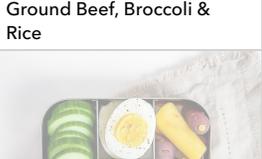
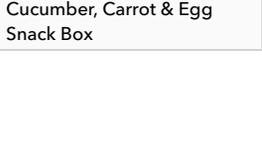
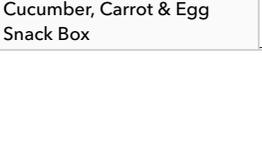
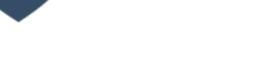




1400b calories no dairy

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

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Blackberry Protein Overnight Oats	 Mixed Berry Protein Porridge	 Mixed Berry Protein Porridge	 Mocha Overnight Protein Oats	 Mocha Overnight Protein Oats
Snack 1	 3 Turmeric Chickpea Dressing	 3 Turmeric Chickpea Dressing	 3 Turmeric Chickpea Dressing	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box
Lunch	 Egg White & Peppers Pita	 Meal Prep Greek Chicken Bowls	 Ground Beef, Broccoli & Rice	 Shepherd's Pie Bowls	 Slow Cooker Lamb & White Bean Stew	 Cheesy Cauliflower & Broccoli Casserole	 Mushroom & Edamame Stir Fry
Snack 2	 Veggie Patties	 Veggie Patties	 Veggie Patties	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries	 Fresh Strawberries
	 Veggie Patties	 Veggie Patties	 Veggie Patties	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs	 Pressure Cooker Hard Boiled Eggs
Dinner	 Meal Prep Greek Chicken Bowls	 Ground Beef, Broccoli & Rice	 Shepherd's Pie Bowls	 Slow Cooker Lamb & White Bean Stew	 Cheesy Cauliflower & Broccoli Casserole	 Mushroom & Edamame Stir Fry	 One Pot Taco Pasta
Snack 3	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Celery with Creamy Dijon Dip	 Celery with Creamy Dijon Dip	 Celery with Creamy Dijon Dip	 Celery with Creamy Dijon Dip
	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Cucumber, Carrot & Egg Snack Box	 Edamame	 Edamame	 Edamame	 Edamame

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  31%	Fat  28%	Fat  30%	Fat  34%	Fat  32%	Fat  33%	Fat  33%
Carbs  42%	Carbs  45%	Carbs  43%	Carbs  39%	Carbs  42%	Carbs  41%	Carbs  41%
Protein  27%	Protein  27%	Protein  27%	Protein  27%	Protein  26%	Protein  26%	Protein  26%
Calories 1385	Calories 1444	Calories 1384	Calories 1435	Calories 1376	Calories 1251	Calories 1340
Fat 47g	Fat 44g	Fat 47g	Fat 55g	Fat 50g	Fat 48g	Fat 51g
Carbs 144g	Carbs 163g	Carbs 151g	Carbs 142g	Carbs 147g	Carbs 135g	Carbs 143g
Fiber 31g	Fiber 31g	Fiber 34g	Fiber 40g	Fiber 46g	Fiber 48g	Fiber 41g
Sugar 27g	Sugar 22g	Sugar 24g	Sugar 41g	Sugar 44g	Sugar 34g	Sugar 29g
Protein 93g	Protein 97g	Protein 93g	Protein 99g	Protein 92g	Protein 88g	Protein 91g

Fruits

- 1 1/2 cups Blackberries
- 1 1/4 tbsps Lemon Juice
- 4 cups Strawberries

Breakfast

- 2 tbsps Almond Butter
- 1/2 cup Coffee

Seeds, Nuts & Spices

- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 1/8 tsp Chili Powder
- 1 2/3 tbsps Cinnamon
- 1/8 tsp Cumin
- 1/3 tsp Curry Powder
- 1/2 tsp Garlic Powder
- 1 tbsp Greek Seasoning
- 1 tsp Onion Powder
- 1/8 tsp Paprika
- 1 tbsp Poultry Seasoning
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tsps Turmeric

Frozen

- 2 cups Frozen Berries
- 1 1/3 tbsps Frozen Corn
- 4 cups Frozen Edamame

Vegetables

- 3 1/2 cups Baby Carrots
- 4 cups Broccoli
- 1 cup Butternut Squash
- 2 Carrot
- 3/4 head Cauliflower
- 3 cups Cauliflower Rice
- 9 1/2 stalks Celery
- 1 cup Cherry Tomatoes
- 10 Cremini Mushrooms
- 2 1/4 Cucumber
- 4 1/3 Garlic
- 1 tbsp Ginger
- 2/3 stalk Green Onion
- 1 cup Kale Leaves
- 1 1/8 Red Bell Pepper
- 1/4 cup Red Onion
- 1 1/8 Tomato
- 2 Yellow Onion
- 1 1/2 Yellow Potato
- 1 Zucchini

Boxed & Canned

- 1 1/3 tbsps Black Beans
- 1/2 cup Brown Rice
- 1/3 cup Brown Rice Pasta Shells
- 1/2 cup Chicken Broth
- 2/3 cup Chickpeas
- 1/2 cup Jasmine Rice
- 2 2/3 tbsps Salsa
- 1 1/2 tsps Tomato Paste
- 2 tbsps Vegetable Broth
- 1 cup White Navy Beans

Baking

- 2 tbsps Cacao Nibs
- 2 tbsps Cocoa Powder
- 3 tbsps Coconut Flour
- 1/3 cup Nutritional Yeast
- 3 cups Oats

Bread, Fish, Meat & Cheese

- 8 ozs Chicken Breast
- 10 2/3 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 7 ozs Lamb Shank
- 1 1/16 ozs White Pita Bread

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 1/3 tbsps Dijon Mustard
- 1 2/3 tbsps Extra Virgin Olive Oil
- 1 tbsp Red Wine Vinegar
- 1 1/2 tsps Sesame Oil
- 1 1/4 tbsps Tahini
- 2 tbsps Tamari

Cold

- 13 1/16 Egg
- 1 3/4 cups Egg Whites
- 5 2/3 cups Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

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



Blackberry Protein Overnight Oats

3 servings

8 hours

Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Oats (quick or rolled)
- 3 tbsps Chia Seeds
- 1/3 cup Vanilla Protein Powder
- 1 tbsp Cinnamon
- 1 1/2 cups Blackberries

Nutrition

Amount per serving	
Calories	319
Fat	9g
Carbs	43g
Fiber	15g
Sugar	4g
Protein	19g

Directions

- 1 Add the almond milk, oats, chia seeds, protein powder, and cinnamon in a bowl or container. Stir well to combine and refrigerate overnight.
- 2 To serve, stir well and top with blackberries. Enjoy!

Notes

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

Nut-Free: Use another milk or milk alternative instead.

Additional Toppings: Stir in additional almond milk or top with a dollop of greek yogurt.

No Blackberries: Use other fresh berries fruit instead.

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.



Mixed Berry Protein Porridge

2 servings

15 minutes

Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Oats (rolled)
- 2 cups Frozen Berries
- 2 tsps Cinnamon
- 1 cup Egg Whites
- 2 tbsps Almond Butter

Nutrition

Amount per serving	
Calories	344
Fat	12g
Carbs	40g
Fiber	11g
Sugar	16g
Protein	21g

Directions

- 1 Add the almond milk, oats, and frozen berries to a pot over medium heat. Bring the milk to a gentle boil and continue to cook for three to five minutes or until the oats begin to soften and thicken and the berries are cooked through.
- 2 Add the cinnamon to the pot then slowly stir in the egg whites and continue to stir until the porridge becomes thick and creamy. Transfer to a bowl and top with the almond butter. 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: Additional almond butter, banana slices, fresh berries, or extra cinnamon.

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

No Almond Butter: Use another nut or seed butter instead.

Frozen Berries: This recipe was created and tested using a combination of frozen strawberries, raspberries, and blueberries.



Mocha Overnight Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 2 tbsps Chia Seeds
- 2 tbsps Cocoa Powder
- 1/4 cup Chocolate Protein Powder
- 1 cup Unsweetened Almond Milk
- 1/2 cup Coffee (brewed and chilled)
- 2 tbsps Cacao Nibs

Nutrition

Amount per serving	
Calories	325
Fat	12g
Carbs	40g
Fiber	13g
Sugar	0g
Protein	19g

Directions

- 1 Combine all ingredients in a large bowl and mix well. Cover and refrigerate overnight.
- 2 Divide between bowls or containers. Top with cacao nibs for some crunch. Enjoy!

Notes

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



Turmeric Chickpea Dressing

9 servings

5 minutes

Ingredients

2/3 cup Chickpeas (cooked)
1 1/4 tbsps Nutritional Yeast
1 1/4 tbsps Lemon Juice
1 1/4 tbsps Tahini
1/8 tsp Sea Salt
1/3 tsp Turmeric
1/3 tsp Curry Powder
1/3 cup Water

Nutrition

Amount per serving	
Calories	38
Fat	1g
Carbs	4g
Fiber	1g
Sugar	1g
Protein	2g

Directions

- 1 Add all of the ingredients to a blender and blend on high until smooth. Taste and adjust flavors if needed. If dressing is too thick, add water, one tablespoon at a time until desired consistency is reached.
- 2 Transfer to an airtight container and refrigerate until ready to use. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: One serving equals approximately two tablespoons.

More Flavor: Add garlic cloves, cumin, cayenne and/or maple syrup to taste.

No Lemon Juice: Use lime juice or apple cider vinegar instead.



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.



Egg White & Peppers Pita

1 serving
10 minutes

Ingredients

- 1 tbsp Avocado Oil
- 1 Red Bell Pepper (chopped)
- 1/4 tsp Sea Salt
- 3/4 cup Egg Whites
- 1 1/16 ozs White Pita Bread (halved)

Nutrition

Amount per serving	
Calories	332
Fat	15g
Carbs	25g
Fiber	3g
Sugar	7g
Protein	24g

Directions

- 1 Heat avocado oil in a large skillet. Add the red bell pepper and season with salt. Cook for about 2 to 3 minutes, or until just tender and slightly charred.
- 2 Add the egg whites and stir together with the peppers until cooked, about 2 to 3 minutes.
- 3 Spread open the pita and fill the pockets with the cooked egg whites and bell peppers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, store the pita separately from the eggs and peppers to prevent them from getting soggy.

Serving Size: Each serving equals 1/2 of a large pita with approximately 2 cups of egg whites with red peppers.

Gluten-Free: Use gluten-free wraps, tortillas, bread, or lettuce wraps instead.

Oil-Free: Use water or broth instead of oil and add more when food begins sticking to the pan.

More Flavor: Add your choice of dried herbs and/or spices.

Additional Toppings: Leftover veggies, cheese, mixed greens, spinach, hummus, tzatziki sauce or baba ganoush.

Make it Vegan: Use crumbled firm tofu instead of egg whites.



Veggie Patties

3 servings

50 minutes

Ingredients

- 1 cup Cauliflower Rice
- 1 Carrot (small, peeled, and grated)
- 1 Zucchini (small, seeds removed, and grated)
- 1 tsp Onion Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 3 tbsps Coconut Flour
- 2 Egg (whisked)

Nutrition

Amount per serving	
Calories	108
Fat	4g
Carbs	11g
Fiber	5g
Sugar	4g
Protein	7g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

Notes

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

Serving Size: One serving is equal to three to four patties.

More Flavor: Add green onion or other dried herbs and spices to taste.

Additional Toppings: Top with green onion, fresh herbs, or dipping sauce of choice.

Eggs: Medium-sized eggs work best for this recipe.

Vegetables: Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.



Fresh Strawberries

4 servings

5 minutes

Ingredients

4 cups Strawberries

Nutrition

Amount per serving	
Calories	46
Fat	0g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g

Directions

1

Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



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.



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.



Ground Beef, Broccoli & Rice

2 servings

30 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry, rinsed)
- 2 cups Broccoli (chopped into florets)
- 8 ozs Extra Lean Ground Beef
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	391
Fat	12g
Carbs	44g
Fiber	3g
Sugar	2g
Protein	28g

Directions

- 1 Cook the jasmine rice according to the directions on the package.
- 2 Meanwhile, add the broccoli to a large pan with enough water to cover halfway. Bring to a simmer and cook for 6 to 8 minutes, or until just tender. Transfer the broccoli to a plate and drain any excess liquid from the pan.
- 3 Add the beef to the same pan and cook over medium heat, breaking it up as it browns. Season with salt to your preference and drain any excess liquid.
- 4 Divide the rice, broccoli, and ground beef onto plates or into containers. Enjoy!

Notes

No Jasmine Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

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

Serving Size: One serving is equal to approximately 1 cup of cooked rice, 1 cup of broccoli and 1/2 cup of ground beef.



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.



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 tsps Tomato Paste
- 1 tsp Sea Salt

Nutrition

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

Directions

- 1 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 2 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.



Cheesy Cauliflower & Broccoli Casserole

2 servings

1 hour

Ingredients

- 1 cup Butternut Squash (peeled, seeded and cubed)
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1/4 cup Water
- 1/2 head Cauliflower (medium, chopped into florets)
- 2 cups Broccoli (chopped into florets)
- 1/4 cup Cashews
- 1/4 cup Nutritional Yeast
- 1/4 tsp Sea Salt
- 1/8 tsp Paprika

Nutrition

Amount per serving	
Calories	280
Fat	9g
Carbs	36g
Fiber	12g
Sugar	9g
Protein	19g

Directions

- 1 Preheat oven to 375°F (191°C).
- 2 In a small saucepan, combine the butternut squash, onion, garlic and water. Cover the pot and bring to a boil over high heat for about 5 minutes or until everything is soft. Remove from heat when done.
- 3 While the squash is cooking, place cauliflower and broccoli in a steamer. Steam for 3 minutes or until tender.
- 4 To make the "cheese" sauce, add the cashews, nutritional yeast, salt and paprika to your blender. Pour in the softened butternut squash, onion, garlic and water. Blend on high for about 1 minute or until smooth. (Note: If you do not have a high powered blender, you might need to add a little extra water to get it going. Add 1 tbsp at a time.)
- 5 Place the steamed cauliflower and broccoli into a baking dish. Pour the cheese sauce over the veggies and stir gently to mix.
- 6 Bake for 40 minutes. Serve immediately. Enjoy!

Notes

Save Time: Buy frozen, pre-sliced butternut squash cubes.

More Carbs: Serve with brown rice macaroni or quinoa.



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.



One Pot Taco Pasta

1 serving
40 minutes

Ingredients

- 1/2 tsp Extra Virgin Olive Oil
- 2 2/3 ozs Extra Lean Ground Beef
- 2/3 stalk Green Onion (finely chopped)
- 1/3 Garlic (cloves, minced)
- 1/8 tsp Cumin (ground)
- 1/8 tsp Chili Powder
- 1/16 tsp Sea Salt
- 1/8 Tomato (large, diced)
- 1 1/3 tbsps Frozen Corn (thawed)
- 1 1/3 tbsps Black Beans (cooked, from the can)
- 1/8 Red Bell Pepper (diced)
- 1/3 cup Chicken Broth
- 2 2/3 tbsps Salsa
- 1/3 cup Brown Rice Pasta Shells (dry, uncooked)

Nutrition

Amount per serving	
Calories	369
Fat	12g
Carbs	44g
Fiber	5g
Sugar	4g
Protein	22g

Directions

- 1 Heat oil in a large skillet with a tight-fitting lid over medium-high heat. Add the beef, and break it up with a wooden spoon or spatula as it cooks. Once it is cooked through and no longer pink, drain any excess drippings.
- 2 Add onions and garlic to the pan with the beef and cook for 3 to 5 minutes or until onions are translucent.
- 3 Add cumin, chili powder, salt, diced tomato, corn, black beans and bell pepper to the pot and stir to incorporate with the meat. Cook the vegetables for 2 to 3 minutes.
- 4 Stir in the broth, salsa and pasta. Bring everything to a boil, then cover and reduce heat to medium-low. Let simmer for 12 to 15 minutes or until pasta is cooked through and tender. Stir every 3 to 4 minutes as it cooks, to ensure the pasta isn't sticking to the bottom of the pan.
- 5 Remove from heat, divide into bowls and serve immediately. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

No Ground Beef: Use ground chicken or turkey instead.

Vegan & Vegetarian: Swap the ground meat out for cooked lentils.

Optional Toppings: Grated cheese, sour cream, avocado, fresh lime, cilantro or extra salsa.

Likes it Spicy: Stir in a chopped jalapeno and a pinch of cayenne with the other vegetables and spices.

No Brown Rice Pasta Shells: Use any other type of pasta or pasta shell instead like whole wheat penne or chickpea fusilli.



Celery with Creamy Dijon Dip

4 servings

5 minutes

Ingredients

1/2 cup Unsweetened Coconut Yogurt
1 1/3 tbsps Dijon Mustard
8 stalks Celery (cut into sticks)

Nutrition

Amount per serving	
Calories	30
Fat	1g
Carbs	4g
Fiber	2g
Sugar	1g
Protein	1g

Directions

- 1 In a small bowl combine the yogurt and Dijon mustard. To serve, dip the celery in the yogurt and enjoy!

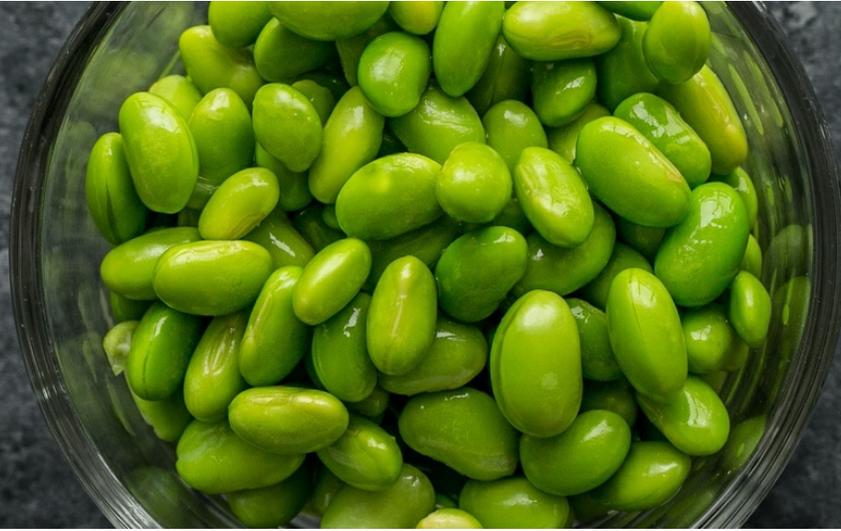
Notes

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

More Flavor: Add a pinch of garlic powder, onion powder, or salt & pepper.

No Celery: Use another raw vegetable instead.

No Coconut Yogurt: Use Greek yogurt instead.



Edamame

4 servings

5 minutes

Ingredients

2 cups Frozen Edamame (shelled, thawed)

Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g

Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

Notes

Storage: Refrigerate in an airtight container up to 4 days.