



**1700 calories, no dairy**

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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
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## MON



**BREAKFAST**  
Banana Protein Oats, Pepper & Onion  
Mini Egg White Bites



**LUNCH**  
Asparagus, Soba & Tempeh



**SNACK 2**  
Tofu & Veggie Hot Pot



**DINNER**  
Deconstructed Stuffed Peppers



**SNACK 3**  
Prosciutto Wrapped Apricots

## TUE



**BREAKFAST**  
Banana Protein Oats, Pepper & Onion  
Mini Egg White Bites



**LUNCH**  
Deconstructed Stuffed Peppers



**SNACK 2**  
Tofu & Veggie Hot Pot



**DINNER**  
Southwest Stuffed Peppers



**SNACK 3**  
Prosciutto Wrapped Apricots

## WED



**BREAKFAST**  
Banana Protein Oats, Pepper & Onion  
Mini Egg White Bites



**LUNCH**  
Southwest Stuffed Peppers



**SNACK 2**  
Tofu & Veggie Hot Pot



**DINNER**  
Slow Cooker Bolognese with Spaghetti  
Squash



**SNACK 3**  
Prosciutto Wrapped Apricots

## THU



**BREAKFAST**  
Brownie Protein Pancakes



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Slow Cooker Bolognese with Spaghetti  
Squash



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Enchiladas



**SNACK 3**  
2 Cantaloupe with Prosciutto

## FRI



**BREAKFAST**  
Brownie Protein Pancakes



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Enchiladas



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Dominican-Style Pork Chops & Rice



**SNACK 3**  
Cantaloupe with Prosciutto

## SAT



**BREAKFAST**  
Butternut Squash Smoothie



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Dominican-Style Pork Chops & Rice



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Goan Fish Curry



**SNACK 3**  
Cantaloupe with Prosciutto

## SUN



**BREAKFAST**  
Butternut Squash Smoothie



**SNACK 1**  
Prosciutto Wrapped Apricots



**LUNCH**  
Goan Fish Curry



**SNACK 2**  
Lemon & Chili Pepper Sardine Toast



**DINNER**  
Meal Prep Greek Chicken Bowls



**SNACK 3**  
Cantaloupe with Prosciutto

## MON

**FAT 28%**    **CARBS 44%**    **PROTEIN 28%**

Calories 1712            Fiber 24g  
Fat 54g                    Sugar 59g  
Carbs 186g                Protein 119g

## TUE

**FAT 27%**    **CARBS 45%**    **PROTEIN 28%**

Calories 1710            Fiber 29g  
Fat 53g                    Sugar 63g  
Carbs 195g                Protein 123g

## WED

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

Calories 1646            Fiber 31g  
Fat 50g                    Sugar 68g  
Carbs 190g                Protein 122g

## THU

**FAT 33%**    **CARBS 39%**    **PROTEIN 28%**

Calories 1685            Fiber 30g  
Fat 63g                    Sugar 69g  
Carbs 168g                Protein 119g

## FRI

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

Calories 1703            Fiber 24g  
Fat 63g                    Sugar 53g  
Carbs 176g                Protein 114g

## SAT

**FAT 32%**    **CARBS 41%**    **PROTEIN 27%**

Calories 1712            Fiber 28g  
Fat 63g                    Sugar 47g  
Carbs 183g                Protein 118g

## SUN

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

Calories 1680            Fiber 28g  
Fat 59g                    Sugar 47g  
Carbs 177g                Protein 120g

## FRUITS

- 1/3 Avocado
- 2 1/2 Banana
- 3/4 cup Blueberries
- 2/3 Cantaloupe
- 1/4 Lemon
- 1 tbsp Lime Juice

## BREAKFAST

- 2 tbsps Almond Butter
- 1 tbsp Maple Syrup

## SEEDS, NUTS & SPICES

- 1 1/2 Bay Leaf
- 3 tbsps Chia Seeds
- 1 3/4 tps Cinnamon
- 1 tsp Coriander Seed
- 1/2 tsp Cumin Seed
- 1 1/2 tps Greek Seasoning
- 2 tbsps Ground Flax Seed
- 1 1/3 tps Italian Seasoning
- 3/4 tsp Oregano
- 1 tsp Paprika
- 3 tbsps Pumpkin Seeds
- 2/3 tsp Red Pepper Flakes
- 2 1/16 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Sesame Seeds
- 1 tbsp Taco Seasoning
- 1/4 tsp Turmeric

## FROZEN

- 2 Brown Rice Tortilla
- 1 cup Frozen Cauliflower
- 1/4 cup Frozen Corn

## VEGETABLES

- 1/3 cup Asparagus
- 1/4 cup Basil Leaves
- 1 1/2 cups Butternut Squash
- 1/2 cup Cherry Tomatoes
- 1 tbsp Cilantro
- 1/4 Cucumber
- 7 1/2 Garlic
- 1 3/4 tps Ginger
- 4 stalks Green Onion
- 3/4 Jalapeno Pepper
- 1 1/2 cups Mushrooms
- 1 1/2 cups Napa Cabbage
- 1 3/4 Red Bell Pepper
- 4 Red Hot Chili Pepper
- 1/3 cup Red Onion
- 8 leaves Romaine
- 1/2 Spaghetti Squash
- 1/2 Tomato
- 2 1/2 Yellow Bell Pepper
- 2 1/8 Yellow Onion

## BOXED & CANNED

- 3/4 cup Black Beans
- 1 cup Brown Rice
- 1 3/4 ozs Buckwheat Soba Noodles
- 1/2 cup Canned Coconut Milk
- 2 2/3 cups Crushed Tomatoes
- 1 3/4 cups Diced Tomatoes
- 2/3 cup Enchilada Sauce
- 1 cup Jasmine Rice
- 1/2 cup Salsa
- 4 ozs Sardines
- 10 1/2 ozs Shiratake Noodles
- 4 1/2 cups Vegetable Broth

## BAKING

- 1 tbsp Baking Powder

## BREAD, FISH, MEAT & CHEESE

- 4 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 8 ozs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 4 slices Gluten-Free Bread
- 1 1/2 Haddock Fillet
- 8 ozs Pork Chop
- 1 1/16 lbs Prosciutto
- 3 ozs Tempeh
- 12 ozs Tofu

## CONDIMENTS & OILS

- 1 tsp Avocado Oil
- 2 1/4 tps Coconut Oil
- 1 1/2 tpsps Extra Virgin Olive Oil
- 2 tbsps Green Olives
- 2 1/4 tps Miso Paste
- 1 1/2 tps Red Wine Vinegar
- 1 1/4 tpsps Rice Vinegar
- 2 1/4 tps Tamari
- 1 tsp Tamarind Paste
- 2 tbsps Tomato Sauce

## COLD

- 3/4 cup Egg Whites
- 3 cups Plain Coconut Milk
- 3 2/3 cups Unsweetened Almond Milk
- 3 tbsps Unsweetened Coconut Yogurt

## OTHER

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

- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 1 1/2 cups Oats
- 1 1/2 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

# Banana Protein Oats

3 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 1/2 cups Oats
- 3 cups Plain Coconut Milk (unsweetened from the carton)
- 1 1/2 Banana (sliced, plus extra for garnish)
- 1 tbsp Maple Syrup
- 1 1/2 tsps Vanilla Extract
- 1/3 tsp Sea Salt
- 1 1/2 tsps Cinnamon (plus extra for garnish)
- 3/4 cup Vanilla Protein Powder
- 3/4 cup Blueberries
- 3 tbsps Unsweetened Coconut Yogurt
- 3 tbsps Pumpkin Seeds
- 1 1/2 tbsps Unsweetened Shredded Coconut

## NUTRITION

### AMOUNT PER SERVING

Calories	487	Fiber	9g
Fat	14g	Sugar	23g
Carbs	63g	Protein	28g

## DIRECTIONS

- 01 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 02 Turn off the heat and stir in the cinnamon and protein powder.
- 03 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed right away.

### GLUTEN-FREE

Use certified gluten-free oats.

### PROTEIN POWDER

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

### NO COCONUT MILK

Use another plant-based milk like cashew, oat, or almond.

# Pepper & Onion Mini Egg White Bites

3 SERVINGS 25 MINUTES



## INGREDIENTS

3/4 cup Egg Whites  
1/3 Red Bell Pepper (medium, finely diced)  
1/3 Yellow Onion (small, finely diced)  
1/3 tsp Italian Seasoning  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	41	Fiber	1g
Fat	0g	Sugar	2g
Carbs	3g	Protein	7g

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C).
- 02 In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, 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. Use whole eggs or a mixture of egg whites and whole eggs.

### ADDITIONAL TOPPINGS

Add goat cheese or feta cheese.

# 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.

# 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.

# Asparagus, Soba & Tempeh

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 3/4 ozs Buckwheat Soba Noodles (dry, uncooked)
- 1/3 cup Asparagus (trimmed, cut into bite sized pieces)
- 2 1/4 tsps Miso Paste
- 1 1/2 tsps Rice Vinegar
- 1/4 tsp Ginger (fresh, minced)
- 2 1/4 tsps Water
- 3 ozs Tempeh (cut into strips)
- 1/2 tsp Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	437	Fiber	3g
Fat	12g	Sugar	2g
Carbs	48g	Protein	26g

## DIRECTIONS

- 01 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
- 02 Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
- 03 In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
- 04 Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### ADDITIONAL TOPPINGS

Add sliced green onions or red pepper flakes.

# Tofu & Veggie Hot Pot

3 SERVINGS 30 MINUTES



## INGREDIENTS

- 4 1/2 cups Vegetable Broth
- 2 1/4 tsps Tamari
- 2 1/4 tsps Rice Vinegar
- 1/3 tsp Sea Salt
- 1 1/2 cups Mushrooms (halved)
- 1 1/2 cups Calabash Squash (chopped)
- 1 1/2 cups Napa Cabbage (thinly sliced)
- 12 ozs Tofu (extra firm, broiled, cubed)
- 10 1/2 ozs Shiratake Noodles (rinsed, drained)

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Fiber	3g
Fat	6g	Sugar	5g
Carbs	12g	Protein	15g

## DIRECTIONS

- 01 In an induction hot pot appliance, or a large pot over the stovetop, combine the broth, tamari, vinegar and salt. Bring to a boil and adjust seasoning as needed.
- 02 Add the mushrooms, calabash squash, cabbage and tofu. Cook until the veggies are soft, about 15 to 20 minutes. Just before serving, add the shiratake noodles.
- 03 If you are using an induction hot pot at the table, each person can serve themselves as the food cooks. If you are using the stovetop, divide the ingredients and broth into bowls and enjoy!

## NOTES

### LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Store the noodles separately from the broth and veggies for best results.

### SERVING SIZE

One serving is equal to approximately three to four ounces of noodles with one cup of veggies and tofu.

### MORE FLAVOR

Use bone broth instead of vegetable broth. Marinate your tofu before adding to the broth.

### ADDITIONAL TOPPINGS

Top with sliced green onions, fried shallots, enoki mushrooms, sliced carrots and/or cooked beef slices.

### NO CALABASH SQUASH

Use zucchini or celery instead.

### NO SHIRATAKE NOODLES

Use ramen or rice noodles instead.

# Lemon & Chili Pepper Sardine Toast

4 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 Garlic (clove)
- 4 slices Gluten-Free Bread (toasted)
- 4 ozs Sardines (packed in oil, drained, halved lengthwise)
- 2 stalks Green Onion (sliced)
- 4 Red Hot Chili Pepper (sliced)
- 1/4 Lemon (juiced, zested)

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Fiber	2g
Fat	6g	Sugar	5g
Carbs	17g	Protein	10g

## DIRECTIONS

- 01 Rub the open end of the garlic clove evenly over the toast. Top each slice with the sardines, green onion, red hot chili pepper, and lemon zest. Squeeze the lemon juice over top and enjoy!

## NOTES

### LEFTOVERS

This recipe is best enjoyed immediately but can be refrigerated in an airtight container for up to two days.

### MORE FLAVOR

Butter the toast or pan fry the bread in butter. Season with salt and pepper to taste.

### NO SARDINES

Use tuna instead.

# 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.

# Southwest Stuffed Peppers

2 SERVINGS 1 HOUR 5 MINUTES



## INGREDIENTS

- 2 2/3 tbsps Water
- 8 ozs Extra Lean Ground Turkey
- 1/4 Yellow Onion (medium, chopped)
- 1/2 Jalapeno Pepper (medium, seeds removed, finely chopped)
- 1 Garlic (clove, minced)
- 1 tbspc Taco Seasoning
- 1/4 cup Black Beans (cooked, rinsed)
- 1/4 cup Frozen Corn (thawed)
- 1/2 cup Salsa
- 2 Yellow Bell Pepper (tops, seeds & ribs removed)
- 1/3 cup Brown Rice

## NUTRITION

### AMOUNT PER SERVING

Calories	435	Fiber	8g
Fat	11g	Sugar	6g
Carbs	57g	Protein	30g

## DIRECTIONS

- 01 Preheat the oven to 350°F (176°C) and add the water to a baking dish just large enough to fit the peppers.
- 02 Heat a pan over medium-high heat. Brown the turkey in the pan, breaking it up as it cooks, about five minutes. Add the onion and jalapeno and cook for three to five minutes more or until the onion begins to soften. Add the garlic and taco seasoning and cook for another minute. Add the black beans, corn, and salsa to the pan and stir to combine.
- 03 Stuff the peppers with the turkey filling. Place the peppers so that they are standing upright in the prepared baking dish. (Note: use balled-up aluminum foil to support them if needed). Cover with foil or a lid and bake for 45 to 50 minutes or until the peppers are very tender.
- 04 Meanwhile, cook the rice according to package directions. To serve, divide the peppers and rice between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to one pepper.

### ADDITIONAL TOPPINGS

Cilantro, avocado, green onion, diced tomatoes, hot sauce, sour cream, shredded cheese, or extra salsa.

### NO YELLOW PEPPERS

Use red, orange, or green peppers instead.

### NO TURKEY

Use chicken or beef instead.

# Slow Cooker Bolognese with Spaghetti Squash

2 SERVINGS 8 HOURS



## INGREDIENTS

- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1/2 Yellow Onion (diced)
- 2 1/2 Garlic (cloves, minced)
- 1 1/2 cups Diced Tomatoes (drained)
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 Bay Leaf
- 1/2 tsp Oregano
- 1/2 Spaghetti Squash
- 1/4 cup Basil Leaves (chopped)
- 1/2 tsp Red Pepper Flakes

## NUTRITION

### AMOUNT PER SERVING

Calories	344	Fiber	8g
Fat	12g	Sugar	15g
Carbs	35g	Protein	27g

## DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 02 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 03 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 04 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 05 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

## NOTES

### MORE VEGETABLES

Add diced green pepper and mushrooms.

### VEGETARIAN

Use lentils instead of ground turkey.

### MORE CARBS

Use brown rice pasta instead of spaghetti squash.

### NO SLOW COOKER

Make it on the stovetop and let simmer for at least an hour.

# Enchiladas

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 tsp Avocado Oil
- 2 2/3 tbsps Red Onion (small, chopped)
- 1/3 Jalapeno Pepper (seeded, minced)
- 1 Garlic (cloves, minced)
- 2/3 cup Black Beans (cooked, rinsed)
- 4 ozs Chicken Breast, Cooked (shredded)
- 2/3 cup Enchilada Sauce (divided)
- Sea Salt & Black Pepper (to taste)
- 2 Brown Rice Tortilla (slightly warmed up)
- 1/3 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	407	Fiber	10g
Fat	13g	Sugar	5g
Carbs	47g	Protein	26g

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C).
- 02 In a large skillet over medium heat, pour in the oil. Once hot, add in the onion and jalapeno pepper. Cook for five minutes, until softened. Reduce the heat to medium-low. Add the garlic and cook for another one to two minutes. Set aside.
- 03 Add the beans, chicken, and 1/3 of the enchilada sauce to the skillet and season with salt and pepper. Stir to combine.
- 04 Pour another 1/3 of the enchilada sauce on the bottom of the baking dish.
- 05 Place the tortilla on a flat surface and scoop out the chicken and bean mixture into the tortilla in a line down the center. Roll tightly and transfer to the prepared baking dish, seam side down. Repeat with the remaining tortillas.
- 06 Pour the remaining enchilada sauce on top of the tortillas. Place in the oven and bake for 20 minutes. Remove, let cool slightly before serving. Top with avocado. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one tortilla.

### MORE FLAVOR

Add hot sauce to the enchiladas or for serving.

### ADDITIONAL TOPPINGS

Top with cilantro.

### MAKE IT VEGAN

Omit the chicken and use more beans.



# Dominican-Style Pork Chops & Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

8 ozs Pork Chop (boneless)  
1 tbsp Lime Juice  
1/2 tsp Sea Salt  
1/4 tsp Oregano  
2 Garlic (clove, minced)  
1/2 cup Jasmine Rice (dry, rinsed)  
1 1/2 tps Extra Virgin Olive Oil (divided)  
1/2 Red Bell Pepper (medium, sliced)  
1/2 Yellow Bell Pepper (medium, sliced)  
1/2 Yellow Onion (small, halved and sliced)  
2 tbsps Green Olives (pitted, with brine)  
2 tbsps Tomato Sauce  
1 tbsp Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	431	Fiber	3g
Fat	15g	Sugar	4g
Carbs	49g	Protein	28g

## DIRECTIONS

- 01 In a bowl, mix together the pork chops, lime juice, sea salt, oregano, and garlic. Set aside.
- 02 Cook the rice according to package directions.
- 03 While the rice cooks, heat half of the oil in a large pan over medium-high heat. Once the pan is hot, add the pork chops and cook for three to five minutes per side, or until the pork is cooked through. This timing will depend on the thickness of your pork chop. Remove from pan.
- 04 Add the remaining oil to the pan and reduce the heat to medium-low. Add the peppers, onion, olives, and tomato sauce. Cook for 20 minutes or until the peppers are softened.
- 05 Add the pork chops back in and toss to warm through. Top with cilantro. Divide the pork chops and rice evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### MORE FLAVOR

Marinate the pork chops for one hour before cooking.

# Goan Fish Curry

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (dry)  
1 tsp Coriander Seed  
1/2 tsp Cumin Seed  
1 1/2 tsps Ginger (grated or minced)  
1/4 tsp Sea Salt (to taste)  
1/4 tsp Paprika  
1/4 tsp Turmeric  
3/4 tsp Coconut Oil  
1/2 Yellow Onion (diced)  
1/2 Tomato (medium, diced)  
1 tsp Tamarind Paste  
1/2 cup Canned Coconut Milk  
1 1/2 Haddock Fillet

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Fiber	3g
Fat	13g	Sugar	4g
Carbs	45g	Protein	28g

## DIRECTIONS

- 01 Cook the rice according to package instructions and set aside.
- 02 Heat a skillet over medium heat. Toast the coriander and cumin seeds until fragrant, about one minute. Remove from heat.
- 03 Using a mortar and pestle or small food processor, crush the coriander and cumin along with the ginger, salt, paprika, and turmeric into a paste. Set aside.
- 04 Heat the oil in the same skillet over medium heat. Cook the onion for five minutes, then stir in the spice paste for another minute. Add the tomato and cook until soft, about two minutes.
- 05 Stir in the tamarind and coconut milk, and bring to a gentle simmer. Add the haddock and cook for eight minutes or until flaky and cooked through. Season with more salt if needed.
- 06 Divide the rice into bowls and top with the fish curry. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the fish curry in an airtight container for up to three days, or freeze if longer.

### SERVING SIZE

One serving equals approximately one cup of fish curry and 3/4 cup of rice.

### FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces. Cooking time will vary depending on the thickness of the fillet.

### MORE FLAVOR

Add mustard seeds, cayenne, garlic, and green chili peppers.

### ADDITIONAL TOPPINGS

Top with cilantro. Serve with roasted vegetables, bread, or quinoa.

**MAKE IT VEGAN**

Use chickpeas, tofu, or lentils instead of fish.

**NO HADDOCK**

Use cod or tilapia.

# 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.

# Cantaloupe with Prosciutto

5 SERVINGS 10 MINUTES



## INGREDIENTS

2/3 Cantaloupe (skin and seeds removed, sliced)

3 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.