



21-Day Reset Program, Week 1

TRACY KACZMARCZYK



21-Day Reset Program, Week 1

HEAVY METAL FITNESS

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

Hitting the reset button with five days of real food - Because eating healthy can feel difficult, we're making it super simple and fun. The Reset Program will give you everything you need to eat clean and look and feel your best. The program comes with five days worth of meal plans, shopping lists, delicious recipes and prep guides. We've done all the hard work for you. All you need to do is show up. The Reset Program is designed to help you take control of your eating habits once and for all. Commit to the challenge and let's do this together!

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
Bacon & Eggs Breakfast Jar



SNACK 1
Dried Mango & Brazil Nuts



LUNCH
Slow Cooker Black Bean Soup



SNACK 2
Baby Carrots & Hummus



DINNER
15 Minute Shrimp & Cabbage Stir Fry

TUE



BREAKFAST
Bacon & Eggs Breakfast Jar



SNACK 1
Dried Mango & Brazil Nuts



LUNCH
Slow Cooker Black Bean Soup



SNACK 2
Baby Carrots & Hummus



DINNER
Unstuffed Cabbage Rolls

WED



BREAKFAST
Pumpkin Pie Baked Oatmeal



SNACK 1
Apple with Peanut Butter



LUNCH
Unstuffed Cabbage Rolls



SNACK 2
Dried Mango & Brazil Nuts



DINNER
Slow Cooker Spaghetti Squash & Meatballs

THU



BREAKFAST
Pumpkin Pie Baked Oatmeal



SNACK 1
Baby Carrots & Hummus



LUNCH
Slow Cooker Spaghetti Squash & Meatballs



SNACK 2
Dried Mango & Brazil Nuts



DINNER
Sweet Potato & Black Bean Salad

FRI



BREAKFAST
Pumpkin Pie Baked Oatmeal



SNACK 1
Baby Carrots & Hummus



LUNCH
Sweet Potato & Black Bean Salad



SNACK 2
Apple with Peanut Butter



DINNER
Slow Cooker Black Bean Soup

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

Calories 1790 Cholesterol 774mg
 Fat 93g Sodium 1776mg
 Carbs 152g Vitamin A 22991IU
 Fiber 40g Vitamin C 200mg
 Sugar 59g Calcium 776mg
 Protein 104g Iron 17mg

TUE**FAT 45%** **CARBS 37%** **PROTEIN 18%**

Calories 1732 Cholesterol 483mg
 Fat 89g Sodium 1876mg
 Carbs 163g Vitamin A 23394IU
 Fiber 38g Vitamin C 142mg
 Sugar 60g Calcium 524mg
 Protein 80g Iron 19mg

WED**FAT 40%** **CARBS 42%** **PROTEIN 18%**

Calories 1731 Cholesterol 266mg
 Fat 81g Sodium 1791mg
 Carbs 189g Vitamin A 16378IU
 Fiber 32g Vitamin C 136mg
 Sugar 93g Calcium 578mg
 Protein 80g Iron 17mg

THU**FAT 40%** **CARBS 45%** **PROTEIN 15%**

Calories 1539 Cholesterol 192mg
 Fat 71g Sodium 1780mg
 Carbs 182g Vitamin A 43905IU
 Fiber 37g Vitamin C 89mg
 Sugar 69g Calcium 667mg
 Protein 62g Iron 18mg

FRI**FAT 33%** **CARBS 53%** **PROTEIN 14%**

Calories 1417 Cholesterol 62mg
 Fat 54g Sodium 803mg
 Carbs 196g Vitamin A 43902IU
 Fiber 50g Vitamin C 75mg
 Sugar 58g Calcium 585mg
 Protein 53g Iron 19mg



FRUITS

- 4 Apple
- 1 1/2 Lemon
- 2 Lime

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 40 pieces Dried Unsweetened Mango
- 1/2 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 2 cups Brazil Nuts
- 1/2 tsp Cayenne Pepper
- 1/2 tsp Cinnamon
- 1 1/3 tbsps Cumin
- 1/4 cup Ground Flax Seed
- 1 tbsp Oregano
- 1/2 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds

VEGETABLES

- 4 cups Arugula
- 6 cups Baby Carrots
- 1 Carrot
- 2 stalks Celery
- 2 cups Cherry Tomatoes
- 11 Garlic
- 16 cups Green Cabbage
- 2 cups Mini Potatoes
- 1 cup Parsley
- 1 Spaghetti Squash
- 2 Sweet Potato
- 2 Yellow Onion

BOXED & CANNED

- 8 cups Black Beans
- 1/2 cup Brown Rice
- 3 cups Crushed Tomatoes
- 6 cups Diced Tomatoes
- 1 cup Salsa

BAKING

- 3/4 tsp Baking Powder
- 1/4 cup Brown Rice Flour
- 2 1/2 cups Oats
- 1 tbsp Pumpkin Pie Spice
- 2 cups Pureed Pumpkin
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 2 cups Hummus
- 1 lb Shrimp

CONDIMENTS & OILS

- 1/4 cup Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

COLD

- 11 Egg
- 1 1/8 cups Unsweetened Almond Milk

OTHER

- 2 3/4 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

Bacon & Eggs Breakfast Jar

4 SERVINGS 20 MINUTES



INGREDIENTS

- 8 slices Bacon
- 1 tbsp Coconut Oil (divided)
- 2 cups Mini Potatoes (quartered)
- Sea Salt & Black Pepper (to taste)
- 8 Egg (whisked)
- 1 cup Salsa
- 4 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	409mg
Fat	34g	Sodium	1035mg
Carbs	19g	Vitamin A	1336IU
Fiber	3g	Vitamin C	19mg
Sugar	4g	Calcium	120mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 Cook the bacon and wrap in paper towel while you prepare the rest.
- 02 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 03 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 04 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

NOTES

VEGETARIAN

Replace the bacon with roasted chickpeas.

LEFTOVERS

Store covered in the fridge up to 4 days.

THE BEST BACON

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

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.

Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



INGREDIENTS

20 pieces Dried Unsweetened Mango
(large)

1 cup Brazil Nuts

DIRECTIONS

01 Divide dried mango and brazil nuts between bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	339	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	36g	Vitamin A	1500IU
Fiber	4g	Vitamin C	12mg
Sugar	31g	Calcium	73mg
Protein	7g	Iron	1mg

Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple
1/2 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Baby Carrots & Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Baby Carrots
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	11g	Sodium	359mg
Carbs	20g	Vitamin A	17264I...
Fiber	6g	Vitamin C	9mg
Sugar	6g	Calcium	89mg
Protein	5g	Iron	3mg

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

NOTES

NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

Slow Cooker Black Bean Soup

6 SERVINGS 4 HOURS



INGREDIENTS

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

15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 lb Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
8 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	468	Cholesterol	365mg
Fat	20g	Sodium	336mg
Carbs	26g	Vitamin A	539IU
Fiber	10g	Vitamin C	141mg
Sugar	12g	Calcium	386mg
Protein	52g	Iron	4mg

DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

NOTES

MORE CARBS

Serve with brown rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

Unstuffed Cabbage Rolls

4 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 cup Water
1 tbsp Coconut Oil
1 lb Extra Lean Ground Beef
1 Yellow Onion (small, finely diced)
8 cups Green Cabbage (finely sliced)
3 cups Diced Tomatoes
1/2 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	410	Cholesterol	74mg
Fat	16g	Sodium	436mg
Carbs	37g	Vitamin A	942IU
Fiber	8g	Vitamin C	83mg
Sugar	13g	Calcium	134mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

NOTES

NO BEEF

Any type of ground meat will work.

VEGETARIAN & VEGAN

Use lentils instead of ground meat.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Slow Cooker Spaghetti Squash & Meatballs

4 SERVINGS 4 HOURS



INGREDIENTS

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

NUTRITION

AMOUNT PER SERVING

Calories	388	Cholesterol	130mg
Fat	18g	Sodium	1028mg
Carbs	33g	Vitamin A	953IU
Fiber	6g	Vitamin C	29mg
Sugar	8g	Calcium	144mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

CHEESE LOVER

Sprinkle with parmesan cheese.



Sweet Potato & Black Bean Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Sweet Potato (diced into 1/2 inch cubes)
1 tbsp Extra Virgin Olive Oil
1 tsp Cumin
1/2 tsp Cinnamon
1/2 tsp Paprika
1/4 cup Tahini
1/2 Lemon (juiced)
2 Garlic (cloves, minced)
2 tbsps Unsweetened Almond Milk
2 cups Black Beans (cooked, drained and rinsed)
2 cups Cherry Tomatoes (halved)
1 cup Parsley (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	315	Cholesterol	0mg
Fat	12g	Sodium	73mg
Carbs	42g	Vitamin A	11303IU
Fiber	13g	Vitamin C	35mg
Sugar	5g	Calcium	161mg
Protein	13g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

NOTES

NO BLACK BEANS

Use lentils, chickpeas or quinoa instead.

NO TAHINI

Use hummus instead.

STORAGE

Refrigerate in air-tight container up to 3-5 days.



Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for week #1 and get to it! Don't forget to mark off any items you already have before you head out.
		Get started on the Slow Cooker Black Bean Soup.	Combine all ingredients in the slow cooker and cook on high for 4 hours or low for 6 hours.
		Make the Bacon & Eggs Breakfast Jars.	Divide into mason jars or containers and let cool. Then seal with a lid and store in the fridge.
		Prepared Dried Mango & Brazil Nuts snacks.	Divide into containers, store at room temperature.
		Prepare Baby Carrots & Hummus snacks.	Divide baby carrots into baggies and store hummus in a container on the side. Store in the fridge.
		Finish the Slow Cooker Black Bean Soup.	Blend half the soup into a puree and add it back into the pot. Mix well. Set aside enough for lunch Monday and Tuesday and freeze the rest.
	You are all prepped for success!	It's going to be an awesome week.	
1 Mon		Pack your meals if you are on-the-go.	Bacon & Egg Breakfast Jar, Dried Mango & Brazil Nuts, Slow Cooker Black Bean Soup and Baby

			Carrots & Hummus.
		Make 15 Minute Shrimp & Cabbage Stir Fry for dinner.	Enjoy!
2 Tue		Pack your meals if you are on-the-go.	Bacon & Egg Breakfast Jar, Dried Mango & Brazil Nuts, Slow Cooker Black Bean Soup and Baby Carrots & Hummus.
		Make Unstuffed Cabbage Rolls for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Make the Pumpkin Pie Baked Oatmeal.	Let cool then divide into containers in individual portions and store in the fridge.
		Prepare your Apple with Peanut Butter snacks.	Portion out peanut butter into small containers and store in the fridge with the apples.
3 Wed		Start on Slow Cooker Spaghetti Squash & Meatballs.	Cook on low for 6 hours or on high for 4 hours.
		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Apple with Peanut Butter, Unstuffed Cabbage Rolls and Dried Mango & Brazil Nuts.
		Enjoy Slow Cooker Spaghetti Squash & Meatballs for dinner.	Divide leftovers into containers for tomorrow's lunch.

4 Thu		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Baby Carrots & Hummus, Slow Cooker Spaghetti Squash & Meatballs and Dried Mango & Brazil Nuts.
		Make Sweet Potato & Black Bean Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Thaw remaining Slow Cooker Black Bean Soup.	Transfer from the freezer to the fridge for tomorrow night's dinner.
5 Fri		Pack your meals if you are on-the-go.	Pumpkin Pie Baked Oatmeal, Baby Carrots & Hummus, Black Bean & Sweet Potato Salad and Apple with Peanut Butter.
		Enjoy leftover Slow Cooker Black Bean Soup for dinner.	Bon appetit!
6 Sat		Use up any leftovers and experiment with some new healthy meals.	Have fun!
7 Sun		Free day.	Grab your plan and guide for week #2. Do your grocery shopping and meal prep. Prepare for another awesome 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.

