tbsps Taco Seasoning (to taste)
4 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	96	Fiber	4g
Fat	4g	Sugar	6g
Carbs	16g	Protein	2g

DIRECTIONS

01 In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate the dip in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sea salt and black pepper to taste.

NO COCONUT YOGURT

Use Greek yogurt instead.

One Pan Chicken Souvlaki

2 SERVINGS 45 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (boneless, skinless)
2 tbsps Extra Virgin Olive Oil (divided)
1/2 Lemon (small, juiced, zested)
2 1/4 tsps Balsamic Vinegar
1/2 tsp Oregano (dried)
1/2 tsp Dried Thyme
2 1/4 tsps Smoked Paprika (divided)
1/8 tsp Sea Salt (divided)
2 cups Mini Potatoes (halved)
1 Yellow Onion (cut into large wedges)

NUTRITION

AMOUNT PER SERVING

Calories	411	Fiber	6g
Fat	19g	Sugar	7g
Carbs	35g	Protein	26g

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the chicken thighs, half the oil, lemon juice and zest, balsamic vinegar, oregano, thyme, 3/4 of the smoked paprika, and half the salt. Mix well to combine and let it sit for 15 minutes.
- 03 Meanwhile, toss the potatoes with the remaining oil, salt, and smoked paprika. Place in the oven to bake for 15 minutes.
- 04 Remove the potatoes from the oven, add the chicken and the onion. Place back in the oven for 25 minutes, until the chicken is cooked through. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Top with feta cheese, sun-dried tomatoes, and/or olives.

Beef Shank & Mashed Potatoes

2 SERVINGS 4 HOURS



INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil (Divided)
- 10 2/3 ozs Beef Shanks (cut into 3-inch pieces)
- 1 Garlic (cloves, minced)
- 1/8 White Onion (large, sliced)
- 1 cup Diced Tomatoes
- Sea Salt & Black Pepper (to taste)
- 2 Russet Potato (medium, peeled and chopped)
- 4 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	429	Fiber	6g
Fat	10g	Sugar	6g
Carbs	44g	Protein	40g

DIRECTIONS

- 01 Heat half the oil in a large pan over medium-high heat. Fry the beef shanks until browned on all sides, about five minutes. Transfer to the slow cooker and set to high.
- 02 Meanwhile, heat the remaining oil in the same pan over medium heat. Add the garlic and onions. Cook until the onions are tender, about five to eight minutes. Add a bit of liquid from the diced tomatoes to deglaze the pan.
- 03 Transfer the onions, diced tomatoes, salt, and pepper to the slow cooker. Cook for four hours on high, or six to eight hours on low, or until the beef shanks are tender and fall off the bone easily. Season with more salt and pepper if needed.
- 04 Meanwhile, 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 pepper.
- 05 Divide the beef shank, mashed potatoes, and arugula onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days or freeze if longer.

SERVING SIZE

One serving equals 1 1/2 to two cups of beef shank stew, half cup of mashed potatoes, and two cups of arugula.

MORE FLAVOR

Add thyme, rosemary, chives, or parsley. Deglaze the pan with wine instead of tomato juice.

ADDITIONAL TOPPINGS

Add carrots, celery, peas, or mushrooms to the stew.

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	Fiber	8g
Fat	12g	Sugar	15g
Carbs	35g	Protein	27g

DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 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.
- 05 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.

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.

Ginger Beef Sweet Potato Noodles

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/4 cup Coconut Aminos
- 2 Garlic (clove, minced)
- 1 1/2 tbsps Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice
- 1 tbsp Coconut Oil
- 2 Sweet Potato (small, peeled and spiralized into noodles)
- 2 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (medium, roughly chopped)
- 2 tbsps Water
- 8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	454	Fiber	7g
Fat	19g	Sugar	15g
Carbs	43g	Protein	28g

DIRECTIONS

- 01 In a small mixing bowl combine the coconut aminos, garlic, ginger, and lime juice. Set aside.
- 02 Heat the coconut oil in a large non-stick pan or skillet with a lid. Add the sweet potato noodles and saute for six to eight minutes or until the noodles are tender. (If the noodles start to stick to the pan, add a couple of drops of water.) Remove the noodles from the pan and set them aside.
- 03 Add the broccoli and onions to the pan. Add the water and cover with a lid. Steam for four to five minutes until the broccoli is tender. Remove from the pan and set aside.
- 04 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 05 Add the steamed broccoli and onions to the pan with the beef then add the coconut aminos sauce and stir to combine. Bring the sauce to a bubble and let it cook for two to three minutes. Add in the sweet potato noodles and stir to combine. Continue to cook until the noodles have warmed through.
- 06 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sesame oil, red pepper flakes, hot sauce or maple syrup to the sauce.

ADDITIONAL TOPPINGS

Green onion, cilantro and/or sesame seeds.

SWEET POTATO NOODLES

Two small sweet potatoes are equal to approximately four cups of sweet potato noodles.

NO COCONUT OIL
Use avocado oil instead.

Shepherd's Pie Bowls

2 SERVINGS 45 MINUTES



INGREDIENTS

1 Yellow Potato (medium, chopped)
1/4 head Cauliflower (chopped into florets)
1 1/2 tps 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 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.

Beef Kafta Casserole

1 SERVING 1 HOUR 25 MINUTES



INGREDIENTS

4 ozs Extra Lean Ground Beef
1/8 Yellow Onion (finely chopped)
2 tbsps Parsley (finely chopped)
1 1/8 tsps Lebanese Seven Spice Blend
1/3 tsp Sea Salt (divided)
3/4 Yellow Potato (medium-sized, sliced into 1/4-inch thick rounds)
3/4 Tomato (medium-sized, sliced into 1/4-inch thick rounds)
1/4 cup Red Onion (sliced into 1/4-inch thick semi-circles)
1/2 cup Vegetable Broth
1 1/8 tsps Tomato Paste
1/16 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

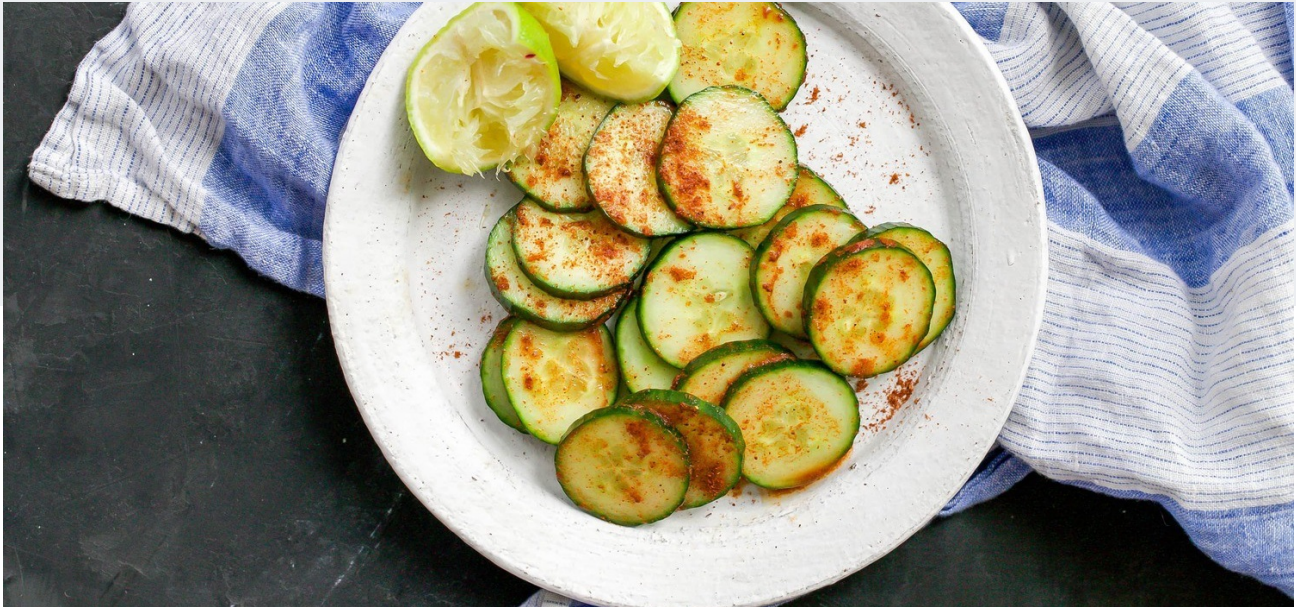
1 cup of sliced red onion is roughly one medium-sized red onion.

BAKING DISH

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

Chili & Lime Cucumbers

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 Cucumber (sliced)
3/4 tsp Chili Powder
1 1/2 tbsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	26	Fiber	1g
Fat	0g	Sugar	3g
Carbs	6g	Protein	1g

DIRECTIONS

01 In a small bowl, add the cucumber. Toss with the chili powder and lime juice.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add chili flakes or cayenne for extra heat.

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	Fiber	1g
Fat	4g	Sugar	3g
Carbs	7g	Protein	10g

DIRECTIONS

01 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.

Strawberry Chia Jam

3 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Strawberries
1 1/8 tsps Raw Honey
2 1/4 tsps Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	34	Fiber	1g
Fat	1g	Sugar	4g
Carbs	6g	Protein	1g

DIRECTIONS

- 01 Trim the stems from the strawberries and cut in half. Place strawberries, honey and chia seeds in a blender or food processor and pulse until it reaches your preferred jam-consistency.
- 02 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 03 Remove from heat and pour into a mason jar. Let cool and then store in the fridge for up to 7 days. Freeze if using down the road. Enjoy!

NOTES

GET CREATIVE

Try different combinations like strawberry-rhubarb or strawberry-peach!

STORAGE TIP

If freezing, be sure to leave at least 1 inch of space at the top of the jar to leave room for expansion. Otherwise the jar may shatter.

VEGAN

Use maple syrup to sweeten instead of honey.