



2600 Calorie, Dairy Free

<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	 Berry Banana Smoothie	 Berry Banana Smoothie	 Berry Banana Smoothie	 Tomato & Onion Egg White Omelette	 Tomato & Onion Egg White Omelette		
	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Protein Packed Deviled Eggs	 Keto Mini Quick Bread	 Keto Mini Quick Bread		
Snack 1	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Chicken, Lettuce & Tomato Egg Wrap	 Rice Cereal with Blueberries	 Rice Cereal with Blueberries	 Rice Cereal with Blueberries	 Rice Cereal with Blueberries
	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Broccoli & Spiced Yogurt	 Seared Ahi Tuna with Zoodles & Radishes	 Seared Ahi Tuna with Zoodles & Radishes	 Seared Ahi Tuna with Zoodles & Radishes	 Seared Ahi Tuna with Zoodles & Radishes
Lunch	 Chicken with Mushroom Garlic Sauce			 Slow Cooker Cod & Sea Veggie Soup	 Strip Loin Roast with Mashed Potatoes & Broccoli	 Maple Dijon Chicken & Lemon Herb Rice	 Parchment Baked Haddock with Veggies
	 Lentil Salsa with Toast	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Slow Cooker Beef Meatballs	 Gochujang Shrimp Skewers	 Slow Cooker Swedish Meatballs	 Turkey Sliders with Parsley Aioli
Snack 2	 1.5 Sweet Chili Edamame	 1.5 Sweet Chili Edamame	 Sweet Chili Edamame	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie	 Raspberry Zinger Smoothie
	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Slow Cooker Cod & Sea Veggie Soup	 Strip Loin Roast with Mashed Potatoes & Broccoli	 Maple Dijon Chicken & Lemon Herb Rice	 Parchment Baked Haddock with Veggies	 Meal Prep Greek Chicken Bowls
Dinner	 Shrimp Asparagus Pesto Pasta	 Honey Garlic Chicken Thighs	 Slow Cooker Beef Meatballs	 Gochujang Shrimp Skewers	 Slow Cooker Swedish Meatballs	 Turkey Sliders with Parsley Aioli	 Orange Glazed Turkey Meatballs
				 0.5 Cranberry Apple Crisp	 Cranberry Apple Crisp	 0.5 Cranberry Apple Crisp	 0.5 Cranberry Apple Crisp
Snack 3				 0.5 Cranberry Apple Crisp	 Cranberry Apple Crisp	 0.5 Cranberry Apple Crisp	 0.5 Cranberry Apple Crisp

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fat  33%	Fat  35%	Fat  35%	Fat  37%	Fat  34%	Fat  32%	Fat  34%
Carbs  33%	Carbs  31%	Carbs  29%	Carbs  28%	Carbs  35%	Carbs  34%	Carbs  33%
Protein  34%	Protein  34%	Protein  36%	Protein  35%	Protein  31%	Protein  34%	Protein  33%
Calories 2607	Calories 2595	Calories 2616	Calories 2651	Calories 2611	Calories 2639	Calories 2662
Fat 100g	Fat 105g	Fat 103g	Fat 111g	Fat 102g	Fat 96g	Fat 101g
Carbs 223g	Carbs 213g	Carbs 195g	Carbs 193g	Carbs 233g	Carbs 231g	Carbs 227g
Fiber 73g	Fiber 64g	Fiber 54g	Fiber 45g	Fiber 43g	Fiber 47g	Fiber 47g
Sugar 78g	Sugar 83g	Sugar 81g	Sugar 57g	Sugar 57g	Sugar 65g	Sugar 64g
Protein 236g	Protein 233g	Protein 242g	Protein 234g	Protein 212g	Protein 228g	Protein 227g

Fruits

- 1 1/2 Apple
- 3/4 Avocado
- 1 1/2 Banana
- 2 cups Blueberries
- 6 Lemon
- 2 tbsps Lemon Juice
- 1/4 Lime
- 2 tsps Lime Juice

Breakfast

- 1 tbsp Maple Syrup
- 4 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/4 cup Chia Seeds
- 1 tbsp Chili Powder
- 3/4 tsp Cinnamon
- 1 tbsp Curry Powder
- 1/2 tsp Dried Basil
- 1 tsp Dried Chives
- 1/2 tsp Garlic Powder
- 1 1/2 tsps Greek Seasoning
- 2 tsps Italian Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 3/4 tsp Paprika
- 1/8 tsp Red Pepper Flakes
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 3 tbsps Whole Flax Seeds

Frozen

- 8 cups Edamame Pods
- 3 cups Frozen Berries
- 4 cups Frozen Cauliflower
- 3/4 cup Frozen Cranberries
- 4 cups Frozen Raspberries

Vegetables

- 1/4 cup Arugula
- 6 cups Asparagus
- 8 cups Broccoli
- 1 1/2 cups Cherry Tomatoes
- 1 2/3 tbsps Cilantro
- 3 Cremini Mushrooms
- 1 Cucumber
- 1 tbsp Fresh Dill
- 12 1/8 Garlic
- 2 tbsps Ginger
- 2 cups Green Beans
- 7 1/2 stalks Green Onion
- 3 cups Kale Leaves
- 3 1/2 cups Mushrooms
- 1/2 cup Parsley
- 1/2 cup Radishes
- 1 bunch Rapini
- 1 Red Bell Pepper
- 3 tbsps Red Onion
- 3 leaves Romaine
- 2 Russet Potato
- 3 Sweet Potato
- 3/4 Tomato
- 2/3 White Onion
- 1 3/4 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 1/4 cup Brown Rice
- 1/4 cup Canned Coconut Milk
- 1 1/2 cups Canned Whole Tomatoes
- 1/2 cup Chicken Broth
- 4 ozs Chickpea Pasta
- 3/4 cup Green Lentils
- 1/2 cup Jasmine Rice
- 1/2 cup Quinoa
- 3/4 cup Salsa
- 1 tbsp Tomato Paste
- 1 1/2 cans Tuna
- 4 cups Vegetable Broth

Bread, Fish, Meat & Cheese

- 12 ozs Ahi Tuna
- 1 1/8 lbs Chicken Breast
- 5 1/4 ozs Chicken Breast, Cooked
- 1 lb Chicken Thighs
- 2 Cod Fillet
- 1 1/2 lbs Extra Lean Ground Beef
- 1 1/4 lbs Extra Lean Ground Turkey
- 1 slice Gluten-Free Bread
- 2 Haddock Fillet
- 1 1/4 lbs Shrimp
- 10 2/3 ozs Strip Loin Roast
- 4 ozs White Hamburger Slider Buns

Condiments & Oils

- 2 1/2 tbsps Avocado Oil
- 3 1/2 tbsps Coconut Aminos
- 1 1/2 tbsps Coconut Oil
- 1 1/4 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tsp Gochujang
- 1 tbsp Mayonnaise
- 2 tbsps Pesto
- 1 1/2 tsps Red Wine Vinegar
- 1/2 cup Rice Vinegar
- 2 tbsps Sesame Oil
- 1 tbsp Soy Sauce
- 1 tbsp Sriracha
- 2 tbsps Tamari

Cold

- 12 Egg
- 2 cups Egg Whites
- 1 3/4 tbsps Orange Juice
- 11 2/3 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

Other

- 4 Barbecue Skewers
- 2/3 oz Dulse
- 1 3/4 cups Vanilla Protein Powder

Baking

4 cups Water

- 1/2 cup Almond Flour
- 1 2/3 tbsps Arrowroot Powder
- 1 tsp Baking Powder
- 1/4 cup Coconut Sugar
- 1 1/2 tsps Honey
- 2 1/4 tbsps Monk Fruit Sweetener
- 3/4 cup Oats
- 2 tbsps Raw Honey
- 1 1/2 tbsps Unsweetened Applesauce
- 1/3 cup Whole Wheat Flour



Berry Banana Smoothie

3 servings

5 minutes

Ingredients

3 cups Unsweetened Almond Milk
3 cups Frozen Berries
1 1/2 Banana
3 cups Kale Leaves
3/4 cup Vanilla Protein Powder
3 tbsps Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g

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 Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



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.



Tomato & Onion Egg White Omelette

2 servings

10 minutes

Ingredients

- 1 cup Water
- 2 cups Egg Whites
- 1/4 tsp Sea Salt (to taste)
- 1 cup Cherry Tomatoes (halved)
- 2 stalks Green Onion (sliced)
- 2 tsps Tamari

Nutrition

Amount per serving	
Calories	147
Fat	1g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	28g

Directions

- 1 Heat the water in a large non-stick pan over medium to medium-high heat. Bring to a simmer.
- 2 Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Season with salt. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the tomatoes and green onions down the middle of the omelette. Fold the sides of the omelette towards the center and drizzle with tamari. Enjoy!

Notes

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

More Flavor: Sauté the tomatoes and onions with garlic before adding to the omelette.

Additional Toppings: Leftover veggies, avocado, cheese, nutritional yeast, spinach, or arugula.

No Non-Stick Pan: Use your choice of oil as needed.

No Tamari: Use soy sauce or coconut aminos instead.



Keto Mini Quick Bread

2 servings

10 minutes

Ingredients

2 tbsps Avocado Oil (plus extra for greasing)
2 Egg
1/3 cup Almond Flour
1 tsp Baking Powder

Nutrition

Amount per serving	
Calories	316
Fat	29g
Carbs	5g
Fiber	2g
Sugar	1g
Protein	11g

Directions

- 1 Add a couple drops of oil to a round ramekin to grease the bottom and sides.
- 2 In a small mixing bowl whisk the oil and egg together. Stir in the almond flour and baking powder until well combined.
- 3 Transfer the batter to the prepared ramekin and microwave on high for 90 seconds or until the bread is firm yet spongy to the touch.
- 4 Carefully remove the ramekin from the microwave and then turn the bread out onto a plate. Allow the bread to cool slightly before slicing.
- 5 Bread can be served as is or toasted. Enjoy!

Notes

Leftovers: Store in an airtight container for up to one day. Freeze for up to two months.

More Flavor: For a more savory bread, add salt, garlic powder, onion powder or dried herbs.

How to Serve: Use for sandwiches, burgers or as a side for breakfast, soups or salads. Top with your favourite bread or toast toppings.

Thinner Slices: Cut into 3 or 4 slices instead.

Ramekin: A 3- to 5-inch ramekin can be used. A smaller ramekin will yield a thicker bread.

Oven-Baked: Grease ramekin well and bake bread at 375°F (190°C) for 13 to 15 minutes or until spongy to the touch. Let the baked bread cool slightly before carefully removing from the ramekin.

Serving Size: One serving is equal to one piece of bread.



Beef, Sweet Potato & Rapini Skillet

4 servings

25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 1 bunch Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	297
Fat	12g
Carbs	20g
Fiber	6g
Sugar	6g
Protein	28g

Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian: Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini: Use kale or broccoli instead.

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



Chicken, Lettuce & Tomato Egg Wrap

3 servings

15 minutes

Ingredients

3 Egg
 1/8 tsp Sea Salt
 3/4 tsp Extra Virgin Olive Oil (divided)
 3 leaves Romaine (large, whole)
 3/4 Tomato (sliced)
 5 1/4 ozs Chicken Breast, Cooked (thinly sliced)

Nutrition

Amount per serving	
Calories	166
Fat	8g
Carbs	2g
Fiber	1g
Sugar	1g
Protein	22g

Directions

- 1 In a mixing bowl, whisk the eggs and salt together until well combined.
- 2 Heat a small non-stick pan over medium heat. Add enough oil to the pan to evenly coat it.
- 3 Add a 1/4 cup of the egg to the oiled pan and tilt the pan in a circular motion to distribute the egg evenly. Cook for 60 to 90 seconds or until just set and the egg releases easily from the pan then flip the egg and continue cooking for 30 to 60 seconds until cooked through. Repeat with remaining egg.
- 4 To serve, layer the lettuce, tomato and cooked chicken on the egg wrap and roll or fold altogether. Enjoy!

Notes

Leftovers: Refrigerate the egg wraps in an airtight container for up to three days or freeze for up to one month. Assemble wraps just before serving.

Pan Size: This recipe was tested in a 8-inch non-stick pan.

Serving Size: One serving is approximately one egg wrap with topping evenly divided.

More Flavor: Add garlic powder or dried herbs to the eggs.

Additional Toppings: Add cheese or avocado slices.

No Chicken: Use cooked turkey or additional vegetables and/or avocado instead.



Broccoli & Spiced Yogurt

3 servings

5 minutes

Ingredients

- 1 1/2 cups Unsweetened Coconut Yogurt
- 1 tbsp Curry Powder
- 6 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	124
Fat	4g
Carbs	19g
Fiber	7g
Sugar	4g
Protein	6g

Directions

- 1 In a small bowl mix the yogurt and curry powder together. Serve with the broccoli florets for dipping. Enjoy!

Notes

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

More Flavor: Add salt and pepper to taste.

No Coconut Yogurt: Use Greek yogurt instead.



Rice Cereal with Blueberries

4 servings

5 minutes

Ingredients

- 4 cups Rice Puffs Cereal
- 2 cups Blueberries
- 2 2/3 cups Unsweetened Almond Milk

Nutrition

Amount per serving	
Calories	118
Fat	2g
Carbs	24g
Fiber	3g
Sugar	7g
Protein	2g

Directions

- 1 Add the rice cereal to a bowl and top with blueberries. Add milk and enjoy!

Notes

Nut-Free: Use another type of milk such as coconut milk, oat milk, or dairy milk.

No Blueberries: Use any other berry or bananas instead.



Seared Ahi Tuna with Zoodles & Radishes

4 servings

1 hour 5 minutes

Ingredients

- 2 tbsps Sesame Oil
- 2 tbsps Coconut Aminos
- 1/4 Lime (juiced)
- 12 ozs Ahi Tuna
- 2 Zucchini
- 1/2 cup Radishes (trimmed, sliced)
- 1/4 cup Sesame Seeds (black or white)

Nutrition

Amount per serving	
Calories	229
Fat	12g
Carbs	7g
Fiber	2g
Sugar	4g
Protein	24g

Directions

- 1 In a shallow bowl, combine the sesame oil, coconut aminos and lime juice. Add the tuna and coat well. Cover and let it marinate in the fridge for one hour.
- 2 Meanwhile, use a peeler to cut the zucchini into thin strips. Divide zucchini and sliced radishes between plates.
- 3 Once the tuna has marinated, remove it from the marinade and gently shake off any excess liquid. Coat the tuna in sesame seeds.
- 4 Heat a non-stick skillet over medium-high to high heat. When the pan is hot, sear the tuna for 2 to 3 minutes, flipping halfway. Sear longer if you prefer it cooked more than medium rare.
- 5 Slice the tuna and place it over the zucchini and radishes. Enjoy!

Notes

No Coconut Aminos: Use soy sauce or tamari instead.

More Flavor: Serve with a mayo sauce, soy sauce, tamari or coconut aminos.

Additional Toppings: Top with green onions, pea shoots or arugula.



Chicken with Mushroom Garlic Sauce

1 serving
25 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 Cremini Mushrooms (large, sliced)
- 6 ozs Chicken Breast
- 1 tbsp Arrowroot Powder
- 1/8 tsp Sea Salt (divided)
- 1 Garlic (clove, minced)
- 1/2 cup Chicken Broth
- 3/4 tsp Lemon Juice
- 1 1/2 tsps Parsley (finely chopped, optional)

Nutrition

Amount per serving	
Calories	376
Fat	18g
Carbs	11g
Fiber	1g
Sugar	2g
Protein	41g

Directions

- 1 Heat half of the oil in a skillet over medium heat. Add the mushrooms and cook for five to seven minutes or until the mushrooms have softened and browned. Remove from the pan and set aside.
- 2 Meanwhile, pat the chicken breast dry with a paper towel. Combine the arrowroot powder and half of the salt on a plate. Dip the chicken in the arrowroot powder and shake off the excess. Discard any leftover arrowroot powder.
- 3 Carefully wipe out the pan or skillet then add the remaining oil. Add the coated chicken to the pan and cook for six to eight minutes per side or until browned and cooked through. (Reduce heat slightly if needed to prevent burning.) Remove the chicken from the pan and set aside.
- 4 Deglaze the pan with a splash of the chicken broth and scrape any browned bits off the bottom. Add the garlic and the remaining salt and cook for a minute. Stir in the remaining chicken broth, increase the heat to medium-high and bring to a gentle boil to reduce for five to six minutes.
- 5 Add the lemon juice, parsley (if using), and the cooked mushrooms and stir to combine then place the cooked chicken back in the pan. Cook for another two to three minutes or until the chicken has warmed through again and the sauce has thickened slightly. Season with additional salt if needed.
- 6 Divide between plates and enjoy!

Notes

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

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

Chicken Breast: For best results use chicken breast no more than one inch thick. Cut large

pieces of chicken in half for more even cooking.

No Cremini Mushrooms: Use another type of mushroom instead.

No Fresh Parsley: Use another fresh herb like basil or chives instead or use dried herbs.

No Chicken Breast: Use boneless, skinless chicken thighs instead.



Lentil Salsa with Toast

1 serving
10 minutes

Ingredients

- 3/4 cup Green Lentils (cooked, drained and rinsed)
- 3/4 cup Salsa
- 1 tbsp Cilantro (chopped, optional)
- 1 slice 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.



Sweet Chili Edamame

4 servings

15 minutes

Ingredients

- 1/2 cup Rice Vinegar
- 1 cup Water
- 1/4 cup Coconut Sugar
- 2 Garlic (clove, minced)
- 1 1/3 tbsps Tamari
- 1 tbsp Sriracha
- 2 tsps Arrowroot Powder
- 8 cups Edamame Pods

Nutrition

Amount per serving	
Calories	302
Fat	11g
Carbs	30g
Fiber	12g
Sugar	16g
Protein	27g

Directions

- 1 In a small saucepan, combine the vinegar, water, sugar, garlic, tamari, and sriracha. Bring to a low boil over medium-high heat and then reduce the heat and simmer for seven to eight minutes.
- 2 Remove about 1/4 of the sauce and place in a small bowl. Whisk in the arrowroot powder to create a slurry and then add the slurry to the saucepan. Cook for 30 seconds or so, until thickened. Remove from the heat and set aside.
- 3 Meanwhile, bring a large pot of salted water to a boil.
- 4 Place the edamame pods in the boiling water and cook for five minutes, stirring occasionally. Drain and rinse with cold water and then add the edamame back to the large pot.
- 5 Add the sauce and toss to combine until the edamame is well coated. Enjoy!

Notes

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

Serving Size: One serving is approximately two cups.



Raspberry Zinger Smoothie

4 servings
10 minutes

Ingredients

4 cups Frozen Cauliflower
4 cups Frozen Raspberries
4 Lemon (juiced)
1 cup Vanilla Protein Powder
1/4 cup Chia Seeds
6 cups Unsweetened Almond Milk

Directions

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

Notes

No Protein Powder: Use 1/4 cup hemp seeds per serving instead.

Nutrition

Amount per serving	
Calories	308
Fat	9g
Carbs	36g
Fiber	17g
Sugar	12g
Protein	27g



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.



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.



Slow Cooker Cod & Sea Veggie Soup

2 servings

6 hours

Ingredients

- 1 1/2 tbsps Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 2 cups Mushrooms (sliced)
- 1 1/2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 2/3 oz Dulse (torn apart into small pieces)
- 1 Sweet Potato (medium, diced)
- 2 Cod Fillet (cubed)
- 4 cups Vegetable Broth (or bone broth)

Nutrition

Amount per serving	
Calories	423
Fat	12g
Carbs	28g
Fiber	6g
Sugar	9g
Protein	49g

Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

Notes

Leftovers: Store in an airtight container up to 3 days or freeze.

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



Slow Cooker Beef Meatballs

2 servings

5 hours

Ingredients

2 Garlic (large cloves, divided)
 1 1/2 cups Canned Whole Tomatoes (drained)
 1 tbsp Tomato Paste
 1/4 Yellow Onion (chopped)
 1/8 tsp Red Pepper Flakes
 2 tsps Italian Seasoning (divided)
 1/2 tsp Sea Salt (divided)
 8 ozs Extra Lean Ground Beef
 2 tbsps Almond Flour
 1/2 Egg

Nutrition

Amount per serving	
Calories	313
Fat	16g
Carbs	12g
Fiber	3g
Sugar	7g
Protein	28g

Directions

- 1 Roughly chop half of the garlic cloves then add to a blender or food processor with the tomatoes, tomato paste, onion, red pepper flakes, half of the Italian seasoning, and half of the salt. Pulse four to five times until combined and the ingredients are finely chopped. Set aside.
- 2 Add the beef to a mixing bowl. Mince the remaining garlic and add to the meat along with the remaining Italian seasoning, remaining salt, almond flour, and egg. Mix well.
- 3 Form the meat mixture into balls approximately one to two inches in diameter and place them in the bottom of the slow cooker.
- 4 Pour the tomato sauce over top of the meatballs. Cover and cook on high for four and a half hours or low for eight hours. Stir well and season with additional salt if needed.
- 5 To serve, divide meatballs between plates and top with a generous amount of sauce. Enjoy!

Notes

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

Serving Size: One serving is approximately four to five meatballs.

More Flavor: Season meatballs with other dried herbs, like basil, oregano, and/or rosemary.

Additional Toppings: Grated parmesan cheese or fresh herbs like basil and parsley.

Serve it With: Cooked noodles, cauliflower rice, quinoa, rice, or roasted vegetables.

No Canned Whole Tomatoes: Used canned diced tomatoes instead.



Strip Loin Roast with Mashed Potatoes & Broccoli

2 servings

3 hours 10 minutes

Ingredients

- 10 2/3 ozs Strip Loin Roast (room temperature)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 Russet Potato (medium, peeled, chopped)
- 2 cups Broccoli (chopped into florets)

Nutrition

Amount per serving	
Calories	554
Fat	26g
Carbs	43g
Fiber	6g
Sugar	3g
Protein	38g

Directions

- 1 Preheat the oven to 375°F (190°C) and move a rack to the center of the oven.
- 2 Place the roast in a roasting pan and coat evenly in olive oil, salt, and pepper. Cook for 30 minutes. Lower the temperature to 225°F (105°C) and cook for another 40 to 45 minutes, or until cooked to your liking.
- 3 Meanwhile, bring a large pot of water to a boil. Add the potatoes to the pot and boil for 15 minutes or until soft. Drain the water and mash with a potato masher until creamy. Season with salt and pepper and set aside.
- 4 Set broccoli florets in a steamer over boiling water and cover. Steam for about five minutes, or until tender. Set aside.
- 5 Remove the roast from the oven and let rest for at least 15 minutes. Cut into slices.
- 6 Divide the sliced roast, mashed potatoes, and broccoli onto plates. Enjoy!

Notes

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

Serving Size: One serving equals approximately five to six ounces of beef, one cup of broccoli, and one cup of mashed potatoes.

More Flavor: Cut slits into the sides of the roast and insert garlic cloves before roasting. Rub the roast with your choice of dried herbs. Add butter and milk to the mashed potatoes.

Additional Toppings: Make gravy using the roast drippings. Serve it with vegetables, mashed potatoes, or make into a sandwich.



Gochujang Shrimp Skewers

2 servings

20 minutes

Ingredients

- 1 tbsp Soy Sauce
- 1 tsp Honey
- 1 tsp Gochujang
- 1/4 tsp Black Pepper
- 8 ozs Shrimp (peeled, deveined, tails removed)
- 4 Barbecue Skewers
- 1 tbsp Sesame Seeds
- 1 stalk Green Onion (sliced)

Nutrition

Amount per serving	
Calories	145
Fat	3g
Carbs	6g
Fiber	1g
Sugar	4g
Protein	24g

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, mix together the soy sauce, honey, gochujang, and pepper. Add the shrimp and mix well. Thread the shrimp onto the barbecue skewers.
- 3 Bake the skewers in the oven for eight to ten minutes or until the shrimp is cooked through. Top the skewers with sesame seeds and green onions. Enjoy!

Notes

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

Serving Size: One serving is equal to two eight-inch skewers.

More Flavor: Add ginger and garlic.

No Gochujang: Use chili flakes instead.



Maple Dijon Chicken & Lemon Herb Rice

2 servings

50 minutes

Ingredients

- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 1 1/2 tbsps Lemon Juice (divided)
- 1/2 tsp Oregano (dried, divided)
- 1/4 tsp Sea Salt (divided)
- 8 ozs Chicken Breast
- 3/4 cup Water
- 1 tsp Dried Chives
- 1/2 tsp Dried Basil
- 1/2 cup Jasmine Rice

Nutrition

Amount per serving	
Calories	333
Fat	3g
Carbs	46g
Fiber	1g
Sugar	6g
Protein	29g

Directions

- 1 In a shallow bowl or zipper-lock bag combine the Dijon mustard, maple syrup, 1/3 of the lemon juice, half of the oregano, and half of the salt. Reserve a quarter of the marinade for later. Add the chicken to the remaining marinade and let it marinate for at least 20 minutes.
- 2 Preheat the oven to 375°F (190°C).
- 3 Transfer the chicken and the marinade to a baking dish and bake for 25 to 30 minutes or until the chicken is cooked through. Brush the chicken generously with the reserved marinade.
- 4 Meanwhile, make the rice by heating the water in a pot over medium-high heat. Add the chives, basil, remaining oregano, and the remaining salt. Bring to a boil then stir in the rice. Cover with a lid, reduce heat to low and cook the rice for 10 to 12 minutes or until the liquid is absorbed and the rice is tender.
- 5 Remove the rice from the heat, stir in the remaining lemon juice and let the rice rest covered for about five minutes. Fluff with a fork and season with additional lemon juice or salt if needed. To serve, divide the chicken and rice between plates and enjoy!

Notes

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

More Flavor: Add garlic or other dried herbs to the chicken marinade. Add a pat of butter to the cooked rice. Zest lemon into the rice.

No Chicken Breast: Use boneless, skinless chicken thighs instead.

No Maple Syrup: Use honey or other liquid sweetener instead.

No Jasmine Rice: Use long grain white rice instead.

Serve it With: Steamed or roasted veggies or salad.



Slow Cooker Swedish Meatballs

2 servings
4 hours 30 minutes

Ingredients

8 ozs Extra Lean Ground Turkey
1/4 cup Parsley (chopped and divided)
1/2 tsp Onion Powder
1/3 tsp Sea Salt
1 1/2 cups Mushrooms (sliced)
1/2 White Onion (chopped)
1/4 cup Canned Coconut Milk
1 1/2 tbsps Coconut Aminos (or tamari)

Nutrition

Amount per serving	
Calories	266
Fat	15g
Carbs	9g
Fiber	2g
Sugar	5g
Protein	24g

Directions

- 1 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 2 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 3 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 4 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Notes

Serve it With: Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

Leftovers: Keeps well in the fridge up to 3 days. Freeze for longer.



Parchment Baked Haddock with Veggies

2 servings

35 minutes

Ingredients

- 2 cups Green Beans (trimmed)
- 1 Red Bell Pepper (thinly sliced)
- 3 stalks Green Onion (green parts only, chopped)
- 2 Haddock Fillet (5 ounces each)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Fresh Dill

Nutrition

Amount per serving	
Calories	260
Fat	8g
Carbs	14g
Fiber	4g
Sugar	7g
Protein	34g

Directions

- 1 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 2 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 3 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 4 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 5 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 6 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

Notes

No Haddock: Use cod fillets instead.

Safety First: The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

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

Fillet Size: Each haddock fillet is equal to 150 grams or 5.3 ounces.



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).



Meal Prep Greek Chicken Bowls

1 serving
50 minutes

Ingredients

1/2 cup Water
1/4 cup Brown Rice (dry)
4 ozs Chicken Breast (skinless, boneless)
1 1/2 tsps Greek Seasoning
1/4 Cucumber (medium, diced)
2 tbsps Red Onion (medium, diced)
1/2 cup Cherry Tomatoes
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Red Wine Vinegar
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	399
Fat	11g
Carbs	43g
Fiber	3g
Sugar	4g
Protein	30g

Directions

- 1 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 While the oven is heating, bring the water to a boil in a small saucepan. Add the brown rice, reduce to a simmer, cover and let cook for 30 minutes.
- 3 Once the rice is on, lay the chicken breast on the baking sheet and sprinkle with Greek seasoning. Place in the oven for about 30 minutes, or until cooked through.
- 4 While the chicken and rice are cooking, dice your cucumber and red onion. Add them to a large bowl along with the cherry tomatoes, olive oil, red wine vinegar, salt and pepper. Mix well.
- 5 Divide the rice between containers along with the chicken and veggies. Enjoy!

Notes

Storage: Keeps well in the fridge for 3 days.

More Flavour: Add feta cheese or Tzatziki sauce if desired.

Homemade Greek Seasoning: Mix together 1/4 cup dried oregano, 3 tablespoons dried thyme, 2 tablespoons fine sea salt, 1.5 tablespoons dried basil, 1.5 tablespoons dried onion flakes and 2 teaspoons dried minced garlic.



Orange Glazed Turkey Meatballs

1 serving
25 minutes

Ingredients

4 ozs Extra Lean Ground Turkey
2 tsps Cilantro (chopped, plus extra for garnish)
1/8 White Onion (small, diced)
2/3 Garlic (cloves, minced)
1/16 tsp Sea Salt
1/2 tsp Extra Virgin Olive Oil
1 3/4 tbsps Orange Juice
2 tsps Lime Juice
1/2 tsp Honey

Nutrition

Amount per serving	
Calories	223
Fat	12g
Carbs	8g
Fiber	0g
Sugar	6g
Protein	22g

Directions

- 1 Combine the ground turkey, cilantro, white onion, garlic, and salt in a bowl. Roll the mixture into 1 1/2-inch balls.
- 2 Add the oil to a skillet over medium-high heat. Cook the meatballs for about 15 minutes, flipping halfway through.
- 3 Meanwhile, combine the orange juice, lime juice, and honey. Add the mixture to the skillet with the meatballs. Turn the heat down to a simmer and cook for another five to six minutes or until the sauce thickens and the meatballs are cooked through.
- 4 Top with cilantro, divide evenly between plates, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately four meatballs.

More Flavor: Add tarragon or mint to the meatballs.

Additional Toppings: Green onion, chopped cashews, sesame seeds.



Cranberry Apple Crisp

3 servings
30 minutes

Ingredients

1 1/2 Apple (medium, chopped)
3/4 cup Frozen Cranberries
2 1/4 tbsps Monk Fruit Sweetener
(divided)
3/4 cup Oats
1/3 cup Whole Wheat Flour
1 1/2 tbsps Unsweetened Applesauce
3/4 tsp Cinnamon

Nutrition

Amount per serving	
Calories	195
Fat	2g
Carbs	51g
Fiber	8g
Sugar	11g
Protein	5g

Directions

- 1 Preheat the oven to 350°F (175°C).
- 2 In an oven safe dish, mix together the apple, cranberries, and 1/3 of the sweetener.
- 3 In a bowl combine the remaining ingredients together and add on top of the apples and cranberries.
- 4 Bake in the oven for 20 to 25 minutes or golden brown. Enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add pecans or walnuts.

Additional Toppings: Top with vanilla ice cream.