



2000 calories, paleo

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<https://www.he-fluence.com>

Included in this package is your meal plan. There is also a calendar to follow for breakfast, lunch, dinner and snacks, along with detailed recipes, nutrition facts and a grocery list.

Here are some reminders 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	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
	Cucumber, Mango & Banana Smoothie	Cucumber, Mango & Banana Smoothie	Cucumber, Mango & Banana Smoothie	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Poached Pears	Poached Pears
Snack 1							
	2 Veggie Patties	Veggie Patties	Veggie Patties	Juicy Jicama Sticks	Juicy Jicama Sticks	Juicy Jicama Sticks	Juicy Jicama Sticks
Lunch							
	Red Curry Salmon & Veggie Foil Packets	One Pan Teriyaki Chicken	Pork Roast with Potatoes & Green Beans	Sheet Pan Pesto Chicken, Potatoes & Veggies	Aloo Gobi	Creamy Carrot Soup	Roasted Potatoes with Tahini Dressing & Herbs
Snack 2							
	Broiled Grapefruit	Broiled Grapefruit	Broiled Grapefruit	Cabbage & Cauliflower Mini Egg White Bites	Cabbage & Cauliflower Mini Egg White Bites	Cabbage & Cauliflower Mini Egg White Bites	Cabbage & Cauliflower Mini Egg White Bites
Snack 3							
	Crispy Prosciutto-Wrapped Asparagus	Crispy Prosciutto-Wrapped Asparagus	Crispy Prosciutto-Wrapped Asparagus	Maple Orange Roasted Carrots	Maple Orange Roasted Carrots	Maple Orange Roasted Carrots	Maple Orange Roasted Carrots
Dinner							
	One Pan Teriyaki Chicken	Pork Roast with Potatoes & Green Beans	Sheet Pan Pesto Chicken, Potatoes & Veggies	Aloo Gobi	Creamy Carrot Soup	Roasted Potatoes with Tahini Dressing & Herbs	Tomato Gazpacho
Snack 3							
	Prosciutto Wrapped Apricots	Prosciutto Wrapped Apricots	Prosciutto Wrapped Apricots	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups
							
	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds			

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 36%	Fat	 34%	Fat	 36%	Fat	 34%	Fat	 33%	Fat	 34%	Fat	 35%
Carbs	 38%	Carbs	 38%	Carbs	 36%	Carbs	 38%	Carbs	 39%	Carbs	 37%	Carbs	 37%
Protein	 26%	Protein	 28%	Protein	 28%	Protein	 28%	Protein	 28%	Protein	 29%	Protein	 28%
Calories	2046	Calories	2034	Calories	2012	Calories	2003	Calories	1942	Calories	2016	Calories	2091
Fat	85g	Fat	80g	Fat	83g	Fat	79g	Fat	75g	Fat	80g	Fat	84g
Carbs	204g	Carbs	198g	Carbs	189g	Carbs	194g	Carbs	194g	Carbs	193g	Carbs	200g
Fiber	39g	Fiber	36g	Fiber	35g	Fiber	46g	Fiber	48g	Fiber	45g	Fiber	52g
Sugar	132g	Sugar	103g	Sugar	79g	Sugar	66g	Sugar	79g	Sugar	67g	Sugar	56g
Protein	140g	Protein	150g	Protein	146g	Protein	144g	Protein	140g	Protein	149g	Protein	155g

## Fruits

- 1 1/2 Avocado
- 2 Banana
- 1 1/2 Grapefruit
- 1/8 Honeydew Melon
- 1 Lemon
- 2 3/4 tbsps Lemon Juice
- 1 Lime
- 2 1/8 tbsps Lime Juice
- 1 Navel Orange
- 2 Pear
- 1/16 Seedless Watermelon

## Breakfast

- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

- 1 1/2 tsps Chili Powder
- 2 1/2 tsps Cinnamon
- 2 2/3 tsps Cumin
- 1/4 tsp Dried Basil
- 1 1/2 tsps Dried Rosemary
- 1/4 tsp Garam Masala
- 2/3 tsp Garlic Powder
- 1/2 tsp Ground Ginger
- 1 1/4 tsps Italian Seasoning
- 1 1/3 tsps Onion Powder
- 1/4 tsp Oregano
- 1 1/3 tbsps Pumpkin Seeds
- 1 cup Pumpkin Seeds, In Shell
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsps Sesame Seeds
- 1 1/2 tsps Turmeric

## Frozen

- 1 1/2 cups Frozen Banana
- 2 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango

## Vegetables

- 2 1/4 cups Asparagus
- 3 1/2 cups Baby Spinach
- 1 1/3 tbsps Basil Leaves
- 1 cup Bok Choy
- 4 cups Broccoli
- 1 cup Brussels Sprouts
- 14 1/3 Carrot
- 1/2 head Cauliflower
- 2 cups Cauliflower Rice
- 3 1/3 tbsps Chives
- 1/4 cup Cilantro
- 3/4 Cucumber
- 1/4 cup Fresh Dill
- 8 1/2 Garlic
- 1 1/2 tbsps Ginger
- 2 cups Green Beans
- 1/2 head Iceberg Lettuce
- 2 2/3 cups Jicama
- 2 cups Mini Potatoes
- 2 1/8 tbsps Mint Leaves
- 1/2 Orange Bell Pepper
- 1/3 cup Parsley
- 1 1/2 Red Bell Pepper
- 2 tbsps Red Onion
- 1 1/2 Russet Potato
- 1 1/3 cups Savoy Cabbage
- 2 cups Snap Peas
- 1 Sweet Onion
- 1 1/3 Sweet Potato
- 3 Tomato
- 1/2 Yellow Onion
- 5 Yellow Potato
- 1 1/3 Zucchini

## Boxed & Canned

- 2 tbsps Canned Coconut Milk
- 1 cup Salsa
- 1 1/2 cups Vegetable Broth

## Baking

## Bread, Fish, Meat & Cheese

- 1 1/3 lbs Chicken Breast
- 6 ozs Deli Roast Beef
- 12 3/4 ozs Extra Lean Ground Turkey
- 8 ozs Flank Steak
- 12 3/4 ozs Pork Shoulder, Boneless
- 9 1/2 ozs Prosciutto
- 4 ozs Salmon Fillet
- 14 ozs Sea Bass Fillet
- 10 ozs Shrimp

## Condiments & Oils

- 1 2/3 tbsps Apple Cider Vinegar
- 2 tsps Avocado Oil
- 1/3 tsp Balsamic Vinegar
- 2 tsps Capers
- 2 tbsps Coconut Aminos
- 1/2 cup Extra Virgin Olive Oil
- 3 tbsps Pesto
- 1 1/2 cups Pickle
- 2/3 oz Pickled Red Onions
- 2 tbsps Rice Vinegar
- 2 tbsps Sesame Oil
- 1 1/2 tbsps Tahini
- 1 1/2 tsps Thai Red Curry Paste

## Cold

- 2 2/3 Egg
- 3 1/3 cups Egg Whites
- 2 2/3 tbsps Ghee
- 1 cup Orange Juice
- 5 1/2 cups Unsweetened Almond Milk

## Other

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

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- 1/4 cup Cacao Powder
  - 1/4 cup Coconut Flour
  - 1 tsp Honey
  - 2 tbsps Raw Honey



## Cucumber, Mango & Banana Smoothie

3 servings

5 minutes

### Ingredients

- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Frozen Banana
- 1 1/2 cups Frozen Mango
- 3/4 Cucumber (medium, chopped)
- 3 cups Baby Spinach
- 1/3 cup Almond Butter
- 1 1/2 tsps Cinnamon
- 3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	477
Fat	21g
Carbs	51g
Fiber	11g
Sugar	28g
Protein	30g

### Directions

- 1 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.



## Chocolate Cauliflower Shake

2 servings

5 minutes

### Ingredients

- 2 cups Frozen Cauliflower
- 2 Banana (frozen)
- 2 tbsps Almond Butter
- 1/4 cup Cacao Powder
- 1/2 cup Chocolate Protein Powder
- 2 cups Unsweetened Almond Milk
- 1 tbsp Maca Powder

### Nutrition

Amount per serving	
Calories	449
Fat	16g
Carbs	50g
Fiber	17g
Sugar	20g
Protein	31g

### Directions

- 1 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

### Notes

**Make it Mocha:** Replace half of the almond milk with chilled coffee.

**Likes it Sweeter:** Add pitted medjool dates.

**No Maca Powder:** Leave it out or use cinnamon instead.



## Egg White Salsa Bowl

2 servings

5 minutes

### Ingredients

- 2 tsps Avocado Oil
- 2 cups Egg Whites
- 1 Avocado (sliced)
- 1 cup Salsa

### Nutrition

Amount per serving	
Calories	366
Fat	20g
Carbs	19g
Fiber	9g
Sugar	8g
Protein	30g

### Directions

- 1 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.
- 2 Serve the egg whites alongside the avocado and salsa. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**More Flavor:** Season with salt and pepper to taste. Top with crushed tortilla chips or serve it with crackers.



## Poached Pears

2 servings

20 minutes

### Ingredients

2 Pear (peeled, cored and quartered)

### Nutrition

Amount per serving	
Calories	101
Fat	0g
Carbs	27g
Fiber	6g
Sugar	17g
Protein	1g

### Directions

- 1 Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

### Notes

**Extra Flavour:** Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

**Serve It With:** Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

**Leftovers:** Store in a covered container in the fridge up to 3 days.



## Veggie Patties

4 servings

50 minutes

### Ingredients

- 1 1/3 cups Cauliflower Rice
- 1 1/3 Carrot (small, peeled, and grated)
- 1 1/3 Zucchini (small, seeds removed, and grated)
- 1 1/3 tsp Onion Powder
- 2/3 tsp Garlic Powder
- 2/3 tsp Sea Salt
- 1/4 cup Coconut Flour
- 2 2/3 Egg (whisked)

### Nutrition

Amount per serving	
Calories	108
Fat	4g
Carbs	11g
Fiber	5g
Sugar	4g
Protein	7g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In batches, transfer the cauliflower rice, grated carrot, and zucchini to a clean kitchen towel or piece of cheesecloth. Squeeze as much liquid as possible from the grated vegetables.
- 3 Transfer the dry vegetables to a mixing bowl and add the onion powder, garlic powder, and salt then stir in the coconut flour and egg. Mix well until combined. (Mixture should be wet but not soggy. Add a little more coconut flour to the mixture if needed.)
- 4 Form the mixture into equal patties two to three inches in diameter (approximately two tablespoons each) and place them on the prepared baking sheet.
- 5 Bake for 20 minutes then carefully flip and continue to bake for eight to 10 minutes until browned on both sides. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving is equal to three to four patties.

**More Flavor:** Add green onion or other dried herbs and spices to taste.

**Additional Toppings:** Top with green onion, fresh herbs, or dipping sauce of choice.

**Eggs:** Medium-sized eggs work best for this recipe.

**Vegetables:** Carrot, zucchini, and cauliflower rice should equal approximately two cups after squeezing out the liquid.



## Sweet Potato & Turkey Breakfast Patties

4 servings

1 hour

### Ingredients

- 3/4 Sweet Potato (medium, peeled, chopped)
- 12 3/4 ozs Extra Lean Ground Turkey
- 3/4 Garlic (large clove, minced)
- 1 1/4 tsps Italian Seasoning
- 3/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	159
Fat	8g
Carbs	5g
Fiber	1g
Sugar	1g
Protein	17g

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days or freeze for up to two months.

**Serving Size:** One serving is approximately two patties.

**More Flavor:** Add black pepper, onion powder or red pepper flakes.

**Sweet Potato:** One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



## Juicy Jicama Sticks

4 servings  
45 minutes

### Ingredients

- 2 2/3 cups Jicama (peeled, sliced into 1/4-inch strips)
- 1 Lime (juiced)
- 2 tsps Maple Syrup
- 2 tsps Apple Cider Vinegar
- 2/3 tsp Sea Salt
- 1 tsp Cilantro (roughly chopped)

### Nutrition

Amount per serving	
Calories	45
Fat	0g
Carbs	11g
Fiber	4g
Sugar	4g
Protein	1g

### Directions

- 1 Boil the jicama strips in a pot on the stovetop for 10 minutes, or microwave them in a bowl with a few tablespoons of water for 15 minutes. Remove and drain any excess water.
- 2 Combine the jicama strips with the remaining ingredients in a large bowl. Refrigerate for at least 30 minutes.
- 3 Divide into cups and enjoy!

### Notes

**Jicama:** One medium jicama equals approximately 5 cups.

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Serving Size:** One serving equals approximately 2/3 cup of marinated jicama sticks.

**Likes It Spicy:** Add chili powder or red pepper flakes to the marinade, or skip the first step and enjoy the jicama sticks raw.

**No Maple Syrup:** Use orange juice instead.



## Red Curry Salmon & Veggie Foil Packets

1 serving  
30 minutes

### Ingredients

1 cup Bok Choy (baby, halved)  
1/2 Red Bell Pepper (sliced)  
4 ozs Salmon Fillet  
2 tbsps Canned Coconut Milk  
1 1/2 tsps Lime Juice  
1 1/2 tsps Thai Red Curry Paste  
Sea Salt & Black Pepper (optional)

### Nutrition

Amount per serving	
Calories	250
Fat	13g
Carbs	8g
Fiber	2g
Sugar	4g
Protein	25g

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
- 3 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 4 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 5 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!

### Notes

**No Foil:** Use parchment paper instead.

**Serve it With:** Enjoy on its own or with brown rice, quinoa or cauliflower rice.

**Likes it Spicy:** Add extra curry paste, red pepper flakes or hot sauce.

**More Flavor:** Add chopped basil or cilantro as a garnish.

**No Salmon:** Use cod or haddock fillets instead.

**Make it Vegan:** Use tofu instead of fish.

**Leftovers:** Refrigerate in an airtight container for 2 days.



## Grilled Watermelon & Honeydew Salad

1 serving  
15 minutes

### Ingredients

- 1/8 Honeydew Melon (medium, peeled, seeds removed, cut into wedges)
- 1/16 Seedless Watermelon (medium, cut into wedges)
- 1 1/8 tsps Extra Virgin Olive Oil
- 1/16 tsp Sea Salt
- 1/3 tsp Balsamic Vinegar
- 1 1/3 tbsps Mint Leaves (torn)
- 1 1/3 tbsps Basil Leaves (torn)
- 1 1/3 tbsps Pumpkin Seeds (toasted)

### Nutrition

Amount per serving	
Calories	239
Fat	11g
Carbs	35g
Fiber	3g
Sugar	28g
Protein	6g

### Directions

- 1 Place the honeydew and watermelon in a large baking dish or on a baking sheet. Drizzle the oil on all sides and sprinkle with salt.
- 2 Heat the grill to medium-high heat. Place the honeydew and watermelon directly on the grill and char for three minutes per side, until charred. Remove and place back on the tray or baking dish. Let cool.
- 3 Once cooled, chop the melon wedges into chunks and place in a large salad bowl. Drizzle with balsamic vinegar and top with mint, basil, and pumpkin seeds. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**Serving Size:** One serving is about 1 1/2 cups salad.

**Additional Toppings:** Top with feta cheese.



## Broiled Grapefruit

3 servings  
15 minutes

### Ingredients

- 1 1/2 Grapefruit
- 1 1/2 tbsps Maple Syrup

### Nutrition

Amount per serving	
Calories	67
Fat	0g
Carbs	17g
Fiber	1g
Sugar	15g
Protein	1g

### Directions

- 1 Set your oven to broil and move the rack to the top rung.
- 2 Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
- 3 Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

### Notes

**Coconut Lover:** Sprinkle with shredded coconut after baking.

**Magical Touch:** Sprinkle with a pinch of sea salt before eating.

**Leftovers:** Wrap leftovers in saran and store in the fridge. Reheat before eating.



## Crispy Prosciutto-Wrapped Asparagus

3 servings  
15 minutes

### Ingredients

2 1/4 cups Asparagus (woody ends trimmed)

3 3/4 ozs Prosciutto (thinly sliced strips)

### Nutrition

Amount per serving	
Calories	96
Fat	5g
Carbs	4g
Fiber	2g
Sugar	2g
Protein	11g

### Directions

- 1 Preheat oven to 450°F (232°C). Line a baking sheet with foil.
- 2 Wrap each asparagus spear in prosciutto. Transfer to your baking sheet and bake for 10 minutes, flipping halfway.
- 3 Divide onto plates and enjoy!

### Notes

**No Prosciutto:** Use bacon instead. Baking times may increase depending on the thickness of the bacon.

**Storage:** Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days. The asparagus may also be wrapped ahead of time and refrigerated up to 3 days until ready to bake.

**Serving Size:** One serving is equal to approximately 3 to 4 wrapped asparagus spears.

**BBQ Lover:** Brush your prosciutto-wrapped asparagus with oil and grill them over medium-high heat until slightly charred, turning frequently.



## Cabbage & Cauliflower Mini Egg White Bites

4 servings

25 minutes

### Ingredients

- 1 1/3 cups Egg Whites
- 2/3 cup Cauliflower Rice
- 1 1/3 cups Savoy Cabbage (finely chopped)
- 2 2/3 tbsps Chives
- 1/3 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	52
Fat	0g
Carbs	3g
Fiber	1g
Sugar	1g
Protein	10g

### Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In a bowl, combine the egg whites, cauliflower rice, cabbage, chives, and salt.
- 3 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.



## Maple Orange Roasted Carrots

4 servings

30 minutes

### Ingredients

- 6 Carrot (large, peeled)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Ground Ginger
- 1/4 tsp Sea Salt
- 1 1/2 tsps Maple Syrup
- 2 tsps Orange Juice (freshly squeezed)

### Nutrition

Amount per serving	
Calories	78
Fat	4g
Carbs	11g
Fiber	3g
Sugar	7g
Protein	1g

### Directions

- 1 Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 Cut the peeled carrots into coins so all carrots are roughly the same size. Transfer the carrots to the prepared baking sheet. Drizzle with the oil and sprinkle with ground ginger and salt. Toss until carrots are evenly coated. Bake for about 20 minutes or until tender, flipping about halfway through.
- 3 Remove from the oven and drizzle with maple syrup. Return to the oven and bake for another 5 minutes.
- 4 Remove the carrots from the oven and serve immediately with orange juice drizzled over top. Enjoy!

### Notes

**No Maple Syrup:** Use honey instead.

**Leftovers:** Carrots can keep in the fridge for up to 4 days.

**No Orange:** Use another citrus fruit like lemon or lime.



## 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
Fat	20g
Carbs	47g
Fiber	8g
Sugar	30g
Protein	38g

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
- 3 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.
- 4 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.



## Pork Roast with Potatoes & Green Beans

2 servings

10 hours

### Ingredients

- 2 1/3 tbsps Extra Virgin Olive Oil (divided)
- 2 1/3 tbsps Orange Juice
- 1 2/3 tbsps Lime Juice
- 3 1/4 tbsps Cilantro
- 2 1/3 tsps Mint Leaves
- 1 1/4 Garlic (cloves)
- 1/3 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)
- 12 3/4 ozs Pork Shoulder, Boneless
- 2 Yellow Potato (medium, chopped)
- 2 cups Green Beans (trimmed)

### Nutrition

Amount per serving	
Calories	585
Fat	23g
Carbs	48g
Fiber	7g
Sugar	7g
Protein	48g

### Directions

- 1 Add 2/3 of the olive oil, orange juice, lime juice, cilantro, mint, garlic, cumin, salt, and pepper to a food processor and blend until well combined. Transfer into an airtight storage bag or container along with the pork. Refrigerate overnight.
- 2 Before cooking, bring the marinade and pork to room temperature (about one hour). Preheat the oven to 425°F (200°C).
- 3 Place the marinated pork in a roasting pan and cook for 30 minutes, uncovered. Base with the juices.
- 4 Turn down the heat to 375°F (190°C) and cook for 1 1/2 to two hours, basting every half hour, or until the internal temperature reaches 160°F (70°C). Loosely cover in foil and let rest before slicing.
- 5 Meanwhile, add the potatoes and green beans to a parchment-lined baking sheet. Toss in the remaining oil and season with salt. Bake alongside the pork roast for 20 to 30 minutes or until fork-tender and browned.
- 6 Divide the sliced pork roast, potatoes, and green beans onto plates. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately six ounces of roast pork, one medium potato, and one cup of green beans.

**More Flavor:** Add fresh oregano and orange zest to the marinade.

**Additional Toppings:** Serve with rice, quinoa, cauliflower rice, roasted vegetables, or salad.



## Sheet Pan Pesto Chicken, Potatoes & Veggies

2 servings

30 minutes

### Ingredients

- 8 ozs Chicken Breast (skinless, boneless)
- 2 cups Mini Potatoes (halved)
- 2 cups Broccoli (cut into florets)
- 1 Carrot (medium, sliced)
- 1 1/2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper
- 3 tbsps Pesto

### Nutrition

Amount per serving	
Calories	483
Fat	23g
Carbs	38g
Fiber	7g
Sugar	6g
Protein	34g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Arrange the chicken, potatoes, broccoli, and carrot to the baking sheet. Drizzle with oil and season with salt and pepper. Spread the pesto over top until well coated.
- 3 Bake for 25 to 30 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt and pepper if needed. Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately four ounces of chicken, one cup of potatoes, one cup of broccoli, and half a cup of carrot.

**Additional Toppings:** Add red pepper flakes, parmesan, or nutritional yeast.



## Citrus Shrimp

2 servings

20 minutes

### Ingredients

- 1/2 Navel Orange (sliced into wedges)
- 1/2 Lemon (sliced into wedges)
- 2/3 cup Orange Juice
- 2 tbsps Lemon Juice
- 2 tbsps Red Onion (diced)
- 1 tsp Extra Virgin Olive Oil
- 1 tsp Honey
- 10 ozs Shrimp (peeled, deveined)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Parsley (chopped)

### Nutrition

Amount per serving	
Calories	212
Fat	3g
Carbs	18g
Fiber	1g
Sugar	13g
Protein	30g

### Directions

- 1 Pan-sear the orange and lemon wedges over high heat for one to two minutes on each side. Take them out of the pan and set them aside.
- 2 In a medium bowl, mix together orange juice, lemon juice, red onions, olive oil, and honey. Pour the mixture into the same pan. Bring to simmer over medium-high heat and cook until reduced by half, about five to six minutes.
- 3 Add the shrimp and season with salt and pepper. Cover and cook until shrimp is pink, about five minutes.
- 4 Add the parsley and mix well. Enjoy.

### Notes

**Leftovers:** Refrigerate the leftovers in an airtight container for up to three days.

**Serving Size:** One serving is approximately five ounces or about 2/3 cup of shrimp.

**More Flavor:** Add minced garlic.

**How To Serve:** Serve with roasted vegetables and/or rice.



## Aloo Gobi

2 servings

45 minutes

### Ingredients

2 2/3 tbsps Ghee  
 1 1/2 tsps Cumin  
 1/4 tsp Garam Masala  
 1/2 tsp Cinnamon  
 1 tsp Turmeric  
 1/2 Garlic (clove, minced)  
 1 1/2 tsps Ginger (minced)  
 1/2 Yellow Onion (chopped)  
 1 1/2 Russet Potato (peeled, cut into 1-inch pieces)  
 1/2 head Cauliflower (chopped into florets)  
 1/4 cup Water  
 1 tbsp Cilantro (chopped)  
 Sea Salt & Black Pepper

### Nutrition

Amount per serving	
Calories	334
Fat	17g
Carbs	41g
Fiber	8g
Sugar	7g
Protein	7g

### Directions

- 1 Add the ghee to a medium-sized pan over low heat. Once melted, add the cumin, garam masala, cinnamon and turmeric. Stir until fragrant.
- 2 Once mixed together, add the garlic and ginger. Cook for 3 minutes on low.
- 3 Turn the heat to medium and add the onions. Cook for another 5 minutes or until soft. Then add the potatoes, cauliflower and water. Cook covered for 20-25 minutes, or until the potatoes are tender.
- 4 Divide evenly between bowls. Top with cilantro, salt and pepper. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 1 1/2 cups.

**No Russet Potatoes:** Use yellow or sweet potatoes instead.



## One Pan Steak Fajitas

2 servings

20 minutes

### Ingredients

- 1 1/2 tsp Chili Powder
- 1/4 tsp Cumin
- 1/4 tsp Sea Salt
- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Orange Bell Pepper (medium, sliced)
- 1/2 Sweet Onion (medium, sliced)
- 8 ozs Flank Steak (sliced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 head Iceberg Lettuce (small, leaves pulled apart)

### Nutrition

Amount per serving	
Calories	289
Fat	14g
Carbs	16g
Fiber	4g
Sugar	8g
Protein	27g

### Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, combine the chili powder, cumin, and salt. Set aside.
- 3 In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
- 4 Scoop the steak and peppers into lettuce wraps and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately three fajitas.

**More Flavor:** Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

**Additional Toppings:** Serve with avocado, lime juice, cashew cream sauce, or plain yogurt.



## Creamy Carrot Soup

2 servings

50 minutes

### Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 4 Carrot (chopped into 1 inch rounds)
- 1/2 Sweet Onion (chopped)
- 1 Garlic (cloves, minced)
- 1/2 tsp Cumin
- 1/2 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups Vegetable Broth
- 1/2 cup Unsweetened Almond Milk
- 1/2 Lemon (cut into wedges)
- 1/2 cup Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	133
Fat	5g
Carbs	22g
Fiber	5g
Sugar	11g
Protein	3g

### Directions

- 1 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sautee for about 10 minutes or until veggies start to brown.
- 2 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 3 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 4 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Freeze for up to three months.

**Serving Size:** One serving is roughly 1 1/2 to 2 cups of soup.



## Pan Seared Sea Bass with Crispy Capers

2 servings

10 minutes

### Ingredients

- 14 ozs Sea Bass Fillet
- 1/4 tsp Sea Salt
- 2 tsps Extra Virgin Olive Oil (divided)
- 2 tsps Capers (drained, patted dry)
- 2 tsps Chives (chopped)
- 2 tsps Lemon Juice

### Nutrition

Amount per serving	
Calories	234
Fat	9g
Carbs	1g
Fiber	0g
Sugar	0g
Protein	37g

### Directions

- 1 Pat the sea bass dry and score the back of the skin about 4 to 5 times to prevent the skin from curling up when cooking. Season with salt.
- 2 In a skillet over medium heat, add half the oil and then add the dried capers. Cook until crispy, about 2 to 3 minutes. Remove and set aside.
- 3 In the same skillet, over medium heat, add the remaining oil and then add the sea bass skin side down. Cook for 3 to 4 minutes, then flip and cook for an additional 1 to 2 minutes or until cooked through.
- 4 Plate the sea bass and top with the capers, chives and lemon juice. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to two days.

**More Flavor:** Add butter to the skillet right before the sea bass is finished cooking and spoon it over the fish.



## Roasted Potatoes with Tahini Dressing & Herbs

2 servings  
50 minutes

### Ingredients

- 3 Yellow Potato (small, washed and cubed)
- 2 1/4 tsps Extra Virgin Olive Oil
- 1 1/2 tsps Dried Rosemary
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tbsps Tahini
- 1/2 tsp Lemon Juice
- 1 1/2 tsps Water
- 2/3 oz Pickled Red Onions (homemade or store-bought)
- 1/4 cup Parsley (washed and dried)
- 1/4 cup Fresh Dill (washed and dried)

### Nutrition

Amount per serving	
Calories	368
Fat	12g
Carbs	61g
Fiber	8g
Sugar	3g
Protein	9g

### Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Place the potatoes on the tray. Toss with olive oil, dried rosemary, salt, and pepper. Place the tray in the middle rack of the oven and cook for 30 to 40 minutes or until golden brown.
- 3 In the meantime, in a small bowl whisk together the tahini, lemon juice, and water until smooth. Season with salt.
- 4 Once the potatoes are cooked, place them on a serving platter. Drizzle with the tahini dressing. Add the pickled onions and spread parsley and dill on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the potatoes and tahini dressing in separate airtight containers for up to three days. Reheat the potatoes in the oven before serving and top with pickled onions and herbs.

**Serving Size:** One serving is equal to approximately one cup of roasted potatoes and dressing.

**More Flavor:** Add spices like paprika, garlic powder, and/or chili powder to the potatoes before roasting.

**Additional Toppings:** Fresh mint and sesame seeds.

**No Pickled Red Onions:** Use thinly sliced fresh red onion instead.



## One Pan Paleo Plate

1 serving  
35 minutes

### Ingredients

4 ozs Chicken Breast  
1/16 tsp Sea Salt  
1 cup Brussels Sprouts (washed, trimmed and halved)  
3/4 tsp Extra Virgin Olive Oil (plus extra for brushing)  
1/2 Sweet Potato (washed and sliced in half)

### Nutrition

Amount per serving	
Calories	259
Fat	7g
Carbs	21g
Fiber	5g
Sugar	5g
Protein	29g

### Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 3 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 4 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 5 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 6 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

### Notes

**No Brussels Sprouts:** Use broccoli, cauliflower or green beans instead. Roasting times will vary.

**No Chicken Breast:** Use turkey breast.

**Vegans and Vegetarians:** Replace chicken with roasted chickpeas.

**Extra Time:** Slice sweet potato into cubes or fries.



## Tomato Gazpacho

1 serving  
10 minutes

### Ingredients

- 3 Tomato (medium, chopped)
- 1/2 Red Bell Pepper (medium, seeds and stem removed)
- 1 Garlic (clove)
- 1 tbsp Apple Cider Vinegar
- 1/2 Avocado (medium)
- 1/4 tsp Dried Basil
- 1/4 tsp Oregano (dried)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	238
Fat	16g
Carbs	24g
Fiber	11g
Sugar	3g
Protein	7g

### Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Divide into bowls and enjoy!

### Notes

**Leftovers:** Enjoy immediately for best results or refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is approximately 2 1/2 cups.

**Additional Toppings:** Top with sliced cherry tomatoes or fresh basil.

**No Avocado:** Use coconut cream instead.

**No Apple Cider Vinegar:** Use lemon juice instead.

**Temperature:** Can be enjoyed at room temperature or chilled.



## 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
Fat	7g
Carbs	20g
Fiber	2g
Sugar	17g
Protein	15g

### Directions

- 1 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.



## Roast Beef & Pickle Rollups

4 servings

5 minutes

### Ingredients

1 1/2 cups Pickle (halved lengthwise)  
6 ozs Deli Roast Beef

### Nutrition

Amount per serving	
Calories	63
Fat	2g
Carbs	1g
Fiber	1g
Sugar	1g
Protein	10g

### Directions

- 1 Wrap each pickle half in a slice or two of deli roast beef. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving equals approximately one rollup.

**More Flavor:** Add a bit of mayonnaise.

**Additional Toppings:** Add mixed greens or sprouts.



## Cinnamon Toast Crunch Pumpkin Seeds

4 servings  
50 minutes

### Ingredients

- 1 cup Pumpkin Seeds, In Shell (rinsed and dried)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 1/2 tsp Sea Salt
- 1/2 tsp Cinnamon

### Nutrition

Amount per serving	
Calories	128
Fat	6g
Carbs	16g
Fiber	3g
Sugar	6g
Protein	3g

### Directions

- 1 Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
- 2 Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
- 3 Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

### Notes

**Best Results:** This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

**No Fresh Seeds:** Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

**Storage:** Once completely cooled, store in an air-tight container at room temperature.