



**1700 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**  
Scrambled Egg Whites with Avocado & Banana



**SNACK 1**  
1.5 Prosciutto Wrapped Apricots



**LUNCH**  
Ground Turkey, Broccoli & Sweet Potato



**SNACK 2**  
Zucchini & Carrot Mini Egg White Bites,  
Coconut Chive Flatbread



**DINNER**  
Ginger Beef Sweet Potato Noodles

## TUE



**BREAKFAST**  
Scrambled Egg Whites with Avocado & Banana



**SNACK 1**  
1.5 Prosciutto Wrapped Apricots



**LUNCH**  
Ginger Beef Sweet Potato Noodles



**SNACK 2**  
Zucchini & Carrot Mini Egg White Bites,  
Coconut Chive Flatbread



**DINNER**  
Maple Roasted Carrots & Chicken

## WED



**BREAKFAST**  
Scrambled Egg Whites with Avocado & Banana



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Maple Roasted Carrots & Chicken



**SNACK 2**  
Zucchini & Carrot Mini Egg White Bites,  
Coconut Chive Flatbread



**DINNER**  
One Pan Teriyaki Chicken

## THU



**BREAKFAST**  
Strawberry Almond Protein Smoothie



**SNACK 1**  
Balsamic Tomato & Basil Mini Egg White Bites,  
Bell Pepper & Taco Dip



**LUNCH**  
One Pan Teriyaki Chicken



**SNACK 2**  
Cucumber, Carrot & Egg Snack Box,  
Pico De Gallo



**DINNER**  
One Pan Lemon Chicken

## FRI



**BREAKFAST**  
Strawberry Almond Protein Smoothie



**SNACK 1**  
Balsamic Tomato & Basil Mini Egg White Bites,  
Bell Pepper & Taco Dip



**LUNCH**  
One Pan Lemon Chicken



**SNACK 2**  
1.5 Cantaloupe with Prosciutto



**DINNER**  
One Pan Chicken Souvlaki



**SNACK 3**  
Cucumber, Carrot & Egg Snack Box,  
Pico De Gallo

## SAT



**BREAKFAST**  
Chocolate Cauliflower Shake



**SNACK 1**  
Balsamic Tomato & Basil Mini Egg White Bites,  
Bell Pepper & Taco Dip



**LUNCH**  
One Pan Chicken Souvlaki



**SNACK 2**  
2 Cantaloupe with Prosciutto



**DINNER**  
Curried Chicken with Broccoli & Sweet  
Potato



**SNACK 3**  
Cucumber, Carrot & Egg Snack Box,  
Pico De Gallo

## SUN



**BREAKFAST**  
Chocolate Cauliflower Shake



**SNACK 1**  
Balsamic Tomato & Basil Mini Egg White Bites,  
Bell Pepper & Taco Dip



**LUNCH**  
Curried Chicken with Broccoli & Sweet  
Potato



**SNACK 2**  
2.5 Cantaloupe with Prosciutto



**DINNER**  
Slow Cooker Bolognese with Spaghetti  
Squash



**SNACK 3**  
Cucumber, Carrot & Egg Snack Box,  
Pico De Gallo

## MON

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

Calories 1693      Fiber 34g  
Fat 69g              Sugar 70g  
Carbs 160g          Protein 118g

## TUE

**FAT 33%**   **CARBS 36%**   **PROTEIN 31%**

Calories 1783      Fiber 34g  
Fat 67g              Sugar 82g  
Carbs 162g          Protein 138g

## WED

**FAT 33%**   **CARBS 35%**   **PROTEIN 32%**

Calories 1736      Fiber 34g  
Fat 64g              Sugar 88g  
Carbs 156g          Protein 140g

## THU

**FAT 34%**   **CARBS 39%**   **PROTEIN 27%**

Calories 1676      Fiber 37g  
Fat 66g              Sugar 72g  
Carbs 171g          Protein 118g

## FRI

**FAT 36%**   **CARBS 38%**   **PROTEIN 26%**

Calories 1686      Fiber 37g  
Fat 70g              Sugar 57g  
Carbs 168g          Protein 115g

## SAT

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

Calories 1706      Fiber 42g  
Fat 65g              Sugar 58g  
Carbs 169g          Protein 126g

## SUN

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

Calories 1674      Fiber 45g  
Fat 60g              Sugar 69g  
Carbs 172g          Protein 130g

## FRUITS

- 1 1/2 Avocado
- 7 Banana
- 3/4 Cantaloupe
- 1/2 Lemon
- 1 tbsp Lemon Juice
- 1 Lime
- 1 tbsp Lime Juice
- 1/2 Navel Orange
- 3 cups Strawberries

## BREAKFAST

- 1/3 cup Almond Butter
- 1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

- 3/4 Bay Leaf
- 1 1/2 tsps Curry Powder
- 3 tsps Dried Chives
- 1/2 tsp Dried Thyme
- 2 tsps Ground Flax Seed
- 1/2 tsp Italian Seasoning
- 3/4 tsp Oregano
- 1/4 tsp Red Pepper Flakes
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 2 1/4 tsps Smoked Paprika
- 1 1/3 tsps Taco Seasoning

## FROZEN

- 2 cups Frozen Cauliflower

## VEGETABLES

- 2 cups Baby Carrots
- 1 1/8 cups Basil Leaves
- 8 1/2 cups Broccoli
- 2 cups Brussels Sprouts
- 10 Carrot
- 1/4 cup Cilantro
- 1 Cucumber
- 14 1/4 Garlic
- 2 3/4 tsps Ginger
- 3/4 cup Grated Carrot
- 4 cups Mini Potatoes
- 4 Red Bell Pepper
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 1/2 cup Shallot
- 2 cups Snap Peas
- 1/4 Spaghetti Squash
- 5 Sweet Potato
- 7 Tomato
- 1 3/4 Yellow Onion
- 1/3 Zucchini

## BOXED & CANNED

- 2 tsps Chicken Broth
- 3/4 cup Crushed Tomatoes
- 3/4 cup Diced Tomatoes

## BAKING

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

## BREAD, FISH, MEAT & CHEESE

- 1 3/4 lbs Chicken Breast
- 1 1/2 lbs Chicken Thighs
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 12 1/4 ozs Prosciutto

## CONDIMENTS & OILS

- 3/4 tsp Avocado Oil
- 1 3/4 tsps Balsamic Vinegar
- 1/3 cup Coconut Aminos
- 1 tbsp Coconut Oil
- 1 1/8 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Rice Vinegar
- 2 tsps Sesame Oil

## COLD

- 4 Egg
- 4 3/4 cups Egg Whites
- 4 1/2 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

## OTHER

- 1/2 cup Chocolate Protein Powder
- 1 cup Dried Apricots
- 1 tbsp Maca Powder
- 1/2 cup Vanilla Protein Powder
- 1 cup Water

# Scrambled Egg Whites with Avocado & Banana

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
3 cups Egg Whites  
3 Banana (medium)  
1 1/2 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.

# 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.

# Prosciutto Wrapped Apricots

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Dried Apricots  
7 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.

# Balsamic Tomato & Basil Mini Egg White Bites

4 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 cup Egg Whites
- 2 Tomato (medium, diced, juices drained)
- 1 cup Basil Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	46	Fiber	1g
Fat	0g	Sugar	1g
Carbs	3g	Protein	8g

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, tomato, basil, balsamic vinegar, 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 egg muffins.

### MORE FLAVOR

Add black pepper. 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.

# 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.

# Zucchini & Carrot Mini Egg White Bites

3 SERVINGS 25 MINUTES



## INGREDIENTS

- 3/4 cup Egg Whites
- 3/4 cup Grated Carrot (loosely packed)
- 1/3 Zucchini (medium, chopped)
- 1 1/8 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

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 tpsps 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.

# 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.

# Pico De Gallo

4 SERVINGS 15 MINUTES



## INGREDIENTS

5 Tomato (small, diced)  
1/4 cup Cilantro (chopped)  
1/3 cup Red Onion (diced)  
1 Lime (juiced)  
Sea Salt & Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	31	Fiber	2g
Fat	0g	Sugar	1g
Carbs	7g	Protein	2g

## DIRECTIONS

01 Combine all of the ingredients into a bowl. Mix until everything is well combined. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVE IT WITH

Serve with tortilla chips, on top of tacos, as a salad topper or on a sandwich.

### SERVING SIZE

One serving is roughly 1/3 cup.

### MORE FLAVOR

Add diced jalapeno or chilli flakes.

# Cantaloupe with Prosciutto

6 SERVINGS 10 MINUTES



## INGREDIENTS

3/4 Cantaloupe (skin and seeds removed, sliced)

4 1/2 ozs Prosciutto (thinly sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	3g	Sugar	5g
Carbs	6g	Protein	6g

## DIRECTIONS

01 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

### ADDITIONAL TOPPINGS

Add in bocconcini cheese and/or arugula.

### EXTRA SWEETNESS

Drizzle with a bit of raw honey.

# 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.

# Maple Roasted Carrots & Chicken

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 lb Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 6 Garlic (cloves, still attached to each other)
- 1 tsp Extra Virgin Olive Oil
- 8 Carrot (chopped roughly)
- 1/2 cup Shallot (peeled, cut in half)
- 1 tsp Ginger (thinly sliced)
- 1 tbsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	463	Fiber	8g
Fat	12g	Sugar	21g
Carbs	40g	Protein	48g

## DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add chili flakes.

### NO SHALLOTS

Use small pearl onions instead.

# One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES



## INGREDIENTS

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

# 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.

# 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.

# 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.

# Slow Cooker Bolognese with Spaghetti Squash

1 SERVING 8 HOURS



## INGREDIENTS

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