



1500 calories

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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
- Also, you can eat a side as a snack or a snack as a side

MON



BREAKFAST
Omelette with Toast & Banana



SNACK 1
Nectarine



LUNCH
Mediterranean Tuna Salad



DINNER
Rice, Beef & Spinach



SNACK 3
Cottage Cheese Crackers with Salsa

TUE



BREAKFAST
Omelette with Toast & Banana



SNACK 1
Nectarine



LUNCH
Rice, Beef & Spinach



DINNER
Meal Prep Spaghetti with Chicken,
Spinach & Tomatoes



SNACK 3
Cottage Cheese Crackers with Salsa

WED



BREAKFAST
Omelette with Toast & Banana



LUNCH
Meal Prep Spaghetti with Chicken,
Spinach & Tomatoes



DINNER
Beef with Cabbage & Mushrooms



SNACK 3
Cottage Cheese Crackers with Salsa

THU



BREAKFAST
Warm Peas with Eggs



SNACK 1
Tomato, Parsley & Chia Mini Egg White
Bites, Rosemary Roasted Grapes



LUNCH
Beef with Cabbage & Mushrooms



SNACK 2
2 No Bake Apple Cinnamon Bites



DINNER
Sesame Ginger Salmon with Veggies &
Rice



SNACK 3
Smoked Salmon Crackers

FRI



BREAKFAST
Warm Peas with Eggs



SNACK 1
Tomato, Parsley & Chia Mini Egg White
Bites, Rosemary Roasted Grapes



LUNCH
Sesame Ginger Salmon with Veggies &
Rice



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Galinhada



SNACK 3
Smoked Salmon Crackers

SAT



BREAKFAST
High Protein Peanut Butter Oatmeal



SNACK 1
Tomato, Parsley & Chia Mini Egg White
Bites, Rosemary Roasted Grapes



LUNCH
Galinhada



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Sweet Potato Chili Bowls



SNACK 3
Smoked Salmon Crackers

SUN



BREAKFAST
High Protein Peanut Butter Oatmeal



SNACK 1
Tomato, Parsley & Chia Mini Egg White
Bites, Rosemary Roasted Grapes



LUNCH
Sweet Potato Chili Bowls



SNACK 2
2 No Bake Apple Cinnamon Bites



DINNER
Salmon with Rice & Greens



SNACK 3
Smoked Salmon Crackers

MON

FAT 32% **CARBS 44%** **PROTEIN 24%**

Calories 1514 Fiber 25g
Fat 54g Sugar 35g
Carbs 167g Protein 94g

TUE

FAT 29% **CARBS 45%** **PROTEIN 26%**

Calories 1534 Fiber 18g
Fat 50g Sugar 34g
Carbs 175g Protein 100g

WED

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

Calories 1498 Fiber 18g
Fat 51g Sugar 27g
Carbs 166g Protein 100g

THU

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

Calories 1530 Fiber 29g
Fat 49g Sugar 40g
Carbs 180g Protein 102g

FRI

FAT 27% **CARBS 46%** **PROTEIN 27%**

Calories 1521 Fiber 26g
Fat 47g Sugar 33g
Carbs 179g Protein 104g

SAT

FAT 29% **CARBS 45%** **PROTEIN 26%**

Calories 1503 Fiber 33g
Fat 49g Sugar 28g
Carbs 173g Protein 102g

SUN

FAT 30% **CARBS 42%** **PROTEIN 28%**

Calories 1549 Fiber 35g
Fat 52g Sugar 32g
Carbs 168g Protein 110g

FRUITS

- 1/2 Apple
- 1/4 Avocado
- 3 Banana
- 2 1/2 cups Grapes
- 2 1/8 tsps Lemon Juice
- 2 Nectarine

BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 2 1/4 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1/4 tsp Cinnamon
- 1 tsp Cumin
- 1 tsp Garlic Powder
- 1 3/4 tbsps Ground Flax Seed
- 1 tsp Onion Powder
- 1/4 tsp Oregano
- 1/2 tsp Paprika
- 1/8 tsp Saffron
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Peas

VEGETABLES

- 4 cups Baby Spinach
- 2 cups Bok Choy
- 3/4 stalk Celery
- 2 1/2 cups Cherry Tomatoes
- 2 2/3 tbsps Fresh Dill
- 2 3/4 Garlic
- 3/4 tsp Ginger
- 1/4 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 3/4 Jalapeno Pepper
- 1 3/4 cups Mushrooms
- 3/4 Orange Bell Pepper
- 1 1/4 cups Parsley
- 2 tbsps Red Onion
- 1 1/2 tbsps Rosemary
- 3/4 cup Shiitake Mushrooms
- 1 Sweet Potato
- 2 cups Swiss Chard
- 2 3/4 Tomato
- 3/4 White Onion
- 1/4 Yellow Onion

BOXED & CANNED

- 1/4 cup Brown Rice
- 1/2 cup Brown Rice Spaghetti
- 1 cup Cannellini Beans
- 1 cup Chicken Broth
- 3/4 cup Diced Tomatoes
- 1/2 cup Green Lentils
- 2 1/8 cups Jasmine Rice
- 14 slices Light Rye Crisp Bread
- 1/2 cup Red Kidney Beans
- 1/2 cup Salsa
- 1/2 can Tuna
- 1 cup Vegetable Broth

BAKING

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 9 2/3 ozs Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 4 ozs Extra Lean Ground Turkey
- 12 ozs Salmon Fillet
- 4 1/4 ozs Smoked Salmon
- 5 1/4 ozs Sourdough Bread

CONDIMENTS & OILS

- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 2 1/4 tsps Rice Vinegar
- 1 1/2 tbsps Tamari

COLD

- 1 1/2 cups Cottage Cheese
- 13 Egg
- 2 cups Egg Whites
- 1 cup Plain Greek Yogurt

OTHER

- 1 1/3 cups Water

- 1 tsp Coconut Sugar
- 1 1/2 cups Oats
- 2 1/2 tsps Raw Honey

Omelette with Toast & Banana

3 SERVINGS 10 MINUTES



INGREDIENTS

9 Egg
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
5 1/4 ozs Sourdough Bread (toasted)
3 Banana

NUTRITION

AMOUNT PER SERVING

Calories	483	Fiber	4g
Fat	19g	Sugar	15g
Carbs	52g	Protein	25g

DIRECTIONS

- 01 Whisk the eggs in a small bowl and season with salt and pepper to taste.
- 02 Heat the oil in a pan over medium heat. Add the eggs and cook until almost set. Fold in half and transfer the omelette to a plate.
- 03 Serve with the toast and banana. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

GLUTEN-FREE

Use gluten-free bread.

MORE FLAVOR

Add butter or mayonnaise to the toast.

Warm Peas with Eggs

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 White Onion (diced)
3 tbsps Water
3 cups Frozen Peas
1/4 tsp Sea Salt
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	341	Fiber	11g
Fat	10g	Sugar	12g
Carbs	38g	Protein	25g

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

High Protein Peanut Butter Oatmeal

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Oats (quick or rolled)
1 cup Water
1 cup Egg Whites
2 tbsps All Natural Peanut Butter
1 tbsp Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	343	Fiber	6g
Fat	13g	Sugar	3g
Carbs	34g	Protein	23g

DIRECTIONS

- 01 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.
- 02 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 TOPPING

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

MAKE IT VEGAN

Omit the egg whites.

Nectarine

1 SERVING 2 MINUTES



INGREDIENTS

1 Nectarine

DIRECTIONS

01 Wash and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Fiber	2g
Fat	0g	Sugar	11g
Carbs	15g	Protein	2g

NOTES

MAKE IT A SWEET

Drizzle with a bit of raw honey or maple syrup.

Tomato, Parsley & Chia Mini Egg White Bites

4 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Egg Whites
2 Tomato (small, diced, juices drained)
1 cup Parsley (chopped)
1 tbsp Chia Seeds
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	61	Fiber	2g
Fat	1g	Sugar	1g
Carbs	4g	Protein	8g

DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, tomato, parsley, chia seeds, and salt.
- 03 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 muffins.

MORE FLAVOR

Add a splash of tamari or soy sauce. Use whole eggs or a mixture of egg whites and whole eggs.

ADDITIONAL TOPPING

Add goat cheese, feta cheese, or vegan cheese.

Rosemary Roasted Grapes

4 SERVINGS 30 MINUTES



INGREDIENTS

2 1/2 cups Grapes (seedless)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Rosemary (fresh, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	4g	Sugar	9g
Carbs	10g	Protein	0g

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C).
- 02 Break apart the branches and place the grapes onto a baking sheet. Gently toss in oil and rosemary. Roast for 20 to 30 minutes, stirring halfway, or until soft and slightly charred. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one week.

SERVING SIZE

One serving equals approximately half a cup.

MORE FLAVOR

Add salt, black pepper, and/or balsamic vinegar.

SERVE IT WITH

Enjoy as a snack, as a side dish, or over top of coconut ice cream for a sweet and savory dessert.

Mediterranean Tuna Salad

1 SERVING 10 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pitted Kalamata Olives (halved)
2 tbsps Red Onion (sliced)
1 cup Cannellini Beans (drained and rinsed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice
1 1/2 tbsps Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	448	Fiber	12g
Fat	19g	Sugar	5g
Carbs	44g	Protein	26g

DIRECTIONS

- 01 In a medium-sized bowl, combine the tuna, tomatoes, olives, red onion, beans, olive oil, lemon juice, and parsley and toss to combine. Season with salt and pepper.
- 02 Divide onto plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is about two cups.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Bake Apple Cinnamon Bites

6 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Oats (quick or traditional)
1 3/4 tbsps Ground Flax Seed
1/4 tsp Cinnamon
2 1/4 tbsps Almond Butter
2 1/2 tsps Raw Honey
1/2 Apple (peeled, cored and finely diced)

NUTRITION

AMOUNT PER SERVING

Calories	84	Fiber	2g
Fat	4g	Sugar	4g
Carbs	10g	Protein	2g

DIRECTIONS

- 01 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 02 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 03 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to one ball.

VEGAN

Use maple syrup instead of honey.

NUT-FREE

Use sunflower seed butter instead of almond butter.

Rice, Beef & Spinach

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Jasmine Rice
8 ozs Extra Lean Ground Beef
2 cups Baby Spinach (packed)
1 1/2 tsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	369	Fiber	2g
Fat	11g	Sugar	0g
Carbs	39g	Protein	27g

DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 Meanwhile, heat a large skillet over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 03 Add the spinach to the beef and stir until the spinach has wilted. Add in the tamari and stir to combine.
- 04 Divide the rice between plates and top with the beef mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add fresh garlic or ginger to the beef with the spinach.

ADDITIONAL TOPPINGS

Hot sauce, sesame seeds, sliced green onions and/or cilantro.

NO TAMARI

Use soy sauce or coconut aminos instead.

NO BEEF

Use ground chicken, turkey or pork instead.

NO JASMINE RICE

Use brown rice, quinoa or cauliflower rice instead.

Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)
2 cups Cherry Tomatoes
1 tsp Garlic Powder
1 tsp Onion Powder
1/2 tsp Sea Salt
8 ozs Chicken Breast (sliced in halves)
2 cups Baby Spinach
1/2 cup Brown Rice Spaghetti (dry)

NUTRITION

AMOUNT PER SERVING

Calories	468	Fiber	5g
Fat	15g	Sugar	4g
Carbs	52g	Protein	32g

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 04 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 07 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

NOTES

NO CHICKEN

Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

NO BROWN RICE SPAGHETTI

Use rice, quinoa or any type of pasta instead.

MAKE IT CHEESY

Add parmesan or nutritional yeast to the pasta.

SPICE IT UP

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Beef with Cabbage & Mushrooms

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/2 cup Jasmine Rice
- 8 ozs Extra Lean Ground Beef
- 1/2 tsp Sea Salt (divided)
- 1 3/4 cups Mushrooms (sliced)
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1 tbsp Water

NUTRITION

AMOUNT PER SERVING

Calories	395	Fiber	4g
Fat	12g	Sugar	4g
Carbs	45g	Protein	29g

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Heat a large pan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, season with 1/4 of the salt. Transfer the cooked beef to a bowl and set aside.
- 03 Add the mushrooms to the pan and cook for about 5 minutes until browned. Season with 1/4 of the salt.
- 04 Reduce heat to medium then add the cabbage to the pan with the mushrooms and stir to combine. Add the water to the pan and cover with a lid. Stir occasionally for about 5 minutes until the cabbage is tender.
- 05 Add the cooked beef back to the pan and stir to combine with the vegetables. Add the remaining salt and stir to mix well.
- 06 To serve, divide the rice between plates and top with the beef and vegetable mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add fresh garlic, ginger, tamari, coconut aminos or sesame oil.

ADDITIONAL TOPPINGS

Top with sesame seeds or sliced green onion.

NO GREEN CABBAGE

Use purple cabbage instead.

NO BEEF

Use ground chicken, ground turkey or ground pork.

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.

Galinhada

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 9 2/3 ozs Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

NUTRITION

AMOUNT PER SERVING

Calories	470	Fiber	3g
Fat	14g	Sugar	1g
Carbs	54g	Protein	33g

DIRECTIONS

- 01 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 02 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 03 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 04 Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cups.

NO SAFFRON

Use turmeric.

MORE FLAVOR

Add sausage and cook with the chicken.

Sweet Potato Chili Bowls

2 SERVINGS 2 HOURS



INGREDIENTS

4 ozs Extra Lean Ground Turkey
1/4 White Onion (chopped)
2 Garlic (cloves, minced)
1/4 Green Bell Pepper (chopped)
1 tbsp Parsley (diced)
3/4 Jalapeno Pepper (de-seeded and chopped)
3/4 stalk Celery (diced)
3/4 cup Diced Tomatoes
1 1/4 tbsps Chili Powder
1/2 tsp Cumin
1 cup Vegetable Broth
1/2 cup Red Kidney Beans (cooked, drained and rinsed)
1/2 cup Green Lentils (cooked, drained and rinsed)
1 Sweet Potato (optional)
1/4 Avocado (peeled and diced)
2 tbsps Salsa

DIRECTIONS

- 01 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 02 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 03 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 04 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 05 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 06 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	15g
Fat	10g	Sugar	9g
Carbs	47g	Protein	23g

Salmon with Rice & Greens

1 SERVING 30 MINUTES



INGREDIENTS

1/4 cup Brown Rice (uncooked)
1/2 tsp Paprika
1/3 tsp Cumin
1/4 tsp Oregano (dried)
1/8 tsp Sea Salt
6 ozs Salmon Fillet
1 tbsp Water
2 cups Swiss Chard (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	432	Fiber	3g
Fat	13g	Sugar	1g
Carbs	39g	Protein	39g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the rice according to package directions.
- 03 In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
- 04 Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
- 05 To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPING

Add butter, ghee, or freshly squeezed lemon juice.

NO SWISS CHARD

Use spinach or kale instead.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

Cottage Cheese Crackers with Salsa

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese
6 slices Light Rye Crisp Bread
1/3 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	152	Fiber	5g
Fat	5g	Sugar	4g
Carbs	17g	Protein	14g

DIRECTIONS

01 Spread the cottage cheese on top of each crisp bread. Top with salsa and enjoy!

NOTES

GLUTEN-FREE

Use gluten-free crackers instead.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro, or avocado slices.

Smoked Salmon Crackers

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 8 slices Light Rye Crisp Bread
- 4 1/4 ozs Smoked Salmon (sliced)
- 2 2/3 tbsps 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.