



# 21-Day Spring Meal Prep Program, Week 1

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# 21-Day Spring Meal Prep Program, Week 1

HEAVY METAL FITNESS

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

Three weeks of Spring-inspired meal prep, Week 1 - If there is one thing successful healthy eaters swear by, it is meal prep. This program will get you back into the habit of meal prepping, eating clean and feeling awesome with three weeks of delicious, Spring-inspired meals all planned out for you, five of seven days of the week.

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**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Carrots & Guacamole



**LUNCH**  
Mediterranean Tuna Pasta Salad



**SNACK 2**  
Banana Coconut Granola



**DINNER**  
One Pan Salmon with Rainbow Veggies

## TUE



**BREAKFAST**  
Peanut Butter Cup Overnight Oats



**SNACK 1**  
Carrots & Guacamole



**LUNCH**  
Mediterranean Tuna Pasta Salad



**SNACK 2**  
Banana Coconut Granola



**DINNER**  
One Pan Salmon with Rainbow Veggies

## WED



**BREAKFAST**  
Morning Glory Muffins



**SNACK 1**  
Banana Coconut Granola



**LUNCH**  
Vegan Corn Chowder



**SNACK 2**  
Baby Carrots & Hummus



**DINNER**  
Ginger Chicken Stir Fry

## THU



**BREAKFAST**  
Morning Glory Muffins



**SNACK 1**  
Almonds & Dark Chocolate



**LUNCH**  
Vegan Corn Chowder



**SNACK 2**  
Baby Carrots & Hummus



**DINNER**  
Ginger Chicken Stir Fry

## FRI



**BREAKFAST**  
Morning Glory Muffins



**SNACK 1**  
Almonds & Dark Chocolate



**LUNCH**  
Vegan Corn Chowder



**SNACK 2**  
Baby Carrots & Hummus



**DINNER**  
Ginger Chicken Stir Fry

**MON****FAT 50%**    **CARBS 34%**    **PROTEIN 16%**

Calories 1681                      Cholesterol 93mg  
 Fat 98g                              Sodium 1000mg  
 Carbs 152g                        Vitamin A 24029IU  
 Fiber 33g                         Vitamin C 336mg  
 Sugar 37g                         Calcium 614mg  
 Protein 72g                        Iron 14mg

**TUE****FAT 50%**    **CARBS 34%**    **PROTEIN 16%**

Calories 1681                      Cholesterol 93mg  
 Fat 98g                              Sodium 1000mg  
 Carbs 152g                        Vitamin A 24029IU  
 Fiber 33g                         Vitamin C 336mg  
 Sugar 37g                         Calcium 614mg  
 Protein 72g                        Iron 14mg

**WED****FAT 46%**    **CARBS 35%**    **PROTEIN 19%**

Calories 1211                      Cholesterol 144mg  
 Fat 65g                              Sodium 3446mg  
 Carbs 114g                        Vitamin A 27576IU  
 Fiber 25g                         Vitamin C 168mg  
 Sugar 35g                         Calcium 360mg  
 Protein 60g                        Iron 11mg

**THU****FAT 48%**    **CARBS 33%**    **PROTEIN 19%**

Calories 1164                      Cholesterol 145mg  
 Fat 65g                              Sodium 3345mg  
 Carbs 101g                        Vitamin A 27573IU  
 Fiber 24g                         Vitamin C 166mg  
 Sugar 38g                         Calcium 402mg  
 Protein 59g                        Iron 12mg

**FRI****FAT 48%**    **CARBS 33%**    **PROTEIN 19%**

Calories 1164                      Cholesterol 145mg  
 Fat 65g                              Sodium 3345mg  
 Carbs 101g                        Vitamin A 27573IU  
 Fiber 24g                         Vitamin C 166mg  
 Sugar 38g                         Calcium 402mg  
 Protein 59g                        Iron 12mg



## FRUITS

- 2 Avocado
- 2 Banana
- 1 Lemon
- 2 Lime
- 1 Navel Orange

## BREAKFAST

- 1/3 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 2 2/3 tbsps Chia Seeds
- 1 tsp Cinnamon
- 1/2 tsp Cumin
- 1 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1 tsp Paprika
- 1/2 cup Pumpkin Seeds
- 1 1/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 3 cups Frozen Corn

## VEGETABLES

- 8 cups Arugula
- 4 1/2 cups Baby Carrots
- 7 cups Broccoli
- 13 Carrot
- 1 head Cauliflower
- 7 1/2 stalks Celery
- 4 cups Cherry Tomatoes
- 8 Garlic
- 1 1/2 tbsps Ginger
- 6 cups Kale Leaves
- 1 1/2 Red Bell Pepper
- 1 cup Red Onion
- 3/4 tsp Thyme
- 1 White Onion
- 2 Yellow Bell Pepper
- 3/4 Yellow Onion

## BOXED & CANNED

- 2 cups Brown Rice Fusilli, Cooked
- 2/3 cup Canned Coconut Milk
- 1 can Tuna

## BAKING

- 1 cup Almond Flour
- 1 1/3 tbsps Cocoa Powder
- 3 1/2 ozs Dark Chocolate
- 5 cups Oats
- 1/2 cup Raisins
- 1 cup Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 2 lbs Chicken Breast
- 1 1/2 cups Hummus
- 1 1/4 lbs Salmon Fillet

## CONDIMENTS & OILS

- 1 tbsp Coconut Aminos
- 1/3 cup Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 1/2 cup Sun Dried Tomatoes
- 1/2 cup Tamari

## COLD

- 2 Egg
- 2 1/4 cups Unsweetened Almond Milk

## OTHER

- 2 2/3 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**

# Peanut Butter Cup Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

2 cups Oats (quick or rolled)  
2 cups Unsweetened Almond Milk  
1/3 cup All Natural Peanut Butter  
2 2/3 tbsps Chia Seeds  
2 2/3 tbsps Maple Syrup  
1 1/3 tbsps Cocoa Powder  
2/3 cup Water

## NUTRITION

### AMOUNT PER SERVING

Calories	375	Cholesterol	0mg
Fat	18g	Sodium	89mg
Carbs	46g	Vitamin A	250IU
Fiber	8g	Vitamin C	0mg
Sugar	11g	Calcium	322mg
Protein	12g	Iron	3mg

## DIRECTIONS

- 01 Combine oats, almond milk, peanut butter, chia seeds, maple syrup, cocoa powder and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Divide into single-serving size jars or containers. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Add an extra splash of almond milk and/or a drizzle of honey (optional).

### TOPPINGS

Banana slices, peanuts, shredded coconut, hemp hearts or chocolate chips.

### WARM IT UP

Heat in microwave for 30 to 60 seconds before eating.

### NO MAPLE SYRUP

Use honey instead.

### MORE FIBER

Add ground flaxseed.

# Morning Glory Muffins

9 SERVINGS 40 MINUTES



## INGREDIENTS

1 cup Almond Flour  
1 cup Oats  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt  
1/2 cup Raisins  
3 tbsps Extra Virgin Olive Oil  
1/4 cup Maple Syrup  
2 Egg  
1/4 cup Unsweetened Almond Milk  
2 Carrot (grated)  
1 Banana (ripe and mashed)

## NUTRITION

### AMOUNT PER SERVING

Calories	230	Cholesterol	41mg
Fat	13g	Sodium	99mg
Carbs	27g	Vitamin A	2347IU
Fiber	3g	Vitamin C	2mg
Sugar	14g	Calcium	71mg
Protein	6g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 02 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 03 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 04 Combine the wet and dry ingredients and mix well.
- 05 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 06 Remove from oven. Let cool and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving equals one muffin.

### NO RAISINS

Used unsweetened dried cranberries or fresh blueberries instead.

### EGG ALLERGY

Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

### ADDITIONAL TOPPINGS

Raw honey or butter.

# 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.

# Almonds & Dark Chocolate

4 SERVINGS 3 MINUTES



## INGREDIENTS

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

## DIRECTIONS

01 Divide between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	253	Cholesterol	1mg
Fat	20g	Sodium	5mg
Carbs	15g	Vitamin A	10IU
Fiber	5g	Vitamin C	0mg
Sugar	7g	Calcium	66mg
Protein	6g	Iron	4mg

# Mediterranean Tuna Pasta Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Brown Rice Fusilli, Cooked  
1/4 cup Extra Virgin Olive Oil  
1 Lemon (juiced)  
1 tbsp Italian Seasoning  
Sea Salt & Black Pepper (to taste)  
1/2 cup Green Olives (sliced)  
1/2 cup Sun Dried Tomatoes (sliced)  
1 can Tuna (drained and flaked)  
8 cups Arugula  
1/4 cup Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	350	Cholesterol	15mg
Fat	22g	Sodium	247mg
Carbs	29g	Vitamin A	1089IU
Fiber	3g	Vitamin C	14mg
Sugar	4g	Calcium	104mg
Protein	16g	Iron	4mg

## DIRECTIONS

- 01 Cook the brown rice pasta according to directions on the package.
- 02 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 03 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 04 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

## NOTES

### VEGAN

Use chickpeas or lentils instead of tuna.

### LEFTOVERS

Keeps well in the fridge up to 3 days.



# Vegan Corn Chowder

6 SERVINGS 40 MINUTES



## INGREDIENTS

1 head Cauliflower (chopped into florets and divided)  
3 tbsps Coconut Oil  
1 White Onion (diced)  
5 Garlic (cloves, minced)  
3 Carrot (chopped)  
3 stalks Celery  
1 tbsp Sea Salt  
1 tsp Paprika  
1 tsp Onion Powder  
1 tsp Garlic Powder  
1/2 tsp Cumin  
3/4 tsp Thyme  
1 tsp Oregano  
3 cups Frozen Corn (divided)  
2/3 cup Canned Coconut Milk  
2 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	231	Cholesterol	0mg
Fat	13g	Sodium	1258mg
Carbs	29g	Vitamin A	5549IU
Fiber	6g	Vitamin C	55mg
Sugar	7g	Calcium	67mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
- 02 Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
- 03 Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
- 04 Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
- 05 Add additional salt and spices to taste. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is roughly 1 1/2 cups of soup.

### ADDITIONAL TOPPINGS

Add quinoa, edamame, chickpeas, diced baked chicken breast or shrimp for more protein. Stir in kale, spinach and/or nutritional yeast. Top with chopped green onions, avocado, bacon, or a slice of toast.

### NO COCONUT MILK

Use almond milk instead.



#### **LESS WORK**

Saute all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.



# Banana Coconut Granola

6 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

2 cups Oats (rolled or old fashioned)  
1 cup Unsweetened Coconut Flakes  
1/2 cup Pumpkin Seeds  
1/2 tsp Cinnamon  
1/4 tsp Sea Salt  
1 Banana (ripe, mashed)  
2 tbsps Coconut Oil (melted)

## NUTRITION

### AMOUNT PER SERVING

Calories	300	Cholesterol	0mg
Fat	20g	Sodium	106mg
Carbs	28g	Vitamin A	13IU
Fiber	6g	Vitamin C	2mg
Sugar	4g	Calcium	24mg
Protein	7g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 300°F (149°C).
- 02 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 03 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 04 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 05 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 06 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is roughly 1/2 cup of granola.

### SERVE IT WITH

Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.

# Baby Carrots & Hummus

6 SERVINGS 5 MINUTES



## INGREDIENTS

4 1/2 cups Baby Carrots  
1 1/2 cups 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.

# One Pan Salmon with Rainbow Veggies

4 SERVINGS 40 MINUTES



## INGREDIENTS

4 cups Cherry Tomatoes  
1 1/4 lbs Salmon Fillet  
2 Yellow Bell Pepper (sliced)  
4 cups Broccoli (chopped into small florets)  
1 cup Red Onion (sliced into chunks)  
1/4 cup Extra Virgin Olive Oil  
1 tbsp Coconut Aminos  
1 Navel Orange (zested and juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	440	Cholesterol	78mg
Fat	23g	Sodium	171mg
Carbs	27g	Vitamin A	2138IU
Fiber	6g	Vitamin C	296mg
Sugar	11g	Calcium	109mg
Protein	34g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

## NOTES

### MORE CARBS

Serve with rice or quinoa.

### VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

### LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

# Ginger Chicken Stir Fry

6 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Tamari  
3 Garlic (cloves, minced)  
1 1/2 tbsps Ginger (peeled and grated)  
1 1/2 tbsps Coconut Oil  
2 lbs Chicken Breast (sliced into cubes)  
3/4 Yellow Onion (diced)  
4 1/2 stalks Celery (sliced)  
1 1/2 Red Bell Pepper (diced)  
3 cups Broccoli (chopped into florets)  
6 cups Kale Leaves (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Cholesterol	103mg
Fat	8g	Sodium	1624mg
Carbs	10g	Vitamin A	2403IU
Fiber	4g	Vitamin C	100mg
Sugar	4g	Calcium	109mg
Protein	37g	Iron	3mg

## DIRECTIONS

- 01 Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
- 02 Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
- 03 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

## NOTES

### ALTERNATIVE VEGGIES

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

### SERVE IT WITH

Brown rice, pasta or quinoa.

### LEFTOVERS

Keeps well in the fridge up to 3 days.

### VEGAN AND VEGETARIAN

Use chickpeas or tofu instead of chicken.

### MAKE IT FASTER

Use pre-sliced veggies from the bag.

Task No.	Time	Recipe	Tasks & Notes
1	30 minutes	Vegan Corn Chowder	<input type="checkbox"/> Prepare all ingredients and follow the recipe. While it simmers, move onto the next step.
2	15 minutes	Banana Coconut Granola	<input type="checkbox"/> Preheat oven to 300 degrees F. <input type="checkbox"/> Follow the recipe and bake for 45 to 55 minutes. Set timer and move onto the next task.
3	5 minutes	Vegan Corn Chowder	<input type="checkbox"/> Divide the chowder into single serving containers and set aside to cool.
4	30 minutes	Ginger Chicken Stir Fry	<input type="checkbox"/> Prep ingredients and follow the recipe. <input type="checkbox"/> Divide the stir fry between containers and set aside to cool. <input type="checkbox"/> Ensure all burners are turned off. <input type="checkbox"/> Note: Feel free to cook up some rice or quinoa if you want it to go along with the Ginger Chicken Stir Fry and/or One Pan Salmon with Rainbow Veggies.
5	10 minutes	Peanut Butter Cup Overnight Oats	<input type="checkbox"/> Prepare all ingredients and follow the recipe.

			<input type="checkbox"/> Transfer to the fridge to set and move onto the next task.
<b>6</b>	5 minutes	Banana Coconut Granola	<input type="checkbox"/> Remove from oven. <input type="checkbox"/> Divide into containers to cool.
<b>7</b>	10 minutes	One Pan Salmon with Rainbow Veggies	<input type="checkbox"/> Bump the oven temperature up to 375 degrees F. <input type="checkbox"/> Prep the ingredients, follow the recipe then bake in the oven for 30 minutes or until salmon is cooked through. Move onto the next step while it bakes.
<b>8</b>	5 minutes	Baby Carrots & Hummus	<input type="checkbox"/> Divide hummus into single serving condiment containers. <input type="checkbox"/> Divide baby carrots into ziplock baggies.
<b>9</b>	5 minutes	Carrots & Guacamole	<input type="checkbox"/> Follow the recipe. Divide guacamole into single serving condiment containers. <input type="checkbox"/> Chop the carrots and divide into ziplock baggies.
<b>10</b>	5 minutes	Dark Chocolate & Almonds	<input type="checkbox"/> Divide the dark chocolate and almonds into ziplock baggies.

<b>11</b>	10 minutes	Morning Glory Muffins	<input type="checkbox"/> Follow the recipe and divide the batter into a lined muffin tray.
<b>12</b>	5 minutes	One Pan Salmon with Rainbow Veggies	<input type="checkbox"/> Remove from oven. <input type="checkbox"/> Divide into containers and set aside to cool.
<b>13</b>	5 minutes	Morning Glory Muffins	<input type="checkbox"/> Place muffin tray in the oven and bake at 375 degrees F for 30 minutes.
<b>14</b>	15	Mediterranean Tuna Salad	<input type="checkbox"/> Prepare ingredients and follow the recipe. <input type="checkbox"/> Divide into containers and set aside.
<b>15</b>	5	Peanut Butter Cup Overnight Oats	<input type="checkbox"/> The oats should be set enough to divide into jars and add toppings of your choice. Set aside.
<b>16</b>	5	Morning Glory Muffins	<input type="checkbox"/> Remove from oven and set aside to cool. <input type="checkbox"/> Turn oven off.
<b>17</b>	5 minutes	Once everything has cooled	<input type="checkbox"/> Seal everything with lids. <input type="checkbox"/> <b>Into the Fridge:</b> Peanut Butter Cup Overnight Oats, Carrots & Guacamole, Mediterranean Tuna Salad, Banana

			<p>Coconut Granola, One Pan Salmon with Rainbow Veggies, Baby Carrots &amp; Hummus, Almonds &amp; Dark Chocolate.</p> <p><input type="checkbox"/> <b>Into the Freezer:</b> Morning Glory Muffins, Vegan Corn Chowder, Ginger Chicken Veggie Stir Fry.</p>
<b>18</b>	20 minutes		<p><input type="checkbox"/> Wash dishes/load and start dishwasher.</p> <p><input type="checkbox"/> Wipe counters</p>
<b>Total Prep Time: Approximately 3 hours, 10 minutes</b>			

**Note:** On Tuesday (or day 2), transfer the Morning Glory Muffins, Vegan Corn Chowder and Ginger Chicken Veggie Stir Fry from the freezer into the fridge to thaw.

## **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.

