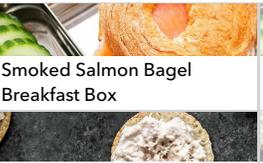
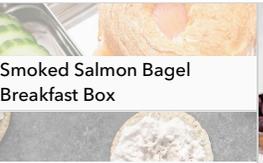
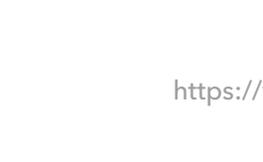
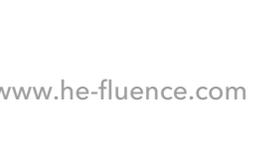




3300 calories, glutenfree

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Whipped Peanut Butter Yogurt Bowl	Whipped Peanut Butter Yogurt Bowl	Whipped Peanut Butter Yogurt Bowl	Smoked Salmon Bagel Breakfast Box	Smoked Salmon Bagel Breakfast Box	2 Blueberry Protein Oats	2 Blueberry Protein Oats
Snack 1							
	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box	Granola, Yogurt & Berry Snack Box	2 Cottage Cheese with Mango	Cottage Cheese with Mango	0.5 Cottage Cheese with Mango	0.5 Cottage Cheese with Mango
Lunch							
	Sun Dried Tomato & Salmon Pasta	Grilled Honey Dijon Salmon with Zucchini & Quinoa	15 Minute Shrimp & Cabbage Stir Fry	Crispy Chickpeas & Cauliflower with Yogurt	Lemony Cod & Herbed Rice	Chicken with Rice & Spinach	Mushroom & Edamame Stir Fry
Snack 2							
	Creamy Broccoli Salad	BBQ Ribs	Grilled Vegetable & Lentil Salad	Pressure Cooker Jerk Pork	Fish Taco Pizza	Asparagus, Cucumber & Feta Salad with Balsamic...	Breakfast Taco Nachos
Dinner							
	Overnight Vanilla Protein Oats	1.5 Overnight Vanilla Protein Oats	1.5 Overnight Vanilla Protein Oats	Pineapple Spinach Smoothie	Pineapple Spinach Smoothie	Pineapple Spinach Smoothie	Pineapple Spinach Smoothie
Snack 3							
	Grilled Honey Dijon Salmon with Zucchini & Quinoa	15 Minute Shrimp & Cabbage Stir Fry	Crispy Chickpeas & Cauliflower with Yogurt	Lemony Cod & Herbed Rice	Chicken with Rice & Spinach	Mushroom & Edamame Stir Fry	Slow Cooker Maple Ginger Ribs with Purple Yam
Dinner							
	BBQ Ribs	Grilled Vegetable & Lentil Salad	Pressure Cooker Jerk Pork	Fish Taco Pizza	Asparagus, Cucumber & Feta Salad with Balsamic...	Breakfast Taco Nachos	Corn & White Bean Gazpacho
Snack 3							
	Banana Cinnamon Smoothie	Banana Cinnamon Smoothie	2 Banana Cinnamon Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie	Strawberry Blueberry Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  37%	Fat  35%	Fat  33%	Fat  30%	Fat  32%	Fat  34%	Fat  35%
Carbs  35%	Carbs  36%	Carbs  39%	Carbs  41%	Carbs  40%	Carbs  39%	Carbs  38%
Protein  28%	Protein  29%	Protein  28%	Protein  29%	Protein  28%	Protein  27%	Protein  27%
Calories 3216	Calories 3382	Calories 3337	Calories 3397	Calories 3323	Calories 3337	Calories 3347
Fat 137g	Fat 136g	Fat 128g	Fat 115g	Fat 120g	Fat 133g	Fat 133g
Carbs 293g	Carbs 311g	Carbs 335g	Carbs 356g	Carbs 345g	Carbs 335g	Carbs 332g
Fiber 58g	Fiber 68g	Fiber 87g	Fiber 57g	Fiber 57g	Fiber 77g	Fiber 72g
Sugar 108g	Sugar 117g	Sugar 107g	Sugar 127g	Sugar 97g	Sugar 114g	Sugar 115g
Protein 227g	Protein 253g	Protein 247g	Protein 254g	Protein 235g	Protein 232g	Protein 235g

Fruits

- 2 1/2 Avocado
- 4 Banana
- 1 cup Blueberries
- 2 1/4 Lemon
- 2 tbsps Lemon Juice
- 2 Lime
- 2 Mango
- 4 1/4 cups Pineapple
- 1/2 cup Raspberries
- 5 cups Strawberries

Breakfast

- 1/3 cup All Natural Peanut Butter
- 2 tbsps Almond Butter
- 1 1/3 cups Granola
- 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Black Pepper
- 2 tsps Cardamom
- 2 tbsps Cashews
- 2/3 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 tsp Cinnamon
- 1 1/2 tsps Cumin
- 1/4 tsp Dried Dill
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/8 tsp Italian Seasoning
- 1 1/8 tbsps Jerk Seasoning
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Sesame Seeds
- 1/4 cup Slivered Almonds
- 1 1/3 tbsps Sunflower Seeds

Frozen

- 5 Brown Rice Tortilla

Vegetables

- 6 cups Asparagus
- 5 1/2 cups Baby Spinach
- 3/4 tsp Basil Leaves
- 2 cups Broccoli
- 1/2 head Cauliflower
- 2 cups Cauliflower Rice
- 10 Cremini Mushrooms
- 1 1/8 Cucumber
- 1 bulb Fennel
- 7 2/3 Garlic
- 1 1/2 tbsps Ginger
- 1/2 Green Bell Pepper
- 8 cups Green Cabbage
- 1/16 head Green Lettuce
- 1/4 stalk Green Onion
- 1/2 Jalapeno Pepper
- 1 cup Kale Leaves
- 4 cups Mixed Greens
- 3/4 cup Parsley
- 1 cup Portobello Mushroom
- 1/2 cup Purple Yam
- 1 1/2 Red Bell Pepper
- 3/4 cup Red Onion
- 1 tsp Thyme
- 2 Tomato
- 1/16 White Onion
- 1 Yellow Onion
- 3 Zucchini

Boxed & Canned

- 1/2 cup Brown Rice
- 2 tbsps Chicken Broth
- 2 1/2 ozs Chickpea Pasta
- 1 3/4 cups Chickpeas
- 3/4 cup Corn
- 1/2 cup Jasmine Rice
- 2 cups Lentils
- 1 3/4 ozs Oat Crackers
- 1 cup Quick Oats
- 1/2 cup Quinoa

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 2 Cod Fillet
- 8 ozs Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 8 ozs Gluten-Free Bagel
- 1 1/2 lbs Pork Ribs
- 10 2/3 ozs Pork Shoulder, Boneless
- 12 ozs Salmon Fillet
- 1 lb Shrimp
- 8 ozs Smoked Salmon
- 1/2 Tilapia Fillet

Condiments & Oils

- 2 1/4 tsps Apple Cider Vinegar
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 cup Barbecue Sauce
- 1 1/2 tsps Coconut Aminos
- 2 tbsps Coconut Oil
- 3 1/2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 3/4 tsp Fish Sauce
- 1 1/2 tsps Red Wine Vinegar
- 1 1/2 tsps Sesame Oil
- 3 tbsps Sun Dried Tomatoes
- 1/4 cup Sunflower Seed Butter
- 1 tbsp Tahini
- 2 1/2 tbsps Tamari

Cold

- 4 cups Cottage Cheese
- 1/3 cup Cream Cheese, Regular
- 2 Egg
- 4 cups Oat Milk
- 5 cups Plain Greek Yogurt
- 11 1/2 cups Unsweetened Almond Milk
- 2 1/3 cups Unsweetened Coconut Yogurt

Other

- 4 1/2 cups Vanilla Protein Powder
- 5 3/4 cups Water

- 4 cups Frozen Blueberries
- 2 cups Frozen Edamame
- 24 Ice Cubes

- 1 can Tuna
- 2 tbsps Vegetable Broth
- 1/2 cup White Navy Beans

Baking

- 2 cups Oats
- 2 1/3 tbsps Raw Honey



Whipped Peanut Butter Yogurt Bowl

3 servings

5 minutes

Ingredients

- 3 cups Plain Greek Yogurt
- 1/3 cup All Natural Peanut Butter
- 1/3 cup Granola
- 1/3 cup Blueberries (fresh or frozen)
- 1 tbsp Maple Syrup

Nutrition

Amount per serving	
Calories	476
Fat	25g
Carbs	35g
Fiber	3g
Sugar	18g
Protein	31g

Directions

- 1 In a bowl, whisk the yogurt and peanut butter together vigorously. Top with granola, blueberries, and maple syrup. Enjoy!

Notes

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

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Swirl berry jam or chia jam into the yogurt.



Smoked Salmon Bagel Breakfast Box

2 servings

5 minutes

Ingredients

- 1/3 cup Cream Cheese, Regular (plain)
- 8 ozs Gluten-Free Bagel (sliced in half)
- 8 ozs Smoked Salmon
- 2/3 Cucumber (medium, sliced)

Nutrition

Amount per serving	
Calories	626
Fat	25g
Carbs	72g
Fiber	1g
Sugar	17g
Protein	29g

Directions

- 1 Spread the cream cheese evenly over the bagel slices. Add the smoked salmon and close the bagel.
- 2 Arrange the bagel and cucumber slices in a container. Enjoy!

Notes

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

Dairy-Free: Use vegan cream cheese instead.

More Flavor: Toast the bagel before spreading the cream cheese. Add cherry tomatoes, pickles, fresh dill, capers, or minced red onion.

No Bagel: Use bread, crackers, waffles or toasted sweet potato slices instead.

Gluten-Free Bagel: One gluten-free bagel is roughly 4-ounces or 113-grams.



Creamy Tuna on Oat Crackers

2 servings

10 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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

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



Blueberry Protein Oats

4 servings

10 minutes

Ingredients

- 1 cup Quick Oats
- 4 cups Oat Milk (plain, unsweetened)
- 2 tsps Cardamom (ground)
- 1/4 cup Sunflower Seed Butter
- 1 1/3 tsps Raw Honey
- 1 cup Vanilla Protein Powder
- 2 cups Frozen Blueberries (or fresh)

Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	51g
Fiber	8g
Sugar	21g
Protein	28g

Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor: Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings: Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk: Use plain coconut milk instead.



Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 cups Strawberries (sliced)
- 1 cup Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

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

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Cottage Cheese with Mango

4 servings

5 minutes

Ingredients

4 cups Cottage Cheese
2 Mango (peeled, chopped)

Nutrition

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

Directions

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

Notes

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

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

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



Sun Dried Tomato & Salmon Pasta

1 serving
15 minutes

Ingredients

2 1/2 ozs Chickpea Pasta (dry)
1 1/2 tsps Extra Virgin Olive Oil (divided)
4 ozs Salmon Fillet
3/4 Garlic (clove, minced)
1/8 Yellow Onion (medium, diced)
3 tsbps Sun Dried Tomatoes (drained, chopped)
1/8 tsp Italian Seasoning
2 tsbps Chicken Broth
2 tsbps Plain Greek Yogurt
Sea Salt & Black Pepper (to taste)
3/4 tsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	512
Fat	19g
Carbs	48g
Fiber	11g
Sugar	12g
Protein	44g

Directions

- 1 Cook the pasta according to the package directions. Drain and set aside.
- 2 Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
- 3 Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
- 4 Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
- 5 Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

Notes

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

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

Dairy-Free: Use coconut milk instead of yogurt.



Creamy Broccoli Salad

1 serving
20 minutes

Ingredients

- 2 cups Broccoli (chopped into florets)
- 1 tbsp Red Onion (finely sliced)
- 1 tbsp Tahini
- 1/4 Lemon (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1/16 tsp Black Pepper
- 1 1/2 tsps Water
- 1 1/3 tbsps Sunflower Seeds

Nutrition

Amount per serving	
Calories	280
Fat	21g
Carbs	20g
Fiber	8g
Sugar	4g
Protein	10g

Directions

- 1 Bring a large pot of water to a boil and drop in your broccoli florets. Cover with a lid and boil for 2 - 3 minutes, or just until slightly tender. Strain and run under cold water.
- 2 Roughly chop the florets into pieces and add them to a large mixing bowl. Add in the red onion.
- 3 In a small jar, add the tahini, lemon juice, olive oil, sea salt, black pepper and water. Shake vigorously until well combined. Pour over the salad and toss well.
- 4 Sprinkle sunflower seeds over top of the salad and serve. Enjoy!

Notes

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

Likes it Sweet: Add dried cranberries or diced apple.



Overnight Vanilla Protein Oats

4 servings

8 hours

Ingredients

- 2 cups Oats (quick or traditional)
- 2 tbsps Chia Seeds
- 2 1/2 cups Unsweetened Almond Milk
- 1/2 cup Vanilla Protein Powder
- 1/2 cup Raspberries
- 1/2 cup Blueberries
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

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

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

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



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.



Grilled Honey Dijon Salmon with Zucchini & Quinoa

2 servings

30 minutes

Ingredients

- 1/2 cup Quinoa (dry, uncooked)
- 2 tbsps Dijon Mustard (grainy or regular)
- 1 tbsp Raw Honey
- 8 ozs Salmon Fillet
- 2 Zucchini (sliced in half lengthwise)
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	411
Fat	12g
Carbs	42g
Fiber	5g
Sugar	13g
Protein	31g

Directions

- 1 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 2 Preheat the grill to medium heat.
- 3 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 4 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 5 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

Notes

No Grill: Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

No Zucchini: Use asparagus or green beans instead.

Lower Carb: Omit the quinoa or serve with cauliflower rice instead.

Leftovers: Store leftovers in an airtight container in the fridge up to 2 to 3 days.



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.



15 Minute Shrimp & Cabbage Stir Fry

2 servings

15 minutes

Ingredients

- 2 tbsps Coconut Oil (divided)
- 1 lb Shrimp (raw, peeled and deveined)
- 3 Garlic (cloves, minced)
- 1 Lemon (juiced)
- 1/2 tsp Red Pepper Flakes
- 8 cups Green Cabbage (finely sliced)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Sesame Seeds

Nutrition

Amount per serving	
Calories	468
Fat	20g
Carbs	26g
Fiber	10g
Sugar	12g
Protein	52g

Directions

- 1 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 2 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 3 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

Notes

More Carbs: Serve with brown rice or quinoa.

Leftovers: Store in an airtight container in the fridge up to 2 days.



Grilled Vegetable & Lentil Salad

2 servings

20 minutes

Ingredients

1 Red Bell Pepper (cored and sliced)
 1/2 cup Red Onion (coarsely chopped)
 1 Zucchini (sliced into rounds)
 1 cup Portobello Mushroom (sliced)
 1 1/2 tsps Extra Virgin Olive Oil
 Sea Salt & Black Pepper (to taste)
 2 tsps Cashews
 1/2 Lemon (juiced)
 1 1/2 tsps Tamari
 1/2 cup Parsley
 1 tbsp Water
 1 1/2 tsps Red Wine Vinegar
 4 cups Mixed Greens
 1 cup Lentils (cooked, drained and rinsed)
 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	335
Fat	13g
Carbs	41g
Fiber	14g
Sugar	11g
Protein	19g

Directions

- 1 Preheat grill to medium-high.
- 2 Add red peppers, onion, zucchini and mushrooms to a large bowl. Toss with extra virgin olive oil then season with sea salt and black pepper to taste. Transfer to a grilling basket and place on the grill. Toss occasionally for 10 to 15 minutes or until veggies are slightly charred.
- 3 Meanwhile, prepare the green cashew dressing by combining cashews, lemon juice, tamari, parsley and water in a blender or food processor. Blend very well until smooth. Set aside.
- 4 Remove veggies from the grill and toss in red wine vinegar.
- 5 Place mixed greens in a large salad bowl. Spread the lentils and grilled veggies over top. Drizzle with desired amount of green cashew dressing and top with crumbled feta. Toss well before serving. Enjoy!

Notes

No Lentils: Use chickpeas or black beans instead.

Vegan: Omit the cheese and top with toasted cashews instead.

Save Time: Chop all vegetables in advance and store in the fridge until ready to grill.

Leftovers: Store in the fridge up to 3 days. Repurpose into grilled veggie wraps with hummus.



Crispy Chickpeas & Cauliflower with Yogurt

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1 tsp Thyme (dried)
- 1/2 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 bulb Fennel (cored, thinly sliced)
- 1 1/2 Lime (juiced, divided)
- 1/4 cup Parsley (chopped)
- 2 tsps Sesame Seeds (toasted)
- 1/3 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	481
Fat	21g
Carbs	62g
Fiber	19g
Sugar	15g
Protein	18g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the oil, cumin, garlic powder, thyme and salt and mix well. Add the cauliflower and chickpeas and toss to combine. Add to the baking sheet and set the bowl aside to use in the next step. Cook the cauliflower and chickpeas for 25 to 28 minutes, flipping halfway through.
- 3 Meanwhile, add the fennel, half the lime juice, parsley and sesame seeds in the same bowl used for the chickpeas and toss to combine. Set aside.
- 4 In a small bowl, add the coconut yogurt and the remaining lime juice and stir.
- 5 Divide the chickpeas and cauliflower evenly between plates. Add the fennel and serve with the coconut yogurt. Enjoy!

Notes

Leftovers: For best results, refrigerate all ingredients in separate airtight containers for up to three days.

No Coconut Yogurt: Use another yogurt, such as Greek or another dairy-free type of yogurt.

More Flavor: Add chili flakes or smoked paprika to the cauliflower and chickpea mix.

No Fennel: Use another green or crispy veggie such as peppers or cabbage.



Pressure Cooker Jerk Pork

2 servings

1 hour

Ingredients

- 10 2/3 ozs Pork Shoulder, Boneless (cut into large chunks)
- 1 1/8 tbsps Jerk Seasoning
- 2 2/3 tbsps Water

Nutrition

Amount per serving	
Calories	210
Fat	5g
Carbs	4g
Fiber	0g
Sugar	0g
Protein	34g

Directions

- 1 Add the pork shoulder to a large bowl with the jerk seasoning. Toss well to coat.
- 2 Place the seasoned pork and water in your pressure cooker. Put the lid on and set it to "sealing" then press manual/pressure cooker. Cook for 40 minutes on high pressure. Once finished, let it release naturally for 10 minutes and then do a quick release.
- 3 Open the lid and shred the pork with two forks. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

Serving Size: One serving is equal to approximately 2/3 cup of pulled pork.

Crispy Pulled Pork: After cooking, broil the pulled pork in the oven on a baking sheet for five to eight minutes to make it crispy.

More Flavor: Let the pork marinate in the seasoning for one to four hours before cooking.

Serve it With: Tacos, rice, or vegetables.



Lemony Cod & Herbed Rice

2 servings

35 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 2 tbsps Lemon Juice
- 1/4 tsp Dried Dill
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Garlic Powder (divided)
- 2 Cod Fillet
- 1/2 cup Brown Rice
- 1 cup Water
- 1 tbsp Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	372
Fat	3g
Carbs	37g
Fiber	2g
Sugar	1g
Protein	45g

Directions

- 1 To a shallow bowl or zipper-lock bag, add the dijon mustard, lemon juice, dill, half of the salt, and half of the garlic powder. Mix to combine. Add the cod fillets to the marinade and ensure the fish is well coated in the sauce and marinate for at least 15 minutes.
- 2 Meanwhile, add the rice, water, and the remaining salt and garlic powder to a pot. Bring to a boil then reduce the heat, cover, and simmer for about 30 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley.
- 3 While the rice cooks, preheat the oven to 375°F (190°C).
- 4 Transfer the fillets and any excess marinade to a baking dish and cover with a lid or foil. Bake for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.) To serve, divide the fish and rice between plates and enjoy!

Notes

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

Additional Toppings: Serve with lemon wedges, lemon zest, and additional parsley.

No Cod Fillets: Use another white fish instead.

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



Fish Taco Pizza

2 servings

40 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	393
Fat	20g
Carbs	45g
Fiber	12g
Sugar	8g
Protein	12g

Directions

- 1 Preheat the oven to 500°F (260°C) and move rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 2 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 3 Reduce oven temperature to 410°F (210°C).
- 4 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 5 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 6 Spread guacamole onto your tortillas and top with chopped spinach, salsa and fish. Bake in the oven for 10 minutes. Enjoy!

Notes

Leftovers: Best enjoyed the same day.

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



Chicken with Rice & Spinach

2 servings

30 minutes

Ingredients

- 10 ozs Chicken Breast (boneless, skinless)
- 1 tsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Garlic Powder
- 1/2 cup Jasmine Rice
- 1 cup Baby Spinach (chopped)
- 1 Avocado (halved, diced or sliced; optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	47g
Fiber	8g
Sugar	1g
Protein	37g

Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Place the chicken breasts in a baking dish. Drizzle with oil and season with salt and garlic powder. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Allow the chicken to rest for five to 10 minutes before slicing.
- 3 Meanwhile, cook the rice according to package directions. When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted.
- 4 To serve, divide the chicken, spinach rice and avocado (if using) between plates. Enjoy!

Notes

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

Serving Size: One serving is equal to five ounces (140 grams) chicken, 3/4 cup rice, and 1/2 avocado (if using).

More Flavor: Season the chicken with other dried herbs and spices to taste.

More Veggies: Serve with steamed broccoli, cauliflower, green beans, or carrots.

No Chicken Breast: Use chicken thighs instead.

No Jasmine Rice: Use brown rice, white rice, or quinoa instead.



Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

2 servings

15 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

Dairy-Free: Skip the feta.

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

No Lentils: Use chickpeas or beans instead.

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



Mushroom & Edamame Stir Fry

2 servings

20 minutes

Ingredients

- 1 1/2 tps Sesame Oil
- 10 Cremini Mushrooms (sliced)
- 1/2 Yellow Onion (small, sliced)
- 1 cup Kale Leaves (finely chopped)
- 2 cups Frozen Edamame (thawed)
- 2 tbsps Vegetable Broth
- 2 tbsps Tamari
- 1 tbsp Ginger (fresh, finely grated)
- 2 Garlic (clove, minced)
- 2 cups Cauliflower Rice

Nutrition

Amount per serving	
Calories	291
Fat	12g
Carbs	27g
Fiber	12g
Sugar	10g
Protein	26g

Directions

- 1 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 2 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 3 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 4 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 5 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 6 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

Notes

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

More Flavor: Add rice vinegar, honey or red pepper flakes to the sauce.

Additional Toppings: Asian-style hot sauce or sesame seeds.

No Cauliflower Rice: Use white rice, brown rice or quinoa instead.

No Kale : Use spinach or Swiss chard instead.



Breakfast Taco Nachos

2 servings

30 minutes

Ingredients

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



Slow Cooker Maple Ginger Ribs with Purple Yam

1 serving
4 hours 30 minutes

Ingredients

1 1/2 tsps Coconut Aminos
3/4 tsp Fish Sauce
1 1/8 tsps Maple Syrup
1/16 White Onion (chopped)
1 1/2 tsps Ginger (peeled, chopped)
2/3 Garlic (cloves, minced)
1/4 stalk Green Onion (chopped, divided)
8 ozs Pork Ribs
1/2 cup Purple Yam (small, halved)
1/16 head Green Lettuce

Nutrition

Amount per serving	
Calories	548
Fat	25g
Carbs	30g
Fiber	3g
Sugar	7g
Protein	48g

Directions

- 1 In a bowl, make your marinade by whisking together the coconut aminos, fish sauce, maple syrup, white onion, ginger, garlic and green onion.
- 2 Place your ribs in the slow cooker and brush the marinade on all sides. Cook on low for 6 to 8 hours, or high for 4 hours.
- 3 About 20 minutes before your ribs are done, bring a pot of water to a boil and place the purple yams into a steaming basket. Cover and steam for about 10 to 15 minutes or until tender. Set aside.
- 4 Divide the lettuce onto plates and top with ribs and steamed yams. Enjoy!

Notes

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

Additional Toppings: Top with black and/or white sesame seeds.

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

No Coconut Aminos: Use soy sauce or tamari instead.

No Fish Sauce: Omit completely or use additional coconut aminos instead.

BBQ Lover: Remove ribs from the slow cooker and grill over medium heat for 10 minutes per side, or until slightly charred. Brush with any remaining marinade while cooking.



Corn & White Bean Gazpacho

1 serving
10 minutes

Ingredients

1 Tomato (medium, roughly chopped)
1/4 Yellow Onion (small, roughly chopped)
3/4 cup Corn (cooked)
1/2 cup White Navy Beans (cooked)
1/4 Garlic (clove, minced)
2 1/4 tsps Apple Cider Vinegar
1 tbsp Extra Virgin Olive Oil
1/4 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.



Banana Cinnamon Smoothie

4 servings

5 minutes

Ingredients

- 1 cup Vanilla Protein Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Chia Seeds
- 4 Banana (frozen)
- 8 Ice Cubes
- 4 cups Water
- 1 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.



Strawberry Blueberry Smoothie

4 servings

5 minutes

Ingredients

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