



1400 calories

1400 calories

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
Peach Blueberry Smoothie



SNACK 1
Cantaloupe with Cottage Cheese



LUNCH
Shrimp, Mango & Avocado Salad



SNACK 2
Tzatziki with Cucumber Slices



DINNER
Chicken, Rice & Broccoli



SNACK 3
Smoked Salmon Crackers

TUE



BREAKFAST
Peach Blueberry Smoothie



SNACK 1
Cantaloupe with Cottage Cheese



LUNCH
Chicken, Rice & Broccoli



SNACK 2
Tzatziki with Cucumber Slices



DINNER
Cucumber Soba Noodles with Tempeh

WED



BREAKFAST
Peach Blueberry Smoothie



SNACK 1
Cantaloupe with Cottage Cheese



LUNCH
Cucumber Soba Noodles with Tempeh



SNACK 2
Tzatziki with Cucumber Slices



DINNER
Goan Fish Curry

THU



BREAKFAST
Cottage Cheese with Mango



SNACK 1
Chili & Lime Cucumbers, Turkey & Cabbage Rolls



LUNCH
Goan Fish Curry



SNACK 2
Smoked Salmon Crackers



DINNER
Pesto Chicken Stuffed Peppers



SNACK 3
Peach with Cottage Cheese

FRI



BREAKFAST
Cottage Cheese with Mango



SNACK 1
Chili & Lime Cucumbers, Turkey & Cabbage Rolls



LUNCH
Pesto Chicken Stuffed Peppers



SNACK 2
Smoked Salmon Crackers



DINNER
Slow Cooker Lamb & White Bean Stew



SNACK 3
Peach with Cottage Cheese

SAT



BREAKFAST
Mexican Scramble



SNACK 1
Chili & Lime Cucumbers, Turkey & Cabbage Rolls



LUNCH
Slow Cooker Lamb & White Bean Stew



DINNER
Tofu Veggie Fried Rice



SNACK 3
Peach with Cottage Cheese

SUN



BREAKFAST
Mexican Scramble



SNACK 1
Chili & Lime Cucumbers, Turkey & Cabbage Rolls



LUNCH
Tofu Veggie Fried Rice



SNACK 2
Smoked Salmon Crackers



DINNER
Ground Turkey, Rice & Broccoli



SNACK 3
Peach with Cottage Cheese

MON

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

Calories 1398 Fiber 26g
Fat 43g Sugar 62g
Carbs 151g Protein 119g

TUE

FAT 25% **CARBS 46%** **PROTEIN 29%**

Calories 1417 Fiber 17g
Fat 40g Sugar 49g
Carbs 161g Protein 101g

WED

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

Calories 1435 Fiber 16g
Fat 41g Sugar 51g
Carbs 165g Protein 98g

THU

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

Calories 1410 Fiber 18g
Fat 48g Sugar 57g
Carbs 150g Protein 105g

FRI

FAT 31% **CARBS 40%** **PROTEIN 29%**

Calories 1393 Fiber 27g
Fat 49g Sugar 57g
Carbs 144g Protein 105g

SAT

FAT 34% **CARBS 41%** **PROTEIN 25%**

Calories 1409 Fiber 34g
Fat 54g Sugar 31g
Carbs 148g Protein 92g

SUN

FAT 32% **CARBS 42%** **PROTEIN 26%**

Calories 1538 Fiber 29g
Fat 58g Sugar 30g
Carbs 167g Protein 104g

FRUITS

- 3/4 Avocado
- 3/4 Cantaloupe
- 3/4 Lemon
- 1 1/2 tbsps Lemon Juice
- 1/3 Lime
- 3 tbsps Lime Juice
- 1 1/3 Mango
- 4 Peach

SEEDS, NUTS & SPICES

- 1 tsp Chili Powder
- 1 tsp Coriander Seed
- 1/2 tsp Cumin
- 1/2 tsp Cumin Seed
- 1/3 cup Ground Flax Seed
- 3/4 tsp Paprika
- 2 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 3/4 tps Turmeric

FROZEN

- 1 1/2 cups Frozen Blueberries
- 2 1/4 cups Frozen Peaches

VEGETABLES

- 4 cups Broccoli
- 1/2 Carrot
- 2 tbsps Cilantro
- 5 3/4 Cucumber
- 3 1/3 tbsps Fresh Dill
- 3 Garlic
- 2 tps Ginger
- 1/4 Green Bell Pepper
- 2 1/2 stalks Green Onion
- 1 cup Kale Leaves
- 3 tbsps Mint Leaves
- 2 1/2 cups Purple Cabbage
- 2 Tomato
- 2 Yellow Bell Pepper
- 1 1/4 Yellow Onion
- 1/2 Yellow Potato

BOXED & CANNED

- 1 cup Black Beans
- 1/2 cup Brown Rice
- 3 1/2 ozs Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 1 1/4 cups Jasmine Rice
- 10 slices Light Rye Crisp Bread
- 1/4 cup Quinoa
- 2 tbsps Salsa
- 1 1/2 tps Tomato Paste
- 1 cup White Navy Beans

BAKING

- 1 tbsp Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 4 ozs Extra Lean Ground Turkey
- 1 1/2 Haddock Fillet
- 7 ozs Lamb Shank
- 4 ozs Shrimp, Cooked
- 8 ozs Sliced Turkey Breast
- 5 1/4 ozs Smoked Salmon
- 6 ozs Tempeh
- 8 1/16 ozs Tofu

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 2 tbsps Coconut Aminos
- 1 1/8 tps Coconut Oil
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tps Mayonnaise
- 1/4 cup Pesto
- 2 1/4 tps Sesame Oil
- 1 1/2 tbsps Tamari
- 1 tsp Tamarind Paste

COLD

- 3 3/4 cups Cottage Cheese
- 5 Egg
- 3 cups Oat Milk
- 2 3/4 cups Plain Greek Yogurt
- 1 tbsp Unsweetened Almond Milk

OTHER

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

Peach Blueberry Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Oat Milk
1 1/2 cups Frozen Blueberries
2 1/4 cups Frozen Peaches
1/3 cup Ground Flax Seed
3/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.

Cottage Cheese with Mango

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Cottage Cheese
1 Mango (peeled, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	307	Fiber	3g
Fat	10g	Sugar	29g
Carbs	32g	Protein	25g

DIRECTIONS

01 Top the cottage cheese with chopped mango and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt or oatmeal instead of cottage cheese.

ADDITIONAL TOPPINGS

Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.

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!

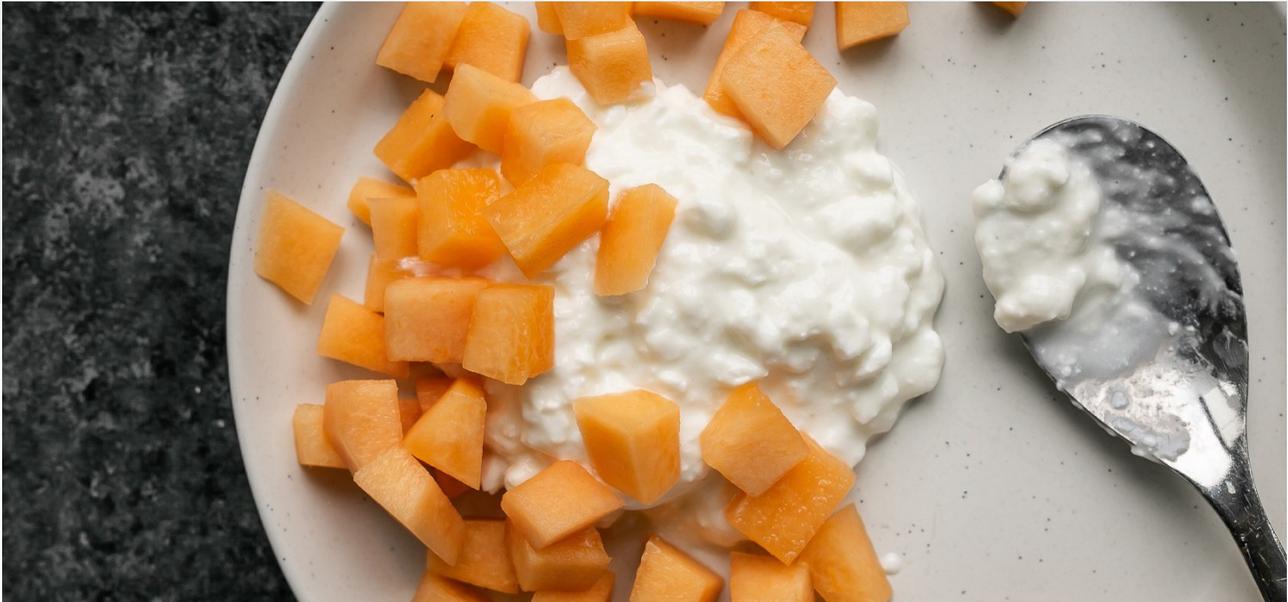
NOTES

LESS INGREDIENTS

Skip the toppings (avocado, salsa and cilantro)

Cantaloupe with Cottage Cheese

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 cup Cottage Cheese

3/4 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

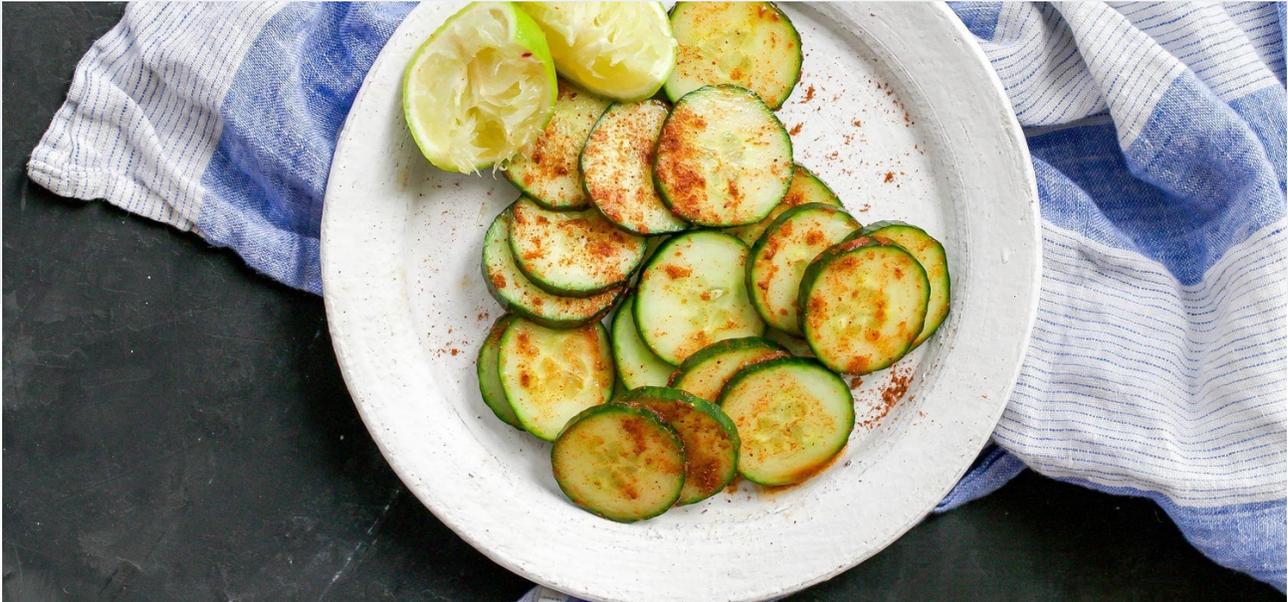
Hemp seeds, chia seeds, shredded coconut, honey and/or maple syrup.

DAIRY-FREE

Use coconut yogurt instead of cottage cheese.

Chili & Lime Cucumbers

4 SERVINGS 5 MINUTES



INGREDIENTS

2 Cucumber (sliced)
1 tsp Chili Powder
2 tbsps Lime Juice

NUTRITION

AMOUNT PER SERVING

Calories	26	Fiber	1g
Fat	0g	Sugar	3g
Carbs	6g	Protein	1g

DIRECTIONS

01 In a small bowl, add the cucumber. Toss with the chili powder and lime juice.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add chili flakes or cayenne for extra heat.

Turkey & Cabbage Rolls

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Purple Cabbage (leaves pulled apart)
8 ozs Sliced Turkey Breast
1 Cucumber (medium, sliced)
2 tsps Mayonnaise

NUTRITION

AMOUNT PER SERVING

Calories	101	Fiber	1g
Fat	4g	Sugar	3g
Carbs	7g	Protein	10g

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two small rolls.

ADDITIONAL TOPPINGS

Add sprouts or arugula.

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	Fiber	7g
Fat	11g	Sugar	18g
Carbs	28g	Protein	30g

DIRECTIONS

01 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.

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.

Smoked Salmon Crackers

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Plain Greek Yogurt
2 slices Light Rye Crisp Bread
1 1/16 ozs Smoked Salmon (sliced)
2 tsps Fresh Dill (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	120	Fiber	4g
Fat	3g	Sugar	1g
Carbs	14g	Protein	13g

DIRECTIONS

01 Spread the greek yogurt evenly onto each crispbread. Top with the smoked salmon slices and fresh dill. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately as the crispbread will soften over time.

SERVING SIZE

One serving is equal to two topped crispbreads.

ADDITIONAL TOPPINGS

Capers, red onion, or cucumber.

NO CRISPBREAD

Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

NO GREEK YOGURT

Use coconut butter, cottage cheese, or cream cheese instead.

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.

Cucumber Soba Noodles with Tempeh

2 SERVINGS 25 MINUTES



INGREDIENTS

- 3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)
- 2 tbsps Coconut Aminos
- 1 tbsp Lime Juice
- 1/2 tsp Ginger (fresh, grated or minced)
- 6 ozs Tempeh (cut into strips)
- 1 Cucumber (medium, julienned)
- 1 tsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	444	Fiber	2g
Fat	11g	Sugar	6g
Carbs	52g	Protein	25g

DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, stir together the coconut aminos, lime juice, and ginger in a bowl.
- 03 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 04 Divide the soba noodles into bowls and top with the tempeh, cucumber, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately three cups.

MORE FLAVOR

Add garlic and/or maple syrup.

ADDITIONAL TOPPINGS

Add sliced green onions or red pepper flakes.

Goan Fish Curry

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (dry)
1 tsp Coriander Seed
1/2 tsp Cumin Seed
1 1/2 tsps Ginger (grated or minced)
1/4 tsp Sea Salt (to taste)
1/4 tsp Paprika
1/4 tsp Turmeric
3/4 tsp Coconut Oil
1/2 Yellow Onion (diced)
1/2 Tomato (medium, diced)
1 tsp Tamarind Paste
1/2 cup Canned Coconut Milk
1 1/2 Haddock Fillet

NUTRITION

AMOUNT PER SERVING

Calories	414	Fiber	3g
Fat	13g	Sugar	4g
Carbs	45g	Protein	28g

DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 03 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 04 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 05 Stir in the tamarind and coconut milk, and bring to a gentle simmer. Add the haddock and cook for eight minutes or until flaky and cooked through. Season with more salt if needed.
- 06 Divide the rice into bowls and top with the fish curry. Enjoy!

NOTES

LEFTOVERS

Refrigerate the fish curry in an airtight container for up to three days, or freeze if longer.

SERVING SIZE

One serving equals approximately one cup of fish curry and 3/4 cup of rice.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

MORE FLAVOR

Add mustard seeds, cayenne, garlic, and green chili peppers.

ADDITIONAL TOPPINGS

Top with cilantro. Serve with roasted vegetables, bread, or quinoa.

MAKE IT VEGAN

Use chickpeas, tofu, or lentils instead of fish.

NO HADDOCK

Use cod or tilapia.

Pesto Chicken Stuffed Peppers

2 SERVINGS 50 MINUTES



INGREDIENTS

4 ozs Chicken Breast
1/4 cup Quinoa (dry, uncooked)
2 Yellow Bell Pepper (large)
1 tbsp Water
1 stalk Green Onion
1/4 cup Pesto
1 1/2 tbsps 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.

Slow Cooker Lamb & White Bean Stew

2 SERVINGS 5 HOURS



INGREDIENTS

2 1/2 cups Water
7 ozs Lamb Shank
1 cup White Navy Beans (cooked)
1/2 Yellow Onion (medium, diced)
1 Tomato (diced)
1/2 Yellow Potato (medium, diced)
1 tsp Turmeric
1 tbsp Apple Cider Vinegar
1 1/2 tps Tomato Paste
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	397	Fiber	12g
Fat	14g	Sugar	4g
Carbs	39g	Protein	28g

DIRECTIONS

- 01 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 02 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving equals approximately two cups.

SERVE IT WITH

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

MORE VEGGIES

Add watercress, kale or spinach before serving.

NO POTATO

Use cauliflower instead.

SERVE AS IRANIAN ABGOOSHT

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

VEGAN & VEGETARIANS

Replace the lamb with chickpeas.

Tofu Veggie Fried Rice

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice (uncooked)
2 1/4 tsps Sesame Oil (divided)
8 1/16 ozs Tofu (extra firm, drained and diced)
Sea Salt & Black Pepper (to taste, divided)
1 cup Broccoli (chopped)
1/2 cup Purple Cabbage (thinly sliced)
1/2 Carrot (medium, diced)
2 Egg (large, whisked)
1 1/2 tbsps Tamari
1 1/2 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	410	Fiber	4g
Fat	16g	Sugar	4g
Carbs	47g	Protein	24g

DIRECTIONS

- 01 Cook the jasmine rice according to package directions.
- 02 Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
- 03 In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
- 04 Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
- 05 Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two cups.

NO TAMARI

Use soy sauce or coconut aminos instead.

ADDITIONAL TOPPINGS

Add corn, mushrooms, or green peas.

Ground Turkey, Rice & Broccoli

1 SERVING 25 MINUTES



INGREDIENTS

- 1 cup Broccoli (chopped into florets)
- 3/4 tsp Extra Virgin Olive Oil
- 1/3 tsp Coconut Oil
- 4 ozs Extra Lean Ground Turkey
- 1/4 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.

Peach with Cottage Cheese

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
4 Peach (medium, sliced)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 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.