



# 21-Day Spring Meal Prep Program, Week 2

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# 21-Day Spring Meal Prep Program, Week 2

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 2 - 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**  
Berry Baked Oatmeal



**SNACK 1**  
Dark Chocolate & Walnuts



**LUNCH**  
Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette



**SNACK 2**  
Celery with Peanut Butter



**DINNER**  
Cheesy Edamame & Parsley Pasta

## TUE



**BREAKFAST**  
Berry Baked Oatmeal



**SNACK 1**  
Dark Chocolate & Walnuts



**LUNCH**  
Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette



**SNACK 2**  
Celery with Peanut Butter



**DINNER**  
Cheesy Edamame & Parsley Pasta

## WED



**BREAKFAST**  
Berry Baked Oatmeal



**SNACK 1**  
Grapes & Walnuts



**LUNCH**  
Butter Chicken & Cauliflower Rice



**SNACK 2**  
Celery with Peanut Butter



**DINNER**  
Honey Garlic Chickpeas with Asparagus & Rice

## THU



**BREAKFAST**  
Post Workout Green Smoothie



**SNACK 1**  
Grapes & Walnuts



**LUNCH**  
Butter Chicken & Cauliflower Rice



**SNACK 2**  
Apple with Peanut Butter



**DINNER**  
Honey Garlic Chickpeas with Asparagus & Rice

## FRI



**BREAKFAST**  
Post Workout Green Smoothie



**SNACK 1**  
Grapes & Walnuts



**LUNCH**  
Butter Chicken & Cauliflower Rice



**SNACK 2**  
Apple with Peanut Butter



**DINNER**  
Honey Garlic Chickpeas with Asparagus & Rice

**MON****FAT 43%**    **CARBS 43%**    **PROTEIN 14%**

Calories 1775            Cholesterol 18mg  
 Fat 88g                 Sodium 712mg  
 Carbs 201g             Vitamin A 4873IU  
 Fiber 39g              Vitamin C 75mg  
 Sugar 37g              Calcium 625mg  
 Protein 63g             Iron 22mg

**TUE****FAT 43%**    **CARBS 43%**    **PROTEIN 14%**

Calories 1775            Cholesterol 18mg  
 Fat 88g                 Sodium 712mg  
 Carbs 201g             Vitamin A 4873IU  
 Fiber 39g              Vitamin C 75mg  
 Sugar 37g              Calcium 625mg  
 Protein 63g             Iron 22mg

**WED****FAT 42%**    **CARBS 43%**    **PROTEIN 15%**

Calories 1455            Cholesterol 62mg  
 Fat 71g                 Sodium 1087mg  
 Carbs 166g             Vitamin A 3094IU  
 Fiber 32g              Vitamin C 103mg  
 Sugar 55g              Calcium 468mg  
 Protein 58g             Iron 13mg

**THU****FAT 41%**    **CARBS 43%**    **PROTEIN 16%**

Calories 1502            Cholesterol 64mg  
 Fat 72g                 Sodium 1036mg  
 Carbs 174g             Vitamin A 5673IU  
 Fiber 34g              Vitamin C 114mg  
 Sugar 70g              Calcium 352mg  
 Protein 64g             Iron 12mg

**FRI****FAT 41%**    **CARBS 43%**    **PROTEIN 16%**

Calories 1502            Cholesterol 64mg  
 Fat 72g                 Sodium 1036mg  
 Carbs 174g             Vitamin A 5673IU  
 Fiber 34g              Vitamin C 114mg  
 Sugar 70g              Calcium 352mg  
 Protein 64g             Iron 12mg



## FRUITS

- 4 Apple
- 1 Avocado
- 2 Banana
- 6 cups Grapes
- 3/4 Lime

## BREAKFAST

- 1 1/4 cups All Natural Peanut Butter
- 3 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/3 tsp Black Pepper
- 1/2 cup Cashews
- 2 tbsps Chia Seeds
- 3 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 1/2 tbsps Curry Powder
- 1 tbsp Garam Masala
- 1/2 tsp Garlic Powder
- 1 tbsp Paprika
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Sliced Almonds
- 1/2 cup Slivered Almonds
- 2 1/2 cups Walnuts

## FROZEN

- 2 cups Frozen Berries
- 1 1/2 cups Frozen Edamame

## VEGETABLES

- 9 cups Asparagus
- 4 cups Baby Spinach
- 1 1/2 heads Cauliflower
- 9 stalks Celery
- 1 Cucumber
- 7 Garlic
- 3 tbsps Ginger
- 2 cups Parsley
- 3 Yellow Onion

## BOXED & CANNED

- 2 cups Brown Rice Spaghetti
- 1 1/2 cups Canned Coconut Milk
- 3 3/4 cups Chickpeas
- 1 1/2 cups Jasmine Rice
- 2 cups Lentils
- 1/3 cup Tomato Paste

## BAKING

- 3 1/2 ozs Dark Chocolate
- 2 tbsps Nutritional Yeast
- 2 cups Oats
- 3 tbsps Raw Honey
- 1/2 cup Unsweetened Applesauce

## BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Chicken Breast
- 1/2 cup Feta Cheese

## CONDIMENTS & OILS

- 3 tbsps Balsamic Vinegar
- 2 1/4 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil

## COLD

- 2 cups Unsweetened Almond Milk

## OTHER

- 1/2 cup Protein Powder
- 4 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**

# Berry Baked Oatmeal

6 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1/2 cup Unsweetened Applesauce  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
2 cups Frozen Berries  
1/4 cup Sliced Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Cholesterol	0mg
Fat	7g	Sodium	56mg
Carbs	35g	Vitamin A	174IU
Fiber	7g	Vitamin C	14mg
Sugar	11g	Calcium	222mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### NO APPLESAUCE

Use mashed banana instead.

### NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

# Post Workout Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/4 cup Protein Powder (vanilla)  
2 cups Water (cold)  
1/2 Avocado  
1 Banana (frozen)  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Cholesterol	2mg
Fat	8g	Sodium	51mg
Carbs	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	119mg
Protein	12g	Iron	1mg

## DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

## NOTES

### NO SPINACH

Use kale instead.

### NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.

# Dark Chocolate & Walnuts

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## DIRECTIONS

01 Divide dark chocolate and walnuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	346	Cholesterol	1mg
Fat	30g	Sodium	6mg
Carbs	16g	Vitamin A	10IU
Fiber	5g	Vitamin C	0mg
Sugar	7g	Calcium	48mg
Protein	7g	Iron	4mg

# Grapes & Walnuts

6 SERVINGS 3 MINUTES



## INGREDIENTS

6 cups Grapes (washed)  
1 1/2 cups Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	20g	Vitamin A	92IU
Fiber	3g	Vitamin C	4mg
Sugar	16g	Calcium	42mg
Protein	5g	Iron	1mg

## DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

## NOTES

### NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

# Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette

4 SERVINGS 15 MINUTES



## INGREDIENTS

6 cups Asparagus (trimmed and sliced in half lengthwise)  
3 tbsps Balsamic Vinegar  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Dijon Mustard  
1 tbsp Maple Syrup  
1 Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
1 Cucumber (large, diced)  
2 cups Lentils (cooked, drained and rinsed)  
1/2 cup Slivered Almonds (toasted)  
1/2 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	409	Cholesterol	17mg
Fat	20g	Sodium	266mg
Carbs	40g	Vitamin A	1686IU
Fiber	14g	Vitamin C	15mg
Sugar	13g	Calcium	226mg
Protein	21g	Iron	9mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil. Add the asparagus and boil for about 3 to 4 minutes or until tender. Strain the water off of the asparagus then place them in a bowl full of cold water. Set aside while you prepare the rest. (Note: You could also grill or roast the asparagus.)
- 02 Combine balsamic vinegar, olive oil, dijon mustard, maple syrup and minced garlic in a jar. Season with a pinch of sea salt and black pepper. Seal with a lid, shake rigorously and set aside.
- 03 In a large salad bowl combine asparagus, cucumber, lentils, slivered almonds and feta cheese. Add desired amount of dressing and toss well to combine. Divide into bowls and enjoy!

## NOTES

### DAIRY-FREE

Skip the feta.

### NUT-FREE

Use sunflower seeds instead of slivered almonds.

### NO LENTILS

Use chickpeas or beans instead.

### STORAGE

Stores well in the fridge up to 3 days.

# Butter Chicken & Cauliflower Rice

6 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/8 lbs Chicken Breast  
3 tbsps Extra Virgin Olive Oil  
3 Yellow Onion (diced)  
3 Garlic (cloves, minced)  
3 tbsps Ginger (grated)  
1/3 cup Tomato Paste  
1 tbsp Paprika  
1 1/2 tbsps Curry Powder  
1 tbsp Garam Masala  
1 1/2 tsps Sea Salt  
1 1/2 tbsps Chili Powder  
1/3 cup Water  
1 1/2 cups Canned Coconut Milk (full fat)  
1 1/2 heads Cauliflower  
3/4 Lime (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	365	Cholesterol	62mg
Fat	21g	Sodium	762mg
Carbs	23g	Vitamin A	1432IU
Fiber	8g	Vitamin C	77mg
Sugar	10g	Calcium	88mg
Protein	25g	Iron	4mg

## DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

## NOTES

### VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

### NO COCONUT MILK

Use Greek yogurt instead.

### NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

### MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

### STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.



# Celery with Peanut Butter

6 SERVINGS 5 MINUTES



## INGREDIENTS

9 stalks Celery (sliced into sticks)  
3/4 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.

# 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.

# Cheesy Edamame & Parsley Pasta

4 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Brown Rice Spaghetti  
1/2 cup Cashews  
2 tbsps Nutritional Yeast  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt  
1 1/2 cups Frozen Edamame (thawed)  
2 cups Parsley (finely chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	598	Cholesterol	0mg
Fat	14g	Sodium	331mg
Carbs	101g	Vitamin A	2734IU
Fiber	10g	Vitamin C	44mg
Sugar	2g	Calcium	89mg
Protein	21g	Iron	6mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 02 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 03 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

## NOTES

### NO EDAMAME

Use frozen peas or any leftover veggies.

### MEAT LOVER

Replace edamame with cooked chicken breast or shrimp.

### MAKE IT SPICY

Garnish with red pepper flakes.

# Honey Garlic Chickpeas with Asparagus & Rice

6 SERVINGS 25 MINUTES



## INGREDIENTS

3 cups Asparagus (woody ends snapped off)  
2 1/4 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Jasmine Rice (uncooked)  
2 1/4 tsps Coconut Oil  
3 3/4 cups Chickpeas (cooked)  
3 tbsps Raw Honey  
1 1/2 tbsps Chili Powder  
1/3 tsp Sea Salt  
1/3 tsp Black Pepper  
3 Garlic (cloves, minced)

## NUTRITION

### AMOUNT PER SERVING

Calories	410	Cholesterol	0mg
Fat	6g	Sodium	214mg
Carbs	79g	Vitamin A	1127IU
Fiber	11g	Vitamin C	6mg
Sugar	14g	Calcium	76mg
Protein	14g	Iron	5mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Toss asparagus in olive oil and season with sea salt and black pepper. Spread them across a baking sheet and bake in the oven for 12 to 15 minutes.
- 02 Meanwhile, cook the jasmine rice according to the directions on the package. Set aside.
- 03 Heat coconut oil in a large skillet over medium heat and add the cooked chickpeas. Saute for about 5 minutes, or until they start to brown. Add in the raw honey, chili powder, sea salt, black pepper and minced garlic. Continue to saute for another 1 to 2 minutes. Transfer the chickpeas to a bowl.
- 04 Divide asparagus, rice and honey garlic chickpeas between plates. Enjoy!

## NOTES

### NO RICE

Use quinoa instead.

### LEFTOVERS

Keeps well in the fridge up to 3 days. Freezes well.

### NO CHICKPEAS

Use tofu or diced chicken breast instead.

Task No.	Time	Recipe	Tasks & Notes
1	10 minutes	Baked Berry Oatmeal	<input type="checkbox"/> Preheat oven to 350 degrees F. <input type="checkbox"/> Follow the recipe to prepare ingredients, then bake in the oven for 45 minutes. Set timer and move onto the next task.
2	30 minutes	Butter Chicken with Cauliflower Rice	<input type="checkbox"/> Follow the recipe. <input type="checkbox"/> Once finished, divide into containers and set aside to cool.
3	15 minutes	Cheesy Edamame & Parsley Pasta	<input type="checkbox"/> Follow the recipe. <input type="checkbox"/> Once finished, divide into containers and set aside to cool.
4	1 minutes	Baked Berry Oatmeal	<input type="checkbox"/> Remove from oven and set aside to cool.
5	25 minutes	Honey Garlic Chickpeas with Asparagus & Rice	<input type="checkbox"/> Increase oven temperature to 425 degrees F. <input type="checkbox"/> Follow the recipe. <input type="checkbox"/> Once finished, divide into containers and set aside to cool.

<b>6</b>	15 minutes	Asparagus, Cucumber & Feta Salad with Balsamic Vinaigrette	<input type="checkbox"/> Follow recipe. Keep the dressing on the side. <input type="checkbox"/> Divide into containers and set aside.
<b>7</b>	5 minutes	Post Workout Green Smoothie	<input type="checkbox"/> Slice bananas into halves and place in the freezer.
<b>8</b>	5 minutes	Dark Chocolate & Walnuts	<input type="checkbox"/> Portion out into ziplock bags and set aside. <input type="checkbox"/> Tip: Toast your walnuts with some sea salt if they are raw.
<b>9</b>	5 minutes	Grapes & Walnuts	<input type="checkbox"/> Portion out into ziplock bags and set aside.
<b>10</b>	5 minutes	Celery with Peanut Butter Apple with Peanut Butter	<input type="checkbox"/> Portion out enough peanut butter for both snacks into single serving containers. Set aside. <input type="checkbox"/> Slice celery into sticks and divide into ziplock baggies. Set aside.
<b>11</b>	5 minutes	Berry Baked Oatmeal	<input type="checkbox"/> Divide into containers and set aside.
<b>12</b>	5 minutes	Once everything has cooled	<input type="checkbox"/> Seal everything with lids. <input type="checkbox"/> <b>Into the Fridge:</b> Berry Baked Oatmeal, Dark Chocolate & Walnuts, Grapes & Walnuts, Asparagus, Cucumber & Feta

			<p>Salad with Balsamic Vinaigrette, Celery with Peanut Butter, Apple with Peanut Butter, and Cheesy Edamame &amp; Parsley Pasta.</p> <p><input type="checkbox"/> <b>Into the Freezer:</b> Butter Chicken with Cauliflower Rice and Honey Garlic Chickpeas with Asparagus &amp; Rice.</p>
<b>13</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 2 hours, 30 minutes</b>			

**Notes:**

- On Tuesday (or day 2), transfer the Butter Chicken with Cauliflower Rice and Honey Garlic Chickpeas with Asparagus & Rice from the freezer into the fridge to thaw.
- On Thursday and Friday mornings, make the Post Workout Green Smoothie fresh.

## **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.

