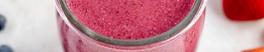




2900 calories, paleo

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Mango Green Smoothie Bowl	 Blueberry Melon Smoothie	 Blueberry Melon Smoothie		
	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 Chicken Breakfast Sausages	 Sardine & Avocado Endive Wraps	 Sardine & Avocado Endive Wraps		
Snack 1	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie		
	 Plantain Fritters with Coconut Yogurt	 Plantain Fritters with Coconut Yogurt	 Plantain Fritters with Coconut Yogurt	 Plantain Fritters with Coconut Yogurt	 Plantain Fritters with Coconut Yogurt		
Lunch	 Shepherd's Pie Bowls	 Slow Cooker Bolognese with Spaghetti Squash	 Citrus Glazed Salmon	 Slow Cooker Maple Mustard Chicken	 Steak, Butternut Squash & Broccoli	 BBQ Chicken with Grilled Balsamic Vegetables	 Zucchini & Ground Beef Skillet
	 Slow Cooker Stuffed Peppers	 Coconut Lime Steamed Mussels	 Cheesy Cauliflower & Broccoli Casserole	 Aloo Gobi	 Slow Cooker Butternut Squash & Ginger Soup	 Honey Chili Meatballs	 Green Poutine
Snack 2	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Strawberry Blueberry Smoothie	 Apple Slices with Tuna	 Apple Slices with Tuna		
	 Slow Cooker Bolognese with Spaghetti Squash	 Citrus Glazed Salmon	 Slow Cooker Maple Mustard Chicken	 Steak, Butternut Squash & Broccoli	 BBQ Chicken with Grilled Balsamic Vegetables	 Zucchini & Ground Beef Skillet	 Pressure Cooker Roast Beef & Vegetables
Dinner	 Coconut Lime Steamed Mussels	 Cheesy Cauliflower & Broccoli Casserole	 Aloo Gobi	 Slow Cooker Butternut Squash & Ginger Soup	 Honey Chili Meatballs	 Green Poutine	 Stuffed Plantains
	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie		
Snack 3	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Banana Cinnamon Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie		

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  31%	Fat  31%	Fat  33%	Fat  32%	Fat  32%	Fat  30%
Carbs  36%	Carbs  37%	Carbs  39%	Carbs  38%	Carbs  38%	Carbs  38%	Carbs  41%
Protein  33%	Protein  32%	Protein  30%	Protein  29%	Protein  30%	Protein  30%	Protein  29%
Calories 2948	Calories 2851	Calories 2740	Calories 2974	Calories 2891	Calories 2762	Calories 2965
Fat 107g	Fat 100g	Fat 97g	Fat 114g	Fat 108g	Fat 102g	Fat 101g
Carbs 276g	Carbs 276g	Carbs 280g	Carbs 290g	Carbs 291g	Carbs 274g	Carbs 315g
Fiber 59g	Fiber 58g	Fiber 64g	Fiber 77g	Fiber 69g	Fiber 58g	Fiber 61g
Sugar 133g	Sugar 132g	Sugar 134g	Sugar 124g	Sugar 154g	Sugar 131g	Sugar 134g
Protein 250g	Protein 238g	Protein 211g	Protein 225g	Protein 223g	Protein 210g	Protein 227g

## Fruits

- 4 Apple
- 1 Avocado
- 8 Banana
- 1 cup Blackberries
- 1 1/2 cups Blueberries
- 1/2 Honeydew Melon
- 1 1/2 Kiwi
- 4 1/2 Lemon
- 1 Lime
- 2 tbsps Lime Juice
- 2 Pear
- 1 3/4 Plantain
- 1 1/2 cups Strawberries

## Breakfast

- 1 tbsp Maple Syrup

## Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 1/2 tsp Black Pepper
- 1/2 cup Cashews
- 2/3 cup Chia Seeds
- 1 1/2 tps Chili Powder
- 1 1/4 tps Cinnamon
- 2 1/4 tps Cumin
- 1 1/4 tps Curry Powder
- 2/3 tsp Dried Basil
- 1 1/4 tps Dried Chives
- 1 1/2 tps Dried Thyme
- 1/4 tsp Garam Masala
- 1/4 cup Ground Flax Seed
- 1/8 tsp Ground Mustard
- 3 tbsps Hemp Seeds
- 1/8 tsp Onion Powder
- 1/2 tsp Oregano
- 1 1/4 tps Paprika
- 1 1/2 tps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

## Vegetables

- 2 cups Asparagus
- 3 1/4 cups Baby Spinach
- 1/2 cup Basil Leaves
- 4 cups Broccoli
- 8 1/4 cups Butternut Squash
- 1 1/8 Carrot
- 1 1/3 heads Cauliflower
- 3/4 stalk Celery
- 1/2 cup Celery Root
- 1/3 cup Cilantro
- 1 head Endive
- 12 1/2 Garlic
- 2 2/3 tbsps Ginger
- 4 cups Green Beans
- 1 1/3 Green Bell Pepper
- 7 stalks Green Onion
- 4 cups Kale Leaves
- 2 cups Mushrooms
- 3 tbsps Parsley
- 1 cup Portobello Mushroom
- 3/4 cup Red Onion
- 1 1/2 Russet Potato
- 1 1/2 cups Shiitake Mushrooms
- 1/2 Spaghetti Squash
- 1 tsp Thyme
- 1 Tomato
- 1/2 Yellow Bell Pepper
- 3 1/16 Yellow Onion
- 2 1/2 Yellow Potato
- 1 1/8 Zucchini

## Boxed & Canned

- 1/4 cup Beef Broth
- 1/2 cup Canned Coconut Milk
- 1/4 cup Chicken Broth
- 1 1/2 cups Crushed Tomatoes
- 2 2/3 cups Diced Tomatoes
- 1/2 cup Salsa
- 6 ozs Sardines
- 2 1/2 tbsps Tomato Paste

## Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 1 lb Chicken Thighs
- 10 2/3 ozs Extra Lean Ground Beef
- 1 1/4 lbs Extra Lean Ground Chicken
- 1 lb Extra Lean Ground Turkey
- 2 lbs Mussels
- 1 lb Ny Striploin Steak
- 8 ozs Salmon Fillet
- 6 ozs Top Sirloin Beef Roast

## Condiments & Oils

- 3 1/3 tbsps Apple Cider Vinegar
- 1 1/8 tps Avocado Oil
- 1 1/2 tps Balsamic Vinegar
- 2 2/3 tbsps Coconut Aminos
- 3 2/3 tbsps Coconut Oil
- 2 1/2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1 tsp Tabasco Sauce
- 2 tbsps Yellow Mustard

## Cold

- 4 3/4 Egg
- 2 2/3 tbsps Ghee
- 1 tbsp Orange Juice
- 5 3/4 cups Plain Coconut Milk
- 12 1/16 cups Unsweetened Almond Milk
- 3 1/4 tbsps Unsweetened Coconut Yogurt

## Other

- 1/2 cup Chocolate Protein Powder
- 2 ozs Collagen Powder
- 4 3/4 cups Vanilla Protein Powder
- 9 1/2 cups Water

1 tsp Smoked Paprika

1 tsp Turmeric

2 cans Tuna

1 2/3 cups Vegetable Broth

### Frozen

3 1/2 cups Frozen Blueberries

4 cups Frozen Cauliflower

3 cups Frozen Mango

3 cups Frozen Peaches

4 cups Frozen Raspberries

6 Ice Cubes

### Baking

1 1/3 tps Arrowroot Powder

1 1/2 tps Coconut Flour

2 tbsps Fancy Molasses

3/4 cup Nutritional Yeast

3 tbsps Raw Honey



## Mango Green Smoothie Bowl

3 servings

5 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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



## Chicken Breakfast Sausages

3 servings

20 minutes

### Ingredients

- 12 ozs Extra Lean Ground Chicken
- 3 tbsps Parsley (very finely chopped)
- 2 1/4 Garlic (cloves, minced)
- 1/8 tsp Sea Salt
- 2 1/4 tsps Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	197
Fat	13g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	20g

### Directions

- 1 In a mixing bowl combine the chicken, parsley, garlic, and salt. Mix well.  
;
- 2 Heat the oil in a non-stick pan over medium heat.  
;
- 3 Form the mixture into thin patties approximately four inches (10-centimeters) in diameter. In batches, cook for four to five minutes per side or until cooked through. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to two patties.

**More Flavor:** Add other fresh or dried herbs and spices to taste.

**No Extra Virgin Olive Oil:** Use avocado or coconut oil instead.

**No Chicken:** Use ground turkey or pork instead.



## Blueberry Melon Smoothie

2 servings

2 minutes

### Ingredients

- 2 cups Frozen Blueberries
- 1/2 Honeydew Melon (small, peeled, seeds removed, and chopped)
- 2 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Ground Flax Seed
- 1/2 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	351
Fat	8g
Carbs	51g
Fiber	8g
Sugar	40g
Protein	22g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

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

**No Protein Powder:** Omit or use a few tablespoons of hemp seeds instead.

**Melon:** 1/4 small honeydew melon is approximately equal to one cup.



## Sardine & Avocado Endive Wraps

2 servings

5 minutes

### Ingredients

- 6 ozs Sardines (packed in oil, drained)
- 1 Avocado (cubed)
- 1 head 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.



## Chocolate Protein Pancakes

2 servings

15 minutes

### Ingredients

- 2 Banana (ripe)
- 4 Egg (medium)
- 1/2 cup Chocolate Protein Powder
- 1 tbsp Coconut Oil

### Nutrition

Amount per serving	
Calories	394
Fat	17g
Carbs	29g
Fiber	4g
Sugar	15g
Protein	33g

### Directions

- 1 In a large bowl, mash the bananas. Then add in the eggs and protein powder. Mix well until a batter forms.
- 2 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancake batter into the skillet, about 1/4 cup at a time. Cook each side for about two to three minutes or until browned. Enjoy!

### Notes

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

**Toppings:** Top with honey, maple syrup, banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

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



## 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.



## Pear & Kale Protein Smoothie

4 servings

5 minutes

### Ingredients

- 5 cups Water (cold)
- 4 cups Kale Leaves
- 2 Pear (stem and seeds removed, chopped)
- 1 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	143
Fat	1g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g

### Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

**No Kale:** Use spinach instead.

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.



## Plantain Fritters with Coconut Yogurt

4 servings

20 minutes

### Ingredients

- 3/4 Plantain (unripe, peeled and sliced)
- 1 2/3 tbsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 3 1/4 tbsps Unsweetened Coconut Yogurt
- 1 1/4 tsps Dried Chives

### Nutrition

Amount per serving	
Calories	120
Fat	6g
Carbs	18g
Fiber	1g
Sugar	10g
Protein	1g

### Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper or a silicone baking mat.
- 2 Add the plantain, coconut oil and sea salt to a food processor or blender. Blend into a thick puree.
- 3 Use a spoon to scoop the batter onto the baking sheet and spread out to approximately two inches wide and half-inch thick.
- 4 Bake until the fritters begin to brown around edges, about 15 to 20 minutes. Serve with coconut yogurt and chives. Enjoy!

### Notes

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

**Serving Size:** One serving equals one fritter.

**More Flavor:** Add your choice of herbs or spices to the mixture before baking.



## Shepherd's Pie Bowls

1 serving  
45 minutes

### Ingredients

- 1/2 Yellow Potato (medium, chopped)
- 1/8 head Cauliflower (chopped into florets)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Yellow Onion (medium, diced)
- 1/2 Carrot (medium, peeled and diced)
- 3/4 stalk Celery (diced)
- 1/2 Garlic (cloves, minced)
- 4 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Poultry Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 1/3 tbsps Unsweetened Almond Milk

### Nutrition

Amount per serving	
Calories	339
Fat	14g
Carbs	31g
Fiber	6g
Sugar	6g
Protein	26g

### Directions

- 1 Place the yellow potato and cauliflower in a large pot. Fill with enough water to cover them by one inch and cook on high heat until boiling. Once boiling, set a timer for 10 minutes.
- 2 While the cauliflower and potatoes are cooking, heat oil in a large skillet. Add the onion, carrots, celery, and garlic. Cook for 5 to 10 minutes, or until veggies are softened, then add the turkey and poultry seasoning. Stir the turkey around while it cooks to break it into small pieces. After about 10 minutes, or once the meat is cooked through, remove the pan from heat and season to taste with salt and pepper.
- 3 When the potato and cauliflower are tender and easily pierced with a fork, drain them and return to the pot. Add the almond milk and mash with a fork or potato masher. Season to taste with salt and pepper.
- 4 To assemble the bowls, divide the meat and the potato mixture between bowls or containers. Enjoy!

### Notes

**Lower Carb:** Replace the yellow potato with more cauliflower.

**Vegan Version:** Replace the ground turkey with lentils or shredded tempeh.

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



## 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.



## Strawberry Blueberry Smoothie

3 servings

5 minutes

### Ingredients

- 1 1/2 cups Frozen Blueberries (wild)
- 1 1/2 cups Strawberries (stems removed)
- 3 3/4 cups Unsweetened Almond Milk
- 3 tbsps Chia Seeds
- 3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	241
Fat	8g
Carbs	23g
Fiber	9g
Sugar	10g
Protein	23g

### Directions

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

### Notes

**Leftovers:** Best enjoyed immediately.

**No Almond Milk:** Use another plant-based milk such as coconut, cashew, or oat.

**No Fresh Strawberries:** Use frozen instead.

**Protein Powder:** This recipe was tested using plant-based vanilla protein powder.



## Apple Slices with Tuna

4 servings

10 minutes

### Ingredients

- 2 cans Tuna
- 1/2 cup Red Onion (diced)
- 1/4 cup Mayonnaise
- 1/4 tsp Sea Salt
- 4 Apple (cored, sliced)

### Nutrition

Amount per serving	
Calories	267
Fat	11g
Carbs	27g
Fiber	5g
Sugar	20g
Protein	17g

### Directions

- 1 In a bowl, add the tuna, red onion, mayonnaise and sea salt. Mix well.
- 2 Add the tuna on top of the sliced apple. Serve and enjoy!

### Notes

**Leftovers:** The apple is best cut on the same day you'll enjoy it. Refrigerate the leftover tuna mix in an airtight container for up to three days.

**Additional Toppings:** Add chopped nuts or sesame seeds on top.

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

**No Mayonnaise:** Use greek yogurt instead.



## Slow Cooker Bolognese with Spaghetti Squash

2 servings

8 hours

### Ingredients

- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1/2 Yellow Onion (diced)
- 2 1/2 Garlic (cloves, minced)
- 1 1/2 cups Diced Tomatoes (drained)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 Bay Leaf
- 1/2 tsp Oregano
- 1/2 Spaghetti Squash
- 1/4 cup Basil Leaves (chopped)
- 1/2 tsp Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	35g
Fiber	8g
Sugar	15g
Protein	27g

### Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

### Notes

**More Vegetables:** Add diced green pepper and mushrooms.

**Vegetarian:** Use lentils instead of ground turkey.

**More Carbs:** Use brown rice pasta instead of spaghetti squash.

**No Slow Cooker:** Make it on the stovetop and let simmer for at least an hour.



## Coconut Lime Steamed Mussels

2 servings

20 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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



## Citrus Glazed Salmon

2 servings

25 minutes

### Ingredients

- 8 ozs Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 5 stalks Green Onion (chopped, divided)
- 1 1/2 cups Shiitake Mushrooms (stems removed, sliced)
- 1 tbsp Orange Juice
- 1 1/2 tbsps Coconut Aminos
- 1 Lime (juiced, zested)

### Nutrition

Amount per serving	
Calories	310
Fat	14g
Carbs	22g
Fiber	3g
Sugar	9g
Protein	25g

### Directions

- 1 Preheat the oven to 350°F (177°C). Place the salmon in an oven-safe baking dish and drizzle with half of the extra virgin olive oil and season with half the sea salt. Bake for 13 to 16 minutes, until cooked through and flaky.
- 2 In a skillet over medium-high heat, add the remaining extra virgin olive oil. Add half of the green onions, mushrooms and the remaining sea salt. Cook for 5 to 6 minutes, until the mushrooms and green onion are lightly browned and cooked through.
- 3 In a small bowl, whisk together the orange juice, coconut aminos, lime juice and zest.
- 4 Add the salmon to a platter along with the mushroom mixture and remaining raw green onions. Drizzle the sauce over top. Serve and enjoy!

### Notes

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

**More Flavor:** Add chili flakes.

**Additional Toppings:** Top with sesame seeds. Serve with rice, cauliflower rice, leafy greens or roasted veggies.

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



## Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

**More Carbs:** Serve with brown rice macaroni or quinoa.



## Slow Cooker Maple Mustard Chicken

2 servings

4 hours

### Ingredients

- 1 lb Chicken Thighs (skinless, boneless)
- 1 tbsp Maple Syrup
- 2 1/2 tbsps Dijon Mustard
- 1/2 tsp Dried Basil
- 1/2 tsp Paprika
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Green Beans (washed and trimmed)
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	414
Fat	13g
Carbs	21g
Fiber	6g
Sugar	13g
Protein	48g

### Directions

- 1 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 2 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 3 Divide green beans between plates and top with maple mustard chicken. Enjoy!

### Notes

**No Chicken Thighs:** Use chicken breast or drumsticks instead.

**Save Time:** Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

**More Carbs:** Serve with rice, sweet potato or quinoa.

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



## Aloo Gobi

2 servings

45 minutes

### Ingredients

2 2/3 tbsps Ghee  
 1 1/2 tsps Cumin  
 1/4 tsp Garam Masala  
 1/2 tsp Cinnamon  
 1 tsp Turmeric  
 1/2 Garlic (clove, minced)  
 1 1/2 tsps Ginger (minced)  
 1/2 Yellow Onion (chopped)  
 1 1/2 Russet Potato (peeled, cut into 1-inch pieces)  
 1/2 head Cauliflower (chopped into florets)  
 1/4 cup Water  
 1 tbsp Cilantro (chopped)  
 Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	334
Fat	17g
Carbs	41g
Fiber	8g
Sugar	7g
Protein	7g

### Directions

- 1 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 2 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 3 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 4 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

### Notes

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

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

**No Russet Potatoes:** Use yellow or sweet potatoes instead.



## 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 Butternut Squash & Ginger Soup

2 servings

4 hours

### Ingredients

- 3 1/4 cups Butternut Squash (peeled, seeds removed and chopped)
- 1 3/4 tsps Ginger (peeled and grated)
- 1 1/4 tsps Curry Powder
- 1 1/4 cups Vegetable Broth
- 2 1/3 tsps Apple Cider Vinegar
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	114
Fat	1g
Carbs	29g
Fiber	5g
Sugar	6g
Protein	3g

### Directions

- 1 Combine all ingredients into the slow cooker. Cook on high for 3 to 4 hours, or on low for 6 hours.
- 2 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Divide into bowls and adjust salt to taste if needed. Enjoy!

### Notes

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**Leftovers:** Refrigerate in an airtight container up to 5 to 7 days or freeze if longer.

**Save Time:** Use pre-sliced butternut squash cubes (fresh or frozen).

**Optional Toppings:** Roasted pumpkin or squash seeds, plain yogurt, coconut cream, or cilantro.

**No Curry Powder:** Use turmeric instead.

**No Vegetable Broth:** Use bone broth or almond milk instead.



## BBQ Chicken with Grilled Balsamic Vegetables

2 servings

1 hour

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 cup Red Onion (chopped)
- 1 1/2 Garlic (cloves, minced)
- 1 Tomato (diced)
- 1 tsp Tabasco Sauce
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Yellow Mustard
- 2 tbsps Fancy Molasses
- 1 tbsps Raw Honey
- 1/4 tsp Sea Salt
- 8 ozs Chicken Breast
- 1/2 Yellow Onion (coarsely chopped)
- 1/2 Zucchini (coarsely chopped)
- 1 cup Portobello Mushroom (coarsely chopped)
- 1/2 Yellow Bell Pepper (coarsely chopped)
- 1 1/2 tps Balsamic Vinegar

### Nutrition

Amount per serving	
Calories	333
Fat	7g
Carbs	39g
Fiber	4g
Sugar	30g
Protein	30g

### Directions

- 1 Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
- 2 Transfer to blender and blend until smooth. Let cool while you prepare the rest.
- 3 Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
- 4 Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
- 5 Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
- 6 Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

### Notes

**No BBQ:** Preheat the oven to 350°F (177°C). Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.



## Honey Chili Meatballs

2 servings

30 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

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

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

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



## Zucchini & Ground Beef Skillet

2 servings

25 minutes

### Ingredients

- 8 ozs Extra Lean Ground Beef
- 1 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 1/8 cups Diced Tomatoes (with juices)
- 2/3 Zucchini (medium, chopped)
- 2/3 tsp Cumin
- 1/8 tsp Onion Powder

### Nutrition

Amount per serving	
Calories	246
Fat	12g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	25g

### Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately 1 1/2 cups.

**More Flavor:** Add chili powder and/or green chilis.

**Additional Toppings:** Add red pepper flakes.

**Make it Vegan:** Use extra firm tofu instead of ground beef.



## Green Poutine

2 servings

45 minutes

### Ingredients

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

### Nutrition

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

### Directions

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



## Pressure Cooker Roast Beef & Vegetables

1 serving  
1 hour 45 minutes

### Ingredients

- 5 3/4 ozs Top Sirloin Beef Roast
- 1/8 tsp Sea Salt
- 1/2 tsp Avocado Oil
- 1/8 Yellow Onion (chopped)
- 2/3 Garlic (clove, minced)
- 1/4 cup Beef Broth
- 1/2 tsp Coconut Aminos
- 2/3 Carrot (peeled, chopped)
- 1/2 cup Celery Root (peeled, cut into cubes)
- 1/3 tsp Arrowroot Powder
- 2/3 tsp Water

### Nutrition

Amount per serving	
Calories	364
Fat	11g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	51g

### Directions

- 1 Cut the roast into 4 to 5 equal size pieces and season all sides with the salt.
- 2 Turn your pressure cooker to sauté mode and add the avocado oil. Sear the beef 2 to 3 minutes per side, working in batches if needed. Transfer the beef to a plate and set aside.
- 3 Add the onions and garlic to the pot along with a splash of the beef broth. Cook the onions and garlic for 3 to 5 minutes until the onions have softened. Add the remaining beef broth and the coconut aminos and stir to combine. Place the beef in the pot in a single even layer. Close the lid.
- 4 Set to "sealing", then press manual/pressure cooker and cook for 40 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully.
- 5 Add the carrots and celery root to the pot. Close the lid. Set to "sealing", then press manual/pressure cooker and continue to cook for another 15 minutes on high pressure. Once it is done, release the pressure manually. Remove the lid carefully. Using a slotted spoon, remove the beef and vegetables to a plate and keep warm.
- 6 In a small bowl combine the arrowroot powder and water until a slurry forms. Turn the pressure cooker to sauté mode. Bring the sauce to a simmer then add in the arrowroot powder mixture and stir well to combine. Let the sauce simmer for 3 to 5 minutes or until glossy and thickened slightly. Season with additional salt if needed.
- 7 To serve, shred the beef with a fork. Divide the meat and vegetables between plates and top generously with the sauce. Enjoy!

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### Notes

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

**Additional Toppings:** Season with black pepper or add fresh herbs like rosemary or thyme.

**No Coconut Aminos:** Use tamari instead.

**No Celery Root:** Use yellow potatoes instead.

**No Top Sirloin Roast:** Use another cut of beef instead.



## Stuffed Plantains

1 serving  
30 minutes

### Ingredients

- 1 Plantain (very ripe, peeled)
- 2/3 tsp Avocado Oil
- 2 2/3 ozs Extra Lean Ground Beef
- 1 tsp Smoked Paprika
- 1/3 Green Bell Pepper (small, seeds removed, diced)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	504
Fat	12g
Carbs	89g
Fiber	6g
Sugar	48g
Protein	19g

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Arrange the plantain on the baking sheet and brush evenly with avocado oil. Bake for about 30 minutes or until brown and tender. (If the plantain is still firm, flip over and bake for another five to 10 minutes.)
- 3 Meanwhile, heat a pan over medium-high heat. Add the beef, paprika, bell pepper, salt, and pepper. Stir for eight to 10 minutes or until the beef is cooked through.
- 4 Remove the plantains from the oven and cut each one lengthwise about halfway. Stuff each plantain with the beef mixture. Divide onto plates and enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one stuffed plantain.

**More Flavor:** Add sautéed onions, tomato sauce, garlic, cayenne pepper, or chili powder.

**Additional Toppings:** Top with cheese, yogurt, and fresh parsley.



## Banana Cinnamon Smoothie

3 servings

5 minutes

### Ingredients

3/4 cup Vanilla Protein Powder  
3 tbsps Ground Flax Seed  
3 tbsps Chia Seeds  
3 Banana (frozen)  
6 Ice Cubes  
3 cups Water  
3/4 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	284
Fat	7g
Carbs	36g
Fiber	10g
Sugar	14g
Protein	24g

### Directions

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

### Notes

**No Protein Powder:** Use hemp seeds with vanilla extract instead.

**Leftovers:** Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

**Make it Green:** Add spinach.



## Raspberry Zinger Smoothie

4 servings

10 minutes

### Ingredients

4 cups Frozen Cauliflower  
4 cups Frozen Raspberries  
4 Lemon (juiced)  
1 cup Vanilla Protein Powder  
1/4 cup Chia Seeds  
6 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