



2500 calories, glutenfree

---

<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:























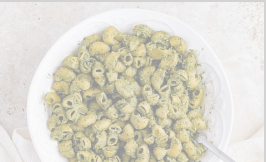

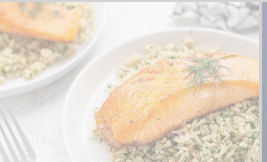
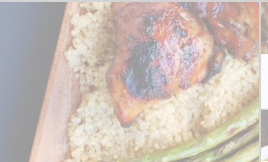
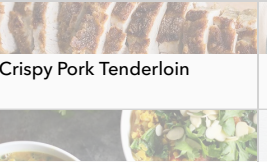






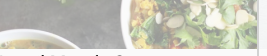












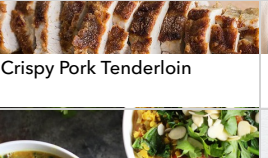


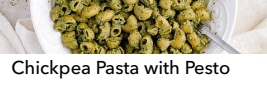

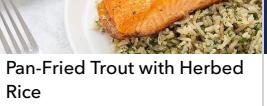






**Leftovers:** Days where leftovers will be used are shown by "grayed out" text.






















**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
- Also, you can eat a side as a snack or a snack as a side

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Smoked Salmon & Quinoa Breakfast Bowl	 Smoked Salmon & Quinoa Breakfast Bowl	 Smoked Salmon & Quinoa Breakfast Bowl	 Brownie Protein Pancakes	 Brownie Protein Pancakes	 Banana Cherry Smoothie	 Banana Cherry Smoothie
	 Gallo Pinto	 Gallo Pinto	 Gallo Pinto	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Korean-Style Rolled Omelette	 Korean-Style Rolled Omelette
Snack 1	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Papaya Breakfast Box	 Papaya Breakfast Box	 Papaya Breakfast Box	 Papaya Breakfast Box
	 Japanese Green Tea Rice with Salmon	 Chickpea Pasta with Pesto	 One Pan Shrimp Boil	 Pan-Fried Trout with Herbed Rice	 Honey Garlic Chicken Thighs	 Crispy Pork Tenderloin	 Pressure Cooker Mexican Chicken & Quinoa
Lunch	 Protein Packed Deviled Eggs	 Chickpea Pasta with Pesto	 One Pan Shrimp Boil	 Pan-Fried Trout with Herbed Rice	 Honey Garlic Chicken Thighs	 Lentil Masala Soup	 Beet & Lentil Salad
	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Strawberry Cottage Cheese Toast	 Strawberry Cottage Cheese Toast	 Strawberry Cottage Cheese Toast	 Strawberry Cottage Cheese Toast
Dinner	 Chickpea Pasta with Pesto	 One Pan Shrimp Boil	 Pan-Fried Trout with Herbed Rice	 Honey Garlic Chicken Thighs	 Crispy Pork Tenderloin	 Pressure Cooker Mexican Chicken & Quinoa	 Cajun Cauliflower Rice with Chicken Livers
	 Lentil Masala Soup	 Beet & Lentil Salad	 Marinated Mixed Bean Salad				
Snack 3	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 Prosciutto Wrapped Apricots	 0.5 Cinnamon Raisin Protein Cookies	 0.5 Cinnamon Raisin Protein Cookies	 0.5 Cinnamon Raisin Protein Cookies	

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  29%	Fat  30%	Fat  31%	Fat  33%	Fat  35%	Fat  37%	Fat  39%
Carbs  40%	Carbs  41%	Carbs  40%	Carbs  39%	Carbs  37%	Carbs  36%	Carbs  34%
Protein  31%	Protein  29%	Protein  29%	Protein  28%	Protein  28%	Protein  27%	Protein  27%
Calories 2543	Calories 2454	Calories 2464	Calories 2473	Calories 2481	Calories 2530	Calories 2482
Fat 86g	Fat 86g	Fat 84g	Fat 91g	Fat 97g	Fat 106g	Fat 108g
Carbs 264g	Carbs 257g	Carbs 248g	Carbs 243g	Carbs 231g	Carbs 231g	Carbs 216g
Fiber 49g	Fiber 48g	Fiber 30g	Fiber 29g	Fiber 37g	Fiber 44g	Fiber 46g
Sugar 69g	Sugar 74g	Sugar 65g	Sugar 90g	Sugar 97g	Sugar 91g	Sugar 84g
Protein 201g	Protein 184g	Protein 181g	Protein 174g	Protein 176g	Protein 170g	Protein 171g

## Fruits

- 1/4 Avocado
- 3/4 Banana
- 1 cup Blackberries
- 1 1/2 cups Blueberries
- 1/2 cup Cherries
- 1 1/2 Lemon
- 1/4 Lime
- 1 1/2 tsps Lime Juice
- 1/2 Mango
- 1 Nectarine
- 4 cups Papaya
- 1 cup Strawberries

## Breakfast

- 1 cup Green Tea
- 1 tsp Maple Syrup

## Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 1/2 tsp Cajun Seasoning
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 2 tsps Chia Seeds
- 1 1/8 tsps Chili Powder
- 1/4 tsp Cinnamon
- 1/2 tsp Cumin
- 1 1/2 tsps Garam Masala
- 1/4 cup Ground Flax Seed
- 1/2 tsp Ground Sage
- 1/4 cup Hemp Seeds
- 3/4 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/3 tsp Paprika
- 1/4 cup Pine Nuts
- 3 tsps Pumpkin Seeds
- 1/8 tsp Red Pepper Flakes
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Smoked Paprika
- 1/2 tsp Turmeric

## Vegetables

- 3 cups Arugula
- 3 cups Asparagus
- 2 3/4 cups Basil Leaves
- 4 Beet
- 1/2 Carrot
- 1 cup Cauliflower Rice
- 6 1/2 stalks Celery
- 3/4 cup Cilantro
- 1 1/2 ears Corn On The Cob
- 2 1/4 Cucumber
- 1/4 cup Fresh Dill
- 8 1/4 Garlic
- 1/2 cup Green Beans
- 2 3/4 stalks Green Onion
- 3 cups Kale Leaves
- 1/2 cup Parsley
- 2 Red Bell Pepper
- 2/3 cup Red Onion
- 2 tsps Shallot
- 2/3 Yellow Onion
- 1 1/2 Yellow Potato

## Boxed & Canned

- 3/4 cup Basmati Rice
- 1 1/2 cups Black Beans
- 1/2 cup Canned Coconut Milk
- 3 1/2 ozs Canned Wild Salmon
- 8 ozs Chickpea Pasta
- 2 cups Diced Tomatoes
- 1/2 cup Dry Red Lentils
- 3/4 cup Jasmine Rice
- 1/2 cup Lentils
- 1 cup Mixed Beans
- 1 1/3 cups Quinoa
- 9 ozs Sardines
- 1/2 can Tuna
- 2 cups Vegetable Broth
- 1 1/2 cups Vegetable Broth, Low Sodium

## Baking

## Bread, Fish, Meat & Cheese

- 2 ozs Chicken Liver
- 8 ozs Chicken Sausage
- 1 3/4 lbs Chicken Thighs
- 4 ozs Extra Lean Ground Beef
- 4 slices Gluten-Free Bread
- 8 ozs Pork Tenderloin
- 5 3/4 ozs Prosciutto
- 2 Rainbow Trout Fillet
- 8 ozs Shrimp
- 9 ozs Smoked Salmon

## Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 1 1/4 tsps Avocado Oil
- 1 tbsp Capers
- 2 1/4 tsps Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Tahini

## Cold

- 2 tsps Butter
- 2 1/3 cups Cottage Cheese
- 22 Egg
- 3 tsps Egg Whites
- 6 1/4 cups Plain Coconut Milk
- 1 cup Unsweetened Almond Milk

## Other

- 1/2 cup Chocolate Protein Powder
- 3 1/3 ozs Collagen Powder
- 3/4 cup Dried Apricots
- 1/4 cup Vanilla Protein Powder
- 2 1/16 cups Water

---

**Frozen**

- 1 cup Frozen Banana
- 2 cups Frozen Cherries
- 3 cups Frozen Peaches
- 1 tbsp All Purpose Gluten-Free Flour
- 1 tbsp Baking Powder
- 1 tbsp Brown Rice Flour
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 1/4 cup Nutritional Yeast
- 1/4 cup Oats
- 2 tbsps Raisins
- 2 tbsps Raw Honey



## Smoked Salmon & Quinoa Breakfast Bowl

3 servings

20 minutes

### Ingredients

- 1/3 cup Quinoa (uncooked)
- 6 Egg
- 3 tbsps Cilantro (chopped)
- 1 1/2 tsps Lime Juice (to taste)
- 3 cups Arugula (packed)
- 9 ozs Smoked Salmon (sliced)

### Nutrition

Amount per serving	
Calories	327
Fat	15g
Carbs	15g
Fiber	2g
Sugar	1g
Protein	32g

### Directions

- 1 Cook the quinoa according to the package directions and let cool.
- 2 Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
- 3 Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

### Notes

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

**More Flavor:** Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.



## Gallo Pinto

3 servings

20 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 1/4 tps Avocado Oil (divided)
- 1/3 Yellow Onion (medium, diced)
- 1/3 Red Bell Pepper (medium, diced)
- 2 1/4 tbsps Cilantro (chopped, plus more for garnish)
- 3/4 tsp Sea Salt (to taste)
- 1 1/2 cups Black Beans (cooked)
- 3 tbsps Water (or broth)

### Nutrition

Amount per serving	
Calories	261
Fat	4g
Carbs	48g
Fiber	9g
Sugar	2g
Protein	10g

### Directions

- 1 Cook the rice according to package directions and set aside.
- 2 Heat half the oil in a large skillet over medium heat. Add the onions, red bell pepper, cilantro, and salt. Cook for about five minutes, or until the onions are soft and translucent.
- 3 Stir in the beans, water, and rice. Heat for five to 10 minutes or until warmed through. Season with more salt as needed. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one cup.

**More Flavor:** Add salsa Lizano or Worcestershire sauce.

**Additional Toppings:** Serve as is or with fried plantains, fried egg, corn tortillas, sour cream, or plain yogurt.



## Brownie Protein Pancakes

2 servings

15 minutes

### Ingredients

- 2 tbsps Ground Flax Seed
- 1/3 cup Water
- 1/2 cup Chickpea Flour
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Cocoa Powder
- 1 tbsp Baking Powder
- 1 cup Unsweetened Almond Milk (or water)
- 1/4 cup Dark Chocolate Chips
- 1 1/2 tsps Coconut Oil

### Nutrition

Amount per serving	
Calories	444
Fat	19g
Carbs	37g
Fiber	6g
Sugar	17g
Protein	29g

### Directions

- 1 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 2 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 3 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 4 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 5 Plate the pancakes and enjoy!

### Notes

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

**Save Time:** Make the pancake batter in a blender.

**Toppings:** Maple syrup, honey, fresh fruit, granola, seeds or nuts.

**Leftovers:** Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

**No Chickpea Flour:** Try oat flour instead. Results may vary.



## Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

### Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tbsp Basil Leaves (chopped)

### Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g

### Directions

- 1 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two cups.

**No Fresh Fruit:** Use frozen, thawed fruit instead.

**Make it Vegan:** Use coconut yogurt instead of cottage cheese.

**Additional Toppings:** Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



## Banana Cherry Smoothie

2 servings

5 minutes

### Ingredients

- 2 1/2 cups Plain Coconut Milk (unsweetened from the carton)
- 2 cups Frozen Cherries
- 1 cup Frozen Banana
- 1 1/3 ozs Collagen Powder
- 2 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g

### 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.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.

**Additional Toppings:** Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



## Korean-Style Rolled Omelette

2 servings

10 minutes

### Ingredients

- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (sliced)
- 1/2 Carrot (finely chopped)
- 1 1/2 tsps Avocado Oil

### Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	19g

### Directions

- 1 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 2 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 3 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 4 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to about six small pieces of sliced omelette.

**Additional Toppings:** Add chopped cooked ham to the omelette.



## Sardine Salad with Peppers, Celery & Blueberries

3 servings

10 minutes

### Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1/3 cup Red Onion (minced)
- 6 stalks Celery (sliced into sticks)
- 1 1/2 Red Bell Pepper (stems and seeds removed, sliced)
- 1 1/2 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.



## Papaya Breakfast Box

4 servings  
15 minutes

### Ingredients

- 8 Egg
- 4 cups Papaya (peeled, seeds removed, chopped)
- 2 Cucumber (medium, chopped)

### Nutrition

Amount per serving	
Calories	226
Fat	10g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	14g

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

### Notes

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

**More Flavor:** Season the eggs with salt and pepper to taste.

**Additional Toppings:** Add nuts, crackers, or a slice of toast.



## Japanese Green Tea Rice with Salmon

1 serving  
20 minutes

### Ingredients

- 1/3 cup Jasmine Rice (dry, uncooked)
- 1 cup Green Tea (brewed)
- 3 1/2 ozs Canned Wild Salmon (flaked)
- 1/4 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	373
Fat	6g
Carbs	51g
Fiber	1g
Sugar	0g
Protein	31g

### Directions

- 1 Cook the rice according to package instructions.
- 2 Place the rice in a bowl and pour the green tea overtop. Top with salmon and green onion. Enjoy!

### Notes

**Leftovers:** Enjoy immediately for best results or refrigerate in an airtight container for one day.

**More Flavor:** Add salt, black pepper, mirin, tamari, soy sauce, or coconut aminos.

**Additional Toppings:** Top with crushed rice crackers, seaweed, cod or salmon roe, pickled veggies, or wasabi.

**No Green Tea:** Use ginger tea instead.



## Protein Packed Deviled Eggs

1 serving  
20 minutes

### Ingredients

- 2 Egg (hard boiled)
- 1/2 can Tuna (drained)
- 1/4 Avocado
- 1/2 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/4 tsp Paprika
- 1/4 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.



## Peach, Blackberry & Basil Smoothie

3 servings

5 minutes

### Ingredients

- 3 3/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 3 cups Frozen Peaches
- 1 cup Blackberries (fresh or frozen)
- 3 tbsps Basil Leaves
- 2 ozs Collagen Powder

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	28g
Fiber	5g
Sugar	24g
Protein	18g

### 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.

**More Flavor:** Add a pitted date before blending.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.



## Strawberry Cottage Cheese Toast

4 servings

5 minutes

### Ingredients

- 1 1/3 cups Cottage Cheese
- 4 slices Gluten-Free Bread (toasted)
- 1 cup Strawberries (sliced)
- 1/4 cup Hemp Seeds

### Nutrition

Amount per serving	
Calories	213
Fat	10g
Carbs	18g
Fiber	2g
Sugar	6g
Protein	13g

### Directions

- 1 Spread the cottage cheese evenly overtop the toast. Then top with strawberries and hemp seeds. Enjoy!

### Notes

**Leftovers:** This recipe is best enjoyed immediately.

**Make it Vegan:** Use almond butter or sunflower seed butter instead of cottage cheese.

**No Hemp Seeds:** Use sunflower seeds, bee pollen, chia seeds or flax seeds instead.

**No Strawberries:** Use pear, peach, raspberries or blueberries instead.



## Chickpea Pasta with Pesto

2 servings

20 minutes

### Ingredients

- 8 ozs Chickpea Pasta (uncooked)
- 2 1/2 cups Basil Leaves (packed)
- 1/4 cup Pine Nuts
- 1/4 cup Nutritional Yeast
- 2 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/2 Lemon (juiced)
- 1/4 cup Water

### Nutrition

Amount per serving	
Calories	579
Fat	19g
Carbs	75g
Fiber	21g
Sugar	11g
Protein	42g

### Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto plates and enjoy!

### Notes

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

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

**Nut-Free:** Use sunflower seeds instead of pine nuts.



## 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.



## Pan-Fried Trout with Herbed Rice

2 servings

30 minutes

### Ingredients

- 1 1/2 cups Vegetable Broth, Low Sodium
- 3/4 cup Basmati Rice (uncooked)
- 2 tbsps Butter (divided)
- 1/4 cup Parsley (chopped)
- 1/4 cup Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 Rainbow Trout Fillet (patted dry)
- 1 tbsp All Purpose Gluten-Free Flour

### Nutrition

Amount per serving	
Calories	589
Fat	17g
Carbs	66g
Fiber	3g
Sugar	2g
Protein	39g

### Directions

- 1 Add the broth and rice to a pot and bring to a boil. Lower the heat and simmer for 15 minutes. Remove from heat and stir in half the butter, parsley, dill, salt and pepper. Cover and let rest for 10 minutes.
- 2 Season the trout with salt and pepper, then coat in the flour, shaking off any excess.
- 3 Melt the remaining butter in a skillet over medium-high heat. Cook the trout for three to five minutes, flipping halfway, or until browned and cooked through.
- 4 Divide the herbed rice and trout onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals one trout fillet and just over a cup of herbed rice.

**Trout Fillets:** One fillet is equal to approximately 159 grams or 5.6 ounces in size.

**Dairy-Free:** Use vegan butter, olive oil, or coconut oil instead.

**More Flavor:** Add cilantro and saffron to the rice.

**Additional Toppings:** Add lemon juice and fresh herbs.



## 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.



## Crispy Pork Tenderloin

2 servings

30 minutes

### Ingredients

- 1 1/2 tsp Dijon Mustard
- 8 ozs Pork Tenderloin (fat trimmed, patted dry)
- 1 tbsp Brown Rice Flour
- 1/2 tsp Sea Salt
- 1/2 tsp Ground Sage
- 1 tbsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	206
Fat	9g
Carbs	4g
Fiber	0g
Sugar	0g
Protein	24g

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Spread the mustard over the pork tenderloin until evenly coated.
- 3 In a shallow bowl, combine the flour, salt and sage. Press the pork tenderloin into the flour mixture until completely covered.
- 4 Heat the oil in a large skillet over medium-high heat. Sear the pork tenderloin for about 2 to 3 minutes per side, or until golden brown.
- 5 Transfer the skillet to the oven and continue baking for 15 to 20 minutes.
- 6 Remove from the oven, cover with foil and let it sit for 5 to 10 minutes before serving. Slice and enjoy!

### Notes

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

**No Brown Rice Flour:** Use all-purpose flour, white rice flour, whole wheat flour, breadcrumbs or crushed crackers.

**No Extra Virgin Olive Oil:** Use coconut oil, sunflower seed oil, avocado oil or grapeseed oil instead.

**More Flavor:** Add your choice of spices to the flour mixture.

**Additional Toppings:** Top with cherry tomatoes, olives, feta, red onion and/or your favorite salad dressing.



## Lentil Masala Soup

2 servings

30 minutes

### Ingredients

3/4 tsp Coconut Oil  
 1/4 cup Red Onion (finely diced)  
 2 Garlic (cloves, minced)  
 1/2 tsp Turmeric  
 1 1/2 tsps Garam Masala  
 1/2 tsp Sea Salt  
 1/2 cup Cilantro (finely diced)  
 2 cups Vegetable Broth  
 1 1/2 cups Diced Tomatoes  
 1/2 cup Dry Red Lentils  
 1/2 cup Canned Coconut Milk (full fat)  
 2 cups Kale Leaves (finely sliced)

### Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g

### Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to two months.

**Additional Toppings:** Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



## Pressure Cooker Mexican Chicken & Quinoa

2 servings  
40 minutes

### Ingredients

- 1/2 cup Water
- 12 ozs Chicken Thighs (boneless, skinless)
- 1/2 tsp Sea Salt (divided)
- 1/2 tsp Chili Powder (divided)
- 1/2 tsp Cumin (divided)
- 1/2 tsp Smoked Paprika (divided)
- 1/2 tsp Oregano (divided)
- 1 cup Kale Leaves (finely chopped)
- 1/2 cup Diced Tomatoes (from the can, drained)
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Quinoa (uncooked)
- 1/4 Lime (juiced)

### Nutrition

Amount per serving	
Calories	386
Fat	10g
Carbs	31g
Fiber	5g
Sugar	2g
Protein	41g

### Directions

- 1 Place the metal trivet in the pot of the pressure cooker and add the water. Place the chicken thighs on the trivet and season with half of the salt. Add a quarter of each the chili powder, cumin, paprika and oregano to the chicken. Close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 3 Transfer the chicken thighs to a bowl to cool slightly then shred with two forks. Set aside. Remove the metal trivet from the pot.
- 4 To the cooking liquid inside the pot add the kale, tomatoes, and red pepper flakes. Then add the remaining chili powder, cumin, paprika, oregano and salt. Turn the pressure cooker to sauté mode and bring the water inside the pot to a gentle simmer. Cook until the kale wilts down, about a minute. Turn the sauté mode off and add the shredded chicken and quinoa to the pot and stir to combine. Close the lid.
- 5 Set to "sealing", then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Stir in the juice of the lime and season with additional salt if needed.
- 6 Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 1 1/3 cups of the quinoa mixture.

**More Flavor:** Add fresh garlic or onion, coriander or smoked paprika.

---

**Additional Toppings:** Serve with fresh cilantro, green onion, jalapenos, salsa or hot sauce.

**Cooking Time:** When cooking the quinoa (step 5), if the cooking liquid has not completely absorbed after the initial cooking time, return the lid, seal and cook for another couple of minutes on high pressure.

**No Canned Tomatoes:** Use fresh tomatoes instead.

**No Kale:** Use spinach instead.



## Beet & Lentil Salad

2 servings

1 hour

### Ingredients

- 4 Beet (medium)
- 1 tbsp Capers
- 1/2 Lemon (juiced and zested)
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt
- 1/2 cup Lentils (cooked)
- 2 tbsps Shallot (thinly sliced)
- 3 tbsps Pumpkin Seeds (raw)
- 1/4 cup Parsley (chopped)

### Nutrition

Amount per serving	
Calories	337
Fat	20g
Carbs	32g
Fiber	10g
Sugar	15g
Protein	11g

### Directions

- 1 Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 45 to 50 minutes, or until tender when pierced with a fork. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, chop them into quarters.
- 2 In a pan over medium-low heat, add the capers and fry until just crispy, about 4 to 5 minutes.
- 3 Whisk together the lemon juice, zest, extra virgin olive oil, maple syrup and sea salt in a small bowl.
- 4 Add the beets to a bowl and top with lentils, shallots and pumpkin seeds. Drizzle with the lemon dressing and top with parsley. Divide between plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups.

**No Capers:** Use pitted olives instead.

**Cheese-Lover:** Top with crumbled feta or goat cheese.

**Meal Prep:** Cook the beets and lentils ahead of time and assemble for a quick meal.



## Cajun Cauliflower Rice with Chicken Livers

1 serving  
20 minutes

### Ingredients

- 4 ozs Extra Lean Ground Beef
- 2 ozs Chicken Liver (finely chopped)
- 1/4 Yellow Onion (diced)
- 1/2 stalk Celery (chopped)
- 1 Garlic (large cloves, minced)
- 1/2 tsp Cajun Seasoning
- 1/4 tsp Sea Salt
- 1 cup Cauliflower Rice

### Nutrition

Amount per serving	
Calories	306
Fat	14g
Carbs	9g
Fiber	3g
Sugar	5g
Protein	35g

### Directions

- 1 Heat a large pan or dutch oven over medium-high heat. Once warm, add the beef and chicken liver 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.
- 2 Add the onion, celery, garlic, cajun seasoning and salt. Stir occasionally and cook for 5 to 7 minutes until the onions and celery are soft.
- 3 Add the cauliflower rice and stir to combine everything. Cook until the cauliflower meets your desired texture. Divide between bowls and enjoy!

### Notes

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

**Serving Size:** One serving is approximately 2 cups.

**More Flavor:** Add cayenne pepper or red chili flakes to taste.

**Additional Toppings:** Top with sliced green onions, cilantro and/or parsley or fresh lime juice.

**Chicken Livers:** Freeze your chicken livers for about an hour to make for easier chopping.

**More Veggies:** Add mushrooms and/or bell peppers.

**No Cauliflower Rice:** Use cooked rice instead.



## Marinated Mixed Bean Salad

1 serving  
15 minutes

### Ingredients

- 1/2 cup Green Beans (fresh or frozen)
- 1 cup Mixed Beans (cooked)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Apple Cider Vinegar
- 3/4 tsp Italian Seasoning
- 1/4 Garlic (clove, minced)
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	365
Fat	15g
Carbs	45g
Fiber	13g
Sugar	3g
Protein	16g

### Directions

- 1 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 2 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

### Notes

**No Mixed Beans:** Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

**Leftovers:** Keeps well covered in the fridge up to 4 to 5 days.



## Prosciutto Wrapped Apricots

3 servings

10 minutes

### Ingredients

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

### Nutrition

Amount per serving	
Calories	196
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.



## Cinnamon Raisin Protein Cookies

2 servings

30 minutes

### Ingredients

- 3/4 Banana (ripe)
- 3 tbsps Egg Whites
- 1 tbsp Tahini
- 1/4 cup Vanilla Protein Powder (plant-based)
- 1/4 cup Oats (rolled or quick)
- 1/4 tsp Cinnamon
- 2 tbsps Raisins
- 2 tbsps Ground Flax Seed

### Nutrition

Amount per serving	
Calories	244
Fat	7g
Carbs	30g
Fiber	5g
Sugar	12g
Protein	17g

### Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Mash the bananas in the bottom of a mixing bowl. Add in the egg whites and tahini, and mix everything well.
- 3 Add in the remaining ingredients and mix well again.
- 4 Scoop the batter onto the baking sheet to form cookies. Use the lid of a wide-mouth mason jar as a mould.
- 5 Bake the cookies in the oven for 18 to 22 minutes, or until bottoms are golden brown.
- 6 Remove from oven, let cool completely on the baking sheet and enjoy!

### Notes

**Protein Powder:** This recipe was developed and tested using a plant-based protein powder. Results may vary if using a different type of protein powder.

**Leftovers:** Store in the fridge up to 4 days, or in the freezer for up to 6 months.

**No Tahini:** Use sunflower seed butter, almond butter or peanut butter instead.

**No Raisins:** Use dried cranberries, chocolate chips or cacao nibs instead.