1700 calories, glutenfree

HEFLUENCE

1700 calories, glutenfree

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
Apple Turmeric Smoothie

LUNCH
Ahi Tuna Poke Bowl

SNACK 2
Frozen Yogurt Covered Blueberries, Basil Radish Dip with Cucumber Slices

DINNER
Pressure Cooker Thai Red Curry Beef

SNACK 3
Prosciutto Wrapped Apricots

TUE

BREAKFAST
Apple Turmeric Smoothie

LUNCH
Pressure Cooker Thai Red Curry Beef

SNACK 2
Frozen Yogurt Covered Blueberries, Basil Radish Dip with Cucumber Slices

DINNER
Malai Shrimp Curry

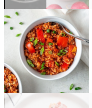
SNACK 3
Prosciutto Wrapped Apricots

WED

BREAKFAST
Apple Turmeric Smoothie

LUNCH
Malai Shrimp Curry

SNACK 2
Frozen Yogurt Covered Blueberries, Basil Radish Dip with Cucumber Slices



DINNER
Deconstructed Stuffed Peppers

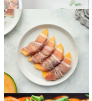
SNACK 3
Prosciutto Wrapped Apricots

THU

BREAKFAST
Blueberry Protein Oats

SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps

LUNCH
Deconstructed Stuffed Peppers



SNACK 2
2 Cantaloupe with Prosciutto

DINNER
One Pan Teriyaki Chicken

FRI

BREAKFAST
Blueberry Protein Oats

SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps

LUNCH
One Pan Teriyaki Chicken

SNACK 2
2 Cantaloupe with Prosciutto

DINNER
Healthy Fish n' Chips

SAT

BREAKFAST
Cucumber, Mango & Banana Smoothie

SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps

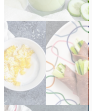
LUNCH
Healthy Fish n' Chips

SNACK 2
3 Cantaloupe with Prosciutto

DINNER
Southwest Chicken Meal Prep Bowls

SUN

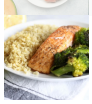
BREAKFAST
Cucumber, Mango & Banana Smoothie



SNACK 1
Pineapple Yogurt Bowl, Deli Beef Wraps

LUNCH
Southwest Chicken Meal Prep Bowls

SNACK 2
2 Cantaloupe with Prosciutto



DINNER
Baked Salmon with Broccoli & Quinoa

MON

FAT 28% CARBS 45% PROTEIN 27%

Calories 1699
Fat 56g
Carbs 197g
Fiber 35g
Sugar 75g
Protein 120g

TUE

FAT 30% CARBS 44% PROTEIN 26%

Calories 1728
Fat 59g
Carbs 198g
Fiber 30g
Sugar 73g
Protein 119g

WED

FAT 29% CARBS 45% PROTEIN 26%

Calories 1683
Fat 56g
Carbs 193g
Fiber 28g
Sugar 70g
Protein 113g

THU

FAT 33% CARBS 40% PROTEIN 27%

Calories 1676
Fat 64g
Carbs 170g
Fiber 28g
Sugar 81g
Protein 117g

FRI

FAT 34% CARBS 38% PROTEIN 28%

Calories 1679
Fat 65g
Carbs 164g
Fiber 27g
Sugar 83g
Protein 121g

SAT

FAT 33% CARBS 39% PROTEIN 28%

Calories 1692
Fat 64g
Carbs 171g
Fiber 28g
Sugar 69g
Protein 122g

SUN

FAT 33% CARBS 39% PROTEIN 28%

Calories 1692
Fat 64g
Carbs 171g
Fiber 30g
Sugar 55g
Protein 123g

FRUITS

- 3 Apple
- 1/2 Avocado
- 1 1/2 cups Blueberries
- 1 1/8 Cantaloupe
- 1/3 Lemon
- 1/2 Lime
- 1 tbsp Lime Juice
- 1/2 Navel Orange
- 2 cups Pineapple

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1 tsp Cardamom
- 3 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/3 tsp Coriander
- 1/4 tsp Cumin
- 3/4 tsp Garam Masala
- 1 tsp Italian Seasoning
- 2/3 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 tbsps Sesame Seeds
- 1 1/2 tsps Taco Seasoning
- 3 tbsps Turmeric

FROZEN

- 1 cup Frozen Banana
- 1 cup Frozen Blueberries
- 1 cup Frozen Mango

VEGETABLES

- 4 cups Baby Spinach
- 3/4 cup Basil Leaves
- 4 cups Broccoli
- 2 1/2 Carrot
- 1 head Cauliflower
- 1 1/2 cups Cauliflower Rice
- 1 stalk Celery
- 1/4 cup Cilantro
- 2 1/2 Cucumber
- 4 3/4 Garlic
- 1 1/3 tbsps Ginger
- 1/2 Green Bell Pepper
- 1 1/2 cups Green Cabbage
- 1/3 Green Chili Pepper
- 3 stalks Green Onion
- 3/4 cup Radishes
- 1 Red Bell Pepper
- 2 cups Snap Peas
- 2 Sweet Potato
- 1 3/4 Tomato
- 1 Yellow Onion

BOXED & CANNED

- 1 1/16 cups Brown Rice
- 1 1/16 cups Canned Coconut Milk
- 1 1/8 cups Crushed Tomatoes
- 1/3 cup Diced Tomatoes
- 3/4 cup Jasmine Rice
- 1/2 cup Quick Oats
- 1/4 cup Quinoa
- 1 tbsp Tomato Paste

BAKING

- 1 1/2 tsps Coconut Sugar
- 2 2/3 tbsps Raw Honey
- 2 tbsps Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 4 ozs Ahi Tuna
- 1 1/8 lbs Chicken Breast
- 6 ozs Deli Roast Beef
- 8 ozs Extra Lean Ground Beef
- 3 tbsps Feta Cheese
- 12 1/2 ozs Prosciutto
- 15 ozs Salmon Fillet
- 9 2/3 ozs Shrimp
- 8 ozs Stewing Beef

CONDIMENTS & OILS

- 1 1/16 tbsps Avocado Oil
- 3 tbsps Coconut Aminos
- 1 tsp Coconut Oil
- 1 3/4 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 3 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Tamari
- 1 tbsp Thai Red Curry Paste

COLD

- 5 3/4 cups Oat Milk
- 1 cup Plain Greek Yogurt
- 2 cups Unsweetened Almond Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

OTHER

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

Apple Turmeric Smoothie

3 SERVINGS 5 MINUTES

INGREDIENTS

3 3/4 cups Oat Milk
3 Apple (small, cored, chopped)
1 1/2 cups Cauliflower Rice (or chopped florets)
3/4 cup Vanilla Protein Powder
3 tbsps Turmeric
3 tbsps Chia Seeds (plus more for garnish if desired)

NUTRITION

AMOUNT PER SERVING

Calories	428	Fiber	14g
Fat	11g	Sugar	29g
Carbs	60g	**Protein**	27g

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS
Best enjoyed immediately. Refrigerate in an airtight container for two days.
MORE FLAVOR
Add ground ginger, cinnamon, or nutmeg.
NO CAULIFLOWER RICE
Use pumpkin puree or steamed sweet potato instead.
NO OAT MILK
Use almond, soy, pea, rice, coconut, or dairy milk instead.

Blueberry Protein Oats

2 SERVINGS 10 MINUTES

INGREDIENTS

1/2 cup Quick Oats
2 cups Oat Milk (plain, unsweetened)
1 tsp Cardamom (ground)
2 tbsps Sunflower Seed Butter
2 tsps Raw Honey
1/2 cup Vanilla Protein Powder
1 cup 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.

Cucumber, Mango & Banana Smoothie

2 SERVINGS 5 MINUTES

INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Frozen Banana
1 cup Frozen Mango
1/2 Cucumber (medium, chopped)
2 cups Baby Spinach
1/4 cup Almond Butter
1 tsp Cinnamon
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	477	Fiber	11g
Fat	21g	Sugar	28g
Carbs	51g	**Protein**	30g

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS
Best enjoyed immediately.

NO ALMOND MILK
Use another plant-based milk such as cashew or oat.

NO ALMOND BUTTER
Use cashew butter or sunflower seed butter.

ADDITIONAL TOPPINGS
Add chia seeds or hemp seeds.

PROTEIN POWDER
This recipe was tested using plant-based vanilla protein powder.

Pineapple Yogurt Bowl

4 SERVINGS 5 MINUTES

INGREDIENTS

2 cups Unsweetened Coconut Yogurt
2 cups Pineapple (chopped)
2 tbsps Unsweetened Shredded Coconut (optional)

NUTRITION

AMOUNT PER SERVING

Calories	113	Fiber	3g
Fat	5g	Sugar	9g
Carbs	17g	**Protein**	1g

DIRECTIONS

01 Divide the coconut yogurt between bowls and top with the pineapple and shredded coconut (if using). Enjoy!

NOTES

LEFTOVERS
Refrigerate in an airtight container for up to two days.
ADDITIONAL TOPPINGS
Top with chopped nuts, seeds, and/or granola.
MORE FRUIT
Add berries, mango, banana, or kiwi.
NO COCONUT YOGURT
Use plain or Greek yogurt instead.

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.

Ahi Tuna Poke Bowl

1 SERVING 10 MINUTES

INGREDIENTS

1/4 cup Jasmine Rice (dry, rinsed)
1 tbsp Rice Vinegar
1 tbsp Coconut Aminos
4 ozs Ahi Tuna (sushi-grade, sliced)
1/4 Cucumber (sliced)
1/2 Avocado (sliced)
3/4 tsp Sesame Seeds (toasted, white and/or black)

NUTRITION

AMOUNT PER SERVING

Calories	480	Fiber	8g
Fat	16g	Sugar	5g
Carbs	53g	**Protein**	34g

DIRECTIONS

01 Cook the jasmine rice according to the directions on the package. Stir in the rice vinegar and coconut aminos until well coated.

02 Divide the rice into bowls and top with the ahi tuna, cucumber, avocado and sesame seeds. Enjoy immediately!

NOTES

LEFTOVERS
Tightly wrap the tuna in plastic wrap or foil, and store the remaining ingredients in an airtight container for up to two days.

NO AHI TUNA
Use sushi-grade salmon, crab meat or chopped grilled tofu.

NO RICE
Use cauliflower rice, brown rice, quinoa or soba noodles instead.

MORE FLAVOR
Serve with pickled ginger and/or wasabi.

ADDITIONAL TOPPINGS
Top with seaweed, mango, green onion, chiles, sriracha mayo, edamame, pea shoots, carrots, radishes, red cabbage and/or chopped shallots.

Frozen Yogurt Covered Blueberries

3 SERVINGS 40 MINUTES

INGREDIENTS

1 1/2 cups Blueberries (fresh or frozen, not wild)

3 tbsps Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	53	Fiber	2g
Fat	1g	Sugar	8g
Carbs	11g	**Protein**	2g

DIRECTIONS

01 In a bowl, combine blueberries and yogurt until well coated.

02 Line a baking sheet with parchment paper. Transfer individual yogurt-covered blueberries to the sheet in an even layer.

03 Freeze for at least 30 minutes before transferring to a freezer bag or a freezer-safe storage container. Continue to store in the freezer until ready to eat.

NOTES

KID-FRIENDLY

Serve just a few at a time as these will melt quickly after handling.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt such as coconut or almond.

Basil Radish Dip with Cucumber Slices

3 SERVINGS 10 MINUTES

INGREDIENTS

3/4 cup Plain Greek Yogurt
3 tbsps Feta Cheese
3/4 cup Basil Leaves (chopped)
3/4 cup Radishes (chopped)
1/8 Lemon (juiced)
3/4 Cucumber (sliced into rounds or sticks)

NUTRITION

AMOUNT PER SERVING

Calories	89	Fiber	1g
Fat	3g	Sugar	3g
Carbs	8g	**Protein**	8g

DIRECTIONS

01 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.

02 Scoop into a bowl and dip with cucumber slices. Enjoy!

NOTES

NO CUCUMBER
Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

DAIRY-FREE
Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.

Cantaloupe with Prosciutto

9 SERVINGS 10 MINUTES

INGREDIENTS

1 1/8 Cantaloupe (skin and seeds removed, sliced)
6 3/4 ozs Prosciutto (thinly sliced)

NUTRITION

AMOUNT PER SERVING

Calories	69	Fiber	1g
Fat	3g	Sugar	5g
Carbs	6g	**Protein**	6g

DIRECTIONS

01 Gently wrap the cantaloupe slices with prosciutto. Enjoy!

NOTES

LEFTOVERS
Refrigerate in an airtight container for up to two days.
SERVING SIZE
Each serving equals approximately two slices of prosciutto-wrapped cantaloupe.
ADDITIONAL TOPPINGS
Add in bocconcini cheese and/or arugula.
EXTRA SWEETNESS
Drizzle with a bit of raw honey.

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 tsps Fish Sauce
1 1/2 tsps 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.

Malai Shrimp Curry

2 SERVINGS 25 MINUTES

INGREDIENTS

2/3 cup Jasmine Rice (dry, uncooked)
3/4 Tomato (roughly chopped)
1/3 Green Chili Pepper (roughly chopped)
1/3 Yellow Onion (small, roughly chopped)
1 1/4 tsps Avocado Oil
1/3 tsp Ginger (minced)
3/4 Garlic (cloves, minced)
3/4 tsp Garam Masala
1/3 tsp Coriander (ground)
1/4 tsp Cumin
2/3 cup Canned Coconut Milk
1/3 tsp Sea Salt
9 2/3 ozs Shrimp (raw, deveined, peeled, and tails removed)
1 2/3 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	509	Fiber	3g
Fat	19g	Sugar	3g
Carbs	54g	**Protein**	33g

DIRECTIONS

01 Cook the rice according to package instructions and set aside.

02 In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.

03 Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.

04 Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.

05 Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.

06 Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Serve and enjoy!

NOTES

LEFTOVERS
Store in an airtight container in the fridge for up to two days.

SERVING SIZE
One serving is about 1 1/2 cups shrimp and rice mixture.

LESS SPICE
Omit the chili pepper.

Deconstructed Stuffed Peppers

2 SERVINGS 50 MINUTES

INGREDIENTS

1/3 cup Brown Rice
8 ozs Extra Lean Ground Beef
1 tsp Extra Virgin Olive Oil
1 Red Bell Pepper (chopped)
1 tsp Italian Seasoning
2/3 tsp Paprika
1/3 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1 1/8 cups Crushed Tomatoes (from the can)
1/3 cup Diced Tomatoes (from the can)
2 2/3 tbsps Water
2 stalks Green Onion (chopped, divided)

NUTRITION

AMOUNT PER SERVING

Calories	408	Fiber	6g
Fat	15g	Sugar	10g
Carbs	40g	**Protein**	28g

DIRECTIONS

01 Cook the rice according to the package directions.

02 Meanwhile, heat a large pot 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, transfer the meat to a plate and drain any excess drippings from the pan.

03 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.

04 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.

05 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

SERVING SIZE

One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

MORE FLAVOR

Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

NO RED BELL PEPPER

Use any colour of bell pepper instead.

NO BEEF

Use ground pork or sausage meat instead.

NO BROWN RICE

Use white rice, quinoa or cauliflower rice instead.

One Pan Teriyaki Chicken

2 SERVINGS 40 MINUTES

INGREDIENTS

10 ozs Chicken Breast
2 cups Broccoli (chopped into florets)
2 Carrot (medium, sliced on the diagonal)
2 cups Snap Peas
2 tbsps Coconut Aminos
2 tbsps Sesame Oil
1/2 Navel Orange (juiced)
2 tbsps Raw Honey
2 tbsps Rice Vinegar
4 Garlic (cloves, minced)
1 tbsp Ginger (peeled and grated)
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	505	Fiber	8g
Fat	20g	Sugar	30g
Carbs	47g	**Protein**	38g

DIRECTIONS

01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.

02 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.

03 In a small bowl, whisk together the coconut aminos, sesame oil, orange juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.

04 Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

NOTES

SERVE IT WITH
Our Crispy Smashed Potatoes, Mushroom Garlic Quinoa or plain rice.

LIKES IT SPICY
Whisk hot sauce or chili flakes into the teriyaki sauce.

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

NO COCONUT AMINOS
Use tamari instead.

Healthy Fish n' Chips

2 SERVINGS 1 HOUR

INGREDIENTS

10 ozs Salmon Fillet
1 tbsp Maple Syrup
1 tbsp Tamari
2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	411	Fiber	5g
Fat	16g	Sugar	12g
Carbs	34g	**Protein**	32g

DIRECTIONS

01 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.

02 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.

03 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.

04 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

Southwest Chicken Meal Prep Bowls

2 SERVINGS 50 MINUTES

INGREDIENTS

1/2 cup Brown Rice
8 ozs Chicken Breast
2 tsps Avocado Oil (divided)
1 1/2 tsps Taco Seasoning (divided)
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Lime Juice
1 tbsp Cilantro
1 1/2 cups Green Cabbage (thinly sliced)
1/2 Green Bell Pepper (medium, chopped)
1 Tomato (medium, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	415	Fiber	5g
Fat	11g	Sugar	4g
Carbs	48g	**Protein**	31g

DIRECTIONS

01 Preheat the oven to 400°F (204°C).

02 Cook the rice according to package directions. Let the rice cool slightly.

03 Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.

04 Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.

05 Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

NOTES

LEFTOVERS
Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

MORE FLAVOR
Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

ADDITIONAL TOPPINGS
Lime wedges, cilantro, or chopped green onion.

NO BROWN RICE
Use quinoa or cauliflower rice instead.

NO CABBAGE
Use romaine lettuce or kale instead.

Baked Salmon with Broccoli & Quinoa

1 SERVING 20 MINUTES

INGREDIENTS

5 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (sliced into small florets)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Quinoa (uncooked)
1/3 cup Water
1/8 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	480	Fiber	8g
Fat	19g	Sugar	3g
Carbs	40g	**Protein**	39g

DIRECTIONS

01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.

02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.

03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.

04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.

05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS
Store covered in the fridge up to 2 days.

SPEED IT UP
Cook the quinoa ahead of time.

VEGAN
Use tofu steaks instead of salmon fillets.

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.