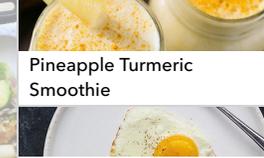
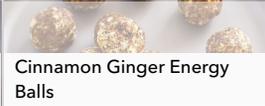
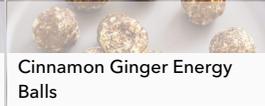
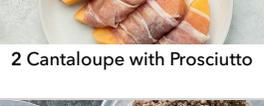
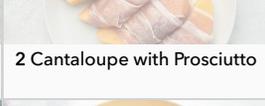
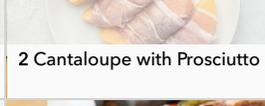




1200 Calorie Paleo

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Hot Chocolate Smoothie	Hot Chocolate Smoothie	Hot Chocolate Smoothie	Turkey Apple Breakfast Hash	Turkey Apple Breakfast Hash	Pineapple Turmeric Smoothie	Pineapple Turmeric Smoothie
Snack 1							
	Cinnamon Ginger Energy Balls	Cinnamon Ginger Energy Balls	Cinnamon Ginger Energy Balls	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake	Simple Vanilla Protein Shake
Snack 2							
	Deli Beef Wraps	Deli Beef Wraps	Deli Beef Wraps	Coconut Chive Flatbread	Coconut Chive Flatbread	Coconut Chive Flatbread	Coconut Chive Flatbread
Lunch							
	Brussels Sprouts Slaw with Chicken	Ground Beef, Asparagus & Mashed Sweet Potatoes	One Pan Chicken & Pesto Spaghetti Squash	Chicken Fajitas with Cashew Sour Cream	Meatball Spaghetti Squash	Shepherd's Pie Bowls	One Pan Cod, Sweet Potatoes & Green Beans
Snack 2							
	2 Cantaloupe with Prosciutto	2 Cantaloupe with Prosciutto	2 Cantaloupe with Prosciutto	Cabbage & Cauliflower Mini Egg White Bites	Cabbage & Cauliflower Mini Egg White Bites	Cabbage & Cauliflower Mini Egg White Bites	Cabbage & Cauliflower Mini Egg White Bites
Dinner							
	Ground Beef, Asparagus & Mashed Sweet Potatoes	One Pan Chicken & Pesto Spaghetti Squash	Chicken Fajitas with Cashew Sour Cream	Meatball Spaghetti Squash	Shepherd's Pie Bowls	One Pan Cod, Sweet Potatoes & Green Beans	Shrimp, Mango & Avocado Salad

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  34%	Fat  34%	Fat  35%	Fat  35%	Fat  31%	Fat  30%
Carbs  31%	Carbs  33%	Carbs  32%	Carbs  31%	Carbs  33%	Carbs  33%	Carbs  32%
Protein  34%	Protein  33%	Protein  34%	Protein  34%	Protein  32%	Protein  36%	Protein  38%
Calories 1206	Calories 1245	Calories 1249	Calories 1341	Calories 1335	Calories 1242	Calories 1208
Fat 49g	Fat 50g	Fat 50g	Fat 54g	Fat 53g	Fat 44g	Fat 41g
Carbs 100g	Carbs 106g	Carbs 105g	Carbs 107g	Carbs 114g	Carbs 104g	Carbs 101g
Fiber 32g	Fiber 29g	Fiber 28g	Fiber 24g	Fiber 25g	Fiber 23g	Fiber 24g
Sugar 39g	Sugar 34g	Sugar 35g	Sugar 27g	Sugar 25g	Sugar 31g	Sugar 43g
Protein 108g	Protein 107g	Protein 111g	Protein 116g	Protein 111g	Protein 113g	Protein 117g

Fruits

- 1 Apple
- 1/3 Avocado
- 1 1/2 Banana
- 3/4 Cantaloupe
- 1/2 Lemon
- 2 1/4 tsps Lemon Juice
- 3/4 Lime
- 1/3 Mango
- 2 cups Pineapple

Seeds, Nuts & Spices

- 2 tsps Almonds
- 1/4 tsp Black Pepper
- 1/3 cup Cashews
- 3 tsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 2/3 tsp Cinnamon
- 1/4 tsp Cumin
- 1/2 tsp Dried Basil
- 1/4 cup Dried Chives
- 1/2 tsp Dried Dill
- 1/2 tsp Dried Thyme
- 1 1/3 tsps Garlic Powder
- 1/16 tsp Ground Ginger
- 1/8 tsp Oregano
- 1/4 tsp Paprika
- 2 tsps Poultry Seasoning
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

Frozen

- 1 1/2 cups Frozen Cauliflower
- 24 Ice Cubes

Vegetables

- 2 cups Asparagus
- 2 tsps Basil Leaves
- 2 1/2 cups Brussels Sprouts
- 1 cup Butternut Squash
- 1 Carrot
- 1/4 head Cauliflower
- 2/3 cup Cauliflower Rice
- 2 1/4 stalks Celery
- 2 2/3 tsps Chives
- 2 cups Collard Greens
- 1 1/16 Cucumber
- 2 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 1/2 Green Bell Pepper
- 1/2 Jalapeno Pepper
- 1 1/3 tsps Parsley
- 1 cup Purple Cabbage
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/3 Russet Potato
- 1 1/3 cups Savoy Cabbage
- 2 Spaghetti Squash
- 1/2 Sweet Onion
- 2 1/2 Sweet Potato
- 1/2 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1 Yellow Potato

Baking

- 1/4 tsp Baking Soda
- 1/3 cup Cocoa Powder
- 1/2 cup Coconut Flour
- 3 tsps Pitted Dates
- 2 tsps Psyllium Husk Powder
- 1/8 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Chicken Breast
- 1 Cod Fillet
- 4 1/2 ozs Deli Roast Beef
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 4 1/2 ozs Prosciutto
- 4 ozs Shrimp, Cooked

Condiments & Oils

- 1 1/2 tsps Apple Cider Vinegar
- 2 1/3 tsps Avocado Oil
- 1/2 tsp Coconut Aminos
- 1/2 tsp Coconut Oil
- 3 3/4 tsps Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1/4 cup Tomato Sauce

Cold

- 3 1/3 Egg
- 1 1/3 cups Egg Whites
- 8 cups Unsweetened Almond Milk

Other

- 3/4 cup Chocolate Protein Powder
- 1 1/2 cups Vanilla Protein Powder
- 3 1/16 cups Water



Hot Chocolate Smoothie

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Cauliflower
- 1 1/2 Banana
- 3/4 cup Chocolate Protein Powder
- 1/3 cup Cocoa Powder
- 3 tbsps Chia Seeds
- 1/3 tsp Sea Salt (optional, for topping)

Nutrition

Amount per serving	
Calories	265
Fat	8g
Carbs	31g
Fiber	14g
Sugar	8g
Protein	26g

Directions

- 1 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 2 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

Notes

Nut-Free: Use coconut milk or another nut-free milk instead.

More Flavor: Add ground cinnamon.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.



Turkey Apple Breakfast Hash

2 servings

35 minutes

Ingredients

- 8 ozs Extra Lean Ground Turkey
- 1/2 tsp Cinnamon
- 1 tbsp Poultry Seasoning
- 1 1/2 tsps Avocado Oil
- 1/2 cup Red Onion (diced)
- 1 Garlic (cloves, minced)
- 1 cup Brussels Sprouts (trimmed and halved)
- 1 cup Butternut Squash (peeled and cubed)
- 1 Apple (cored and diced)
- 1/8 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	325
Fat	14g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g

Directions

- 1 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 2 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 3 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

Notes

Vegan & Vegetarians: Use lentils instead of ground turkey.

Leftovers: Store covered in the fridge up to 3 days.



Pineapple Turmeric Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Pineapple (diced into chunks)
- 1 tbsp Ginger (peeled and grated)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Turmeric (powder)

Nutrition

Amount per serving	
Calories	204
Fat	3g
Carbs	26g
Fiber	4g
Sugar	16g
Protein	21g

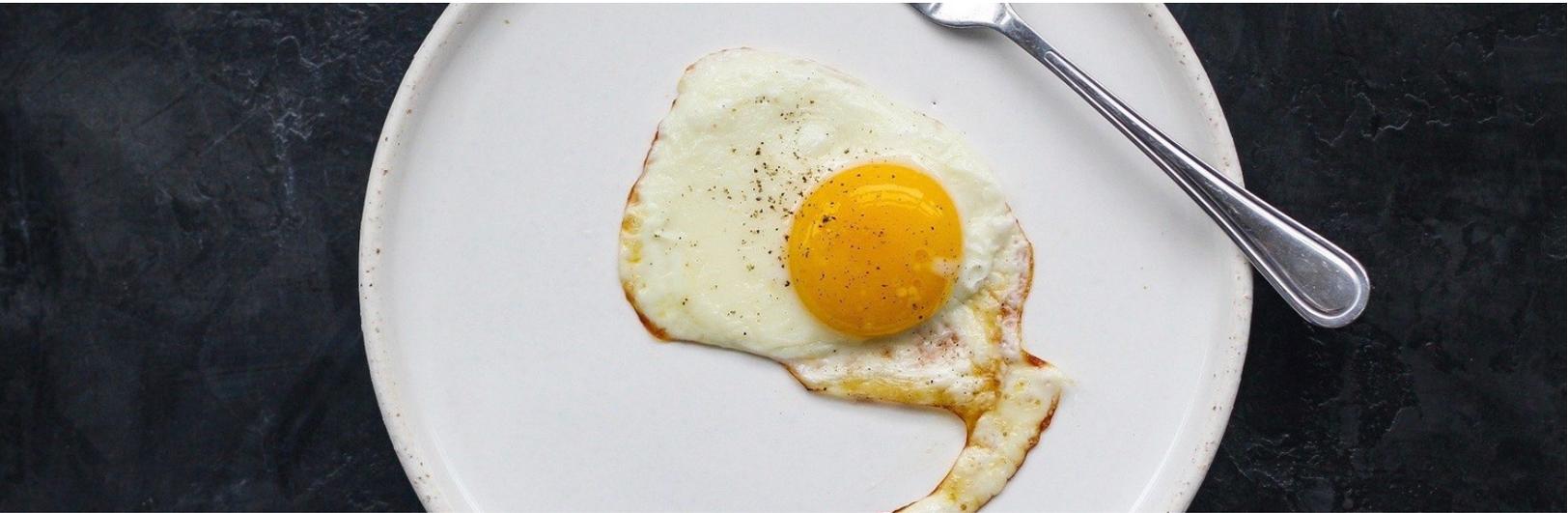
Directions

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

Notes

Storage: Refrigerate in a sealed jar overnight. Shake before drinking.

No Pineapple: Use mango, peaches or banana instead.



Fried Egg

2 servings

5 minutes

Ingredients

1/2 tsp Coconut Oil
2 Egg
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	82
Fat	6g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

Directions

- 1 In a medium pan, heat the coconut oil over medium heat.
- 2 Crack the egg in the pan and cook until the whites are set and the yolk is cooked to your liking. Transfer to a plate and enjoy!

Notes

No Coconut Oil: Use butter or ghee instead.



Cinnamon Ginger Energy Balls

3 servings

15 minutes

Ingredients

- 3 tbsps Pitted Dates
- 2 tbsps Almonds (raw)
- 1 tbsp Cashews (raw)
- 1/8 tsp Cinnamon (ground)
- 1/16 tsp Ground Ginger
- 1/8 tsp Vanilla Extract
- 1/16 tsp Sea Salt

Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g

Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

Notes

Serving Size: One serving is equal to one ball.

Leftovers: Store in an airtight container in the fridge up to one week. Store in the freezer for longer.



Deli Beef Wraps

3 servings

10 minutes

Ingredients

3/4 Cucumber (medium, julienned)

3/4 stalk Celery (julienned)

4 1/2 ozs Deli Roast Beef

Nutrition

Amount per serving	
Calories	69
Fat	2g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g

Directions

- 1 Divide the cucumber and celery into the middle of each deli roast beef slice. Roll tightly and enjoy!

Notes

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

Serving Size: One serving equals approximately two deli beef wraps.

Additional Toppings: Add pickle, tomato, arugula, and/or micro greens.



Simple Vanilla Protein Shake

4 servings

5 minutes

Ingredients

2 2/3 cups Unsweetened Almond Milk
1 cup Vanilla Protein Powder
24 Ice Cubes (large)

Nutrition

Amount per serving	
Calories	105
Fat	2g
Carbs	2g
Fiber	1g
Sugar	0g
Protein	20g

Directions

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

Notes

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

More Flavor: Use frozen fruit instead of ice cubes.

No Vanilla Protein Powder: Use chocolate or another flavor instead.

Nut-Free: Use oat milk, rice milk, or dairy instead of almond milk.

Ice: Six ice cubes is approximately one cup of ice.

Protein Powder: A plant-based protein powder was used to create and test this recipe.



Coconut Chive Flatbread

4 servings

15 minutes

Ingredients

- 1/2 cup Coconut Flour
- 2 tbsps Psyllium Husk Powder
- 1/4 cup Dried Chives
- 1/4 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tbsp Extra Virgin Olive Oil (plus extra for greasing)
- 1 cup Water (warm)

Nutrition

Amount per serving	
Calories	91
Fat	5g
Carbs	8g
Fiber	5g
Sugar	1g
Protein	2g

Directions

- 1 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 2 Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
- 3 Cut the dough into the according number of recipe servings. Roll into balls.
- 4 Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
- 5 Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

Notes

Leftovers: Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

Serving Size: One serving is equal to one 8-inch flatbread.

More Flavor: Add your choice of herbs or spices to the flour before mixing.



Brussels Sprouts Slaw with Chicken

1 serving
20 minutes

Ingredients

4 ozs Chicken Breast (cut into cubes)
1/8 tsp Oregano (dried)
1/16 tsp Garlic Powder
1/8 tsp Sea Salt (divided)
2 1/4 tsps Extra Virgin Olive Oil (divided)
1 1/2 cups Brussels Sprouts (shredded)
1 cup Purple Cabbage (sliced thin)
2 1/4 tsps Lemon Juice
1/2 tsp Coconut Aminos

Nutrition

Amount per serving	
Calories	315
Fat	14g
Carbs	20g
Fiber	7g
Sugar	7g
Protein	31g

Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

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

More Flavor: Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings: Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.

Make it Vegan: Omit the chicken and use grilled tofu.

No Coconut Aminos: Use tamari instead.



Cantaloupe with Prosciutto

6 servings

10 minutes

Ingredients

3/4 Cantaloupe (skin and seeds removed, sliced)

4 1/2 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	69
Fat	3g
Carbs	6g
Fiber	1g
Sugar	5g
Protein	6g

Directions

- 1 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

Notes

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

Serving Size: Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.

Additional Toppings: Add in bocconcini cheese and/or arugula.

Extra Sweetness: Drizzle with a bit of raw honey.



Cabbage & Cauliflower Mini Egg White Bites

4 servings

25 minutes

Ingredients

- 1 1/3 cups Egg Whites
- 2/3 cup Cauliflower Rice
- 1 1/3 cups Savoy Cabbage (finely chopped)
- 2 2/3 tbsps Chives
- 1/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	52
Fat	0g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, cauliflower rice, cabbage, chives, and salt.
- 3 Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

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

Serving Size: One serving equals approximately four mini egg muffins.

More Flavor: Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese or feta cheese.



Mini Potato Crusted Quiche

4 servings

30 minutes

Ingredients

- 1 1/3 tbsps Avocado Oil (divided)
- 2 cups Water
- 1 1/3 Russet Potato (peeled, chopped)
- 2 2/3 tbsps Unsweetened Almond Milk
- 1 1/3 Egg
- 1 1/3 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	122
Fat	6g
Carbs	13g
Fiber	1g
Sugar	1g
Protein	4g

Directions

- 1 Preheat the oven to 400°F (204°C) and lightly coat a mini muffin tin with half of the avocado oil.
- 2 In a medium saucepan, bring the water to a boil and add the potatoes. Boil the potatoes for 10 to 12 minutes or until soft.
- 3 Drain the water and add the almond milk and remaining avocado oil. Mash together until smooth.
- 4 Add a spoonful of mashed potato to the muffin tray and use a spoon to create a funnel in the middle. Bake for about 10 minutes and remove from the oven.
- 5 Whisk the eggs and pour the egg mixture into the funnel created in each potato crust. Top with parsley. Bake again for another 5 to 7 minutes or until the egg is set. Let it cool and remove with a spoon or small spatula. Enjoy!

Notes

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

Serving Size: One serving is two mini potato quiches.

More Flavor: Add salt and pepper to taste.



Ground Beef, Asparagus & Mashed Sweet Potatoes

2 servings
30 minutes

Ingredients

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tps Avocado Oil
- 8 ozs Extra Lean Ground Beef

Nutrition

Amount per serving	
Calories	341
Fat	15g
Carbs	25g
Fiber	6g
Sugar	7g
Protein	27g

Directions

- 1 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 2 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 3 Add half the salt to the sweet potatoes and mash until creamy.
- 4 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 5 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

Notes

No Sweet Potatoes: Use regular potatoes, eddo, jicama or kohlrabi instead.

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

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

Serving Size: One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

Vegan & Vegetarian: Omit the ground beef and use cooked lentils instead.

Extra Creamy Potatoes: Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



One Pan Chicken & Pesto Spaghetti Squash

2 servings

35 minutes

Ingredients

- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 1/4 cup Pesto
- 2 tbsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	354
Fat	15g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	30g

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Line a large baking sheet with parchment paper. On one half of the baking sheet, place the spaghetti squash flesh-side down. On the other half, evenly spread out the chicken. Cook for about 30 to 35 minutes, or until the squash is fork-tender and the chicken is cooked through.
- 3 When cool enough to handle, use a fork to shred the squash into noodles. Gently mix in the pesto.
- 4 Chop the chicken and place overtop the spaghetti squash. Garnish with basil and sea salt, if needed. Enjoy!

Notes

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

Serving Size: One serving equals one half of a spaghetti squash.

More Flavor: Season the chicken with garlic powder and onion powder.

Additional Toppings: Leftover veggies, avocado, red pepper flakes, and/or pine nuts.

Make it Vegan: Use chickpeas, tempeh, or tofu.



Chicken Fajitas with Cashew Sour Cream

2 servings

40 minutes

Ingredients

1 1/2 tsp Chili Powder
 1/4 tsp Black Pepper
 1/4 tsp Cumin
 1/4 tsp Paprika
 1/4 tsp Garlic Powder
 1/2 Red Bell Pepper (sliced)
 1/2 Yellow Bell Pepper (sliced)
 1/2 Green Bell Pepper (sliced)
 1/2 Jalapeno Pepper (de-seeded and sliced)
 1/2 Sweet Onion (sliced)
 8 ozs Chicken Breast (cut into strips)
 1 1/2 tps Extra Virgin Olive Oil
 1/4 cup Cashews (soaked for 1 hour and liquid drained)
 1/4 tsp Sea Salt
 1 1/2 tps Apple Cider Vinegar
 1/2 Lemon (juiced)
 1 tbsp Water
 1/2 Lime (cut into wedges)
 2 cups Collard Greens (washed and stems removed)

Nutrition

Amount per serving	
Calories	345
Fat	15g
Carbs	24g
Fiber	5g

Directions

- 1 Preheat oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
- 4 Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
- 5 Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

Notes

Vegan and Vegetarian: Skip the chicken and use roasted chickpeas instead.

Fajita Bowl: Serve over a bed of greens to turn it into a bowl.

No Collard Greens: Use swiss chard or ice berg lettuce instead.

Sugar	8g
Protein	31g



Meatball Spaghetti Squash

2 servings

35 minutes

Ingredients

- 8 ozs Extra Lean Ground Beef
- 1/4 Yellow Onion (small, finely diced)
- 1/2 Garlic (clove, minced)
- 1/2 tsp Dried Basil
- 1/2 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 1 Spaghetti Squash (medium, halved lengthwise, seeds removed)
- 1/4 cup Tomato Sauce

Nutrition

Amount per serving	
Calories	301
Fat	12g
Carbs	26g
Fiber	4g
Sugar	2g
Protein	25g

Directions

- 1 Preheat the oven to 425°F (220°C). Line two baking sheets with parchment paper.
- 2 In a mixing bowl, combine the ground beef, onion, garlic, basil, thyme, and salt. Form the mixture into meatballs and transfer to one of the baking sheets.
- 3 On a separate baking sheet, place the spaghetti squash flesh-side down. Cook the squash for about 30 to 35 minutes (or until fork tender), and the meatballs for 15 to 20 minutes (or until cooked through).
- 4 Meanwhile, warm up the tomato sauce in a saucepan over low-medium heat.
- 5 When cool enough to handle, use a fork to shred the squash into noodles. Top with the meatballs and tomato sauce. Enjoy!

Notes

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

Serving Size: One serving equals approximately three to four meatballs and half of a spaghetti squash.

More Flavor: Add dried oregano, dried rosemary, dried parsley, Worcestershire sauce, breadcrumbs and/or egg to the meatball mixture. Use marinara or spaghetti sauce instead of tomato sauce.

Additional Toppings: Fresh basil, parmesan or nutritional yeast.

Save Time: Use store-bought frozen meatballs instead.

Make it Vegan: Use veggie meatballs or falafels instead.



Shepherd's Pie Bowls

2 servings

45 minutes

Ingredients

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

Nutrition

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

Directions

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

Notes

Lower Carb: Replace the yellow potato with more cauliflower.

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

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



One Pan Cod, Sweet Potatoes & Green Beans

2 servings

40 minutes

Ingredients

- 1 Sweet Potato (peeled, cubed)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 tsp Garlic Powder (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Cod Fillet (cut in half)
- 1/2 tsp Dried Dill

Nutrition

Amount per serving	
Calories	247
Fat	8g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	24g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Place the sweet potatoes on one side of the baking sheet and the green beans on the other side, leaving room for the cod fillets in the middle.
- 3 Toss the potatoes and green beans in half of the oil, half the garlic powder, and salt and pepper. Bake for 15 minutes.
- 4 Remove the baking sheet from the oven and add the cod fillets. Brush the rest of the oil onto the fillets. Top with the remaining garlic powder, dill, salt, and pepper. Place back in the oven for 15 minutes or until the sweet potatoes are soft.
- 5 Divide evenly between plates and enjoy!

Notes

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

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

More Flavor: Squeeze fresh lemon on top when ready to serve.



Shrimp, Mango & Avocado Salad

1 serving
15 minutes

Ingredients

- 1/3 Cucumber (diced)
- 1/3 Mango (cubed)
- 1/3 Avocado (cubed)
- 4 ozs Shrimp, Cooked (tails removed)
- 1/3 Lime (juiced)
- 1/16 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	305
Fat	11g
Carbs	28g
Fiber	7g
Sugar	18g
Protein	30g

Directions

- 1 In a large bowl, combine all ingredients and toss gently to mix. Divide between bowls and enjoy!

Notes

Leftovers: If you're planning on keeping this for a few days, leave out the avocado to prevent browning. You can add it in before serving. The salad without avocado will last 2-3 days in the fridge.