



2100 calories, glutenfree

<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							
	Chocolate Almond Butter Smoothie Bowl	Chocolate Almond Butter Smoothie Bowl	Chocolate Almond Butter Smoothie Bowl	Cinnamon Green Smoothie	Cinnamon Green Smoothie	Turmeric Quinoa Breakfast Bowls	Turmeric Quinoa Breakfast Bowls
Snack 1							
	Blueberry Oat Muffins	Blueberry Oat Muffins	Blueberry Oat Muffins	Korean-Style Rolled Omelette	Korean-Style Rolled Omelette	Stone Fruit Salad with Cottage Cheese	Stone Fruit Salad with Cottage Cheese
Lunch							
	Salmon Cucumber Bites	Salmon Cucumber Bites	Salmon Cucumber Bites	White Bean & Tuna Lettuce Wraps	White Bean & Tuna Lettuce Wraps	White Bean & Tuna Lettuce Wraps	White Bean & Tuna Lettuce Wraps
Snack 2							
	Bell Pepper & Taco Dip	Bell Pepper & Taco Dip	Bell Pepper & Taco Dip				
Dinner							
	One Pan Shrimp Boil	Honey Garlic Chicken Thighs	Meal Prep Maple Dijon Chicken, Mushroom Quino...	Chicken Tikka Masala	Chicken & Asparagus Pesto Pasta	Galinhada	Pesto Shrimp with Rice & Peas
Snack 3							
	0.5 Grapefruit with Cottage Cheese	Grapefruit with Cottage Cheese	0.5 Grapefruit with Cottage Cheese	Prosciutto Arugula Salad Rolls	Prosciutto Arugula Salad Rolls	Prosciutto Arugula Salad Rolls	Prosciutto Arugula Salad Rolls
Snack 3							
				Post Workout Green Smoothie	Post Workout Green Smoothie	Post Workout Green Smoothie	Post Workout Green Smoothie

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  34%	Fat  36%	Fat  35%	Fat  33%	Fat  29%	Fat  32%
Carbs  36%	Carbs  38%	Carbs  38%	Carbs  37%	Carbs  39%	Carbs  43%	Carbs  41%
Protein  29%	Protein  28%	Protein  26%	Protein  28%	Protein  28%	Protein  28%	Protein  27%
Calories 2120	Calories 2103	Calories 2095	Calories 2047	Calories 2127	Calories 2091	Calories 2152
Fat 85g	Fat 81g	Fat 85g	Fat 82g	Fat 80g	Fat 69g	Fat 77g
Carbs 198g	Carbs 202g	Carbs 203g	Carbs 193g	Carbs 218g	Carbs 230g	Carbs 225g
Fiber 37g	Fiber 40g	Fiber 40g	Fiber 32g	Fiber 37g	Fiber 27g	Fiber 27g
Sugar 66g	Sugar 82g	Sugar 65g	Sugar 63g	Sugar 67g	Sugar 63g	Sugar 85g
Protein 156g	Protein 153g	Protein 142g	Protein 149g	Protein 155g	Protein 147g	Protein 151g

Fruits

- 1 Avocado
- 7 Banana
- 1/4 cup Blueberries
- 1/2 cup Cherries
- 2 Grapefruit
- 1/3 Lemon
- 3 1/3 tbsps Lemon Juice
- 1 tbsp Lime Juice
- 1/2 Mango
- 1 Nectarine
- 1 Pear
- 3/4 cup Raspberries

Breakfast

- 3 tbsps Almond Butter
- 1/3 cup Granola
- 3 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/16 tsp Cayenne Pepper
- 3/4 tsp Celery Salt
- 3 tbsps Chia Seeds
- 1 tbsp Chili Powder
- 3/4 tsp Cinnamon
- 1 1/2 tps Hemp Seeds
- 1/16 tsp Paprika
- 1/8 tsp Saffron
- 2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tbsps Taco Seasoning
- 1/2 tsp Turmeric

Frozen

- 3/4 cup Frozen Cauliflower
- 1/2 cup Frozen Peas

Vegetables

- 4 cups Arugula
- 4 cups Asparagus
- 6 cups Baby Spinach
- 1 tbsp Basil Leaves
- 1 1/3 Carrot
- 2 tbsps Cilantro
- 3/4 ear Corn On The Cob
- 3/4 Cucumber
- 1 1/3 tbsps Fresh Dill
- 4 1/3 Garlic
- 1 tsp Ginger
- 1/16 head Green Lettuce
- 2 stalks Green Onion
- 2 cups Kale Leaves
- 1 cup Mini Potatoes
- 2 cups Mushrooms
- 3/4 Orange Bell Pepper
- 2 1/8 tbsps Parsley
- 4 Red Bell Pepper
- 1/3 head Romaine Hearts
- 1/2 tsp Rosemary
- 3/4 Tomato
- 1/4 Yellow Onion
- 3/4 Yellow Potato
- 3 1/2 Zucchini

Boxed & Canned

- 1/2 cup Basmati Rice
- 1/3 cup Canned Coconut Milk
- 2/3 cup Cannellini Beans
- 1 cup Chicken Broth
- 5 ozs Chickpea Pasta
- 1 1/8 cups Jasmine Rice
- 1 1/2 cups Quinoa
- 1/2 cup Tomato Purée
- 1 1/3 cans Tuna

Baking

- 1/4 tsp Baking Powder
- 1/3 cup Cacao Powder

Bread, Fish, Meat & Cheese

- 4 1/4 ozs Chicken Breast
- 4 ozs Chicken Sausage
- 3 1/4 lbs Chicken Thighs
- 1/2 cup Goat Cheese
- 1 1/2 tbsps Parmigiano Reggiano
- 6 ozs Prosciutto
- 14 1/2 ozs Shrimp
- 5 1/4 ozs Smoked Salmon

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 1/2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/2 cup Pesto
- 1 tbsp Tamari
- 2 2/3 tbsps Tikka Masala Paste

Cold

- 1 1/4 tbsps Butter
- 2 cups Cottage Cheese
- 10 1/2 Egg
- 2 1/2 cups Oat Milk
- 1 1/4 cups Orange Juice
- 1/4 cup Plain Cow's Yogurt, Whole Milk
- 3/4 cup Plain Greek Yogurt
- 3 1/16 cups Unsweetened Almond Milk
- 2 cups Unsweetened Coconut Yogurt

Other

- 3/4 cup Chocolate Protein Powder
- 1 cup Vanilla Protein Powder
- 5 cups Water

-
- 1 1/3 tbsps Honey
 - 1/2 cup Oats
 - 2 tbsps Raw Honey
 - 2 tbsps Unsweetened Shredded Coconut
 - 1/4 tsp Vanilla Extract



Chocolate Almond Butter Smoothie Bowl

3 servings

5 minutes

Ingredients

- 3 cups Unsweetened Almond Milk
- 3/4 cup Chocolate Protein Powder
- 3/4 cup Frozen Cauliflower
- 1 1/2 Zucchini (chopped, frozen)
- 3 Banana (divided)
- 3 tbsps Almond Butter
- 1/3 cup Cacao Powder
- 3 tbsps Chia Seeds
- 3/4 cup Raspberries
- 1/3 cup Granola (for topping, optional)

Nutrition

Amount per serving	
Calories	558
Fat	24g
Carbs	59g
Fiber	20g
Sugar	22g
Protein	33g

Directions

- 1 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 2 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

More Flavor: Add cinnamon to your smoothie base.

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

No Smoothie Bowl: Drink as a regular smoothie instead.

Smoothie Consistency: For a creamier texture, use a frozen banana.



Cinnamon Green Smoothie

2 servings

10 minutes

Ingredients

- 2 1/2 cups Oat Milk (unsweetened, plain)
- 2 Banana (medium)
- 2 cups Baby Spinach
- 1/16 head Green Lettuce (separated into leaves and washed)
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon

Nutrition

Amount per serving	
Calories	349
Fat	7g
Carbs	50g
Fiber	7g
Sugar	23g
Protein	25g

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

More Flavor: Add grated ginger.

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds instead.



Korean-Style Rolled Omelette

2 servings

10 minutes

Ingredients

- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 2 stalks Green Onion (sliced)
- 1/2 Carrot (finely chopped)
- 1 1/2 tsps Avocado Oil

Nutrition

Amount per serving	
Calories	255
Fat	18g
Carbs	3g
Fiber	1g
Sugar	2g
Protein	19g

Directions

- 1 In a small bowl, whisk the eggs with salt and pepper. Add the green onion and carrot and stir to combine.
- 2 Heat a medium sized skillet over medium heat and add the oil. Once warm, add about half of the egg mixture (just enough for a thin layer) and swirl to cover the base of the skillet. Let it cook until the top is almost just set, but still a little wet. Reduce the heat to low.
- 3 Use a spatula to lift one end of the egg and fold it over until about halfway through the omelette. Increase the heat to medium, and carefully pull the omelette back to the halfway point of your pan. Pour more of the egg mixture to cover the open spot where you just pulled the omelette from (do not pour the egg mixture on the part of the pan beyond the rolled part). Reduce the heat to low and cook for one to two minutes more.
- 4 Repeat the same process, folding the omelette over again and pour more of the egg mixture until the egg mixture is finished. Once it is fully rolled, let it sit on low heat for three to four minutes to finish cooking through. Remove from the skillet and let cool slightly before slicing. Enjoy!

Notes

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

Serving Size: One serving is equal to about six small pieces of sliced omelette.

Additional Toppings: Add chopped cooked ham to the omelette.



Turmeric Quinoa Breakfast Bowls

2 servings

20 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 1/2 tsp Turmeric
- 1/4 tsp Sea Salt
- 1 tsp Ginger (fresh, grated or minced)
- 1 tbsp Lime Juice (divided)
- 1 tbsp Apple Cider Vinegar
- 4 Egg
- 2 cups Kale Leaves (finely chopped)
- 2 tbsps Water

Nutrition

Amount per serving	
Calories	313
Fat	12g
Carbs	30g
Fiber	4g
Sugar	1g
Protein	19g

Directions

- 1 Add the quinoa, turmeric, salt, ginger, and half of the lime juice to a pot. Cook the quinoa according to package directions. Once finished cooking, stir in the remaining lime juice.
- 2 Meanwhile, bring a second pot of water to a rolling boil and add the vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your eggs into the water, working in batches if needed so you don't overcrowd the pot. Cook for three to four minutes or until cooked to your liking and then use a slotted spoon to carefully remove the eggs from the water. Place them on a plate lined with a paper towel to soak up any excess liquid.
- 3 Heat a non-stick pan over medium heat. Add the kale and water and cover with a lid and steam for two to three minutes until the liquid has evaporated and the kale is tender.
- 4 To serve, divide the quinoa between bowls and top with the kale and poached eggs. Season with additional salt and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving, or hard boil the eggs for meal prep.

More Flavor: Add garlic or red pepper flakes to the quinoa.

More Veggies: Add tomato or bell pepper.

No Apple Cider Vinegar: Use white vinegar instead.

No Kale: Use spinach or another leafy green instead.



Stone Fruit Salad with Cottage Cheese

2 servings

10 minutes

Ingredients

- 1 cup Cottage Cheese
- 1/2 cup Cherries (pitted, halved)
- 1/2 Mango (peeled, chopped)
- 1 Nectarine (pit removed, chopped)
- 1 tbsp Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	209
Fat	5g
Carbs	30g
Fiber	3g
Sugar	25g
Protein	14g

Directions

- 1 Divide the cottage cheese onto plates and top with cherries, mango and nectarine. Garnish with fresh basil and enjoy!

Notes

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

Serving Size: One serving equals approximately two cups.

No Fresh Fruit: Use frozen, thawed fruit instead.

Make it Vegan: Use coconut yogurt instead of cottage cheese.

Additional Toppings: Balsamic glaze, olive oil, sea salt, pepper, hemp seeds, and/or crushed nuts.



Blueberry Oat Muffins

3 servings

40 minutes

Ingredients

- 1/2 cup Oats (rolled)
- 2 tbsps Unsweetened Shredded Coconut
- 1 1/2 tsps Hemp Seeds
- 1/4 tsp Cinnamon
- 1/4 tsp Baking Powder
- 1/2 Egg
- 1 tbsp Unsweetened Almond Milk
- 1/4 tsp Vanilla Extract
- 1 1/2 tsps Maple Syrup
- 1/4 cup Blueberries (fresh)

Nutrition

Amount per serving	
Calories	113
Fat	5g
Carbs	15g
Fiber	2g
Sugar	4g
Protein	4g

Directions

- 1 Preheat the oven to 375°F (190°C) and line a muffin tray with liners or use a silicone muffin tray.
- 2 In a large mixing bowl combine the oats, shredded coconut, hemp seeds, cinnamon and baking powder. Mix together until evenly combined.
- 3 In a separate mixing bowl, whisk the eggs, almond milk, vanilla and maple syrup. Add the egg mixture to the dry ingredients and mix until combined. Fold in the blueberries.
- 4 Divide the batter between the muffin tray and bake for 25 to 30 minutes or until the muffins are golden brown around the edges. Let the muffins cool in the pan for 5 minutes before transferring to a cooling rack to cool completely. Enjoy!

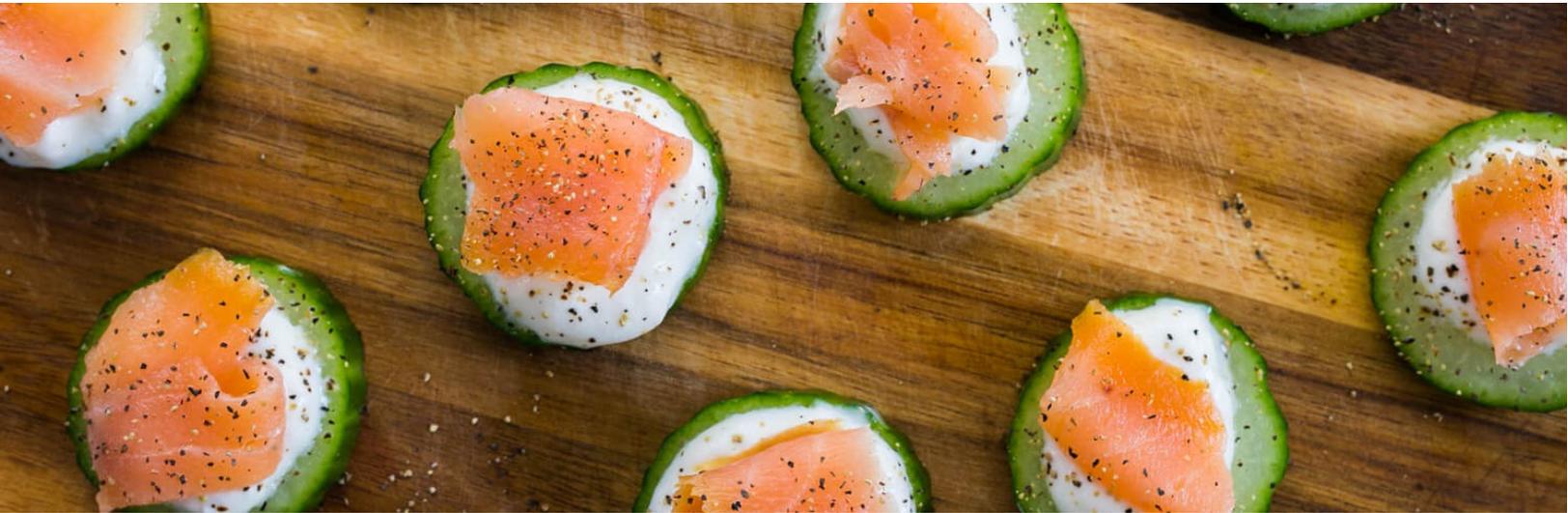
Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to one month.

Serving Size: One serving is equal to one muffin.

Additional Toppings: Top with shaved almonds or pecans.

No Blueberries : Use strawberries or raspberries instead.



Salmon Cucumber Bites

3 servings

5 minutes

Ingredients

- 1/3 cup Plain Greek Yogurt
- 3/4 Cucumber (sliced)
- 5 1/4 ozs Smoked Salmon (sliced)
- 1/3 tsp Black Pepper

Nutrition

Amount per serving	
Calories	93
Fat	3g
Carbs	4g
Fiber	0g
Sugar	2g
Protein	12g

Directions

- 1 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

Notes

No Greek Yogurt: Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.



White Bean & Tuna Lettuce Wraps

4 servings

5 minutes

Ingredients

- 1 1/3 cans Tuna (drained)
- 2/3 cup Cannellini Beans (drained, rinsed)
- 1/3 cup Plain Greek Yogurt
- 2 2/3 tbsps Lemon Juice
- 1 1/3 tsps Dijon Mustard
- 1 1/3 tbsps Fresh Dill (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 1/3 head Romaine Hearts (leaves separated)

Nutrition

Amount per serving	
Calories	104
Fat	1g
Carbs	9g
Fiber	2g
Sugar	1g
Protein	14g

Directions

- 1 Add the tuna, beans, yogurt, lemon juice, mustard, dill, salt, and black pepper to a bowl. Mix to combine.
- 2 To assemble, add romaine leaves to plates and top them evenly with the bean and tuna mix. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one romaine leaf with 1/2 cup of bean and tuna mix.

More Flavor: Add more fresh herbs like parsley.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



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
Fat	4g
Carbs	16g
Fiber	4g
Sugar	6g
Protein	2g

Directions

- 1 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.



One Pan Shrimp Boil

1 serving
30 minutes

Ingredients

- 4 ozs Shrimp (raw)
- 4 ozs Chicken Sausage (sliced into chunks)
- 3/4 Yellow Potato (medium, diced)
- 3/4 ear Corn on the Cob (sliced into 2 inch chunks)
- 1/8 Lemon (juiced)
- 1 1/2 tsps Extra Virgin Olive Oil
- 3/4 tsp Celery Salt
- 1/16 tsp Paprika
- 1/16 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	593
Fat	24g
Carbs	52g
Fiber	4g
Sugar	7g
Protein	44g

Directions

- 1 Preheat oven to 400°F (204°C) and line your baking sheet with parchment paper.
- 2 Place all ingredients in a large bowl and toss well. Spread everything across the baking sheet in an even layer. Bake in the oven for 25 minutes, or until cooked through.
- 3 Remove from the oven and divide onto plates. Enjoy!

Notes

Grill It: Place all ingredients in a foil packet and grill over medium-high heat, flipping halfway, for 30-35 minutes or until cooked through.

Leftovers: Keeps well in the fridge for 2 to 3 days.



Grapefruit with Cottage Cheese

2 servings

5 minutes

Ingredients

- 1 cup Cottage Cheese
- 2 Grapefruit (peeled, cut into sections)

Nutrition

Amount per serving	
Calories	185
Fat	5g
Carbs	24g
Fiber	3g
Sugar	21g
Protein	13g

Directions

- 1 Add the cottage cheese to a bowl and top with grapefruit. Enjoy!

Notes

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

Additional Toppings: Hemp seeds, chia seeds, shredded coconut, and/or honey.

Make it Vegan: Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.



Orange Popsicles

4 servings

5 hours

Ingredients

- 3/4 Carrot (small, peeled and chopped)
- 1 1/4 cups Orange Juice (freshly squeezed)
- 1 2/3 tbsps Maple Syrup

Nutrition

Amount per serving	
Calories	59
Fat	0g
Carbs	14g
Fiber	0g
Sugar	12g
Protein	1g

Directions

- 1 Add the carrots to a small pot of boiling water. Cook for eight to 10 minutes or until very tender. Drain and rinse the cooked carrots with cold water to help them cool. Set aside.
- 2 Add the orange juice, maple syrup, and cooked carrots to a blender and blend until very smooth and creamy.
- 3 Carefully pour the orange juice mixture into a popsicle mold and transfer to the freezer.
- 4 Freeze for about 60 minutes or until partially frozen. Insert popsicle sticks. Allow the popsicles to chill in the freezer for four to five hours more or until solid. Enjoy!

Notes

Leftovers: Keep frozen popsicles in an airtight container or zipper-lock bag for up to one month.

Serving Size: One serving equals one popsicle.

More Flavor: Add vanilla extract or orange zest.

No Popsicle Mold: Use paper cups with popsicle sticks instead.

Carrot: One small carrot is approximately 1/2 cup chopped carrot.

No Maple Syrup: Use a liquid sweetener of choice or omit.



Prosciutto Arugula Salad Rolls

4 servings
15 minutes

Ingredients

- 4 cups Arugula
- 1 Pear (stem and seeds removed, sliced)
- 1/2 cup Goat Cheese (crumbled)
- 6 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	156
Fat	9g
Carbs	8g
Fiber	2g
Sugar	5g
Protein	13g

Directions

- 1 Divide the arugula, sliced pear and goat cheese evenly among the prosciutto slices.
- 2 Tightly roll them into wraps and enjoy!

Notes

No Arugula: Use baby spinach or mixed greens instead.

Salad Lover: Instead of making wraps, turn it into a salad. Combine all ingredients in a large bowl and drizzle with your choice of oil or dressing.

Dairy-Free: Use a nut-based cheese instead of goat cheese.

Storage: Refrigerate in an airtight container up to 3 days.



Honey Garlic Chicken Thighs

2 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Raw Honey
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 lb Chicken Thighs
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water

Nutrition

Amount per serving	
Calories	670
Fat	26g
Carbs	56g
Fiber	9g
Sugar	20g
Protein	56g

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Meal Prep Maple Dijon Chicken, Mushroom Quinoa & Zucchini

2 servings
40 minutes

Ingredients

- 1/2 cup Quinoa (dry)
- 2 Zucchini (sliced lengthwise, then quartered)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/8 tsp Sea Salt (or more to taste)
- 1 tbsp Maple Syrup
- 2 tbsps Dijon Mustard
- 1 tbsp Tamari
- 8 ozs Chicken Thighs (boneless)
- 2 cups Mushrooms (sliced)

Nutrition

Amount per serving	
Calories	484
Fat	18g
Carbs	44g
Fiber	6g
Sugar	13g
Protein	35g

Directions

- 1 Preheat oven to 375°F (191°C) and line baking sheet(s) with foil.
- 2 Cook quinoa according to directions on the package and set aside.
- 3 In a mixing bowl, toss zucchini in 1/3 of the olive oil and season with salt. Transfer to a baking sheet.
- 4 In the same bowl, combine 1/3 of the olive oil, maple syrup, dijon and tamari. Add the chicken thighs and coat in the marinade. Transfer to a baking sheet and bake both the chicken and zucchini for 30 minutes.
- 5 After 30 minutes, flip the zucchini and return to oven. Set to broil for 3 minutes and remove from oven.
- 6 Meanwhile, heat the remaining olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Mix mushrooms with the cooked quinoa.
- 7 Divide the mushroom quinoa, zucchini and chicken thighs into separate containers and let cool before refrigerating. Reheat when ready to eat.

Notes

Storage: Refrigerate in an air-tight container up to 3 days after cooking.

More Flavour: Marinate the chicken overnight, and cook the quinoa with broth instead of water.

No Chicken: Use turkey breast, chickpeas or tofu instead.

No Zucchini: Use bell peppers, carrot, eggplant or any vegetables you have on hand.

No Quinoa: Use rice, cauliflower rice or sweet potatoes instead.



Chicken Tikka Masala

2 servings

55 minutes

Ingredients

12 ozs Chicken Thighs (boneless, skinless, cut into bite sized pieces)
 2 2/3 tbsps Tikka Masala Paste (divided)
 1/4 cup Plain Cow's Yogurt, Whole Milk
 1/2 cup Jasmine Rice (dry)
 1 1/2 tsps Avocado Oil
 1/2 cup Tomato Purée
 1/3 cup Canned Coconut Milk
 1/2 tsp Sea Salt
 2 tbsps Cilantro (chopped)

Nutrition

Amount per serving	
Calories	572
Fat	24g
Carbs	49g
Fiber	4g
Sugar	5g
Protein	39g

Directions

- 1 Place the chicken in a large bowl along with half of the tikka masala paste and yogurt. Cover and refrigerate for 30 minutes.
- 2 Cook the rice according to package instructions and set aside.
- 3 In a large dutch oven or pot over medium heat, pour in the avocado oil. Then add the remaining tikka masala paste and cook, stirring often for two minutes. Pour in the chicken and marinade from the bowl, tomato purée, and coconut milk. Cover and reduce the heat to a simmer. Cook for 18 to 20 minutes.
- 4 Remove the lid and use a slotted spoon to remove the chicken. Increase the heat to medium and thicken the sauce, stirring often, for five minutes. Return the chicken to the pot and turn the heat off and add the salt, stir to combine.
- 5 Divide the rice and chicken into bowls and top with cilantro. Enjoy!

Notes

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

Serving Size: One serving is about 1/2 cup rice and one cup chicken and sauce.

More Vegetables: Add broccoli on the side, or sautéed spinach.

Dairy-Free: Use a dairy-free yogurt.

Additional Toppings: Serve with pita, roti, or naan on the side.



Chicken & Asparagus Pesto Pasta

2 servings

30 minutes

Ingredients

- 4 1/4 ozs Chicken Breast
- 1 cup Asparagus (ends trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 5 ozs Chickpea Pasta (dry)
- 2 2/3 tsps Pesto
- 1 1/2 tsps Lemon Juice
- 1 1/2 tsps Parmigiano Reggiano (finely grated)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	456
Fat	19g
Carbs	44g
Fiber	12g
Sugar	9g
Protein	36g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the chicken and asparagus to the baking sheet and drizzle with oil. Bake for 25 minutes or until the chicken is cooked through. Chop the chicken and asparagus into bite-size pieces.
- 3 Meanwhile, cook the pasta according to package instructions.
- 4 To assemble the pasta, mix the chicken, asparagus, pasta, pesto, lemon juice, and parmesan together. Season with salt and pepper. Divide evenly between bowls and enjoy!

Notes

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

Serving Size: One serving is equal to approximately two cups.

Dairy-Free: Use nutritional yeast or plant-based cheese instead of parmesan.

Additional Toppings: Toasted pine nuts, red pepper flakes, basil leaves, and/or lemon wedges.



Galinhada

2 servings

50 minutes

Ingredients

- 1/4 Yellow Onion (roughly chopped)
- 3/4 Garlic (cloves)
- 2 1/8 tbsps Parsley (roughly chopped)
- 2/3 tsp Lemon Juice
- 1 1/4 tbsps Extra Virgin Olive Oil
- 9 2/3 ozs Chicken Thighs (boneless, skinless, cut into slices)
- Sea Salt & Black Pepper (to taste)
- 2/3 cup Jasmine Rice (dry)
- 3/4 Orange Bell Pepper (chopped)
- 3/4 Tomato (chopped)
- 1/8 tsp Saffron (threads)
- 1 cup Chicken Broth

Nutrition

Amount per serving	
Calories	470
Fat	14g
Carbs	54g
Fiber	3g
Sugar	1g
Protein	33g

Directions

- 1 Place the onion, garlic, parsley, lemon juice, and oil in a food processor and pulse until well combined and finely chopped. Transfer to a large bowl and add the chicken. Season with salt and pepper. Cover and marinate in the fridge for 30 minutes.
- 2 Heat a large dutch oven over medium-high heat. Once hot, add the chicken and marinade and cook until the chicken has browned on both sides, about six to seven minutes.
- 3 Add the rice to the dutch oven and toast for one minute, stirring frequently. Add the bell pepper, tomato, saffron, and chicken broth. Season with salt and pepper. Cover and reduce the heat to low. Cook for 13 to 15 minutes or until the rice and chicken are cooked through. Check on the rice towards the end of cooking to be sure enough liquid remains and add more if needed.
- 4 Divide evenly between plates and enjoy!

Notes

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

Serving Size: One serving is about 1 1/4 cups.

No Saffron: Use turmeric.

More Flavor: Add sausage and cook with the chicken.



Pesto Shrimp with Rice & Peas

2 servings

20 minutes

Ingredients

- 1/2 cup Basmati Rice
- 1/2 cup Frozen Peas (thawed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 10 1/2 ozs Shrimp (peeled and deveined)
- 1/4 cup Pesto
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	502
Fat	16g
Carbs	49g
Fiber	3g
Sugar	4g
Protein	39g

Directions

- 1 Cook the rice according to package directions. In the last two to three minutes of cooking, add the peas to the pot with the rice. Remove the pot from the heat and let rest for three to five minutes.
- 2 Heat the oil in a pan over medium heat. Add the shrimp and cook for one to two minutes per side or until cooked through.
- 3 Add the pesto and lemon juice to the pan and season with salt and pepper. Stir to coat the shrimp in the pesto sauce.
- 4 Divide the rice and shrimp between plates and serve with additional lemon juice if needed. Enjoy!

Notes

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

More Flavor: Season the shrimp with dried herbs and spices to taste.

Additional Toppings: Fresh herbs or red pepper flakes.

No Basmati Rice: Use white rice, brown rice, or cauliflower rice instead.

No Peas: Omit or use spinach instead.

Dairy-Free: Use a dairy-free pesto.



Honey Garlic Chicken & Potatoes

1 serving
45 minutes

Ingredients

6 ozs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
1 1/4 tbsps Butter (divided)
1/2 Garlic (cloves, minced)
1 1/3 tbsps Honey
1/2 tsp Rosemary (fresh, chopped)
1 cup Mini Potatoes (halved)

Nutrition

Amount per serving	
Calories	531
Fat	22g
Carbs	49g
Fiber	3g
Sugar	23g
Protein	37g

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Season the chicken thighs with salt and pepper and set aside in a large bowl.
- 2 In a medium sized pot over medium-low heat, melt half of the butter. Add the garlic and cook for one to two minutes, until fragrant. Remove from the heat and whisk in the honey.
- 3 Pour the honey butter mixture over the chicken and toss to coat. Place on the prepared baking sheet.
- 4 In the same pot, melt the remaining butter over low heat and add the rosemary. Toss in the potatoes and coat with the butter. Transfer to the baking sheet and season generously with salt and pepper.
- 5 Bake in the oven for 30 to 35 minutes, until the chicken is cooked through and the potatoes are tender. Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to three days.

Serving Size: One serving is about two chicken thighs and one cup of potatoes.

More Flavor: Add hot sauce to the honey-butter mixture.



Post Workout Green Smoothie

4 servings

5 minutes

Ingredients

- 1/2 cup Vanilla Protein Powder
- 4 cups Water (cold)
- 1 Avocado
- 2 Banana (frozen)
- 4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	182
Fat	8g
Carbs	20g
Fiber	6g
Sugar	8g
Protein	12g

Directions

- 1 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

No Spinach: Use kale instead.

No Protein Powder: Add a few spoonfuls of hemp seeds.