



2200 calories, paleo

<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	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Cucumber, Mango & Banana Smoothie	 Cucumber, Mango & Banana Smoothie	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Broccoli Potato Bites	 Broccoli Potato Bites	 Fried Egg	 Fried Egg
Snack 1	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Strawberry Banana Chia Pudding	 Lemon Blueberry Chia Jam	 Lemon Blueberry Chia Jam	 Lemon Blueberry Chia Jam	 Lemon Blueberry Chia Jam
	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps	 Tuna Nori Wraps
Lunch	 One Pan Cod & Sweet Potato	 Green Poutine	 Pork Roast with Potatoes & Green Beans	 One Pan Teriyaki Chicken	 Mexican-Style Fries Supreme	 Celery Root Soup	 Cheesy Cauliflower & Broccoli Casserole
	 Slow Cooker Caribbean Carrot Soup	 Green Poutine	 Pork Roast with Potatoes & Green Beans	 One Pan Teriyaki Chicken	 Mexican-Style Fries Supreme	 Celery Root Soup	 Cheesy Cauliflower & Broccoli Casserole
Snack 2			 Honeydew Melon	 Chicken Pate	 Chicken Pate	 Chicken Pate	 Chicken Pate
			 Crispy Prosciutto-Wrapped Asparagus	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt
Dinner	 Green Poutine	 Pork Roast with Potatoes & Green Beans	 One Pan Teriyaki Chicken	 One Pan Lemon Garlic Shrimp, Broccoli &...	 Pork Chop, Roasted Potatoes & Steamed Greens	 Shrimp Fried Cauliflower Rice	 Slow Cooker Beef & Butternut Squash Soup
	 Green Poutine	 Pork Roast with Potatoes & Green Beans	 One Pan Teriyaki Chicken	 Mexican-Style Fries Supreme	 Celery Root Soup	 Cheesy Cauliflower & Broccoli Casserole	 Tomato Gazpacho
Snack 3						 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  33%	Fat  33%	Fat  33%	Fat  34%	Fat  35%	Fat  35%
Carbs  44%	Carbs  40%	Carbs  38%	Carbs  42%	Carbs  41%	Carbs  35%	Carbs  36%
Protein  27%	Protein  27%	Protein  29%	Protein  25%	Protein  25%	Protein  30%	Protein  29%
Calories 2221	Calories 2182	Calories 2254	Calories 2146	Calories 2248	Calories 2299	Calories 2185
Fat 74g	Fat 82g	Fat 85g	Fat 82g	Fat 89g	Fat 94g	Fat 89g
Carbs 254g	Carbs 229g	Carbs 226g	Carbs 240g	Carbs 239g	Carbs 206g	Carbs 209g
Fiber 56g	Fiber 51g	Fiber 44g	Fiber 56g	Fiber 57g	Fiber 56g	Fiber 62g
Sugar 91g	Sugar 76g	Sugar 118g	Sugar 92g	Sugar 67g	Sugar 77g	Sugar 80g
Protein 154g	Protein 153g	Protein 169g	Protein 140g	Protein 148g	Protein 179g	Protein 169g

Fruits

- 2 1/4 Avocado
- 5 3/4 Banana
- 1 1/2 cups Blueberries
- 3/4 Honeydew Melon
- 1 1/2 Kiwi
- 1 2/3 Lemon
- 1 tbsp Lemon Juice
- 1/4 Lime
- 1 2/3 tbsps Lime Juice
- 1/2 Navel Orange
- 3 3/4 cups Strawberries

Breakfast

- 1/2 cup Almond Butter
- 1 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/3 tsp Black Pepper
- 1/2 cup Cashews
- 1/3 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1 tsp Cinnamon
- 2/3 tsp Cumin
- 1 1/3 tbsps Curry Powder
- 1/4 tsp Dried Basil
- 1/2 tsp Dried Chives
- 1/2 tsp Dried Parsley
- 2 tbsps Dried Thyme
- 1/3 tsp Garlic Powder
- 1/4 tsp Ground Allspice
- 2 tbsps Ground Flax Seed
- 1/3 tsp Ground Ginger
- 3 tbsps Hemp Seeds
- 1/16 tsp Nutmeg
- 1/4 tsp Onion Powder
- 1/2 tsp Oregano
- 1 1/3 tps Paprika
- 1 2/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds

Vegetables

- 4 1/4 cups Asparagus
- 6 cups Baby Spinach
- 16 cups Broccoli
- 3 1/2 cups Butternut Squash
- 6 1/2 Carrot
- 1/2 head Cauliflower
- 5 1/2 cups Cauliflower Rice
- 1 1/2 cups Celery Root
- 1/4 cup Cilantro
- 4 cups Collard Greens
- 2 1/4 Cucumber
- 11 1/4 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 6 stalks Green Onion
- 2 1/3 tps Mint Leaves
- 2 cups Mushrooms
- 2 1/2 Red Bell Pepper
- 1 1/2 Russet Potato
- 2 cups Snap Peas
- 5 Sweet Potato
- 3 Tomato
- 3/4 Yellow Onion
- 5 1/2 Yellow Potato

Boxed & Canned

- 1 cup Beef Broth
- 1/4 cup Canned Coconut Milk
- 1 tbsp Coconut Cream
- 3 1/2 cans Tuna
- 3 cups Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 3/4 cup Nutritional Yeast
- 2 tbsps Raw Honey

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 4 ozs Chicken Liver
- 1 Cod Fillet
- 13 ozs Pork Chop
- 12 3/4 ozs Pork Shoulder, Boneless
- 7 2/3 ozs Prosciutto
- 1 lb Shrimp
- 4 ozs Stewing Beef

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tsp Avocado Oil
- 1/4 cup Coconut Aminos
- 1 1/8 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil

Cold

- 10 Egg
- 1 1/2 tbsps Ghee
- 2 1/3 tbsps Orange Juice
- 1 1/2 cups Plain Coconut Milk
- 6 3/4 cups Unsweetened Almond Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

Other

- 1/2 cup Dried Apricots
- 12 Nori Sheets
- 2 1/8 cups Vanilla Protein Powder
- 1 cup Water

-
- 3/4 tsp Smoked Paprika
 - 1 1/3 tbsps Taco Seasoning

Frozen

- 1 cup Frozen Banana
- 1/2 cup Frozen Blueberries
- 4 cups Frozen Mango



Mango Green Smoothie Bowl

3 servings

5 minutes

Ingredients

- 3 Banana (frozen)
- 3 cups Frozen Mango
- 3 cups Baby Spinach
- 3/4 cup Vanilla Protein Powder
- 2 1/4 cups Unsweetened Almond Milk
- 1 1/2 Kiwi (peeled and sliced)
- 1 1/2 cups Blueberries (fresh or frozen)
- 3 tbsps Hemp Seeds

Nutrition

Amount per serving	
Calories	436
Fat	9g
Carbs	72g
Fiber	11g
Sugar	48g
Protein	27g

Directions

- 1 Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favourite toppings. Enjoy!

Notes

Topping Ideas: Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie: Add more almond milk for a thinner consistency.



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.



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.



Broccoli Potato Bites

2 servings

1 hour

Ingredients

- 1 Russet Potato (medium, peeled and cut in half)
- 1 cup Broccoli (cut into small florets)
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	100
Fat	0g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	4g

Directions

- 1 Add the potatoes to salted water and bring to a boil. Cook for 10 to 12 minutes or until just fork tender (do not overcook). Drain the potatoes and set aside to cool until they are comfortable to handle.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Let the broccoli cool slightly. Finely chop the cooked broccoli and place on a clean kitchen towel (or use a nut milk bag). Squeeze as much liquid as possible from the broccoli. Transfer the broccoli to a mixing bowl.
- 3 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 4 While the potatoes are still warm, grate on the large side of a box grater and add to the mixing bowl with the broccoli. Season with the onion powder, garlic powder and salt. Mix until the potato and broccoli are very well combined.
- 5 Form the potato mixture into tightly-packed flat discs and place on the baking sheet. Bake for 30 minutes, flipping halfway through. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days for freeze for up to three months. Reheat in the oven or microwave until warmed through.

Serving Size: One serving is approximately four potato broccoli bites.

More Flavor: Use fresh garlic instead or add other herbs and spices. Dip in your favorite sauce.



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

Directions

1

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

Notes

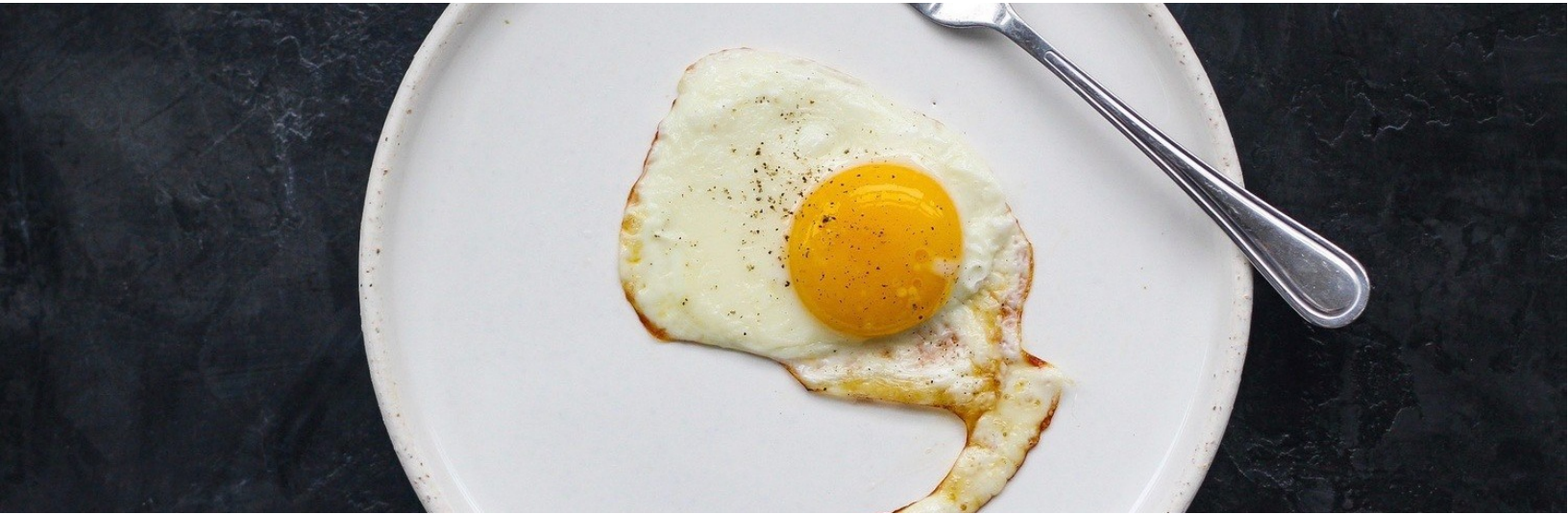
Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

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.



Fried Egg

2 servings

5 minutes

Ingredients

1/2 tsp Coconut Oil
2 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	82
Fat	6g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

Directions

- 1 In a medium pan, heat the coconut oil over medium heat.
- 2 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Notes

No Coconut Oil: Use butter or ghee instead.



Strawberry Banana Chia Pudding

3 servings

3 hours

Ingredients

- 1 1/2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1/3 cup Vanilla Protein Powder
- 1/3 cup Chia Seeds
- 3/4 cup Strawberries (chopped)
- 3/4 Banana (sliced)

Nutrition

Amount per serving	
Calories	233
Fat	10g
Carbs	24g
Fiber	10g
Sugar	9g
Protein	14g

Directions

- 1 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 2 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of greek yogurt.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Lemon Blueberry Chia Jam

4 servings

25 minutes

Ingredients

- 1/2 cup Frozen Blueberries
- 1 tbsp Lemon Juice
- 2 tsp Maple Syrup
- 1 tsp Chia Seeds

Nutrition

Amount per serving	
Calories	24
Fat	0g
Carbs	5g
Fiber	1g
Sugar	4g
Protein	0g

Directions

- 1 Add the blueberries, lemon juice and maple syrup to a small saucepan over medium-low heat. When the blueberries begin to release their juices, let the mixture simmer for about 15 minutes. The blueberries will start to break down.
- 2 Stir in the chia seeds and continue to simmer for about 5 minutes more until the blueberry mixture starts to thicken.
- 3 Remove from the heat and let it cool. The jam will continue to thicken as it cools. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or freeze for up to two months.

More Flavor: Add vanilla extract.

No Blueberries: Use strawberries or raspberries instead.

No Maple Syrup: Use honey instead. Or substitute stevia or monk fruit sweetener to taste.

How to Use: Spread on toast, muffins, rice cakes or crackers. Use on top of oats, or in any recipe that calls for jam.



Tuna Nori Wraps

4 servings

15 minutes

Ingredients

- 2 cans Tuna (drained and flaked)
- 2 Carrot (smaller, julienned)
- 1 Cucumber (julienned)
- 1 Avocado (peeled and sliced)
- 12 Nori Sheets (snack size)

Nutrition

Amount per serving	
Calories	190
Fat	8g
Carbs	13g
Fiber	8g
Sugar	3g
Protein	21g

Directions

- 1 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 2 Roll or wrap the tuna-stuffed nori and enjoy immediately.

Notes

Leftovers: Refrigerate all ingredients (except nori sheets) individually up to 3 days. Assemble and wrap before ready to eat.

Serving Size: Each serving size will yield approximately 3 small rolls.

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



One Pan Cod & Sweet Potato

1 serving
35 minutes

Ingredients

- 1 Sweet Potato (medium, cubed)
- 1/2 tsp Extra Virgin Olive Oil
- 3/4 tsp Smoked Paprika
- 1/4 tsp Oregano (dried)
- 1/2 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Garlic Powder
- 1/16 tsp Sea Salt
- 1 Cod Fillet
- 1/8 Lemon (sliced into wedges)

Nutrition

Amount per serving	
Calories	334
Fat	4g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	44g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with foil. Toss the cubed sweet potato with extra virgin olive oil and transfer to the baking sheet.
- 2 Combine the smoked paprika, oregano, chili powder, garlic powder and sea salt to a small bowl. Sprinkle half the seasoning onto the cubed sweet potato and bake for 20 minutes.
- 3 Remove the sweet potato from the oven and transfer to one side of the sheet to make room for the cod. Place the cod fillet on the sheet and sprinkle the remaining spice mixture on top. Bake for 8 to 10 minutes or until the cod is flaky and cooked through.
- 4 Divide the sweet potato and cod between plates. Serve with a lemon wedge and enjoy!

Notes

Leftovers: Store in the fridge in a sealed container for 2 to 3 days.

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

No Extra Virgin Olive Oil: Use avocado oil instead.

More Veggies: Serve with a side salad or extra veggies of your choice.

No Cod: Use another type of fish such as haddock, salmon or tilapia



Slow Cooker Caribbean Carrot Soup

1 serving

5 hours

Ingredients

- 2 Carrot (medium, chopped)
- 1/2 Yellow Potato (medium, chopped)
- 1 1/2 stalks Green Onion (green parts only)
- 1/2 tsp Dried Thyme
- 1/3 tsp Ground Ginger
- 1/4 tsp Ground Allspice
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/8 tsp Cumin (ground)
- 1/16 tsp Nutmeg (ground)
- 1 cup Vegetable Broth
- 1 1/2 tps Maple Syrup
- 1/4 Lime (juiced)
- 1/4 cup Canned Coconut Milk (full fat)
- 1 tbsp Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	290
Fat	11g
Carbs	44g
Fiber	7g
Sugar	16g
Protein	5g

Directions

- 1 Add carrots, potato, green onion tops, thyme, ginger, allspice, sea salt, cumin, nutmeg, vegetable broth and maple syrup to the slow cooker and stir to combine. Cook on high for 4 hours, or on low for 6 to 8 hours.
- 2 Use a handheld immersion blender to blend the soup until smooth and creamy. Add more broth or water if needed to achieve desired consistency. Stir in lime juice and coconut milk.
- 3 Divide into bowls and garnish with cilantro (optional) and any leftover green onion. Enjoy!

Notes

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

No Slow Cooker: Make it on the stovetop instead. Add all ingredients to a pot and simmer on medium-low for 30 minutes, or until carrots and potatoes are tender.

No Immersion Blender: Use a regular blender instead. Be careful and always leave room for the steam to escape.

Likes it Spicy: Add a chopped jalapeno pepper.

Leftovers: Store in the fridge for up to five days. Freeze for up to three months.



Honeydew Melon

3 servings

5 minutes

Ingredients

3/4 Honeydew Melon (small, peeled, seeds removed and chopped)

Nutrition

Amount per serving	
Calories	90
Fat	0g
Carbs	23g
Fiber	2g
Sugar	20g
Protein	1g

Directions

- 1 Divide between bowls and enjoy!

Notes

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

Additional Toppings: Drizzle with a bit of raw honey for extra sweetness.



Crispy Prosciutto-Wrapped Asparagus

3 servings

15 minutes

Ingredients

2 1/4 cups Asparagus (woody ends trimmed)

3 3/4 ozs Prosciutto (thinly sliced strips)

Nutrition

Amount per serving	
Calories	96
Fat	5g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	11g

Directions

- 1 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 2 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 3 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.



Chicken Pate

4 servings

15 minutes

Ingredients

- 1 tbsp Coconut Oil (divided)
- 4 ozs Chicken Liver
- 1 Garlic (cloves, minced)
- 1/16 tsp Sea Salt (to taste)
- 1/4 cup Water
- 1 tbsp Coconut Cream

Nutrition

Amount per serving	
Calories	73
Fat	5g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	5g

Directions

- 1 Heat half of the coconut oil in a skillet over medium heat. Add the chicken liver, garlic, sea salt, and water. Bring to a low simmer then cover and cook for six to eight minutes, or until the liver turns light brown.
- 2 Turn off the heat and let rest for five minutes, covered. Drain the excess liquid.
- 3 Add the liver, coconut cream, and remaining coconut oil to a food processor. Blend until smooth, adding more coconut oil if needed. Adjust the salt to taste.
- 4 Enjoy immediately or refrigerate until ready to serve.

Notes

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

Serving Size: One serving equals approximately two tablespoons.

More Flavor: Add cooked shallots, fresh thyme, or bay leaves.

Additional Toppings: Serve it with crackers, bread, pickles, or vegetable sticks.



Broccoli & Spiced Yogurt

4 servings

5 minutes

Ingredients

2 cups Unsweetened Coconut Yogurt
1 1/3 tbsps Curry Powder
8 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	124
Fat	4g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g

Directions

- 1 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

Notes

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

More Flavor: Add salt and pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.



Green Poutine

2 servings

45 minutes

Ingredients

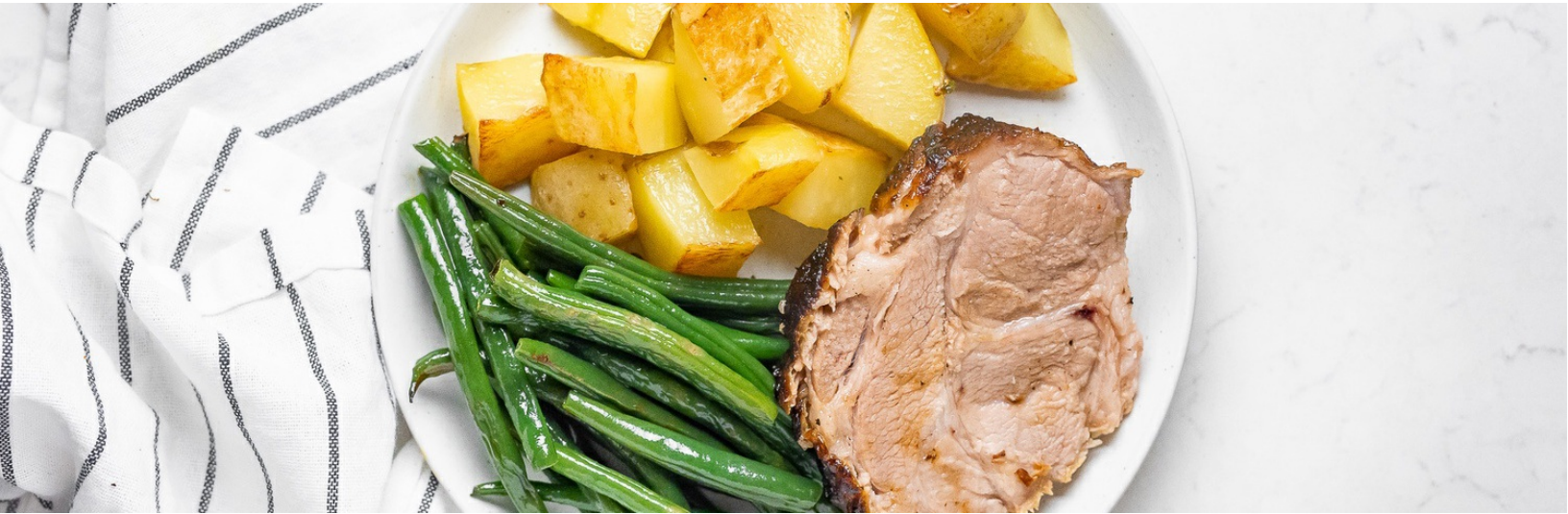
2 Yellow Potato (medium)
 2 cups Asparagus
 2 tbsps Extra Virgin Olive Oil (divided)
 2 cups Mushrooms (sliced)
 1/4 Yellow Onion (medium, diced)
 1 Garlic (clove, minced)
 1 1/2 tsps Dried Thyme
 1/2 cup Vegetable Broth
 1 tsp Arrowroot Powder
 1 cup Butternut Squash (peeled and cubed)
 1/2 cup Water
 1/4 cup Cashews
 1/2 cup Nutritional Yeast
 1/2 Lemon (juiced)
 1/2 tsp Paprika
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Pork Roast with Potatoes & Green Beans

2 servings

10 hours

Ingredients

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

Directions

- 1 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 5 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 6 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

Notes

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

Serving Size: One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

More Flavor: Add fresh oregano and orange zest to the marinade.

Additional Toppings: Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



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

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 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.
- 4 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 Garlic Shrimp, Broccoli & Cauliflower Rice

2 servings

30 minutes

Ingredients

3 cups Cauliflower Rice
 3 cups Broccoli (florets)
 1 tbsp Extra Virgin Olive Oil (divided)
 3/4 tsp Sea Salt (divided)
 1 Lemon (juiced)
 2 Garlic (cloves, smashed)
 1/4 tsp Black Pepper
 8 ozs Shrimp (peeled, deveined, tails removed)

Nutrition

Amount per serving	
Calories	244
Fat	8g
Carbs	18g
Fiber	7g
Sugar	6g
Protein	30g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the cauliflower rice on one side of the baking sheet and the broccoli florets in the middle, leaving room for the shrimp. Drizzle with half of the oil and half of the salt. Toss to coat.
- 3 Place in the oven and bake for 15 minutes, turning broccoli halfway through.
- 4 Meanwhile, in a small bowl, add the remaining oil, salt, lemon juice, smashed garlic cloves, and black pepper. Whisk well and set aside.
- 5 Remove the baking sheet from the oven and add the shrimp. Pour half of the lemon garlic dressing on top of the shrimp and broccoli. Discard the smashed garlic cloves. Place back in the oven for seven to eight minutes or until the shrimp is cooked.
- 6 To serve, divide the cauliflower rice, broccoli, and shrimp into bowls. Top with remaining lemon garlic dressing. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately four ounces of shrimp, 1 1/2 cup of cauliflower rice, and 1 1/2 cup of broccoli.

No Fresh Shrimp: Use frozen.

Additional Toppings: Chili flakes, fresh parsley, cilantro, or sliced green onions.

Save Time: Use pre-sliced cauliflower rice and broccoli florets.



Mexican-Style Fries Supreme

2 servings

30 minutes

Ingredients

4 Sweet Potato (medium, sliced into 1/4-inch strips)
 2 tbsps Extra Virgin Olive Oil
 1 1/3 tbsps Taco Seasoning
 Sea Salt & Black Pepper (to taste)
 1 cup Baby Spinach (thinly sliced)
 1 Red Bell Pepper (medium, diced)
 1/2 cup Unsweetened Coconut Yogurt (optional)

Nutrition

Amount per serving	
Calories	409
Fat	16g
Carbs	64g
Fiber	11g
Sugar	15g
Protein	6g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Toss the sweet potato with the oil, taco seasoning, salt and black pepper on the baking sheet and space out the pieces evenly being sure not to crowd the pan. Bake for 25 to 30 minutes, flipping halfway through.
- 3 Transfer the sweet potato fries onto a plate and top with the baby spinach, red bell pepper, and coconut yogurt (optional). Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Reheat in the oven for best results.

Additional Toppings: Tomatoes, shredded cheese, or green onions.



Pork Chop, Roasted Potatoes & Steamed Greens

2 servings

45 minutes

Ingredients

- 1 Yellow Potato (medium, cubed)
- 1 1/2 tbsps Ghee (divided)
- Sea Salt & Black Pepper (to taste)
- 13 ozs Pork Chop (bone-in)
- 4 cups Collard Greens (sliced into small pieces)

Nutrition

Amount per serving	
Calories	500
Fat	26g
Carbs	23g
Fiber	5g
Sugar	1g
Protein	42g

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the potatoes to the baking sheet with 1/3 of the ghee, melted. Add salt and pepper and toss to coat. Bake for 30 to 35 minutes, until crispy and browned.
- 3 Pat the pork chops dry with a paper towel. Season well with salt and pepper.
- 4 Heat a cast-iron skillet over medium heat and add the remaining ghee. Once hot, add the pork chops and cook for about five to six minutes, or until one side is golden and has developed a golden crust. Flip and cook for five to six minutes, or until cooked to your liking. This will depend on the thickness of your pork chop. Remove the pork chops from the pan and set aside with any remaining juices from the pan. Let rest for five minutes and then cut away from the bone into slices.
- 5 Meanwhile, bring a pot of water to a boil. Place the collard greens in a steamer basket over boiling water and cover. Steam for two to three minutes, or until just tender. Move to a bowl and season with salt and pepper.
- 6 Divide the potatoes, pork chop and collard greens onto plates. Serve and enjoy!

Notes

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

Dairy-Free: Use extra virgin olive oil or avocado oil instead.

More Flavor: Add sliced garlic and herbs to the pork chop.



Celery Root Soup

2 servings

30 minutes

Ingredients

- 1 1/2 cups Celery Root (peeled, cut into cubes)
- 1 stalk Green Onion (chopped)
- 1/2 Carrot (small, peeled and chopped)
- 1/2 Russet Potato (medium, peeled and cut into cubes)
- 1 1/2 cups Vegetable Broth
- 1/2 tsp Dried Parsley
- 1/2 tsp Dried Chives
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	107
Fat	1g
Carbs	23g
Fiber	4g
Sugar	4g
Protein	4g

Directions

- 1 Combine all of the ingredients in a pot over medium-high heat and bring to a gentle boil. Reduce the heat to medium and continue to cook for 20 to 25 minutes or until the vegetables are tender.
- 2 Transfer the soup to a blender or food processor and blend until smooth. Add more vegetable broth or water to thin, if needed. Divide between bowls and enjoy!

Notes

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

Serving Size: One serving is approximately one cup of soup.

More Flavor: Add garlic, yellow onion, or other dried herb and spices to taste.

Additional Toppings: Fresh herbs, like parsley, or a drizzle of extra virgin olive oil.

Celery Root: Three cups of celery root cubes is approximately half of a large celery root.



Shrimp Fried Cauliflower Rice

2 servings

20 minutes

Ingredients

8 ozs Shrimp (peeled, deveined)
1/4 tsp Chili Powder
1 tsp Avocado Oil (divided)
2 Egg
2 1/2 cups Cauliflower Rice
1 Red Bell Pepper (diced)
2 tbsps Coconut Aminos
2 stalks Green Onion (sliced)

Nutrition

Amount per serving	
Calories	249
Fat	8g
Carbs	13g
Fiber	4g
Sugar	9g
Protein	32g

Directions

- 1 Season the shrimp with the chili powder and heat a skillet over medium heat. Add half of the avocado oil and cook the shrimp for about 3 minutes per side. Remove and set aside.
- 2 In the same pan, add the eggs and scramble. Once cooked, remove and set aside.
- 3 Add the remaining avocado oil to the pan and cook the cauliflower rice and red pepper over medium heat. Let it cook undisturbed for 3 to 4 minutes, allowing the cauliflower rice to get crispy. Then stir and cook for 5 more minutes. Add the coconut aminos and stir.
- 4 Add the shrimp and egg back to the pan and stir. Top with the green onion, serve and enjoy!

Notes

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

More Flavor: Season with toasted sesame oil, lime juice, hot sauce and/or chili flakes.

Additional Toppings: Add additional vegetables such as peas or carrots.

Make it Vegan: Use edamame and tofu instead of egg and shrimp.

No Coconut Aminos: Use tamari or soy sauce instead.



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbs at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



Slow Cooker Beef & Butternut Squash Soup

1 serving

8 hours

Ingredients

- 4 ozs Stewing Beef (chunks)
- 1 1/2 cups Butternut Squash (peeled and cubed)
- 1 cup Beef Broth
- 1/16 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	255
Fat	6g
Carbs	25g
Fiber	4g
Sugar	5g
Protein	29g

Directions

- 1 Heat a skillet over medium heat. Add the beef and cook for 2-3 minutes, to brown.
- 2 Add the beef, butternut squash and broth to your slow cooker and cook on low for 8 hours or on high for 4 hours.
- 3 Season with sea salt to taste. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use vegetable broth and chickpeas instead of beef.

Leftovers: Refrigerate in an airtight container up to 3 days.



Tomato Gazpacho

1 serving
10 minutes

Ingredients

3 Tomato (medium, chopped)
1/2 Red Bell Pepper (medium, seeds and stem removed)
1 Garlic (clove)
1 tbsp Apple Cider Vinegar
1/2 Avocado (medium)
1/4 tsp Dried Basil
1/4 tsp Oregano (dried)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	238
Fat	16g
Carbs	24g
Fiber	11g
Sugar	3g
Protein	7g

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Divide into bowls and enjoy!

Notes

Leftovers: Enjoy immediately for best results or refrigerate in an airtight container for up to three days.

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

Additional Toppings: Top with sliced cherry tomatoes or fresh basil.

No Avocado: Use coconut cream instead.

No Apple Cider Vinegar: Use lemon juice instead.

Temperature: Can be enjoyed at room temperature or chilled.



Prosciutto Wrapped Apricots

2 servings
10 minutes

Ingredients

1/2 cup Dried Apricots
4 ozs Prosciutto (cut in half)

Nutrition

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

Directions

- 1 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.