



2100 calories, no dairy

<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	Mango Carrot Smoothie	Mango Carrot Smoothie	Blueberry Protein Oats	Blueberry Protein Oats
Snack 1							
	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups	Roast Beef & Pickle Rollups	Protein Packed Deviled Eggs	Protein Packed Deviled Eggs	Vegan Ricotta & Balsamic Tomato Toast	Vegan Ricotta & Balsamic Tomato Toast
							
	Bell Pepper & Taco Dip	Bell Pepper & Taco Dip	Bell Pepper & Taco Dip	Lentil Meatballs	Lentil Meatballs	Lentil Meatballs	Lentil Meatballs
Lunch							
	Spicy Tuna Wrap	Malai Shrimp Curry	Galinhada	Pressure Cooker Thai Red Curry Beef	Creamy Coconut Chicken with Rice	Tuna Avocado Sandwich	Green Poutine
Snack 2							
	Black Bean Dip	Black Bean Dip	Black Bean Dip	2 Edamame	2 Edamame	2 Edamame	2 Edamame
							
	Cantaloupe with Prosciutto	Cantaloupe with Prosciutto	2 Cantaloupe with Prosciutto				
Dinner							
	Malai Shrimp Curry	Galinhada	Pressure Cooker Thai Red Curry Beef	Creamy Coconut Chicken with Rice	Tuna Avocado Sandwich	Green Poutine	Chicken with Rice & Spinach
Snack 3							
	Post Workout Green Smoothie	Post Workout Green Smoothie	Post Workout Green Smoothie				

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  35%	Fat  33%	Fat  33%	Fat  36%	Fat  33%	Fat  31%	Fat  33%
Carbs  40%	Carbs  42%	Carbs  41%	Carbs  35%	Carbs  37%	Carbs  43%	Carbs  42%
Protein  25%	Protein  25%	Protein  26%	Protein  29%	Protein  30%	Protein  26%	Protein  25%
Calories 2112	Calories 2077	Calories 2090	Calories 2039	Calories 2152	Calories 2155	Calories 2104
Fat 85g	Fat 79g	Fat 81g	Fat 83g	Fat 81g	Fat 75g	Fat 80g
Carbs 216g	Carbs 226g	Carbs 223g	Carbs 184g	Carbs 199g	Carbs 238g	Carbs 225g
Fiber 48g	Fiber 44g	Fiber 50g	Fiber 36g	Fiber 38g	Fiber 54g	Fiber 52g
Sugar 56g	Sugar 46g	Sugar 61g	Sugar 57g	Sugar 46g	Sugar 44g	Sugar 43g
Protein 139g	Protein 135g	Protein 142g	Protein 153g	Protein 163g	Protein 145g	Protein 138g

Fruits

- 2 3/4 Avocado
- 4 1/2 Banana
- 1/2 Cantaloupe
- 1/2 Lemon
- 2/3 tsp Lemon Juice
- 1 Lime
- 3/4 cup Raspberries

Breakfast

- 3 tbsps Almond Butter
- 1/3 cup Granola

Seeds, Nuts & Spices

- 1/3 cup Almonds
- 1 tsp Cardamom
- 1/4 cup Cashews
- 3 tbsps Chia Seeds
- 1/4 tsp Chili Flakes
- 1/3 tsp Coriander
- 1 1/4 tsps Cumin
- 1 1/2 tsps Dried Thyme
- 3/4 tsp Garam Masala
- 1/8 tsp Garlic Powder
- 2 1/3 tsps Ground Flax Seed
- 1 tsp Ground Ginger
- 1 tsp Paprika
- 1/8 tsp Saffron
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 tsp Smoked Paprika
- 1 tbsp Taco Seasoning

Frozen

- 1 Brown Rice Tortilla
- 1 cup Frozen Blueberries
- 3/4 cup Frozen Cauliflower
- 4 cups Frozen Edamame
- 2 cups Frozen Mango

Vegetables

- 2 cups Asparagus
- 7 1/2 cups Baby Spinach
- 2 tbsps Basil Leaves
- 1 cup Butternut Squash
- 4 1/2 Carrot
- 1 head Cauliflower
- 2 stalks Celery
- 1/2 cup Cherry Tomatoes
- 3 2/3 tbsps Cilantro
- 1 Cucumber
- 2 2/3 Garlic
- 1 tsp Ginger
- 1/3 Green Chili Pepper
- 2 stalks Green Onion
- 2 cups Mushrooms
- 3/4 Orange Bell Pepper
- 1/3 cup Parsley
- 3 Red Bell Pepper
- 1/4 cup Red Onion
- 1/4 cup Shallot
- 1 2/3 Tomato
- 1 1/3 Yellow Onion
- 2 Yellow Potato
- 1 1/2 Zucchini

Boxed & Canned

- 1 1/8 cups Black Beans
- 1/4 cup Brown Rice
- 2 1/16 cups Canned Coconut Milk
- 1 cup Chicken Broth
- 1/3 cup Dry Green Lentils
- 2 cups Jasmine Rice
- 1/2 cup Quick Oats
- 1 tbsp Tomato Paste
- 4 cans Tuna
- 1 1/3 cups Vegetable Broth

Baking

- 1 tsp Arrowroot Powder
- 1/3 cup Cacao Powder

Bread, Fish, Meat & Cheese

- 13 ozs Chicken Breast
- 9 2/3 ozs Chicken Thighs
- 4 1/2 ozs Deli Roast Beef
- 2 slices Gluten-Free Bread
- 3 ozs Prosciutto
- 9 2/3 ozs Shrimp
- 7 1/16 ozs Sourdough Bread
- 8 ozs Stewing Beef
- 3 1/2 ozs Tofu

Condiments & Oils

- 1 tsp Apple Cider Vinegar
- 1 1/4 tsps Avocado Oil
- 2 tsps Balsamic Vinegar
- 1 tsp Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 1 1/2 tsps Fish Sauce
- 1 1/2 tbsps Mayonnaise
- 1/2 tsp Miso Paste
- 1 1/8 cups Pickle
- 1 tbsp Rice Vinegar
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Tamari
- 1 tbsp Thai Red Curry Paste

Cold

- 4 Egg
- 4 1/2 cups Oat Milk
- 3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 3/4 cup Chocolate Protein Powder
- 1 1/3 cups Vanilla Protein Powder
- 4 1/8 cups Water

-
- 1 1/2 tsps Coconut Sugar
 - 3/4 cup Nutritional Yeast
 - 2 tsps Raw Honey



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.



Mango Carrot Smoothie

2 servings

5 minutes

Ingredients

- 2 cups Frozen Mango
- 2 Carrot (medium, chopped)
- 2 1/2 cups Oat Milk (unsweetened)
- 1/2 cup Vanilla Protein Powder
- 1 tsp Ground Ginger

Nutrition

Amount per serving	
Calories	362
Fat	7g
Carbs	53g
Fiber	8g
Sugar	34g
Protein	25g

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

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

No Oat Milk: Use another type of milk such as pea, almond, coconut, or dairy milk.



Protein Packed Deviled Eggs

2 servings

20 minutes

Ingredients

- 4 Egg (hard boiled)
- 1 can Tuna (drained)
- 1/2 Avocado
- 1 stalk Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Paprika
- 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	309
Fat	18g
Carbs	8g
Fiber	4g
Sugar	2g
Protein	30g

Directions

- 1 Hard boil your eggs.
- 2 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

Notes

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

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



Blueberry Protein Oats

2 servings

10 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	443
Fat	16g
Carbs	51g
Fiber	8g
Sugar	21g
Protein	28g

Directions

- 1 Add the oats, oat milk, and cardamom to a pot over medium heat. Cook for two to three minutes or until the oats thicken.
- 2 Turn off the heat and stir in the sunflower seed butter, honey, and protein powder.
- 3 Transfer to a bowl and top with the blueberries. Enjoy!

Notes

Leftovers: For best results, enjoy freshly made. Refrigerate for up to two days.

More Flavor: Add vanilla extract, cinnamon, or nutmeg.

Additional Toppings: Top with crushed nuts, shredded coconut, or hemp seeds.

No Oat Milk: Use plain coconut milk instead.



Vegan Ricotta & Balsamic Tomato Toast

2 servings

5 minutes

Ingredients

- 3 1/2 ozs Tofu (regular firm, drained)
- 1/2 tsp Miso Paste
- 1 tsp Nutritional Yeast
- 1 tsp Apple Cider Vinegar
- 2 tbsps Basil Leaves (chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices Gluten-Free Bread (toasted)
- 1/2 cup Cherry Tomatoes (halved)
- 2 tps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	139
Fat	5g
Carbs	16g
Fiber	3g
Sugar	5g
Protein	8g

Directions

- 1 In a mixing bowl, mash the tofu and miso paste together with a fork until crumbly and wet. Gently fold in the nutritional yeast, apple cider vinegar, and basil. Season with salt and black pepper to taste. Mix well.
- 2 Spread the vegan ricotta onto the toast and top with tomatoes and balsamic vinegar. Enjoy!

Notes

Leftovers: Refrigerate the vegan ricotta in a separate airtight container for up to five days. The assembled toast is best enjoyed immediately.

More Flavor: Add garlic powder, onion powder, black pepper, spices or herbs.

No Apple Cider Vinegar: Use lemon juice instead.



Roast Beef & Pickle Rollups

3 servings

5 minutes

Ingredients

1 1/8 cups Pickle (halved lengthwise)

4 1/2 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.



Bell Pepper & Taco Dip

3 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1 tbsp Taco Seasoning (to taste)
- 3 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.



Lentil Meatballs

4 servings

35 minutes

Ingredients

- 1/3 cup Dry Green Lentils (rinsed)
- 3/4 cup Vegetable Broth
- 1/3 tsp Extra Virgin Olive Oil
- 1/4 cup Shallot (chopped)
- 2 1/3 tbsps Ground Flax Seed
- 2 1/3 tbsps Water
- 3 1/4 tbsps Parsley (chopped)
- 3 1/4 tbsps Nutritional Yeast
- 1/3 cup Almonds (chopped)
- 2/3 tsp Sea Salt

Nutrition

Amount per serving	
Calories	200
Fat	8g
Carbs	20g
Fiber	6g
Sugar	2g
Protein	13g

Directions

- 1 Add lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes, or until softened and cooked through. Drain any excess liquid and set aside.
- 2 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 3 Heat the oil in a small skillet over medium heat. Once hot, add the shallot and cook for 4 to 5 minutes or until softened. Remove from heat and set aside.
- 4 In a small bowl, add the ground flax seeds and water and let sit for a few minutes to thicken slightly.
- 5 In a food processor, add the lentils, shallot, flax mixture, parsley, nutritional yeast, almonds, and salt. Pulse until combined and the dough starts to hold together.
- 6 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through. Enjoy!

Notes

Leftovers: Refrigerate for up to seven days. Freeze for up to two months.

Serving Size: One serving is approximately three balls.

Serve it With: Serve with a side of veggies or on top of pasta.

More Flavor: Add minced garlic with the shallot. Add tomato paste and/or tamari for more flavor.



Spicy Tuna Wrap

1 serving
10 minutes

Ingredients

- 1 can Tuna
- 1 1/2 tbsps Mayonnaise
- 1/4 tsp Chili Flakes
- Sea Salt & Black Pepper (to taste)
- 1 Brown Rice Tortilla
- 2 Carrot (shredded)
- 1/2 Cucumber (small, sliced)

Nutrition

Amount per serving	
Calories	505
Fat	20g
Carbs	44g
Fiber	7g
Sugar	11g
Protein	37g

Directions

- 1 In a small bowl add the tuna, mayonnaise, chili flakes, salt and pepper. Mix together until well combined.
- 2 Lay the tortilla flat and spread the tuna in the middle. Top with carrots and cucumber. Roll the wrap tightly while folding the ends in.
- 3 For easier eating, wrap with a piece of parchment paper or paper towel to hold the wrap together. Serve immediately and enjoy!

Notes

Leftovers: Refrigerate the leftover tuna in an airtight container for up to three days. For best results, make the wrap the day of.

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

More Flavor: Add fresh herbs such as chives, parsley, dill and/or basil.

Additional Toppings: Romaine, spinach or green lettuce.

No Spice: Omit the chili flakes.



Black Bean Dip

3 servings

15 minutes

Ingredients

- 1 1/8 cups Black Beans (cooked, from the can)
- 1 tsp Cumin
- 1/4 tsp Smoked Paprika
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (juiced)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	130
Fat	5g
Carbs	16g
Fiber	6g
Sugar	0g
Protein	6g

Directions

- 1 Add all ingredients to the jar of your food processor and process until very smooth.
- 2 Transfer into a bowl and enjoy!

Notes

Serve it With: Brown rice tortilla chips, veggie sticks or as a spread.

Leftovers: Store in an airtight container in the fridge for 5 days, or freeze for two months or more.



Cantaloupe with Prosciutto

4 servings

10 minutes

Ingredients

- 1/2 Cantaloupe (skin and seeds removed, sliced)
- 3 ozs Prosciutto (thinly sliced)

Nutrition

Amount per serving	
Calories	69
Fat	3g
Carbs	6g
Fiber	1g
Sugar	5g
Protein	6g

Directions

- 1 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.



Edamame

8 servings

5 minutes

Ingredients

4 cups Frozen Edamame (shelled, thawed)

Nutrition

Amount per serving	
Calories	94
Fat	4g
Carbs	7g
Fiber	4g
Sugar	2g
Protein	9g

Directions

- 1 Enjoy as a snack or add as a side to a main dish, salad or soup.

Notes

Storage: Refrigerate in an airtight container up to 4 days.



Malai Shrimp Curry

2 servings

25 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	509
Fat	19g
Carbs	54g
Fiber	3g
Sugar	3g
Protein	33g

Directions

- 1 Cook the rice according to package instructions and set aside.
- 2 In a food processor, add the tomatoes, chili pepper, and onion and process until finely ground into a paste.
- 3 Heat a large skillet over medium heat and add the oil. Once hot, pour in the tomato paste mixture and cook for about one to two minutes, stirring often.
- 4 Add the ginger, garlic, garam masala, coriander, and cumin and cook for another one to two minutes, until fragrant.
- 5 Pour in the coconut milk and add the salt and bring to a low boil. Reduce the heat to medium-low and simmer for three to five minutes. Add the shrimp and cook, stirring often until cooked through, about three to four minutes.
- 6 Divide the rice into bowls and add the shrimp mixture on top. Garnish with cilantro. Serve and enjoy!

Notes

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

Serving Size: One serving is about 1 1/2 cups shrimp and rice mixture.

Less Spice: Omit the chili pepper.



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.



Pressure Cooker Thai Red Curry Beef

2 servings

1 hour

Ingredients

- 1 tsp Coconut Oil (divided)
- 8 ozs Stewing Beef (diced into cubes)
- Sea Salt & Black Pepper (to taste)
- 1/2 Yellow Onion (small, thinly sliced)
- 1/2 tsp Ginger (minced)
- 1 tbsp Thai Red Curry Paste
- 1 tbsp Tomato Paste
- 1 1/2 tsps Fish Sauce
- 1 1/2 tsps Coconut Sugar
- 1/2 Carrot (large, chopped)
- 1 head Cauliflower (sliced into florets)
- 1/3 cup Canned Coconut Milk
- 1/2 Lime (juiced)
- 1/4 cup Brown Rice (optional, dry/uncooked)
- 1 stalk Green Onion (optional, chopped)
- 2 tsps Cilantro (optional, chopped)

Nutrition

Amount per serving	
Calories	453
Fat	18g
Carbs	45g
Fiber	8g
Sugar	13g
Protein	34g

Directions

- 1 Turn your pressure cooker onto sauté mode and add half of the coconut oil. Season the beef with sea salt and pepper. Add to the pressure cooker and brown on all sides. Remove with a slotted spoon and set aside.
- 2 Add the remaining coconut oil and sliced onion to the pressure cooker and sauté for about 3 to 4 minutes. Add the ginger during the last minute, stirring frequently. Then add the curry paste, tomato paste, fish sauce, coconut sugar, carrots, cauliflower and beef. Stir well to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 35 minutes and then let the steam release naturally.
- 4 If making the brown rice, cook according to package directions.
- 5 Remove the lid from the pressure cooker and add the coconut milk and lime juice. Mix well, then serve over rice with optional garnishes like green onion and cilantro.

Notes

No Pressure Cooker: Make it in the slow cooker on low for about 5 hours.

No Fish Sauce: Use soy sauce or tamari instead.

No Coconut Sugar: Use cane sugar instead.

Vegetable Modifications: Add or substitute any vegetables you have on hand, such as sweet potato, broccoli or peas.

Crunchy Veggies: Vegetables can turn soft in the pressure cooker. If you prefer crunchy veggies, steam them on the stove separately, then add them to the meal when it's done.



Creamy Coconut Chicken with Rice

2 servings

20 minutes

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 cup Canned Coconut Milk
- 1/2 cup Water
- 1 tbsp Tamari
- 1 tbsp Rice Vinegar
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Breast (skinless, boneless, cubed)
- 4 cups Baby Spinach (chopped)

Nutrition

Amount per serving	
Calories	527
Fat	24g
Carbs	44g
Fiber	2g
Sugar	2g
Protein	33g

Directions

- 1 Cook rice according to package instructions and set aside.
- 2 In a saucepan over medium heat, combine the coconut milk, water, tamari, rice vinegar, salt, and pepper. Add the chicken and bring to a simmer for ten minutes or cooked through.
- 3 Stir in the spinach and remove from heat. When the spinach has wilted, divide into bowls along with the rice and enjoy!

Notes

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

Serving Size: One serving is approximately equal to four ounces of chicken, 3/4 cup of the coconut broth, and 3/4 cup of rice.

More Flavor: Add bay leaves, ginger, garlic, or shallots.

Additional Toppings: Add red pepper flakes, green onions, or cilantro.

Make it Vegan: Use tofu, seitan, tempeh, or chickpeas instead of chicken.



Tuna Avocado Sandwich

2 servings

10 minutes

Ingredients

2 cans Tuna
Sea Salt & Black Pepper (to taste)
2 stalks Celery (finely chopped)
1/4 cup Red Onion (finely chopped)
1 Avocado (medium)
7 1/16 ozs Sourdough Bread (toasted)

Nutrition

Amount per serving	
Calories	566
Fat	16g
Carbs	60g
Fiber	10g
Sugar	2g
Protein	44g

Directions

- 1 In a small bowl add the tuna, salt and pepper, celery, and red onion. Mix together until well combined. Add the avocado and mash into the tuna mixture.
- 2 Scoop the tuna on top of one of the slices of bread and place the other slice on top. Slice and enjoy!

Notes

Leftovers: Refrigerate the tuna in an airtight container for up to three days. For best results, mix with the avocado and serve it on the bread just before enjoying.

Gluten-Free: Use gluten-free bread instead.

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

No Red Onion: Use chives or green onions instead.

No Avocado: Use mayonnaise or Greek yogurt instead.



Green Poutine

2 servings

45 minutes

Ingredients

2 Yellow Potato (medium)
 2 cups Asparagus
 2 tbsps Extra Virgin Olive Oil (divided)
 2 cups Mushrooms (sliced)
 1/4 Yellow Onion (medium, diced)
 1 Garlic (clove, minced)
 1 1/2 tsps Dried Thyme
 1/2 cup Vegetable Broth
 1 tsp Arrowroot Powder
 1 cup Butternut Squash (peeled and cubed)
 1/2 cup Water
 1/4 cup Cashews
 1/2 cup Nutritional Yeast
 1/2 Lemon (juiced)
 1/2 tsp Paprika
 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	619
Fat	22g
Carbs	77g
Fiber	19g
Sugar	10g
Protein	34g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Slice the potatoes into french fry shapes then slice the woody ends off the asparagus. Cut the asparagus stalks in half, or into to a length similar to the fries.
- 3 Toss both the potatoes and asparagus together with half of the olive oil. Spread across the baking sheet and bake for 30 minutes, flipping at the halfway point.
- 4 Meanwhile, make the gravy by heating the remaining olive oil in a frying pan over medium heat. Add the mushrooms, onion, garlic and thyme and saute for about 10 minutes or until all liquid has released. Now transfer to your blender and add the broth and arrowroot powder. Blend until smooth and return to the pan, over medium heat, let it simmer and whisk periodically until thickened. Add extra broth if a thinner consistency is desired. Season to taste with salt and pepper. Rinse out the blender.
- 5 Now make the cheese sauce. Add the butternut squash and water to a small saucepan. Bring to a boil, cover and simmer for 10 minutes or until soft. Transfer the squash to your blender and add the cashews, nutritional yeast, lemon juice, and paprika. Blend until smooth. Season to taste with salt and pepper.
- 6 To serve, divide the fries and asparagus between plates. Top with gravy and cheese sauce. Enjoy!



Chicken with Rice & Spinach

1 serving
30 minutes

Ingredients

5 ozs Chicken Breast (boneless, skinless)
1/2 tsp Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/8 tsp Garlic Powder
1/4 cup Jasmine Rice
1/2 cup Baby Spinach (chopped)
1/2 Avocado (halved, diced or sliced; optional)

Nutrition

Amount per serving	
Calories	515
Fat	21g
Carbs	47g
Fiber	8g
Sugar	1g
Protein	37g

Directions

- 1 Preheat oven to 400°F (205°C).
- 2 Place the chicken breasts in a baking dish. Drizzle with oil and season with salt and garlic powder. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Allow the chicken to rest for five to 10 minutes before slicing.
- 3 Meanwhile, cook the rice according to package directions. When the rice is cooked, stir in the chopped spinach and cover with the lid for two to three minutes or until the spinach is tender and wilted.
- 4 To serve, divide the chicken, spinach rice and avocado (if using) between plates. Enjoy!

Notes

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

Serving Size: One serving is equal to five ounces (140 grams) chicken, 3/4 cup rice, and 1/2 avocado (if using).

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

More Veggies: Serve with steamed broccoli, cauliflower, green beans, or carrots.

No Chicken Breast: Use chicken thighs instead.

No Jasmine Rice: Use brown rice, white rice, or quinoa instead.



Post Workout Green Smoothie

3 servings

5 minutes

Ingredients

- 1/3 cup Vanilla Protein Powder
- 3 cups Water (cold)
- 3/4 Avocado
- 1 1/2 Banana (frozen)
- 3 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.