



21-Day Real Food Real Quick Program, Week 2

TRACY KACZMARCZYK



21-Day Real Food Real Quick Program, Week 2

HEAVY METAL FITNESS

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

Real Food, Real Quick - Week 2: 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
Protein-Packed Avocado Toast



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Spicy Sweet Potato, Turkey & Kale Bowl



SNACK 2
Pistachios



DINNER
Slow Cooker Balsamic Roast Beef,
Crispy Smashed Potatoes

TUE



BREAKFAST
Protein-Packed Avocado Toast



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Lentil Masala Soup



SNACK 2
Pistachios



DINNER
Slow Cooker Balsamic Roast Beef,
Roasted Broccoli with Almonds

WED



BREAKFAST
Protein-Packed Avocado Toast



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Roasted Broccoli with Almonds, Crispy
Smashed Potatoes



SNACK 2
Rice Cakes with Almond Butter



DINNER
Slow Cooker Balsamic Roast Beef,
Marinated Veggie Salad

THU



BREAKFAST
Sweet Potato Baked Egg



SNACK 1
Toasted Walnuts



LUNCH
Slow Cooker Black Bean Soup



SNACK 2
Apple Slices & Hummus



DINNER
Slow Cooker Balsamic Roast Beef,
Crispy Roasted Sweet Potato

FRI



BREAKFAST
Sweet Potato Baked Egg



SNACK 1
Toasted Walnuts



LUNCH
Marinated Veggie Salad, Crispy Roasted
Sweet Potato



SNACK 2
Apple Slices & Hummus



DINNER
Baked Salmon with Broccoli & Quinoa

SAT



BREAKFAST
Simple Banana Pancakes



SNACK 1
Rice Cakes with Almond Butter



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Sweet & Crunchy Chickpeas



DINNER
Penne with Bursted Cherry Tomato
Sauce

SUN



BREAKFAST
Simple Banana Pancakes



SNACK 1
Rice Cakes with Almond Butter



LUNCH
Penne with Bursted Cherry Tomato
Sauce



SNACK 2
Sweet & Crunchy Chickpeas



DINNER
Slow Cooker Black Bean Soup, Simple
Avocado Salad

MON

FAT 48% **CARBS 28%** **PROTEIN 24%**

Calories 1827 Cholesterol 576mg
Fat 100g Sodium 2655mg
Carbs 134g Vitamin A 13362IU
Fiber 36g Vitamin C 99mg
Sugar 24g Calcium 469mg
Protein 115g Iron 18mg

TUE

FAT 48% **CARBS 30%** **PROTEIN 22%**

Calories 1934 Cholesterol 492mg
Fat 107g Sodium 3508mg
Carbs 151g Vitamin A 4739IU
Fiber 45g Vitamin C 190mg
Sugar 31g Calcium 509mg
Protein 113g Iron 22mg

WED

FAT 45% **CARBS 33%** **PROTEIN 22%**

Calories 1906 Cholesterol 492mg
Fat 100g Sodium 2343mg
Carbs 167g Vitamin A 5265IU
Fiber 46g Vitamin C 315mg
Sugar 28g Calcium 550mg
Protein 108g Iron 20mg

THU

FAT 39% **CARBS 38%** **PROTEIN 23%**

Calories 1517 Cholesterol 492mg
Fat 68g Sodium 1373mg
Carbs 149g Vitamin A 35922IU
Fiber 36g Vitamin C 45mg
Sugar 45g Calcium 373mg
Protein 88g Iron 18mg

FRI

FAT 43% **CARBS 38%** **PROTEIN 19%**

Calories 1609 Cholesterol 450mg
Fat 79g Sodium 1148mg
Carbs 160g Vitamin A 37191IU
Fiber 36g Vitamin C 315mg
Sugar 40g Calcium 398mg
Protein 79g Iron 15mg

SAT

FAT 45% **CARBS 36%** **PROTEIN 19%**

Calories 1733 Cholesterol 450mg
Fat 91g Sodium 368mg
Carbs 161g Vitamin A 4818IU
Fiber 34g Vitamin C 211mg
Sugar 40g Calcium 467mg
Protein 87g Iron 16mg

SUN

FAT 48% **CARBS 38%** **PROTEIN 14%**

Calories 1795 Cholesterol 372mg
Fat 100g Sodium 589mg
Carbs 181g Vitamin A 6494IU
Fiber 50g Vitamin C 77mg
Sugar 44g Calcium 457mg
Protein 67g Iron 19mg



FRUITS

- 4 Apple
- 4 Avocado
- 4 Banana
- 1 1/3 Lemon

BREAKFAST

- 3/4 cup Almond Butter
- 1/4 cup Maple Syrup
- 12 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1/2 tsp Cayenne Pepper
- 1 tsp Cinnamon
- 1 tbsp Garam Masala
- 3/4 cup Hemp Seeds
- 1 tsp Nutmeg
- 2 cups Pistachios, In Shell
- 1 tsp Red Pepper Flakes
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sliced Almonds
- 1 tsp Turmeric
- 1 1/4 cups Walnuts

VEGETABLES

- 2 cups Basil Leaves
- 16 cups Broccoli
- 7 cups Cherry Tomatoes
- 1 cup Cilantro
- 1/2 Cucumber
- 14 Garlic
- 9 cups Kale Leaves
- 1 cup Matchstick Carrots
- 4 cups Mini Potatoes
- 1 cup Mushrooms
- 2 cups Portobello Mushroom
- 3/4 cup Red Onion
- 1 tbsp Rosemary
- 7 Sweet Potato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

BOXED & CANNED

- 1 cup Canned Coconut Milk
- 1 1/2 cups Chicken Broth
- 8 ozs Chickpea Pasta
- 2 cups Chickpeas
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 2 cups Lentils
- 1 cup Quinoa
- 4 cups Vegetable Broth
- 3 cups White Navy Beans

BAKING

- 2 tbsps Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 12 slices Bread
- 1 cup Hummus
- 1 1/4 lbs Salmon Fillet
- 2 1/2 lbs Top Sirloin Beef Roast

CONDIMENTS & OILS

- 2/3 cup Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1/2 cup Balsamic Vinegar
- 3 1/2 tbsps Coconut Oil
- 1 1/8 cups Extra Virgin Olive Oil
- 3 tbsps Tamari

COLD

- 28 Egg

OTHER

- 1 1/2 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

Protein-Packed Avocado Toast

6 SERVINGS 15 MINUTES



INGREDIENTS

3 Avocado
3 cups White Navy Beans (cooked)
3/4 Lemon (juiced)
3/4 tsp Sea Salt
12 slices Bread
3/4 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 555 | Cholesterol | 0mg |
| Fat | 30g | Sodium | 558mg |
| Carbs | 59g | Vitamin A | 149IU |
| Fiber | 20g | Vitamin C | 13mg |
| Sugar | 6g | Calcium | 119mg |
| Protein | 19g | Iron | 5mg |

DIRECTIONS

- 01 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 02 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

NOTES

NO WHITE BEANS

Use chickpeas instead.

LIKES IT SPICY

Add hot sauce or chili flakes into the avocado bean mixture.

Sweet Potato Baked Egg

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Sweet Potato (large enough to hold an egg)
1 tbsp Extra Virgin Olive Oil
4 Egg

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 314 | Cholesterol | 372mg |
| Fat | 16g | Sodium | 214mg |
| Carbs | 27g | Vitamin A | 18983... |
| Fiber | 4g | Vitamin C | 3mg |
| Sugar | 6g | Calcium | 95mg |
| Protein | 15g | Iron | 3mg |

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
- 03 Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
- 04 Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
- 05 Remove from oven and enjoy!

NOTES

SERVE IT WITH

Mixed greens and/or toast for dipping.

MORE PROTEIN

Carve an even bigger hole into the baked sweet potato and fill remaining space with egg whites.

Simple Banana Pancakes

4 SERVINGS 20 MINUTES



INGREDIENTS

4 Banana (ripe)
8 Egg
2 tbsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 309 | Cholesterol | 372mg |
| Fat | 17g | Sodium | 143mg |
| Carbs | 28g | Vitamin A | 616IU |
| Fiber | 3g | Vitamin C | 10mg |
| Sugar | 15g | Calcium | 62mg |
| Protein | 14g | Iron | 2mg |

DIRECTIONS

- 01 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 02 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 03 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

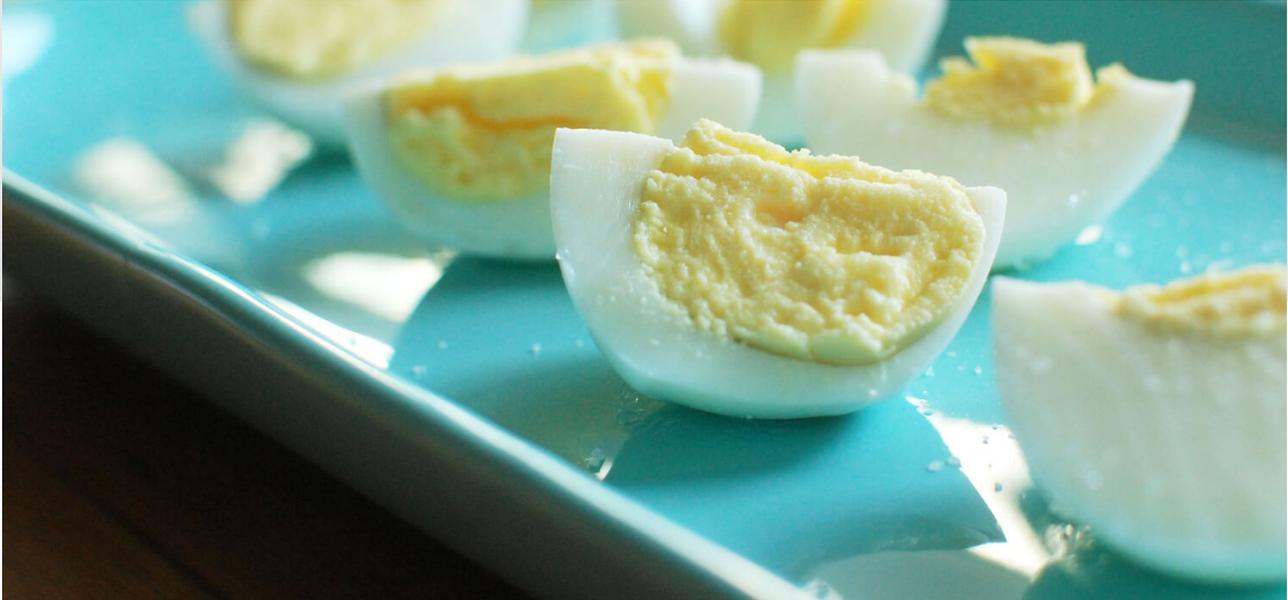
NOTES

LIKES IT SWEET

Add blueberries or chocolate chips into the batter.

Salt n' Vinegar Hard Boiled Eggs

6 SERVINGS 35 MINUTES



INGREDIENTS

- 12 Egg
- 1 1/2 tsps Sea Salt (divided)
- 1/3 cup Apple Cider Vinegar (divided)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 146 | Cholesterol | 372mg |
| Fat | 10g | Sodium | 733mg |
| Carbs | 1g | Vitamin A | 540IU |
| Fiber | 0g | Vitamin C | 0mg |
| Sugar | 0g | Calcium | 57mg |
| Protein | 13g | Iron | 2mg |

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Toasted Walnuts

4 SERVINGS 15 MINUTES



INGREDIENTS

1 1/4 cups Walnuts (shelled)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 235 | Cholesterol | 0mg |
| Fat | 23g | Sodium | 1mg |
| Carbs | 5g | Vitamin A | 0IU |
| Fiber | 2g | Vitamin C | 0mg |
| Sugar | 1g | Calcium | 35mg |
| Protein | 5g | Iron | 1mg |

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

Rice Cakes with Almond Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Plain Rice Cake
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 262 | Cholesterol | 0mg |
| Fat | 18g | Sodium | 7mg |
| Carbs | 21g | Vitamin A | 0IU |
| Fiber | 4g | Vitamin C | 0mg |
| Sugar | 2g | Calcium | 110mg |
| Protein | 8g | Iron | 1mg |

DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

NOTES

NO ALMOND BUTTER

Use any type of nut or seed butter instead.

LIKES IT SWEET

Add honey, jam, sliced bananas or berries.

Lentil Masala Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1/2 cup Red Onion (finely diced)
4 Garlic (cloves, minced)
1 tsp Turmeric
1 tbsp Garam Masala
1 tsp Sea Salt
1 cup Cilantro (finely diced)
4 cups Vegetable Broth
3 cups Diced Tomatoes
1 cup Dry Red Lentils
1 cup Canned Coconut Milk (full fat)
4 cups Kale Leaves (finely sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 391 | Cholesterol | 0mg |
| Fat | 14g | Sodium | 1308mg |
| Carbs | 50g | Vitamin A | 2557IU |
| Fiber | 11g | Vitamin C | 42mg |
| Sugar | 9g | Calcium | 118mg |
| Protein | 17g | Iron | 6mg |

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

NOTES

LEFTOVERS

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

ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 318 | Cholesterol | 0mg |
| Fat | 26g | Sodium | 216mg |
| Carbs | 16g | Vitamin A | 0IU |
| Fiber | 6g | Vitamin C | 0mg |
| Sugar | 4g | Calcium | 40mg |
| Protein | 12g | Iron | 2mg |

Apple Slices & Hummus

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/2 cup Hummus

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 240 | Cholesterol | 0mg |
| Fat | 11g | Sodium | 264mg |
| Carbs | 34g | Vitamin A | 112IU |
| Fiber | 8g | Vitamin C | 8mg |
| Sugar | 19g | Calcium | 40mg |
| Protein | 5g | Iron | 2mg |

DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

NOTES

NO APPLE

Use pear slices instead.

Sweet & Crunchy Chickpeas

4 SERVINGS 1 HOUR



INGREDIENTS

2 cups Chickpeas (cooked, drained and rinsed)
1 tbsp Extra Virgin Olive Oil
1 1/2 tbsps Maple Syrup
1 tsp Nutmeg
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 188 | Cholesterol | 0mg |
| Fat | 6g | Sodium | 7mg |
| Carbs | 28g | Vitamin A | 25IU |
| Fiber | 7g | Vitamin C | 1mg |
| Sugar | 9g | Calcium | 55mg |
| Protein | 7g | Iron | 2mg |

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 02 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 03 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 04 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 05 Remove from oven. Enjoy hot or cold!

NOTES

SERVING SIZE

One serving is equal to about 1/2 cup of roasted chickpeas.

Slow Cooker Balsamic Roast Beef

8 SERVINGS 8 HOURS



INGREDIENTS

2 1/2 lbs Top Sirloin Beef Roast
1 1/2 cups Chicken Broth
1/2 cup Balsamic Vinegar
3 tbsps Tamari
3 tbsps Maple Syrup
4 Garlic (cloves, minced)
1 tbsp Coconut Oil
1 Yellow Onion (diced)
2 cups Portobello Mushroom (sliced)
5 cups Kale Leaves (chopped)
1 tbsp Apple Cider Vinegar
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 311 | Cholesterol | 120mg |
| Fat | 10g | Sodium | 648mg |
| Carbs | 12g | Vitamin A | 643IU |
| Fiber | 2g | Vitamin C | 13mg |
| Sugar | 9g | Calcium | 66mg |
| Protein | 44g | Iron | 5mg |

DIRECTIONS

- 01 Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
- 02 Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
- 03 Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
- 04 Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

NOTES

MORE CARBS

Serve with rice, potatoes or quinoa.



Crispy Smashed Potatoes

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
2 tbsps Extra Virgin Olive Oil
2 Garlic (cloves, minced)
1 tbsp Rosemary (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 178 | Cholesterol | 0mg |
| Fat | 7g | Sodium | 10mg |
| Carbs | 27g | Vitamin A | 16IU |
| Fiber | 3g | Vitamin C | 30mg |
| Sugar | 1g | Calcium | 22mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 03 Preheat oven to broil.
- 04 Drain the potatoes and spread evenly across the baking sheet. Roughly smash the potatoes with the back of a fork.
- 05 Drizzle with olive oil, then sprinkle garlic, rosemary, salt and pepper over top. Broil in the oven until crispy, about 3-5 minutes.

NOTES

NO POTATOES

Use sweet potatoes or cauliflower instead.

MORE TOPPINGS

Add pats of butter, ghee, feta, parmesan, nutritional yeast or pesto.

SERVE IT WITH

Our Everything Bagel Seasoned Chicken, Chili Lime Drumsticks with Zucchini, 15 Minute Grilled Steak with Mint Pesto or Slow Cooker Maple Mustard Chicken.

LEFTOVERS

Store in the fridge and reheat in the oven, or in a skillet with a bit of oil.

Roasted Broccoli with Almonds

4 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Broccoli (chopped into florets)
2 tbsps Avocado Oil
1/2 cup Sliced Almonds
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 213 | Cholesterol | 0mg |
| Fat | 17g | Sodium | 45mg |
| Carbs | 13g | Vitamin A | 850IU |
| Fiber | 6g | Vitamin C | 122mg |
| Sugar | 3g | Calcium | 109mg |
| Protein | 8g | Iron | 2mg |

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Toss broccoli florets with avocado oil, and lay in a single layer across the baking sheet. Roast for 10 minutes.
- 03 Remove from the oven and toss the broccoli florets, adding in the almonds, sea salt, and pepper. Return to the oven and roast for 10 more minutes, or until tender. Enjoy!

NOTES

NO AVOCADO OIL

Use olive oil or coconut oil instead.

NUT-FREE

Swap out the almonds for pumpkin seeds.

SERVE IT WITH

Our Everything Bagel Seasoned Chicken or Grilled Bruschetta 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.



Crispy Roasted Sweet Potato

4 SERVINGS 35 MINUTES



INGREDIENTS

3 Sweet Potato (medium, diced into 1/2 inch pieces)

1 1/2 tsps Extra Virgin Olive Oil

1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 99 | Cholesterol | 0mg |
| Fat | 2g | Sodium | 201mg |
| Carbs | 20g | Vitamin A | 13832... |
| Fiber | 3g | Vitamin C | 2mg |
| Sugar | 4g | Calcium | 29mg |
| Protein | 2g | Iron | 1mg |

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 03 Remove from oven and season with sea salt. Enjoy!

NOTES

LIKES IT SPICY

Toss in our Cajun Spice or chili powder after baking.

Baked Salmon with Broccoli & Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 480 | Cholesterol | 78mg |
| Fat | 19g | Sodium | 126mg |
| Carbs | 40g | Vitamin A | 1197IU |
| Fiber | 8g | Vitamin C | 165mg |
| Sugar | 3g | Calcium | 132mg |
| Protein | 39g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Penne with Bursted Cherry Tomato Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chickpea Pasta (dry)
1/2 cup Extra Virgin Olive Oil
6 cups Cherry Tomatoes
4 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
2 cups Basil Leaves (chopped)
2 tbsps Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 494 | Cholesterol | 0mg |
| Fat | 31g | Sodium | 85mg |
| Carbs | 44g | Vitamin A | 2980IU |
| Fiber | 12g | Vitamin C | 35mg |
| Sugar | 11g | Calcium | 108mg |
| Protein | 19g | Iron | 7mg |

DIRECTIONS

- 01 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 03 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

NOTES

NO CHICKPEA PASTA

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

NO NUTRITIONAL YEAST

Use parmesan or omit completely.

Simple Avocado Salad

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado (cubed)
1 tbsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
1 tsp Red Pepper Flakes
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 224 | Cholesterol | 0mg |
| Fat | 22g | Sodium | 302mg |
| Carbs | 9g | Vitamin A | 52IU |
| Fiber | 7g | Vitamin C | 12mg |
| Sugar | 1g | Calcium | 14mg |
| Protein | 2g | Iron | 1mg |

DIRECTIONS

01 Combine all ingredients in a bowl. Toss and serve immediately. Enjoy!

NOTES

NO LEMON

Use lime juice or apple cider vinegar instead.

LESS SPICY

Omit the red pepper flakes.

SERVE IT WITH

Our Grilled Bruschetta Chicken, Thai Turkey Burgers with Almond Carrot Slaw or Herbed Pork Roast with Sweet Potato Mash.

| Day | Task | Notes | |
|--|--|--|---|
| <p style="text-align: center;">0 Sun</p> |  | <p>Grocery shop.</p> | <p>Grab the grocery list for Week 2 and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p> |
| | | <p>Freeze the salmon fillets.</p> | <p>You'll be reminded later on in the week when to set them out to thaw.</p> |
| | | <p>Make Lentil Masala Soup.</p> | <p>Store enough in the fridge for Tuesday lunch, and freeze the rest for next week.</p> |
| | | <p>Make hard boiled eggs for Salt n' Vinegar Hard Boiled Eggs.</p> | <p>For snacks this week. They can be stored in a large container or individual baggies. Peel and add salt and vinegar just before eating.</p> |
| |  | <p>Optional: Make the topping for your Protein-Packed Avocado Toast.</p> | <p>If you know you will be short on time Monday morning, mash together the avocado-bean topping now and store in a container in the fridge for use during the week.</p> |
| | | <p>Portion out the Pistachios and almond butter for the Rice Cakes with Almond Butter.</p> | <p>Store in small containers.</p> |

| | | | |
|------------------|---|--|---|
| 1 Mon | | Start the Slow Cooker Balsamic Roast Beef. | Cook on low for 8 hours. |
| |  | Make the Protein Packed Avocado Toast for breakfast. | If you haven't already made the topping, make it now and store the leftovers in the fridge for Tuesday and Wednesday morning. |
| | | Pack your meals if you are on-the-go. | Protein-Packed Avocado Toast, Salt n' Vinegar Hard Boiled Eggs, Spicy Sweet Potato, Turkey & Kale Bowl and Pistachios. |
| |  | Finish the Slow Cooker Balsamic Roast Beef and make Crispy Smashed Potatoes for dinner. | Sautee the kale and mushrooms while the potatoes cook. Store leftover roast beef in the fridge for the week. Store the leftover potatoes in a separate container in the fridge. |
| 2 Tue |  | Pack your meals if you are on-the-go. | Protein-Packed Avocado Toast, Salt n' Vinegar Hard Boiled Eggs, Lentil Masala Soup, and Pistachios. |
| |  | Make Roasted Broccoli and Almonds to enjoy with leftover Slow Cooker Balsamic Roast Beef for dinner. | Add leftover broccoli to the container with Crispy Smashed Potatoes for lunch tomorrow. |
| 3 Wed | | Make the Marinated Veggie Salad. | Store in the fridge to marinate until dinner. |
| |  | Pack your meals if you are on-the-go. | Protein-Packed Avocado Toast, Salt n' Vinegar Hard Boiled Eggs, Roasted Broccoli with Almonds and |

| | | | |
|---|---|--|--|
| | | | Crispy Smashed Potatoes, and Rice Cakes with Almond Butter. |
| |  | Enjoy Marinated Veggie Salad with leftover Slow Cooker Balsamic Roast Beef for dinner. | Store the leftover Marinated Veggie Salad in a container in the fridge. |
| | | Take enough Slow Cooker Black Bean Soup out of the freezer for lunch tomorrow. | Store in the fridge to thaw. |
| | | Make Toasted Walnuts and portion out hummus into small containers for Apple Slices & Hummus | Follow the recipe to toast the walnuts, and store hummus containers in the fridge. |
| 4 Thu |  | Make Sweet Potato Baked Egg for breakfast. | Enjoy! |
| | | Pack your meals if you are on-the-go. | Sweet Potato Baked Egg, Toasted Walnuts, Slow Cooker Black Bean Soup, and Apple Slices & Hummus. |
| |  | Make Crispy Roasted Sweet Potatoes to enjoy with Slow Cooker Balsamic Roast Beef for dinner. | Reheat the remaining roast beef and enjoy! Add the leftover sweet potatoes to the container with leftover Marinated Veggie Salad for lunch tomorrow. |
| Take salmon fillets out of the freezer. | | For dinner tomorrow. | |
| 5 Fri |  | Make Sweet Potato Baked Egg for breakfast. | Enjoy! |
| | | Pack your meals if you are on-the-go. | Sweet Potato Baked Egg, Toasted Walnuts, |

| | | | |
|--------------|---|---|---|
| | | | Marinated Veggie Salad with Crispy Roasted Sweet Potatoes, and Apple Slices & Hummus. |
| |  | Make Baked Salmon with Broccoli & Quinoa for dinner. | Transfer leftovers to a container and store in the refrigerator for tomorrow's lunch. |
| | | Make Sweet & Crunchy Chickpeas. | Divide between containers and store in the fridge for snacks this weekend. |
| 6 Sat |  | Make Simple Banana Pancakes for breakfast. | Follow the recipe. Store leftovers in an airtight container and reheat in a skillet or toaster oven tomorrow. |
| | | Pack your meals if you are on-the-go. | Simple Banana Pancakes, Rice Cakes with Almond Butter, Baked Salmon with Broccoli & Quinoa, and Sweet & Crunchy Chickpeas. |
| |  | Make the Penne with Burst Cherry Tomato Sauce for dinner. | Divide leftovers into containers and store in the refrigerator for lunch tomorrow. |
| | | Take one serving of Slow Cooker Black Bean Soup out of the freezer. | Thaw in the fridge for dinner tomorrow. |
| 7 Sun |  | Pack your meals if you are on-the-go. | Simple Banana Pancakes, Rice Cakes with Almond Butter, Penne with Burst Cherry Tomato Sauce, and Sweet & Crunchy Chickpeas. |

| | | | |
|--|---|---|--|
| |  | Shop and prep for the week ahead. | Grab the grocery list and prep guide for Week 3. |
| | | Make Simple Avocado Salad to enjoy with Slow Cooker Black Bean Soup for dinner. | Enjoy this easy dinner after a day of meal prepping for next week! |

WAIVER

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. HMF cannot and does not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. HMF does not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

