



1300 calories, no dairy

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	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 High Protein Peanut Butter Oatmeal	 Peach Blueberry Smoothie	 Peach Blueberry Smoothie	 Mango Lime Smoothie	 Mango Lime Smoothie
Snack 1	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Grapes	 Grapes	 Grapes	 Grapes
				 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs
Lunch	 Baked Salmon Sandwich	 Ground Turkey & Veggie Stir Fry	 Borscht	 Meal Prep Greek Chicken Bowls	 Pesto Shrimp Pasta	 Classic Tacos	 Slow Cooker Stuffed Peppers
Snack 2				 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box
Dinner	 Ground Turkey & Veggie Stir Fry	 Borscht	 Meal Prep Greek Chicken Bowls	 Pesto Shrimp Pasta	 Classic Tacos	 Slow Cooker Stuffed Peppers	 Slow Cooker Bolognese with Spaghetti Squash
Snack 3	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  32%	Fat  33%	Fat  32%	Fat  28%	Fat  31%	Fat  34%	Fat  32%
Carbs  39%	Carbs  40%	Carbs  40%	Carbs  44%	Carbs  42%	Carbs  39%	Carbs  40%
Protein  29%	Protein  27%	Protein  28%	Protein  28%	Protein  27%	Protein  27%	Protein  28%
Calories 1324	Calories 1257	Calories 1256	Calories 1397	Calories 1382	Calories 1327	Calories 1287
Fat 48g	Fat 47g	Fat 45g	Fat 43g	Fat 48g	Fat 51g	Fat 47g
Carbs 128g	Carbs 128g	Carbs 125g	Carbs 156g	Carbs 144g	Carbs 131g	Carbs 135g
Fiber 19g	Fiber 20g	Fiber 19g	Fiber 18g	Fiber 18g	Fiber 24g	Fiber 29g
Sugar 19g	Sugar 27g	Sugar 27g	Sugar 49g	Sugar 45g	Sugar 69g	Sugar 84g
Protein 97g	Protein 84g	Protein 87g	Protein 99g	Protein 95g	Protein 93g	Protein 94g

Fruits

- 4 cups Grapes
- 2 Lime

Breakfast

- 3 tbsps All Natural Peanut Butter

Seeds, Nuts & Spices

- 3/4 Bay Leaf
- 1/4 tsp Black Pepper
- 1 1/2 tbsps Chia Seeds
- 1 1/2 tps Chili Powder
- 1/2 tsp Cumin
- 1/4 tsp Dried Basil
- 1/4 tsp Garlic Powder
- 1 tbsps Greek Seasoning
- 1/4 cup Ground Flax Seed
- 1/2 tsp Onion Powder
- 1/4 tsp Oregano
- 1/4 tsp Red Pepper Flakes
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 1 cup Frozen Blueberries
- 2 cups Frozen Cauliflower
- 2 cups Frozen Mango
- 1 1/2 cups Frozen Peaches

Vegetables

- 5 cups Baby Carrots
- 2 1/2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 1 1/3 Beet
- 2/3 Carrot
- 1/2 head Cauliflower
- 2/3 stalk Celery
- 1 cup Cherry Tomatoes
- 3 Cucumber
- 1 2/3 tbsps Fresh Dill
- 5 Garlic
- 3 Green Bell Pepper
- 1/2 head Green Lettuce
- 1/4 cup Red Onion
- 1/4 Spaghetti Squash
- 1 1/4 Tomato
- 1/3 White Onion
- 1 Yellow Onion
- 2/3 Yellow Potato

Boxed & Canned

- 1/2 cup Brown Rice
- 4 ozs Brown Rice Fettuccine
- 3/4 cup Crushed Tomatoes
- 1 1/3 cups Diced Tomatoes
- 1/2 cup Jasmine Rice
- 1 cup Salsa
- 2 tps Tomato Paste
- 2 cups Vegetable Broth

Baking

- 1 tbsps Coconut Flour
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Beef
- 1 1/4 lbs Extra Lean Ground Turkey
- 5 1/3 ozs Pork Ribs
- 2 slices Rye Bread
- 5 ozs Salmon Fillet
- 8 ozs Shrimp

Condiments & Oils

- 1 1/2 tps Avocado Oil
- 2 1/2 tbsps Extra Virgin Olive Oil
- 2 2/3 tbsps Pesto
- 1 tbsps Red Wine Vinegar
- 1 tbsps Tamari

Cold

- 14 1/2 Egg
- 1 1/2 cups Egg Whites
- 2 cups Oat Milk
- 3 cups Plain Coconut Milk
- 3 tbsps Unsweetened Coconut Yogurt

Other

- 1 cup Vanilla Protein Powder
- 3 1/8 cups Water



High Protein Peanut Butter Oatmeal

3 servings

5 minutes

Ingredients

- 1 1/2 cups Oats (quick or rolled)
- 1 1/2 cups Water
- 1 1/2 cups Egg Whites
- 3 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Chia Seeds

Nutrition

Amount per serving	
Calories	341
Fat	13g
Carbs	34g
Fiber	7g
Sugar	3g
Protein	23g

Directions

- 1 Add the oats, water and egg whites to a small pot over medium heat, stirring continuously. Cook for two to three minutes or until fluffy and cooked through.
- 2 Transfer to a bowl and top with peanut butter and chia seeds. Enjoy!

Notes

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

Nut-Free: Use sunflower seed butter, tahini, or pumpkin seed butter instead of peanut butter.

More Flavor: Add cinnamon, nutmeg, vanilla extract and/or a pinch of sea salt..

Additional Toppings: Maple syrup, honey, bee pollen, crushed nuts, jam, chopped fruit, shredded coconut or hemp seeds.

Make it Vegan: Omit the egg whites.



Peach Blueberry Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Oat Milk
- 1 cup Frozen Blueberries
- 1 1/2 cups Frozen Peaches
- 1/4 cup Ground Flax Seed
- 1/2 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	360
Fat	11g
Carbs	42g
Fiber	9g
Sugar	23g
Protein	26g

Directions

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

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

No Oat Milk: Use plain coconut milk instead.

No Frozen Peaches: Use frozen mango.



Mango Lime Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Mango
- 2 cups Frozen Cauliflower
- 2 Lime (large, zest and juice)
- 1/2 cup Vanilla Protein Powder
- 3 cups Plain Coconut Milk (unsweetened, from the carton)

Nutrition

Amount per serving	
Calories	348
Fat	9g
Carbs	47g
Fiber	8g
Sugar	36g
Protein	23g

Directions

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

Notes

Additional Toppings: Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

No Coconut Milk: Use almond or oat milk.

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



Cucumber, Carrot & Egg Snack Box

3 servings

15 minutes

Ingredients

- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 3/4 Cucumber (large, sliced)
- 1 1/2 cups Baby Carrots

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	10g
Fiber	2g
Sugar	5g
Protein	7g

Directions

- 1 In a medium-sized pot add the egg(s) and cover with water. Bring to a boil, and then turn off the heat and remove from heat. Cover and let stand for 10 minutes.
- 2 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.
- 3 Assemble the cucumber and carrots into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Leftovers: Keep the egg(s) whole after peeling if saving for later.

Additional Toppings: Serve the cucumber and carrots with hummus, baba ganoush, or a dip of your choice.

Make it Vegan: Replace the egg with nuts & seeds.



Grapes

4 servings

2 minutes

Ingredients

4 cups Grapes

Nutrition

Amount per serving	
Calories	62
Fat	0g
Carbs	16g
Fiber	1g
Sugar	15g
Protein	1g

Directions

- 1 Wash grapes, divide into bowls and enjoy!



Pressure Cooker Hard Boiled Eggs

4 servings

30 minutes

Ingredients

2/3 cup Water

4 Egg

Nutrition

Amount per serving	
Calories	72
Fat	5g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	6g

Directions

- 1 Add the metal rack to your pressure cooker along with the water. Place the eggs on top of the rack and close the lid.
- 2 Set to "sealing", then press manual/pressure cooker and cook for 5 minutes on high pressure. Once it is done, let the pressure release naturally for 5 minutes then release the rest of the pressure manually if needed.
- 3 Remove the lid carefully and then transfer the cooked eggs to an ice bath for about 10 minutes until they have cooled. Store in the refrigerator until ready to use.

Notes

Leftovers: Refrigerate in an airtight container in the shell for up to seven days.

Serving Size: One serving is one egg.

How to Make an Ice Bath: Add ice and water to a large bowl just before needed. Use enough water so ice cubes float freely around the bowl.



Baked Salmon Sandwich

1 serving
20 minutes

Ingredients

5 ozs Salmon Fillet
1/2 tsp Sea Salt
3 tbsps Unsweetened Coconut Yogurt
1 tbsp Fresh Dill (chopped)
1/4 head Green Lettuce (small, leaves separated)
1/4 Tomato (sliced)
2 slices Rye Bread

Nutrition

Amount per serving	
Calories	357
Fat	12g
Carbs	28g
Fiber	4g
Sugar	2g
Protein	33g

Directions

- 1 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 2 Place the salmon on the baking sheet and season with sea salt. Bake for 15 minutes, or until the salmon flakes with a fork.
- 3 Meanwhile, combine the coconut yogurt with dill.
- 4 Layer the lettuce, tomato, salmon and coconut yogurt dill sauce between the slices of bread. Enjoy!

Notes

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

Gluten-Free: Use gluten-free bread instead.

No Coconut Yogurt: Use mayonnaise or greek yogurt instead.



Ground Turkey & Veggie Stir Fry

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Green Bell Pepper (medium, diced)
- 1/2 Yellow Onion (chopped)
- 2 Garlic (large cloves, minced)
- 2 cups Baby Spinach
- 1 tbsp Tamari

Nutrition

Amount per serving	
Calories	400
Fat	13g
Carbs	46g
Fiber	4g
Sugar	4g
Protein	27g

Directions

- 1 Cook the rice according to package directions.
- 2 Add the turkey to a pan over medium heat, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer the turkey to a bowl or plate and drain any excess drippings from the pan. Set aside.
- 3 Adjust the heat to medium-high and add the oil to the same pan. Add the bell pepper and onion and cook, stirring often, for four to six minutes or until the vegetables are just tender.
- 4 Add the garlic and spinach to the pan and continue to cook until the spinach has wilted. Add the cooked turkey back to the pan and stir to combine.
- 5 Add the tamari to the pan and stir well. Continue to cook for another one to two minutes or until the tamari has been absorbed into the meat and vegetables. Divide the rice and stir fry between plates and enjoy!

Notes

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

Serving Size: One serving is approximately equal to one cup of the turkey mixture and a half cup of rice.

More Flavor: Use sesame oil instead of olive oil.

Additional Toppings: Additional tamari, sriracha or hot sauce, green onion, sesame seeds, or chopped cashews.

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

No Green Bell Pepper: Use red, yellow, or orange bell pepper instead.

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



Borscht

2 servings

1 hour

Ingredients

2 cups Vegetable Broth
 1 tsp Extra Virgin Olive Oil
 5 1/3 ozs Pork Ribs
 1/3 White Onion (diced)
 2/3 Garlic (minced)
 2/3 Carrot (peeled, chopped)
 2/3 stalk Celery (chopped)
 1 1/3 Beet (medium, peeled, chopped)
 2/3 Yellow Potato (chopped)
 2 tsps Tomato Paste
 2/3 cup Diced Tomatoes
 1/3 tsp Sea Salt
 2 tsps Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	290
Fat	11g
Carbs	28g
Fiber	5g
Sugar	10g
Protein	20g

Directions

- 1 In a large pot, add the vegetable broth, olive oil, pork ribs, onion and garlic. Turn to medium heat and let the broth simmer for 30 minutes or until the ribs are cooked through.
- 2 Once the pork ribs are cooked, add the carrots, celery, beets, potatoes, tomato paste, diced tomatoes and sea salt. Cook on medium heat for another 20 to 25 minutes, stirring every so often.
- 3 When all of the vegetables are soft, remove the pork ribs from the pot and cut the meat off the ribs. Add the meat back to the soup and stir to combine. Divide the soup into bowls and top with fresh dill. Enjoy!

Notes

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

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

More Flavor: Add pepper or red chilli flakes.

Additional Toppings: Add plain coconut yogurt or sour cream.

Make it Vegan: Use cooked lentils instead of the ribs and add at the same time as the vegetables.



Meal Prep Greek Chicken Bowls

2 servings

50 minutes

Ingredients

1 cup Water
 1/2 cup Brown Rice (dry)
 8 ozs Chicken Breast (skinless, boneless)
 1 tbsp Greek Seasoning
 1/2 Cucumber (medium, diced)
 1/4 cup Red Onion (medium, diced)
 1 cup Cherry Tomatoes
 1 tbsp Extra Virgin Olive Oil
 1 tbsp Red Wine Vinegar
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	11g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 days.

More Flavour: Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning: Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



Pesto Shrimp Pasta

2 servings

20 minutes

Ingredients

- 4 ozs Brown Rice Fettuccine
- 8 ozs Shrimp (peeled, deveined)
- 1/8 tsp Sea Salt
- 2 2/3 tbsps Pesto

Nutrition

Amount per serving	
Calories	391
Fat	11g
Carbs	45g
Fiber	3g
Sugar	2g
Protein	29g

Directions

- 1 Cook the pasta according to the directions on the package. Set aside at least 1/4 cup of pasta water. Strain the pasta and run cold water over it to prevent over-cooking. Add the pasta back to the pot.
- 2 Meanwhile, heat a few tablespoons of the pasta water in a skillet over medium heat. Add the shrimp and cook for 1 to 3 minutes per side, or until no longer translucent. Add more pasta water if needed. Season with salt.
- 3 Add the shrimp and pesto to the pasta and gently combine until well coated. Divide onto plates and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

More Flavor: Cook the shrimp with butter or oil instead of pasta water.

Additional Toppings: Red pepper flakes, fresh herbs, lemon juice.



Classic Tacos

2 servings

25 minutes

Ingredients

- 4 Corn Tortilla
- 1 1/2 tsps Avocado Oil
- 8 ozs Extra Lean Ground Beef
- 1/2 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Cumin
- 1/4 head Green Lettuce (small, finely chopped)
- 1 Tomato (medium, diced)

Nutrition

Amount per serving	
Calories	384
Fat	16g
Carbs	31g
Fiber	3g
Sugar	0g
Protein	26g

Directions

- 1 Prepare tortillas according to instructions on the package.
- 2 Heat a large skillet over medium heat. Add the avocado oil and the beef, stirring to break it up as it cooks. Add the onion powder, garlic powder, salt and cumin to the pan. Once the beef is cooked through, remove from heat.
- 3 Add the ground beef, lettuce and tomatoes to the center of each tortilla. Fold in half and enjoy immediately.

Notes

Serving Size: One serving is equal to two tacos.

Storage: Keep all ingredients refrigerated separately. Refrigerate ground beef in an airtight container up to 2 to 3 days.

More Toppings: Add shredded cheese, avocado, salsa, plain Greek yogurt, olives, red onions, cilantro or roasted corn.

No Ground Beef: Use ground turkey, chicken, pork or lamb instead.

Vegan & Vegetarian: Use lentils instead of ground meat.



Slow Cooker Stuffed Peppers

2 servings

4 hours

Ingredients

- 2 Green Bell Pepper (large)
- 8 ozs Extra Lean Ground Turkey
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 tsps Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Dried Basil
- 1/2 Egg
- 1 Garlic (cloves, minced)
- 1/4 Yellow Onion (diced)
- 1/2 cup Baby Spinach (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbsp Coconut Flour
- 1 cup Salsa
- 1/2 head Cauliflower (large)

Nutrition

Amount per serving	
Calories	348
Fat	16g
Carbs	27g
Fiber	10g
Sugar	13g
Protein	30g

Directions

- 1 Slice the tops off the peppers and carve out the seeds. Set aside.
- 2 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 3 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 4 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 5 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians: Use cooked lentils or beans instead of ground meat.

No Ground Turkey: Use ground chicken or beef instead.

No Slow Cooker: Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower: Serve over rice, quinoa, greens or sweet potato mash.



Slow Cooker Bolognese with Spaghetti Squash

1 serving

8 hours

Ingredients

- 1/3 tsp Extra Virgin Olive Oil
- 4 ozs Extra Lean Ground Turkey
- 1/4 Yellow Onion (diced)
- 1 1/4 Garlic (cloves, minced)
- 3/4 cup Diced Tomatoes (drained)
- 3/4 cup Crushed Tomatoes
- 3/4 Bay Leaf
- 1/4 tsp Oregano
- 1/4 Spaghetti Squash
- 2 tbsps Basil Leaves (chopped)
- 1/4 tsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	35g
Fiber	8g
Sugar	15g
Protein	27g

Directions

- 1 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 2 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 3 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 4 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 5 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables: Add diced green pepper and mushrooms.

Vegetarian: Use lentils instead of ground turkey.

More Carbs: Use brown rice pasta instead of spaghetti squash.

No Slow Cooker: Make it on the stovetop and let simmer for at least an hour.