



2200 Calorie, Gluten Free

<https://www.he-fluence.com>

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 reminders about your meal plan:















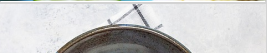
























Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















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	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pumpkin Pie Greek Yogurt	 Pumpkin Pie Greek Yogurt	 Pumpkin Pie Greek Yogurt	 BBQ Chicken & Cheesy Grits	 BBQ Chicken & Cheesy Grits	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Cottage Cheese	 Cottage Cheese	 Mushroom & Tofu Scramble	 Mushroom & Tofu Scramble
Snack 1	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 1.5 Cottage Cheese with Cherries	 Salty Edamame	 1.5 Salty Edamame	 1.5 Salty Edamame	 Salty Edamame
	 Coconut Cod & Spinach with Rice	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Steak, Butternut Squash & Broccoli	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Rainbow Trout with Quinoa & Rapini	 One Pan Shrimp Boil
Snack 2				 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange	 Cottage Cheese & Orange
	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Steak, Butternut Squash & Broccoli	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Rainbow Trout with Quinoa & Rapini	 One Pan Shrimp Boil	 Sun Dried Tomato & Salmon Pasta
Dinner							

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 34%	Fat	 33%	Fat	 34%	Fat	 37%	Fat	 35%	Fat	 35%	Fat	 35%
Carbs	 33%	Carbs	 33%	Carbs	 31%	Carbs	 29%	Carbs	 30%	Carbs	 32%	Carbs	 34%
Protein	 33%	Protein	 34%	Protein	 35%	Protein	 34%	Protein	 35%	Protein	 33%	Protein	 31%
Calories	2170	Calories	2160	Calories	2172	Calories	2195	Calories	2233	Calories	2295	Calories	2227
Fat	82g	Fat	83g	Fat	85g	Fat	93g	Fat	91g	Fat	92g	Fat	90g
Carbs	183g	Carbs	183g	Carbs	174g	Carbs	164g	Carbs	173g	Carbs	193g	Carbs	198g
Fiber	21g	Fiber	32g	Fiber	32g	Fiber	36g	Fiber	43g	Fiber	46g	Fiber	42g
Sugar	79g	Sugar	87g	Sugar	83g	Sugar	59g	Sugar	57g	Sugar	64g	Sugar	72g
Protein	181g	Protein	188g	Protein	199g	Protein	193g	Protein	199g	Protein	199g	Protein	183g

Fruits

- 3/4 Avocado
- 3 cups Cherries
- 2 1/4 Lemon
- 1/2 Mango
- 4 Navel Orange

Breakfast

- 1/4 cup Almond Butter
- 1/3 cup Maple Syrup
- 1/3 cup Old Fashioned Grits

Seeds, Nuts & Spices

- 1 Bay Leaf
- 3/4 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 1 tbsp Chili Powder
- 1 tsp Cinnamon
- 1/8 tsp Garlic Powder
- 1/8 tsp Italian Seasoning
- 1 tsp Paprika
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Turmeric

Frozen

- 10 cups Edamame Pods
- 1 cup Frozen Banana
- 1/2 cup Frozen Edamame
- 1 cup Frozen Mango

Vegetables

- 2 cups Arugula
- 6 cups Asparagus
- 3 cups Baby Spinach
- 3/4 tsp Basil Leaves
- 2 cups Broccoli
- 3 cups Butternut Squash
- 1 1/2 ears Corn On The Cob
- 1 1/2 Cucumber
- 2 tsps Fresh Dill
- 4 1/4 Garlic
- 2 1/8 stalks Green Onion
- 1/2 cup Oyster Mushrooms
- 1 bunch Rapini
- 1 tsp Thyme
- 1/8 Yellow Onion
- 1 1/2 Yellow Potato

Boxed & Canned

- 1/2 cup Canned Coconut Milk
- 2 tsps Chicken Broth
- 1 1/3 cups Chicken Broth, Low Sodium
- 6 1/2 ozs Chickpea Pasta
- 1 cup Chickpeas
- 1/4 cup Jasmine Rice
- 1 cup Quinoa
- 1 1/2 cans Tuna
- 2 2/3 tsps Vegetable Broth

Baking

- 1 2/3 tsps Nutritional Yeast
- 1 tbsp Pumpkin Pie Spice
- 1 1/2 cups Pureed Pumpkin
- 2 tsps Raw Honey
- 1 1/2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 3 ozs Cheddar Cheese
- 13 1/3 ozs Chicken Breast
- 8 ozs Chicken Sausage
- 1 lb Chicken Thighs
- 1 Cod Fillet
- 1 lb Ny Striploin Steak
- 2 Rainbow Trout Fillet
- 4 ozs Salmon Fillet
- 1 1/4 lbs Shrimp
- 8 ozs Tofu

Condiments & Oils

- 2 2/3 tsps Barbecue Sauce
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Pesto
- 1 1/2 tsps Rice Vinegar
- 3 tsps Sun Dried Tomatoes
- 1/4 cup Tahini
- 1 1/2 tsps Tamari

Cold

- 1 2/3 tsps Butter
- 9 cups Cottage Cheese
- 6 Egg
- 3 1/8 cups Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 31 1/4 cups Water



Pumpkin Pie Greek Yogurt

3 servings

5 minutes

Ingredients

3 cups Plain Greek Yogurt
1 1/2 cups Pureed Pumpkin
1/3 cup Maple Syrup
1 tbsp Pumpkin Pie Spice
1 1/2 tsps Vanilla Extract
3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	338
Fat	6g
Carbs	50g
Fiber	4g
Sugar	35g
Protein	23g

Directions

- 1 Whisk all of the ingredients together in a bowl until well combined. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately 1 1/2 cups.

Make it Vegan: Use coconut yogurt.

Additional Toppings: Top with granola.



Protein Packed Deviled Eggs

3 servings

20 minutes

Ingredients

- 6 Egg (hard boiled)
- 1 1/2 cans Tuna (drained)
- 3/4 Avocado
- 1 1/2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 3/4 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



BBQ Chicken & Cheesy Grits

2 servings

25 minutes

Ingredients

1 1/3 cups Chicken Broth, Low Sodium
 1/8 tsp Garlic Powder
 1/3 cup Old Fashioned Grits
 5 1/3 ozs Chicken Breast (boneless, skinless, cubed)
 2 2/3 tbsps Barbecue Sauce (store-bought or homemade)
 3 ozs Cheddar Cheese (grated)
 2 tsps Butter
 Sea Salt & Black Pepper (to taste)
 2/3 stalk Green Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	455
Fat	21g
Carbs	34g
Fiber	1g
Sugar	8g
Protein	32g

Directions

- 1 Bring the chicken broth and garlic powder to a boil in a medium pot.
- 2 Add the grits and cook uncovered for 18 to 20 minutes, or until thickened.
- 3 Meanwhile, add the chicken to a nonstick skillet over medium-high heat. Spread the chicken out so it isn't crowded. Cook for seven to eight minutes per side or until cooked through and browned. Add a splash of water as needed. Remove from the pan and shred with two forks.
- 4 Add the chicken back to the pan along with the barbecue sauce. Toss until warmed through.
- 5 Remove the grits from heat. Stir in the cheddar cheese and butter until melted. Season with salt and pepper. Serve the chicken over the cheesy grits. Top with green onions and enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days. The grits are best served immediately but can be refrigerated in an airtight container for up to four days.

Cooked Chicken: Speed things up by using leftover, cooked chicken. Toss in a nonstick pan with the barbecue sauce for five minutes or until warmed through.



Cottage Cheese

2 servings

5 minutes

Ingredients

1 cup Cottage Cheese

Nutrition

Amount per serving	
Calories	103
Fat	5g
Carbs	4g
Fiber	0g
Sugar	3g
Protein	12g

Directions

- 1 Scoop into a bowl and enjoy!

Notes

Serve it With: Fruit, cinnamon, honey, nut butter, pancakes, omelettes, toast or pasta.



Cucumber, Mango & Banana Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1 cup Frozen Banana
- 1 cup Frozen Mango
- 1/2 Cucumber (medium, chopped)
- 2 cups Baby Spinach
- 1/4 cup Almond Butter
- 1 tsp Cinnamon
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g

Directions

- 1 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.

No Almond Milk: Use another plant-based milk such as cashew or oat.

No Almond Butter: Use cashew butter or sunflower seed butter.

Additional Toppings: Add chia seeds or hemp seeds.

Protein Powder: This recipe was tested using plant-based vanilla protein powder.



Mushroom & Tofu Scramble

2 servings

10 minutes

Ingredients

- 1/2 cup Oyster Mushrooms (sliced)
- 2 2/3 tbsps Vegetable Broth (divided)
- 8 ozs Tofu (extra firm, drained, crumbled)
- 2 tsps Nutritional Yeast
- 1/8 tsp Turmeric
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	114
Fat	6g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	14g

Directions

- 1 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 2 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 3 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: Each serving equals approximately 1.5 cups.

More Flavor: Add your choice of spices and/or herbs.

Additional Toppings: Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

No Vegetable Broth: Use water instead.



Cottage Cheese with Cherries

4 servings

5 minutes

Ingredients

- 4 cups Cottage Cheese
- 3 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g

Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use coconut yogurt or oatmeal instead.

Additional Toppings: Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



Salty Edamame

5 servings

15 minutes

Ingredients

- 30 cups Water
- 2 1/2 tsps Sea Salt
- 10 cups Edamame Pods

Nutrition

Amount per serving	
Calories	257
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g

Directions

- 1 Add water and salt to a pot and bring to a boil. Add the edamame and return to a boil. Cook for three to five minutes.
- 2 Drain, rinse with cold water and transfer to a bowl. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add finishing coarse salt or toss in tamari.



Coconut Cod & Spinach with Rice

1 serving
15 minutes

Ingredients

- 1/4 cup Jasmine Rice (dry)
- 1/2 cup Canned Coconut Milk
- 1/4 cup Water
- 1 1/2 tsps Tamari
- 1 1/2 tsps Rice Vinegar
- 1 Bay Leaf
- 1/16 tsp Sea Salt (or more to taste)
- 1 Cod Fillet
- 1 cup Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	574
Fat	23g
Carbs	43g
Fiber	2g
Sugar	2g
Protein	47g

Directions

- 1 Cook rice according to instructions on the package and set aside.
- 2 In a saucepan over medium heat, combine coconut milk, water, tamari, vinegar, bay leaves and salt. Add the cod fillets and simmer for 8 minutes or until flesh is opaque.
- 3 Stir in spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Deeper Flavour: Let the cod fillets sit in the marinade overnight before cooking. You may also add grated ginger.

No Jasmine Rice: Serve it with brown rice, quinoa, couscous or cauliflower rice instead.

No Rice Vinegar: Use apple cider vinegar instead.

No Spinach: Use baby bok choy or broccolini instead.

Fillet Size: One fillet is equal to 231 grams or 8 ounces.



Cottage Cheese & Orange

4 servings

5 minutes

Ingredients

- 4 Navel Orange (large, chopped)
- 4 cups Cottage Cheese

Nutrition

Amount per serving	
Calories	274
Fat	9g
Carbs	25g
Fiber	3g
Sugar	18g
Protein	25g

Directions

- 1 Serve the chopped orange with the cottage cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

Nutrition

Amount per serving	
Calories	670
Fat	26g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 4 ozs Chickpea Pasta
- 2 tbsps Pesto

Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	43g
Fiber	13g
Sugar	10g
Protein	54g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



Steak, Butternut Squash & Broccoli

2 servings

40 minutes

Ingredients

- 3 cups Butternut Squash (peeled, seeds removed, chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Sea Salt
- 1 lb NY Striploin Steak
- 1 tsp Thyme
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Nutritional Yeast

Nutrition

Amount per serving	
Calories	542
Fat	23g
Carbs	34g
Fiber	8g
Sugar	6g
Protein	54g

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the butternut squash in olive oil and sea salt. Spread the squash evenly across the baking sheet and cook for 20 minutes.
- 3 Heat a skillet over medium-high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet, top with fresh thyme, and add to the baking sheet with the butternut squash. Return to the oven for an additional 10 minutes, or until the steak is cooked to your liking.
- 4 Meanwhile, add the broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender. Drain any excess water and transfer to a plate alongside the squash and steak.
- 5 Top the broccoli with nutritional yeast and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic and your favorite herbs to the steak.



Mango Chickpea Salad with Grilled Chicken Kabobs

2 servings

30 minutes

Ingredients

- 8 ozs Chicken Breast
- 1 cup Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Edamame (thawed)
- 1/4 Cucumber (diced)
- 1/2 Mango (diced)
- 2 cups Arugula
- 1/4 cup Tahini
- 1 Lemon (juiced)
- 1/4 tsp Black Pepper
- 1/2 Garlic (clove, minced)
- 1/4 cup Water

Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	49g
Fiber	13g
Sugar	18g
Protein	44g

Directions

- 1 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 2 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 3 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 4 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 5 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

Notes

Vegans & Vegetarians: Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

No Mango: Use diced pineapple or fresh blueberries instead.

No Arugula: Use baby spinach, kale or mixed greens instead.



Rainbow Trout with Quinoa & Rapini

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 Rainbow Trout Fillet
- 2 tbsps Fresh Dill (chopped)
- 1/4 tsp Sea Salt (divided, to taste)
- 1 tbsp Butter
- 1 bunch Rapini (chopped)

Nutrition

Amount per serving	
Calories	451
Fat	15g
Carbs	34g
Fiber	9g
Sugar	1g
Protein	47g

Directions

- 1 Cook the quinoa according to package directions. Once cooked, fluff with a fork and let it cool.
- 2 Meanwhile, coat the trout fillets in the dill and half the salt.
- 3 Heat the butter in a non-stick pan over medium heat. Place the trout flesh side down and cook for three minutes, then flip and cook for three to four minutes until cooked through. Remove and set aside.
- 4 In the same pan, add the rapini and cook until just wilted. Serve alongside the trout and quinoa, and season with the remaining salt. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one trout fillet, one cup of quinoa, and two cups of rapini.

Fillet Size: One fillet is equal to 159 grams or 5.6 ounces.

Dairy-Free: Use vegan butter or your cooking oil of choice.

Additional Toppings: Add lemon juice, fresh herbs, salad greens, olives, capers, sliced red onions, or crumbled feta cheese.

No Rainbow Trout: Use salmon instead.



One Pan Shrimp Boil

2 servings

30 minutes

Ingredients

- 8 ozs Shrimp (raw)
- 8 ozs Chicken Sausage (sliced into chunks)
- 1 1/2 Yellow Potato (medium, diced)
- 1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Celery Salt
- 1/8 tsp Paprika
- 1/16 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	593
Fat	24g
Carbs	52g
Fiber	4g
Sugar	7g
Protein	44g

Directions

- 1 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 3 Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It: Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Sun Dried Tomato & Salmon Pasta

1 serving

15 minutes

Ingredients

2 1/2 ozs Chickpea Pasta (dry)
1 1/2 tsps Extra Virgin Olive Oil (divided)
4 ozs Salmon Fillet
3/4 Garlic (clove, minced)
1/8 Yellow Onion (medium, diced)
3 tsps Sun Dried Tomatoes (drained, chopped)
1/8 tsp Italian Seasoning
2 tsps Chicken Broth
2 tsps Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
3/4 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	512
Fat	19g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	44g

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Use coconut milk instead of yogurt.