



1600 calories

1600 calories

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
Strawberry Almond Protein Smoothie



LUNCH
Coconut Cod Tacos



SNACK 2
Mackerel Salad Open Face Sandwich



DINNER
Beef, Rice & Carrots



SNACK 3
Strawberry Lime Popsicles, Cottage Cheese

TUE



BREAKFAST
Strawberry Almond Protein Smoothie



LUNCH
Beef, Rice & Carrots



SNACK 2
Mackerel Salad Open Face Sandwich



DINNER
Sheet Pan Mushroom, Sausage & Gnocchi



SNACK 3
Strawberry Lime Popsicles, Cottage Cheese

WED



BREAKFAST
Strawberry Almond Protein Smoothie



LUNCH
Sheet Pan Mushroom, Sausage & Gnocchi



SNACK 2
Mackerel Salad Open Face Sandwich



DINNER
Spiced Beef & Spinach with Rice



SNACK 3
Strawberry Lime Popsicles, Cottage Cheese

THU



BREAKFAST
Omelette with Toast & Banana



LUNCH
Spiced Beef & Spinach with Rice



SNACK 2
Popcorn & Olive Snack Box, Deli Beef Wraps



DINNER
Italian Chicken & Rice Meal Prep Bowl



SNACK 3
Buffalo Tofu Wings

FRI



BREAKFAST
Omelette with Toast & Banana



LUNCH
Italian Chicken & Rice Meal Prep Bowl



SNACK 2
Popcorn & Olive Snack Box, Deli Beef Wraps



DINNER
Turmeric Chicken with Brown Rice



SNACK 3
Buffalo Tofu Wings

SAT



BREAKFAST
Scrambled Egg Whites with Avocado & Banana



LUNCH
Turmeric Chicken with Brown Rice



SNACK 2
Popcorn & Olive Snack Box, Deli Beef Wraps



DINNER
Pressure Cooker Thai Red Curry Beef



SNACK 3
Buffalo Tofu Wings

SUN



BREAKFAST
Scrambled Egg Whites with Avocado & Banana



LUNCH
Pressure Cooker Thai Red Curry Beef



SNACK 2
Popcorn & Olive Snack Box, Deli Beef Wraps



DINNER
Ground Turkey, Broccoli & Sweet Potato



SNACK 3
Buffalo Tofu Wings

MON

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

Calories 1628 Fiber 31g
Fat 62g Sugar 46g
Carbs 169g Protein 107g

TUE

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

Calories 1624 Fiber 23g
Fat 61g Sugar 50g
Carbs 169g Protein 109g

WED

FAT 31% **CARBS 43%** **PROTEIN 26%**

Calories 1680 Fiber 22g
Fat 60g Sugar 47g
Carbs 186g Protein 110g

THU

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

Calories 1687 Fiber 18g
Fat 55g Sugar 29g
Carbs 191g Protein 111g

FRI

FAT 29% **CARBS 42%** **PROTEIN 29%**

Calories 1684 Fiber 17g
Fat 54g Sugar 29g
Carbs 180g Protein 122g

SAT

FAT 32% **CARBS 39%** **PROTEIN 29%**

Calories 1638 Fiber 26g
Fat 60g Sugar 39g
Carbs 165g Protein 123g

SUN

FAT 35% **CARBS 38%** **PROTEIN 27%**

Calories 1560 Fiber 32g
Fat 63g Sugar 48g
Carbs 155g Protein 112g

FRUITS

- 1 Apple
- 1 1/4 Avocado
- 7 Banana
- 3/4 Lemon
- 1 1/4 Lime
- 6 cups Strawberries

BREAKFAST

- 1/4 cup Almond Butter
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tsps Chia Seeds
- 3/4 tsp Cumin
- 2 1/4 tsps Curry Powder
- 1 1/8 tsps Garlic Powder
- 3 tsps Ground Flax Seed
- 2 tsps Italian Seasoning
- 1/2 tsp Oregano
- 1/8 tsp Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 tsp Turmeric

VEGETABLES

- 2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 2 1/2 cups Broccoli
- 2 1/2 Carrot
- 1 head Cauliflower
- 2 1/2 stalks Celery
- 1/2 cup Cherry Tomatoes
- 3 tsps Cilantro
- 6 Cremini Mushrooms
- 1 Cucumber
- 1 1/2 tsps Fresh Dill
- 1 Garlic
- 1/2 tsp Ginger
- 2 1/2 stalks Green Onion
- 1/3 cup Red Onion
- 2 cups Snap Peas
- 1 Sweet Potato
- 1 tsp Thyme
- 1/8 Tomato
- 1 tbsp Watermelon Radish
- 1/4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1/2 cup Bread Crumbs
- 2 cups Brown Rice
- 1/3 cup Canned Coconut Milk
- 2 tsps Chicken Broth
- 3/4 cup Jasmine Rice
- 3 cups Popcorn
- 1 tbsp Tomato Paste

BAKING

- 2 2/3 tsps Arrowroot Powder
- 1 tbsp Coconut Flour
- 1 1/2 tsps Coconut Sugar

BREAD, FISH, MEAT & CHEESE

- 3 ozs Canned Mackerel
- 1 1/3 lbs Chicken Breast
- 1/2 Cod Fillet
- 2 Corn Tortilla
- 6 ozs Deli Roast Beef
- 1 lb Extra Lean Ground Beef
- 4 ozs Extra Lean Ground Turkey
- 3 slices Gluten-Free Bread
- 3 1/2 ozs Sourdough Bread
- 8 ozs Stewing Beef
- 8 1/4 ozs Tofu
- 8 ozs Turkey Sausage

CONDIMENTS & OILS

- 2 3/4 tsps Avocado Oil
- 1 tsp Coconut Oil
- 3/4 tsp Dijon Mustard
- 3 1/3 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1/2 cup Hot Sauce
- 2/3 cup Pitted Kalamata Olives
- 1 tbsp Thai Red Curry Paste

COLD

- 1 1/2 cups Cottage Cheese
- 6 1/4 Egg
- 2 cups Egg Whites
- 2 2/3 tsps Oat Milk
- 1/3 cup Plain Greek Yogurt
- 8 3/4 ozs Potato Gnocchi
- 3 3/4 cups Unsweetened Almond Milk

OTHER

- 3/4 cup Vanilla Protein Powder

■ 2 tbsps Unsweetened Shredded
Coconut

Strawberry Almond Protein Smoothie

3 SERVINGS 5 MINUTES



INGREDIENTS

4 1/2 cups Strawberries (frozen)
3 Banana (small, frozen)
3/4 cup Vanilla Protein Powder
1/4 cup Almond Butter
3 tbsps Ground Flax Seed
3 3/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	474	Fiber	13g
Fat	20g	Sugar	26g
Carbs	53g	Protein	29g

DIRECTIONS

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

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

NO ALMOND MILK

Use coconut milk or cashew milk instead.

SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

PROTEIN POWDER

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

Omelette with Toast & Banana

2 SERVINGS 10 MINUTES



INGREDIENTS

6 Egg
Sea Salt & Black Pepper (to taste)
2 tsps Extra Virgin Olive Oil
3 1/2 ozs Sourdough Bread (toasted)
2 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.

Scrambled Egg Whites with Avocado & Banana

2 SERVINGS 5 MINUTES



INGREDIENTS

2 tsps Extra Virgin Olive Oil
2 cups Egg Whites
2 Banana (medium)
1 Avocado

NUTRITION

AMOUNT PER SERVING

Calories	432	Fiber	10g
Fat	20g	Sugar	17g
Carbs	37g	Protein	30g

DIRECTIONS

- 01 Heat the oil in a pan over medium-high heat. Add the egg whites and gently stir until cooked through, about three to four minutes.
- 02 Serve the egg whites alongside the avocado and banana. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add salt and pepper to the egg whites.

ADDITIONAL TOPPINGS

Top with salsa, sauerkraut, cheese, or olives.

Coconut Cod Tacos

1 SERVING 35 MINUTES



INGREDIENTS

1/4 Egg
2 tbsps Unsweetened Shredded Coconut
1 tbsp Coconut Flour
1/8 tsp Paprika
1/16 tsp Sea Salt
1/2 Cod Fillet (cut into small pieces)
2 Corn Tortilla
1/4 Yellow Bell Pepper (sliced thinly)
1 tbsp Watermelon Radish (thinly sliced)
1/4 Lime (juiced)
1 tbsp Cilantro (optional, roughly chopped)
1/4 Avocado (cubed)

NUTRITION

AMOUNT PER SERVING

Calories	447	Fiber	10g
Fat	18g	Sugar	2g
Carbs	43g	Protein	27g

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Beat the egg in a bowl. Then in a separate bowl, mix together the unsweetened shredded coconut, coconut flour, paprika, and sea salt.
- 03 Dip each piece of cod into the egg mixture and then into the flour mixture, making sure to coat all sides of the fish. Transfer the cod onto the baking sheet. Place in the oven and bake for 5 minutes then flip and cook for an additional 5 minutes or until cooked through.
- 04 Remove the cod from the oven and divide between tortillas. Top with sliced bell pepper, radish, lime juice, cilantro (optional) and avocado. Enjoy!

NOTES

LEFTOVERS

Store leftover fish in the fridge separate from the veggies. Reheat the fish in the oven for a few minutes to warm before assembling tacos.

SERVING SIZE

One serving is equal to two tacos.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

NO TORTILLAS

Use lettuce as a wrap.

NO WATERMELON RADISH

Omit or use regular radish.

LIKES IT SPICY

Add hot sauce or cayenne pepper to the assembled tacos.

LIKES IT SAUCY

Drizzle the assembled tacos with mayonnaise or sour cream.

Mackerel Salad Open Face Sandwich

3 SERVINGS 10 MINUTES



INGREDIENTS

3 ozs Canned Mackerel (skinless, boneless)
1/3 cup Plain Greek Yogurt
3/4 Lemon (juiced)
3/4 tsp Dijon Mustard
1 1/2 stalks Celery (chopped)
1 1/2 stalks Green Onion (thinly sliced)
1 1/2 tbsps Fresh Dill (finely chopped)
Sea Salt & Black Pepper (to taste)
3 slices Gluten-Free Bread
1/8 Tomato (sliced)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

- 01 Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
- 02 Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

NOTES

LEFTOVERS

Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

SERVING SIZE

One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

DAIRY-FREE

Use coconut yogurt or mayonnaise instead of Greek yogurt.

NO DILL

Use fresh parsley.

NO BREAD

Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.

Popcorn & Olive Snack Box

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Popcorn
1 Apple (medium, chopped)
2 cups Snap Peas (trimmed)
2/3 cup Pitted Kalamata Olives

NUTRITION

AMOUNT PER SERVING

Calories	106	Fiber	4g
Fat	5g	Sugar	6g
Carbs	16g	Protein	2g

DIRECTIONS

01 Arrange the popcorn, apples, snap peas, and olives into a container.
Refrigerate until ready to serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

Deli Beef Wraps

4 SERVINGS 10 MINUTES



INGREDIENTS

1 Cucumber (medium, julienned)
1 stalk Celery (julienned)
6 ozs Deli Roast Beef

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	2g	Sugar	1g
Carbs	3g	Protein	10g

DIRECTIONS

01 Divide the cucumber and celery into the middle of each deli roast beef slice.
Roll tightly and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two deli beef wraps.

ADDITIONAL TOPPINGS

Add pickle, tomato, arugula, and/or micro greens.

Beef, Rice & Carrots

2 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Brown Rice
2 Carrot (large, sliced)
8 ozs Extra Lean Ground Beef
3/4 tsp Cumin
1/2 tsp Oregano
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	398	Fiber	4g
Fat	13g	Sugar	3g
Carbs	42g	Protein	27g

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, place a steamer basket over a pot of boiling water and steam the carrots for eight to 10 minutes or until tender.
- 03 While the carrots cook, add the beef to the pan over medium-high heat. Cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Once it is cooked through add the cumin, oregano, and salt and stir to combine.
- 04 To serve, divide the beef, rice and carrots between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO BEEF

Use ground turkey, chicken, pork, lamb, or lentils instead.

NO CARROTS

Use green beans, broccoli, or cauliflower instead.

NO BROWN RICE

Use white rice, quinoa, or cauliflower rice instead.

Sheet Pan Mushroom, Sausage & Gnocchi

2 SERVINGS 25 MINUTES



INGREDIENTS

8 3/4 ozs Potato Gnocchi
6 Cremini Mushrooms (sliced)
8 ozs Turkey Sausage (sliced)
1 tbsp Extra Virgin Olive Oil
1 tsp Thyme (fresh)
Sea Salt & Black Pepper (to taste)
1 tbsp Basil Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	443	Fiber	2g
Fat	17g	Sugar	6g
Carbs	43g	Protein	29g

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 02 Add the gnocchi, mushrooms, sausage, oil, thyme, salt, and pepper onto the baking tray. Mix to combine everything together.
- 03 Place the tray in the oven and roast for 20 minutes or until everything is cooked through, stirring halfway through.
- 04 Top with basil. Divide evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

GLUTEN-FREE

Use gluten-free gnocchi.

MORE FLAVOR

Add red onion and bell pepper.

ADDITIONAL TOPPINGS

Add parmesan cheese and/or red pepper flakes.

NO TURKEY SAUSAGE

Use beef or pork sausage instead.

Spiced Beef & Spinach with Rice

2 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Jasmine Rice
8 ozs Extra Lean Ground Beef
2 1/4 tsps Curry Powder
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	454	Fiber	3g
Fat	12g	Sugar	0g
Carbs	59g	Protein	28g

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 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 curry powder to the beef and stir to combine. Season with salt and pepper to taste. Add the spinach and stir until the spinach has wilted.
- 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

Season the beef with other dried herbs and spices or add fresh garlic and ginger.

ADDITIONAL TOPPINGS

Cilantro, lime wedges, and/or red pepper flakes.

NO BEEF

Use ground chicken, turkey, or pork instead.

NO RICE

Use quinoa or cauliflower rice instead.

Italian Chicken & Rice Meal Prep Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry)
10 ozs Chicken Breast (cut into large cubes)
1 cup Broccoli (cut into small florets)
1/4 cup Red Onion (cut into thick slices)
1/2 cup Cherry Tomatoes
1 Zucchini (small, chopped)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Italian Seasoning
1/2 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	448	Fiber	5g
Fat	13g	Sugar	5g
Carbs	45g	Protein	38g

DIRECTIONS

- 01 Cook the rice according to package directions.
- 02 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 03 Add the chicken, broccoli, red onion, cherry tomatoes, and zucchini to the baking sheet. Drizzle with the oil and season with Italian seasoning, garlic powder, salt, and pepper.
- 04 Bake for 16 to 18 minutes or until the chicken is cooked through and the vegetables are just tender, stirring halfway through if needed. Season with additional salt and pepper if needed.
- 05 Divide the rice, chicken, and veggies evenly between meal prep containers or plates and enjoy!

NOTES

LEFTOVERS

Refrigerate for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste, like red pepper flakes, onion powder, or parsley.

ADDITIONAL TOPPINGS

Avocado or dipping sauce, like tzatziki or hummus.

NO BROWN RICE

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

Turmeric Chicken with Brown Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Brown Rice (dry, uncooked)
10 2/3 ozs Chicken Breast (skinless and boneless)
2 tsps Avocado Oil
2/3 tsp Turmeric
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	451	Fiber	2g
Fat	11g	Sugar	0g
Carbs	48g	Protein	39g

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the brown rice according to the directions on the package.
- 03 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 04 Once the chicken and rice are cooked, divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic powder or cayenne pepper.

MORE FIBER

Add your favorite leafy greens, roasted broccoli or cauliflower.

Pressure Cooker Thai Red Curry Beef

2 SERVINGS 1 HOUR



INGREDIENTS

1 tsp Coconut Oil (divided)
8 ozs Stewing Beef (diced into cubes)
Sea Salt & Black Pepper (to taste)
1/2 Yellow Onion (small, thinly sliced)
1/2 tsp Ginger (minced)
1 tbsp Thai Red Curry Paste
1 tbsp Tomato Paste
1 1/2 tps Fish Sauce
1 1/2 tps Coconut Sugar
1/2 Carrot (large, chopped)
1 head Cauliflower (sliced into florets)
1/3 cup Canned Coconut Milk
1/2 Lime (juiced)
1/4 cup Brown Rice (optional, dry/uncooked)
1 stalk Green Onion (optional, chopped)
2 tbsps Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	453	Fiber	8g
Fat	18g	Sugar	13g
Carbs	45g	Protein	34g

DIRECTIONS

- 01 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 02 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 03 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 04 If making the brown rice, cook according to package directions.
- 05 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

NOTES

NO PRESSURE COOKER

Make it in the slow cooker on low for about 5 hours.

NO FISH SAUCE

Use soy sauce or tamari instead.

NO COCONUT SUGAR

Use cane sugar instead.

VEGETABLE MODIFICATIONS

Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

CRUNCHY VEGGIES

Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.

Ground Turkey, Broccoli & Sweet Potato

1 SERVING 25 MINUTES



INGREDIENTS

- 1 Sweet Potato (small, peeled and cubed)
- 2 tbsps Chicken Broth
- 3/4 tsp Avocado Oil
- 1 1/2 cups Broccoli (cut into florets)
- 4 ozs Extra Lean Ground Turkey
- 2 tbsps Red Onion (finely chopped)
- 1 Garlic (clove, minced)
- 1/2 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	373	Fiber	8g
Fat	14g	Sugar	9g
Carbs	38g	Protein	28g

DIRECTIONS

- 01 Boil the sweet potatoes for seven to 10 minutes or until fork-tender. Drain the sweet potato and place them back in the pot. Add the chicken broth and avocado oil and mash until smooth.
- 02 Meanwhile, steam the broccoli for five to seven minutes until tender. Drain and set aside.
- 03 While the broccoli cooks, heat a pan over medium-high heat. Add the turkey to the pan, breaking it up as it cooks. Once it is cooked through, add the onion and garlic and cook for three to five minutes until the onions soften. Add the Italian seasoning and cook for another minute.
- 04 To serve, divide the sweet potato, broccoli, and turkey between plates or meal prep containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add salt and other dried herbs and spices to the turkey. Add a pinch of cinnamon to the sweet potato.

NO TURKEY

Use ground chicken, ground pork, or ground beef instead.

NO BROCCOLI

Use another vegetable instead.

Strawberry Lime Popsicles

3 SERVINGS 6 HOURS



INGREDIENTS

- 1 1/2 cups Strawberries (stems removed)
- 1/2 Lime (large, juiced)
- 1 tbsp Maple Syrup
- 1 1/2 tsps Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	52	Fiber	2g
Fat	1g	Sugar	8g
Carbs	11g	Protein	1g

DIRECTIONS

- 01 Add all of the ingredients to a blender and blend until smooth.
- 02 Pour into popsicle molds and freeze for five to six hours or until completely frozen. Enjoy!

NOTES

LEFTOVERS

Keep frozen popsicles in an airtight container in the freezer for up to one month.

SERVING SIZE

One serving is one popsicle.

NO LIME

Use lemon juice.

NO MAPLE SYRUP

Use raw honey.

NO POPSICLE MOLDS

Use paper cups with popsicle sticks instead.

Cottage Cheese

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese

NUTRITION

AMOUNT PER SERVING

Calories	103	Fiber	0g
Fat	5g	Sugar	3g
Carbs	4g	Protein	12g

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

SERVE IT WITH

Fruit, cinnamon, honey, nut butter, pancakes, omelettes, toast or pasta.

Buffalo Tofu Wings

4 SERVINGS 1 HOUR



INGREDIENTS

- 8 1/4 ozs Tofu (extra firm)
- 2 2/3 tbsps Arrowroot Powder
- 2 2/3 tbsps Oat Milk
- 1/2 cup Bread Crumbs
- 2/3 tsp Garlic Powder
- 1/8 tsp Sea Salt
- 1/2 cup Hot Sauce (vinegar-based)

NUTRITION

AMOUNT PER SERVING

Calories	127	Fiber	1g
Fat	4g	Sugar	2g
Carbs	16g	Protein	8g

DIRECTIONS

- 01 Drain the tofu, wrap in a paper towel and place on a plate. Lay a cutting board and something heavy (like a can of beans) over top to press out excess moisture. Press for 25 minutes.
- 02 Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 03 Cut tofu into 0.5-inch x 3-inch sticks. In one bowl add the arrowroot powder. In a second bowl add the oat milk. In a third bowl add the breadcrumbs, garlic powder, and sea salt.
- 04 Dredge the tofu by dipping the sticks first in the arrowroot, then the oat milk, and finally the breadcrumb mixture. Lay dredged tofu onto the baking sheet. Bake for 25 minutes.
- 05 Toss the tofu in hot sauce, and bake for an additional 10 minutes. Serve immediately and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately three buffalo tofu wings (58 grams).

ADDITIONAL TOPPINGS

Serve with your favorite dipping sauce, top onto a salad or make into a wrap!