



2500 Calories, Dairy 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:


























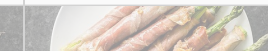















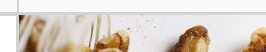













Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















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 Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Oil-Free Scrambled Egg Whites	 Oil-Free Scrambled Egg Whites	 3 Potato & Turkey Breakfast Casserole	 3 Potato & Turkey Breakfast Casserole
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Breakfast Taco Nachos	 Breakfast Taco Nachos		
Snack 1	 Mango Slices with Cumin	 Mango Slices with Cumin	 Mango Slices with Cumin	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries
	 Salmon Salad Lettuce Wraps	 Salmon Salad Lettuce Wraps	 Salmon Salad Lettuce Wraps	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus	 Crispy Prosciutto-Wrapped Asparagus
Lunch	 Spiced Beef & Spinach with Rice	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 One Pan Chicken, Grapes & Veggies	 One Pan Cod, Sweet Potatoes & Green Beans	 Blackened Chicken with Rice & Broccoli	 Salmon with Rice & Broccoli
	 Seared Ahi Tuna with Zoodles & Radishes			 Cheezy Broccoli Quinoa	 Coconut Lime Steamed Mussels	 Honey Chili Meatballs	 Lamb Kafta
Snack 2	 Curried Chicken Wrap	 Curried Chicken Wrap	 0.5 Curried Chicken Wrap			 0.5 Toasted Walnuts	 0.5 Toasted Walnuts
Dinner	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 One Pan Chicken, Grapes & Veggies	 One Pan Cod, Sweet Potatoes & Green Beans	 Blackened Chicken with Rice & Broccoli	 Salmon with Rice & Broccoli	 One Pot Poached Chicken with Broccoli & Sweet Potato
			 Cheezy Broccoli Quinoa	 Coconut Lime Steamed Mussels	 Honey Chili Meatballs	 Lamb Kafta	 Pineapple Salmon Skewers

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  33%	Fat  34%	Fat  36%	Fat  35%	Fat  40%	Fat  40%
Carbs  33%	Carbs  31%	Carbs  33%	Carbs  28%	Carbs  29%	Carbs  28%	Carbs  26%
Protein  35%	Protein  36%	Protein  33%	Protein  36%	Protein  36%	Protein  32%	Protein  34%
Calories 2520	Calories 2507	Calories 2522	Calories 2563	Calories 2521	Calories 2480	Calories 2490
Fat 94g	Fat 96g	Fat 97g	Fat 103g	Fat 97g	Fat 111g	Fat 113g
Carbs 213g	Carbs 203g	Carbs 212g	Carbs 183g	Carbs 184g	Carbs 178g	Carbs 163g
Fiber 40g	Fiber 44g	Fiber 41g	Fiber 35g	Fiber 28g	Fiber 25g	Fiber 26g
Sugar 64g	Sugar 80g	Sugar 82g	Sugar 46g	Sugar 53g	Sugar 43g	Sugar 50g
Protein 228g	Protein 232g	Protein 218g	Protein 228g	Protein 228g	Protein 200g	Protein 211g

Fruits

- 3/4 Apple
- 1 1/4 Avocado
- 3 Banana
- 2 cups Blueberries
- 1 cup Grapes
- 1 1/4 Lemon
- 1 1/2 tbsps Lemon Juice
- 1/16 Lime
- 2 tbsps Lime Juice
- 1 1/2 Mango
- 1 cup Pineapple

Seeds, Nuts & Spices

- 1 1/8 tps Black Pepper
- 1 tsp Cajun Seasoning
- 1/8 tsp Cardamom
- 1 3/4 tbsps Chili Powder
- 1 tsp Cumin
- 2 tps Curry Powder
- 1/2 tsp Dried Dill
- 1 tsp Garlic Powder
- 1/3 tsp Ground Allspice
- 1/8 tsp Ground Mustard
- 1/8 tsp Ground Sumac
- 1/8 tsp Nutmeg
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 1/3 cup Walnuts

Frozen

- 3 Brown Rice Tortilla

Vegetables

- 1/2 Acorn Squash
- 9 cups Asparagus
- 1 cup Baby Spinach
- 6 cups Broccoli
- 8 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 3/4 Cucumber
- 1/4 cup Fresh Dill
- 5 Garlic
- 1 2/3 tbsps Ginger
- 6 cups Green Beans
- 1/2 Green Bell Pepper
- 1/2 head Green Lettuce
- 4 stalks Green Onion
- 2 cups Kale Leaves
- 2/3 cup Parsley
- 2 tbsps Radishes
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 Sweet Potato
- 2 tbsps Thyme
- 1/2 Tomato
- 1/2 Yellow Onion
- 2 Yellow Potato
- 1/2 Zucchini

Boxed & Canned

- 1 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 15 ozs Canned Wild Salmon
- 1/4 cup Chicken Broth
- 4 ozs Chickpea Pasta
- 1/3 cup Jasmine Rice
- 1 cup Quinoa
- 12 ozs Sardines
- 2 1/2 tbsps Tomato Paste
- 1 1/2 cans Tuna

Baking

Bread, Fish, Meat & Cheese

- 3 ozs Ahi Tuna
- 13 ozs Chicken Breast
- 9 ozs Chicken Breast, Cooked
- 1 lb Chicken Drumsticks
- 1 lb Chicken Thighs
- 1 Cod Fillet
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 2 1/16 ozs Ground Lamb
- 2 lbs Mussels
- 5 1/16 ozs Prosciutto
- 1 1/16 lbs Salmon Fillet
- 12 ozs Shrimp
- 8 ozs Turkey Sausage
- 3 Whole Wheat Tortilla

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Avocado Oil
- 1 1/2 tbsps Coconut Aminos
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Mayonnaise
- 2 tbsps Pesto
- 1 1/2 tps Sesame Oil

Cold

- 16 1/2 Egg
- 2 cups Egg Whites
- 3 1/2 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 2 Barbecue Skewers
- 3/4 cup Vanilla Protein Powder
- 3 1/3 cups Water

-
- 1 1/2 tsps Honey
 - 1 1/2 tsps Nutritional Yeast
 - 1 1/2 tsps Pumpkin Pie Spice
 - 1 1/2 cups Pureed Pumpkin
 - 1/4 cup Raw Honey
 - 1 1/2 tsps Vanilla Extract



Pumpkin Pie Protein Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Pureed Pumpkin
- 3 Banana (frozen)
- 1 1/2 tsps Vanilla Extract
- 1 1/2 tsps Pumpkin Pie Spice
- 3/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	270
Fat	4g
Carbs	40g
Fiber	8g
Sugar	19g
Protein	23g

Directions

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

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.



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.



Oil-Free Scrambled Egg Whites

2 servings

10 minutes

Ingredients

2 cups Egg Whites

Nutrition

Amount per serving	
Calories	126
Fat	0g
Carbs	2g
Fiber	0g
Sugar	2g
Protein	26g

Directions

- 1 Add the egg whites to a cold saucepan. Place over low to low-medium heat and stir continuously with a heat-safe spatula until fluffy and cooked through, about 10 minutes.
- 2 Transfer to a plate and enjoy!

Notes

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

Additional Toppings: Sea salt, black pepper, crushed red pepper flakes, herbs, or salsa.



Breakfast Taco Nachos

2 servings

30 minutes

Ingredients

- 3 Brown Rice Tortilla (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 2 Egg (fried)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1/2 Avocado (diced)

Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

Notes

Make it Vegan: Use quinoa or lentils instead of ground meat and omit the fried egg.

Additional Toppings: Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



Potato & Turkey Breakfast Casserole

6 servings

45 minutes

Ingredients

2 Yellow Potato (chopped into small cubes)
 8 ozs Turkey Sausage (casing removed)
 2 cups Kale Leaves (finely chopped)
 1/2 cup Cherry Tomatoes
 8 Egg
 1/2 cup Unsweetened Almond Milk
 3/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	215
Fat	10g
Carbs	14g
Fiber	2g
Sugar	1g
Protein	17g

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Bring a pot of water to a boil. Place the potatoes into the water and cook until tender.
- 3 Meanwhile, in a pan over medium heat, brown the sausage, breaking it into small pieces as it cooks. When the sausage is no longer pink, add the chopped kale to the pan and cook until just wilted.
- 4 Add the cooked potatoes and sausage mixture to a baking dish. Then add the tomatoes. In a mixing bowl, whisk together the eggs, milk and salt. Pour the egg mixture into the baking dish making sure the potatoes, sausage mixture and tomatoes are equally covered with eggs.
- 5 Bake for 25 to 28 minutes or until eggs are set and firm to the touch. Cut into squares and serve immediately. Enjoy!

Notes

Baking Dish: For six servings, use an 8.5 x 11.5-inch or 9 x 9-inch baking dish.

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

Vegetarian Option: Omit the sausage completely or substitute it for additional vegetables like bell pepper and mushrooms.

No Kale: Use spinach or Swiss chard instead.

No Tomato: Use chopped bell pepper instead.

No Sausage: Use bacon or ground pork instead.



Mango Slices with Cumin

3 servings

5 minutes

Ingredients

- 1/3 tsp Cumin (ground)
- 1/16 tsp Sea Salt (to taste)
- 1 1/2 Mango (peeled, sliced)

Nutrition

Amount per serving	
Calories	102
Fat	1g
Carbs	25g
Fiber	3g
Sugar	23g
Protein	1g

Directions

- 1 Sprinkle cumin and salt over the mango slices. Enjoy!

Notes

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



Salmon Salad Lettuce Wraps

3 servings

5 minutes

Ingredients

15 ozs Canned Wild Salmon (drained)
1 cup Unsweetened Coconut Yogurt
1/4 cup Fresh Dill (minced)
1 tbsp Lemon Juice
1/2 tsp Sea Salt
1/2 head Green Lettuce (separated into leaves and washed)

Nutrition

Amount per serving	
Calories	263
Fat	11g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	38g

Directions

- 1 In a bowl, combine the salmon, coconut yogurt, dill, lemon juice and salt. Adjust flavours as desired.
- 2 Scoop the mixture onto the lettuce leaves and enjoy!

Notes

Leftovers: Refrigerate the salmon mixture and lettuce leaves in separate airtight containers for up to three days.

Serving Size: One serving equals approximately three salmon stuffed lettuce leaves.

Additional Toppings: Add cucumber, celery, red onion or tomato.

No Coconut Yogurt: Use Greek yogurt or mayonnaise and adjust lemon juice and salt as needed.



Sardine Salad with Peppers, Celery & Blueberries

4 servings

10 minutes

Ingredients

- 12 ozs Sardines (packed in oil, drained)
- 1/2 cup Red Onion (minced)
- 8 stalks Celery (sliced into sticks)
- 2 Red Bell Pepper (stems and seeds removed, sliced)
- 2 cups Blueberries

Nutrition

Amount per serving	
Calories	254
Fat	10g
Carbs	19g
Fiber	5g
Sugar	12g
Protein	23g

Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes

No Sardines: Use canned tuna instead.

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



Crispy Prosciutto-Wrapped Asparagus

4 servings
15 minutes

Ingredients

- 3 cups Asparagus (woody ends trimmed)
- 5 1/16 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.



Spiced Beef & Spinach with Rice

1 serving
20 minutes

Ingredients

- 1/3 cup Jasmine Rice
- 4 ozs Extra Lean Ground Beef
- 1 1/8 tsps Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1 cup Baby Spinach

Nutrition

Amount per serving	
Calories	454
Fat	12g
Carbs	59g
Fiber	3g
Sugar	0g
Protein	28g

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 3 Add the curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 4 Divide the rice between plates and top with the beef mixture. Enjoy!

Notes

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

More Flavor: Season the beef with other dried herbs and spices or add fresh garlic and ginger.

Additional Toppings: Cilantro, lime wedges, and/or red pepper flakes.

No Beef: Use ground chicken, turkey, or pork instead.

No Rice: Use quinoa or cauliflower rice instead.



Seared Ahi Tuna with Zoodles & Radishes

1 serving

1 hour 5 minutes

Ingredients

- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Coconut Aminos
- 1/16 Lime (juiced)
- 3 ozs Ahi Tuna
- 1/2 Zucchini
- 2 tsps Radishes (trimmed, sliced)
- 1 tbsp Sesame Seeds (black or white)

Nutrition

Amount per serving	
Calories	229
Fat	12g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	24g

Directions

- 1 In a shallow bowl, combine the sesame oil, coconut aminos and lime juice. Add the tuna and coat well. Cover and let it marinate in the fridge for one hour.
- 2 Meanwhile, use a peeler to cut the zucchini into thin strips. Divide zucchini and sliced radishes between plates.
- 3 Once the tuna has marinated, remove it from the marinade and gently shake off any excess liquid. Coat the tuna in sesame seeds.
- 4 Heat a non-stick skillet over medium-high to high heat. When the pan is hot, sear the tuna for 2 to 3 minutes, flipping halfway. Sear longer if you prefer it cooked more than medium rare.
- 5 Slice the tuna and place it over the zucchini and radishes. Enjoy!

Notes

No Coconut Aminos: Use soy sauce or tamari instead.

More Flavor: Serve with a mayo sauce, soy sauce, tamari or coconut aminos.

Additional Toppings: Top with green onions, pea shoots or arugula.



Curried Chicken Wrap

3 servings

10 minutes

Ingredients

- 9 ozs Chicken Breast, Cooked (shredded or chopped)
- 1 1/2 tbsps Mayonnaise
- 3/4 tsp Curry Powder
- 3/4 Apple (chopped)
- 3 Whole Wheat Tortilla
- 3 tbsps Parsley (optional)

Nutrition

Amount per serving	
Calories	329
Fat	12g
Carbs	26g
Fiber	6g
Sugar	6g
Protein	30g

Directions

- 1 In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
- 2 Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers: For best results, enjoy the day of.

Egg-Free: Use vegan mayonnaise instead.

Additional Toppings: Top with sprouts, additional herbs of choice, or feta cheese.



Toasted Walnuts

1 serving
15 minutes

Ingredients

1/3 cup Walnuts (shelled)

Nutrition

Amount per serving	
Calories	235
Fat	23g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	5g

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour: Sprinkle with sea salt or spices of your choice.



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.



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.



One Pan Chicken, Grapes & Veggies

2 servings

30 minutes

Ingredients

- 1 lb Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	563
Fat	28g
Carbs	34g
Fiber	8g
Sugar	14g
Protein	46g

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 2 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

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

Serving Size: One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor: Add your choice of herbs and spices, or balsamic vinegar.



Chezy Broccoli Quinoa

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (uncooked)
- 1 cup Water
- 1 cup Broccoli (chopped into florets)
- 1 1/2 tsps Nutritional Yeast
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	180
Fat	3g
Carbs	31g
Fiber	5g
Sugar	1g
Protein	9g

Directions

- 1 Combine quinoa and water together in a small pot. Place over high heat and bring to a boil. Once boiling, cover and reduce to a simmer. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 2 While the quinoa cooks, lightly steam the broccoli florets. Once tender, drain the water then coarsely chop.
- 3 Mix together the quinoa, broccoli and nutritional yeast. Season with sea salt and black pepper to taste. Toss well to mix, and enjoy!

Notes

Leftovers: Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

Freezer Tips: Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Less Bitter: Rinse your quinoa before cooking.

More Flavour: Add a pinch of sea salt and black pepper to the pot while your quinoa is cooking.



One Pan Cod, Sweet Potatoes & Green Beans

2 servings

40 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (cut in half)
- 1/2 tsp Dried Dill

Nutrition

Amount per serving	
Calories	247
Fat	8g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	24g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 3 Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 4 Remove the baking sheet from the oven and add the cod fillets. Brush the rest of the oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft.
- 5 Divide evenly between plates and enjoy!

Notes

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

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

More Flavor: Squeeze fresh lemon on top when ready to serve.



Coconut Lime Steamed Mussels

2 servings

20 minutes

Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 1/4 cup Cilantro (chopped)
- 2 stalks Green Onion (chopped)
- 2 tbsps Lime Juice
- 1 1/2 tbsps Ginger (grated)
- 1 tbsp Coconut Aminos
- 2 lbs Mussels
- 1/4 tsp Sea Salt (optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	23g
Fiber	0g
Sugar	3g
Protein	55g

Directions

- 1 In a large pot with a lid combine the coconut milk, water, cilantro, green onion, lime juice, ginger and coconut aminos. Bring to a simmer over medium heat.
- 2 Meanwhile, place mussels in a large colander and rinse with cold water. Discard any broken mussels and remove beards if necessary.
- 3 Transfer mussels to the simmering liquid and cover with lid. Let them steam for 6 to 8 minutes, stirring halfway through, or until most of the mussels have opened. Transfer the opened mussels to a dish and discard any mussels that have not opened. Season the broth with sea salt, if needed.
- 4 To serve, divide between bowls and spoon broth over top of the mussels. Enjoy!

Notes

Leftovers: Remove cooked mussels from their shells and transfer to an airtight container. Cover the mussels completely in the coconut lime broth and keep refrigerated for one day.

More Flavor: Add garlic or red pepper flakes to the broth.

Additional Toppings: Serve with lime wedges, green onion or cilantro.

No Coconut Aminos: Use soy sauce or tamari instead of coconut aminos



Blackened Chicken with Rice & Broccoli

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 8 ozs Chicken Breast
- 1 tsp Cajun Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Avocado Oil
- 2 cups Broccoli (cut into florets)
- 1/4 Lemon (cut into wedges, optional)

Nutrition

Amount per serving	
Calories	369
Fat	8g
Carbs	42g
Fiber	4g
Sugar	2g
Protein	32g

Directions

- 1 Cook the rice according to package directions.
- 2 Cut the chicken breast(s) in half lengthwise. Season both sides of the chicken cutlets with the cajun seasoning, salt and pepper to taste.
- 3 Heat the oil in a cast iron, or heavy skillet, over medium heat. Add the seasoned chicken and cook for four to five minutes per side or until blackened and cooked through. If the chicken is blackening too quickly, reduce the heat slightly.
- 4 Meanwhile, add the broccoli to a steamer basket over boiling water and steam for about five minutes or until desired doneness is reached.
- 5 To serve, divide the rice, chicken, and broccoli evenly between plates or meal prep containers and serve with lemon wedges to squeeze over the chicken if desired. Enjoy!

Notes

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

More Flavor: Add more cajun spice to taste. For spicier chicken, add cayenne pepper, red pepper flakes, or chili powder.

No Chicken Breast: Use chicken thighs, fish fillets, or pork chops instead.

No Brown Rice: Use white rice, quinoa, cauliflower rice, or roasted or mashed potatoes instead.



Honey Chili Meatballs

2 servings

30 minutes

Ingredients

- 8 ozs Extra Lean Ground Chicken
- 1/4 Yellow Onion (medium, chopped)
- 1 Garlic (cloves, minced)
- 1/2 Egg
- 1/2 tsp Sea Salt (divided)
- 1/8 tsp Black Pepper
- 1 tbsp Coconut Oil
- 1/4 cup Chicken Broth
- 2 1/2 tbsps Tomato Paste
- 2 tbsps Raw Honey
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Chili Powder
- 1/8 tsp Paprika
- 1/8 tsp Ground Mustard

Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Likes it Spicy: Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

Serve Them With: Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

Leftovers: Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

Slow Cooker Version: Add formed meatballs with sauce and cook on low for 6-8 hours.

Serving Size: A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



Salmon with Rice & Broccoli

2 servings

30 minutes

Ingredients

- 1/2 cup Brown Rice (dry)
- 12 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	472
Fat	16g
Carbs	41g
Fiber	4g
Sugar	2g
Protein	40g

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 3 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 4 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

Notes

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

More Flavor: Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

No Brown Rice: Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

No Broccoli: Use green beans, cauliflower, or carrots instead.

No Salmon: Use trout, cod, or halibut instead.



Lamb Kafta

2 servings

20 minutes

Ingredients

- 1/4 Yellow Onion (medium, chopped)
- 1/2 cup Parsley (chopped)
- 4 ozs Extra Lean Ground Beef
- 2 1/16 ozs Ground Lamb
- Sea Salt & Black Pepper (to taste)
- 1/3 tsp Ground Allspice
- 1/8 tsp Cardamom
- 1/8 tsp Ground Sumac
- 1/8 tsp Nutmeg
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	194
Fat	13g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	17g

Directions

- 1 In a large bowl, mix together all of the ingredients until well combined. Form the mixture into balls roughly two inches in diameter.
- 2 Grill the kafta over medium-high heat until cooked through, about four to six minutes on each side. Enjoy!

Notes

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

Serving Size: One serving equals approximately three kafta meatballs.

Easier Grilling: Add the meatballs to a skewer for easier flipping.

More Flavor: Add garlic, cilantro and/or ground nuts to the meat mixture.

Additional Toppings: Serve with hummus, tzatziki, pita, tomato, or cucumbers.

No Barbecue: Cook in the oven at 375°F (190°C) for 25 to 30 minutes or until cooked through.



One Pot Poached Chicken with Broccoli & Sweet Potato

1 serving
20 minutes

Ingredients

5 ozs Chicken Breast (skinless, boneless)
1 1/2 tsps Apple Cider Vinegar
1 cup Water
1/2 Sweet Potato (medium, diced)
1 cup Broccoli (chopped into florets)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	258
Fat	4g
Carbs	19g
Fiber	4g
Sugar	4g
Protein	35g

Directions

- 1 In a pot over medium-high heat, add chicken followed by the remaining ingredients. Bring to a boil, reduce heat to a simmer and close the pan. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Using a slotted spoon, scoop out the chicken and veggies. Shred the chicken, season with sea salt and black pepper, and drizzle with broth. Save the leftover broth for future use. Enjoy!

Notes

More Flavour: Use chicken or vegetable broth instead of water, add herbs, garlic cloves and/or onion wedges.

No Broccoli or Sweet Potato: Use carrots, celery or cauliflower instead.

Leftovers: Refrigerate chicken in an air-tight container up to 3 days, and the broth up to 2 days, or freeze for up to 2 months.



Pineapple Salmon Skewers

1 serving
15 minutes

Ingredients

- 5 1/4 ozs Salmon Fillet (cut into 1-inch cubes)
- 1 cup Pineapple (cut into 1-inch cubes)
- 2 Barbecue Skewers
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Honey
- 1 1/2 tsps Lemon Juice
- 1 Garlic (cloves, minced)
- 1/2 tsp Ginger (fresh, grated)
- 1/4 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 1/2 stalk Green Onion (optional, garnish)

Nutrition

Amount per serving	
Calories	453
Fat	23g
Carbs	32g
Fiber	3g
Sugar	25g
Protein	31g

Directions

- 1 Thread the salmon and pineapple onto the skewers.
- 2 In a small bowl, whisk together the oil, honey, lemon juice, garlic, ginger, red pepper flakes, sea salt, and pepper. Brush the marinade onto the skewers.
- 3 Grill the skewers for eight to ten minutes, or until the salmon is cooked through. Garnish with sliced green onion and enjoy!

Notes

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

Serving Size: One serving is equal to two 10-inch skewers.

More Flavor: Add paprika and garlic powder to the marinade.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Grill: Bake the skewers in the oven at 400°F (205°C) for ten minutes or until the salmon is cooked through.