



2400 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
- Also, you can eat a side as a snack or a snack as a side

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Banana Cherry Smoothie	 Bok Choy & Mushroom Omelette	 Bok Choy & Mushroom Omelette	 Basic Protein Porridge	 Basic Protein Porridge
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Lentil Salsa with Toast	 Lentil Salsa with Toast	 Breakfast Taco Nachos	 Breakfast Taco Nachos
Snack 1	 Papaya Breakfast Box	 Papaya Breakfast Box	 Papaya Breakfast Box	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast	 Lemon & Chili Pepper Sardine Toast
				 Homemade Salsa	 Homemade Salsa	 Homemade Salsa	 Homemade Salsa
Lunch	 Mango Chickpea Salad with Grilled Chicken Kabobs	 Chickpea Pasta with Pesto	 Pesto Shrimp with Rice & Peas	 One Pan Shrimp Boil	 Honey Garlic Chicken Thighs	 Peanut Maple Tempeh Bowl	 Pork Roast with Potatoes & Green Beans
	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Turkey & Spinach Wrap	 0.5 Turkey & Spinach Wrap	 0.5 Turkey & Spinach Wrap	 Turkey & Spinach Wrap
Dinner	 Chickpea Pasta with Pesto	 Pesto Shrimp with Rice & Peas	 One Pan Shrimp Boil	 Honey Garlic Chicken Thighs	 Peanut Maple Tempeh Bowl	 Pork Roast with Potatoes & Green Beans	 Tuna Avocado Sandwich
		 Post Workout Green Smoothie	 Post Workout Green Smoothie				
Snack 3							

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  34%	Fat  32%	Fat  35%	Fat  32%	Fat  32%	Fat  33%	Fat  31%
Carbs  37%	Carbs  39%	Carbs  36%	Carbs  39%	Carbs  42%	Carbs  40%	Carbs  39%
Protein  29%	Protein  29%	Protein  29%	Protein  29%	Protein  26%	Protein  27%	Protein  30%
Calories 2326	Calories 2446	Calories 2460	Calories 2393	Calories 2355	Calories 2396	Calories 2407
Fat 92g	Fat 92g	Fat 97g	Fat 88g	Fat 86g	Fat 89g	Fat 83g
Carbs 229g	Carbs 249g	Carbs 226g	Carbs 235g	Carbs 255g	Carbs 246g	Carbs 234g
Fiber 55g	Fiber 51g	Fiber 34g	Fiber 43g	Fiber 46g	Fiber 38g	Fiber 41g
Sugar 94g	Sugar 88g	Sugar 84g	Sugar 62g	Sugar 69g	Sugar 44g	Sugar 32g
Protein 175g	Protein 182g	Protein 184g	Protein 174g	Protein 159g	Protein 167g	Protein 182g

## Fruits

- 2 1/4 Avocado
- 1 Banana
- 1 1/2 cups Blueberries
- 1 3/4 Lemon
- 1 3/4 tbsps Lime Juice
- 1/4 Mango
- 3 cups Papaya

## Breakfast

- 1 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Maple Syrup

## Seeds, Nuts & Spices

- 1 1/8 tsps Black Pepper
- 1/16 tsp Cayenne Pepper
- 1 1/2 tsps Celery Salt
- 3 tbsps Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 1 1/8 tsps Cumin
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/4 cup Pine Nuts
- 1 tbsp Raw Peanuts
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## Frozen

- 3 Brown Rice Tortilla
- 1 1/2 cups Frozen Banana
- 3 cups Frozen Cherries
- 1/4 cup Frozen Edamame
- 1/2 cup Frozen Peas
- 2 cups Frozen Vegetable Mix

## Vegetables

- 1 cup Arugula
- 3 cups Asparagus
- 8 cups Baby Spinach
- 2 1/2 cups Basil Leaves
- 2 cups Bok Choy
- 7 stalks Celery
- 1/2 cup Cilantro
- 1 1/2 ears Corn On The Cob
- 4 Cucumber
- 8 Garlic
- 2 cups Green Beans
- 1 Green Bell Pepper
- 7 1/2 stalks Green Onion
- 2 1/3 tsps Mint Leaves
- 1 1/2 Red Bell Pepper
- 4 Red Hot Chili Pepper
- 1/2 cup Red Onion
- 1 cup Shiitake Mushrooms
- 1/2 Sweet Onion
- 1/2 Tomato
- 3 1/2 Yellow Potato

## Boxed & Canned

- 1/2 cup Basmati Rice
- 8 ozs Chickpea Pasta
- 1/2 cup Chickpeas
- 1 cup Diced Tomatoes
- 1 1/2 cups Green Lentils
- 1/2 cup Jasmine Rice
- 2/3 cup Quick Oats
- 1/2 cup Quinoa
- 1 1/2 cups Salsa
- 12 3/4 ozs Sardines
- 1/3 cup Tomato Paste
- 2 1/2 cans Tuna

## Baking

- 1/4 cup Nutritional Yeast
- 2 tbsps Raw Honey

## Bread, Fish, Meat & Cheese

- 4 ozs Chicken Breast
- 8 ozs Chicken Sausage
- 1 lb Chicken Thighs
- 8 ozs Extra Lean Ground Turkey
- 6 slices Gluten-Free Bread
- 12 3/4 ozs Pork Shoulder, Boneless
- 1 1/8 lbs Shrimp
- 10 1/16 ozs Sliced Turkey Breast
- 3 1/2 ozs Sourdough Bread
- 8 3/4 ozs Tempeh
- 3 Whole Wheat Tortilla

## Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Coconut Oil
- 3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Pesto
- 1/2 tsp Sesame Oil
- 2 tbsps Soy Sauce
- 2 tbsps Tahini
- 1 1/2 tbsps Tamari

## Cold

- 20 Egg
- 2 1/3 tbsps Orange Juice
- 3 3/4 cups Plain Coconut Milk

## Other

- 2 1/8 ozs Collagen Powder
- 3/4 cup Vanilla Protein Powder
- 6 1/2 cups Water



## Banana Cherry Smoothie

3 servings

5 minutes

### Ingredients

- 3 3/4 cups Plain Coconut Milk (unsweetened from the carton)
- 3 cups Frozen Cherries
- 1 1/2 cups Frozen Banana
- 2 1/8 ozs Collagen Powder
- 3 tbsps Chia Seeds

### Nutrition

Amount per serving	
Calories	394
Fat	11g
Carbs	57g
Fiber	9g
Sugar	37g
Protein	22g

### 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.

**Make it Vegan:** Omit collagen powder and use plant-based protein powder.

**Additional Toppings:** Add spinach, frozen cauliflower, or hemp seeds to your smoothie.



## Protein Packed Deviled Eggs

3 servings

20 minutes

### Ingredients

- 6 Egg (hard boiled)
- 1 1/2 cans Tuna (drained)
- 3/4 Avocado
- 1 1/2 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)
- 3/4 tsp Paprika
- 3/4 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.



## Bok Choy & Mushroom Omelette

2 servings

20 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 1 cup Shiitake Mushrooms (sliced)
- 2 cups Bok Choy (sliced into quarters)
- 6 Egg
- 1 1/2 tbsps Tamari
- 4 stalks Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	339
Fat	21g
Carbs	15g
Fiber	3g
Sugar	5g
Protein	23g

### Directions

- 1 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 2 In a bowl, whisk together eggs, tamari and green onion.
- 3 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

### Notes

**Make it Fluffy:** Whisk unsweetened almond milk into your egg mixture.

**More Flavour:** Whisk sesame oil into your egg mixture.

**Mix it Up:** Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

**Likes it Spicy:** Serve with hot sauce.



## Lentil Salsa with Toast

2 servings

10 minutes

### Ingredients

- 1 1/2 cups Green Lentils (cooked, drained and rinsed)
- 1 1/2 cups Salsa
- 2 tbsps Cilantro (chopped, optional)
- 2 slices Gluten-Free Bread (toasted)

### Nutrition

Amount per serving	
Calories	306
Fat	3g
Carbs	55g
Fiber	17g
Sugar	13g
Protein	18g

### Directions

- 1 In a saucepan over medium heat, stir together the lentils and salsa until warmed through, about five minutes.
- 2 Transfer to a bowl, garnish with cilantro if using, and serve with toast. Enjoy!

### Notes

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

**Serving Size:** One serving equals approximately one and a half cups of lentil salsa with one slice of toast.

**More Flavor:** Add cayenne or your choice of spices and herbs.

**Additional Toppings:** Avocado or plain yogurt.

**No Lentils:** Use chickpeas or black beans instead.



## Basic Protein Porridge

2 servings

5 minutes

### Ingredients

- 3 cups Water
- 2/3 cup Quick Oats
- 1/2 cup Vanilla Protein Powder
- 1/2 tsp Cinnamon (optional)

### Nutrition

Amount per serving	
Calories	189
Fat	2g
Carbs	20g
Fiber	4g
Sugar	0g
Protein	23g

### Directions

- 1 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 2 Stir in the protein powder and cinnamon until well combined. Enjoy!

### Notes

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

**Additional Toppings:** Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.



## Breakfast Taco Nachos

2 servings

30 minutes

### Ingredients

- 3 Brown Rice Tortilla (thawed)
- 3/4 tsp Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Turkey
- 1 1/2 tsps Chili Powder
- 1/2 tsp Oregano
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1/4 cup Water
- 2 Egg (fried)
- 1/2 Green Bell Pepper (diced)
- 1/2 Tomato (diced)
- 1/2 Avocado (diced)

### Nutrition

Amount per serving	
Calories	582
Fat	28g
Carbs	49g
Fiber	10g
Sugar	6g
Protein	34g

### Directions

- 1 Preheat oven to 415°F (213°C). Slice tortillas into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes. Remove from oven.
- 2 Meanwhile, heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 3 Fry your eggs and set aside.
- 4 Divide tortilla chips into bowls and top with diced green pepper, tomato, avocado, turkey and fried egg. Enjoy!

### Notes

**Make it Vegan:** Use quinoa or lentils instead of ground meat and omit the fried egg.

**Additional Toppings:** Add or replace with other toppings such as crumbled feta, salsa, red onion, greek yogurt, red pepper flakes, or green onion.



## Papaya Breakfast Box

3 servings

15 minutes

### Ingredients

- 6 Egg
- 3 cups Papaya (peeled, seeds removed, chopped)
- 1 1/2 Cucumber (medium, chopped)

### Nutrition

Amount per serving	
Calories	226
Fat	10g
Carbs	21g
Fiber	3g
Sugar	14g
Protein	14g

### Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle and slice into halves.
- 3 Serve the eggs with the papaya and cucumbers. Enjoy!

### Notes

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

**More Flavor:** Season the eggs with salt and pepper to taste.

**Additional Toppings:** Add nuts, crackers, or a slice of toast.



## Lemon & Chili Pepper Sardine Toast

4 servings

10 minutes

### Ingredients

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

### Nutrition

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

### Directions

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

### Notes

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

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

**No Sardines:** Use tuna instead.



## Homemade Salsa

4 servings

45 minutes

### Ingredients

- 1 cup Diced Tomatoes (canned or fresh)
- 1/2 Sweet Onion (medium, diced)
- 1/2 Green Bell Pepper (medium, diced)
- 1/2 Garlic (clove, minced)
- 1/4 tsp Cumin
- 1/3 cup Tomato Paste
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

### Nutrition

Amount per serving	
Calories	50
Fat	0g
Carbs	11g
Fiber	2g
Sugar	7g
Protein	2g

### Directions

- 1 Add all ingredients except salt to a large saucepan and bring to a simmer for 30 minutes.
- 2 Season with salt to taste. Let cool and transfer to jars. Cover and refrigerate until ready to use.

### Notes

**Storage:** Refrigerate in a mason jar or airtight container up to 5-7 days. Transfer to a freezer-safe container to freeze.

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

**Make it Spicy:** Add finely diced jalapeno.

**Serve it With:** Tortilla chips, crackers, tacos, burritos, fajitas, etc.



## Mango Chickpea Salad with Grilled Chicken Kabobs

1 serving  
30 minutes

### Ingredients

4 ozs Chicken Breast  
 1/2 cup Chickpeas (cooked, drained and rinsed)  
 1/4 cup Frozen Edamame (thawed)  
 1/8 Cucumber (diced)  
 1/4 Mango (diced)  
 1 cup Arugula  
 2 tbsps Tahini  
 1/2 Lemon (juiced)  
 1/8 tsp Black Pepper  
 1/4 Garlic (clove, minced)  
 2 tbsps Water

### Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	49g
Fiber	13g
Sugar	18g
Protein	44g

### Directions

- 1 Dice your chicken into cubes then slide them onto skewers for grilling. Season both sides of the kabobs with sea salt and pepper.
- 2 In a large bowl, combine the chickpeas, edamame, cucumber, mango and arugula. Set aside.
- 3 In a blender, combine the tahini, lemon juice, black pepper and minced garlic. Add water and blend well until smooth. Add more water 1 tbsp at a time if needed to reach desired consistency. Set dressing aside.
- 4 Preheat your grill over medium heat. Grill your kabobs for about 8 minutes per side or until cooked through.
- 5 Plate your salad and lay kabobs over top. Drizzle with desired amount of tahini dressing. Enjoy!

### Notes

**Vegans & Vegetarians:** Skip the chicken. This is a complete meal without it! Roast the chickpeas before hand if you like it hot.

**No Mango:** Use diced pineapple or fresh blueberries instead.

**No Arugula:** Use baby spinach, kale or mixed greens instead.



## Sardine Salad with Peppers, Celery & Blueberries

3 servings

10 minutes

### Ingredients

- 9 ozs Sardines (packed in oil, drained)
- 1/3 cup Red Onion (minced)
- 6 stalks Celery (sliced into sticks)
- 1 1/2 Red Bell Pepper (stems and seeds removed, sliced)
- 1 1/2 cups Blueberries

### Nutrition

Amount per serving	
Calories	254
Fat	10g
Carbs	19g
Fiber	5g
Sugar	12g
Protein	23g

### Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

### Notes

**No Sardines:** Use canned tuna instead.

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



## Turkey & Spinach Wrap

3 servings

5 minutes

### Ingredients

- 3 tbsps Dijon Mustard
- 3 Whole Wheat Tortilla (large)
- 6 cups Baby Spinach
- 10 1/16 ozs Sliced Turkey Breast
- 1 1/2 Cucumber (medium, sliced)

### Nutrition

Amount per serving	
Calories	279
Fat	8g
Carbs	29g
Fiber	6g
Sugar	5g
Protein	21g

### Directions

- 1 Spread the mustard in the center of the tortilla. Place the spinach, turkey, and cucumber on top. Fold or roll the tortilla around the filling and enjoy!

### Notes

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

**Gluten-Free:** Use a gluten-free tortilla.

**Additional Toppings:** Add cheese, tomatoes, avocado, bell peppers, sliced olives, or sliced red onion.



## Chickpea Pasta with Pesto

2 servings

20 minutes

### Ingredients

- 8 ozs Chickpea Pasta (uncooked)
- 2 1/2 cups Basil Leaves (packed)
- 1/4 cup Pine Nuts
- 1/4 cup Nutritional Yeast
- 2 Garlic (clove)
- 1/4 tsp Sea Salt
- 1/2 Lemon (juiced)
- 1/4 cup Water

### Nutrition

Amount per serving	
Calories	579
Fat	19g
Carbs	75g
Fiber	21g
Sugar	11g
Protein	42g

### Directions

- 1 Cook chickpea pasta according to the package.
- 2 While the pasta is cooking, add the basil, pine nuts, nutritional yeast, garlic, and sea salt to a food processor.
- 3 With the food processor running, slowly add the lemon juice followed by the water. Continue to blend for 20 to 30 seconds until pesto is smooth and emulsified to your liking. Taste and season with additional salt if needed.
- 4 Once the pasta is cooked, add the pesto to the pot and mix to combine.
- 5 Divide onto plates and enjoy!

### Notes

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

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

**Nut-Free:** Use sunflower seeds instead of pine nuts.



## 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.



## One Pan Shrimp Boil

2 servings

30 minutes

### Ingredients

- 8 ozs Shrimp (raw)
- 8 ozs Chicken Sausage (sliced into chunks)
- 1 1/2 Yellow Potato (medium, diced)
- 1 1/2 ears Corn on the Cob (sliced into 2 inch chunks)
- 1/4 Lemon (juiced)
- 1 tbsp Extra Virgin Olive Oil
- 1 1/2 tsps Celery Salt
- 1/8 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.



## 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.



## Peanut Maple Tempeh Bowl

2 servings

35 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry)
- 2 tbsps Soy Sauce
- 1 1/2 tbsps All Natural Peanut Butter
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Sesame Oil
- 1/2 tsp Lime Juice
- 1 tbsp Water
- 8 3/4 ozs Tempeh (sliced)
- 1 tsp Extra Virgin Olive Oil
- 2 cups Frozen Vegetable Mix (cooked)
- 1 tbsp Raw Peanuts (chopped)
- 2 tbsps Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	694
Fat	26g
Carbs	86g
Fiber	10g
Sugar	16g
Protein	39g

### Directions

- 1 Cook the rice according to the directions on the package and set aside.
- 2 In a large bowl, whisk together the soy sauce, peanut butter, maple syrup, sesame oil, lime juice, and water. Add in tempeh and toss to coat. Marinate for fifteen minutes.
- 3 In a pan, heat the olive oil on medium heat. Add in the tempeh and cook for three minutes per side, until golden. Add in the remaining marinade and cook to warm through, about one to two minutes.
- 4 To serve, portion the rice into bowls. Top with the vegetable mix, tempeh, chopped peanuts, and cilantro. Enjoy!

### Notes

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

**Serving Size:** One serving size is equal to approximately four slices of tempeh, one cup of vegetable mix, and 1/2 cup of rice.

**Gluten-Free:** Substitute soy sauce for gluten-free tamari.

**More Flavor:** Add a squeeze of lime to the plate right before serving for a zesty twist.

**Prep Ahead:** This tempeh can be marinated in the fridge overnight, however, the peanut butter sauce will thicken and solidify. Once the tempeh and marinade are reheated, it will thin back out.



## 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.



## Tuna Avocado Sandwich

1 serving  
10 minutes

### Ingredients

- 1 can Tuna
- Sea Salt & Black Pepper (to taste)
- 1 stalk Celery (finely chopped)
- 2 tbsps Red Onion (finely chopped)
- 1/2 Avocado (medium)
- 3 1/2 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.



## Post Workout Green Smoothie

2 servings

5 minutes

### Ingredients

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