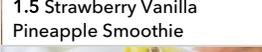
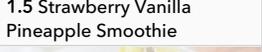
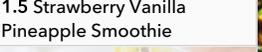
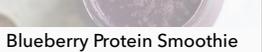
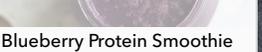
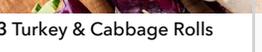
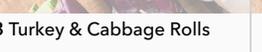
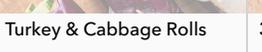
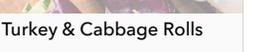
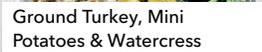
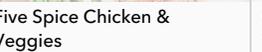
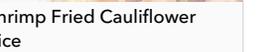




2300 Calorie Paleo

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 1.5 Strawberry Vanilla Pineapple Smoothie	 1.5 Strawberry Vanilla Pineapple Smoothie	 1.5 Strawberry Vanilla Pineapple Smoothie			 Yogurt & Peaches	 Yogurt & Peaches
	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps	 2 Beef, Sweet Potato & Rapini Skillet	 2 Beef, Sweet Potato & Rapini Skillet	 Pineapple Coconut Shrimp	 Pineapple Coconut Shrimp
Snack 1	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie	 Blueberry Protein Smoothie				
	 Coconut Zucchini Fries	 Coconut Zucchini Fries	 Coconut Zucchini Fries	 3 Turkey & Cabbage Rolls	 3 Turkey & Cabbage Rolls	 3 Turkey & Cabbage Rolls	 3 Turkey & Cabbage Rolls
Lunch	 Ground Turkey, Mini Potatoes & Watercress			 Maple Dijon Chicken	 Five Spice Chicken & Veggies	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Shrimp Fried Cauliflower Rice
	 Salmon Carpaccio	 Pork Roast with Potatoes & Green Beans	 BBQ Ribs	 Pineapple Salmon Skewers	 Cucumber Mint Gazpacho	 2 Spicy Roasted Red Pepper Soup	 Slow Cooker Stuffed Peppers
Snack 2				 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries
				 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries
Dinner	 Pork Roast with Potatoes & Green Beans	 BBQ Ribs	 Maple Dijon Chicken	 Five Spice Chicken & Veggies	 One Pan Harissa Chicken, Sweet Potatoes & Broccoli	 Shrimp Fried Cauliflower Rice	 Pressure Cooker Chicken Breast & Mashed Sweet...
	 Pineapple Salmon Skewers	 BBQ Ribs	 Maple Dijon Chicken	 Cucumber Mint Gazpacho	 2 Spicy Roasted Red Pepper Soup	 Slow Cooker Stuffed Peppers	 Turkey Stuffed Zucchini Boats

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  36%	Fat  36%	Fat  36%	Fat  32%	Fat  30%	Fat  32%
Carbs  33%	Carbs  32%	Carbs  31%	Carbs  28%	Carbs  33%	Carbs  33%	Carbs  29%
Protein  32%	Protein  32%	Protein  33%	Protein  36%	Protein  35%	Protein  37%	Protein  39%
Calories 2317	Calories 2326	Calories 2364	Calories 2342	Calories 2327	Calories 2288	Calories 2262
Fat 94g	Fat 94g	Fat 97g	Fat 95g	Fat 86g	Fat 80g	Fat 83g
Carbs 199g	Carbs 193g	Carbs 184g	Carbs 168g	Carbs 194g	Carbs 194g	Carbs 171g
Fiber 52g	Fiber 51g	Fiber 47g	Fiber 39g	Fiber 54g	Fiber 48g	Fiber 39g
Sugar 72g	Sugar 91g	Sugar 115g	Sugar 83g	Sugar 79g	Sugar 100g	Sugar 89g
Protein 190g	Protein 193g	Protein 201g	Protein 213g	Protein 210g	Protein 217g	Protein 224g

## Fruits

- 2 1/2 Avocado
- 2 cups Blueberries
- 1/2 Lemon
- 3 1/2 tbsps Lemon Juice
- 1 2/3 tbsps Lime Juice
- 1 tsp Orange Zest
- 2 Peach
- 4 cups Pineapple
- 7 1/2 cups Strawberries

## Breakfast

- 1 tbsp Maple Syrup

## Seeds, Nuts & Spices

- 1 Bay Leaf
- 1 1/4 tpsps Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 3/4 tpsps Chili Powder
- 1 tsp Chinese Five Spice
- 2/3 tsp Cumin
- 2 1/16 tpsps Dried Basil
- 1/4 tsp Dried Rosemary
- 1/8 tsp Garlic Powder
- 3 tpsps Ground Flax Seed
- 2 tpsps Harissa
- 1 tsp Italian Seasoning
- 1/8 tsp Onion Powder
- 1/4 tsp Oregano
- 2/3 tsp Red Pepper Flakes
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

## Frozen

- 3 cups Frozen Blueberries
- 5 cups Frozen Pineapple

## Vegetables

- 1 cup Arugula
- 3 cups Asparagus
- 4 1/2 cups Baby Spinach
- 1 bunch Broccolini
- 1/2 head Cauliflower
- 2 1/2 cups Cauliflower Rice
- 8 stalks Celery
- 3 1/4 tpsps Cilantro
- 6 Cucumber
- 1 1/2 heads Endive
- 14 1/2 Garlic
- 1 1/3 tpsps Ginger
- 6 cups Green Beans
- 2 Green Bell Pepper
- 5 stalks Green Onion
- 1 cup Mini Potatoes
- 1/2 cup Mint Leaves
- 1 tbsp Parsley
- 6 cups Purple Cabbage
- 1 bunch Rapini
- 7 1/4 Red Bell Pepper
- 1/2 cup Red Onion
- 1/4 cup Shallot
- 1 Sweet Onion
- 5 Sweet Potato
- 1/8 oz Thyme Sprigs
- 2 cups Watercress
- 1 1/4 Yellow Onion
- 2 Yellow Potato
- 2 1/2 Zucchini

## Boxed & Canned

- 3 tpsps Canned Coconut Milk
- 1 cup Salsa
- 1 1/3 lbs Sardines
- 3 cups Vegetable Broth

## Baking

- 1/4 cup Coconut Flour
- 1 tbsp Honey

## Bread, Fish, Meat & Cheese

- 2 1/3 lbs Chicken Breast
- 1 lb Extra Lean Ground Beef
- 16 ozs Extra Lean Ground Turkey
- 1 lb Pork Ribs
- 12 3/4 ozs Pork Shoulder, Boneless
- 14 ozs Salmon Fillet
- 1 1/2 lbs Shrimp
- 1 1/2 lbs Sliced Turkey Breast

## Condiments & Oils

- 3 tpsps Apple Cider Vinegar
- 1 2/3 tpsps Avocado Oil
- 1/2 cup Barbecue Sauce
- 2 tpsps Capers
- 1/4 cup Coconut Aminos
- 2 3/4 tpsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 1/2 tpsps Mayonnaise
- 1 tbsp Red Wine Vinegar
- 1/2 cup Tomato Sauce

## Cold

- 2 1/2 Egg
- 1/4 cup Orange Juice
- 5 cups Unsweetened Almond Milk
- 2 1/4 cups Unsweetened Coconut Yogurt

## Other

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

---

1 tbsp Unsweetened Coconut Flakes



## Strawberry Vanilla Pineapple Smoothie

5 servings

5 minutes

### Ingredients

5 cups Unsweetened Almond Milk  
7 1/2 cups Strawberries (chopped)  
5 cups Frozen Pineapple  
1 2/3 cups Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	294
Fat	4g
Carbs	41g
Fiber	9g
Sugar	27g
Protein	29g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**Nut-Free:** Use coconut milk, cow's milk, or other nut-free milk.

**Additional Toppings:** Add chia seeds or hemp seeds before blending.



## Sardine & Avocado Endive Wraps

3 servings

5 minutes

### Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1 1/2 Avocado (cubed)
- 1 1/2 heads Endive (leaves separated)

### Nutrition

Amount per serving	
Calories	381
Fat	25g
Carbs	17g
Fiber	15g
Sugar	1g
Protein	26g

### Directions

- 1 In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
- 2 Fill each endive leaf with the sardine avocado mixture. Enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately three endive-filled leaves.

**Additional Toppings:** Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

**No Endive:** Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.



## 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.



## Yogurt & Peaches

2 servings

5 minutes

### Ingredients

2 cups Unsweetened Coconut Yogurt  
2 Peach (sliced, fresh or frozen and thawed)

### Nutrition

Amount per serving	
Calories	169
Fat	7g
Carbs	26g
Fiber	5g
Sugar	14g
Protein	2g

### Directions

- 1 Add the yogurt to a bowl and top with the peach slices. Enjoy!

### Notes

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

**Additional Toppings:** Granola, hemp seeds, bee pollen, crushed nuts, nut butter, honey or maple syrup.

**No Coconut Yogurt:** Use Greek yogurt instead.



## 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.



## Blueberry Protein Smoothie

3 servings

5 minutes

### Ingredients

3/4 cup Vanilla Protein Powder  
3 tbsps Ground Flax Seed  
3 cups Frozen Blueberries  
3 cups Baby Spinach  
3 cups Water (cold)

### Nutrition

Amount per serving	
Calories	206
Fat	4g
Carbs	23g
Fiber	7g
Sugar	13g
Protein	22g

### Directions

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

### Notes

**No Blueberries:** Use any type of frozen berry instead.

**No Protein Powder:** Use hemp seeds instead



## Coconut Zucchini Fries

3 servings

20 minutes

### Ingredients

- 2 1/4 tps Coconut Oil
- 3 tbsps Canned Coconut Milk (full fat)
- 3 tbsps Coconut Flour
- 1/3 tsp Sea Salt
- 1 1/2 Zucchini (medium, sliced into strips)

### Nutrition

Amount per serving	
Calories	104
Fat	7g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	2g

### Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking sheet with foil and coat with oil.
- 2 Pour the coconut milk into a small bowl. In a separate bowl, combine the coconut flour and salt.
- 3 Dip each zucchini strip in the coconut milk, letting the excess liquid drip off. Transfer to the bowl of salted coconut flour and coat well, shaking off any excess flour. Place onto the baking sheet. Bake for 12 to 15 minutes or until golden brown, gently flipping halfway.
- 4 Remove from oven and enjoy!

### Notes

**No Coconut Milk:** Use eggs instead.

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

**Additional Toppings:** Add paprika, chili powder or spices of your choice to the coconut flour.

**Extra Crispy:** Substitute half of the coconut flour with breadcrumbs or shredded coconut. Drizzle the zucchini fries with oil prior to baking.



## Turkey & Cabbage Rolls

12 servings

10 minutes

### Ingredients

- 6 cups Purple Cabbage (leaves pulled apart)
- 1 1/2 lbs Sliced Turkey Breast
- 3 Cucumber (medium, sliced)
- 2 tbsps Mayonnaise

### Nutrition

Amount per serving	
Calories	101
Fat	4g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	10g

### Directions

- 1 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately two small rolls.

**Additional Toppings:** Add sprouts or arugula.



## Ground Turkey, Mini Potatoes & Watercress

1 serving

30 minutes

### Ingredients

- 1 cup Mini Potatoes (halved)
- 1/2 tsp Coconut Oil
- 4 ozs Extra Lean Ground Turkey
- 1/4 tsp Dried Rosemary
- 1/8 tsp Onion Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Watercress (roughly chopped)
- 1/4 Garlic (clove, minced)

### Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	28g
Fiber	4g
Sugar	1g
Protein	26g

### Directions

- 1 Place the potatoes in a pot and cover them with water. Bring to a boil and cook for 15 to 20 minutes or until they are fork tender. Drain, season with salt and pepper, and set aside.
- 2 Heat the oil in a frying pan over medium heat and add the ground turkey, breaking it up as it cooks. Mix in the rosemary, onion powder, salt, and pepper and cook for 14 to 15 minutes or until cooked through and no longer pink. Remove from the heat and set aside.
- 3 To the same pan, add the watercress, garlic, and salt and pepper to taste, and sauté for three to four minutes or until the watercress is slightly wilted.
- 4 Divide the turkey, potatoes, and watercress evenly between bowls or containers. Enjoy!

### Notes

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

**More Flavor:** Add hot sauce or tzatziki when ready to eat.

**No Ground Turkey:** Use any other ground meat or lentils instead.



## Salmon Carpaccio

1 serving  
10 minutes

### Ingredients

- 1 1/2 tps Mayonnaise
- 1/2 Lemon (juiced, divided)
- Sea Salt & Black Pepper (to taste)
- 3 1/2 ozs Salmon Fillet (sushi-grade, skinless)
- 1 Cucumber (medium, thinly sliced)
- 1 cup Arugula
- 2 tps Capers
- 1 tsp Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	284
Fat	17g
Carbs	14g
Fiber	2g
Sugar	6g
Protein	22g

### Directions

- 1 In a small bowl, mix together the mayonnaise and 1/2 of the lemon juice. Season with salt and set aside.
- 2 Thinly slice the salmon fillet. Arrange the salmon, cucumber, and arugula on a serving plate. Top with capers.
- 3 Drizzle with oil, the remaining lemon juice, and the mayo sauce. Season well with salt and pepper. Enjoy!

### Notes

**Leftovers:** Best to serve immediately. Refrigerate in an airtight container for up to one day.

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

**More Flavor:** Add micro greens and radishes.

**Additional Toppings:** Lemon zest and chopped parsley.

**Slicing Salmon:** To easily slice the salmon, wrap it in plastic wrap and place it in the freezer for about an hour then slice it.



## 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.



## Pork Roast with Potatoes & Green Beans

2 servings

10 hours

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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



## BBQ Ribs

2 servings

4 hours

### Ingredients

1/2 cup Barbecue Sauce (divided)  
1 lb Pork Ribs  
3 cups Asparagus (woody ends snapped off)  
1 1/2 tps Extra Virgin Olive Oil (chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	609
Fat	29g
Carbs	36g
Fiber	5g
Sugar	26g
Protein	51g

### Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

### Notes

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

**No Ribs:** Use wings, chicken breast or drumsticks instead.



## Maple Dijon Chicken

2 servings

50 minutes

### Ingredients

- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 1 1/2 tsps Lemon Juice
- 1/4 tsp Oregano (dried)
- 1/8 tsp Sea Salt
- 8 ozs Chicken Breast

### Nutrition

Amount per serving	
Calories	170
Fat	3g
Carbs	7g
Fiber	0g
Sugar	6g
Protein	25g

### Directions

- 1 In a shallow bowl or zipper-lock bag combine the Dijon mustard, maple syrup, lemon juice, oregano, and salt. Reserve a quarter of the marinade for later. Add the chicken to the remaining marinade and let it marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C).
- 3 Transfer the chicken and the marinade to a baking dish and bake for 25 to 30 minutes or until the chicken is cooked through. Brush the chicken generously with the reserved marinade. Serve and enjoy!

### Notes

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

**More Flavor:** Add garlic or other dried herbs.

**No Chicken Breast:** Use boneless, skinless chicken thighs instead.

**No Maple Syrup:** Use honey or other liquid sweetener instead.

**Serve it With:** Rice, roasted potatoes, steamed or roasted veggies, and/or salad.



## Pineapple Salmon Skewers

2 servings

15 minutes

### Ingredients

- 10 1/2 ozs Salmon Fillet (cut into 1-inch cubes)
- 2 cups Pineapple (cut into 1-inch cubes)
- 4 Barbecue Skewers
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Honey
- 1 tbsp Lemon Juice
- 2 Garlic (cloves, minced)
- 1 tsp Ginger (fresh, grated)
- 1/2 tsp Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 1 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.



## Five Spice Chicken & Veggies

2 servings

25 minutes

### Ingredients

- 12 ozs Chicken Breast (boneless, skinless)
- 1 tsp Chinese Five Spice
- 1 tsp Avocado Oil
- 1/4 cup Shallot (finely chopped)
- 2 Garlic (clove, minced)
- 1 tsp Orange Zest
- 4 cups Green Beans (washed, trimmed)
- 2 tbsps Orange Juice
- 2 tbsps Coconut Aminos

### Nutrition

Amount per serving	
Calories	328
Fat	7g
Carbs	23g
Fiber	6g
Sugar	12g
Protein	43g

### Directions

- 1 Coat the chicken in the Chinese Five Spice and heat a pan over medium heat. Add the avocado oil and chicken to the pan. Cover and cook for 7 to 8 minutes per side or until it is cooked through. Remove from the pan and set aside.
- 2 In the same pan, reduce the heat to medium-low and add the shallot. Cook for 1 to 2 minutes, then add the garlic and cook for 30 seconds. Add the orange zest and green beans and cook for 5 minutes. Add the orange juice and coconut aminos and cook for 1 more minute.
- 3 Slice the chicken into thick slices and add to a plate along with the green beans. Enjoy!

### Notes

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

**Additional Toppings:** Use broccoli or other greens such as kale instead of green beans or in addition to it.

**No Coconut Aminos:** Use tamari or soy sauce instead.

**No Avocado Oil:** Use coconut oil or extra virgin olive oil instead.



## Cucumber Mint Gazpacho

2 servings

10 minutes

### Ingredients

- 2 Cucumber (large, peeled, chopped)
- 1 Avocado (medium)
- 1/2 cup Mint Leaves
- 2 stalks Green Onion (chopped)
- 2 Garlic (clove)
- 2 tbsps Dried Basil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Lemon Juice
- 1 cup Water
- 1/4 cup Unsweetened Coconut Yogurt

### Nutrition

Amount per serving	
Calories	240
Fat	16g
Carbs	26g
Fiber	10g
Sugar	7g
Protein	5g

### Directions

- 1 Add the cucumber, avocado, mint, green onion, garlic, dried basil, salt, black pepper, lemon juice, and water to a blender and blend until smooth.
- 2 Divide into bowls and top with yogurt. Enjoy!

### Notes

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

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

**More Flavor:** Use fresh basil instead of dried basil.

**Additional Toppings:** Top with fresh basil, mint, or sliced cucumbers.

**No Lemon Juice:** Use apple cider vinegar instead.

**Temperature:** Enjoy at room temperature or chilled.



## One Pan Harissa Chicken, Sweet Potatoes & Broccolini

2 servings

40 minutes

### Ingredients

- 2 Sweet Potato (medium, cubed)
- 1 bunch Broccolini
- 12 ozs Chicken Breast (skinless, boneless)
- 1 tbsp Avocado Oil
- 2 tbsps Harissa
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	432
Fat	13g
Carbs	33g
Fiber	10g
Sugar	7g
Protein	49g

### Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

### Notes

**Leftovers:** Store in an airtight container in the fridge for up to 3 days.

**No Broccolini:** Use regular broccoli instead. Adjust bake time accordingly.



## Spicy Roasted Red Pepper Soup

4 servings

1 hour

### Ingredients

- 4 Red Bell Pepper
- 1 1/2 tps Extra Virgin Olive Oil
- 1 Sweet Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tsp Black Pepper (fresh ground)
- 1/8 oz Thyme Sprigs
- 1 Bay Leaf
- 3 cups Vegetable Broth
- 3 tbsps Apple Cider Vinegar
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)

### Nutrition

Amount per serving	
Calories	88
Fat	2g
Carbs	16g
Fiber	4g
Sugar	10g
Protein	2g

### Directions

- 1 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 2 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 3 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 4 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 5 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 6 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

### Notes

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

**Serving Size:** One serving is roughly 1 cup of soup.



## Shrimp Fried Cauliflower Rice

2 servings

20 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

**No Coconut Aminos:** Use tamari or soy sauce instead.



## Slow Cooker Stuffed Peppers

2 servings

4 hours

### Ingredients

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



## Pressure Cooker Chicken Breast & Mashed Sweet Potato

1 serving  
25 minutes

### Ingredients

- 1/2 cup Water
- 1/2 tsp Extra Virgin Olive Oil
- 5 ozs Chicken Breast (bone-in, skin removed)
- 1/8 tsp Italian Seasoning
- 1/8 tsp Garlic Powder
- 1/8 tsp Sea Salt (divided)
- 1 Sweet Potato (small, quartered)

### Nutrition

Amount per serving	
Calories	302
Fat	6g
Carbs	26g
Fiber	4g
Sugar	5g
Protein	34g

### Directions

- 1 Add the water to the pressure cooker and place the trivet in the bottom of the pot.
- 2 Drizzle the oil over the chicken and season with the Italian Seasoning, garlic powder, and half of the salt. Place the seasoned chicken in the center of the trivet. Arrange the quartered sweet potatoes skin side down around the chicken. Close the lid.
- 3 Set to "sealing", then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate and the sweet potatoes to a bowl. Allow the chicken to rest for at least 10 minutes before slicing.
- 4 Meanwhile, peel away the skins of the sweet potato and discard. Add the remaining salt and mash the sweet potato with a fork. Season with additional salt if necessary. Divide evenly between plates and enjoy!

### Notes

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

**More Flavor:** Season the chicken with your favorite spices.

**Additional Toppings:** Serve sweet potatoes with butter or ghee and a pinch of cinnamon.

**Cooking Time:** If the chicken or sweet potatoes are not cooked through after the initial cooking time, return the lid, seal and cook for 0 to 3 minutes until the desired doneness is reached.



## Turkey Stuffed Zucchini Boats

1 serving

40 minutes

### Ingredients

- 1 Zucchini (medium)
- 1/2 cup Tomato Sauce (divided)
- 3/4 tsp Extra Virgin Olive Oil
- 4 ozs Extra Lean Ground Turkey
- 1/2 Garlic (clove, minced)
- 3/4 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/4 Red Bell Pepper (chopped)
- 1 cup Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	280
Fat	14g
Carbs	16g
Fiber	5g
Sugar	11g
Protein	26g

### Directions

- 1 Preheat the oven to 350°F (177°C).
- 2 Cut the zucchini in half lengthwise and scoop out the seeds using a spoon. Add half of the tomato sauce to the bottom of a baking dish. Place the hollowed-out zucchini cut side up on top of the tomato sauce. Set aside.
- 3 Heat the oil in a frying pan or skillet over medium-high heat. Add the turkey and cook until browned breaking it into small pieces as it cooks.
- 4 Add the garlic, Italian seasoning, salt and red pepper flakes to the turkey and stir to combine. Add the bell pepper and spinach and continue to cook until the spinach is wilted. Add the remaining tomato sauce to the turkey mixture and stir to combine. Season with additional salt, if necessary.
- 5 Spoon the turkey mixture into the hollowed out zucchini boats.
- 6 Cover the baking dish with a lid or foil and bake for 20 to 25 minutes or until the zucchini is tender.
- 7 Divide zucchini boats between plates and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two zucchini boats.

**More Flavor:** Use a flavored pasta sauce instead of plain tomato sauce.

**Additional Toppings:** Broil cheese on the top of each zucchini boat before serving. Garnish with additional red pepper flakes and fresh herbs like parsley or basil.

**No Turkey:** Use ground chicken or pork sausage instead.