

HIGHER HORIZONS LEAN MACHINE PLAN RECIPES



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Mediterranean Caesar Wrap



1 serving • 15 mins cooking time • 5 ingredients

304
kcal

45g
Protein

7g
Carbs

9g
Fat

1g
Sugar

Ingredients

- 1 Higher Horizons wrap
- 100g grilled chicken breast
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon Caesar dressing
- 5 romaine lettuce leaves

Directions

1. Lay the Higher Horizons wrap flat on a clean surface.
2. Place the grilled chicken breast in the center of the wrap.
3. Sprinkle Parmesan cheese evenly over the chicken.
4. Drizzle Caesar dressing on top.
5. Add romaine lettuce.
6. Roll the wrap tightly, tucking in the sides as you go.
7. Slice in half and enjoy.



Salmon Spinach Wrap



1 serving • 10 mins cooking time • 7 ingredients

349
kcal

47g
Protein

11g
Carbs

10g
Fat

3g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 150g smoked salmon
- 2 1/4 tablespoons cottage cheese
- 1/4 small sliced cucumber
- 1/4 small sliced red onion
- 2.4 dl spinach
- 1/2 teaspoon capers (optional)

Directions

1. Lay the wrap on a clean surface or plate.
2. Spread the cottage cheese evenly over the entire surface of the wrap.
3. Arrange the smoked salmon slices on top of the cheese, covering the wrap in a single layer.
4. Place the sliced cucumber, red onion, spinach, and capers evenly on top of the smoked salmon.
5. Roll the wrap tightly, starting from one end and continuing until the entire wrap is rolled up.
6. Cut the rolled wrap into halves or smaller sections if desired.
7. Serve immediately and enjoy



Lemon Herb Shrimp Wrap



2 servings • 10 mins cooking time • 6 ingredients

280
kcal

38g
Protein

10g
Carbs

8g
Fat

2g
Sugars

Ingredients

- **2 Higher Horizons wraps**
- 300g shrimp, peeled and deveined
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

Directions

1. Combine the mayonnaise, lemon juice, chopped dill, and chopped parsley in a bowl. Set aside.
2. Season the shrimp with salt and pepper to taste.
3. Heat a non-stick skillet over medium heat. Add the shrimp to the skillet and cook for 2-3 minutes per side until they turn pink and opaque.
4. Remove the shrimp from the skillet and let them cool slightly.
5. Toss the cooked shrimp in the prepared lemon sauce until they are well coated.
6. Lay the wraps on a clean surface or plate. Divide the shrimp mixture into the wraps.
7. Roll the wrap tightly, cut the rolled wrap into halves and serve.



Salmon and Chickpea Wrap



1 serving • 10 mins cooking time • 7 ingredients

291
kcal

34g
Protein

14g
Carbs

8g
Fat

2g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 100g smoked salmon
- 3 tablespoons chickpeas
- 1/4 small cucumber, sliced
- 4 mixed greens or lettuce leaves
- Salt and pepper to taste
- Optional spices:
(1/2teaspoon paprika,
1/2teaspoon cumin,
1/4teaspoon garlic powder)

Directions

1. Lay the Higher Horizons wrap on a clean surface.
2. Spread the chickpeas evenly across the wrap, leaving a small border around the edges.
3. Place the smoked salmon on top of the chickpeas, distributing it evenly.
4. Arrange the cucumber slices and mixed greens on top of the salmon.
5. Season with salt and pepper to taste and the optional spices.
6. Fold in the sides of the wrap and roll it tightly, starting from one end, until fully wrapped.
7. Slice the wrap in half diagonally.
8. Serve immediately and enjoy!



Spiced Tofu Sensation



1 serving • 12 mins cooking time • 5 ingredients

288
kcal

30g
Protein

10g
Carbs

10g
Fat

3g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 170g firm tofu, sliced
- 1/4 bell pepper, sliced
- 1/3 small red onion, sliced
- 1 tsp chili powder
- Salt and pepper to taste

Directions

1. Heat a non-stick pan over medium heat.
2. Add tofu, bell peppers, and red onion to the pan.
3. Season with chili powder, salt, and pepper.
4. Cook for 8-10 minutes, until tofu is crispy and vegetables are tender.
5. Place the tofu mixture on a Higher Horizons wrap and roll it up tightly.
6. Serve immediately.



Flavorful Lentil Wrap



1 serving • 13 mins cooking time • 8 ingredients

312
kcal

29g
Protein

15g
Carbs

12g
Fat

1g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 2 3/4 tablespoon ripe avocado, sliced
- 1 tablespoon tomato, sliced
- 2 tablespoons cooked lentils
- 70 grams tempeh, cooked
- Salt and pepper to taste
- 1/2 teaspoon cumin powder
- 1/2 teaspoon paprika

Directions

1. Warm the Higher Horizons wrap in a microwave or a dry skillet over medium heat for a few seconds on each side until it becomes soft and pliable.
2. Lay the warm wrap on a clean surface. In the center of the wrap, arrange the sliced avocado, tomato, cooked lentils, and cooked tempeh. Sprinkle the salt, pepper, cumin powder and paprika over the fillings for added flavor.
3. Add a pinch of salt and pepper to taste over the fillings.
4. Roll the wrap tightly to form a secure wrap.
5. Slice the wrap in half, serve immediately, and enjoy!



Mediterranean Hummus Wrap



1 serving • 10 mins cooking time • 7 ingredients

320
kcal

30g
Protein

14g
Carbs

12g
Fat

3g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 2 tablespoons Hummus
- 1/2 Sliced cucumbers
- 2 tablespoons Kalamata olives
- 1 tablespoon diced red onions
- 2.4 dl Fresh spinach
- 100 g tofu, crumbled

Directions

1. Crumble the tofu into small pieces using a fork.
2. In a mixing bowl, combine the tofu crumbles and hummus. Mix them together until the tofu is wellcoated with the hummus.
3. Spread the hummus onto the wrap, leaving some space around the edges.
4. Layer the sliced cucumbers, chopped Kalamata olives, diced red onions, and fresh spinach leaves on the hummus.
5. Roll the wrap tightly, tucking in the sides as you go.
6. Enjoy!



Buffalo Tempeh Lettuce Wrap



1 serving • 10 mins cooking time • 6 ingredients

324
kcal

31g
Protein

11g
Carbs

11g
Fat

1g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 50g tempeh, sliced into strips
- 2 tablespoons buffalo sauce
- 4 lettuce leaves
- 1 stalk celery, chopped
- 60g firm tofu
- salt & pepper to taste

Directions

1. Add the tempeh to a skillet and cook on each side for 3-4 minutes until lightly browned heated.
2. In a bowl, Combine the tempeh with half of buffalo sauce and mix well to coat.
3. In a blender or food processor, combine the tofu and the rest of buffalo sauce. Blend until smooth.
4. Spread the tofu cream over the wrap, sprinkle the buffalo tempeh on the Higher Horizons wrap.
5. Add lettuce and chopped celery.
6. Drizzle with vegan Greek yogurt lemon sauce.
7. Fold and roll up the wrap tightly.
8. Optionally, cut the wrap in half. Serve and enjoy!



Meatless "Tuna" Salad Wrap



1 serving • 10 mins cooking time • 9 ingredients

331
kcal

30g
Protein

15g
Carbs

13g
Fat

5g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 1 stalk Diced celery
- 1 tablespoon Diced red onion
- 2 teaspoons Dijon mustard
- Juice of 1/2 lemon
- 6 Chopped lettuce leaves
- 2.5 tablespoons canned Chickpeas
- 1 tablespoon Vegan mayo
- 150g firm tofu
- Salt & pepper to taste

Directions

1. Mash the chickpeas using a fork.
2. Mix mashed chickpeas, diced celery, and red onion in a bowl.
3. In a blender, combine vegan mayo, Dijon mustard, tofu, and lemon juice. Season with salt and pepper.
4. Spread the mixture on the Higher Horizons wrap, leaving space at the edges.
5. Layer chopped lettuce on top.
6. Roll the wrap tightly, folding in the borders.
7. Cut the wrap in half or leave it whole.
8. Enjoy immediately or refrigerate for later.



Portobello Spinach Wrap



1 serving • 15 mins cooking time • 8 ingredients

330
kcal

31g
Protein

15g
Carbs

12g
Fat

2g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 1.25 dl sliced portobello mushroom
- 100g diced tofu
- 8 dl spinach
- 3 tablespoons roasted red peppers
- 4 dl fresh basil leaves
- 1 teaspoon balsamic vinegar
- 1 teaspoon olive oil
- salt & pepper to taste

Directions

1. Heat the oil in a skillet.
2. Sauté mushrooms and tofu until browned and tender.
3. Add spinach, sliced roasted red peppers, and basil; cook until wilted.
4. Drizzle with balsamic vinegar and season with salt and pepper.
5. Warm up the Higher Horizons wrap.
6. Spoon the mushroom and spinach mixture onto the wrap.
7. Roll tightly and cut in half if desired.
8. Serve and enjoy!



Teriyaki Seitan Wrap



1 serving • 15 mins cooking time • 5 ingredients

261
kcal

36g
Protein

8g
Carbs

4g
Fat

3g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 100g sliced seitan
- 1/2 tablespoon low-sodium teriyaki sauce
- 2 dl spinach leaves
- 1/4 sliced cucumber
- 1.4 dl shredded carrots

Directions

1. Preheat a non-stick pan over medium heat.
2. Cook the seitan in a preheated non-stick pan over medium heat until slightly browned and heated.
3. Pour teriyaki sauce over the seitan in the pan and stir to coat evenly. Cook for an additional minute to allow the sauce to caramelize slightly.
4. Warm higher horizons wrap, and place spinach leaves on top.
5. Add the teriyaki seitan to the wrap on top of the spinach. Add sliced cucumber, shredded carrots.
6. Roll up the wraps tightly, folding in the sides as you go.
7. Slice the wraps in half diagonally, if desired, and serve immediately.



Spinach&Artichoke Quesadilla



1 serving • 10 mins cooking time • 6 ingredients

346
kcal

31g
Protein

13g
Carbs

14g
Fat

1g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 1.2 dl canned artichoke hearts, drained and chopped
- 1 clove garlic, minced
- 3 dl spinach, chopped
- 80g Firm Tofu, crumbled
- 1 tablespoon nutritional yeast
- Salt and pepper to taste

Directions

1. Mix the chopped spinach, artichoke hearts, tofu, nutritional yeast, minced garlic, salt, and pepper until well combined.
2. Spread the mixture evenly onto one-half of the Higher Horizons wrap.
3. Fold the wrap in half to cover the filling, creating a quesadilla shape.
4. Heat a non-stick pan over medium heat and lightly spray with cooking oil.
5. Place the quesadilla in the pan and cook for 2-3 minutes on each side, until golden and crispy.
6. Remove from the pan and let it cool for a minute before cutting into wedges.
7. Serve and enjoy!



Smoky Tempeh Quesadilla



1 serving • 15 mins cooking time • 6 ingredients

336
kcal

33g
Protein

17g
Carbs

14g
Fat

2g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 100g sliced tempeh
- 1/3 small sliced bell pepper
- 1/3 small sliced red onion
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon cumin
- Salt and pepper to taste

Directions

1. In a pan, sauté sliced tempeh, bell pepper, and red onion until softened.
2. Season with smoked paprika, cumin, salt, and pepper.
3. Place the cooked mixture on one-half of the Higher Horizons wrap.
4. Fold the wrap in half to create a quesadilla shape.
5. Cook in a pan until crispy and golden on both sides.
6. Let it cool for a minute before cutting it into wedges.
7. Serve and enjoy!



Jackfruit Avocado Quesadilla



1 servings • 15 mins cooking time • 8 ingredients

316
kcal

31g
Protein

8g
Carbs

11g
Fat

1g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 50g Young Jackfruit in Water
- 1 tablespoon diced red onion
- 150g Firm Tofu
- 1/5 of a medium avocado
- 2 tablespoons cooked black Beans
- 1 tablespoon lime juice
- 1 teaspoon cumin
- Salt and pepper to taste

Directions

1. Drain and shred young jackfruit. Sauté diced red onion until caramelized.
2. Add jackfruit to the pan, cook until softened. Crumble firm tofu into the mixture. Season with cumin, lime juice, salt, and pepper.
3. Warm black beans in a separate pan. Mash avocado in a bowl.
4. Heat a non-stick pan, place the wrap. Layer jackfruit mixture, avocado, and black beans.
5. Fold tortilla in half, press to seal. Cook until golden and crispy.
6. Slice into wedges. Serve with salsa, guacamole, or vegan sour cream.



Sweet Potato Quesadilla



1 serving • 15 mins cooking time • 6 ingredients

277
kcal

30g
Protein

14g
Carbs

6g
Fat

2g
Sugars

Ingredients

- 1 Higher Horizons wrap
- 0.6 dl cooked mashed sweet potato
- 2 tablespoons black beans
- 100g Firm crumbled Tofu
- 50g sliced seitan
- 1 teaspoon chopped fresh coriander
- Salt and pepper to taste

Directions

1. Preheat your oven to 375°F (190°C).
2. Lay the Higher Horizons wrap flat on a baking sheet or oven-safe tray.
3. Spread the mashed sweet potato evenly on one half of the wrap.
4. Add the crumbled Tofu, black beans, seitan, and chopped coriander on top of the sweet potato.
5. Sprinkle some salt and pepper over the filling to taste.
6. Fold the wrap in half, covering the filling completely. Press down gently to secure the filling.
7. Place the quesadilla in the preheated oven and bake for about 12-15 minutes.
8. Slice into wedges and serve hot.



Chicken Caesar Classic



3 servings • 3 mins cooking time • 3 ingredients

279
kcal

29g
Protein

17g
Carbs

9g
Fat

7g
Fibre

Ingredients

- **3 Higher Horizons wraps**
- 200g pre-cooked chicken, sliced
- 150g Caesar salad
- 60g parmesan shavings

Directions

1. Arrange chicken slices uniformly on each wrap.
2. Add a generous portion of Caesar salad.
3. Sprinkle with parmesan shavings.
4. Tightly roll the wraps.



BBQ Chicken Crunch



3 servings • 3 mins cooking time • 3 ingredients

254
kcal

34g
Protein

17g
Carbs

4g
Fat

7g
Fibre

Ingredients

- 3 Higher Horizons wraps
- 200g pre-cooked chicken, sliced
- 60g BBQ sauce
- 100g Mixed Leaf Salad

Directions

1. Spread BBQ sauce across each wrap.
2. Layer with sliced chicken.
3. Top with a handful of mixed-leaf salad.
4. Securely roll the wraps.



Creamy Mackerel Mix



3 servings • 3 mins cooking time • 3 ingredients

294
kcal

30g
Protein

8g
Carbs

14g
Fat

8g
Fibre

Ingredients

- **3 Higher Horizons wraps**
- 150g canned mackerel, drained
- 60g light cream cheese
- 30g mustard

Directions

1. In a bowl, combine mackerel and cream cheese, mixing until smooth.
2. Spread the mixture onto each wrap.
3. Drizzle a line of mustard over the filling.
4. Tightly roll each wrap.



Shrimp & Guac Fusion



2 servings • 3 mins cooking time • 3 ingredients

273
kcal

29g
Protein

10g
Carbs

11g
Fat

9g
Fibre

Ingredients

- 2 Higher Horizons wraps
- 150g shrimp, pre-cooked
- 70g guacamole
- 20g salad cream

Directions

1. Spread guacamole evenly over the wraps.
2. Scatter the shrimp atop.
3. Drizzle with salad cream.
4. Roll wraps carefully for serving.



Salmon Horseradish Spike



3 servings • 3 mins cooking time • 3 ingredients

323
kcal

30g
Protein

18g
Carbs

13g
Fat

7g
Fibre

Ingredients

- **3 Higher Horizons wraps**
- 150g smoked salmon
- 40g horseradish sauce
- 100g Mixed Leaf Salad

Directions

1. Lay out the wraps and place smoked salmon slices over them.
2. Drizzle horseradish sauce across the salmon.
3. Add the mixed-leaf salad.
4. Roll up the wraps snugly.

