1600 calories, no dairy

HE FLUENCE

1600 calories, no dairy

HE-FLUENCE

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
Blueberry Protein Oats

LUNCH
Meal Prep Greek Chicken Bowls

SNACK 2
Cucumber, Carrot & Egg Snack Box, Chopped Bell Peppers

DINNER
Ground Turkey, Rice & Broccoli

SNACK 3
Prosciutto Wrapped Apricots

TUE

BREAKFAST
Blueberry Protein Oats

SNACK 1
Tomato, Parsley & Chia Mini Egg White Bites

LUNCH
Ground Turkey, Rice & Broccoli

SNACK 2
Cucumber, Carrot & Egg Snack Box, Chopped Bell Peppers

DINNER
Easy Chicken Fajitas

SNACK 3
Prosciutto Wrapped Apricots

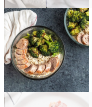
WED

BREAKFAST
Blueberry Protein Oats

SNACK 1
Tomato, Parsley & Chia Mini Egg White Bites

LUNCH
Easy Chicken Fajitas

SNACK 2
Cucumber, Carrot & Egg Snack Box, Chopped Bell Peppers


DINNER
Turkey Sausage, Broccoli & Rice

SNACK 3
Prosciutto Wrapped Apricots

THU

BREAKFAST
Brownie Protein Pancakes

SNACK 1
Tomato, Parsley & Chia Mini Egg White Bites

LUNCH
Turkey Sausage, Broccoli & Rice

SNACK 2
Kale & Zucchini Mini Egg White Bites, Sun Dried Tomato Hummus

DINNER
Pressure Cooker Chicken Taco Stuffed Sweet Potato

SNACK 3
Tomato, Parsley & Chia Mini Egg White Bites, Bell Pepper & Taco Dip

FRI

BREAKFAST
Brownie Protein Pancakes

SNACK 1
Tomato, Parsley & Chia Mini Egg White Bites

LUNCH
Pressure Cooker Chicken Taco Stuffed Sweet Potato

SNACK 2
Kale & Zucchini Mini Egg White Bites, Sun Dried Tomato Hummus

DINNER
Lentil Meatballs & Pasta

SNACK 3
Tomato, Parsley & Chia Mini Egg White Bites, Bell Pepper & Taco Dip

SAT

BREAKFAST
Butternut Squash Smoothie

LUNCH
Lentil Meatballs & Pasta

SNACK 2
Kale & Zucchini Mini Egg White Bites, Sun Dried Tomato Hummus

DINNER
Pressure Cooker Thai Chicken & Vegetables with Rice

SNACK 3
Tomato, Parsley & Chia Mini Egg White Bites, Bell Pepper & Taco Dip

SUN

BREAKFAST
Butternut Squash Smoothie

LUNCH
Pressure Cooker Thai Chicken & Vegetables with Rice

SNACK 2
Kale & Zucchini Mini Egg White Bites, Sun Dried Tomato Hummus

DINNER
Grilled Honey Dijon Salmon with Zucchini & Quinoa

SNACK 3
Tomato, Parsley & Chia Mini Egg White Bites, Bell Pepper & Taco Dip

MON

FAT 30% CARBS 43% PROTEIN 27%

Calories 1577
Fat 54g
Carbs 173g
Fiber 19g
Sugar 50g
Protein 108g

TUE

FAT 30% CARBS 42% PROTEIN 28%

Calories 1598
Fat 55g
Carbs 170g
Fiber 22g
Sugar 50g
Protein 112g

WED

FAT 30% CARBS 42% PROTEIN 28%

Calories 1598
Fat 53g
Carbs 171g
Fiber 24g
Sugar 51g
Protein 113g

THU

FAT 31% CARBS 40% PROTEIN 29%

Calories 1607
Fat 56g
Carbs 160g
Fiber 34g
Sugar 40g
Protein 118g

FRI

FAT 30% CARBS 42% PROTEIN 28%

Calories 1614
Fat 55g
Carbs 173g
Fiber 45g
Sugar 48g
Protein 118g

SAT

FAT 30% CARBS 44% PROTEIN 26%

Calories 1669
Fat 59g
Carbs 191g
Fiber 49g
Sugar 42g
Protein 114g

SUN

FAT 31% CARBS 41% PROTEIN 28%

Calories 1667
Fat 59g
Carbs 175g
Fiber 38g
Sugar 44g
Protein 117g

FRUITS

- 1/2 Avocado
- 1 Banana
- 2 tsps Lemon Juice

BREAKFAST

- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 3 1/4 tbsps Almonds
- 1 1/2 tsps Cardamom
- 1/3 cup Chia Seeds
- 2 1/2 tsps Chili Powder
- 1/4 tsp Cinnamon
- 1 1/4 tsps Cumin
- 1/4 tsp Garlic Powder
- 1 1/2 tsps Greek Seasoning
- 2 1/3 tbsps Ground Flax Seed
- 1/4 tsp Onion Powder
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 tsp Sesame Seeds
- 1/2 tsp Smoked Paprika
- 1 1/3 tbsps Taco Seasoning

FROZEN

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

VEGETABLES

- 1 1/2 cups Baby Carrots
- 5 cups Broccoli
- 1 1/2 cups Butternut Squash
- 1/2 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1 Cucumber
- 1 2/3 Garlic
- 1 1/2 tsps Ginger
- 3/4 cup Green Beans
- 1/2 Green Bell Pepper
- 1 Jalapeno Pepper
- 1 1/2 cups Kale Leaves
- 3/4 Orange Bell Pepper
- 2 1/4 cups Parsley
- 5 1/4 Red Bell Pepper
- 2 tbsps Red Onion
- 8 leaves Romaine
- 2 1/8 tbsps Shallot
- 2 Sweet Potato
- 4 Tomato
- 1 1/4 Yellow Bell Pepper
- 3/4 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 1/2 cup Canned Coconut Milk
- 1 1/2 cups Chicken Broth
- 4 ozs Chickpea Pasta
- 1 1/3 cups Chickpeas
- 3 1/4 tbsps Dry Green Lentils
- 1/2 cup Jasmine Rice
- 3/4 cup Quick Oats
- 1/4 cup Quinoa
- 2 tbsps Salsa
- 1/3 cup Vegetable Broth

BAKING

BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Chicken Breast
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Turkey
- 5 3/4 ozs Prosciutto
- 4 ozs Salmon Fillet
- 8 ozs Turkey Sausage

CONDIMENTS & OILS

- 1 1/4 tbsps Avocado Oil
- 1 tbsp Coconut Aminos
- 2 1/4 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1 3/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Red Wine Vinegar
- 3 1/2 tbsps Sun Dried Tomatoes
- 3 tbsps Sunflower Seed Butter
- 1 1/3 tbsps Tahini
- 1 tbsp Thai Red Curry Paste
- 3/4 cup Tomato Sauce

COLD

- 3 Egg
- 3 cups Egg Whites
- 3 cups Oat Milk
- 3 2/3 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

OTHER

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

- **1 tbsp** Baking Powder
- **1/2 cup** Chickpea Flour
- **1 tbsp** Cocoa Powder
- **1/4 cup** Dark Chocolate Chips
- **1 2/3 tbsps** Nutritional Yeast
- **1 1/2 tbsps** Raw Honey

Blueberry Protein Oats

3 SERVINGS 10 MINUTES

INGREDIENTS

3/4 cup Quick Oats
3 cups Oat Milk (plain, unsweetened)
1 1/2 tsps Cardamom (ground)
3 tbsps Sunflower Seed Butter
1 tbsp Raw Honey
3/4 cup Vanilla Protein Powder
1 1/2 cups Frozen Blueberries (or fresh)

NUTRITION

AMOUNT PER SERVING

Calories	443	Fiber	8g
Fat	16g	Sugar	21g
Carbs	51g	**Protein**	28g

DIRECTIONS

01 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.

02 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.

03 Transfer to a bowl and top with the blueberries. Enjoy!

NOTES

LEFTOVERS
For best results, enjoy freshly made. Refrigerate for up to two days.

MORE FLAVOR
Add vanilla extract, cinnamon, or nutmeg.

ADDITIONAL TOPPINGS
Top with crushed nuts, shredded coconut, or hemp seeds.

NO OAT MILK
Use plain coconut milk instead.

Brownie Protein Pancakes

2 SERVINGS 15 MINUTES

INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tbsp Baking Powder
1 cup Unsweetened Almond Milk (or water)
1/4 cup Dark Chocolate Chips
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	444	Fiber	6g
Fat	19g	Sugar	17g
Carbs	37g	**Protein**	29g

DIRECTIONS

01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.

02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.

03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.

04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.

05 Plate the pancakes and enjoy!

NOTES

PROTEIN POWDER
This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME
Make the pancake batter in a blender.

TOPPINGS
Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS
Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR
Try oat flour instead. Results may vary.

Butternut Squash Smoothie

2 SERVINGS 5 MINUTES

INGREDIENTS

2 2/3 cups Unsweetened Almond Milk
1 cup Frozen Cauliflower
8 leaves Romaine (roughly chopped)
1 1/2 cups Butternut Squash (frozen, cubed)
1 Banana (frozen)
1/4 tsp Cinnamon
1/2 cup Vanilla Protein Powder
3 tbsps Chia Seeds
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	446	Fiber	17g
Fat	19g	Sugar	12g
Carbs	46g	**Protein**	31g

DIRECTIONS

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

NOTES

NUT-FREE
Use coconut or oat milk and use sunflower seed butter instead of almond butter.
NO FROZEN BUTTERNUT SQUASH
Use fresh, cooked squash or canned.
PROTEIN POWDER
This recipe was developed and tested using a plant-based protein powder.

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 TOPPINGS
Add goat cheese, feta cheese, or vegan cheese.

Meal Prep Greek Chicken Bowls

1 SERVING 50 MINUTES

INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	399	Fiber	3g
Fat	11g	Sugar	4g
Carbs	43g	**Protein**	30g

DIRECTIONS

01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.

02 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.

03 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.

04 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.

05 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.

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	Fiber	2g
Fat	5g	Sugar	5g
Carbs	10g	**Protein**	7g

DIRECTIONS

01 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.

02 Remove the egg(s) and let cool, then peel and slice in half. Season with salt and pepper.

03 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.

Chopped Bell Peppers

3 SERVINGS 5 MINUTES

INGREDIENTS

3/4 Yellow Bell Pepper
3/4 Orange Bell Pepper
3/4 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	20	Fiber	1g
Fat	0g	Sugar	1g
Carbs	5g	**Protein**	1g

DIRECTIONS

01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

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

Kale & Zucchini Mini Egg White Bites

4 SERVINGS 25 MINUTES

INGREDIENTS

1 cup Egg Whites
1 cup Kale Leaves (finely chopped)
1/2 Zucchini (medium, finely diced)
1/4 tsp Garlic Powder
1/4 tsp Onion Powder
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	39	Fiber	1g
Fat	0g	Sugar	1g
Carbs	2g	**Protein**	7g

DIRECTIONS

01 Preheat the oven to 350°F (175°C).

02 In a bowl, combine the egg whites, kale, zucchini, garlic powder, onion powder, 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 four mini egg muffins.
MORE FLAVOR
Add a splash of tamari or soy sauce.
ADDITIONAL TOPPINGS
Add goat cheese, feta cheese, or vegan cheese.

Sun Dried Tomato Hummus

4 SERVINGS 10 MINUTES

INGREDIENTS

1 1/3 cups Chickpeas (cooked, rinsed)
1 1/3 tbsps Tahini
3 1/2 tbsps Sun Dried Tomatoes (plus extra for optional garnish)
2 tsps Lemon Juice
2/3 Garlic (clove)
1/3 tsp Sea Salt
2 tsps Extra Virgin Olive Oil (divided)
2/3 tsp Sesame Seeds (optional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	151	Fiber	5g
Fat	7g	Sugar	4g
Carbs	18g	**Protein**	6g

DIRECTIONS

01 In a food processor, process together the chickpeas, tahini, sun dried tomatoes, lemon juice, garlic, sea salt, and half of the olive oil until smooth, about two to three minutes.

02 Spoon the hummus into your serving plate. Top it with the remaining olive oil. Garnish with optional chopped sun dried tomatoes and sesame seeds. Enjoy.

NOTES

LEFTOVERS
Refrigerate the leftovers in an airtight container in the fridge for up to six days.

SERVING SIZE
One serving is equal to approximately 1/3 cup hummus.

ADDITIONAL TOPPINGS
Fresh herbs and/or Za'atar spice.

HOW TO SERVE
Serve with your choice of crackers, flatbread, or vegetables.

Ground Turkey, Rice & Broccoli

2 SERVINGS 25 MINUTES

INGREDIENTS

2 cups Broccoli (chopped into florets)
1 1/2 tsps 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.

Easy Chicken Fajitas

2 SERVINGS 20 MINUTES

INGREDIENTS

1 tbsp Avocado Oil
7 ozs Chicken Breast (sliced into strips)
1 1/2 tsps Chili Powder
3/4 tsp Cumin
1/4 tsp Sea Salt
1/2 Green Bell Pepper (sliced)
1/2 Yellow Bell Pepper (sliced)
1/2 Yellow Onion (sliced)
4 Corn Tortilla

NUTRITION

AMOUNT PER SERVING

Calories	359	Fiber	4g
Fat	11g	Sugar	3g
Carbs	36g	**Protein**	26g

DIRECTIONS

01 Heat oil in a frying pan or skillet over medium-high heat. Add chicken, chili powder, cumin and salt. Stir to combine. Let chicken cook for 8 to 10 minutes or until cooked through. Remove from pan and set aside.

02 To the same pan, add peppers and onions. Stir to coat. Cook for 5 minutes or until peppers are tender.

03 Divide chicken and peppers between tortillas. Enjoy!

NOTES

OPTIONAL TOPPINGS
Salsa, guacamole, shredded cheese, sour cream, cilantro and/or hot sauce.

VEGETARIAN OPTION
Use sliced mushrooms instead of chicken.

GRAIN-FREE
Use lettuce wraps instead of corn tortillas.

NO CHICKEN BREAST
Use boneless, skinless chicken thighs, ground meat or sliced steak instead.

LEFTOVERS
Store chicken and peppers in an airtight container in the fridge for up to three days. Reheat, then serve with tortillas.

SERVING SIZE
One serving is equal to two fajitas.

Turkey Sausage, Broccoli & Rice

2 SERVINGS 30 MINUTES

INGREDIENTS

1/2 cup Brown Rice (uncooked)
3 cups Broccoli (cut into florets)
3/4 tsp Avocado Oil
Sea Salt & Black Pepper
8 ozs Turkey Sausage

NUTRITION

AMOUNT PER SERVING

Calories	406	Fiber	5g
Fat	13g	Sugar	3g
Carbs	45g	**Protein**	28g

DIRECTIONS

01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment.

02 Cook the rice according to package directions.

03 Meanwhile, place the broccoli on the prepared baking sheet and toss with the oil and season with salt and pepper to taste. Arrange on one side of the pan and place the sausages on the other side. Bake for 20 to 25 minutes, or until the sausages are cooked through, flipping the broccoli halfway.

04 To serve divide the rice, broccoli, and sausage between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS
Refrigerate in an airtight container for up to three days.
MORE FLAVOR
Season the broccoli with herbs and spices.
NO BROWN RICE
Use white rice, quinoa, or cauliflower rice instead.
NO BROCCOLI
Use another vegetable instead.
NO TURKEY SAUSAGE
Use chicken, pork, or beef sausages instead.

Pressure Cooker Chicken Taco Stuffed Sweet Potato

2 SERVINGS 50 MINUTES

INGREDIENTS

2 Sweet Potato (medium, pierced with a fork)
8 ozs Chicken Breast (skinless and boneless)
1 tsp Chili Powder
1/2 tsp Cumin (ground)
1/2 tsp Smoked Paprika
1 cup Chicken Broth
2 tbsps Salsa
1/2 Avocado (mashed)
1 tbsp Cilantro (optional, chopped)
1 Jalapeno Pepper (optional, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	349	Fiber	9g
Fat	11g	Sugar	7g
Carbs	34g	**Protein**	30g

DIRECTIONS

01 Preheat the oven to 400°F (204°C) and place the sweet potato on a pan. Bake for 40 to 45 minutes, or until cooked through.

02 Add the chicken breast, chili powder, cumin, smoked paprika and chicken broth to your pressure cooker. Set to “sealing” then press manual/pressure cooker and cook for 10 minutes on high pressure. Once it is done, press cancel and let the pressure release naturally (this can take 15 minutes or so).

03 Remove the lid carefully. Remove the chicken and shred it with two forks.

04 When the sweet potatoes are finished cooking, slice them down the middle and top with the shredded chicken, salsa, mashed avocado, cilantro and sliced jalapeño. Enjoy!

NOTES

DAIRY LOVER
Top the stuffed sweet potato with shredded cheese, yogurt or sour cream.

MEAL PREP
Cook the sweet potatoes ahead of time for a quick weeknight meal.

LEFTOVERS
Keep in a sealed container in the fridge for 3 to 4 days.

Lentil Meatballs & Pasta

2 SERVINGS 35 MINUTES

INGREDIENTS

3 1/4 tbsps Dry Green Lentils
1/3 cup Vegetable Broth
1/4 tsp Extra Virgin Olive Oil
2 1/8 tbsps Shallot (chopped)
1 1/4 tsps Ground Flax Seed
1 1/4 tbsps Water
1 2/3 tbsps Nutritional Yeast
3 1/4 tbsps Almonds (chopped)
1/3 tsp Sea Salt
3 1/4 tbsps Parsley (divided, chopped)
4 ozs Chickpea Pasta (shells)
3/4 cup Tomato Sauce

NUTRITION

AMOUNT PER SERVING

Calories	413	Fiber	16g
Fat	12g	Sugar	11g
Carbs	58g	**Protein**	28g

DIRECTIONS

01 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.

02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.

03 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.

04 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.

05 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.

06 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

NOTES

LEFTOVERS

For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

SERVING SIZE

One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

MORE FLAVOR

Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.

Pressure Cooker Thai Chicken & Vegetables with Rice

2 SERVINGS 40 MINUTES

INGREDIENTS

1/2 cup Brown Rice
1/2 cup Canned Coconut Milk (full fat)
1/2 cup Chicken Broth
1 tbsp Thai Red Curry Paste
1 tbsp Coconut Aminos
1 1/2 tsps Ginger (fresh, minced)
1 Garlic (clove, minced)
8 ozs Chicken Breast
1/2 Red Bell Pepper (sliced)
1/4 Yellow Onion (sliced)
3/4 cup Green Beans
1/2 cup Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	463	Fiber	4g
Fat	16g	Sugar	7g
Carbs	47g	**Protein**	32g

DIRECTIONS

01 Cook the rice according to the directions on the package.

02 In the pot of the pressure cooker whisk the coconut milk, chicken broth, red curry paste, coconut aminos, ginger and garlic together. Add the chicken and close the lid.

03 Set to “sealing”, then press manual/pressure cooker and cook for 8 minutes on high pressure. Once it is done, release pressure manually. Remove the lid carefully and transfer the cooked chicken to a plate.

04 Turn the pressure cooker to sauté mode. Let the sauce reduce and thicken for 8 to 10 minutes, stirring frequently. Add the bell pepper, onion, green beans and kale to the sauce and cook for 3 to 5 minutes or until the vegetables are just tender.

05 Meanwhile, chop the cooked chicken breast. Add the chicken to the pot with the cooked vegetables and stir to combine.

06 Divide the rice, chicken and vegetables between plates and top generously with the red curry sauce. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add lime, cilantro or fish sauce. For a spicier dish, use more curry paste or add red pepper flakes or hot sauce. For a sweeter curry, add honey or coconut sugar.

NO BROWN RICE

Omit or use jasmine rice, quinoa or cauliflower rice instead.

NO CHICKEN BREAST

Use chicken thighs instead.

NO FRESH GREEN BEANS

Use frozen or choose another vegetable like snap peas or broccoli.

NO KALE

Use spinach or bok choy instead.

Grilled Honey Dijon Salmon with Zucchini & Quinoa

1 SERVING 30 MINUTES

INGREDIENTS

1/4 cup Quinoa (dry, uncooked)
1 tbsp Dijon Mustard (grainy or regular)
1 1/2 tsps Raw Honey
4 ozs Salmon Fillet
1 Zucchini (sliced in half lengthwise)
1/3 tsp Extra Virgin Olive Oil
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	411	Fiber	5g
Fat	12g	Sugar	13g
Carbs	42g	**Protein**	31g

DIRECTIONS

01 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.

02 Preheat the grill to medium heat.

03 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.

04 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.

05 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

NOTES

NO GRILL
Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

NO ZUCCHINI
Use asparagus or green beans instead.

LOWER CARB
Omit the quinoa or serve with cauliflower rice instead.

LEFTOVERS
Store leftovers in an airtight container in the fridge up to 2 to 3 days.

Prosciutto Wrapped Apricots

3 SERVINGS 10 MINUTES

INGREDIENTS

3/4 cup Dried Apricots
5 3/4 ozs Prosciutto (cut in half)

NUTRITION

AMOUNT PER SERVING

Calories	196	Fiber	2g
Fat	7g	Sugar	17g
Carbs	20g	**Protein**	15g

DIRECTIONS

01 Gently wrap each dried apricot with prosciutto. Enjoy!

NOTES

LEFTOVERS
Refrigerate in an airtight container for up to three days.
SERVING SIZE
One serving equals approximately four to five prosciutto-wrapped apricots.
ADDITIONAL TOPPINGS
Add goat cheese and walnuts.

Bell Pepper & Taco Dip

4 SERVINGS 5 MINUTES

INGREDIENTS

2 cups Unsweetened Coconut Yogurt
1 1/3 tbsps Taco Seasoning (to taste)
4 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	96	Fiber	4g
Fat	4g	Sugar	6g
Carbs	16g	**Protein**	2g

DIRECTIONS

01 In a small bowl mix the yogurt and taco seasoning together. Serve with the red bell pepper slices for dipping. Enjoy!

NOTES

LEFTOVERS
Refrigerate the dip in an airtight container for up to three days.
ADDITIONAL TOPPINGS
Add sea salt and black pepper to taste.
NO COCONUT YOGURT
Use Greek yogurt instead.