



2600 Calorie, Gluten Free

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

Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders about your meal plan:


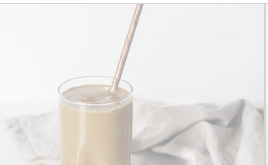
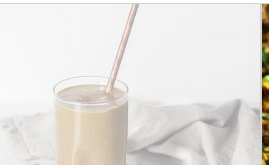


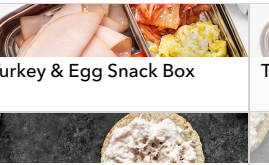
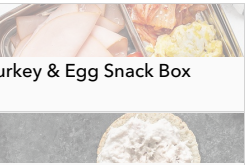
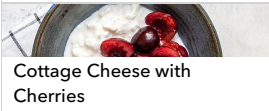
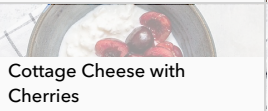
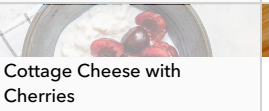

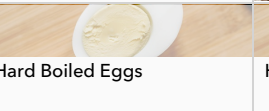
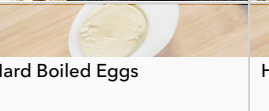
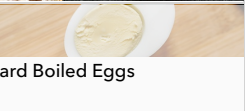

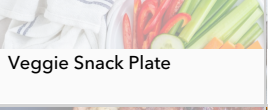
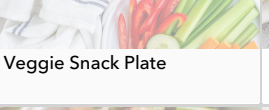
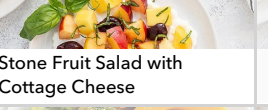
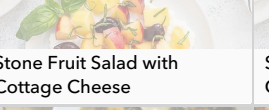
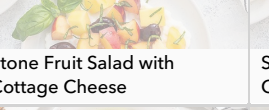
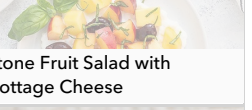






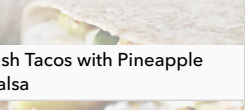

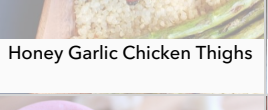
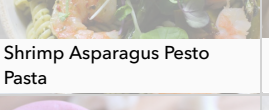

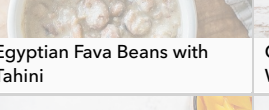
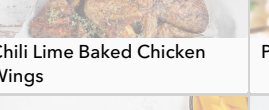
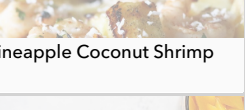










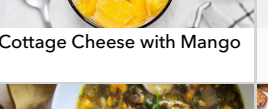
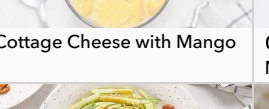
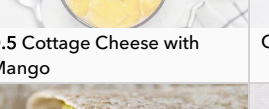
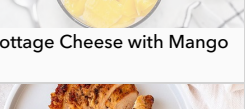





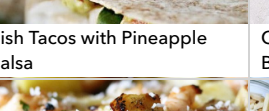

Leftovers: Days where leftovers will be used are shown by "grayed out" text.






















Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 2 Gingerbread Smoothie	 2 Gingerbread Smoothie	 2 Gingerbread Smoothie	 2 Beef, Sweet Potato & Rapini Skillet	 2 Beef, Sweet Potato & Rapini Skillet	 Turkey & Egg Snack Box	 Turkey & Egg Snack Box
	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs	 Hard Boiled Eggs
Snack 1	 Veggie Snack Plate	 Veggie Snack Plate	 Veggie Snack Plate	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese	 Stone Fruit Salad with Cottage Cheese
	 Ginger Turmeric Salmon & Potatoes	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Steak, Butternut Squash & Broccoli	 Slow Cooker Cod & Sea Veggie Soup	 Cucumber Soba Noodles with Tempeh	 Fish Tacos with Pineapple Salsa
Lunch	 Slow Cooker Stuffed Peppers	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Slow Cooker Moroccan Lentils	 Egyptian Fava Beans with Tahini	 Chili Lime Baked Chicken Wings	 Pineapple Coconut Shrimp
	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 0.5 Cottage Cheese with Mango	 Cottage Cheese with Mango
Dinner	 Honey Garlic Chicken Thighs	 Shrimp Asparagus Pesto Pasta	 Steak, Butternut Squash & Broccoli	 Slow Cooker Cod & Sea Veggie Soup	 Cucumber Soba Noodles with Tempeh	 Fish Tacos with Pineapple Salsa	 One Pan Roasted Chicken, Broccoli & Peppers
	 Slow Cooker Moroccan Lentils	 Egyptian Fava Beans with Tahini	 Egyptian Fava Beans with Tahini	 Chili Lime Baked Chicken Wings	 Chili Lime Baked Chicken Wings	 Pineapple Coconut Shrimp	 Asparagus, Cucumber & Feta Salad with Balsamic...

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  33%	Fat  31%	Fat  31%	Fat  34%	Fat  36%	Fat  35%
Carbs  34%	Carbs  35%	Carbs  36%	Carbs  34%	Carbs  33%	Carbs  32%	Carbs  33%
Protein  32%	Protein  32%	Protein  33%	Protein  35%	Protein  33%	Protein  32%	Protein  32%
Calories 2693	Calories 2556	Calories 2615	Calories 2683	Calories 2691	Calories 2586	Calories 2710
Fat 106g	Fat 98g	Fat 96g	Fat 94g	Fat 101g	Fat 104g	Fat 109g
Carbs 237g	Carbs 232g	Carbs 244g	Carbs 236g	Carbs 221g	Carbs 209g	Carbs 226g
Fiber 63g	Fiber 61g	Fiber 66g	Fiber 49g	Fiber 37g	Fiber 28g	Fiber 46g
Sugar 101g	Sugar 92g	Sugar 80g	Sugar 86g	Sugar 84g	Sugar 86g	Sugar 112g
Protein 222g	Protein 215g	Protein 226g	Protein 240g	Protein 225g	Protein 209g	Protein 226g

Fruits

- 1 Avocado
- 3 Banana
- 3 1/4 cups Cherries
- 4 1/2 Lemon
- 3/4 Lime
- 1 tbsp Lime Juice
- 3 Mango
- 2 Navel Orange
- 2 Nectarine
- 2 1/4 cups Pineapple

Breakfast

- 1/3 cup Almond Butter
- 3/4 tsp Maple Syrup

Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/3 tbsps Chili Powder
- 1 1/2 tpsps Cinnamon
- 1 1/4 tpsps Cumin
- 1/8 tsp Dried Basil
- 1/4 tsp Garlic Powder
- 1/4 tsp Ground Ginger
- 1/4 tsp Onion Powder
- 1/3 tsp Oregano
- 3/4 tsp Paprika
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 2 tbsps Slivered Almonds
- 1/3 tsp Smoked Paprika
- 1/4 tsp Turmeric

Frozen

- 2 Brown Rice Tortilla
- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries

Vegetables

- 7 1/2 cups Asparagus
- 3/4 cup Baby Spinach
- 2 tbsps Basil Leaves
- 3 1/2 cups Broccoli
- 3 cups Butternut Squash
- 1 1/2 Carrot
- 1/4 head Cauliflower
- 3 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1 2/3 Cucumber
- 10 Garlic
- 3 1/8 tbsps Ginger
- 1 Green Bell Pepper
- 1/2 Jalapeno Pepper
- 2 cups Mushrooms
- 3 tbsps Parsley
- 1 bunch Rapini
- 1 3/4 Red Bell Pepper
- 1/4 cup Red Onion
- 1 cup Snap Peas
- 3 1/2 Sweet Potato
- 1 tsp Thyme
- 1 Tomato
- 2 Yellow Onion

Boxed & Canned

- 3 1/2 ozs Buckwheat Soba Noodles
- 4 ozs Chickpea Pasta
- 1/2 cup Dry Lentils
- 2 1/16 cups Fava Beans
- 1/2 cup Lentils
- 1 3/4 ozs Oat Crackers
- 1/2 cup Quinoa
- 1/2 cup Salsa
- 1 can Tuna
- 4 cups Vegetable Broth

Baking

- 3 tbsps Blackstrap Molasses
- 1 1/2 tpsps Coconut Flour

Bread, Fish, Meat & Cheese

- 5 ozs Chicken Breast
- 1 lb Chicken Thighs
- 10 2/3 ozs Chicken Wings
- 2 Cod Fillet
- 1 lb Extra Lean Ground Beef
- 4 ozs Extra Lean Ground Turkey
- 2 tbsps Feta Cheese
- 1 lb Ny Striploin Steak
- 5 ozs Salmon Fillet
- 1 3/4 lbs Shrimp
- 8 ozs Sliced Turkey Breast
- 6 ozs Tempeh
- 1 Tilapia Fillet

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 2 1/2 tpsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 2 1/4 tpsps Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Coconut Oil
- 3/4 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Kimchi
- 2 tbsps Pesto
- 1 tbsp Red Wine Vinegar
- 2 1/16 tpsps Tahini

Cold

- 9 cups Cottage Cheese
- 12 1/4 Egg
- 1/4 cup Plain Greek Yogurt
- 10 1/2 cups Unsweetened Almond Milk

Other

- 6 Barbecue Skewers
- 2/3 oz Dulse
- 2 1/4 cups Vanilla Protein Powder
- 2 3/4 cups Water

-
- 3/4 tsp Ground Cloves
 - 1 tbsp Nutritional Yeast
 - 2 tbsps Raw Honey
 - 1 tbsp Unsweetened Coconut Flakes



Gingerbread Smoothie

6 servings

5 minutes

Ingredients

6 cups Unsweetened Almond Milk
1 1/2 cups Vanilla Protein Powder
3 Banana (frozen)
1/3 cup Chia Seeds
1/3 cup Almond Butter
3 tbsps Blackstrap Molasses
1 tbsp Ginger (fresh, minced)
1 1/2 tsps Cinnamon (ground)
3/4 tsp Ground Cloves

Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	32g
Fiber	9g
Sugar	13g
Protein	26g

Directions

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

Notes

No Chia Seeds: Use flax seeds instead.

No Blackstrap Molasses: Use maple syrup instead.

Nut-Free: Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

More Veggies: Add frozen cauliflower.



Beef, Sweet Potato & Rapini Skillet

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 1 bunch Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	297
Fat	12g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	28g

Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian: Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini: Use kale or broccoli instead.

Leftovers: Store leftovers in an airtight container in the fridge for up to three days.



Turkey & Egg Snack Box

2 servings

5 minutes

Ingredients

- 1 tsp Avocado Oil
- 4 Egg
- 1/2 cup Kimchi
- 8 ozs Sliced Turkey Breast
- 1/2 cup Cherry Tomatoes
- 2 Navel Orange

Nutrition

Amount per serving	
Calories	364
Fat	17g
Carbs	23g
Fiber	4g
Sugar	15g
Protein	31g

Directions

- 1 Heat the avocado oil in a skillet over medium-low heat. Add the eggs to the pan and move around with a spatula continuously until fluffy, about two minutes.
- 2 Arrange the scrambled eggs, kimchi, turkey breast, tomatoes, and orange in a container and enjoy!

Notes

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

Additional Toppings: Add sliced green onions, avocado, nuts, cheese, or crackers.

No Kimchi: Use sauerkraut, pickles, salsa, or olives instead.



Creamy Tuna on Oat Crackers

2 servings

10 minutes

Ingredients

- 1 can Tuna (drained and flaked)
- 1/4 cup Plain Greek Yogurt
- 1/4 tsp Sea Salt
- 1 3/4 ozs Oat Crackers

Nutrition

Amount per serving	
Calories	201
Fat	6g
Carbs	18g
Fiber	2g
Sugar	1g
Protein	21g

Directions

- 1 Combine the tuna, yogurt and sea salt. Mix well with a fork.
- 2 Spread tuna evenly onto the crackers and enjoy!

Notes

Leftovers: Best enjoyed immediately but can be refrigerated up to 2 days in an airtight container. Store the crispbread and tuna mixture separately.

Serving Size: One serving is equal to approximately four topped crackers.

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

No Greek Yogurt: Use cottage cheese or any type of alternative plain yogurt instead.



Cottage Cheese with Cherries

3 servings

5 minutes

Ingredients

3 cups Cottage Cheese
2 1/4 cups Cherries (pitted)

Nutrition

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

Directions

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

Notes

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

Dairy-Free: Use coconut yogurt or oatmeal instead.

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



Veggie Snack Plate

3 servings

5 minutes

Ingredients

- 3 stalks Celery (cut into sticks)
- 1 1/2 Carrot (medium, peeled and cut into sticks)
- 3/4 Red Bell Pepper (medium, cut into sticks)
- 1/3 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	31
Fat	0g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	1g

Directions

- 1 Place the vegetables on a plate and enjoy!

Notes

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

Serve it With: Hummus, guacamole, or your favorite dip.



Hard Boiled Eggs

4 servings

15 minutes

Ingredients

8 Egg

Nutrition

Amount per serving	
Calories	143
Fat	10g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	13g

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers: Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel: Add salt to the water while boiling.



Stone Fruit Salad with Cottage Cheese

4 servings

10 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 cup Cherries (pitted, halved)
- 1 Mango (peeled, chopped)
- 2 Nectarine (pit removed, chopped)
- 2 tbsps 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.



Ginger Turmeric Salmon & Potatoes

1 serving
25 minutes

Ingredients

- 5 ozs Salmon Fillet
- 1/2 Sweet Potato (medium, sliced or chopped)
- 1 cup Snap Peas (trimmed)
- 1 1/2 tsps Coconut Oil (melted)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Ground Ginger
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	353
Fat	16g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	31g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 2 Arrange the salmon fillets, sweet potato, and snap peas onto the baking sheet.
- 3 In a small bowl, stir together the coconut oil, turmeric, ginger, and salt. Coat the salmon fillets and toss the veggies in the mixture.
- 4 Roast for 20 minutes, or until the salmon is cooked through and the veggies are tender. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately five ounces of salmon, one cup of sweet potatoes, and one cup of snap peas.

More Flavor: Add lemon juice or herbs.



Slow Cooker Stuffed Peppers

1 serving

4 hours

Ingredients

- 1 Green Bell Pepper (large)
- 4 ozs Extra Lean Ground Turkey
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 3/4 tsp Chili Powder
- 1/8 tsp Cumin
- 1/8 tsp Dried Basil
- 1/4 Egg
- 1/2 Garlic (cloves, minced)
- 1/8 Yellow Onion (diced)
- 1/4 cup Baby Spinach (chopped)
- 3/4 tsp Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Flour
- 1/2 cup Salsa
- 1/4 head Cauliflower (large)

Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.



Raspberry Zinger Smoothie

3 servings

10 minutes

Ingredients

- 3 cups Frozen Cauliflower
- 3 cups Frozen Raspberries
- 3 Lemon (juiced)
- 3/4 cup Vanilla Protein Powder
- 3 tbsps Chia Seeds
- 4 1/2 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



Cottage Cheese with Mango

4 servings

5 minutes

Ingredients

4 cups Cottage Cheese
2 Mango (peeled, chopped)

Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g

Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

Notes

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

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

Additional Toppings: Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

No Asparagus: Use any grilled vegetable.



Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

No Asparagus: Use green beans or zucchini instead.

Vegan: Swap out the shrimp for tofu.

More Greens: Top with microgreens.



Steak, Butternut Squash & Broccoli

2 servings

40 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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



Slow Cooker Moroccan Lentils

2 servings

8 hours

Ingredients

- 1/2 cup Dry Lentils (brown or green, uncooked)
- 1/2 Tomato (medium, diced)
- 1/4 Yellow Onion (medium, diced)
- 3/4 Garlic (cloves, minced)
- 2 tbsps Parsley (chopped and divided)
- 3/4 tsp Cumin
- 3/4 tsp Paprika
- 1/2 tsp Sea Salt
- 2 cups Water

Nutrition

Amount per serving	
Calories	187
Fat	1g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	13g

Directions

- 1 Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
- 2 Garnish with remaining parsley and enjoy!

Notes

Serve it With: Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, and/or fried eggs.

Leftovers: Refrigerate in an airtight container up to 5 days. Freeze if longer.



Slow Cooker Cod & Sea Veggie Soup

2 servings

6 hours

Ingredients

- 1 1/2 tbsps Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 2 cups Mushrooms (sliced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2/3 oz Dulse (torn apart into small pieces)
- 1 Sweet Potato (medium, diced)
- 2 Cod Fillet (cubed)
- 4 cups Vegetable Broth (or bone broth)

Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	28g
Fiber	6g
Sugar	9g
Protein	49g

Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

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



Egyptian Fava Beans with Tahini

2 servings

15 minutes

Ingredients

- 2 cups Fava Beans (cooked, with liquid)
- 2 tbsps Tahini
- 1/3 tsp Cumin
- 1 tsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	278
Fat	9g
Carbs	37g
Fiber	11g
Sugar	3g
Protein	16g

Directions

- 1 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 2 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 3 Divide into bowls and enjoy!

Notes

Serve It With: Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

No Apple Cider Vinegar: Use lemon juice instead.

Serving Size: One serving is equal to approximately one cup.

Storage: Refrigerate in an airtight container up to 3 to 5 days.



Cucumber Soba Noodles with Tempeh

2 servings

25 minutes

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)
- 2 tbsps Coconut Aminos
- 1 tbsp Lime Juice
- 1/2 tsp Ginger (fresh, grated or minced)
- 6 ozs Tempeh (cut into strips)
- 1 Cucumber (medium, julienned)
- 1 tsp Sesame Seeds

Nutrition

Amount per serving	
Calories	444
Fat	11g
Carbs	52g
Fiber	2g
Sugar	6g
Protein	25g

Directions

- 1 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 3 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 4 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

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

Serving Size: One serving equals approximately three cups.

More Flavor: Add garlic and/or maple syrup.

Additional Toppings: Add sliced green onions or red pepper flakes.



Chili Lime Baked Chicken Wings

2 servings

1 hour

Ingredients

- 1/16 oz Avocado Oil Spray
- 10 2/3 ozs Chicken Wings
- Sea Salt & Black Pepper (to taste)
- 1/3 tsp Smoked Paprika
- 1/3 tsp Chili Powder
- 1/3 Lime (juiced, zested, optional)

Nutrition

Amount per serving	
Calories	293
Fat	20g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	27g

Directions

- 1 Preheat the oven to 425°F (220°C) and place an oven-safe wire rack over a foil lined baking sheet. Spray the rack with cooking spray.
- 2 In a large bowl, toss the chicken wings with salt, pepper, smoked paprika, and chili powder ensuring the wings are well coated.
- 3 Transfer the wings to the prepared wire rack and bake for 50 to 55 minutes, flipping once halfway through, until browned and crispy.
- 4 Transfer the wings to a plate and garnish with lime juice and zest, if using. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately five chicken wings.

Avocado Oil Spray: One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.



Fish Tacos with Pineapple Salsa

2 servings

30 minutes

Ingredients

- 2 Brown Rice Tortilla (thawed)
- 1 Tilapia Fillet
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 Lemon (juiced)
- 1/2 cup Baby Spinach
- 1/4 cup Pineapple (diced)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (deseeded and chopped)
- 1/2 Garlic (clove, minced)
- 1/2 Red Bell Pepper (diced)
- 1/2 Lime (juiced)
- 1 Avocado (peeled and mashed)
- 1/2 Tomato (diced)

Nutrition

Amount per serving	
Calories	421
Fat	20g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	18g

Directions

- 1 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 4 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 5 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

Notes

Leftovers: Best enjoyed same day.

Fillet Size: One tilapia fillet is equal to 116 grams or 4.1 ounces.



Pineapple Coconut Shrimp

2 servings

25 minutes

Ingredients

- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 tbsp Parsley (chopped)
- 1/4 tsp Sea Salt
- 1 lb Shrimp (raw, peeled and deveined)
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Unsweetened Coconut Flakes
- 6 Barbecue Skewers

Nutrition

Amount per serving	
Calories	357
Fat	10g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	47g

Directions

- 1 In a large bowl, stir together the garlic, olive oil, red wine vinegar, parsley and sea salt. Mix well. Add shrimp and toss well to coat.
- 2 Preheat grill to medium heat.
- 3 Slide a shrimp onto a skewer, followed by a pineapple chunk. Repeat until all ingredients are used up.
- 4 Transfer skewers to the grill and cook for 3 to 4 minutes per side or until shrimp is pink. Remove from grill and sprinkle with coconut flakes. Serve over a bed of greens or with your favourite side dishes. Enjoy!

Notes

No Pineapple: Use sliced lemon instead.

Likes it Spicy: Add cayenne pepper to the shrimp spice.



One Pan Roasted Chicken, Broccoli & Peppers

1 serving
55 minutes

Ingredients

5 ozs Chicken Breast (bone-in, skin on)
1 1/2 tsps Avocado Oil (divided)
1/3 tsp Oregano
1/4 tsp Garlic Powder
1/4 tsp Onion Powder
1/8 tsp Sea Salt
1 1/2 cups Broccoli (cut into small florets)
1/2 Red Bell Pepper (chopped)

Nutrition

Amount per serving	
Calories	299
Fat	11g
Carbs	14g
Fiber	5g
Sugar	5g
Protein	36g

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Place the chicken on one side of the baking sheet and drizzle with half of the oil.
- 3 In a small bowl combine the oregano, garlic powder, onion powder, and salt. Generously season the chicken on both sides with half of the spice blend.
- 4 Bake the chicken for 10 minutes.
- 5 Meanwhile, add the broccoli and red pepper to a mixing bowl. Add the remaining oil and spice blend and toss to combine.
- 6 Remove the chicken from the oven and add the seasoned vegetables to the sheet. Reduce the oven temperature to 350°F (176°C) and continue to cook the chicken and vegetables for 25 to 30 minutes or until the chicken is cooked through and the vegetables are tender. Allow the chicken to rest for at least 10 minutes before slicing. Divide between plates and enjoy!

Notes

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

Serve It With: Cooked rice, quinoa, cauliflower rice, roasted sweet potato, or salad.

No Broccoli or Peppers: Use cauliflower, Brussels sprouts, zucchini, or sweet potato instead.



Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

1 serving
15 minutes

Ingredients

- 1 1/2 cups Asparagus (trimmed and sliced in half lengthwise)
- 2 1/4 tsps Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Dijon Mustard
- 3/4 tsp Maple Syrup
- 1/4 Garlic (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1/4 Cucumber (large, diced)
- 1/2 cup Lentils (cooked, drained and rinsed)
- 2 tsps Slivered Almonds (toasted)
- 2 tsps Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	409
Fat	20g
Carbs	40g
Fiber	14g
Sugar	13g
Protein	21g

Directions

- 1 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 2 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 3 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

Notes

Dairy-Free: Skip the feta.

Nut-Free: Use sunflower seeds instead of slivered almonds.

No Lentils: Use chickpeas or beans instead.

Storage: Stores well in the fridge up to 3 days.