



21-Day Real Food Real Quick Program, Week 1

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HEAVY METAL FITNESS

THIS MEAL PLAN INCLUDES: RECIPES, GROCERY LIST, NUTRITION BREAKDOWN, MEAL PLAN TIPS, & PREP GUIDE

Real Food, Real Quick - Week 1: Maximum nutrition in minimum time. Eating healthy doesn't mean spending your whole life in the kitchen. By batch cooking proteins, using a slow cooker, and prepping breakfasts ahead, you'll be eating healthy, delicious food in less time than it takes to order takeout.

All meals are budget-friendly. We've incorporated lots of fiber to keep you feeling full and your digestion on point. Weeknight dinners are insanely quick, and breakfasts are prepped ahead for busy mornings. Leftovers are repurposed for simple and delicious lunches.

This program was created by a Registered Dietician.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.



HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Pumpkin Pie Baked Oatmeal

SNACK 1
Cranberry Protein Cookies

LUNCH
Slow Cooker Black Bean Soup

SNACK 2
Celery & Hummus

DINNER
Roasted Chicken, Marinated Veggie Salad

TUE



BREAKFAST
Pumpkin Pie Baked Oatmeal

SNACK 1
Cranberry Protein Cookies

LUNCH
Slow Cooker Black Bean Soup

SNACK 2
Apple with Almond Butter

DINNER
Roasted Chicken, Mushroom Garlic Quinoa

WED



BREAKFAST
Pumpkin Pie Baked Oatmeal

SNACK 1
Cashews & Clementines

LUNCH
Marinated Veggie Salad, Mushroom Garlic Quinoa

SNACK 2
Apple with Almond Butter

DINNER
Roasted Chicken, Hummus Roasted Broccoli & Cauliflower

THU



BREAKFAST
Pumpkin Pie Protein Smoothie

SNACK 1
Cranberry Protein Cookies

LUNCH
Mushroom Garlic Quinoa, Hummus Roasted Broccoli & Cauliflower

SNACK 2
Celery & Hummus

DINNER
Roasted Chicken, Oven-Roasted Kale

FRI



BREAKFAST
Pumpkin Pie Protein Smoothie

SNACK 1
Cashews & Clementines

LUNCH
Slow Cooker Black Bean Soup

SNACK 2
Celery & Hummus

DINNER
Roasted Sweet Potato & Brussels Sprouts Salad

SAT



BREAKFAST
Turkey Apple Breakfast Hash

SNACK 1
Cranberry Protein Cookies

LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad

SNACK 2
Banana with Almond Butter

DINNER
Pumpkin Mac n' Cheese, Oven-Roasted Kale

SUN



BREAKFAST
Turkey Apple Breakfast Hash

SNACK 1
Cashews & Clementines

LUNCH
Pumpkin Mac n' Cheese, Oven-Roasted Kale

SNACK 2
Banana with Almond Butter

DINNER
Spicy Sweet Potato, Turkey & Kale Bowl

MON

FAT 32% **CARBS 36%** **PROTEIN 32%**

Calories 1832 Cholesterol 357mg
Fat 67g Sodium 1971mg
Carbs 169g Vitamin A 19772IU
Fiber 47g Vitamin C 163mg
Sugar 40g Calcium 628mg
Protein 148g Iron 23mg

TUE

FAT 32% **CARBS 38%** **PROTEIN 30%**

Calories 1903 Cholesterol 357mg
Fat 70g Sodium 1314mg
Carbs 183g Vitamin A 16153IU
Fiber 42g Vitamin C 33mg
Sugar 52g Calcium 653mg
Protein 145g Iron 20mg

WED

FAT 35% **CARBS 37%** **PROTEIN 28%**

Calories 2033 Cholesterol 357mg
Fat 82g Sodium 1939mg
Carbs 197g Vitamin A 17297IU
Fiber 43g Vitamin C 354mg
Sugar 66g Calcium 635mg
Protein 148g Iron 21mg

THU

FAT 37% **CARBS 29%** **PROTEIN 34%**

Calories 1715 Cholesterol 299mg
Fat 73g Sodium 2148mg
Carbs 127g Vitamin A 25597IU
Fiber 33g Vitamin C 230mg
Sugar 33g Calcium 1203mg
Protein 151g Iron 18mg

FRI

FAT 31% **CARBS 50%** **PROTEIN 19%**

Calories 1369 Cholesterol 4mg
Fat 49g Sodium 784mg
Carbs 182g Vitamin A 38227IU
Fiber 50g Vitamin C 204mg
Sugar 52g Calcium 1044mg
Protein 69g Iron 21mg

SAT

FAT 38% **CARBS 45%** **PROTEIN 17%**

Calories 1645 Cholesterol 84mg
Fat 73g Sodium 895mg
Carbs 195g Vitamin A 37326IU
Fiber 45g Vitamin C 247mg
Sugar 52g Calcium 926mg
Protein 74g Iron 18mg

SUN

FAT 40% **CARBS 41%** **PROTEIN 19%**

Calories 1610 Cholesterol 168mg
Fat 76g Sodium 1185mg
Carbs 174g Vitamin A 33754IU
Fiber 33g Vitamin C 266mg
Sugar 55g Calcium 816mg
Protein 78g Iron 13mg



FRUITS

- 6 Apple
- 9 Banana
- 12 Clementines
- 4 Lime

BREAKFAST

- 2 cups Almond Butter
- 2/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 1 1/2 cups Cashews
- 2 1/4 tsps Cayenne Pepper
- 1 tbsp Chili Powder
- 1 1/2 tsps Cinnamon
- 2 tsps Cumin
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 3/4 tsps Paprika
- 1/4 cup Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

VEGETABLES

- 8 cups Baby Spinach
- 5 cups Broccoli
- 6 cups Brussels Sprouts
- 2 cups Butternut Squash
- 2 Carrot
- 1 head Cauliflower
- 16 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 17 Garlic
- 32 cups Kale Leaves
- 1 cup Matchstick Carrots
- 4 cups Mushrooms
- 1 1/4 cups Red Onion
- 4 Sweet Potato
- 1 White Onion
- 1 Yellow Bell Pepper
- 2 Yellow Onion

BOXED & CANNED

- 12 cups Black Beans
- 2 cups Brown Rice Macaroni
- 6 cups Diced Tomatoes
- 4 cups Lentils
- 1 1/2 cups Quinoa

BAKING

- 1 tbsp Arrowroot Powder
- 3/4 tsp Baking Powder
- 1/4 cup Dried Unsweetened Cranberries
- 1/3 cup Nutritional Yeast
- 3 1/2 cups Oats
- 1 2/3 tsps Pumpkin Pie Spice
- 5 cups Pureed Pumpkin
- 1 tbsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 2 lbs Extra Lean Ground Turkey
- 2 1/2 cups Hummus
- 8 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 tbsp Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

COLD

- 2 Egg
- 6 cups Unsweetened Almond Milk

OTHER

- 1 1/4 cups Vanilla Protein Powder
- 7 cups Water



**SAVE \$15 ON YOUR FIRST MONTH OF
NUTRITION COACHING**

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Pumpkin Pie Baked Oatmeal

6 SERVINGS 45 MINUTES



INGREDIENTS

2 cups Pureed Pumpkin
2 Egg
1/2 cup Maple Syrup
1 tbsp Pumpkin Pie Spice
1 tsp Vanilla Extract
3/4 tsp Baking Powder
1/2 tsp Sea Salt
1 cup Unsweetened Almond Milk
2 1/2 cups Oats (rolled or quick)
1/4 cup Ground Flax Seed
1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	307	Cholesterol	62mg
Fat	8g	Sodium	319mg
Carbs	51g	Vitamin A	12885...
Fiber	8g	Vitamin C	4mg
Sugar	19g	Calcium	200mg
Protein	10g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 02 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 03 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

NOTES

STORAGE

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

EGG-FREE

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

MUFFINS

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Pumpkin Pie Protein Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1 cup Pureed Pumpkin
2 Banana (frozen)
1 tsp Vanilla Extract
1 tsp Pumpkin Pie Spice
1/2 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	270	Cholesterol	4mg
Fat	4g	Sodium	207mg
Carbs	40g	Vitamin A	19642...
Fiber	8g	Vitamin C	16mg
Sugar	19g	Calcium	609mg
Protein	23g	Iron	3mg

DIRECTIONS

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

NOTES

NO PUMPKIN PIE SPICE

Use cinnamon instead.

TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Turkey Apple Breakfast Hash

4 SERVINGS 35 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Turkey
1 tsp Cinnamon
2 tbsps Poultry Seasoning
1 tbspc Avocado Oil
1 cup Red Onion (diced)
2 Garlic (cloves, minced)
2 cups Brussels Sprouts (trimmed and halved)
2 cups Butternut Squash (peeled and cubed)
2 Apple (cored and diced)
1/4 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	325	Cholesterol	84mg
Fat	14g	Sodium	243mg
Carbs	31g	Vitamin A	7965IU
Fiber	7g	Vitamin C	60mg
Sugar	14g	Calcium	122mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for 5 to 7 minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
- 02 In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
- 03 Add the ground turkey back into the skillet and stir to combine. Season to taste with sea salt. Divide into bowls and enjoy!

NOTES

VEGAN & VEGETARIANS

Use lentils instead of ground turkey.

LEFTOVERS

Store covered in the fridge up to 3 days.

Cranberry Protein Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	266	Cholesterol	0mg
Fat	18g	Sodium	8mg
Carbs	19g	Vitamin A	10IU
Fiber	5g	Vitamin C	1mg
Sugar	6g	Calcium	130mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 02 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one cookie.

LEFTOVERS

Store in the fridge for up to four days or in the freezer for up to three months.

Cashews & Clementines

6 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cashews
12 Clementines

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	267	Cholesterol	0mg
Fat	16g	Sodium	7mg
Carbs	29g	Vitamin A	0IU
Fiber	4g	Vitamin C	72mg
Sugar	15g	Calcium	60mg
Protein	7g	Iron	2mg

Slow Cooker Black Bean Soup

12 SERVINGS 4 HOURS



INGREDIENTS

1/4 cup Extra Virgin Olive Oil
2 Yellow Onion (finely diced)
4 stalks Celery (diced)
2 Carrot (large, chopped)
12 Garlic (cloves, minced)
2 tbsps Cumin
1 tsp Cayenne Pepper
12 cups Black Beans (cooked, drained and rinsed)
6 cups Diced Tomatoes
4 cups Water
4 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	6g	Sodium	45mg
Carbs	51g	Vitamin A	2352IU
Fiber	17g	Vitamin C	19mg
Sugar	6g	Calcium	108mg
Protein	17g	Iron	6mg

DIRECTIONS

- 01 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 02 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

SERVING SIZE

One serving equals approximately 1.5 cups.

TOPPINGS

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

STOVE TOP

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Celery & Hummus

6 SERVINGS 5 MINUTES



INGREDIENTS

12 stalks Celery (cut into sticks)
1 1/2 cups Hummus
1 1/2 tsps Paprika (optional)

NUTRITION

AMOUNT PER SERVING

Calories	159	Cholesterol	0mg
Fat	11g	Sodium	326mg
Carbs	12g	Vitamin A	657IU
Fiber	5g	Vitamin C	2mg
Sugar	2g	Calcium	62mg
Protein	5g	Iron	2mg

DIRECTIONS

01 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

NOTES

MAKE IT YOURSELF

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

Apple with Almond Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

4 Apple
1/2 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

Banana with Almond Butter

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Banana
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

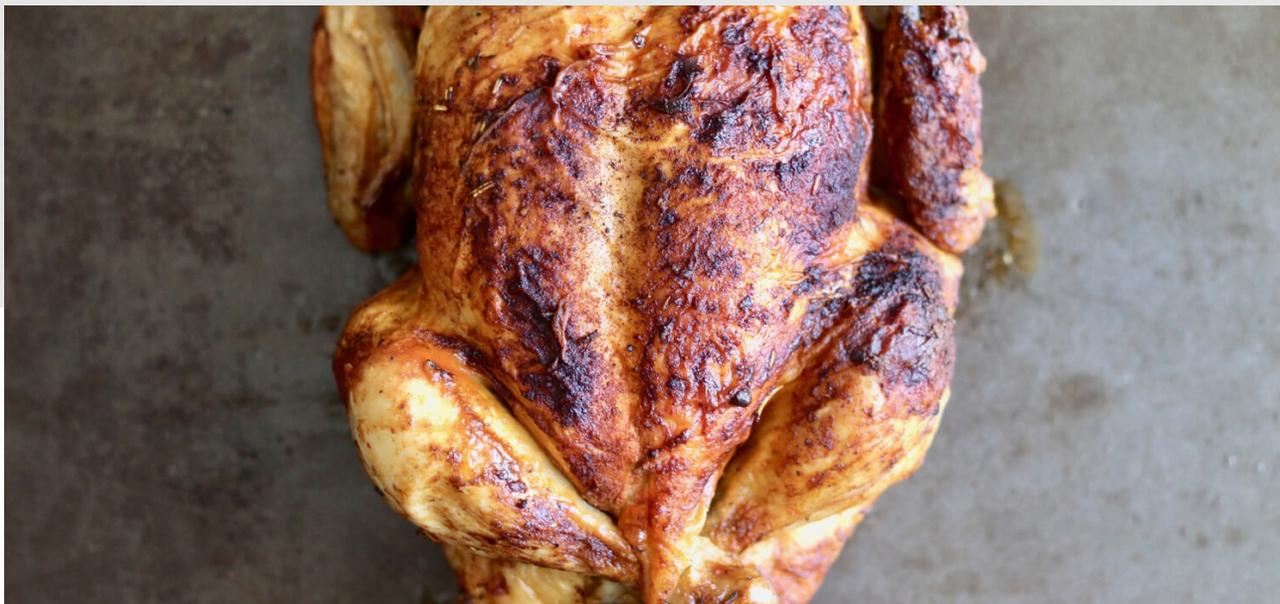
Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	114mg
Protein	8g	Iron	1mg

DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Bam.

Roasted Chicken

8 SERVINGS 2 HOURS



INGREDIENTS

8 lbs Whole Roasting Chicken
2 tbsps Extra Virgin Olive Oil
2 tsps Sea Salt
1 tsp Black Pepper
2 tbsps Poultry Seasoning
1 1/3 tbsps Paprika

NUTRITION

AMOUNT PER SERVING

Calories	541	Cholesterol	295mg
Fat	16g	Sodium	931mg
Carbs	2g	Vitamin A	801IU
Fiber	1g	Vitamin C	0mg
Sugar	0g	Calcium	61mg
Protein	93g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place chicken in a roasting pan, rub with oil, and season generously inside and out with salt, pepper, poultry seasoning, and paprika.
- 03 Bake uncovered for 1.5 to 2 hours, or until the internal temperature of the chicken reaches 180°F (83°C).
- 04 Remove from oven and let sit for 15 minutes before slicing and serving. Enjoy!

NOTES

ROASTING TIMES

If you are using a bigger or smaller chicken, adjust roasting time to be about 30 minutes per pound.

LEFTOVERS

Meat can be kept for up to 3 days in a covered container in the fridge.

ZERO WASTE

Save the chicken carcass to make Immunity Boosting Bone Broth.

SAVE TIME

Buy a pre-roasted chicken.

Marinated Veggie Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Apple Cider Vinegar
2 tbsps Extra Virgin Olive Oil
1/2 tsp Sea Salt
1/2 tsp Cayenne Pepper
2 cups Broccoli (chopped into small florets)
1/2 Cucumber (diced)
1 cup Matchstick Carrots
1 Yellow Bell Pepper (finely sliced)
1/4 cup Red Onion (finely sliced)
1 cup Cherry Tomatoes (halved)
1 cup Mushrooms (sliced)
2 cups Lentils (cooked, drained and rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	241	Cholesterol	0mg
Fat	8g	Sodium	342mg
Carbs	34g	Vitamin A	3067IU
Fiber	11g	Vitamin C	137mg
Sugar	7g	Calcium	67mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 Combine vinegar, oil, sea salt and cayenne pepper in a mason jar. Seal and shake well. Set aside.
- 02 Combine all remaining ingredients in a large mixing bowl. Pour dressing in and toss well. Cover and refrigerate until ready to eat. Toss before serving. Enjoy!

NOTES

MIX IT UP

Swap in whatever vegetables you have on hand - cauliflower, green onion, peas or edamame.

NO LENTILS

Serve with chickpeas, chicken or flaked tuna.

CHEESE LOVER

Add crumbled feta or goat cheese.



Mushroom Garlic Quinoa

6 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 cups Quinoa (uncooked)
2 2/3 cups Water
2 1/4 tsps Extra Virgin Olive Oil
3 cups Mushrooms (thinly sliced)
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	184	Cholesterol	0mg
Fat	4g	Sodium	7mg
Carbs	29g	Vitamin A	6IU
Fiber	3g	Vitamin C	1mg
Sugar	1g	Calcium	35mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 02 While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 03 In a bowl, combine mushrooms with quinoa and season with salt and pepper. Enjoy!

NOTES

SERVE IT WITH

Our Balsamic Roast Beef, Honey Garlic Chicken Thighs or any soups.

LEFTOVERS

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

FREEZER TIP

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Hummus Roasted Broccoli & Cauliflower

4 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Broccoli (chopped into florets)
1 head Cauliflower (chopped into florets)
1 cup Hummus
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	0mg
Fat	12g	Sodium	329mg
Carbs	21g	Vitamin A	439IU
Fiber	8g	Vitamin C	132mg
Sugar	4g	Calcium	93mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
- 02 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 03 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO BROCCOLI OR CAULIFLOWER

Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

Oven-Roasted Kale

2 SERVINGS 25 MINUTES



INGREDIENTS

8 cups Kale Leaves (roughly chopped)
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	89	Cholesterol	0mg
Fat	8g	Sodium	340mg
Carbs	4g	Vitamin A	4042IU
Fiber	3g	Vitamin C	78mg
Sugar	1g	Calcium	213mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking pan with foil or parchment paper.
- 02 In a large bowl, toss kale with olive oil and salt. Add to the baking pan. The kale does not need to be in a single layer.
- 03 Bake for 15 to 20 minutes, stirring every 5 minutes or until edges are crispy.
- 04 Remove from oven, plate and enjoy!

NOTES

NO KALE

Use collard greens instead.

LIKES IT SPICY

Sprinkle kale with black pepper and/or red pepper flakes after you remove it from the oven.

Roasted Sweet Potato & Brussels Sprouts Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

- 2 Sweet Potato (medium. sliced into 1 inch cubes)
- 4 cups Brussels Sprouts (washed and halved)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1 tbsp Maple Syrup
- 1/4 cup Water (warm)
- 1/4 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/8 tsp Sea Salt
- 2 cups Lentils (cooked, drained and rinsed)
- 8 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	355	Cholesterol	0mg
Fat	12g	Sodium	199mg
Carbs	50g	Vitamin A	15576...
Fiber	16g	Vitamin C	95mg
Sugar	10g	Calcium	205mg
Protein	17g	Iron	8mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli instead.

NO LENTILS

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Pumpkin Mac n' Cheese

4 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Brown Rice Macaroni (dry)
1 cup Unsweetened Almond Milk
1 tbsp Arrowroot Powder
1 tsp Garlic Powder
1/3 cup Nutritional Yeast
1 1/2 tps Dijon Mustard
1 cup Pureed Pumpkin
1 tbsp Maple Syrup
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	313	Cholesterol	0mg
Fat	3g	Sodium	102mg
Carbs	58g	Vitamin A	9657IU
Fiber	8g	Vitamin C	3mg
Sugar	5g	Calcium	142mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 02 Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
- 03 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 04 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days.

SPICE LOVER

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

MORE PROTEIN

Add cooked diced chicken, chickpeas or lentils.

MORE VEGETABLES

Add wilted spinach, kale and/or sauteed mushrooms.

Spicy Sweet Potato, Turkey & Kale Bowl

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (medium)
1 tbsp Extra Virgin Olive Oil
1 tbsp Chili Powder
1/2 tsp Cayenne Pepper (optional)
1 tbsp Coconut Oil
1 White Onion (diced)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper (optional)
8 cups Kale Leaves (finely diced)

NUTRITION

AMOUNT PER SERVING

Calories	319	Cholesterol	84mg
Fat	17g	Sodium	490mg
Carbs	19g	Vitamin A	12014IU
Fiber	5g	Vitamin C	43mg
Sugar	4g	Calcium	165mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 04 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

NOTES

SAVE TIME

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

VEGAN & VEGETARIAN

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab the Week 1 grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the ground turkey.</p>	<p>You'll be reminded later on in the week when to set it out to thaw.</p>
		<p>Make the Slow Cooker Black Bean Soup.</p>	<p>Combine all ingredients in your slow cooker and cook on high for 4 hours or low for 6 hours. Move on to other tasks while it's cooking. When done, divide into individual servings and let cool. Store enough for Monday and Tuesday in the fridge, freeze the leftover portions for Week 2 and 3.</p> <p>Note: If you are making more than 6 servings at a time, you may need to make it on the stove top in a large stock pot instead of the slow cooker. See notes on recipe for further instructions.</p>
		<p>Make the Cranberry Protein Cookies.</p>	<p>While the cookies are baking, move onto the next step. Once done, let cool and store the cookies in a container in the fridge.</p>

		Make the Pumpkin Pie Baked Oatmeal.	Follow the recipe instructions to mix the oatmeal batter and transfer to a pan. Once the cookies are done, turn the oven up to 375F and bake the oatmeal for 40 minutes. Once done, remove from oven and let cool. Divide into portions and store covered in the fridge.
		Chop celery and portion out hummus and almond butter for snacks. Portion out the cashews for the Cashews & Clementines snack.	Store celery in a container or ziploc baggie in the fridge. Store hummus and almond butter in small containers in the fridge. Store cashews in small baggies or jars.
		Make Marinated Veggie Salad.	Transfer to an airtight container and store in the fridge.
		Optional: Cook Roasted Chicken.	If you know you will be short on time Monday night, roast your chicken for the week now and store in a container in the fridge for use during the week.
1 Mon		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Cranberry Protein Cookies, Slow Cooker Black Bean Soup, and Celery & Hummus.
		Make Roasted Chicken and enjoy with Marinated Veggie Salad for dinner.	If you haven't roasted your chicken yet, do so now. Store the leftovers in an airtight container in the fridge.

2 Tue		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Cranberry Protein Cookies, Slow Cooker Black Bean Soup, and Apple with Almond Butter.
		Make Mushroom Garlic Quinoa to enjoy with Roasted Chicken for dinner.	Reheat a serving of the chicken and serve with Mushroom Garlic Quinoa. Add some leftover quinoa to a container with the remaining Marinated Veggie Salad to enjoy for lunch tomorrow. Store the remaining quinoa in a separate container.
3 Wed		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Cashews & Clementines, Marinated Veggie Salad with Mushroom Garlic Quinoa, and Apple with Almond Butter
		Make Hummus Roasted Broccoli & Cauliflower to enjoy with Roasted Chicken for dinner.	Reheat a serving of the chicken and enjoy with the Hummus Roasted Broccoli & Cauliflower. Add leftover broccoli and cauliflower to a container with the remaining Mushroom Garlic Quinoa to enjoy for lunch tomorrow.
4		Make Pumpkin Pie Protein Smoothie.	Combine ingredients in blender and blend until smooth.

Thu		Pack your meals if you are on-the-go.	Pumpkin Pie Protein Smoothie, Cranberry Protein Cookies, Mushroom Garlic Quinoa with Hummus Roasted Broccoli & Cauliflower, and Celery & Hummus.
		Make Oven-Roasted Kale to enjoy with Roasted Chicken for dinner.	Reheat Roasted Chicken and serve with Oven-Roasted Kale. Enjoy!
		Take one serving of Slow Cooker Black Bean Soup out of the freezer to thaw.	For lunch tomorrow.
5 Fri		Make Pumpkin Pie Protein Smoothie.	Combine ingredients in blender and blend until smooth.
		Pack your meals if you are on-the-go.	Pumpkin Pie Protein Smoothie, Cashews & Clementines, Slow Cooker Black Bean Soup, and Celery & Hummus.
		Make Roasted Sweet Potato & Brussels Sprouts Salad for dinner.	Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch.
		Take ground turkey out of the freezer.	Let thaw in the fridge for use over the weekend.
		Make Turkey Apple Breakfast Hash for breakfast.	Follow the recipe and enjoy. Divide leftovers into a container for tomorrow's breakfast.
		Pack your meals if you are on-the-go.	Turkey Apple Breakfast Hash, Cranberry Protein Cookies, Roasted Sweet Potato & Brussels Sprouts

6 Sat			Salad, and Banana with Almond Butter.
		Make the Pumpkin Mac 'n Cheese with a side of Oven-Roasted Kale for dinner.	Divide enough leftover Mac n' Cheese and Oven-Roasted Kale into containers for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Turkey Apple Breakfast Hash, Cashews & Clementines, Pumpkin Mac 'n Cheese with Oven-Roasted Kale, and Banana with Almond Butter.
		Shop and prep for next week.	Grab the grocery list and recipes for Week 2. See the Week 2 Prep Guide for more meal prep guidance.
		Make Spicy Sweet Potato, Turkey & Kale Bowl for Dinner	Enjoy this easy dinner after prepping for next week! Divide leftovers into containers for tomorrow's lunch.

WAIVER

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