



# 21-Day Reset Program, Week 3

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# 21-Day Reset Program, Week 3

## 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.

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### **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**  
Zucchini Bread Overnight Oats



**SNACK 1**  
Blueberry Detox Smoothie



**LUNCH**  
Cream of Broccoli Soup



**SNACK 2**  
Dark Chocolate & Pistachios



**DINNER**  
One Pan Mediterranean Trout

## TUE



**BREAKFAST**  
Zucchini Bread Overnight Oats



**SNACK 1**  
Blueberry Detox Smoothie



**LUNCH**  
One Pan Mediterranean Trout



**SNACK 2**  
Dark Chocolate & Pistachios



**DINNER**  
Slow Cooker Vegan Chili

## WED



**BREAKFAST**  
Blueberry Chia Parfait



**SNACK 1**  
Celery & Hummus



**LUNCH**  
Slow Cooker Vegan Chili



**SNACK 2**  
Apple with Peanut Butter



**DINNER**  
Mac n' 'Cheese'

## THU



**BREAKFAST**  
Blueberry Chia Parfait



**SNACK 1**  
Celery & Hummus



**LUNCH**  
Mac n' 'Cheese'



**SNACK 2**  
Grapes & Pistachios



**DINNER**  
One Pan Sausage with Roasted Garlic Veggies

## FRI



**BREAKFAST**  
Blueberry Detox Smoothie



**SNACK 1**  
Grapes & Pistachios



**LUNCH**  
One Pan Sausage with Roasted Garlic Veggies



**SNACK 2**  
Apple with Peanut Butter



**DINNER**  
Mac n' 'Cheese'

## MON

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

Calories 1853            Cholesterol 95mg  
Fat 97g                    Sodium 1831mg  
Carbs 183g                Vitamin A 11799IU  
Fiber 48g                 Vitamin C 186mg  
Sugar 67g                 Calcium 1224mg  
Protein 88g                Iron 23mg

## TUE

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

Calories 1683            Cholesterol 95mg  
Fat 81g                    Sodium 2461mg  
Carbs 177g                Vitamin A 11425IU  
Fiber 48g                 Vitamin C 120mg  
Sugar 64g                 Calcium 1175mg  
Protein 81g                Iron 21mg

## WED

**FAT 42%**    **CARBS 46%**    **PROTEIN 12%**

Calories 1536            Cholesterol 0mg  
Fat 75g                    Sodium 2406mg  
Carbs 186g                Vitamin A 13103IU  
Fiber 47g                 Vitamin C 75mg  
Sugar 50g                 Calcium 974mg  
Protein 49g                Iron 15mg

## THU

**FAT 51%**    **CARBS 37%**    **PROTEIN 12%**

Calories 1679            Cholesterol 85mg  
Fat 100g                   Sodium 2082mg  
Carbs 163g                Vitamin A 14484IU  
Fiber 37g                 Vitamin C 73mg  
Sugar 46g                 Calcium 988mg  
Protein 53g                Iron 15mg

## FRI

**FAT 45%**    **CARBS 44%**    **PROTEIN 11%**

Calories 1711            Cholesterol 85mg  
Fat 90g                    Sodium 1807mg  
Carbs 200g                Vitamin A 16912IU  
Fiber 36g                 Vitamin C 100mg  
Sugar 80g                 Calcium 862mg  
Protein 51g                Iron 13mg



## FRUITS

- 4 Apple
- 8 Banana
- 4 cups Grapes
- 1/2 Lemon

## BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 cup Almonds
- 1 cup Cashews
- 1 1/8 cups Chia Seeds
- 3 tbsps Chili Powder
- 1/2 tsp Cinnamon
- 2 tpsps Cumin
- 1 tsp Dried Basil
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1 tsp Paprika
- 4 cups Pistachios, In Shell
- 1 3/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds

## FROZEN

- 8 cups Frozen Blueberries
- 2 cups Frozen Corn

## VEGETABLES

- 6 cups Baby Spinach
- 2 cups Basil Leaves
- 4 cups Butternut Squash
- 2 Carrot
- 14 stalks Celery
- 9 Garlic
- 2 Green Bell Pepper
- 1 Red Bell Pepper
- 1/2 Sweet Onion
- 1 Sweet Potato
- 4 Tomato
- 1 White Onion
- 2 Zucchini

## BOXED & CANNED

- 4 cups Brown Rice Macaroni
- 6 cups Canned Whole Tomatoes
- 2 cups Red Kidney Beans
- 2 cups White Navy Beans

## BAKING

- 3 1/2 ozs Dark Chocolate
- 2 tbsps Nutritional Yeast
- 1 1/2 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Sausage
- 1 cup Hummus
- 4 Rainbow Trout Fillet

## CONDIMENTS & OILS

- 1 1/2 cups Artichoke Hearts
- 2 tbsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives

## COLD

- 11 cups Unsweetened Almond Milk

## OTHER

- 1 cup 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**

# Zucchini Bread Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Oats (quick or traditional)  
1 1/2 cups Unsweetened Almond Milk  
2 tbsps Ground Flax Seed  
2 tbsps Maple Syrup  
1/2 tsp Cinnamon  
1 Zucchini (grated)  
1/4 cup Hemp Seeds  
2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	286	Cholesterol	0mg
Fat	9g	Sodium	68mg
Carbs	45g	Vitamin A	325IU
Fiber	7g	Vitamin C	14mg
Sugar	15g	Calcium	221mg
Protein	10g	Iron	3mg

## DIRECTIONS

- 01 In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
- 02 Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

# Blueberry Chia Parfait

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 3/4 cups Unsweetened Almond Milk  
1/3 cup Chia Seeds  
1 tbsp Maple Syrup  
1 cup Frozen Blueberries (thawed)  
1/4 cup Slivered Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	24g	Sodium	143mg
Carbs	36g	Vitamin A	472IU
Fiber	14g	Vitamin C	2mg
Sugar	14g	Calcium	657mg
Protein	11g	Iron	4mg

## DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 03 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## NOTES

### NO SLIVERED ALMONDS

Use shredded coconut or hemp seeds instead.

### CHIA WILL NOT GEL

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

# Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Blueberries  
2 cups Baby Spinach  
2 Banana (peeled, chopped and frozen)  
2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Cholesterol	0mg
Fat	8g	Sodium	187mg
Carbs	53g	Vitamin A	3459IU
Fiber	12g	Vitamin C	23mg
Sugar	28g	Calcium	566mg
Protein	6g	Iron	3mg

## DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## NOTES

### MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

### STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

# Celery & Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

8 stalks Celery (cut into sticks)  
1 cup Hummus  
1 tsp 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.

# Dark Chocolate & Pistachios

4 SERVINGS 5 MINUTES



## INGREDIENTS

3 1/2 ozs Dark Chocolate (at least 70% cacao)

2 cups Pistachios, In Shell

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Cholesterol	1mg
Fat	37g	Sodium	221mg
Carbs	27g	Vitamin A	10IU
Fiber	9g	Vitamin C	0mg
Sugar	10g	Calcium	58mg
Protein	14g	Iron	5mg

# 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.

# Grapes & Pistachios

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Grapes  
2 cups Pistachios, In Shell

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	380	Cholesterol	0mg
Fat	26g	Sodium	218mg
Carbs	32g	Vitamin A	92IU
Fiber	7g	Vitamin C	4mg
Sugar	19g	Calcium	53mg
Protein	13g	Iron	2mg

# One Pan Mediterranean Trout

4 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Basil Leaves  
1/2 Lemon (juiced)  
1 Garlic (clove)  
1/4 tsp Sea Salt  
1/4 cup Hemp Seeds  
1/4 cup Extra Virgin Olive Oil  
4 Rainbow Trout Fillet (about 5 oz. each)  
1 1/2 cups Artichoke Hearts  
1/2 cup Pitted Kalamata Olives  
4 Tomato (large, quartered)

## NUTRITION

### AMOUNT PER SERVING

Calories	427	Cholesterol	94mg
Fat	26g	Sodium	660mg
Carbs	10g	Vitamin A	3197IU
Fiber	6g	Vitamin C	36mg
Sugar	3g	Calcium	203mg
Protein	39g	Iron	5mg

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 02 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 03 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 04 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

## NOTES

### NO TROUT

Use salmon fillets instead.

### MORE CARBS

Serve with rice or quinoa.

# Slow Cooker Vegan Chili

8 SERVINGS 8 HOURS



## INGREDIENTS

6 cups Canned Whole Tomatoes  
2 cups Red Kidney Beans (cooked, drained and rinsed)  
2 cups White Navy Beans (cooked, drained and rinsed)  
2 cups Frozen Corn  
2 stalks Celery (diced)  
2 Green Bell Pepper (de-seeded and chopped)  
2 Carrot (chopped)  
1 White Onion (diced)  
4 Garlic (cloves, minced)  
2 tsps Cumin  
1 tsp Oregano  
3 tbsps Chili Powder  
1 tbsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	1g	Sodium	1325mg
Carbs	42g	Vitamin A	4434IU
Fiber	14g	Vitamin C	47mg
Sugar	8g	Calcium	127mg
Protein	12g	Iron	5mg

## DIRECTIONS

- 01 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 02 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 03 Ladle into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze up to four months.

### SERVING SIZE

One serving is roughly 1 1/2 cups.

### SERVE IT WITH

Toast, quinoa, brown rice, or a salad.

### MAKE AHEAD

Chop celery, bell peppers, carrot and onion ahead of time.

### KID-FRIENDLY

Omit the chili powder and puree until smooth. Serve with tortilla chips.

### EXTRA SPICY

Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

### MORE GREENS

Mix in chopped kale or spinach. Stir until wilted.

### EXTRA TOPPINGS

Top with green onion or diced avocado.



# Mac n' 'Cheese'

8 SERVINGS 1 HOUR



## INGREDIENTS

4 cups Butternut Squash (peeled, seeded and sliced into 1 inch cubes)  
1/2 Sweet Onion (diced)  
2 Garlic (cloves, whole)  
2 tbsps Extra Virgin Olive Oil  
1 cup Almonds  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1 cup Cashews  
2 tbsps Nutritional Yeast  
2 tps Sea Salt  
1 cup Water  
4 cups Brown Rice Macaroni (uncooked)

## NUTRITION

### AMOUNT PER SERVING

Calories	492	Cholesterol	0mg
Fat	22g	Sodium	605mg
Carbs	64g	Vitamin A	7442IU
Fiber	8g	Vitamin C	16mg
Sugar	4g	Calcium	101mg
Protein	13g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Place butternut squash, sweet onion and garlic cloves in a large mixing bowl. Add olive oil, season with a bit of sea salt and pepper and mix well. Transfer onto a large foil-lined baking sheet. Roast in the oven for 30 minutes.
- 03 Now let's make the "breadcrumbs". In a food processor, combine the almonds, garlic powder and onion powder. Pulse until almonds are coarsely chopped. Set aside.
- 04 In a blender, add cashews, nutritional yeast, sea salt and water. Blend until a creamy consistency forms. Now add in the roasted butternut squash and onion mix and blend until smooth.
- 05 Reduce oven to 350°F (177°C).
- 06 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.
- 07 In a large bowl, mix together cooked macaroni and "cheese" sauce. Toss until well coated then transfer into a casserole dish. Top with almond breadcrumbs and bake for 20 minutes.
- 08 Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups. For 8 servings an 11 x 17-inch casserole dish was used.



**MORE PROTEIN**

Add diced chicken.

**MAKE IT SPICY**

Add some clean hot sauce, chili flakes or cayenne pepper.

**EXTRA VEGETABLES**

Add sautéed spinach and mushrooms.

**APPETIZER SIZE**

Line a muffin tray with liners and fill each with a few spoonfuls of Mac n' 'Cheese' for a bite-sized snack.

# One Pan Sausage with Roasted Garlic Veggies

4 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 Red Bell Pepper (de-seeded and sliced)
- 1 Zucchini (diced into rounds)
- 1 Sweet Potato (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 2 Garlic (cloves, minced)
- 2 tbsps Balsamic Vinegar
- 1 tsp Dried Basil
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 10 ozs Chicken Sausage

## NUTRITION

### AMOUNT PER SERVING

Calories	272	Cholesterol	85mg
Fat	17g	Sodium	790mg
Carbs	19g	Vitamin A	5821IU
Fiber	3g	Vitamin C	49mg
Sugar	7g	Calcium	115mg
Protein	11g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the red bell pepper, zucchini, sweet potato and celery in a large bowl. Add in the minced garlic, balsamic vinegar, dried basil and olive oil. Season with sea salt and black pepper. Toss well and then spread the veggies across the baking sheet in an even layer. Set the sausage on top. Bake in the oven for 30 minutes, or until cooked through, flipping the sausage at the halfway point.
- 03 Remove the pan from the oven and divide onto plates. Enjoy!

## NOTES

### LEFTOVERS

Keeps well in the fridge up to 3 days.

### VEGAN AND VEGETARIAN

Use roasted chickpeas instead.

Day	Task	Notes	
<p style="text-align: center;"><b>0 Sun</b></p>		<p>Grocery shop.</p>	<p>Grab the grocery list for Week 3. Mark off any items you already have before you head out. Let's go!</p>
		<p>Freeze the chicken sausage to preserve freshness.</p>	<p>We'll remind you later in the week when to transfer it to the fridge to thaw.</p>
		<p>Get started on the Zucchini Bread Overnight Oats.</p>	<p>Combine the oats, almond milk, ground flax seed, maple syrup, cinnamon, grated zucchini and hemp seeds. Stir well to mix then store in the fridge until thickened.</p>
		<p>Prepare smoothie packs for the Blueberry Detox Smoothie.</p>	<p>Divide blueberries, spinach, banana and chia seeds into single serving baggies and store in the freezer. (At meal time you will just add the almond milk and blend.)</p>
		<p>Transfer the Cream of Broccoli Soup from last week from the freezer into the fridge to thaw.</p>	<p>For tomorrow's lunch.</p>
		<p>Prepare Dark Chocolate &amp; Pistachio snacks.</p>	<p>Divide into baggies and store in the fridge or at room temperature.</p>
		<p>Finish making Zucchini Bread Overnight Oats.</p>	<p>Layer into jars with sliced banana. Cover and store</p>

			in the fridge.
<b>1 Mon</b>		Blend your Blueberry Detox Smoothie.	Dump smoothie pack(s) into the blender and add almond milk. Blend well until smooth. Transfer to a jar for a snack later on. Tip: Shake well before drinking. Add a scoop of protein powder or some hemp seeds for some extra fuel.
		Pack your meals if you are on-the-go.	Zucchini Bread Overnight Oats, Blueberry Detox Smoothie, Cream of Broccoli Soup and Dark Chocolate & Pistachios.
		Make One Pan Mediterranean Trout for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Prepare ingredients for the Slow Cooker Vegan Chili.	Place all the ingredients into a large mixing bowl and store covered in the fridge overnight. Tomorrow, you will just dump it all into the slow cooker and be good to go!
<b>2 Tue</b>		Dump all ingredients for the Slow Cooker Vegan Chili into the slow cooker.	Cook on high for 8 hours.
		Blend your Blueberry Detox Smoothie.	Dump smoothie pack(s) into the blender and add almond milk. Blend well until smooth. Transfer to a jar for a snack later on. Tip: Shake well before drinking. Add a scoop of protein powder or some

			hemp seeds for some extra fuel.
		Pack your meals if you are on-the-go.	Zucchini Bread Overnight Oats, Blueberry Detox Smoothie, One Pan Mediterranean Trout, Dark Chocolate & Pistachios.
		Enjoy Slow Cooker Vegan Chili for dinner.	Store enough for tomorrow's lunch in the fridge and freeze the rest.
		Make Celery & Hummus snacks.	Slice celery into sticks and store in baggies. Portion out hummus into small containers. Store both in the fridge.
		Make Apple with Peanut Butter snacks.	Portion peanut butter into small containers. Store in the fridge with apples on the side.
	Get started on Blueberry Chia Parfaits.	In a bowl, mix together the almond milk, chia seed and maple syrup. Store in the fridge overnight.	
<b>3 Wed</b>		Finish assembling Blueberry Chia Parfaits.	Layer into mason jars with blueberries and slivered almonds.
		Pack your meals if you are on-the-go.	Blueberry Chia Parfait, Celery & Hummus, Slow Cooker Vegan Chili and Apple with Peanut Butter.
		Make Mac n 'Cheese' for dinner.	Divide leftovers into containers and store in the fridge.

		Prepare Grapes & Pistachios snacks.	Divide into baggies and store in the fridge.
		Transfer the sausage from the freezer to the fridge to thaw.	For tomorrow night's dinner.
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Blueberry Chia Parfait, Celery & Hummus, Mac n' 'Cheese' and Grapes & Pistachios.
		Make One Pan Sausage with Garlic Roasted Veggies for dinner.	Divide leftovers into containers for tomorrow's lunch.
<b>5 Fri</b>		Blend your Blueberry Detox Smoothie.	Dump smoothie pack(s) into the blender and add almond milk. Blend well until smooth. Transfer to a jar for a snack later on. Add a scoop of protein powder or some hemp seeds for some extra fuel.
		Pack your meals if you are on-the-go.	Blueberry Detox Smoothie, Grapes & Pistachios, One Pan Sausage with Garlic Roasted Veggies and Apple with Peanut Butter.
		Enjoy leftover Mac n' 'Cheese' for dinner.	Bon appetit!
<b>6 Sat</b>		Use up any leftovers. Experiment with some new meals from That Clean Life.	Have fun!

<p><b>7</b> <b>Sun</b></p>		<p>Free day.</p>	<p>Prepare for next week. Make your own meal plan or grab one of ours. Slot in any leftovers that you still have in the freezer. Do your grocery shopping and meal prep. Keep up the momentum!</p>
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## **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.

