



1300 calories, gluten free

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Cottage Cheese with Cherries	 Cottage Cheese with Cherries	 Peanut Butter & Banana Protein Porridge	 Peanut Butter & Banana Protein Porridge
Snack 1	 Vegan Ricotta & Balsamic Tomato Toast	 Vegan Ricotta & Balsamic Tomato Toast	 Vegan Ricotta & Balsamic Tomato Toast				
Lunch	 Roast Beef Tortilla Wrap	 Mushroom & Edamame Stir Fry	 Turkey Quinoa Swiss Chard Rolls	 Tempeh, Quinoa & Broccoli	 Sole & Asparagus with Brown Rice	 Ground Turkey, Broccoli & Sweet Potato	 Salmon, Rice & Arugula
Snack 2	 Peach with Cottage Cheese	 Peach with Cottage Cheese	 Peach with Cottage Cheese	 Balsamic Tomato & Basil Mini Egg White Bites	 Balsamic Tomato & Basil Mini Egg White Bites	 Balsamic Tomato & Basil Mini Egg White Bites	 Balsamic Tomato & Basil Mini Egg White Bites
Dinner	 Mushroom & Edamame Stir Fry	 Turkey Quinoa Swiss Chard Rolls	 Tempeh, Quinoa & Broccoli	 Sole & Asparagus with Brown Rice	 Ground Turkey, Broccoli & Sweet Potato	 Salmon, Rice & Arugula	 Curried Lentil, Kale & Broccoli Salad
Snack 3	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Mackerel Salad Open Face Sandwich	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries	 Cottage Cheese with Blueberries

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  30%	Fat  29%	Fat  28%	Fat  31%	Fat  32%	Fat  33%	Fat  34%
Carbs  41%	Carbs  41%	Carbs  43%	Carbs  40%	Carbs  38%	Carbs  39%	Carbs  38%
Protein  29%	Protein  30%	Protein  29%	Protein  29%	Protein  30%	Protein  28%	Protein  28%
Calories 1316	Calories 1341	Calories 1423	Calories 1280	Calories 1280	Calories 1345	Calories 1277
Fat 45g	Fat 46g	Fat 46g	Fat 45g	Fat 47g	Fat 51g	Fat 50g
Carbs 142g	Carbs 144g	Carbs 161g	Carbs 131g	Carbs 125g	Carbs 132g	Carbs 123g
Fiber 41g	Fiber 42g	Fiber 35g	Fiber 18g	Fiber 21g	Fiber 23g	Fiber 29g
Sugar 50g	Sugar 53g	Sugar 48g	Sugar 36g	Sugar 40g	Sugar 28g	Sugar 23g
Protein 100g	Protein 108g	Protein 108g	Protein 94g	Protein 96g	Protein 97g	Protein 90g

Fruits

- 1 Banana
- 1 cup Blueberries
- 1 1/2 cups Cherries
- 4 1/3 Lemon
- 3 Peach

Breakfast

- 2 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 3 tbsps Chia Seeds
- 2 tpsps Cinnamon
- 3/4 tsp Curry Powder
- 1/4 cup Dried Chives
- 1 1/2 tbsps Italian Seasoning
- 1/8 tsp Paprika
- 1 1/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 Brown Rice Tortilla
- 3 cups Frozen Cauliflower
- 2 cups Frozen Edamame
- 3 cups Frozen Raspberries

Vegetables

- 2 cups Arugula
- 2 cups Asparagus
- 1 1/8 cups Basil Leaves
- 5 1/16 cups Broccoli
- 1/4 bunch Broccolini
- 2 cups Cauliflower Rice
- 1 1/2 stalks Celery
- 3/4 cup Cherry Tomatoes
- 10 Cremini Mushrooms
- 1 1/2 tbsps Fresh Dill
- 6 1/16 Garlic
- 1 1/4 tbsps Ginger
- 1 1/2 stalks Green Onion
- 3 cups Kale Leaves
- 1/4 cup Red Onion
- 2 leaves Romaine
- 2 Sweet Potato
- 2 cups Swiss Chard
- 2 1/8 Tomato
- 2/3 Yellow Onion

Boxed & Canned

- 1/2 cup Brown Rice
- 1/4 cup Chicken Broth
- 1 1/2 cups Crushed Tomatoes
- 1/2 cup Green Lentils
- 1/2 cup Jasmine Rice
- 3/4 cup Quinoa
- 1/3 cup Vegetable Broth

Baking

- 1/4 tsp Baking Soda
- 1/2 cup Coconut Flour
- 1 1/2 tpsps Nutritional Yeast
- 1/2 cup Oats
- 2 tbsps Psyllium Husk Powder

Bread, Fish, Meat & Cheese

- 3 ozs Canned Mackerel
- 2 2/3 ozs Deli Roast Beef
- 1 lb Extra Lean Ground Turkey
- 6 slices Gluten-Free Bread
- 8 ozs Salmon Fillet
- 8 ozs Sole Fillet
- 6 ozs Tempeh
- 5 1/4 ozs Tofu

Condiments & Oils

- 1 1/2 tpsps Apple Cider Vinegar
- 1 1/2 tpsps Avocado Oil
- 1/3 cup Balsamic Vinegar
- 3/4 tsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tpsps Mayonnaise
- 3/4 tsp Miso Paste
- 1/2 cup Pickle
- 1 1/2 tpsps Sesame Oil
- 2 tpsps Tamari

Cold

- 4 3/4 cups Cottage Cheese
- 1 Egg
- 2 cups Egg Whites
- 1/3 cup Plain Greek Yogurt
- 6 1/2 cups Unsweetened Almond Milk

Other

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



Raspberry Zinger Smoothie

3 servings

10 minutes

Ingredients

3 cups Frozen Cauliflower
3 cups Frozen Raspberries
3 Lemon (juiced)
3/4 cup Vanilla Protein Powder
3 tbsps Chia Seeds
4 1/2 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



Cottage Cheese with Cherries

2 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 1/2 cups Cherries (pitted)

Nutrition

Amount per serving	
Calories	279
Fat	9g
Carbs	26g
Fiber	2g
Sugar	20g
Protein	25g

Directions

- 1 Serve the cottage cheese with the cherries. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt or oatmeal instead.

Additional Toppings: Add hemp seeds, shredded coconut, crushed nuts, or your sweetener of choice.



Peanut Butter & Banana Protein Porridge

2 servings

10 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 1 cup Egg Whites
- 2 tbsps All Natural Peanut Butter
- 2 tsps Cinnamon
- 1 Banana (mashed)

Nutrition

Amount per serving	
Calories	324
Fat	13g
Carbs	35g
Fiber	7g
Sugar	10g
Protein	21g

Directions

- 1 Add the almond milk and oats to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for two to three minutes or until the oats begin to soften and thicken.
- 2 Slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Stir in the peanut butter, cinnamon, and banana. Remove from the heat and enjoy!

Notes

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

More Flavor: Add maple syrup or honey and vanilla extract.

Additional Toppings: More peanut butter, banana slices, berries, or extra cinnamon.

No Almond Milk: Use another dairy or dairy alternative milk instead.



Vegan Ricotta & Balsamic Tomato Toast

3 servings

5 minutes

Ingredients

- 5 1/4 ozs Tofu (regular firm, drained)
- 3/4 tsp Miso Paste
- 1 1/2 tsps Nutritional Yeast
- 1 1/2 tsps Apple Cider Vinegar
- 3 tsps Basil Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 3 slices Gluten-Free Bread (toasted)
- 3/4 cup Cherry Tomatoes (halved)
- 1 tbsp Balsamic Vinegar

Nutrition

Amount per serving	
Calories	139
Fat	5g
Carbs	16g
Fiber	3g
Sugar	5g
Protein	8g

Directions

- 1 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 2 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

Notes

Leftovers: Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

More Flavor: Add garlic powder, onion powder, black pepper, spices or herbs.

No Apple Cider Vinegar: Use lemon juice instead.



Roast Beef Tortilla Wrap

1 serving

5 minutes

Ingredients

- 1 Brown Rice Tortilla
- 1 1/2 tsps Mayonnaise (or more to taste)
- 2 leaves Romaine
- 2 2/3 ozs Deli Roast Beef (sliced)
- 1/2 cup Pickle (sliced)

Nutrition

Amount per serving	
Calories	314
Fat	11g
Carbs	31g
Fiber	5g
Sugar	5g
Protein	21g

Directions

- 1 Spread the mayonnaise down the center of the tortilla then top with the romaine, beef, and sliced pickle. Roll or fold the tortilla together and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, assemble wrap just before serving.

Additional Toppings: Add mustard, prepared horseradish, or cheese.

More Veggies: Add cucumber, bell pepper, or tomato.

No Deli Roast Beef: Use another deli meat or sliced chicken or turkey instead.

No Brown Rice Tortilla: Use wheat tortillas instead.



Peach with Cottage Cheese

3 servings

5 minutes

Ingredients

- 3/4 cup Cottage Cheese
- 3 Peach (medium, sliced)

Nutrition

Amount per serving	
Calories	110
Fat	3g
Carbs	16g
Fiber	2g
Sugar	14g
Protein	7g

Directions

- 1 Combine the cottage cheese and peach in a bowl or container if on-the-go. Enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Top with hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.



Balsamic Tomato & Basil Mini Egg White Bites

4 servings
20 minutes

Ingredients

- 1 cup Egg Whites
- 2 Tomato (medium, diced, juices drained)
- 1 cup Basil Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	8g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, tomato, basil, balsamic vinegar, 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 five mini egg muffins.

More Flavor: Add black pepper. Use whole eggs or a mixture of egg whites and whole eggs.

Additional Toppings: Add goat cheese or feta cheese.



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.



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.



Turkey Quinoa Swiss Chard Rolls

2 servings

1 hour

Ingredients

- 1/3 cup Quinoa (uncooked)
- 1/2 cup Water
- 8 ozs Extra Lean Ground Turkey
- 1 tbsp Italian Seasoning
- 1/8 tsp Paprika
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Crushed Tomatoes
- 2 cups Swiss Chard (washed and stems cut off)

Nutrition

Amount per serving	
Calories	339
Fat	12g
Carbs	33g
Fiber	6g
Sugar	8g
Protein	29g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
- 3 Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
- 4 Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
- 5 Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
- 6 Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Slow Cooker Version: Place rolls and sauce in slow cooker and cook on low for 4 hours.

No Quinoa: Use brown rice.



Tempeh, Quinoa & Broccoli

2 servings

55 minutes

Ingredients

- 2 2/3 tbsps Vegetable Broth
- 2 2/3 tbsps Balsamic Vinegar
- 2/3 tsp Italian Seasoning
- 1/3 tsp Sea Salt
- 1 1/3 Garlic (clove, minced)
- 6 ozs Tempeh (cut into thin pieces)
- 1/2 cup Quinoa (uncooked)
- 2 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	373
Fat	12g
Carbs	44g
Fiber	5g
Sugar	5g
Protein	26g

Directions

- 1 In a shallow bowl or zipper-lock bag combine the vegetable broth, balsamic vinegar, Italian seasoning, salt and garlic. Add the tempeh and gently toss to coat it in the marinade. Let the tempeh marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 3 Arrange the marinated tempeh evenly on the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Bake for 24 to 26 minutes, flipping halfway through. Season with additional salt if needed.
- 4 Meanwhile, cook the quinoa according to the package directions.
- 5 While the quinoa cooks, add the broccoli florets to a steaming basket over boiling water and cover. Steam for about 5 minutes, or until tender. Divide the tempeh, quinoa and broccoli between plates and enjoy!

Notes

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

No Quinoa: Use rice instead.

No Italian Seasoning: Use any combination of dried herbs.

More Flavor: Drizzle the broccoli with extra virgin olive oil.

Broccoli: Use fresh or frozen broccoli or substitute other vegetable instead.



Sole & Asparagus with Brown Rice

2 servings
45 minutes

Ingredients

- 1/2 cup Brown Rice (dry, uncooked)
- 1 cup Water
- 2 cups Asparagus (woody ends sliced off)
- 1 1/2 tbsps Extra Virgin Olive Oil
- 8 ozs Sole Fillet (boneless)
- Sea Salt & Black Pepper (to taste)
- 1/4 Lemon (juiced)

Nutrition

Amount per serving	
Calories	367
Fat	14g
Carbs	41g
Fiber	4g
Sugar	3g
Protein	21g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a medium saucepan, combine the brown rice with the water. Bring to a boil then reduce to a simmer. Cover and let simmer for 40 minutes.
- 3 Once the rice is on, lay the asparagus in a single layer on the baking sheet and drizzle with half the olive oil. Lay the sole fillets over top of the asparagus, drizzle with remaining olive oil and season to taste with salt and pepper. Squeeze the lemon juice over top and bake for about 20 minutes, or until the sole is cooked through.
- 4 Divide rice, asparagus, and sole between plates or containers. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2 to 3 days.

No Asparagus: Use green beans or sliced zucchini instead.

More Flavour: Sprinkle the fish with thyme or dill.



Ground Turkey, Broccoli & Sweet Potato

2 servings

25 minutes

Ingredients

- 2 Sweet Potato (small, peeled and cubed)
- 1/4 cup Chicken Broth
- 1 1/2 tsps Avocado Oil
- 3 cups Broccoli (cut into florets)
- 8 ozs Extra Lean Ground Turkey
- 1/4 cup Red Onion (finely chopped)
- 2 Garlic (clove, minced)
- 1 tsp Italian Seasoning

Nutrition

Amount per serving	
Calories	373
Fat	14g
Carbs	38g
Fiber	8g
Sugar	9g
Protein	28g

Directions

- 1 Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- 2 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 3 While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 4 To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

Notes

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

More Flavor: Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

No Turkey: Use ground chicken, ground pork, or ground beef instead.

No Broccoli: Use another vegetable instead.



Salmon, Rice & Arugula

2 servings

25 minutes

Ingredients

- 8 ozs Salmon Fillet
- 1/4 tsp Sea Salt
- 1/2 cup Jasmine Rice (dry, uncooked)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 2 cups Arugula

Nutrition

Amount per serving	
Calories	387
Fat	14g
Carbs	39g
Fiber	1g
Sugar	1g
Protein	26g

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 3 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 4 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 5 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

Notes

No Salmon: Use any type of fish fillet instead, or use canned fish.

No Arugula: Use baby spinach, kale or mixed greens instead.

No Rice: Use quinoa instead.

Leftovers: Refrigerate in an air-tight container up to 3 days.



Curried Lentil, Kale & Broccolini Salad

1 serving
20 minutes

Ingredients

1 1/2 tpsps Extra Virgin Olive Oil (divided)
1/8 Yellow Onion (finely chopped)
3/4 Garlic (cloves, minced)
3/4 tsp Ginger (grated)
3/4 tsp Curry Powder
1/4 bunch Broccolini
1 1/2 tpsps Water
2 cups Kale Leaves (chopped)
1/2 cup Green Lentils (cooked, drained and rinsed)
1/8 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1 Egg

Nutrition

Amount per serving	
Calories	305
Fat	13g
Carbs	29g
Fiber	14g
Sugar	4g
Protein	21g

Directions

- 1 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 2 Add the broccolini and water. Saute until bright green (about 5 to 8 minutes).
- 3 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 4 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 5 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 6 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

Notes

More protein: Serve with quinoa.
More carbs: Serve with brown rice.
No Eggs: Top with protein of choice.



Mackerel Salad Open Face Sandwich

3 servings

10 minutes

Ingredients

- 3 ozs Canned Mackerel (skinless, boneless)
- 1/3 cup Plain Greek Yogurt
- 3/4 Lemon (juiced)
- 3/4 tsp Dijon Mustard
- 1 1/2 stalks Celery (chopped)
- 1 1/2 stalks Green Onion (thinly sliced)
- 1 1/2 tbsps Fresh Dill (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 3 slices Gluten-Free Bread
- 1/8 Tomato (sliced)

Nutrition

Amount per serving	
Calories	154
Fat	5g
Carbs	16g
Fiber	2g
Sugar	4g
Protein	11g

Directions

- 1 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 2 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers: Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size: One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

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

No Dill: Use fresh parsley.

No Bread: Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.



Cottage Cheese with Blueberries

4 servings

5 minutes

Ingredients

- 2 cups Cottage Cheese
- 1 cup Blueberries (fresh or frozen)

Nutrition

Amount per serving	
Calories	124
Fat	5g
Carbs	9g
Fiber	1g
Sugar	6g
Protein	12g

Directions

- 1 Divide the cottage cheese and blueberries into bowls or storage containers. Enjoy!

Notes

Make It Sweet: Drizzle honey or maple syrup otop.

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