



21-Day Spring Meal Prep Program, Week 3

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21-Day Spring Meal Prep Program, Week 3

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 3 - 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.

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
Baked Strawberry Rhubarb Oatmeal



SNACK 1
Yogurt & Berries



LUNCH
Spring Vegetable Pasta Salad



SNACK 2
Basil Radish Dip with Cucumber Slices



DINNER
Honey Sesame Chicken with Peas & Quinoa

TUE



BREAKFAST
Baked Strawberry Rhubarb Oatmeal



SNACK 1
Yogurt & Berries



LUNCH
Spring Vegetable Pasta Salad



SNACK 2
Basil Radish Dip with Cucumber Slices



DINNER
Honey Sesame Chicken with Peas & Quinoa

WED



BREAKFAST
Banana Cinnamon Smoothie



SNACK 1
Pistachios



LUNCH
Spring Vegetable Pasta Salad



SNACK 2
Peanut Butter Rice Krispies



DINNER
Lentil Masala Soup

THU



BREAKFAST
Banana Cinnamon Smoothie



SNACK 1
Pistachios



LUNCH
Lentil Masala Soup



SNACK 2
Peanut Butter Rice Krispies



DINNER
Slow Cooker Stuffed Peppers

FRI



BREAKFAST
Banana Cinnamon Smoothie



SNACK 1
Pistachios



LUNCH
Lentil Masala Soup



SNACK 2
Peanut Butter Rice Krispies



DINNER
Slow Cooker Stuffed Peppers

MON**FAT 35%** **CARBS 43%** **PROTEIN 22%**

Calories 1616 Cholesterol 201mg
 Fat 66g Sodium 1606mg
 Carbs 179g Vitamin A 6780IU
 Fiber 27g Vitamin C 150mg
 Sugar 54g Calcium 1086mg
 Protein 92g Iron 13mg

TUE**FAT 35%** **CARBS 43%** **PROTEIN 22%**

Calories 1616 Cholesterol 201mg
 Fat 66g Sodium 1606mg
 Carbs 179g Vitamin A 6780IU
 Fiber 27g Vitamin C 150mg
 Sugar 54g Calcium 1086mg
 Protein 92g Iron 13mg

WED**FAT 46%** **CARBS 39%** **PROTEIN 15%**

Calories 1810 Cholesterol 4mg
 Fat 98g Sodium 1924mg
 Carbs 187g Vitamin A 5049IU
 Fiber 35g Vitamin C 81mg
 Sugar 49g Calcium 521mg
 Protein 70g Iron 16mg

THU**FAT 41%** **CARBS 38%** **PROTEIN 21%**

Calories 1586 Cholesterol 134mg
 Fat 76g Sodium 3010mg
 Carbs 157g Vitamin A 5126IU
 Fiber 37g Vitamin C 224mg
 Sugar 58g Calcium 565mg
 Protein 88g Iron 17mg

FRI**FAT 41%** **CARBS 38%** **PROTEIN 21%**

Calories 1586 Cholesterol 134mg
 Fat 76g Sodium 3010mg
 Carbs 157g Vitamin A 5126IU
 Fiber 37g Vitamin C 224mg
 Sugar 58g Calcium 565mg
 Protein 88g Iron 17mg



FRUITS

- 6 Banana
- 1 3/4 Lemon
- 2 cups Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 2/3 cup Maple Syrup
- 2 1/2 cups Rice Puffs Cereal

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/3 cup Chia Seeds
- 1 tbsp Chili Powder
- 1 1/8 tbsps Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 1/2 tbsps Garam Masala
- 1/3 cup Ground Flax Seed
- 1/3 cup Pecans
- 3 cups Pistachios, In Shell
- 1 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 1 tbsp Sesame Seeds
- 3/4 cup Sunflower Seeds
- 1 1/2 tsps Turmeric

FROZEN

- 4 cups Frozen Berries
- 3 1/2 cups Frozen Peas

VEGETABLES

- 3 cups Asparagus
- 1 cup Baby Spinach
- 2 1/2 cups Basil Leaves
- 1 head Cauliflower
- 1 1/2 cups Cilantro
- 1 Cucumber
- 9 1/2 Garlic
- 4 Green Bell Pepper
- 9 cups Kale Leaves
- 2 1/2 cups Radishes
- 3/4 cup Red Onion
- 1 cup Rhubarb
- 1/2 Yellow Onion

BOXED & CANNED

- 6 cups Brown Rice Fusilli, Cooked
- 1 1/2 cups Canned Coconut Milk
- 2 tbsps Chicken Broth
- 4 1/2 cups Diced Tomatoes
- 1 1/2 cups Dry Red Lentils
- 3/4 cup Quinoa
- 2 cups Salsa
- 6 cups Vegetable Broth

BAKING

- 2 tbsps Coconut Flour
- 1 1/2 cups Oats
- 2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1/4 cup Feta Cheese

CONDIMENTS & OILS

- 2 1/4 tbsps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1 tsp Sesame Oil
- 3 tbsps Tamari

COLD

- 2 Egg
- 5 cups Plain Greek Yogurt
- 3/4 cup Unsweetened Almond Milk

OTHER

- 12 Ice Cubes
- 1 1/2 cups Vanilla Protein Powder
- 7 1/4 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions***
-  **Optional Access to Meal Planning App for Recipe DIY***
-  **Your Choice of 4 7-Day RD-Created Meal Plans***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Baked Strawberry Rhubarb Oatmeal

4 SERVINGS 50 MINUTES



INGREDIENTS

2 cups Strawberries (sliced)
1 cup Rhubarb (diced)
3 tbsps Maple Syrup (divided)
3/4 cup Unsweetened Almond Milk
1 Egg
1 1/2 cups Oats
2 tps Cinnamon
1/3 cup Pecans (chopped)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
- 02 In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
- 03 Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!

NUTRITION

AMOUNT PER SERVING

Calories	267	Cholesterol	47mg
Fat	10g	Sodium	54mg
Carbs	40g	Vitamin A	209IU
Fiber	7g	Vitamin C	45mg
Sugar	14g	Calcium	179mg
Protein	7g	Iron	2mg



Banana Cinnamon Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Vanilla Protein Powder
2 tbsps Ground Flax Seed
2 tbsps Chia Seeds
2 Banana (frozen)
4 Ice Cubes
2 cups Water
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	4mg
Fat	7g	Sodium	44mg
Carbs	36g	Vitamin A	77IU
Fiber	9g	Vitamin C	10mg
Sugar	14g	Calcium	227mg
Protein	24g	Iron	2mg

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

MAKE IT GREEN

Add spinach.

Yogurt & Berries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

Spring Vegetable Pasta Salad

6 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 cups Basil Leaves (chopped)
- 3 cups Kale Leaves
- 1 1/2 Lemon (juiced)
- 1 1/2 Garlic (clove, chopped)
- 3/4 cup Extra Virgin Olive Oil
- 3/4 tsp Sea Salt
- 3/4 cup Sunflower Seeds
- 3 cups Asparagus
- 1 1/2 cups Frozen Peas (thawed)
- 1 1/2 cups Radishes (sliced into rounds)
- 6 cups Brown Rice Fusilli, Cooked

NUTRITION

AMOUNT PER SERVING

Calories	572	Cholesterol	0mg
Fat	38g	Sodium	349mg
Carbs	57g	Vitamin A	2415IU
Fiber	8g	Vitamin C	29mg
Sugar	4g	Calcium	98mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 02 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 03 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

NOTES

MORE PROTEIN

Add grilled chicken or roasted chickpeas.

Basil Radish Dip with Cucumber Slices

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Plain Greek Yogurt
- 1/4 cup Feta Cheese
- 1 cup Basil Leaves (chopped)
- 1 cup Radishes (chopped)
- 1/4 Lemon (juiced)
- 1 Cucumber (sliced into rounds or sticks)

NUTRITION

AMOUNT PER SERVING

Calories	89	Cholesterol	17mg
Fat	3g	Sodium	155mg
Carbs	8g	Vitamin A	992IU
Fiber	1g	Vitamin C	13mg
Sugar	3g	Calcium	209mg
Protein	8g	Iron	1mg

DIRECTIONS

- 01 Combine all ingredients except cucumber in a food processor. Blend until you reach a dip-like consistency.
- 02 Scoop into a bowl and dip with cucumber slices. Enjoy!

NOTES

NO CUCUMBER

Dip with tortilla chips, sliced radishes, celery sticks or baby carrots instead.

DAIRY-FREE

Omit Greek yogurt and feta, use mashed chickpeas and salt to taste instead.

Peanut Butter Rice Krispies

6 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Coconut Oil
1/2 cup Maple Syrup
1/2 cup All Natural Peanut Butter
2 1/2 cups Rice Puffs Cereal

NUTRITION

AMOUNT PER SERVING

Calories	242	Cholesterol	0mg
Fat	13g	Sodium	7mg
Carbs	28g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	18g	Calcium	38mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 02 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 03 Add puffed rice and gently mix with a spatula until evenly coated.
- 04 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter instead.

NO MAPLE SYRUP

Use raw honey instead.

STORAGE

Freeze in an airtight container

Honey Sesame Chicken with Peas & Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Chicken Broth
3 tbsps Tamari
1 tsp Sesame Oil
1 1/2 tbsps Coconut Oil
2 tbsps Raw Honey
1 1/4 lbs Chicken Breast (diced into cubes)
3/4 cup Quinoa (uncooked)
1 1/4 cups Water
2 cups Frozen Peas (thawed)
1 tbsps Sesame Seeds
1 tsp Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	103mg
Fat	10g	Sodium	908mg
Carbs	42g	Vitamin A	1914IU
Fiber	6g	Vitamin C	8mg
Sugar	12g	Calcium	74mg
Protein	42g	Iron	4mg

DIRECTIONS

- 01 In a small jar, combine the broth, tamari and sesame oil. Shake well to combine and set aside.
- 02 Heat the coconut oil in a skillet over medium heat. Add the diced chicken breasts and saute for about 5 minutes. Add the tamari-based sauce and the honey. Saute for another 5 minutes or until the chicken is cooked through.
- 03 While the chicken cooks, combine quinoa and water in a sauce pot. Place over high heat and bring to a boil. Reduce heat to a simmer and cover. Let simmer for 10 to 15 minutes, or until all water is absorbed. Fluff the quinoa with a fork and set aside.
- 04 Warm the green peas.
- 05 Divide the chicken, green peas and quinoa between plates. Drizzle the quinoa with any leftover chicken marinade from the skillet. Garnish with sesame seeds and red pepper flakes. Enjoy!

NOTES

NO CHICKEN BREAST

Use turkey breast instead.

VEGAN & VEGETARIAN

Use chickpeas, white beans or tofu instead of chicken and maple syrup instead of honey.

Lentil Masala Soup

6 SERVINGS 30 MINUTES



INGREDIENTS

2 1/4 tsps Coconut Oil
3/4 cup Red Onion (finely diced)
6 Garlic (cloves, minced)
1 1/2 tsps Turmeric
1 1/2 tbsps Garam Masala
1 1/2 tsps Sea Salt
1 1/2 cups Cilantro (finely diced)
6 cups Vegetable Broth
4 1/2 cups Diced Tomatoes
1 1/2 cups Dry Red Lentils
1 1/2 cups Canned Coconut Milk (full fat)
6 cups Kale Leaves (finely sliced)

NUTRITION

AMOUNT PER SERVING

Calories	391	Cholesterol	0mg
Fat	14g	Sodium	1308mg
Carbs	50g	Vitamin A	2557IU
Fiber	11g	Vitamin C	42mg
Sugar	9g	Calcium	118mg
Protein	17g	Iron	6mg

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

NOTES

LEFTOVERS

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

ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



Slow Cooker Stuffed Peppers

4 SERVINGS 4 HOURS



INGREDIENTS

4 Green Bell Pepper (large)
1 lb Extra Lean Ground Turkey
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Chili Powder
1/2 tsp Cumin
1/2 tsp Dried Basil
1 Egg
2 Garlic (cloves, minced)
1/2 Yellow Onion (diced)
1 cup Baby Spinach (chopped)
1 tbsp Extra Virgin Olive Oil
2 tbsps Coconut Flour
2 cups Salsa
1 head Cauliflower (large)

NUTRITION

AMOUNT PER SERVING

Calories	348	Cholesterol	130mg
Fat	16g	Sodium	1435mg
Carbs	27g	Vitamin A	2492IU
Fiber	10g	Vitamin C	172mg
Sugar	13g	Calcium	142mg
Protein	30g	Iron	5mg

DIRECTIONS

- 01 Slice the tops off the peppers and carve out the seeds. Set aside.
- 02 In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
- 03 Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
- 04 Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
- 05 Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

NOTES

VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

NO GROUND TURKEY

Use ground chicken or beef instead.

NO SLOW COOKER

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

NO CAULIFLOWER

Serve over rice, quinoa, greens or sweet potato mash.



Task No.	Time	Recipe	Tasks & Notes
1	10 minutes	Baked Strawberry Rhubarb Oatmeal	<input type="checkbox"/> Preheat oven to 375 degrees F. <input type="checkbox"/> Follow the recipe to prepare ingredients, then bake in the oven for 40 minutes. Set timer and move onto the next task.
2	30 minutes	Spring Vegetable Pasta Salad	<input type="checkbox"/> Follow the recipe. <input type="checkbox"/> Once finished, divide into containers and set aside to cool.
3	5 minutes	Yogurt & Berries	<input type="checkbox"/> Layer yogurt and berries into mason jars and set aside.
4	5 minutes	Baked Strawberry Rhubarb Oatmeal	<input type="checkbox"/> Remove from oven and set aside to cool. <input type="checkbox"/> Turn off the oven
5	25 minutes	Honey Sesame Chicken with Peas & Quinoa	<input type="checkbox"/> Follow the recipe. <input type="checkbox"/> Once finished, divide into containers and set aside to cool.
6	15 minutes	Peanut Butter Rice Krispies	<input type="checkbox"/> Follow recipe. Once finished, place in the freezer to chill.

7	20 minutes	Lentil Masala Soup	<input type="checkbox"/> Follow the recipe and move onto the next step while the lentils are cooking.
8	10 minutes	Basil Radish Dip with Cucumbers	<input type="checkbox"/> Follow the recipe to make the dip, divide into containers and set aside. <input type="checkbox"/> Slice cucumber, divide it into baggies for snacks and set aside.
9	5 minutes	Pistachios	<input type="checkbox"/> Portion out into ziplock bags and set aside.
10	5 minutes	Lentil Masala Soup	<input type="checkbox"/> Remove from heat and set aside to cool. <input type="checkbox"/> Ensure all stove top burners are off.
11	15 minutes	Slow Cooker Stuffed Peppers	<input type="checkbox"/> Follow steps 1 and 2 of the recipe to prepare the stuffed peppers. Transfer stuffed peppers into a large tupperware container and set aside. <input type="checkbox"/> Follow step 4 to make the cauliflower rice. Transfer to a large ziplock baggie and set aside.

12	5	Banana Cinnamon Smoothie	<input type="checkbox"/> Portion out the vanilla protein powder, ground flaxseed, chia seeds, banana, ice cubes and cinnamon into single serving baggies. Set aside.
13	5	Peanut Butter Rice Krispies	<input type="checkbox"/> Remove from freezer, cut into squares and divide into containers or baggies. Set aside.
14	5	Baked Strawberry Rhubarb Oatmeal Lentil Masala Soup	<input type="checkbox"/> Divide both into containers and set aside.
15	5 minutes	Once everything has cooled	<input type="checkbox"/> Seal everything with lids. <input type="checkbox"/> Into the Fridge: Baked Strawberry Rhubarb Oatmeal, Greek Yogurt with Berries, Spring Vegetable Pasta Salad, Basil Radish Dip with Cucumber Slices, Honey Sesame Chicken with Peas & Quinoa and Pistachios. <input type="checkbox"/> Into the Freezer: Banana Cinnamon Smoothie packs, Lentil Masala Soup, Peanut Butter Rice Krispies and Slow Cooker Stuffed Peppers (with Cauliflower Rice).
16	20 minutes		<input type="checkbox"/> Wash dishes/load and start dishwasher. <input type="checkbox"/> Wipe counters

Total Prep Time: Approximately 3 hours.

Notes:

- On Tuesday, transfer the Lentil Masala Soup from the freezer to the fridge to thaw.
- On Wednesday, Thursday and Friday mornings, blend the contents of your Banana Cinnamon Smoothie packs with water.
- On Wednesday night, transfer the Slow Cooker Stuffed Peppers (with cauliflower rice) from the freezer to the fridge to thaw.
- On Thursday morning, place the Slow Cooker Stuffed Peppers in the slow cooker on low for 6 to 8 hours.

WAIVER

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