



3200 Calorie, Dairy Free

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 2 Vanilla Protein Pancakes	 1.5 Vanilla Protein Pancakes	 1.5 Vanilla Protein Pancakes	 3 Strawberry Blueberry Smoothie	 2 Strawberry Blueberry Smoothie	 Breakfast Taco Nachos	 Breakfast Taco Nachos
	 1.5 Pineapple Spinach Smoothie	 1.5 Pineapple Spinach Smoothie	 Pineapple Spinach Smoothie	 Melon & Prosciutto	 Melon & Prosciutto	 Melon & Prosciutto	 Melon & Prosciutto
Snack 1	 Seared Ahi Tuna with Zoodles & Radishes	 Seared Ahi Tuna with Zoodles & Radishes	 Seared Ahi Tuna with Zoodles & Radishes	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche	 Ahi Tuna Avocado Ceviche
	 Herbed Pork Roast with Sweet Potato Mash	 Slow Cooker Cod & Sea Veggie Soup	 Honey Garlic Chicken Thighs	 Slow Cooker Maple Mustard Chicken	 Pan Fried Shrimp, Snap Peas & Rice	 Creamy Dill Chicken with Rice	 Slow Cooker Rotisserie Chicken
Lunch	 Chickpea Edamame Salad with Lemon & Dill	 Tofu Veggie Summer Rolls	 Slow Cooker Blueberry Meatballs	 Shrimp & Onion Fritters	 BBQ Ribs	 Steak & Veggie Kabobs	 Corn & White Bean Gazpacho
	 Banana & Chocolate Chip Oatmeal Cups	 Banana & Chocolate Chip Oatmeal Cups	 Banana & Chocolate Chip Oatmeal Cups	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie	 Peach, Blackberry & Basil Smoothie
Snack 2	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Steamed Edamame with Tamari	 Smoked Salmon & Avocado Cucumber Bites	 Smoked Salmon & Avocado Cucumber Bites	 Smoked Salmon & Avocado Cucumber Bites	 Smoked Salmon & Avocado Cucumber Bites
	 Slow Cooker Cod & Sea Veggie Soup	 Honey Garlic Chicken Thighs	 Slow Cooker Maple Mustard Chicken	 Pan Fried Shrimp, Snap Peas & Rice	 Creamy Dill Chicken with Rice	 Slow Cooker Rotisserie Chicken	 Crispy Haddock Burger
Dinner	 Tofu Veggie Summer Rolls	 Slow Cooker Blueberry Meatballs	 Shrimp & Onion Fritters	 BBQ Ribs	 Steak & Veggie Kabobs	 Corn & White Bean Gazpacho	 Saffron Salmon Kabobs

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  34%	Fat  36%	Fat  33%	Fat  36%	Fat  36%	Fat  34%
Carbs  33%	Carbs  33%	Carbs  30%	Carbs  32%	Carbs  31%	Carbs  30%	Carbs  31%
Protein  35%	Protein  33%	Protein  34%	Protein  35%	Protein  33%	Protein  34%	Protein  35%
Calories 3270	Calories 3250	Calories 3180	Calories 3297	Calories 3087	Calories 3260	Calories 3274
Fat 121g	Fat 127g	Fat 129g	Fat 123g	Fat 126g	Fat 133g	Fat 127g
Carbs 277g	Carbs 278g	Carbs 245g	Carbs 267g	Carbs 247g	Carbs 248g	Carbs 254g
Fiber 56g	Fiber 51g	Fiber 45g	Fiber 60g	Fiber 49g	Fiber 53g	Fiber 54g
Sugar 115g	Sugar 125g	Sugar 105g	Sugar 120g	Sugar 102g	Sugar 73g	Sugar 76g
Protein 290g	Protein 273g	Protein 272g	Protein 295g	Protein 259g	Protein 279g	Protein 289g

Fruits

- 3 1/2 Avocado
- 5 1/2 Banana
- 1 1/3 cups Blackberries
- 1 Honeydew Melon
- 1/4 Lemon
- 4 2/3 Lime
- 1 tbsp Lime Juice
- 4 cups Pineapple
- 2 1/2 cups Strawberries

Breakfast

- 2 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- 2 tsps Black Pepper
- 1/4 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1/2 tsp Chili Flakes
- 1 1/2 tbsps Chili Powder
- 1/4 tsp Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1/2 tsp Dried Thyme
- 1/2 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1 1/2 tsps Paprika
- 1/8 tsp Saffron
- 1 3/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 1/4 tbsps Sesame Seeds

Frozen

- 3 Brown Rice Tortilla
- 6 cups Edamame Pods
- 2 3/4 cups Frozen Blueberries
- 1/2 cup Frozen Edamame
- 4 ozs Frozen Meatballs
- 4 cups Frozen Peaches
- 16 Ice Cubes

Vegetables

- 6 cups Asparagus
- 5 cups Baby Spinach
- 1/4 cup Basil Leaves
- 2 cups Brussels Sprouts
- 3/4 cup Cherry Tomatoes
- 1 1/2 tbsps Chives
- 1/2 cup Cilantro
- 1/3 cup Coleslaw Mix
- 12 Cremini Mushrooms
- 1 1/4 Cucumber
- 3 tbsps Fresh Dill
- 7 Garlic
- 1 tbsp Ginger
- 4 cups Green Beans
- 1 1/3 Green Bell Pepper
- 1 stalk Green Onion
- 1 1/2 tsps Mint Leaves
- 2 cups Mushrooms
- 1 cup Purple Cabbage
- 1/3 cup Radishes
- 1/2 Red Bell Pepper
- 1 1/8 cups Red Onion
- 1/3 tsp Rosemary
- 1 1/2 cups Snap Peas
- 2 3/4 Sweet Potato
- 1/3 tsp Thyme
- 2 1/2 Tomato
- 1 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1/4 cup Bread Crumbs
- 1/2 cup Chickpeas
- 1 1/2 cups Corn
- 1 cup Jasmine Rice
- 1/2 cup Quinoa
- 4 cups Vegetable Broth
- 1 cup White Navy Beans

Baking

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Ahi Tuna
- 8 ozs Chicken Breast
- 2 lbs Chicken Thighs
- 2 Cod Fillet
- 8 ozs Extra Lean Ground Turkey
- 1 Haddock Fillet
- 1 lb Pork Ribs
- 8 ozs Pork Tenderloin
- 3 1/2 ozs Prosciutto
- 5 ozs Salmon Fillet
- 1 lb Shrimp
- 12 ozs Smoked Salmon
- 12 ozs Tofu
- 11 1/4 ozs Top Sirloin Steak
- 2 lbs Whole Roasting Chicken
- 2 1/16 ozs Whole Wheat Bun

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 1/16 oz Avocado Oil Spray
- 1/2 cup Barbecue Sauce
- 2 tsps Capers
- 1 1/2 tbsps Coconut Aminos
- 1/4 cup Coconut Oil
- 2 2/3 tbsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1 tbsp Fish Sauce
- 2 tbsps Mayonnaise
- 4 Rice Paper Wraps
- 1 2/3 tbsps Sesame Oil
- 1 1/2 tsps Sriracha
- 1 1/2 tbsps Tamari
- 1 1/16 ozs Tartar Sauce

Cold

- 14 Egg
- 5 1/8 cups Plain Coconut Milk
- 10 1/3 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

-
- 1/4 tsp Baking Powder
 - 1 1/3 tbsps Coconut Sugar
 - 1 1/3 tbsps Dark Chocolate Chips
 - 1 1/2 tbsps Honey
 - 2/3 cup Oats
 - 2 tbsps Raw Honey
 - 2 1/3 ozs Unbleached All Purpose Flour
 - 1/4 tsp Vanilla Extract

Other

- 6 Barbecue Skewers
- 2 2/3 ozs Collagen Powder
- 2/3 oz Dulse
- 3 1/2 cups Vanilla Protein Powder
- 2 1/16 cups Water



Vanilla Protein Pancakes

5 servings

15 minutes

Ingredients

- 5 Banana (plus extra for topping)
- 10 Egg
- 1 1/4 cups Vanilla Protein Powder
- 2 1/2 tbsps 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. Add the eggs and protein powder. Mix well until a batter forms.
- 2 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 3 Transfer to a plate and top with additional banana slices. Enjoy!

Notes

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

Serving Size: One serving is approximately two pancakes.

Additional Toppings: Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts



Strawberry Blueberry Smoothie

5 servings

5 minutes

Ingredients

- 2 1/2 cups Frozen Blueberries (wild)
- 2 1/2 cups Strawberries (stems removed)
- 6 1/4 cups Unsweetened Almond Milk
- 1/3 cup Chia Seeds
- 1 1/4 cups 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.



Breakfast Taco Nachos

1 serving
30 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

Make it Vegan: Use quinoa or lentils instead of ground meat and omit the fried egg.
Additional Toppings: Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



Pineapple Spinach Smoothie

4 servings

5 minutes

Ingredients

- 4 cups Pineapple (fresh or frozen)
- 4 cups Baby Spinach
- 16 Ice Cubes
- 2 cups Unsweetened Coconut Yogurt
- 4 cups Unsweetened Almond Milk
- 1 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	31g
Fiber	6g
Sugar	17g
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 2 1/2 cups.

More Fiber: Add flaxseeds, chia seeds, or hemp seeds.

Protein Powder: This recipe was created and tested using vegan protein powder.

Nut-Free: Use nut-free milk such as oat milk or coconut milk.

Ice Cubes: Four ice cubes are roughly equal to 1/2 cup.



Seared Ahi Tuna with Zoodles & Radishes

3 servings

1 hour 5 minutes

Ingredients

- 1 1/2 tbsps Sesame Oil
- 1 1/2 tbsps Coconut Aminos
- 1/8 Lime (juiced)
- 9 ozs Ahi Tuna
- 1 1/2 Zucchini
- 1/3 cup Radishes (trimmed, sliced)
- 3 tbsps Sesame Seeds (black or white)

Nutrition

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

Directions

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

Notes

No Coconut Aminos: Use soy sauce or tamari instead.

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

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



Melon & Prosciutto

4 servings

5 minutes

Ingredients

- 1 Honeydew Melon (small, peeled, seeds removed and chopped)
- 3 1/2 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	144
Fat	3g
Carbs	23g
Fiber	2g
Sugar	20g
Protein	8g

Directions

- 1 Add the melon and prosciutto to a plate and enjoy!

Notes

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

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

Additional Toppings: Drizzle the melon with a bit of raw honey for extra sweetness.

No Honeydew Melon: Use cantaloupe or watermelon.



Ahi Tuna Avocado Ceviche

4 servings

15 minutes

Ingredients

- 14 ozs Ahi Tuna (sushi-grade, cubed)
- 2 Avocado (cubed)
- 4 Lime (juiced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	277
Fat	15g
Carbs	12g
Fiber	7g
Sugar	1g
Protein	27g

Directions

- 1 Combine all ingredients in a bowl and refrigerate for 10 minutes before serving. Enjoy immediately!

Notes

No Ahi Tuna: Use sushi-grade salmon, crab meat or chopped grilled tofu instead.

More Flavor: Add finely chopped red chile, red onion, and/or paprika.



Herbed Pork Roast with Sweet Potato Mash

1 serving

1 hour

Ingredients

1/3 tsp Rosemary (fresh or dried)
 1/3 tsp Thyme (fresh or dried)
 1 Garlic (cloves, minced)
 1/4 tsp Sea Salt
 1/8 tsp Black Pepper
 8 ozs Pork Tenderloin
 1 1/2 tsps Extra Virgin Olive Oil
 3/4 Sweet Potato (medium, peeled)
 2 tbsps Unsweetened Almond Milk (optional)
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	400
Fat	12g
Carbs	21g
Fiber	3g
Sugar	4g
Protein	49g

Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Mash together rosemary, thyme, garlic, sea salt and black pepper into a paste.
- 3 Cut slits into the pork tenderloin and stuff with the garlic herb paste. Rub pork tenderloin with the remaining paste and olive oil until evenly coated.
- 4 Place in a baking pan and bake for 45 minutes, or until a meat thermometer reads 145°F (63°C). Cover with tinfoil and let sit for 10 minutes before slicing.
- 5 Meanwhile, chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Add almond milk for a creamier consistency (optional) and season with salt and pepper to taste.
- 6 Slice pork into servings and enjoy with sweet potato mash.

Notes

No Rosemary or Thyme: Replace with any fresh or dried herbs on hand. You can also use just rosemary or just thyme, or a mixture of multiple herbs.

Add Greens: Serve with a side of salad or steamed veggies.

No Sweet Potato: Use regular potatoes or serve with rice or quinoa.

AIP-Friendly: Omit the black pepper.



Chickpea Edamame Salad with Lemon & Dill

1 serving
10 minutes

Ingredients

- 1/4 Lemon (juiced)
- 1 1/2 tsps Avocado Oil
- 1/2 tsp Dijon Mustard
- 1/2 tsp Maple Syrup
- 1 tbsp Fresh Dill (chopped)
- 1 cup Baby Spinach (chopped)
- 1/2 cup Chickpeas (cooked)
- 1/2 cup Frozen Edamame (thawed)

Nutrition

Amount per serving	
Calories	311
Fat	13g
Carbs	34g
Fiber	11g
Sugar	8g
Protein	17g

Directions

- 1 In a large mixing bowl, whisk together the lemon juice, avocado oil, dijon, maple syrup and dill.
- 2 Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

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

No Spinach: Use mixed greens, arugula, kale or romaine lettuce instead.

Soy-Free: Use green peas instead of edamame.

No Chickpeas: Use lentils or black beans instead.



Banana & Chocolate Chip Oatmeal Cups

3 servings

35 minutes

Ingredients

- 1 1/2 tps Coconut Oil (melted, divided)
- 2/3 cup Oats (rolled)
- 1 tbsp Vanilla Protein Powder
- 1/4 tsp Baking Powder
- 1/4 tsp Cinnamon
- 1/16 tsp Sea Salt
- 1/2 Banana
- 1 tbsp Maple Syrup
- 1/4 tsp Vanilla Extract
- 2 tbsps Plain Coconut Milk (refrigerated, from the box)
- 1/2 Egg
- 1 1/3 tbsps Dark Chocolate Chips

Nutrition

Amount per serving	
Calories	183
Fat	7g
Carbs	25g
Fiber	2g
Sugar	10g
Protein	6g

Directions

- 1 Preheat the oven to 350F (177°C) and grease a muffin tray with half the oil or use a silicone muffin tray.
- 2 In a medium sized bowl, whisk together the rolled oats, protein powder, baking powder, cinnamon and sea salt.
- 3 In a large bowl, mash the bananas with a fork and then whisk together the maple syrup, vanilla, coconut milk, the remaining coconut oil and eggs. Add the dry ingredients to the wet and stir until fully combined. Gently fold in the chocolate chips.
- 4 Spoon the mixture into the greased muffin tray and bake for 25 minutes. Let them cool and then remove. Serve and enjoy!

Notes

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

Serving Size: One serving size is equal to one oatmeal cup.

Additional Toppings: Top with sliced banana and almond butter.



Steamed Edamame with Tamari

3 servings

10 minutes

Ingredients

6 cups Edamame Pods

1 tbsp Tamari

Nutrition

Amount per serving	
Calories	261
Fat	11g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	27g

Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green. Toss in tamari and enjoy!

Notes

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

More Flavor: Add sesame oil, finishing salt, and/or sesame seeds.



Peach, Blackberry & Basil Smoothie

4 servings

5 minutes

Ingredients

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



Smoked Salmon & Avocado Cucumber Bites

4 servings

5 minutes

Ingredients

- 1 Cucumber (large)
- 1 Avocado (mashed)
- 12 ozs Smoked Salmon
- 2 tsps Capers
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	191
Fat	11g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	17g

Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 In a small bowl, mash the avocado with a fork.
- 3 Top the cucumber with mashed avocado, smoked salmon, capers and sea salt. Serve and enjoy!

Notes

Leftovers: Each of these ingredients spoil quickly when exposed to air. This recipe is best enjoyed the same day.

More Flavor: Add spices like chili flakes, cayenne or black pepper.

Make it Vegan: Omit the smoked salmon and use hemp hearts on top instead.



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.



Tofu Veggie Summer Rolls

2 servings

15 minutes

Ingredients

- 1 1/2 tbsps Honey
- 1 tbsp Fish Sauce
- 1 tbsp Water (hot)
- 1 tbsp Lime Juice
- 4 Rice Paper Wraps
- 1 cup Purple Cabbage (thinly sliced)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/4 Cucumber (sliced)
- 12 ozs Tofu (extra firm, pressed, sliced)

Nutrition

Amount per serving	
Calories	286
Fat	9g
Carbs	39g
Fiber	4g
Sugar	18g
Protein	19g

Directions

- 1 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 2 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 3 Dip into the sauce and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size: One serving equals approximately two rolls.

Additional Toppings: Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

No Honey: Use sugar, maple syrup, or your sweetener of choice instead.

Hoisin Lover: Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.



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.



Slow Cooker Blueberry Meatballs

2 servings

3 hours

Ingredients

- 1 1/3 tbsps Coconut Sugar
- 1 1/2 tps Tamari
- 1 1/2 tps Apple Cider Vinegar
- 1 1/2 tps Sriracha
- 1/2 Garlic (cloves, minced)
- 1/2 tsp Sesame Oil
- 1/4 cup Frozen Blueberries
- 4 ozs Frozen Meatballs
- 3/4 tsp Sesame Seeds (optional, garnish)

Nutrition

Amount per serving	
Calories	218
Fat	14g
Carbs	15g
Fiber	2g
Sugar	10g
Protein	9g

Directions

- 1 Add the coconut sugar, tamari, apple cider vinegar, sriracha, garlic, and sesame oil to the pot of the slow cooker and whisk to combine. Add the blueberries and meatballs and stir to coat.
- 2 Cover and cook on high for three hours or until the meatballs reach an internal temperature of 160°F (70°C). Divide evenly between plates, top with sesame seeds (if using), and enjoy!

Notes

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

Serving Size: One serving is equal to approximately five meatballs.

Gluten-Free: Use gluten-free meatballs.

Additional Toppings: Garnish with sliced green onions.

Make it Vegan: Use plant-based meatballs.



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.



Shrimp & Onion Fritters

2 servings

25 minutes

Ingredients

2 1/3 ozs Unbleached All Purpose Flour
 1/3 cup Water
 1 Egg
 1/2 tsp Chili Flakes
 Sea Salt & Black Pepper
 8 ozs Shrimp (peeled, deveined)
 1/3 cup Red Onion (thinly sliced)
 1 stalk Green Onion (thinly sliced)
 1 1/2 tbsps Extra Virgin Olive Oil
 2 tbsps Cilantro (optional for garnish)

Nutrition

Amount per serving	
Calories	355
Fat	13g
Carbs	28g
Fiber	1g
Sugar	2g
Protein	30g

Directions

- 1 In a bowl, whisk together the flour, water, egg, chili flakes, salt, and pepper until smooth.
- 2 Add in the shrimp, red onion, and green onion and stir well.
- 3 Heat the oil in a large non-stick skillet over medium heat. Scoop roughly 1 1/2 tbsp of batter into the skillet per fritter. Cook for about 15 minutes flipping halfway through, until the fritters are golden brown.
- 4 Divide the fritters evenly between plates, top with cilantro if using, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately six fritters.

More Flavor: Add bean sprouts to the batter.

Dipping sauce: Serve with cilantro sauce or sweet chili sauce if desired.



Pan Fried Shrimp, Snap Peas & Rice

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 8 ozs Shrimp (peeled, deveined)
- 1/4 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 cups Snap Peas (trimmed)
- 1 1/2 tbsps Chives (chopped)

Nutrition

Amount per serving	
Calories	340
Fat	8g
Carbs	43g
Fiber	3g
Sugar	2g
Protein	27g

Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 Meanwhile, place the shrimp on a plate lined with paper towel and pat dry. Season the shrimp with the salt.
- 3 Heat a cast-iron skillet over medium heat and add the olive oil. Once the skillet is warmed, add the shrimp and cook for three minutes per side, until pink and cooked through. Remove and set aside. Add the snap peas and toss. Cook for two to three minutes, until tender-crisp.
- 4 Divide the rice onto plates and top with shrimp and snap peas. Garnish with chives and season with salt to taste.

Notes

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

More Flavor: Use ghee or butter to finish cooking the shrimp. Add chili flakes or black pepper to the shrimp and rice.

No Chives: Use green onion or another fresh herb such as parsley.



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.



Creamy Dill Chicken with Rice

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice (uncooked)
- 8 ozs Chicken Breast (skinless, boneless)
- 2 tbsps Mayonnaise
- 2 tbsps Fresh Dill (chopped, plus more for garnish)
- 2 tbsps Water
- 12 Cremini Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	414
Fat	14g
Carbs	42g
Fiber	2g
Sugar	2g
Protein	32g

Directions

- 1 Cook the rice according to the directions on the package.
- 2 Preheat the oven to 425°F (220°C). Line a baking sheet with foil. Flatten the chicken breast with a mallet or rolling pin to about half-inch thick.
- 3 In a small bowl, combine the mayonnaise and dill.
- 4 Arrange the chicken on the baking sheet and evenly spread the creamy dill sauce ovetop. Bake for 10 minutes or until cooked through. Slice into strips.
- 5 Meanwhile, heat the water in a pan over medium-high heat. Cook the mushrooms for about three minutes or until soft. Add more water as needed to prevent sticking.
- 6 Divide the rice, mushrooms and chicken onto plates and garnish with additional dill (optional). Enjoy!

Notes

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

More Flavor: Use broth instead of water to cook the rice and mushrooms. Sauté onions and garlic with the mushrooms. Add garlic powder, onion powder, black pepper, and/or salt to the creamy dill sauce.

Additional Toppings: A squeeze of lemon juice.

Egg-Free: Use a vegan or egg-free mayonnaise instead.

No White Rice: Use brown rice, quinoa, or cauliflower rice and adjust the cooking time and quantity accordingly.



Steak & Veggie Kabobs

2 servings

20 minutes

Ingredients

- 11 1/4 ozs Top Sirloin Steak (cut into 1-inch pieces)
- 3/4 Green Bell Pepper (medium, chopped)
- 3/4 cup Cherry Tomatoes
- 3/4 cup Red Onion (chopped)
- 4 Barbecue Skewers
- Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	386
Fat	23g
Carbs	10g
Fiber	3g
Sugar	5g
Protein	33g

Directions

- 1 Pierce the steak, green bell peppers, cherry tomatoes, and red onions onto the barbecue skewers. Season with salt and pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. Enjoy!

Notes

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

Serving Size: One serving equals two 13.5-inch (34 cm) skewers.

More Flavor: Add your choice of additional herbs and spices. Use a charcoal grill.

Additional Toppings: Serve with lettuce wraps, grilled corn on the cob or a side of mixed greens.

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



Slow Cooker Rotisserie Chicken

2 servings

4 hours

Ingredients

- 2 lbs Whole Roasting Chicken
- 1 1/2 tsps Sea Salt
- 1 tsp Paprika
- 1/2 tsp Onion Powder
- 1/2 tsp Dried Thyme
- 1/2 tsp Italian Seasoning
- 1/4 tsp Cayenne Pepper
- 1/2 tsp Black Pepper
- 1 Sweet Potato (diced into 1 inch cubes)
- 2 cups Brussels Sprouts (halved and trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	636
Fat	16g
Carbs	23g
Fiber	6g
Sugar	5g
Protein	97g

Directions

- 1 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 2 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 3 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 4 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 5 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 6 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 7 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass: Make our Immunity Boosting Bone Broth.

AIP-Friendly: Omit the black pepper and cayenne.



Corn & White Bean Gazpacho

2 servings

10 minutes

Ingredients

2 Tomato (medium, roughly chopped)
 1/2 Yellow Onion (small, roughly chopped)
 1 1/2 cups Corn (cooked)
 1 cup White Navy Beans (cooked)
 1/2 Garlic (clove, minced)
 1 1/2 tbsps Apple Cider Vinegar
 2 tbsps Extra Virgin Olive Oil
 1/2 cup Water
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	386
Fat	16g
Carbs	54g
Fiber	14g
Sugar	8g
Protein	13g

Directions

- 1 Set aside 1/3 of the corn for garnish if desired. Add all the remaining ingredients to a blender and blend until smooth.
- 2 Pour into mason jars and top with corn. Refrigerate before serving. Enjoy!

Notes

Grill Version: Grill the tomatoes, onion and corn before adding to the blender. Each cob of corn yields approximately 1 cup of kernels.

No White Navy Beans: Use white kidney beans, Cannellini beans or Great Northern beans instead.

Leftovers: Refrigerate in mason jars up to 3-5 days. If freezing in mason jars, leave at least 1 inch of space at the top to allow the fluid to expand.

More Toppings: Grilled tofu, yogurt, avocado slices and/or chopped basil.



Crispy Haddock Burger

1 serving
25 minutes

Ingredients

1 Haddock Fillet
Sea Salt & Black Pepper (to taste)
1/2 Egg
1/4 cup Bread Crumbs
1/16 oz Avocado Oil Spray
1 1/16 ozs Tartar Sauce (divided)
1/3 cup Coleslaw Mix
2 1/16 ozs Whole Wheat Bun

Nutrition

Amount per serving	
Calories	498
Fat	12g
Carbs	52g
Fiber	5g
Sugar	7g
Protein	45g

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Season the fish with salt and pepper. In two separate bowls add the egg(s) and bread crumbs. Whisk the egg(s) with a fork.
- 3 Coat the fish first with bread crumbs, then dip in the egg. Lastly, coat with bread crumbs once more. Spray the fish with cooking spray and place it onto the baking sheet. Bake in the oven for about 15 minutes or until cooked through.
- 4 Meanwhile, mix half of the tartar sauce with coleslaw. Spread the rest of the sauce on the bottom buns. Top with crispy fish, coleslaw, and the top bun. Enjoy!

Notes

Leftovers: Refrigerate all parts separately for up to three days. Assemble just before eating.

Serving Size: One serving is equal to one assembled fish burger.

More Flavor: Add lemon juice and/or hot sauce.

Additional Toppings: Add lettuce.

Fillet Size: One haddock fillet is equal to 150 grams or 5.3 ounces.

Whole Wheat Buns: One bun is equal to approximately 57 grams or two ounces.

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



Saffron Salmon Kabobs

1 serving
20 minutes

Ingredients

- 1/8 tsp Saffron (ground)
- 5 ozs Salmon Fillet (skinless, cut into cubes)
- 1/2 Zucchini (small, sliced length-wise)
- 1/2 Lime (juiced, divided)
- 1/4 tsp Sea Salt (divided)
- 2 Barbecue Skewers
- 2 1/4 tsps Extra Virgin Olive Oil (divided)
- 2 tbsps Cilantro (leaves only, chopped)
- 1 1/2 tsps Mint Leaves (chopped)
- 1/2 Garlic (cloves, minced)

Nutrition

Amount per serving	
Calories	316
Fat	19g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	30g

Directions

- 1 Add the ground saffron to a medium bowl. Add a splash of boiling water and let the saffron bloom for two minutes.
- 2 Add the salmon cubes, zucchini, 1/2 of the lime and 1/2 of the salt to the bowl with the bloomed saffron. Stir and mix well. Thread the salmon and zucchini onto the skewers.
- 3 Heat 1/3 of the oil in a cast-iron skillet over medium heat. Add the skewers to the skillet and cook for four to six minutes per side until cooked through.
- 4 Meanwhile, add the cilantro, mint, garlic, remaining lime juice, salt, and oil to a bowl. Stir to combine.
- 5 Divide the skewers between serving plates. Spoon the herb mixture on top and enjoy!

Notes

Leftovers: Refrigerate the herb mixture and the skewers in separate containers for up to three days.

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

More Flavor: Add red onion to the skewers.

Alternative Cooking Methods: Grill or bake the skewers instead. Be sure to soak the wooden skewers in water for at least 30 minutes before grilling or baking.