



1700 calories, no dairy #2

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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



SNACK 1
2 Cantaloupe with Prosciutto



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
2 Cantaloupe with Prosciutto



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
2 Cantaloupe with Prosciutto



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
Chicken Noodle Soup



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
Chicken Noodle Soup



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



SNACK 1
Chicken Noodle Soup



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



SNACK 1
Chicken Noodle Soup



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 31% **CARBS 42%** **PROTEIN 27%**

Calories 1715 Fiber 21g
Fat 60g Sugar 60g
Carbs 185g Protein 120g

TUE

FAT 31% **CARBS 42%** **PROTEIN 27%**

Calories 1675 Fiber 22g
Fat 60g Sugar 59g
Carbs 178g Protein 116g

WED

FAT 31% **CARBS 42%** **PROTEIN 27%**

Calories 1675 Fiber 24g
Fat 58g Sugar 60g
Carbs 179g Protein 117g

THU

FAT 32% **CARBS 40%** **PROTEIN 28%**

Calories 1747 Fiber 34g
Fat 62g Sugar 42g
Carbs 175g Protein 125g

FRI

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

Calories 1754 Fiber 45g
Fat 61g Sugar 50g
Carbs 188g Protein 125g

SAT

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

Calories 1870 Fiber 51g
Fat 66g Sugar 45g
Carbs 210g Protein 129g

SUN

FAT 31% **CARBS 41%** **PROTEIN 28%**

Calories 1868 Fiber 40g
Fat 66g Sugar 47g
Carbs 194g Protein 132g

FRUITS

- 1/2 Avocado
- 1 Banana
- 3/4 Cantaloupe
- 2 tsps Lemon Juice

BREAKFAST

- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 3 1/4 tbsps Almonds
- 1 1/2 tsps Cardamom
- 1/4 cup Chia Seeds
- 2 1/2 tsps Chili Powder
- 1/4 tsp Cinnamon
- 1 1/4 tsps Cumin
- 2/3 tsp Dried Thyme
- 1/4 tsp Garlic Powder
- 1 1/2 tsps Greek Seasoning
- 2 1/3 tbsps Ground Flax Seed
- 1/4 tsp Onion Powder
- 2 1/16 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
- 2/3 Carrot
- 1 1/3 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1 Cucumber
- 3 1/16 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
- 1 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
- 2 Tomato
- 1 1/4 Yellow Bell Pepper
- 1 1/2 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 2/3 cup Brown Rice Macaroni
- 1/2 cup Canned Coconut Milk
- 5 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

BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Chicken Breast
- 8 1/4 ozs Chicken Thighs
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Turkey
- 10 1/3 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
- 2 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
- 2 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

- 2 tbsps Salsa
- 1/3 cup Vegetable Broth

BAKING

- 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.

Cantaloupe with Prosciutto

6 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cantaloupe (skin and seeds removed, sliced)

4 1/2 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.

Chicken Noodle Soup

4 SERVINGS 1 HOUR



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1 1/3 stalks Celery (chopped)
- 2/3 Carrot (large, peeled, chopped)
- 2/3 Yellow Onion (medium, chopped)
- 1 1/3 Garlic (large clove, minced)
- 1/3 tsp Sea Salt
- 2/3 tsp Dried Thyme
- 4 cups Chicken Broth
- 8 1/4 ozs Chicken Thighs (bone-in, skin removed, trimmed)
- 2/3 cup Brown Rice Macaroni (dry)

NUTRITION

AMOUNT PER SERVING

Calories	201	Fiber	2g
Fat	7g	Sugar	3g
Carbs	19g	Protein	15g

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Add the celery, carrot, and onion to the pot and cook for eight to 10 minutes until softened. Add the garlic, salt, and thyme to the pot. Stir to combine and cook for another minute.
- 02 Add the broth and then place the chicken in the pot. Bring the soup to a gentle boil and simmer for about 20 minutes or until the chicken is cooked through and pulls easily.
- 03 Meanwhile, cook the pasta according to package directions.
- 04 Remove the chicken from the pot and shred the cooked chicken thighs with two forks until no large pieces remain. Return the chicken to the pot. Season the soup with additional salt if needed.
- 05 To serve, divide the soup between bowls and stir in the cooked macaroni. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one cup of soup and 1/4 cup of macaroni.

MORE FLAVOR

Add other dried herbs and spices, like parsley, sage, or oregano.

CHICKEN BROTH

A low sodium chicken broth was used to create this recipe. Adjust salt to taste if needed. Add more broth if thick soup is desired.

NO BROWN RICE MACARONI

Use another pasta noodle instead.

MORE VEGGIES

Add spinach or kale, bell pepper, mushrooms, potatoes, or peas.

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 tsps 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 tps 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 tbsps 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 tps 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.

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.

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.