



1600 calories, paleo

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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
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MON



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Prosciutto Wrapped Apricots



LUNCH
One Pan Teriyaki Chicken



SNACK 2
Strawberries & Coconut Whip, Deli Beef Wraps



DINNER
Pressure Cooker Chicken Taco Stuffed Sweet Potato

TUE



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Prosciutto Wrapped Apricots



LUNCH
Pressure Cooker Chicken Taco Stuffed Sweet Potato



SNACK 2
Strawberries & Coconut Whip, Deli Beef Wraps



DINNER
Slow Cooker Bolognese with Spaghetti Squash

WED



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Prosciutto Wrapped Apricots



LUNCH
Slow Cooker Bolognese with Spaghetti Squash



SNACK 2
Strawberries & Coconut Whip, Deli Beef Wraps



DINNER
Paprika Beef with Mashed Potatoes



SNACK 3
Plum, Crispy Prosciutto-Wrapped Asparagus

THU



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Zucchini & Carrot Mini Egg White Bites, Coconut Chive Flatbread



LUNCH
Paprika Beef with Mashed Potatoes



SNACK 2
Crispy Prosciutto-Wrapped Asparagus, Plum



DINNER
Curried Chicken with Broccoli & Sweet Potato



SNACK 3
Cucumber, Carrot & Egg Snack Box, Green Tomato Salsa Verde

FRI



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Zucchini & Carrot Mini Egg White Bites, Coconut Chive Flatbread



LUNCH
Curried Chicken with Broccoli & Sweet Potato



SNACK 2
Plum, Crispy Prosciutto-Wrapped Asparagus



DINNER
Chicken, Kale & Rutabaga



SNACK 3
Cucumber, Carrot & Egg Snack Box, Green Tomato Salsa Verde

SAT



BREAKFAST
Scrambled Egg Whites with Avocado & Banana



SNACK 1
Zucchini & Carrot Mini Egg White Bites, Coconut Chive Flatbread



LUNCH
Chicken, Kale & Rutabaga



SNACK 2
Plum, Crispy Prosciutto-Wrapped Asparagus



DINNER
Turkey Cranberry Squash Bowls



SNACK 3
Cucumber, Carrot & Egg Snack Box, Green Tomato Salsa Verde

SUN



BREAKFAST
Scrambled Egg Whites with Avocado & Banana



SNACK 1
Zucchini & Carrot Mini Egg White Bites, Coconut Chive Flatbread



LUNCH
Turkey Cranberry Squash Bowls



SNACK 2
Plum, Crispy Prosciutto-Wrapped Asparagus



DINNER
Ground Turkey, Broccoli & Sweet Potato



SNACK 3
Cucumber, Carrot & Egg Snack Box, Green Tomato Salsa Verde

MON

FAT 33% CARBS 39% PROTEIN 28%

Calories 1676
Fat 64g
Carbs 171g
Fiber 34g
Sugar 89g
Protein 122g

TUE

FAT 32% CARBS 40% PROTEIN 28%

Calories 1515
Fat 56g
Carbs 159g
Fiber 34g
Sugar 74g
Protein 111g

WED

FAT 32% CARBS 41% PROTEIN 27%

Calories 1678
Fat 62g
Carbs 179g
Fiber 34g
Sugar 80g
Protein 120g

THU

FAT 33% CARBS 38% PROTEIN 29%

Calories 1587
Fat 59g
Carbs 152g
Fiber 39g
Sugar 51g
Protein 119g

FRI

FAT 33% CARBS 37% PROTEIN 30%

Calories 1562
Fat 58g
Carbs 148g
Fiber 44g
Sugar 66g
Protein 122g

SAT

FAT 35% CARBS 37% PROTEIN 28%

Calories 1564
Fat 63g
Carbs 148g
Fiber 40g
Sugar 62g
Protein 114g

SUN

FAT 37% CARBS 36% PROTEIN 27%

Calories 1576
Fat 66g
Carbs 148g
Fiber 37g
Sugar 52g
Protein 111g

FRUITS

- 2 Avocado
- 5 Banana
- 1 tbsp Lemon Juice
- 1/4 Navel Orange
- 5 Plum
- 6 cups Strawberries

BREAKFAST

- 1/4 cup Almond Butter

SEEDS, NUTS & SPICES

- 1 1/2 Bay Leaf
- 2 tbsps Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Cumin
- 1 1/2 tsps Curry Powder
- 1/4 cup Dried Chives
- 3 tbsps Ground Flax Seed
- 1/2 tsp Italian Seasoning
- 1 1/2 tsps Oregano
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1 1/8 tbsps Smoked Paprika

FROZEN

- 1 cup Frozen Berries
- 1/2 cup Frozen Cauliflower
- 1/4 cup Frozen Cranberries

VEGETABLES

- 3 3/4 cups Asparagus
- 2 cups Baby Carrots
- 1/4 cup Basil Leaves
- 5 1/2 cups Broccoli
- 1 Carrot
- 3/4 stalk Celery
- 3/4 cup Cilantro
- 1 3/4 Cucumber
- 1 Delicata Squash
- 5 1/2 Garlic
- 1 1/2 tsps Ginger
- 1 cup Grated Carrot
- 1 Green Bell Pepper
- 2 2/3 Green Tomato
- 3 2/3 Jalapeno Pepper
- 2 cups Kale Leaves
- 2 cups Microgreens
- 2 tbsps Red Onion
- 2 Russet Potato
- 6 cups Rutabaga
- 1 cup Snap Peas
- 1/2 Spaghetti Squash
- 5 Sweet Potato
- 2/3 White Onion
- 1/2 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 1 1/8 cups Chicken Broth
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 2 tbsps Salsa

BAKING

- 1/4 tsp Baking Soda
- 1/2 cup Coconut Flour
- 2 tbsps Psyllium Husk Powder

BREAD, FISH, MEAT & CHEESE

- 2 lbs Chicken Breast
- 4 1/2 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Beef
- 1 1/4 lbs Extra Lean Ground Turkey
- 12 1/16 ozs Prosciutto

CONDIMENTS & OILS

- 3/4 tsp Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 tbsp Coconut Aminos
- 1 1/2 tsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 1 tbsp Sesame Oil

COLD

- 1 1/2 cups Coconut Whipped Cream
- 4 Egg
- 3 cups Egg Whites
- 2 cups Plain Coconut Milk
- 3 3/4 cups Unsweetened Almond Milk

OTHER

- 3/4 cup Dried Apricots
- 1 1/4 cups Vanilla Protein Powder
- 1 cup Water

■ 1 tbsp Raw Honey

Strawberry Almond Protein Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 cups Strawberries (frozen)
3 Banana (small, frozen)
3/4 cup Vanilla Protein Powder
1/4 cup Almond Butter
3 tbsps Ground Flax Seed
3 3/4 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.

Berry Avocado Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Coconut Milk (unsweetened, from the box)
1 Zucchini (chopped, frozen)
1/2 cup Frozen Cauliflower
1 cup Frozen Berries
1/2 Avocado
2 tbsps Chia Seeds
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	370	Fiber	12g
Fat	17g	Sugar	18g
Carbs	33g	Protein	25g

DIRECTIONS

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

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

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

Scrambled Egg Whites with Avocado & Banana

2 SERVINGS 5 MINUTES



INGREDIENTS

2 tsps Extra Virgin Olive Oil
2 cups Egg Whites
2 Banana (medium)
1 Avocado

NUTRITION

AMOUNT PER SERVING

Calories	432	Fiber	10g
Fat	20g	Sugar	17g
Carbs	37g	Protein	30g

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 02 Serve the egg whites alongside the avocado and banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add salt and pepper to the egg whites.

ADDITIONAL TOPPINGS

Top with salsa, sauerkraut, cheese, or olives.

Prosciutto Wrapped Apricots

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 cup Dried Apricots
5 3/4 ozs Prosciutto (cut in half)

NUTRITION

AMOUNT PER SERVING

Calories	196	Fiber	2g
Fat	7g	Sugar	17g
Carbs	20g	Protein	15g

DIRECTIONS

01 Gently wrap each dried apricot with prosciutto. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four to five prosciutto-wrapped apricots.

ADDITIONAL TOPPINGS

Add goat cheese and walnuts.

Zucchini & Carrot Mini Egg White Bites

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 cup Egg Whites
- 1 cup Grated Carrot (loosely packed)
- 1/2 Zucchini (medium, chopped)
- 1 1/2 tsps Dijon Mustard

NUTRITION

AMOUNT PER SERVING

Calories	49	Fiber	1g
Fat	0g	Sugar	2g
Carbs	4g	Protein	7g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, carrot, zucchini, and dijon mustard.
- 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, feta cheese, or vegan cheese.

Coconut Chive Flatbread

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1/2 cup Coconut Flour
- 2 tbsps Psyllium Husk Powder
- 1/4 cup Dried Chives
- 1/4 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (plus extra for greasing)
- 1 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.

One Pan Teriyaki Chicken

1 SERVING 40 MINUTES



INGREDIENTS

- 5 ozs Chicken Breast
- 1 cup Broccoli (chopped into florets)
- 1 Carrot (medium, sliced on the diagonal)
- 1 cup Snap Peas
- 1 tbsp Coconut Aminos
- 1 tbsp Sesame Oil
- 1/4 Navel Orange (juiced)
- 1 tbsp Raw Honey
- 1 tbsp Rice Vinegar
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	Protein	38g

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
- 04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

SERVE IT WITH

Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

LIKES IT SPICY

Whisk hot sauce or chili flakes into the teriyaki sauce.

LEFTOVERS

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

NO COCONUT AMINOS

Use tamari instead.

Strawberries & Coconut Whip

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Strawberries
1 1/2 cups Coconut Whipped Cream

NUTRITION

AMOUNT PER SERVING

Calories	83	Fiber	1g
Fat	4g	Sugar	8g
Carbs	14g	Protein	0g

DIRECTIONS

01 Divide strawberries and coconut whipped cream into cups or small bowls.
Enjoy!

NOTES

LEFTOVERS

Refrigerate the strawberries and coconut whipped cream in separate airtight containers for up to four days.

NO COCONUT WHIPPED CREAM

Use regular whipped cream, Greek yogurt, coconut yogurt, or whipped aquafaba.

ADDITIONAL TOPPINGS

Add bee pollen, coconut chips, hemp seeds, maple syrup, honey or maple butter.

COCONUT WHIPPED CREAM

Use a store-bought can or make your own.

Deli Beef Wraps

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cucumber (medium, julienned)
3/4 stalk Celery (julienned)
4 1/2 ozs Deli Roast Beef

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.

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.

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.

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.

Curried Chicken with Broccoli & Sweet Potato

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (small, peeled and cubed)
3 cups Broccoli (cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
10 ozs Chicken Breast
1 1/2 tps Curry Powder

NUTRITION

AMOUNT PER SERVING

Calories	422	Fiber	8g
Fat	15g	Sugar	8g
Carbs	36g	Protein	38g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.
- 03 Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.
- 04 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices, like cumin or garlic powder.

NO BROCCOLI

Use cauliflower or Brussels sprouts instead.

Chicken, Kale & Rutabaga

2 SERVINGS 40 MINUTES



INGREDIENTS

6 cups Rutabaga (peeled, cubed)
1/8 tsp Sea Salt (to taste)
8 ozs Chicken Breast (boneless, skinless)
2 cups Kale Leaves (tough stems removed, roughly torn into pieces)
1 tbsp Lemon Juice
1 tbsp Extra Virgin Olive Oil
1 tsp Oregano

NUTRITION

AMOUNT PER SERVING

Calories	361	Fiber	11g
Fat	11g	Sugar	19g
Carbs	38g	Protein	31g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 02 Cover the rutabaga with water in a pot and bring to a boil. Reduce the heat and simmer for about 30 minutes or until soft. Drain the water and mash the rutabaga with a masher or food processor. Season with salt to taste.
- 03 While the rutabaga cooks, place the chicken onto the baking sheet and bake for 25 to 30 minutes or until cooked through. Slice the chicken.
- 04 Meanwhile, massage the kale with lemon juice and olive oil in a bowl.
- 05 Divide the chicken, mashed rutabaga, and kale onto plates or containers-to-go. Sprinkle oregano over top and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add your choice of herbs and spices to the mashed rutabaga and chicken. Roast the rutabaga instead of mashing.

ADDITIONAL TOPPINGS

Kimchi, sauerkraut, pickled veggies, or olives.

NO RUTABAGA

Use sweet potato or cauliflower instead.

Turkey Cranberry Squash Bowls

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Delicata Squash (small)
- 1 tbsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Sea Salt
- 1/4 cup Frozen Cranberries (thawed, or use fresh)
- 2 cups Microgreens
- 1 tbsp 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.

Ground Turkey, Broccoli & Sweet Potato

1 SERVING 25 MINUTES



INGREDIENTS

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

Plum

5 SERVINGS 1 MINUTE



INGREDIENTS

5 Plum

DIRECTIONS

01 Wash and eat!

NUTRITION

AMOUNT PER SERVING

Calories	30	Fiber	1g
Fat	0g	Sugar	7g
Carbs	8g	Protein	0g

Crispy Prosciutto-Wrapped Asparagus

5 SERVINGS 15 MINUTES



INGREDIENTS

3 3/4 cups Asparagus (woody ends trimmed)
6 1/4 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.

Cucumber, Carrot & Egg Snack Box

4 SERVINGS 15 MINUTES



INGREDIENTS

- 4 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Cucumber (large, sliced)
- 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.

Green Tomato Salsa Verde

4 SERVINGS 15 MINUTES



INGREDIENTS

- 2 2/3 Green Tomato (large, halved)
- 2 2/3 Jalapeno Pepper (roughly chopped)
- 2/3 White Onion (roughly chopped)
- 1/3 tsp Sea Salt
- 2/3 cup Cilantro (roughly chopped)

NUTRITION

AMOUNT PER SERVING

Calories	30	Fiber	2g
Fat	0g	Sugar	4g
Carbs	7g	Protein	1g

DIRECTIONS

- 01 Set your oven to broil and move the rack to the highest position.
- 02 Place the green tomatoes on a baking sheet. Broil for 2 to 3 minutes each side, or until charred. Let cool.
- 03 Remove the core and peel. Transfer to a food processor with the remaining ingredients. Pulse until your desired consistency is reached, adding water if it is too thick. Adjust salt as needed and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1/2 cup.

MORE FLAVOR

Add more jalapeno peppers to make it spicier.

SERVE IT WITH

Tortilla chips, roasted vegetables, grilled meat or fish.

NO GREEN TOMATOES

Use tomatillos instead.