



1600 calories, glutenfree

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HE-FLUENCE

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
- Also, you can eat a side as a snack or a snack as a side

MON



BREAKFAST
Butternut Squash Smoothie



SNACK 1
Blueberry Coconut Yogurt Popsicles,
Turkey & Cabbage Rolls



LUNCH
Pasta with Spinach & Turkey



SNACK 2
Cucumber, Carrot & Egg Snack Box,
Carrot Sticks



DINNER
Turkey Quinoa Swiss Chard Rolls



SNACK 3
Keto Peanut Butter Cookies

TUE



BREAKFAST
Butternut Squash Smoothie



SNACK 1
Blueberry Coconut Yogurt Popsicles,
Turkey & Cabbage Rolls



LUNCH
Turkey Quinoa Swiss Chard Rolls



SNACK 2
Cucumber, Carrot & Egg Snack Box,
Carrot Sticks



DINNER
Baked Salmon with Broccoli & Quinoa



SNACK 3
Keto Peanut Butter Cookies

WED



BREAKFAST
Butternut Squash Smoothie



SNACK 1
Blueberry Coconut Yogurt Popsicles,
Turkey & Cabbage Rolls



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Cucumber, Carrot & Egg Snack Box,
Carrot Sticks



DINNER
Turkey Sausage, Broccoli & Rice

THU



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Coconut Yogurt with Strawberries, Basil
Radish Dip with Cucumber Slices



LUNCH
Turkey Sausage, Broccoli & Rice



SNACK 2
Tomato, Parsley & Chia Mini Egg White
Bites, Cucumber & Herbed Yogurt Dip



DINNER
Ginger Beef Sweet Potato Noodles

FRI



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Coconut Yogurt with Strawberries, Basil
Radish Dip with Cucumber Slices



LUNCH
Ginger Beef Sweet Potato Noodles



SNACK 2
Tomato, Parsley & Chia Mini Egg White
Bites, Cucumber & Herbed Yogurt Dip



DINNER
Ground Turkey, Green Beans & Rice

SAT



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Coconut Yogurt with Strawberries, Basil
Radish Dip with Cucumber Slices



LUNCH
Ground Turkey, Green Beans & Rice



SNACK 2
Tomato, Parsley & Chia Mini Egg White
Bites, Cucumber & Herbed Yogurt Dip



DINNER
Beef Kafta Casserole



SNACK 3
Keto Peanut Butter Cookies

SUN



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Coconut Yogurt with Strawberries, Basil
Radish Dip with Cucumber Slices



LUNCH
Beef Kafta Casserole



SNACK 2
Tomato, Parsley & Chia Mini Egg White
Bites, Cucumber & Herbed Yogurt Dip



DINNER
Salmon, Rice & Arugula



SNACK 3
Keto Peanut Butter Cookies

MON

FAT 37% **CARBS 36%** **PROTEIN 27%**

Calories 1627 Fiber 39g
Fat 72g Sugar 43g
Carbs 156g Protein 119g

TUE

FAT 36% **CARBS 37%** **PROTEIN 27%**

Calories 1682 Fiber 38g
Fat 71g Sugar 41g
Carbs 163g Protein 122g

WED

FAT 33% **CARBS 39%** **PROTEIN 28%**

Calories 1614 Fiber 36g
Fat 61g Sugar 34g
Carbs 162g Protein 116g

THU

FAT 34% **CARBS 41%** **PROTEIN 25%**

Calories 1613 Fiber 33g
Fat 63g Sugar 53g
Carbs 172g Protein 103g

FRI

FAT 33% **CARBS 42%** **PROTEIN 25%**

Calories 1590 Fiber 33g
Fat 61g Sugar 53g
Carbs 174g Protein 101g

SAT

FAT 32% **CARBS 42%** **PROTEIN 26%**

Calories 1617 Fiber 37g
Fat 61g Sugar 40g
Carbs 179g Protein 108g

SUN

FAT 34% **CARBS 40%** **PROTEIN 26%**

Calories 1621 Fiber 33g
Fat 64g Sugar 38g
Carbs 171g Protein 108g

FRUITS

- 5 1/2 Banana
- 2/3 Lemon
- 1 tbsp Lime Juice
- 4 cups Strawberries

BREAKFAST

- 1 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 1/4 tsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 1/3 tsps Cinnamon
- 2 tsps Ground Flax Seed
- 1 1/16 tsps Italian Seasoning
- 2 1/4 tsps Lebanese Seven Spice Blend
- 1/8 tsp Paprika
- 2 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 2/3 cup Frozen Blueberries
- 3 1/2 cups Frozen Cauliflower
- 2 cups Frozen Green Beans

VEGETABLES

- 1 cup Arugula
- 1 1/2 cups Baby Carrots
- 1 cup Baby Spinach
- 1 cup Basil Leaves
- 9 cups Broccoli
- 2 1/4 cups Butternut Squash
- 3 Carrot
- 4 1/2 Cucumber
- 1/4 cup Fresh Dill
- 2 Garlic
- 1 1/2 tsps Ginger
- 1 1/2 cups Parsley
- 1 1/2 cups Purple Cabbage
- 1 cup Radishes
- 1/2 cup Red Onion
- 12 leaves Romaine
- 2 Sweet Potato
- 2 cups Swiss Chard
- 3 1/2 Tomato
- 3/4 Yellow Onion
- 1 1/2 Yellow Potato

BOXED & CANNED

- 1/2 cup Brown Rice
- 2 ozs Chickpea Pasta
- 1 1/2 cups Crushed Tomatoes
- 3/4 cup Jasmine Rice
- 3/4 cup Quinoa
- 2 1/4 tsps Tomato Paste
- 1 cup Vegetable Broth

BAKING

- 1/4 cup Cacao Powder
- 1/2 cup Monk Fruit Sweetener

BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Lean Ground Beef
- 1 1/4 lbs Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 14 ozs Salmon Fillet
- 6 ozs Sliced Turkey Breast
- 8 ozs Turkey Sausage

CONDIMENTS & OILS

- 3/4 tsp Avocado Oil
- 1/4 cup Coconut Aminos
- 1 1/4 tsps Coconut Oil
- 2 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Mayonnaise

COLD

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

OTHER

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

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.

Strawberry Almond Protein Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Strawberries (frozen)
2 Banana (small, frozen)
1/2 cup Vanilla Protein Powder
3 tbsps Almond Butter
2 tbsps Ground Flax Seed
2 1/2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.

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.

Blueberry Coconut Yogurt Popsicles

3 SERVINGS 5 HOURS



INGREDIENTS

2/3 cup Frozen Blueberries
1/2 cup Unsweetened Coconut Yogurt
1 3/4 tbsps Plain Coconut Milk
(unsweetened from the carton)
1 1/4 tsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	43	Fiber	1g
Fat	1g	Sugar	5g
Carbs	8g	Protein	0g

DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Pour into three ounce paper cups and insert popsicle sticks in the middle.
- 03 Place in the freezer for four to five hours or until completely frozen. Remove from the paper cup and enjoy!

NOTES

SERVING SIZE

One serving is equal to one popsicle.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

NO MAPLE SYRUP

Use raw honey.

NO PAPER CUPS

Use popsicle molds.

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.

Coconut Yogurt with Strawberries

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1 tsp Cinnamon
1 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	68	Fiber	3g
Fat	4g	Sugar	2g
Carbs	9g	Protein	1g

DIRECTIONS

01 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Add nuts and seeds.

Basil Radish Dip with Cucumber Slices

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

NUTRITION

AMOUNT PER SERVING

Calories	89	Fiber	1g
Fat	3g	Sugar	3g
Carbs	8g	Protein	8g

DIRECTIONS

- 01 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 02 Scoop into a bowl and dip with cucumber slices. Enjoy!

NOTES

NO CUCUMBER

Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

DAIRY-FREE

Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.

Pasta with Spinach & Turkey

1 SERVING 20 MINUTES



INGREDIENTS

- 2 ozs Chickpea Pasta
- 1 1/2 tsps Extra Virgin Olive Oil (divided)
- 4 ozs Extra Lean Ground Turkey
- 1/4 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 1 cup Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	425	Fiber	9g
Fat	20g	Sugar	5g
Carbs	33g	Protein	36g

DIRECTIONS

- 01 Cook the pasta according to the directions on the box.
- 02 Meanwhile, in a large skillet, heat half of the oil over medium heat. Add the turkey to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add Italian seasoning and salt. Add the spinach and stir until wilted.
- 03 Add the cooked pasta to the skillet with the turkey and spinach along with the remaining olive oil and stir to combine. Season with additional salt or add more oil if needed.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy cold or reheat on the stovetop with additional olive oil.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add garlic, red pepper flakes or fresh herbs.

NO CHICKPEA PASTA

Use whole grain or gluten-free pasta noodles instead. Short cut noodles work best for this recipe.

NO TURKEY

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

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.

Carrot Sticks

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Carrot (medium)

NUTRITION

AMOUNT PER SERVING

Calories	25	Fiber	2g
Fat	0g	Sugar	3g
Carbs	6g	Protein	1g

DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

MORE FLAVOR

Season with salt.

SERVE IT WITH

Hummus, guacamole or your favorite dip.

Tomato, Parsley & Chia Mini Egg White Bites

4 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Egg Whites
2 Tomato (small, diced, juices drained)
1 cup Parsley (chopped)
1 tbsp Chia Seeds
1/2 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 TOPPINGS

Add goat cheese, feta cheese, or vegan cheese.

Cucumber & Herbed Yogurt Dip

4 SERVINGS 5 MINUTES



INGREDIENTS

1 1/3 cups Unsweetened Coconut Yogurt
1/4 cup Fresh Dill (finely chopped)
1/4 cup Parsley (finely chopped)
1 tsp Sea Salt (to taste)
2 Cucumber (large, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	61	Fiber	2g
Fat	3g	Sugar	3g
Carbs	10g	Protein	1g

DIRECTIONS

01 In a bowl, combine the coconut yogurt, dill, parsley, and salt. Serve alongside the cucumber slices. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add fresh chives, basil, and green onion to the yogurt dip.

ADDITIONAL TOPPING

Add pita bread, crackers, cherry tomatoes, carrots, celery, or radishes.

Turkey Quinoa Swiss Chard Rolls

2 SERVINGS 1 HOUR



INGREDIENTS

1/3 cup Quinoa (uncooked)
1/2 cup Water
8 ozs Extra Lean Ground Turkey
1 tbsp Italian Seasoning
1/8 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 1/2 cups Crushed Tomatoes
2 cups Swiss Chard (washed and stems cut off)

NUTRITION

AMOUNT PER SERVING

Calories	339	Fiber	6g
Fat	12g	Sugar	8g
Carbs	33g	Protein	29g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 03 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 04 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 05 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 06 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

SLOW COOKER VERSION

Place rolls and sauce in slow cooker and cook on low for 4 hours.

NO QUINOA

Use brown rice.

Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

10 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
4 cups Broccoli (sliced into small florets)
1 tbsp Extra Virgin Olive Oil
1/2 cup Quinoa (uncooked)
3/4 cup Water
1/4 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	480	Fiber	8g
Fat	19g	Sugar	3g
Carbs	40g	Protein	39g

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Turkey Sausage, Broccoli & Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3 cups Broccoli (cut into florets)
3/4 tsp Avocado Oil
Sea Salt & Black Pepper
8 ozs Turkey Sausage

NUTRITION

AMOUNT PER SERVING

Calories	406	Fiber	5g
Fat	13g	Sugar	3g
Carbs	45g	Protein	28g

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment.
- 02 Cook the rice according to package directions.
- 03 Meanwhile, place the broccoli on the prepared baking sheet and toss with the oil and season with salt and pepper to taste. Arrange on one side of the pan and place the sausages on the other side. Bake for 20 to 25 minutes, or until the sausages are cooked through, flipping the broccoli halfway.
- 04 To serve divide the rice, broccoli, and sausage between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the broccoli with herbs and spices.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

NO BROCCOLI

Use another vegetable instead.

NO TURKEY SAUSAGE

Use chicken, pork, or beef sausages 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.

Ground Turkey, Green Beans & Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Turkey
1/8 tsp Sea Salt
1/2 cup Jasmine Rice (dry/uncooked)
2 cups Frozen Green Beans

NUTRITION

AMOUNT PER SERVING

Calories	383	Fiber	5g
Fat	11g	Sugar	3g
Carbs	47g	Protein	26g

DIRECTIONS

- 01 Heat coconut oil in a pan over medium heat and add the ground turkey. Cook for 5 to 10 minutes, or until completely cooked through. Use a spatula to break it up as it cooks. Season with sea salt and any other spices you desire.
- 02 Meanwhile, cook your rice according to the directions on the package and set aside.
- 03 Steam your green beans.
- 04 Divide the turkey, rice and green beans into bowls or containers. Add your desired seasonings and serve.

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to 3 days. Freeze for up to 3 months.

NO GROUND TURKEY

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

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.

NO GREEN BEANS

Use asparagus, edamame or green peas instead.

LIKES IT SPICY

Serve with hot sauce.

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.

Salmon, Rice & Arugula

1 SERVING 25 MINUTES



INGREDIENTS

4 ozs Salmon Fillet
1/8 tsp Sea Salt
1/4 cup Jasmine Rice (dry, uncooked)
1 1/2 tsps Extra Virgin Olive Oil
1/8 Lemon (juiced)
1 cup Arugula

NUTRITION

AMOUNT PER SERVING

Calories	387	Fiber	1g
Fat	14g	Sugar	1g
Carbs	39g	Protein	26g

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

NOTES

NO SALMON

Use any type of fish fillet instead, or use canned fish.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

NO RICE

Use quinoa instead.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

Keto Peanut Butter Cookies

12 SERVINGS 15 MINUTES



INGREDIENTS

1 cup All Natural Peanut Butter
1/2 cup Monk Fruit Sweetener
1 Egg

NUTRITION

AMOUNT PER SERVING

Calories	135	Fiber	1g
Fat	11g	Sugar	2g
Carbs	13g	Protein	5g

DIRECTIONS

- 01 Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 02 Mix together the peanut butter, sweetener, and egg(s) in a large bowl with a wooden spoon until well combined.
- 03 Portion into balls, using approximately two tablespoons of dough per cookie, and place evenly onto the prepared baking sheet. Using a fork, press down on the cookies to form a cross-hatch pattern.
- 04 Bake the cookies for 10 to 12 minutes, or until the edges start to turn a golden brown. Allow to cool completely. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week. Freeze if longer.

SERVING SIZE

One serving is equal to one cookie.

MORE FLAVOR

Garnish with chopped peanuts. Drizzle with melted chocolate.