



2500 Calories

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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:

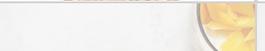
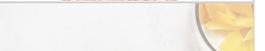
**Leftovers:** Days where leftovers will be used are shown by "grayed out" text.

**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	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 Pear & Kale Protein Smoothie	 2 Gingerbread Smoothie	 2 Gingerbread Smoothie	 Turkey Sausage Scramble	 Turkey Sausage Scramble
	 Breakfast Taco Nachos	 Breakfast Taco Nachos	 Breakfast Taco Nachos			 Lentil Salsa with Toast	 Lentil Salsa with Toast
Snack 1	 Papaya with Cottage Cheese	 Papaya with Cottage Cheese	 Papaya with Cottage Cheese	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango	 Cottage Cheese with Mango
	 Meal Prep Chicken & Cilantro Lime Quinoa			 Pork Roast with Potatoes & Green Beans	 Shrimp Asparagus Pesto Pasta	 Salsa Steamed Cod	 One Pan Paleo Plate
Lunch	 Creamy Broccoli Soup	 BBQ Ribs	 Honey Garlic Chicken Thighs			 Macaroni Salad	 Turkey Sliders with Parsley Aioli
	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Edamame with Everything Bagel Seasoning	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers	 Salmon Salad on Crackers
Dinner	 BBQ Ribs	 Honey Garlic Chicken Thighs	 Pork Roast with Potatoes & Green Beans	 Shrimp Asparagus Pesto Pasta	 Salsa Steamed Cod	 One Pan Paleo Plate	 Spicy Pineapple Chicken Kabobs
					 Macaroni Salad	 Turkey Sliders with Parsley Aioli	 Honey Chili Meatballs

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  36%	Fat  37%	Fat  35%	Fat  35%	Fat  35%	Fat  34%	Fat  33%
Carbs  31%	Carbs  30%	Carbs  33%	Carbs  32%	Carbs  31%	Carbs  31%	Carbs  32%
Protein  33%	Protein  33%	Protein  32%	Protein  33%	Protein  34%	Protein  35%	Protein  35%
Calories 2458	Calories 2548	Calories 2524	Calories 2490	Calories 2597	Calories 2655	Calories 2524
Fat 100g	Fat 106g	Fat 100g	Fat 99g	Fat 103g	Fat 100g	Fat 93g
Carbs 193g	Carbs 197g	Carbs 209g	Carbs 209g	Carbs 209g	Carbs 209g	Carbs 207g
Fiber 43g	Fiber 41g	Fiber 43g	Fiber 44g	Fiber 45g	Fiber 39g	Fiber 36g
Sugar 72g	Sugar 84g	Sugar 65g	Sugar 73g	Sugar 75g	Sugar 64g	Sugar 87g
Protein 207g	Protein 211g	Protein 208g	Protein 214g	Protein 230g	Protein 235g	Protein 222g

## Fruits

- 3/4 Avocado
- 2 Banana
- 1 Lemon
- 2 1/2 tsps Lemon Juice
- 1/4 Lime
- 2 tbsps Lime Juice
- 2 Mango
- 3 cups Papaya
- 1 1/2 Pear
- 1/2 cup Pineapple

## Breakfast

- 1/4 cup Almond Butter

## Seeds, Nuts & Spices

- 1 1/3 tsps Black Pepper
- 1/8 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 2 tbsps Chili Powder
- 1 tsp Cinnamon
- 2 1/8 tsps Cumin
- 1 tbsps Everything Bagel Seasoning
- 1/2 tsp Garlic Powder
- 1/16 tsp Ground Mustard
- 3/4 tsp Oregano
- 1/16 tsp Paprika
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## Frozen

- 4 1/2 Brown Rice Tortilla
- 6 cups Edamame Pods

## Vegetables

- 2 1/4 cups Arugula
- 9 cups Asparagus
- 2 cups Baby Spinach
- 1 cup Broccoli
- 2 cups Brussels Sprouts
- 1 Carrot
- 1/4 cup Cherry Tomatoes
- 2/3 cup Cilantro
- 6 2/3 Garlic
- 2 3/4 tsps Ginger
- 2 cups Green Beans
- 1 Green Bell Pepper
- 1/2 stalk Green Onion
- 3 cups Kale Leaves
- 2 1/3 tsps Mint Leaves
- 2 2/3 tbsps Parsley
- 1/3 Red Bell Pepper
- 3/4 cup Red Onion
- 1 Sweet Potato
- 3/4 Tomato
- 1/4 Yellow Bell Pepper
- 1/4 Yellow Onion
- 2 Yellow Potato

## Boxed & Canned

- 1/4 cup Canned Coconut Milk
- 1 lb Canned Wild Salmon
- 1 cup Chicken Broth
- 4 ozs Chickpea Pasta
- 1 1/2 cups Green Lentils
- 1 1/3 cups Lentil Macaroni
- 4 1/4 ozs Oat Crackers
- 3/4 cup Quinoa
- 2 cups Salsa
- 1 1/4 tbsps Tomato Paste
- 1/4 cup Vegetable Broth

## Baking

- 1 1/2 tsps Arrowroot Powder
- 2 tbsps Blackstrap Molasses

## Bread, Fish, Meat & Cheese

- 12 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 2 Cod Fillet
- 4 ozs Extra Lean Ground Chicken
- 1 1/4 lbs Extra Lean Ground Turkey
- 2 slices Gluten-Free Bread
- 1 lb Pork Ribs
- 12 3/4 ozs Pork Shoulder, Boneless
- 12 ozs Shrimp
- 8 1/8 ozs Turkey Sausage
- 4 ozs White Hamburger Slider Buns

## Condiments & Oils

- 2 1/4 tsps Apple Cider Vinegar
- 1 1/16 tbsps Avocado Oil
- 1/2 cup Barbecue Sauce
- 1 1/2 tsps Coconut Oil
- 1 1/16 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 3 2/3 tbsps Mayonnaise
- 2 tbsps Pesto
- 3/4 tsp Tamari

## Cold

- 7 cups Cottage Cheese
- 9 1/16 Egg
- 2 1/3 tbsps Orange Juice
- 3/4 cup Plain Greek Yogurt
- 4 cups Unsweetened Almond Milk

## Other

- 3 Barbecue Skewers
- 1 3/4 cups Vanilla Protein Powder
- 5 cups Water

- 
- 1/2 tsp Ground Cloves
  - 1 tbsp Nutritional Yeast
  - 3 1/8 tbsps Raw Honey



## Pear & Kale Protein Smoothie

3 servings

5 minutes

### Ingredients

- 3 3/4 cups Water (cold)
- 3 cups Kale Leaves
- 1 1/2 Pear (stem and seeds removed, chopped)
- 3/4 cup Vanilla Protein Powder

### Nutrition

Amount per serving	
Calories	143
Fat	1g
Carbs	16g
Fiber	4g
Sugar	9g
Protein	20g

### 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 jar for up to two days.

**No Kale:** Use spinach instead.

**No Protein Powder:** Omit, or add a few spoonfuls of hemp seeds instead.



## Breakfast Taco Nachos

3 servings

30 minutes

### Ingredients

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



## Gingerbread Smoothie

4 servings

5 minutes

### Ingredients

4 cups Unsweetened Almond Milk  
1 cup Vanilla Protein Powder  
2 Banana (frozen)  
1/4 cup Chia Seeds  
1/4 cup Almond Butter  
2 tbsps Blackstrap Molasses  
2 tsps Ginger (fresh, minced)  
1 tsp Cinnamon (ground)  
1/2 tsp Ground Cloves

### Nutrition

Amount per serving	
Calories	352
Fat	15g
Carbs	32g
Fiber	9g
Sugar	13g
Protein	26g

### Directions

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

### Notes

**No Chia Seeds:** Use flax seeds instead.

**No Blackstrap Molasses:** Use maple syrup instead.

**Nut-Free:** Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

**More Veggies:** Add frozen cauliflower.



## Turkey Sausage Scramble

2 servings

10 minutes

### Ingredients

- 8 1/8 ozs Turkey Sausage (casing removed)
- 2 cups Baby Spinach (chopped)
- 4 Egg (whisked)
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	328
Fat	19g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	35g

### Directions

- 1 Heat a pan over medium heat then add the sausage to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks. Add the spinach to the pan and move it around until it's wilted.
- 2 Move the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through. Season with salt and pepper if needed and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

**More Flavor:** Add onion, mushrooms, or bell pepper.

**Additional Toppings:** Hot sauce, ketchup, avocado, or salsa.

**No Spinach:** Use kale instead.

**No Turkey Sausage:** Use pork, chicken, or beef sausage instead. Use crumbled tofu to make it vegetarian.



## 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.



## Papaya with Cottage Cheese

3 servings

5 minutes

### Ingredients

3 cups Cottage Cheese  
3 cups Papaya (peeled, seeds removed, chopped)

### Nutrition

Amount per serving	
Calories	266
Fat	9g
Carbs	22g
Fiber	2g
Sugar	17g
Protein	24g

### Directions

- 1 Serve the cottage cheese with chopped papaya. Enjoy!

### Notes

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

**Dairy-Free:** Use coconut yogurt instead of cottage cheese.

**Additional Toppings:** Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.



## Cottage Cheese with Mango

4 servings

5 minutes

### Ingredients

4 cups Cottage Cheese  
2 Mango (peeled, chopped)

### Nutrition

Amount per serving	
Calories	307
Fat	10g
Carbs	32g
Fiber	3g
Sugar	29g
Protein	25g

### Directions

- 1 Top the cottage cheese with chopped mango and enjoy!

### Notes

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

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

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, or your sweetener of choice.



## Meal Prep Chicken & Cilantro Lime Quinoa

1 serving  
15 minutes

### Ingredients

- 1/4 cup Quinoa (uncooked)
- 2 tbsps Cilantro (chopped)
- 1 tsp Lime Juice (to taste)
- 1/16 tsp Sea Salt (to taste)
- 2 cups Arugula (packed)
- 1 Carrot (small, chopped)
- 4 ozs Chicken Breast, Cooked (sliced)
- 1/2 stalk Green Onion (sliced)

### Nutrition

Amount per serving	
Calories	366
Fat	7g
Carbs	35g
Fiber	6g
Sugar	4g
Protein	42g

### Directions

- 1 Cook the quinoa according to the package directions and let cool.  
;
- 2 Toss the quinoa with cilantro, lime juice, and salt.  
;
- 3 Divide the arugula, quinoa, carrots, and chicken between containers. Garnish with green onions and enjoy!

### Notes

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

**More Flavor:** Use balsamic vinegar or your dressing of choice.

**Additional Toppings:** Cherry tomatoes, avocado, crushed almonds, hemp seeds, or pumpkin seeds.



## Creamy Broccoli Soup

1 serving  
20 minutes

### Ingredients

- 1/4 tsp Avocado Oil
- 1/8 Yellow Onion (chopped)
- 1/2 Garlic (cloves, minced)
- 1 1/2 tsp Arrowroot Powder
- 3/4 cup Chicken Broth
- 1/4 cup Canned Coconut Milk (full fat)
- 1 cup Broccoli (florets, roughly chopped)
- 1 tbsp Nutritional Yeast
- 1/16 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	214
Fat	13g
Carbs	17g
Fiber	5g
Sugar	4g
Protein	10g

### Directions

- 1 In a large pot or dutch oven over medium heat, add the avocado oil and then the onion. Cook for 3 to 4 minutes or until the onion becomes translucent. Add the garlic and cook for one minute. Add the arrowroot powder and chicken broth and whisk until no clumps remain.
- 2 Bring to a boil over medium heat, and then reduce to a simmer. Add the coconut milk, broccoli, nutritional yeast and salt and stir to combine. Cook for 10 minutes or until the broccoli is cooked through.
- 3 Using a handheld blender, blend the soup until smooth or until desired consistency is reached. Serve and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately 1.5 cups of soup.

**No Arrowroot Powder:** Use tapioca starch or cornstarch instead.

**More Flavor:** Add fresh herbs or additional vegetables.

**Make it Vegan:** Use vegetable broth instead of chicken broth.



## Edamame with Everything Bagel Seasoning

3 servings  
10 minutes

### Ingredients

- 6 cups Edamame Pods
- 1 1/2 tsps Avocado Oil
- 1 tbsp Everything Bagel Seasoning

### Nutrition

Amount per serving	
Calories	278
Fat	13g
Carbs	18g
Fiber	11g
Sugar	6g
Protein	26g

### Directions

- 1 Bring a pot of water to a boil.
- 2 Place the edamame pods in a steamer over the boiling water and cover. Let them steam for five to 10 minutes, or until bright green.
- 3 Toss the edamame pods in oil and sprinkle everything bagel seasoning overtop. Enjoy!

### Notes

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

**More Flavor:** Add finishing salt to taste.

**Everything Bagel Seasoning:** If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.



## Salmon Salad on Crackers

4 servings

5 minutes

### Ingredients

1 lb Canned Wild Salmon  
1/2 cup Plain Greek Yogurt  
4 1/4 ozs Oat Crackers

### Nutrition

Amount per serving	
Calories	330
Fat	12g
Carbs	22g
Fiber	3g
Sugar	1g
Protein	35g

### Directions

- 1 In a bowl, mash together the wild salmon and greek yogurt until well combined. Spread the mixture evenly ovetop each cracker and enjoy!

### Notes

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

**Dairy-Free:** Use mayonnaise or coconut yogurt instead of greek yogurt.

**More Flavor:** Season with salt, pepper, fresh dill, red pepper flakes, and/or lemon juice.

**No Salmon:** Use tuna instead.

**No Oat Crackers:** Use toast, rice crackers, or cucumber slices instead.



## BBQ Ribs

2 servings

4 hours

### Ingredients

1/2 cup Barbecue Sauce (divided)  
1 lb Pork Ribs  
3 cups Asparagus (woody ends snapped off)  
1 1/2 tps Extra Virgin Olive Oil (chopped)  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	609
Fat	29g
Carbs	36g
Fiber	5g
Sugar	26g
Protein	51g

### Directions

- 1 Brush your ribs with half of the barbecue sauce and place in the slow cooker. Cook on low for 6 to 8 hours, or high for 4.
- 2 When ready to eat, preheat grill over medium heat.
- 3 Toss your asparagus with oil and season with salt and black pepper to taste.
- 4 Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with the remaining barbecue sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
- 5 Remove ribs and asparagus from grill and divide onto plates. Enjoy!

### Notes

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

**No Ribs:** Use wings, chicken breast or drumsticks instead.



## 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.



## 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.



## Shrimp Asparagus Pesto Pasta

2 servings

30 minutes

### Ingredients

- 3 cups Asparagus (chopped into 1 inch pieces)
- 12 ozs Shrimp (uncooked, shells on)
- 2 tbsps Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (or more to taste)
- 1 Lemon (sliced into rounds)
- 4 ozs Chickpea Pasta
- 2 tbsps Pesto

### Nutrition

Amount per serving	
Calories	564
Fat	24g
Carbs	43g
Fiber	13g
Sugar	10g
Protein	54g

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 Lay the asparagus and shrimp on a baking sheet. Drizzle with olive oil and toss gently to coat. Sprinkle with sea salt and top with lemon slices. Bake for 15 to 18 minutes, or until shrimp are fully cooked and have turned pink.
- 3 While the shrimp and asparagus bake, bring a medium saucepan full of water to a boil. Add the chickpea pasta and cook according to the directions on the package. Drain and rinse the pasta and return it to the pot. Stir in pesto and mix well to combine.
- 4 Remove shells from shrimp. Mix the shrimp and asparagus into the pasta and divide between bowls. Enjoy!

### Notes

**Leftovers:** Keeps well in the fridge for 2 to 3 days. Enjoy cold or reheated.

**No Asparagus:** Use green beans or zucchini instead.

**Vegan:** Swap out the shrimp for tofu.

**More Greens:** Top with microgreens.



## Salsa Steamed Cod

2 servings

15 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Red Onion (finely chopped)
- 1 Garlic (clove, large, minced)
- 1 tsp Cumin
- 1/4 cup Vegetable Broth
- 1/2 cup Salsa
- 1/4 cup Cilantro (divided)
- 2 Cod Fillet

### Nutrition

Amount per serving	
Calories	284
Fat	9g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	43g

### Directions

- 1 In a pot with a lid just big enough to fit the cod fillets, heat the oil. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic and cumin and cook for another minute until fragrant.
- 2 Add the vegetable broth to the pan then stir in the salsa. Bring the salsa mixture to a simmer and cook for about five minutes. Stir in half of the cilantro.
- 3 Place the cod fillets in the pot and cover with the lid. Steam for six to seven minutes or until cooked through and flakey. Divide the fillets and sauce between plates and top with the remaining cilantro. Enjoy!

### Notes

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

**Serve it With:** Rice, quinoa, cauliflower rice, roasted vegetables, and/or a side salad.

**No Cod:** Use another white fish instead.

**Salsa:** For a spicier dish use hot salsa. For a more mild dish use mild salsa.

**Fillet Size:** One cod fillet is equal to 231 grams or 8 ounces..



## Macaroni Salad

2 servings

40 minutes

### Ingredients

- 1 1/3 cups Lentil Macaroni (dry/uncooked)
- 1 1/3 Egg
- 1/3 Red Bell Pepper (chopped)
- 2 2/3 tbsps Red Onion (finely diced)
- 1/3 cup Plain Greek Yogurt
- 2 2/3 tbsps Mayonnaise
- 2 tsps Lemon Juice
- 1/3 tsp Raw Honey
- 1/3 tsp Dijon Mustard
- Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	408
Fat	18g
Carbs	41g
Fiber	6g
Sugar	5g
Protein	21g

### Directions

- 1 Cook the macaroni according to the directions on the package. Rinse with cold water and add to a large bowl.
- 2 Hard boil the eggs and transfer to a bowl of ice water to cool. Once cool, remove the shells and chop. Add them to the bowl with the cooked macaroni.
- 3 Add the chopped red bell pepper and red onion to the bowl with the macaroni and eggs.
- 4 Mix the dressing by combining the yogurt, mayonnaise, lemon juice, honey, mustard, salt and pepper. Mix well then add to the macaroni salad and mix thoroughly.
- 5 Refrigerate and enjoy!

### Notes

**No Lentil Macaroni:** Use brown rice, whole wheat or chickpea macaroni instead.

**Leftovers:** Keeps well in the fridge for 3 to 4 days.



## One Pan Paleo Plate

2 servings

35 minutes

### Ingredients

- 8 ozs Chicken Breast
- 1/16 tsp Sea Salt
- 2 cups Brussels Sprouts (washed, trimmed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil (plus extra for brushing)
- 1 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.



## Turkey Sliders with Parsley Aioli

2 servings

30 minutes

### Ingredients

8 ozs Extra Lean Ground Turkey  
 3/4 tsp Dijon Mustard  
 1/2 tsp Garlic Powder  
 2 2/3 tbsps Parsley (chopped, divided)  
 1 tbsp Red Onion (chopped)  
 1/2 Egg  
 Sea Salt & Black Pepper (to taste)  
 1 1/2 tsps Avocado Oil  
 1 tbsp Mayonnaise  
 1/2 tsp Lemon Juice (plus zest from 1/2 lemon)  
 1/4 cup Arugula  
 4 ozs White Hamburger Slider Buns

### Nutrition

Amount per serving	
Calories	433
Fat	22g
Carbs	29g
Fiber	2g
Sugar	6g
Protein	29g

### Directions

- 1 In a large bowl, combine the turkey, dijon mustard, garlic powder, 3/4 of the parsley, red onion, egg, and salt and pepper and mix well to combine. Form into patties and set aside.
- 2 Heat a cast-iron skillet over medium heat and add the oil. Working in batches if needed, add the burgers and cook for five minutes per side or until cooked through.
- 3 In a small bowl, stir together the mayonnaise, remaining parsley, lemon juice, and zest, and season with salt and pepper.
- 4 Divide the arugula on the bottom of the burger buns and top with the turkey burger and aioli. Add the other bun on top. Enjoy!

### Notes

**Leftovers:** Refrigerate the turkey patties in an airtight container for up to three days. Freeze leftover patties in between layers of parchment paper and in a zipper-lock bag for up to two months.

**Serving Size:** One serving equals approximately two patties and buns.

**Gluten-Free:** Use gluten-free slider buns.

**Additional Toppings:** Top with cheese or sliced avocado.

**Buns:** One bun is equal to 28 grams (1 ounce).



## Spicy Pineapple Chicken Kabobs

1 serving

1 hour

### Ingredients

- 4 ozs Chicken Breast
- 3/4 tsp Tamari
- 1 1/2 tsps Apple Cider Vinegar
- 1/2 Garlic (cloves, minced)
- 1/4 Lime (juiced)
- 3/4 tsp Ginger (peeled and grated)
- 1/8 tsp Cayenne Pepper
- 3 Barbecue Skewers
- 1/4 Green Bell Pepper (sliced into large chunks)
- 1/4 Yellow Bell Pepper (sliced into large chunks)
- 1/4 cup Cherry Tomatoes
- 1/2 cup Pineapple (diced into large chunks)
- 1/4 cup Red Onion (sliced into large chunks)

### Nutrition

Amount per serving	
Calories	229
Fat	3g
Carbs	22g
Fiber	3g
Sugar	12g
Protein	28g

### Directions

- 1 Cut your raw chicken breasts into large cubes. Create marinade by combining tamari, apple cider vinegar, garlic, lime juice, ginger and cayenne pepper in a bowl. Stir well. Place cubed chicken and marinade together in a ziploc baggie. Seal well and let marinate for at least two hours (the longer the better).
- 2 Create skewers by sliding on the chicken, green pepper, yellow pepper, cherry tomato, pineapple and red onion. Try to choose a pattern and stick to it. Set skewers aside until ready to grill.
- 3 Fire up the barbecue and turn heat to medium. Allow grill to heat up for at least 10 minutes. Scrape the grill then grease with some oil. Place skewers across the grill. Cook for 14 minutes, turning at the halfway point (after 7 minutes). Remove from grill after 14 minutes or when chicken is cooked through. Enjoy!



## Honey Chili Meatballs

1 serving  
30 minutes

### Ingredients

4 ozs Extra Lean Ground Chicken  
1/8 Yellow Onion (medium, chopped)  
1/2 Garlic (cloves, minced)  
1/4 Egg  
1/4 tsp Sea Salt (divided)  
1/16 tsp Black Pepper  
1 1/2 tsps Coconut Oil  
2 tbsps Chicken Broth  
1 1/4 tbsps Tomato Paste  
1 tbsp Raw Honey  
3/4 tsp Apple Cider Vinegar  
1/3 tsp Chili Powder  
1/16 tsp Paprika  
1/16 tsp Ground Mustard

### Nutrition

Amount per serving	
Calories	332
Fat	17g
Carbs	24g
Fiber	2g
Sugar	20g
Protein	23g

### Directions

- 1 Preheat oven to 350°F (177°C).
- 2 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 3 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 4 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 5 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

### Notes

**Likes it Spicy:** Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

**Serve Them With:** Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

**Leftovers:** Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

**Slow Cooker Version:** Add formed meatballs with sauce and cook on low for 6-8 hours.

**Serving Size:** A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.