

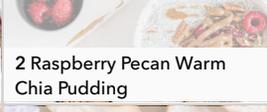
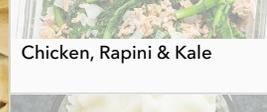


3400 Calorie, Gluten Free

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

FYI:

There are Blueberry Oat Muffins servings than what is on the plan for "extras to save or share."

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Rice Cereal with Coconut Milk & Blueberries	 Rice Cereal with Coconut Milk & Blueberries	 Rice Cereal with Coconut Milk & Blueberries	 Yogurt with Granola & Banana	 Yogurt with Granola & Banana	 2 Cottage Cheese with Cherries & Pumpkin Seeds	 2 Cottage Cheese with Cherries & Pumpkin Seeds
	 2 Raspberry Pecan Warm Chia Pudding	 2 Raspberry Pecan Warm Chia Pudding	 2 Raspberry Pecan Warm Chia Pudding				
Snack 1	 Brown Rice Tortilla Chips	 Brown Rice Tortilla Chips	 Brown Rice Tortilla Chips	 Herbed Chicken Drumsticks with Celery Root Mash	 Herbed Chicken Drumsticks with Celery Root Mash	 Herbed Chicken Drumsticks with Celery Root Mash	 Herbed Chicken Drumsticks with Celery Root Mash
	 Steamed Asparagus & Potatoes	 Steamed Asparagus & Potatoes	 Steamed Asparagus & Potatoes	 Green Beans, Broccoli & Carrots	 Green Beans, Broccoli & Carrots	 Green Beans, Broccoli & Carrots	 Green Beans, Broccoli & Carrots
Lunch	 2 Ground Turkey, Mini Potatoes & Watercress	 Soothing Pork Hock Noodle Soup	 Honey Garlic Chicken & Potatoes	 2 Haddock, Broccoli & Quinoa	 2 Cold Noodle Salad with Chicken	 2 Chicken Mango Cabbage Wraps	 2 Chicken & Leek Quinoa
	 Tahini Chopped Salad	 Tahini Chopped Salad	 Tahini Chopped Salad	 Chicken, Rapini & Kale	 Chicken, Rapini & Kale		
Snack 2	 Green Beans & Cauliflower Rice	 Green Beans & Cauliflower Rice	 Green Beans & Cauliflower Rice	 Mashed Potatoes	 Mashed Potatoes	 2 Chicken & Leek Quinoa	 Mashed Potatoes
	 Soothing Pork Hock Noodle Soup	 Honey Garlic Chicken & Potatoes	 2 Haddock, Broccoli & Quinoa	 2 Cold Noodle Salad with Chicken	 2 Chicken Mango Cabbage Wraps	 Chicken, Rapini & Kale	 2 Chicken & Pea Soba Noodles
Dinner	 Pork & Cabbage Rice Paper Dumplings	 Cumin Chicken Skewers	 2 Haddock, Broccoli & Quinoa	 2 Cold Noodle Salad with Chicken	 2 Chicken Mango Cabbage Wraps	 Mashed Potatoes	 2 Chicken & Pea Soba Noodles
	 Blueberry Oat Muffins	 Blueberry Oat Muffins	 Blueberry Oat Muffins	 Blueberry Oat Muffins	 1.5 Blueberry Oat Muffins	 1.5 Blueberry Oat Muffins	 Blueberry Oat Muffins
Snack 3	 Blueberry Oat Muffins	 Blueberry Oat Muffins	 Blueberry Oat Muffins	 Blueberry Oat Muffins	 1.5 Blueberry Oat Muffins	 1.5 Blueberry Oat Muffins	 Blueberry Oat Muffins

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 38%	Fat	 38%	Fat	 37%	Fat	 30%	Fat	 32%	Fat	 38%	Fat	 35%
Carbs	 35%	Carbs	 34%	Carbs	 36%	Carbs	 37%	Carbs	 36%	Carbs	 30%	Carbs	 33%
Protein	 27%	Protein	 28%	Protein	 27%	Protein	 33%	Protein	 32%	Protein	 32%	Protein	 32%
Calories	3341	Calories	3486	Calories	3354	Calories	3398	Calories	3359	Calories	3382	Calories	3475
Fat	143g	Fat	151g	Fat	143g	Fat	112g	Fat	117g	Fat	146g	Fat	133g
Carbs	300g	Carbs	299g	Carbs	309g	Carbs	308g	Carbs	304g	Carbs	257g	Carbs	281g
Fiber	76g	Fiber	73g	Fiber	80g	Fiber	42g	Fiber	43g	Fiber	44g	Fiber	39g
Sugar	53g	Sugar	77g	Sugar	75g	Sugar	53g	Sugar	93g	Sugar	81g	Sugar	45g
Protein	231g	Protein	249g	Protein	232g	Protein	270g	Protein	266g	Protein	281g	Protein	277g

Fruits

- 2 Banana
- 2 1/2 cups Blueberries
- 1 cup Cherries
- 1 1/3 Mango
- 3 cups Raspberries

Breakfast

- 1/3 cup Almond Butter
- 2/3 cup Granola
- 2 2/3 tbsps Maple Syrup
- 2 1/4 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 1/8 cups Chia Seeds
- 1 tsp Cinnamon
- 1 tbsps Cumin Seed
- 1 1/3 tpsps Dried Chives
- 2 2/3 tpsps Dried Parsley
- 2 1/2 tpsps Dried Rosemary
- 2 tpsps Everything Bagel Seasoning
- 1 tsp Fennel Seed
- 2 tpsps Hemp Seeds
- 1 3/4 tpsps Onion Powder
- 2/3 tsp Oregano
- 1 tsp Paprika
- 1/3 cup Pecans
- 3/4 cup Pumpkin Seeds
- 2 1/16 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 Brown Rice Tortilla
- 4 cups Frozen Broccoli
- 1/2 cup Frozen Peas

Vegetables

- 3 cups Asparagus
- 2 cups Baby Kale
- 4 1/8 cups Broccoli
- 4 1/8 Carrot
- 3/4 head Cauliflower
- 2 2/3 cups Celery Root
- 4 1/2 ozs Chinese Broccoli
- 3 tpsps Chives
- 3/4 cup Cilantro
- 3/4 Cucumber
- 11 Garlic
- 1 3/4 tpsps Ginger
- 4 cups Grated Carrot
- 5 3/4 cups Green Beans
- 2 2/3 cups Green Cabbage
- 4 1/2 stalks Green Onion
- 5 1/3 cups Kale Leaves
- 2 Leeks
- 7 cups Mini Potatoes
- 4 cups Mixed Greens
- 1 cup Purple Cabbage
- 1 cup Radishes
- 10 2/3 ozs Rapini
- 2 1/2 Red Bell Pepper
- 1 1/2 heads Romaine Hearts
- 1 tsp Rosemary
- 5 1/3 Russet Potato
- 2/3 Sweet Onion
- 4 cups Watercress
- 1/2 Yellow Bell Pepper

Boxed & Canned

- 12 2/3 ozs Buckwheat Soba Noodles
- 2 cups Quinoa

Baking

- 1 tsp Baking Powder
- 2 2/3 tpsps Honey
- 2 cups Oats
- 1/2 cup Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- 1 1/8 lbs Chicken Breast
- 2 3/4 lbs Chicken Breast, Cooked
- 1 1/3 lbs Chicken Drumsticks
- 2 1/4 lbs Chicken Thighs
- 1 1/3 lbs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 4 Haddock Fillet
- 8 ozs Lean Ground Pork
- 1 1/2 lbs Pork Hock

Condiments & Oils

- 1/2 cup Coconut Oil
- 4 Rice Paper Wraps
- 1/4 cup Sesame Oil
- 2 tpsps Sunflower Seed Butter
- 1/2 cup Tahini

Cold

- 1/4 cup Butter
- 3 cups Cottage Cheese
- 2 Egg
- 2 cups Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 4 3/4 cups Unsweetened Almond Milk

Other

- 4 Barbecue Skewers
- 6 1/3 cups Water

 1 tsp Vanilla Extract



Rice Cereal with Coconut Milk & Blueberries

3 servings

2 minutes

Ingredients

- 2 1/4 cups Rice Puffs Cereal
- 2 cups Plain Coconut Milk (from the carton; or to taste)
- 1 1/2 cups Blueberries

Nutrition

Amount per serving	
Calories	137
Fat	4g
Carbs	25g
Fiber	2g
Sugar	12g
Protein	1g

Directions

- 1 Place the cereal in a bowl and add the milk and blueberries. Enjoy!

Notes

No Coconut Milk: Use another milk instead, like almond or oat.

No Rice Puffs Cereal: Use crispy rice cereal or another cereal instead.

No Blueberries: Use another fruit instead, like strawberries, peaches, or banana.



Raspberry Pecan Warm Chia Pudding

6 servings

10 minutes

Ingredients

- 1 1/8 cups Chia Seeds
- 4 1/2 cups Unsweetened Almond Milk
- 3 cups Raspberries
- 1/3 cup Pecans
- 1/3 cup Almond Butter

Nutrition

Amount per serving	
Calories	362
Fat	26g
Carbs	27g
Fiber	19g
Sugar	4g
Protein	11g

Directions

- 1 Whisk together the chia seeds and almond milk in a small pot over medium-low heat. Stir until heated through and the mixture has thickened up, about five minutes.
- 2 Remove from heat and add to a bowl. Top with raspberries, pecans, and almond butter. Enjoy!

Notes

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

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

No Heat: Mix the chia seeds and almond milk together and let it sit in the fridge for at least 15 to 20 minutes to thicken before adding toppings.

More Flavor: Add a dash of cinnamon.



Yogurt with Granola & Banana

2 servings

5 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	485
Fat	15g
Carbs	61g
Fiber	7g
Sugar	28g
Protein	29g

Directions

- 1 Add the yogurt, banana, and granola to a bowl, and enjoy!

Notes

More Flavor: Add maple syrup or vanilla.

Additional Toppings: Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

Gluten-Free: Use gluten-free granola.

Dairy-Free: Use a dairy-free yogurt alternative.



Cottage Cheese with Cherries & Pumpkin Seeds

2 servings

5 minutes

Ingredients

- 1 1/2 cups Cottage Cheese
- 1/3 cup Pumpkin Seeds
- 1/2 cup Cherries

Nutrition

Amount per serving	
Calories	314
Fat	19g
Carbs	14g
Fiber	2g
Sugar	9g
Protein	25g

Directions

- 1 Add all ingredients to a bowl and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately 1 1/4 cups.

More Flavor: Add cinnamon, protein powder, and/or maple syrup/honey.

Additional Toppings: Hemp seeds and/or cacao nibs.



Brown Rice Tortilla Chips

3 servings

15 minutes

Ingredients

3 Brown Rice Tortilla (thawed)

Nutrition

Amount per serving	
Calories	150
Fat	3g
Carbs	27g
Fiber	3g
Sugar	3g
Protein	3g

Directions

- 1 Preheat oven to 400°F (204°C). Slice brown rice tortillas into 1/8's. Place on a baking sheet and bake for 6 to 10 minutes, or until golden brown.
- 2 Remove chips from oven. Let cool and enjoy!

Notes

Flavored Chips: Brush with oil and top with your favorite seasonings before baking.

Storage: Refrigerate in an air-tight container up to 5 days.



Steamed Asparagus & Potatoes

3 servings

30 minutes

Ingredients

3 cups Mini Potatoes (halved)
3 cups Asparagus (woody ends trimmed, chopped in half)

Nutrition

Amount per serving	
Calories	142
Fat	0g
Carbs	31g
Fiber	6g
Sugar	4g
Protein	6g

Directions

- 1 Set the halved potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the potatoes to a plate.
- 2 Add asparagus to the steaming basket and cover. Steam for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus.
- 3 Divide the potatoes and asparagus into bowls or containers. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup of potatoes and one cup of asparagus.



Herbed Chicken Drumsticks with Celery Root Mash

4 servings

30 minutes

Ingredients

- 1 1/3 lbs Chicken Drumsticks
- 1 1/3 tbsps Coconut Oil (melted, divided)
- 2 2/3 tpsps Dried Parsley (divided)
- 1/3 tsp Sea Salt (divided)
- 1 1/3 tpsps Dried Chives
- 2/3 tsp Oregano
- 2 2/3 cups Celery Root (peeled, cut into small cubes)
- 1 1/3 Russet Potato (medium, peeled and chopped)

Nutrition

Amount per serving	
Calories	384
Fat	19g
Carbs	22g
Fiber	3g
Sugar	2g
Protein	31g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Place the drumsticks on the prepared pan. Add half of the coconut oil, half of the parsley, half of the salt, chives, and oregano to the chicken and rub the seasoning to generously coat all sides. Bake for 25 to 30 minutes or until the chicken is cooked through.
- 3 Meanwhile, place a steamer basket over a pot of boiling water and steam the celery root and potato for 12 to 15 minutes or until tender. Transfer to a mixing bowl and add the remaining coconut oil, parsley and salt. Mash with a potato masher until smooth. Season with additional salt if necessary.
- 4 To serve, divide the celery root mash and chicken between plates. Enjoy!

Notes

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

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

Celery Root: Two cups of celery root is approximately half of a medium celery root.

No Russet Potato: Omit or use white or yellow potatoes instead.

No Drumsticks: Use chicken thighs instead.

No Coconut Oil: Use ghee, avocado oil, or extra virgin olive oil instead.



Green Beans, Broccoli & Carrots

4 servings
18 minutes

Ingredients

- 1/3 tsp Sea Salt (optional)
- 2 2/3 Carrot (peeled, chopped)
- 2 2/3 cups Broccoli (cut into florets)
- 1 1/3 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	48
Fat	0g
Carbs	10g
Fiber	4g
Sugar	4g
Protein	3g

Directions

- 1 Bring a pot of water to a boil and add the salt, if using.
- 2 Add the carrots and cook for 5 minutes. Add the broccoli to the pot and continue cooking for 3 minutes then add the beans and cook for 3 to 5 minutes more or until the vegetables are tender.
- 3 Drain and serve. Enjoy!

Notes

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

Additional Toppings: Serve with butter, ghee or olive oil and salt and pepper.

Vegetables: Use fresh or frozen vegetables.



Ground Turkey, Mini Potatoes & Watercress

2 servings

30 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

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

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

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



Tahini Chopped Salad

3 servings

10 minutes

Ingredients

- 3 tbsps Tahini
- 1/4 cup Water
- 3 tbsps Chives
- Sea Salt & Black Pepper
- 1 1/2 heads Romaine Hearts (chopped)
- 3/4 Cucumber (medium, chopped)
- 1 1/2 Carrot (medium, peeled and chopped)
- 1 1/2 Red Bell Pepper (medium, chopped)
- 1 1/2 cups Broccoli (chopped)
- 12 ozs Chicken Breast, Cooked (chopped)

Nutrition

Amount per serving	
Calories	318
Fat	12g
Carbs	16g
Fiber	5g
Sugar	6g
Protein	40g

Directions

- 1 Add the tahini to a small bowl and stir in the water. Add the chives and season with salt and pepper to taste.
- 2 Divide the lettuce between bowls and top with cucumber, carrot, red pepper, broccoli, and chicken. Pour the dressing over top and enjoy!

Notes

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

More Flavor: Serve with lemon wedges or add fresh lemon juice or maple syrup to the dressing.

Additional Toppings: Add other chopped veggies or fresh herbs.

No Cooked Chicken: Use cooked shrimp, salmon, or tofu instead.

No Chives: Use fresh parsley instead.



Green Beans & Cauliflower Rice

3 servings

15 minutes

Ingredients

4 1/2 cups Green Beans (trimmed, fresh or frozen)

3/4 head Cauliflower (chopped into small pieces)

Nutrition

Amount per serving	
Calories	83
Fat	1g
Carbs	18g
Fiber	7g
Sugar	8g
Protein	6g

Directions

- 1 Bring a half-inch of water to boil in a large pan. Add green beans, cover and cook for about 5 to 7 minutes or until desired tenderness is reached.
- 2 Add cauliflower florets in batches to the food processor and process until a rice-like consistency is reached. Sauté the cauliflower rice in a skillet over medium-high heat for about 3 to 5 minutes, or until warmed through.
- 3 Divide the green beans and cauliflower rice into bowls or onto plates. Enjoy!

Notes

No Food Processor: Use a box grater or pulse the cauliflower florets in a blender, occasionally scraping down the sides. You may also use a knife to finely chop the florets.

Save Time: Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Leftovers: Refrigerate in an airtight container for up to four days. The cauliflower rice may be frozen for longer.

Serving Size: One serving is equal to approximately 1 cup of cauliflower rice and 1.5 cups of green beans.

More Flavor: Serve with hot sauce or your favorite spices.



Chicken, Rapini & Kale

4 servings

20 minutes

Ingredients

- 1 1/3 lbs Extra Lean Ground Chicken
- 2/3 Sweet Onion (diced)
- 1 1/3 tbsps Ginger (peeled, grated)
- 4 Garlic (cloves, minced)
- 2/3 tsp Sea Salt (to taste, divided)
- 10 2/3 ozs Rapini (chopped)
- 5 1/3 cups Kale Leaves (tough stems removed, chopped)

Nutrition

Amount per serving	
Calories	266
Fat	13g
Carbs	9g
Fiber	4g
Sugar	3g
Protein	30g

Directions

- 1 Heat a large skillet over medium-high heat. Add the chicken, onion, ginger, garlic, and half the salt. Cook for about 10 minutes, stirring occasionally until the chicken is cooked through.
- 2 Add the rapini, kale and the remaining salt. Cook for five more minutes or until the greens are wilted and stalks are soft. Divide between containers and enjoy!

Notes

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

More Flavor: Add lemon juice and red pepper flakes.

Additional Toppings: Serve it with sweet potatoes, cauliflower mash, brown rice, or lettuce wraps.

Make it Vegan: Use lentils instead of chicken.

No Rapini: Add broccoli, yu choy, or broccolini instead.



Mashed Potatoes

4 servings
20 minutes

Ingredients

1 1/2 tps Sea Salt (divided)
4 Russet Potato (medium, peeled and chopped)

Nutrition

Amount per serving	
Calories	164
Fat	0g
Carbs	37g
Fiber	4g
Sugar	2g
Protein	5g

Directions

- 1 Bring a large pot of water to a boil. Stir in 2/3 of the salt.
- 2 Add the potatoes to the pot and boil for 15 minutes or until soft.
- 3 Drain the water and mash with a potato masher until creamy. Season with the remaining salt to your preference.
- 4 Divide onto plates with another protein or side(s). Enjoy!

Notes

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

More Flavor: Stir in coconut milk, dairy milk, butter or ghee after mashing the potatoes.

Serving Size: One serving is equal to approximately 1 cup of mashed potatoes.



Chicken & Leek Quinoa

4 servings

25 minutes

Ingredients

- 2 tbsps Butter
- 1 1/2 lbs Chicken Thighs (boneless, skinless, cut into 1-inch pieces)
- 2 Leeks (large, white and most green parts, trimmed, sliced)
- Sea Salt & Black Pepper (to taste)
- 2 Garlic (clove, finely chopped)
- 2 tsps Dried Rosemary
- 1 cup Quinoa (dry, rinsed)
- 3 cups Water
- 2 cups Baby Kale (chopped)

Nutrition

Amount per serving	
Calories	454
Fat	16g
Carbs	36g
Fiber	5g
Sugar	2g
Protein	41g

Directions

- 1 Melt the butter in a non-stick pan over medium heat. Add the chicken and the leeks and cook for four minutes, stirring occasionally. Season with salt and pepper.
- 2 Add the garlic and rosemary and cook for one more minute.
- 3 Add the quinoa and the water, stir well, and bring to a boil. Cover, reduce the heat to low and simmer for 12 to 15 minutes.
- 4 Add the kale and stir. Season to taste if desired. Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Add more vegetables. Use spinach in place of kale.



Soothing Pork Hock Noodle Soup

2 servings

8 hours 30 minutes

Ingredients

- 1 1/2 lbs Pork Hock
- 2 cups Water
- 1/4 tsp Sea Salt
- 2 2/3 ozs Buckwheat Soba Noodles
- 4 1/2 ozs Chinese Broccoli

Nutrition

Amount per serving	
Calories	652
Fat	20g
Carbs	30g
Fiber	2g
Sugar	1g
Protein	75g

Directions

- 1 Add the pork hock, water and salt to a slow cooker and cook on high for 6 to 8 hours. Strain or skim the fat from the surface. Adjust salt as needed.
- 2 About 20 minutes before the pork is done, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 3 Add the Chinese broccoli to a pan with enough water to cover halfway. Steam for about 3 to 5 minutes or until tender.
- 4 Divide the soba noodles, Chinese broccoli, pork hock and broth from the slow cooker into bowls. Enjoy!

Notes

Leftovers: Refrigerate the pork and broth in airtight containers for up to three days or freeze for up to two months. Refrigerate the soba noodles and Chinese broccoli for up to five days.

Serving Size: One serving equals approximately 2 to 3 pieces of pork hock, 3/4 cup of Chinese broccoli, 1 cup of broth and 1 cup of soba noodles.

More Flavor: Add herbs, spices, onion, garlic, carrot and/or celery to the broth for more depth of flavor.

Additional Toppings: Top with fresh herbs, fried garlic and lime juice.

No Pork Hock: Use pork shank instead.



Pork & Cabbage Rice Paper Dumplings

2 servings

45 minutes

Ingredients

- 1 1/2 tsps Coconut Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 8 ozs Lean Ground Pork
- 1 cup Purple Cabbage (thinly sliced)
- 1 cup Grated Carrot
- 1 1/2 tsps Ginger (grated)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 stalks Green Onion (chopped)
- 4 Rice Paper Wraps

Nutrition

Amount per serving	
Calories	390
Fat	22g
Carbs	28g
Fiber	3g
Sugar	5g
Protein	22g

Directions

- 1 Warm 1/3 of the oil in a pan over medium heat. Add the garlic and cook for one minute, stirring frequently. Add the ground pork and continue to cook for five minutes, until starting to brown.
- 2 Add the cabbage and cook for another 10 minutes, or until tender-crisp. Add the grated carrot, ginger, salt, and pepper and continue to cook for five more minutes, or until the carrot is softened. Add the green onion and cook for one minute, then turn off the heat.
- 3 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate.
- 4 Scoop 1/3 cup of the pork and veggie mixture into the center of the rice paper wrap and fold the sides in. Allow them to stick together to create a pocket, and roll to create a dumpling. Repeat for the remaining wraps.
- 5 Warm the remaining oil in the pan and cook the wraps for five minutes on each side or until they start to brown and get crispy. 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 is equal to two dumplings.

Make it Vegan: Use crumbled tofu or tempeh instead of pork.

More Flavor: Add tamari or coconut aminos and red pepper flakes.

Serve it With: Plum sauce, peanut sauce, hoisin sauce, or ponzu.



Honey Garlic Chicken & Potatoes

2 servings

45 minutes

Ingredients

- 12 ozs Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 2 1/2 tbsps Butter (divided)
- 1 Garlic (cloves, minced)
- 2 2/3 tbsps Honey
- 1 tsp Rosemary (fresh, chopped)
- 2 cups Mini Potatoes (halved)

Nutrition

Amount per serving	
Calories	531
Fat	22g
Carbs	49g
Fiber	3g
Sugar	23g
Protein	37g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 2 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 3 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 4 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 5 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to three days.

Serving Size: One serving is about two chicken thighs and one cup of potatoes.

More Flavor: Add hot sauce to the honey-butter mixture.



Cumin Chicken Skewers

2 servings

20 minutes

Ingredients

- 1 tbsp Cumin Seed
- 1 tsp Fennel Seed
- 1/2 tsp Sea Salt
- 10 ozs Chicken Breast (skinless, boneless, cut into one-inch cubes)
- 2 1/4 tsps Coconut Oil (melted)
- 1 Red Bell Pepper (medium, chopped)
- 4 Barbecue Skewers

Nutrition

Amount per serving	
Calories	246
Fat	10g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	33g

Directions

- 1 Coarsely grind the cumin and fennel seeds in a spice grinder or with a mortar and pestle. Combine with sea salt and set aside.
- 2 In a large bowl, toss the chicken in coconut oil. Add the spices and mix until well coated. Pierce the chicken and red bell peppers onto the barbecue skewers.
- 3 Grill over medium heat for about five to seven minutes per side, or until browned and cooked through. Sprinkle additional cumin just before serving (optional). Enjoy!

Notes

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

Serving Size: One serving equals two skewers.

More Flavor: Add chili powder and garlic to your spice mix. Use a charcoal grill.

Additional Toppings: Serve with tabbouleh, pita, plain yogurt, brown rice, lettuce wraps, pickled or grilled vegetables.

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

No Coconut Oil: Use olive oil, butter, or ghee instead.



Haddock, Broccoli & Quinoa

4 servings

25 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 4 Haddock Fillet
- 4 cups Frozen Broccoli
- 1/4 cup Coconut Oil
- 1 tsp Onion Powder
- 1 tsp Paprika
- 1 tsp Sea Salt

Nutrition

Amount per serving	
Calories	455
Fat	17g
Carbs	34g
Fiber	6g
Sugar	2g
Protein	40g

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Cook the quinoa according to package directions.
- 3 Place the haddock fillets and broccoli onto the parchment paper. In a small bowl, whisk together the coconut oil, onion powder, paprika, and sea salt. Brush the mixture onto the haddock and broccoli.
- 4 Bake the haddock and broccoli for 20 minutes, or until the fish is cooked through. Serve with the quinoa and enjoy!

Notes

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

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



Cold Noodle Salad with Chicken

4 servings

15 minutes

Ingredients

7 1/16 ozs Buckwheat Soba Noodles
 1/4 cup Tahini
 1/2 cup Water (warm)
 2 stalks Green Onion (chopped thinly)
 2 tsps Maple Syrup
 2 tsps Everything Bagel Seasoning
 (plus more for garnish)
 4 cups Mixed Greens
 1 cup Radishes (thinly sliced)
 1 lb Chicken Breast, Cooked
 (shredded)

Nutrition

Amount per serving	
Calories	514
Fat	13g
Carbs	43g
Fiber	3g
Sugar	3g
Protein	44g

Directions

- 1 Cook the noodles according to the package directions. Drain, rinse under cold water and set aside.
- 2 Add the tahini to a small bowl and whisk in the water, until smooth. Add the green onion, maple syrup, and the everything bagel seasoning.
- 3 Divide the mixed greens between bowls and top with the noodles, sliced radish, and chicken. Drizzle with the tahini dressing and add extra seasoning if desired. Enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

Additional Toppings: Microgreens and/or fresh herbs.



Chicken Mango Cabbage Wraps

4 servings

20 minutes

Ingredients

- 1 1/3 Mango
- 1/4 cup Sesame Oil
- 3/4 cup Cilantro (tightly packed, divided, chopped)
- 1/4 cup Water
- 1 tsp Sea Salt
- 1 lb Chicken Breast, Cooked (shredded)
- 3 cups Grated Carrot
- 2 2/3 cups Green Cabbage (pulled apart into leaves)

Nutrition

Amount per serving	
Calories	407
Fat	18g
Carbs	28g
Fiber	6g
Sugar	21g
Protein	37g

Directions

- 1 Add the mango, oil, 1/3 of the cilantro, water, and salt to a blender or immersion blender and blend for 20 to 30 seconds, until a smooth consistency is achieved. Set aside.
- 2 Add the chicken, carrot, and remaining cilantro to the cabbage leaves. Top with the mango cilantro sauce. Enjoy!

Notes

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

Serving Size: One serving is approximately three wraps.

More Flavor: Season the chicken with paprika, red pepper flakes, chili powder, or cayenne.

Additional Toppings: Red pepper or cucumber.

Make it Vegan: Use tofu, tempeh, or any legume in place of chicken.



Chicken & Pea Soba Noodles

2 servings

35 minutes

Ingredients

8 ozs Chicken Breast
 1/3 cup Water (divided)
 3 ozs Buckwheat Soba Noodles
 1/2 Yellow Bell Pepper (sliced)
 1/2 cup Frozen Peas (thawed)
 2 tbsps Sunflower Seed Butter
 2 Garlic (cloves, minced)
 1/2 tsp Onion Powder
 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	482
Fat	13g
Carbs	44g
Fiber	4g
Sugar	4g
Protein	36g

Directions

- 1 Warm a non-stick pan over medium heat. Add the chicken breasts and half of the water, then cover with a lid. Cook for seven to 10 minutes on each side.
- 2 Meanwhile, cook the soba noodles according to the package directions.
- 3 Once the chicken is nearly done, add the peppers and peas to the pan with the chicken, and return the lid. Cook until the chicken is cooked through. Remove the chicken breasts and slice into pieces.
- 4 In a small bowl, combine the sunflower seed butter, garlic, onion powder, salt, and remaining water. Whisk until smooth.
- 5 Divide the soba noodles, chicken, vegetables, and sauce evenly between bowls. Enjoy!

Notes

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

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

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: For the sauce, use lime juice and tamari in place of water and add maple syrup, ginger, and red pepper flakes.

Additional Toppings: Cilantro and sesame seeds.

No Sunflower Seed Butter: Use peanut butter or almond butter instead.



Blueberry Oat Muffins

12 servings

40 minutes

Ingredients

2 cups Oats (rolled)
1/2 cup Unsweetened Shredded Coconut
2 tbsps Hemp Seeds
1 tsp Cinnamon
1 tsp Baking Powder
2 Egg
1/4 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
2 tbsps Maple Syrup
1 cup Blueberries (fresh)

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	15g
Fiber	2g
Sugar	4g
Protein	4g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin tray and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

Notes

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

Serving Size: One serving is equal to one muffin.

Additional Toppings: Top with shaved almonds or pecans.

No Blueberries : Use strawberries or raspberries instead.