



21-Day Reset Program, Week 2

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21-Day Reset Program, Week 2

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
Pumpkin Pie Overnight Oats



SNACK 1
Banana with Peanut Butter



LUNCH
Cream of Broccoli Soup



SNACK 2
Popcorn



DINNER
Asian Turkey Lettuce Wraps

TUE



BREAKFAST
Pumpkin Pie Overnight Oats



SNACK 1
Banana with Peanut Butter



LUNCH
Asian Turkey Lettuce Wraps



SNACK 2
Popcorn



DINNER
Chicken Fajitas with Cashew Sour Cream

WED



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Carrots & Guacamole



LUNCH
Chicken Fajitas with Cashew Sour Cream



SNACK 2
Celery with Peanut Butter



DINNER
Tomato & Eggplant Pasta Casserole

THU



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Carrots & Guacamole



LUNCH
Tomato & Eggplant Pasta Casserole



SNACK 2
Celery with Peanut Butter



DINNER
Roasted Butternut Squash Harvest Bowl

FRI



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Carrots & Guacamole



LUNCH
Roasted Butternut Squash Harvest Bowl



SNACK 2
Popcorn



DINNER
Tomato & Eggplant Pasta Casserole

MON**FAT 43%** **CARBS 37%** **PROTEIN 20%**

Calories 1642 Cholesterol 168mg
 Fat 82g Sodium 1824mg
 Carbs 161g Vitamin A 27107IU
 Fiber 34g Vitamin C 138mg
 Sugar 50g Calcium 633mg
 Protein 85g Iron 18mg

TUE**FAT 44%** **CARBS 33%** **PROTEIN 23%**

Calories 1595 Cholesterol 250mg
 Fat 80g Sodium 1552mg
 Carbs 137g Vitamin A 26059IU
 Fiber 25g Vitamin C 201mg
 Sugar 47g Calcium 596mg
 Protein 97g Iron 14mg

WED**FAT 42%** **CARBS 42%** **PROTEIN 16%**

Calories 1598 Cholesterol 82mg
 Fat 79g Sodium 1816mg
 Carbs 179g Vitamin A 26396IU
 Fiber 42g Vitamin C 252mg
 Sugar 54g Calcium 486mg
 Protein 66g Iron 14mg

THU**FAT 41%** **CARBS 48%** **PROTEIN 11%**

Calories 1632 Cholesterol 0mg
 Fat 80g Sodium 1428mg
 Carbs 208g Vitamin A 39544IU
 Fiber 47g Vitamin C 145mg
 Sugar 60g Calcium 554mg
 Protein 46g Iron 17mg

FRI**FAT 38%** **CARBS 52%** **PROTEIN 10%**

Calories 1541 Cholesterol 0mg
 Fat 69g Sodium 1569mg
 Carbs 212g Vitamin A 39277IU
 Fiber 46g Vitamin C 143mg
 Sugar 56g Calcium 516mg
 Protein 40g Iron 17mg



FRUITS

- 4 1/2 Avocado
- 7 Banana
- 1 Lemon
- 5 Lime

BREAKFAST

- 1 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 3/4 tsps Black Pepper
- 1 1/2 cups Cashews
- 1/3 cup Chia Seeds
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1 tsp Dried Basil
- 1 tsp Garlic Powder
- 1/3 cup Ground Flax Seed
- 3/4 cup Hemp Seeds
- 1/2 tsp Onion Powder
- 2 tbsps Oregano
- 1/2 tsp Paprika
- 1/2 cup Pecans
- 1/2 cup Pumpkin Seeds
- 1/4 cup Raw Peanuts
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

VEGETABLES

- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 2 heads Boston Lettuce
- 5 cups Broccoli
- 4 cups Butternut Squash
- 13 Carrot
- 9 stalks Celery
- 4 cups Collard Greens
- 1 Eggplant
- 2 Garlic
- 1 tbsp Ginger
- 1 Green Bell Pepper
- 3 stalks Green Onion
- 1 Jalapeno Pepper
- 14 cups Kale Leaves
- 1 cup Matchstick Carrots
- 1 Red Bell Pepper
- 2 Sweet Onion
- 1 White Onion
- 1 Yellow Bell Pepper

BOXED & CANNED

- 5 cups Brown Rice Penne
- 6 cups Crushed Tomatoes
- 2 cups Green Lentils
- 2 cups Lentils
- 12 cups Popcorn
- 3/4 cup Quinoa

BAKING

- 1/2 cup Dried Unsweetened Cranberries
- 2 cups Oats
- 1 tbsp Pumpkin Pie Spice
- 2 cups Pureed Pumpkin
- 1/3 cup Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 2 lbs Extra Lean Ground Turkey

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 1 tbsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 2 tbsps Tamari

COLD

- 2 cups Unsweetened Almond Milk

OTHER

- 15 1/3 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 Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

2 cups Oats (quick or traditional)
2 cups Unsweetened Almond Milk
2 cups Pureed Pumpkin
2 tbsps Chia Seeds
1/4 cup Maple Syrup
1 tbsp Pumpkin Pie Spice
1/2 cup Pecans (toasted and chopped)

NUTRITION

AMOUNT PER SERVING

Calories	381	Cholesterol	0mg
Fat	15g	Sodium	92mg
Carbs	56g	Vitamin A	19325...
Fiber	11g	Vitamin C	6mg
Sugar	17g	Calcium	350mg
Protein	9g	Iron	5mg

DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO PUMPKIN PIE SPICE

Use cinnamon instead.

NO PECANS

Use any type of crushed nuts or hemp seeds instead.

Gut Healing Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/2 cups Water (cold)
2 cups Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
1 tbsp Chia Seeds
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
2 tbsps Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	22g	Sodium	22mg
Carbs	42g	Vitamin A	1124IU
Fiber	10g	Vitamin C	30mg
Sugar	24g	Calcium	149mg
Protein	11g	Iron	3mg

DIRECTIONS

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

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Banana with Peanut Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20539...
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Cream of Broccoli Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	392	Cholesterol	0mg
Fat	17g	Sodium	695mg
Carbs	48g	Vitamin A	4808IU
Fiber	14g	Vitamin C	113mg
Sugar	11g	Calcium	176mg
Protein	19g	Iron	7mg

DIRECTIONS

- 01 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 02 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 03 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

Popcorn

6 SERVINGS 2 MINUTES



INGREDIENTS

12 cups Popcorn

DIRECTIONS

01 Pour into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	110	Cholesterol	0mg
Fat	6g	Sodium	194mg
Carbs	13g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	2mg
Protein	2g	Iron	1mg

Celery with Peanut Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

6 stalks Celery (sliced into sticks)
1/2 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	17g	Sodium	53mg
Carbs	9g	Vitamin A	269IU
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	40mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

NOTES

NUT-FREE

Use sunflower seed butter or hummus instead.

Asian Turkey Lettuce Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 1 tbsp Ginger (peeled and grated)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Garlic (cloves, minced)
- 2 lbs Extra Lean Ground Turkey
- 2 tbsps Tamari
- 2 heads Boston Lettuce (peeled apart into leaves and washed)
- 3 stalks Green Onion (chopped)
- 1 cup Matchstick Carrots
- 1/4 cup Raw Peanuts (chopped)
- 1 Lime (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	461	Cholesterol	168mg
Fat	27g	Sodium	836mg
Carbs	10g	Vitamin A	2896IU
Fiber	2g	Vitamin C	9mg
Sugar	4g	Calcium	83mg
Protein	47g	Iron	4mg

DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 02 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
- 03 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

VEGAN AND VEGETARIAN

Use lentils instead of ground meat.

NUT-FREE

Garnish with sesame seeds instead of peanuts.

LIKES IT SPICY

Add hot sauce or chili flakes.

Chicken Fajitas with Cashew Sour Cream

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 tbsp Chili Powder
- 1/2 tsp Black Pepper
- 1/2 tsp Cumin
- 1/2 tsp Paprika
- 1/2 tsp Garlic Powder
- 1 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 Green Bell Pepper (sliced)
- 1 Jalapeno Pepper (de-seeded and sliced)
- 1 Sweet Onion (sliced)
- 1 lb Chicken Breast (cut into strips)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Cashews (soaked for 1 hour and liquid drained)
- 1/2 tsp Sea Salt
- 1 tbsp Apple Cider Vinegar
- 1 Lemon (juiced)
- 2 tbsps Water
- 1 Lime (cut into wedges)
- 4 cups Collard Greens (washed and stems removed)

NUTRITION

AMOUNT PER SERVING

Calories 345 Cholesterol 82mg
Fat 15g Sodium 423mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 In a bowl, combine chili powder, black pepper, cumin, paprika and garlic powder. Mix well and set aside.
- 03 In a large mixing bowl, add your sliced peppers, onion and chicken strips. Drizzle with olive oil and then sprinkle with seasoning. Use tongs to gently toss until everything is well coated. Transfer to your baking sheet and bake for 30 minutes or until chicken is cooked through.
- 04 Meanwhile, create your cashew sour cream by combining cashews, sea salt, apple cider vinegar, lemon juice and water in a blender or food processor. Pulse very well until completely smooth. Add an extra splash of water if too thick. Transfer to a jar and set aside.
- 05 Remove fajitas from oven. Serve in collard green wraps or gluten-free tortillas drizzled with cashew sour cream and a lime wedge. Enjoy!

NOTES

VEGAN AND VEGETARIAN

Skip the chicken and use roasted chickpeas instead.

FAJITA BOWL

Serve over a bed of greens to turn it into a bowl.

NO COLLARD GREENS

Use swiss chard or ice berg lettuce instead.



Carbs	24g	Vitamin A	3760IU
Fiber	5g	Vitamin C	176mg
Sugar	8g	Calcium	139mg
Protein	31g	Iron	3mg



Tomato & Eggplant Pasta Casserole

8 SERVINGS 1 HOUR



INGREDIENTS

6 cups Crushed Tomatoes
2 cups Lentils (cooked, drained and rinsed)
1/2 cup Water
1/4 cup Extra Virgin Olive Oil
1 cup Basil Leaves (chopped)
2 tbsps Oregano
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
2 tsps Sea Salt
1 tsp Black Pepper
5 cups Brown Rice Penne (dry)
1 Eggplant (large, sliced into 1/2 inch thick rounds)

NUTRITION

AMOUNT PER SERVING

Calories	460	Cholesterol	0mg
Fat	10g	Sodium	931mg
Carbs	82g	Vitamin A	704IU
Fiber	14g	Vitamin C	20mg
Sugar	11g	Calcium	103mg
Protein	13g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C).
- 02 In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
- 03 Remove from oven and let cool for 5 minutes before serving. Enjoy!

NOTES

SERVE IT WITH

Arugula tossed in olive oil and lemon juice.

LIKES IT SPICY

Garnish with red chili flakes.

CHEESE LOVER

Serve with parmesan cheese.

MEAT LOVER

Swap out the lentils for cooked ground meat.

NO EGGPLANT

Use tomatoes or zucchini sliced into rounds to cover the top instead.



Roasted Butternut Squash Harvest Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Butternut Squash (diced into cubes)
2 tbsps Extra Virgin Olive Oil (divided)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
8 cups Kale Leaves (finely chopped)
1 tbsp Balsamic Vinegar
Sea Salt & Black Pepper (to taste)
1/2 cup Pumpkin Seeds
1/2 cup Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	379	Cholesterol	0mg
Fat	16g	Sodium	35mg
Carbs	53g	Vitamin A	16908...
Fiber	10g	Vitamin C	69mg
Sugar	14g	Calcium	207mg
Protein	11g	Iron	6mg

DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 03 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 04 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 05 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

NOTES

NO BUTTERNUT SQUASH

Use sweet potato, carrots or beets instead.

SAVE TIME

Use frozen bagged butternut squash.

LEFTOVERS

Keeps well in the fridge up to 3 - 4 days.

EXTRA FLAVOUR

Toss the butternut squash in cinnamon before roasting.

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! Mark off any items you already have before you head out.</p>
		<p>Get started on the Pumpkin Pie Overnight Oats.</p>	<p>Combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well, cover and store in the fridge until thickened.</p>
		<p>Make the Cream of Broccoli Soup.</p>	<p>Divide into containers and let cool. Place enough in the fridge for lunch tomorrow and freeze the rest for next week.</p>
		<p>Portion out the Organic Popcorn into baggies for snacks.</p>	<p>Create enough for snacks on Monday, Tuesday and Friday.</p>
		<p>Portion out the peanut butter for Banana with Peanut Butter and Celery with Peanut Butter snacks.</p>	<p>Store in small containers in the fridge.</p>
		<p>Slice carrots and celery into sticks for Carrots & Guacamole and Celery with Peanut Butter snacks.</p>	<p>Store in a container in the fridge. Submerge in water to prevent the veggie sticks from drying out.</p>
		<p>Finish making Pumpkin Pie Overnight Oats.</p>	<p>Divide into jars and top with toasted pecans.</p>

1 Mon		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Banana with Peanut Butter, Cream of Broccoli Soup and Organic Popcorn.
		Make Asian Turkey Lettuce Wraps for dinner.	Divide leftovers into containers for tomorrow's lunch. Serve deconstructed as wraps or over greens as a salad.
2 Tue		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Banana with Peanut Butter, Asian Turkey Lettuce Wraps and Organic Popcorn.
		Make Chicken Fajitas with Cashew Sour Cream for dinner.	Divide leftovers into containers for tomorrow's lunch. Serve deconstructed as wraps or over chopped greens as a salad.
		Make Carrots & Guacamole snack.	Prepare guacamole and store in small containers. Portion carrot sticks into baggies. Store both in the fridge.
3 Wed		Make the Gut Healing Green Smoothie for breakfast.	Blend all ingredients and divide into glasses. Enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Carrots & Guacamole,

			Chicken Fajitas with Cashew Sour Cream and Celery with Peanut Butter.
		Make Tomato & Eggplant Pasta Casserole for dinner.	Portion the leftovers into containers.
4 Thu		Make the Gut Healing Green Smoothie for breakfast.	Blend all ingredients and divide into glasses. Enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Carrots & Guacamole, Tomato & Eggplant Pasta Casserole and Celery with Peanut Butter.
		Make Roasted Butternut Squash Harvest Bowl for dinner.	Divide leftovers into containers for tomorrow's lunch.
5 Fri		Make the Gut Healing Green Smoothie for breakfast.	Blend all ingredients and divide into glasses. Enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Carrots & Guacamole, Roasted Butternut Squash Harvest Bowl and Organic Popcorn.
		Enjoy leftover Tomato & Eggplant Pasta Casserole for dinner.	Bon appetit!

6 Sat		Use up any leftovers. Experiment with some new healthy meals you've been wanting to try.	Have fun!
7 Sun		Free day.	Grab your plan and guide for Week 3. 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.

