



1400 calories, glutenfree

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HE-FLUENCE

WELCOME

Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some notes about your meal plan:

Leftovers: Days where leftovers will be used are shown by "grayed out" text.

Recipes and Servings: Each recipe will show the servings at the top. You will follow the recipe exactly and make the full number of servings shown. All of the servings will be eaten by you either the day you make it, or in the following days as leftovers.

Following the Calendar: Some days may have a meal/snack with the number 2 in front. This number 2 means that you will eat two servings.

Misc Notes:

- Don't forget to read the "Notes" section of the meal plan for additional "thoughts" such as substitutions or leftover care. Also, you can eat a side as a snack or a snack as a side
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MON



BREAKFAST
Tropical Breakfast Bowl



LUNCH
Salmon, Rice & Arugula



SNACK 2
Tzatziki with Cucumber Slices



DINNER
Sesame Ginger Salmon with Veggies & Rice



SNACK 3
Lemon & Chili Pepper Sardine Toast

TUE



BREAKFAST
Tropical Breakfast Bowl



LUNCH
Sesame Ginger Salmon with Veggies & Rice



SNACK 2
Tzatziki with Cucumber Slices



DINNER
BBQ Steak Tacos with Salsa Verde



SNACK 3
Lemon & Chili Pepper Sardine Toast

WED



BREAKFAST
Tropical Breakfast Bowl



LUNCH
BBQ Steak Tacos with Salsa Verde



SNACK 2
Tzatziki with Cucumber Slices



DINNER
Sesame Beef & Brown Rice



SNACK 3
Lemon & Chili Pepper Sardine Toast

THU



BREAKFAST
Berry Avocado Smoothie



LUNCH
Sesame Beef & Brown Rice



SNACK 2
Cantaloupe with Cottage Cheese



DINNER
Grilled Chicken Tacos with Mango Slaw



SNACK 3
Mackerel Salad Open Face Sandwich

FRI



BREAKFAST
Berry Avocado Smoothie



LUNCH
Grilled Chicken Tacos with Mango Slaw



SNACK 2
Cantaloupe with Cottage Cheese



DINNER
Chicken, Rice & Broccoli



SNACK 3
Mackerel Salad Open Face Sandwich

SAT



BREAKFAST
Mexican Scramble



LUNCH
Chicken, Rice & Broccoli



SNACK 2
Cantaloupe with Cottage Cheese



DINNER
Ground Turkey, Rice & Broccoli



SNACK 3
Mackerel Salad Open Face Sandwich

SUN



BREAKFAST
Mexican Scramble



LUNCH
Ground Turkey, Rice & Broccoli



SNACK 2
Cantaloupe with Cottage Cheese



DINNER
Pesto Chicken Stuffed Peppers



SNACK 3
Mackerel Salad Open Face Sandwich

MON

FAT 28% **CARBS 46%** **PROTEIN 26%**

Calories 1415 Fiber 13g
Fat 46g Sugar 46g
Carbs 166g Protein 93g

TUE

FAT 30% **CARBS 44%** **PROTEIN 26%**

Calories 1446 Fiber 15g
Fat 49g Sugar 50g
Carbs 162g Protein 94g

WED

FAT 33% **CARBS 41%** **PROTEIN 26%**

Calories 1488 Fiber 14g
Fat 54g Sugar 48g
Carbs 152g Protein 99g

THU

FAT 32% **CARBS 40%** **PROTEIN 28%**

Calories 1446 Fiber 23g
Fat 51g Sugar 51g
Carbs 147g Protein 103g

FRI

FAT 29% **CARBS 41%** **PROTEIN 30%**

Calories 1424 Fiber 25g
Fat 47g Sugar 50g
Carbs 149g Protein 106g

SAT

FAT 32% **CARBS 41%** **PROTEIN 27%**

Calories 1419 Fiber 24g
Fat 52g Sugar 23g
Carbs 147g Protein 98g

SUN

FAT 36% **CARBS 39%** **PROTEIN 25%**

Calories 1355 Fiber 24g
Fat 55g Sugar 24g
Carbs 136g Protein 88g

FRUITS

- 1 Avocado
- 1 Cantaloupe
- 1 1/2 Kiwi
- 2 1/16 Lemon
- 2 1/4 tsps Lemon Juice
- 1 tbsp Lime Juice
- 1 1/4 Mango
- 3/4 cup Pineapple

BREAKFAST

- 3/4 cup Granola

SEEDS, NUTS & SPICES

- 2 tsps Chia Seeds
- 1/8 tsp Chili Flakes
- 1 tsp Cumin
- 1 tsp Paprika
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/2 tsp Turmeric

FROZEN

- 1 cup Frozen Berries
- 1/2 cup Frozen Cauliflower

VEGETABLES

- 1 cup Arugula
- 2 cups Bok Choy
- 4 cups Broccoli
- 2 stalks Celery
- 1/2 cup Cilantro
- 1 1/2 Cucumber
- 2 tsps Fresh Dill
- 3 3/4 Garlic
- 1 tsp Ginger
- 1/4 Green Bell Pepper
- 2 cups Green Cabbage
- 4 stalks Green Onion
- 1 Green Tomato
- 1 Jalapeno Pepper
- 1 cup Kale Leaves
- 3 tsps Mint Leaves
- 3 Red Hot Chili Pepper
- 3/4 cup Shiitake Mushrooms
- 3/4 Tomato
- 1/4 White Onion
- 1 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 cup Black Beans
- 1 cup Brown Rice
- 1 1/4 cups Jasmine Rice
- 2 tsps Quinoa
- 2 tsps Salsa
- 3 ozs Sardines

BAKING

- 2 1/2 tsps Coconut Sugar
- 1 tbsp Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 4 ozs Canned Mackerel
- 10 ozs Chicken Breast
- 10 ozs Chicken Thighs
- 8 Corn Tortilla
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 8 ozs Flank Steak
- 7 slices Gluten-Free Bread
- 10 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 3/4 tsps Coconut Oil
- 1 tsp Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 2 tsps Pesto
- 2 1/4 tsps Rice Vinegar
- 1 tsp Sesame Oil
- 2 1/2 tsps Tamari

COLD

- 1 cup Cottage Cheese
- 3 Egg
- 2 tsps Orange Juice
- 2 cups Plain Coconut Milk
- 4 1/4 cups Plain Greek Yogurt
- 1 tbsp Unsweetened Almond Milk

OTHER

- 1/2 cup Vanilla Protein Powder
- 1 1/16 cups Water

Tropical Breakfast Bowl

3 SERVINGS 5 MINUTES



INGREDIENTS

2 1/4 cups Plain Greek Yogurt
3/4 cup Pineapple (chopped)
3/4 Mango (peeled and chopped)
1 1/2 Kiwi (peeled and chopped)
3/4 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	377	Fiber	6g
Fat	12g	Sugar	29g
Carbs	48g	Protein	22g

DIRECTIONS

01 Divide the yogurt between bowls and top with the pineapple, mango, kiwi, and granola. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Chopped nuts, seeds, shredded coconut, and/or honey.

FRUIT

Add banana and/or berries.

DAIRY-FREE

Use coconut yogurt instead.

GRAIN-FREE

Omit the granola.

Berry Avocado Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Coconut Milk (unsweetened, from the box)
1 Zucchini (chopped, frozen)
1/2 cup Frozen Cauliflower
1 cup Frozen Berries
1/2 Avocado
2 tbsps Chia Seeds
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	370	Fiber	12g
Fat	17g	Sugar	18g
Carbs	33g	Protein	25g

DIRECTIONS

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

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

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

Mexican Scramble

2 SERVINGS 25 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
1/4 Yellow Onion (diced)
1/4 Green Bell Pepper (de-seeded and diced)
1 1/2 Garlic (cloves, minced)
1/2 Tomato (diced)
1 cup Black Beans (cooked, drained and rinsed)
1/2 tsp Cumin
1/2 tsp Paprika
1/2 tsp Turmeric
Sea Salt & Black Pepper (to taste)
3 Egg
1 tbsp Unsweetened Almond Milk
1 tbsp Nutritional Yeast
1 cup Kale Leaves (finely sliced)
1/2 Avocado (peeled and diced)
2 tbsps Salsa
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	365	Fiber	14g
Fat	17g	Sugar	3g
Carbs	33g	Protein	22g

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 02 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 03 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 04 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 05 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

NOTES

LESS INGREDIENTS

Skip the toppings (avocado, salsa and cilantro)

Salmon, Rice & Arugula

1 SERVING 25 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 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.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 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.

Tzatziki with Cucumber Slices

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 Cucumber (divided)
- 1 1/2 cups Plain Greek Yogurt
- 1 1/2 Garlic (clove, minced)
- 3/4 Lemon (juiced)
- 3 tbsps Mint Leaves (fresh, finely chopped)
- 3/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	119	Fiber	1g
Fat	3g	Sugar	6g
Carbs	13g	Protein	12g

DIRECTIONS

- 01 Slice off 1/4 of the cucumber and set the remainder aside.
- 02 Slice the 1/4 portion of cucumber in half. Scoop out the seeds and discard. Grate the remaining cucumber then squeeze out as much liquid as possible. Transfer to a mixing bowl.
- 03 Stir in yogurt, garlic, lemon juice, mint and sea salt until thoroughly combined. Transfer to a serving bowl.
- 04 Slice the remaining cucumber into slices and serve with tzatziki. Enjoy!

NOTES

DAIRY-FREE

Use a plain dairy-free yogurt instead of Greek yogurt.

NO MINT

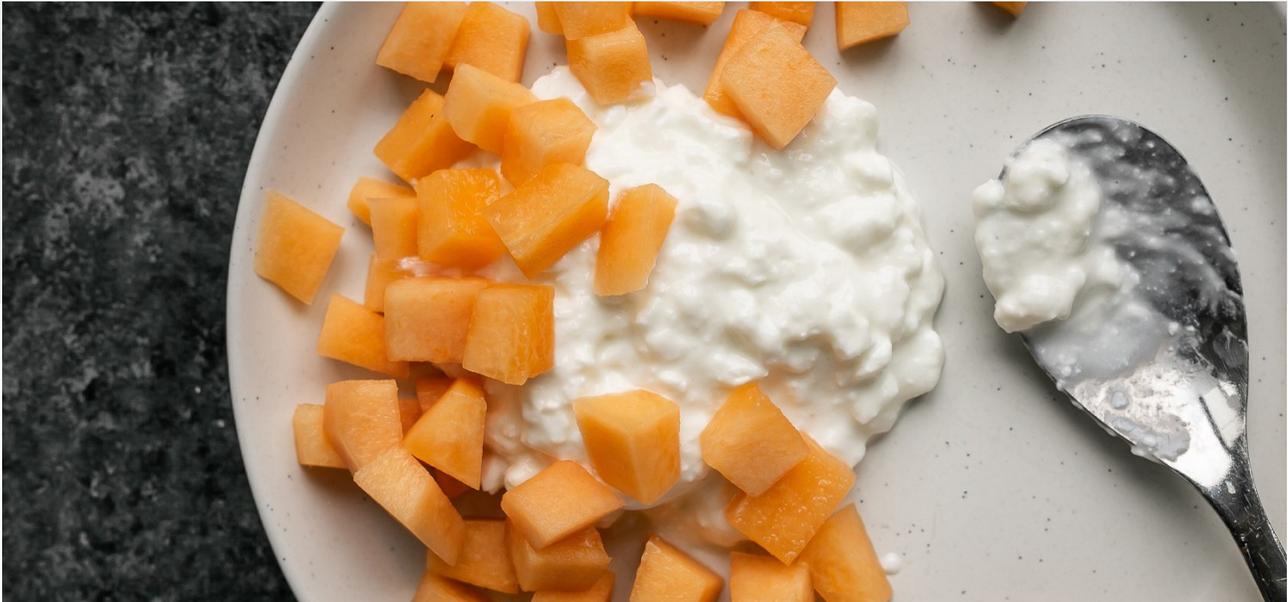
Use dill instead.

STORAGE

Best enjoyed immediately but will keep in an airtight container up to 2 days in the fridge. Stir well before serving.

Cantaloupe with Cottage Cheese

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1 Cantaloupe (peeled, seeds removed, diced)

NUTRITION

AMOUNT PER SERVING

Calories	98	Fiber	1g
Fat	3g	Sugar	12g
Carbs	13g	Protein	7g

DIRECTIONS

01 Add the cottage cheese and cantaloupe to the same dish. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.

DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

Sesame Ginger Salmon with Veggies & Rice

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (uncooked)
2 1/4 tsps Extra Virgin Olive Oil
2 1/4 tsps Rice Vinegar
1 tsp Coconut Sugar
1 tbsp Tamari
3/4 tsp Ginger (minced)
6 ozs Salmon Fillet
3/4 cup Shiitake Mushrooms (stems removed)
2 cups Bok Choy (baby, halved)

NUTRITION

AMOUNT PER SERVING

Calories	376	Fiber	3g
Fat	11g	Sugar	5g
Carbs	49g	Protein	23g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with aluminum foil and place a wire rack over top.
- 02 Cook the rice according to the directions on the package
- 03 In a small bowl, whisk the oil, rice vinegar, coconut sugar, tamari, and ginger.
- 04 Place the salmon skin side down on the baking sheet along with the mushrooms and bok choy. Pour the oil mixture over top of the salmon and the veggies.
- 05 Cook in the oven for 10 minutes, or until the salmon is nearly done. This will depend on the thickness of your salmon. Turn the oven to broil and cook for about three minutes more, until cooked through and slightly charred. Divide onto plates along with the cooked rice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add sriracha or chili flakes to the marinade.

ADDITIONAL TOPPINGS

Top with sesame seeds.

NO WIRE RACK

Line the baking sheet with parchment paper instead.

BBQ Steak Tacos with Salsa Verde

2 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Orange Juice
- 1 tbsp Lime Juice
- 1/3 tsp Sea Salt (divided)
- 8 ozs Flank Steak
- 1 Green Tomato (large, halved)
- 1 Jalapeno Pepper (roughly chopped)
- 1/4 White Onion (roughly chopped)
- 1/4 cup Cilantro (roughly chopped)
- 4 Corn Tortilla (medium)

NUTRITION

AMOUNT PER SERVING

Calories	418	Fiber	3g
Fat	17g	Sugar	5g
Carbs	35g	Protein	27g

DIRECTIONS

- 01 In a baking dish, combine the oil, orange juice, lime juice, and half the salt. Place the steak in the dish and cover it with plastic wrap. Refrigerate for one hour.
- 02 Meanwhile, make the salsa. Set your oven to broil and move the rack to the highest position. Place the green tomatoes on a baking sheet. Broil for two to three minutes on each side, or until charred. Let cool.
- 03 Remove the core and peel of the tomatoes. Transfer to a food processor with the jalapeno, white onion, cilantro, and remaining salt. Pulse until your desired consistency is reached, adding water if it is too thick.
- 04 Grill the steak over medium-high heat for about three to four minutes per side. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 05 Divide the tortillas onto plates and place the steak slices in each taco. Top with the salsa. Enjoy!

NOTES

LEFTOVERS

Refrigerate the steak in an airtight container for up to two days. The salsa can be refrigerated for up to four days.

SERVING SIZE

One serving is two tacos.

MARINADE TIME

Since this marinade is citrus-heavy, marinate the steak for no longer than four hours.

ADDITIONAL TOPPINGS

Avocado, extra cilantro, shredded lettuce, and/or or cabbage.

Sesame Beef & Brown Rice

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry, uncooked)
1 1/2 tbsps Tamari
1 1/2 tsps Coconut Sugar
1 tsp Sesame Oil
1/8 tsp Ginger (ground)
1/8 tsp Chili Flakes
8 ozs Extra Lean Ground Beef
2 tbsps Cilantro (for topping, chopped)
1 1/2 tsps Sesame Seeds (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	418	Fiber	2g
Fat	16g	Sugar	3g
Carbs	39g	Protein	28g

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 While the rice cooks, in a small bowl, whisk together the tamari, coconut sugar, sesame oil, ginger and chili flakes.
- 03 In a nonstick skillet over medium heat, add the ground beef and cook. As it browns, break it up with a wooden spoon or spatula. Cook for 3 to 4 minutes and then add the tamari mixture. Reduce the heat to medium-low and stir frequently until cooked through, about 5 minutes more.
- 04 Divide the rice onto plates, top with the beef. If using, top with the cilantro and sesame seeds. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Add sautéed vegetables on the side.

NO CILANTRO

Use green onions instead or completely omit.

Grilled Chicken Tacos with Mango Slaw

2 SERVINGS 25 MINUTES



INGREDIENTS

1 tsp Coconut Oil
10 ozs Chicken Thighs (boneless, skinless)
1/2 tsp Cumin
1/2 tsp Paprika
1/2 tsp Sea Salt (divided)
2 cups Green Cabbage (finely sliced)
1/2 Mango (diced)
1 tbsp Cilantro (minced)
4 Corn Tortilla (medium)

NUTRITION

AMOUNT PER SERVING

Calories	406	Fiber	6g
Fat	10g	Sugar	14g
Carbs	46g	Protein	32g

DIRECTIONS

- 01 Heat the oil in a skillet over medium-high heat. Season both sides of the chicken with the cumin, paprika, and half of the salt.
- 02 Add the chicken to the skillet and cook for seven to eight minutes per side. When fully cooked, remove the chicken from the skillet and set aside to rest for five minutes before slicing.
- 03 Meanwhile, in a mixing bowl combine the sliced cabbage, mango, cilantro, and the remaining salt. Mix well.
- 04 Fill each tortilla with the sliced chicken and mango slaw. Enjoy!

NOTES

LEFTOVERS

Store the taco components separately. The chicken will keep well in the refrigerator for three to four days. The mango slaw is best enjoyed within one to two days.

SERVING SIZE

One serving size is equal to two tacos.

NO CHICKEN THIGHS

Substitute chicken breast or ground chicken.

SAVE TIME

Use bagged coleslaw mix and frozen mango chunks.

MORE FLAVOR

Top with red onions and additional cilantro.

MAKE IT SPICY

Add sliced jalapenos.

Chicken, Rice & Broccoli

2 SERVINGS 45 MINUTES



INGREDIENTS

- 1/2 cup Brown Rice (uncooked, rinsed)
- 1 cup Water
- 8 ozs Chicken Breast (boneless, skinless)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 2 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	396	Fiber	4g
Fat	12g	Sugar	2g
Carbs	41g	Protein	31g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 02 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 03 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 04 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 05 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

NOTES

NO BROWN RICE

Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

LESS TIME

Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

NO STEAMING BASKET

Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.

Ground Turkey, Rice & Broccoli

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)
1 1/2 tps Extra Virgin Olive Oil
3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Turkey
1/2 cup Jasmine Rice (dry)

NUTRITION

AMOUNT PER SERVING

Calories	406	Fiber	3g
Fat	15g	Sugar	2g
Carbs	44g	Protein	27g

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 04 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 05 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

NOTES

LEFTOVERS

Refrigerate up to 3 days. Freeze for longer.

NO GROUND TURKEY

Use ground chicken, beef, lamb or pork instead.

VEGAN & VEGETARIAN

Use roasted chickpeas instead of ground meat.

NO RICE

Use quinoa or cauliflower rice instead.

Pesto Chicken Stuffed Peppers

1 SERVING 50 MINUTES



INGREDIENTS

2 ozs Chicken Breast
2 tbsps Quinoa (dry, uncooked)
1 Yellow Bell Pepper (large)
1 1/2 tsps Water
1/2 stalk Green Onion
2 tbsps Pesto
2 1/4 tsps Lemon Juice
1/16 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	332	Fiber	4g
Fat	15g	Sugar	3g
Carbs	30g	Protein	21g

DIRECTIONS

- 01 Bring a pot of water to a boil. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15 to 20 minutes. Remove chicken and shred into pieces using two forks.
- 02 While your chicken cooks, cook your quinoa according to the directions on the package. Fluff with a fork and set aside.
- 03 Preheat your oven to 375°F (191°C).
- 04 Cut the tops off of the peppers and discard the seeds and ribs. Place peppers upside down in baking dish and add water. Cover with foil and bake for 25 minutes.
- 05 While peppers are baking, combine the cooked quinoa, shredded chicken, green onion, pesto, lemon juice and sea salt. Mix well and set aside.
- 06 Remove the peppers from the oven. Carefully remove the foil and turn right-side up. Drain any excess water from the baking dish.
- 07 With the peppers sitting upright, spoon equal amounts of the pesto chicken filling into each. Cover with foil again, then bake for an additional 20 minutes, or until filling is warmed through and peppers are very tender.
- 08 Remove the stuffed peppers from the oven and enjoy!

NOTES

ADDITIONAL TOPPINGS

Parmesan cheese, nutritional yeast, fresh herbs, a pinch of red chili flakes or more pesto.

TIPSY BELL PEPPERS

If your bell peppers are tipsy and do not stand upright on their own, try slicing the bottom of them to create a flat surface.

MORE CARBS

Serve over a bed of rice or quinoa.

MAKE IT VEGETARIAN

Swap out the chicken for cooked lentils.

Lemon & Chili Pepper Sardine Toast

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Garlic (clove)
3 slices Gluten-Free Bread (toasted)
3 ozs Sardines (packed in oil, drained, halved lengthwise)
1 1/2 stalks Green Onion (sliced)
3 Red Hot Chili Pepper (sliced)
1/8 Lemon (juiced, zested)

NUTRITION

AMOUNT PER SERVING

Calories	156	Fiber	2g
Fat	6g	Sugar	5g
Carbs	17g	Protein	10g

DIRECTIONS

01 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

MORE FLAVOR

Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

NO SARDINES

Use tuna instead.

Mackerel Salad Open Face Sandwich

4 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 02 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.