



# 21-Day Transformation Program, Week 1

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# 21-Day Transformation Program, Week 1

## HEAVY METAL FITNESS

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

Week 1, 5 days of budget-friendly, quick-and-easy meal plans to help you eat clean, feel awesome, save time and save money. The three biggest obstacles when it comes to eating healthy is that it is too expensive, it takes too much time and it is hard to stick to a plan. We're removing all of these obstacles by giving you a budget-friendly, quick-and-easy meal plan with prep guides.

Each meal plan builds off of the previous week so you are always using up ingredients and repurposing leftovers. The meal plan is designed to feed two people, but can be modified by adjusting the servings to suit your needs.

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**  
Blueberry Overnight Oats



**LUNCH**  
Chickpea, Avocado & Feta Salad



**SNACK 1**  
Celery with Peanut Butter



**DINNER**  
Deluxe Portobello Pizzas



**SNACK 2**  
Dark Chocolate

## TUE



**BREAKFAST**  
Blueberry Overnight Oats



**LUNCH**  
Chickpea, Avocado & Feta Salad



**SNACK 1**  
Celery with Peanut Butter



**DINNER**  
Curried Chicken Slow Cooker Stew



**SNACK 2**  
Dark Chocolate

## WED



**BREAKFAST**  
Blueberry Detox Smoothie



**LUNCH**  
Curried Chicken Slow Cooker Stew



**SNACK 1**  
Banana



**DINNER**  
Kale, Lentil & Sweet Potato Salad



**SNACK 2**  
Blackberries & Pistachios

## THU



**BREAKFAST**  
Blueberry Detox Smoothie



**LUNCH**  
Kale, Lentil & Sweet Potato Salad



**SNACK 1**  
Banana



**DINNER**  
Cream of Broccoli Soup



**SNACK 2**  
Blackberries & Pistachios

## FRI



**BREAKFAST**  
Blueberry Chia Parfait



**LUNCH**  
Cream of Broccoli Soup



**SNACK 1**  
Pistachios



**DINNER**  
Leek, Sweet Potato & Feta Flatbread



**SNACK 2**  
Clementines

**MON****FAT 52%**    **CARBS 34%**    **PROTEIN 14%**

Calories 1511                      Cholesterol 55mg  
 Fat 92g                              Sodium 1182mg  
 Carbs 134g                        Vitamin A 2883IU  
 Fiber 36g                         Vitamin C 75mg  
 Sugar 46g                         Calcium 852mg  
 Protein 54g                        Iron 18mg

**TUE****FAT 49%**    **CARBS 37%**    **PROTEIN 14%**

Calories 1367                      Cholesterol 37mg  
 Fat 77g                              Sodium 510mg  
 Carbs 131g                        Vitamin A 5065IU  
 Fiber 34g                         Vitamin C 27mg  
 Sugar 39g                         Calcium 570mg  
 Protein 51g                        Iron 17mg

**WED****FAT 25%**    **CARBS 60%**    **PROTEIN 15%**

Calories 1063                      Cholesterol 35mg  
 Fat 32g                              Sodium 652mg  
 Carbs 168g                        Vitamin A 17899IU  
 Fiber 43g                         Vitamin C 93mg  
 Sugar 65g                         Calcium 852mg  
 Protein 42g                        Iron 12mg

**THU****FAT 30%**    **CARBS 56%**    **PROTEIN 14%**

Calories 1270                      Cholesterol 8mg  
 Fat 46g                              Sodium 1085mg  
 Carbs 190g                        Vitamin A 19120IU  
 Fiber 51g                         Vitamin C 202mg  
 Sugar 71g                         Calcium 976mg  
 Protein 46g                        Iron 16mg

**FRI****FAT 44%**    **CARBS 43%**    **PROTEIN 13%**

Calories 1482                      Cholesterol 8mg  
 Fat 78g                              Sodium 1366mg  
 Carbs 168g                        Vitamin A 11404IU  
 Fiber 43g                         Vitamin C 232mg  
 Sugar 55g                         Calcium 1032mg  
 Protein 50g                        Iron 15mg



## FRUITS

- 1 Avocado
- 8 Banana
- 4 cups Blackberries
- 1 cup Blueberries
- 6 Clementines
- 1 Lime

## BREAKFAST

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

## SEEDS, NUTS & SPICES

- 1 cup Cashews
- 3/4 cup Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 tsp Dried Basil
- 1 tsp Oregano
- 1 cup Pistachios
- 1 cup Pistachios, In Shell
- 1 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/4 cups Slivered Almonds

## FROZEN

- 2 Brown Rice Tortilla
- 5 cups Frozen Blueberries
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas

## VEGETABLES

- 6 1/2 cups Baby Spinach
- 5 cups Broccoli
- 1 Carrot
- 9 stalks Celery
- 1/2 cup Cherry Tomatoes
- 1/2 Cucumber
- 2 Garlic
- 1/2 Green Bell Pepper
- 4 stalks Green Onion
- 4 cups Kale Leaves
- 1 Leeks
- 1/2 cup Mushrooms
- 1/4 cup Parsley
- 12 ozs Portobello Mushroom Caps
- 1/2 cup Red Onion
- 1 Sweet Onion
- 3 1/2 Sweet Potato
- 1 1/2 tsps Thyme

## BOXED & CANNED

- 4 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 4 cups Green Lentils
- 2 cups Vegetable Broth

## BAKING

- 7 1/16 ozs Dark Chocolate
- 1 1/2 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 1/4 cups Feta Cheese

## CONDIMENTS & OILS

- 2 tsps Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 3 1/2 tsps Extra Virgin Olive Oil

## COLD

- 7 1/4 cups Unsweetened Almond Milk

## OTHER

- 6 1/2 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**

# Blueberry Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Cholesterol	0mg
Fat	23g	Sodium	64mg
Carbs	43g	Vitamin A	209IU
Fiber	10g	Vitamin C	4mg
Sugar	12g	Calcium	330mg
Protein	14g	Iron	4mg

## DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 02 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

# 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.

# 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!

# Chickpea, Avocado & Feta Salad

4 SERVINGS 15 MINUTES



## INGREDIENTS

2 cups Chickpeas (cooked, drained and rinsed)  
1/2 Cucumber (diced)  
4 stalks Green Onion (chopped)  
1/4 cup Parsley (chopped)  
1 Lime (juiced)  
1/4 cup Feta Cheese (crumbled)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 Avocado (diced)

## DIRECTIONS

01 Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	268	Cholesterol	8mg
Fat	13g	Sodium	121mg
Carbs	30g	Vitamin A	980IU
Fiber	10g	Vitamin C	17mg
Sugar	6g	Calcium	111mg
Protein	10g	Iron	3mg

# Celery with Peanut Butter

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

## NOTES

### NUT-FREE

Use sunflower seed butter or hummus instead.

# Banana

2 SERVINGS 1 MINUTE



## INGREDIENTS

2 Banana

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

## DIRECTIONS

01 Peel and enjoy!

## NOTES

### MORE PROTEIN

Dip in almond butter.

# 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

# Deluxe Portobello Pizzas

2 SERVINGS 30 MINUTES



## INGREDIENTS

12 ozs Portobello Mushroom Caps (wiped clean and stems removed)  
1 tbsp Extra Virgin Olive Oil  
1 tsp Oregano  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Crushed Tomatoes  
1/2 cup Red Onion (finely diced)  
1/2 cup Mushrooms  
1/2 cup Cherry Tomatoes (halved)  
1/2 Green Bell Pepper (diced)  
2/3 cup Feta Cheese (crumbled)  
1 tsp Red Pepper Flakes (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	329	Cholesterol	45mg
Fat	18g	Sodium	934mg
Carbs	29g	Vitamin A	1405IU
Fiber	8g	Vitamin C	52mg
Sugar	12g	Calcium	334mg
Protein	18g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Line a baking sheet with parchment paper and add mushroom caps. Brush both sides of each with a bit of olive oil. Sprinkle the inside gills with oregano and season with sea salt and black pepper. Place in the oven and bake for 5 minutes.
- 03 Meanwhile, prepare your veggies.
- 04 Pull mushroom caps out of the oven and spoon crushed tomato sauce into the caps. Top with diced veggies and sprinkle with feta cheese. Place back into the oven and bake for 15 minutes.
- 05 Remove pizzas from oven. Plate and sprinkle with some red chili flakes for a bit of heat. Enjoy!

## NOTES

### MORE VEGGIES

Top with whatever vegetables you have on hand.

### NO FETA CHEESE

Use goat cheese instead.

### VEGAN

Sprinkle with some nutritional yeast instead of feta.

### PREP AHEAD

Veggies can be diced in advance and stored in airtight containers or baggies.

# Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



## INGREDIENTS

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Cholesterol	27mg
Fat	3g	Sodium	262mg
Carbs	26g	Vitamin A	3587IU
Fiber	6g	Vitamin C	4mg
Sugar	5g	Calcium	52mg
Protein	15g	Iron	3mg

## DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

### MORE CARBS

Serve it over brown rice.

### MORE PROTEIN

Serve it over quinoa.

### VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

### TURN IT INTO A SOUP

Double up on the broth.

### MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

# Kale, Lentil & Sweet Potato Salad

4 SERVINGS 45 MINUTES



## INGREDIENTS

2 Sweet Potato (diced into 1 inch cubes)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 tsp Cinnamon  
Sea Salt & Black Pepper (to taste)  
2 cups Green Lentils (cooked, drained and rinsed)  
4 cups Kale Leaves  
2 tbsps Balsamic Vinegar  
1 tbsp Maple Syrup  
1 tbsp Dijon Mustard  
1 tbsp Thyme  
1/4 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	259	Cholesterol	8mg
Fat	6g	Sodium	200mg
Carbs	40g	Vitamin A	10310IU
Fiber	11g	Vitamin C	24mg
Sugar	9g	Calcium	154mg
Protein	12g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in the oven for 30 to 35 minutes or until golden.
- 02 In the meantime, drain lentils and rinse with cold water. Set aside.
- 03 Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
- 04 Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
- 05 Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately 2 cups of salad.

### MORE FLAVOR

Add fresh herbs, chopped walnuts, or pumpkin seeds.

### MAKE IT VEGAN

Omit the feta cheese.

# Cream of Broccoli Soup

4 SERVINGS 30 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

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

# Leek, Sweet Potato & Feta Flatbread

2 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 Sweet Potato (cubed)  
1 tbsp Extra Virgin Olive Oil  
1 Leeks (trimmed and sliced)  
1/2 cup Baby Spinach  
Sea Salt & Black Pepper (to taste)  
2 tbsps Feta Cheese (crumbled)  
1 1/2 tsps Thyme  
2 Brown Rice Tortilla

## NUTRITION

### AMOUNT PER SERVING

Calories	292	Cholesterol	8mg
Fat	11g	Sodium	310mg
Carbs	41g	Vitamin A	6124IU
Fiber	5g	Vitamin C	9mg
Sugar	6g	Calcium	92mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Bring a pot of water to a boil and boil sweet potato until tender (about 10 minutes) and drain.
- 03 Heat olive oil in a frying pan over medium heat. Add the leeks and cook until soft (about 7 minutes).
- 04 Add the potatoes to the frying pan and season with sea salt and pepper to taste. Stir and cook for another 2 minutes. Add the handful of baby spinach and stir just until wilted. Remove from heat.
- 05 Spoon the sweet potato and leek mixture over brown rice tortillas. Sprinkle with feta and thyme. Place the tortillas on a pizza stone or cookie sheet and bake in oven for 12 minutes.
- 06 Either slice into pieces with a pizza cutter or pull apart and enjoy!

# Dark Chocolate

4 SERVINGS 1 MINUTE



## INGREDIENTS

7 1/16 ozs Dark Chocolate (at least 70% cacao)

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Cholesterol	2mg
Fat	21g	Sodium	10mg
Carbs	23g	Vitamin A	20IU
Fiber	5g	Vitamin C	0mg
Sugar	12g	Calcium	37mg
Protein	4g	Iron	6mg

## DIRECTIONS

01 Break apart chocolate into pieces and divide into bowls. Enjoy!

## NOTES

### NEXT LEVEL CHOCOLATE

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

# Blackberries & Pistachios

4 SERVINGS 2 MINUTES



## INGREDIENTS

4 cups Blackberries  
1 cup Pistachios (shelled)

## NUTRITION

### AMOUNT PER SERVING

Calories	234	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	22g	Vitamin A	467IU
Fiber	11g	Vitamin C	32mg
Sugar	9g	Calcium	74mg
Protein	8g	Iron	2mg

## DIRECTIONS

01 Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

## NOTES

### MAKE THEM LAST

Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.

# Clementines

2 SERVINGS 2 MINUTES



## INGREDIENTS

6 Clementines

## NUTRITION

### AMOUNT PER SERVING

Calories	104	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin A	0IU
Fiber	4g	Vitamin C	108mg
Sugar	20g	Calcium	67mg
Protein	2g	Iron	0mg

## DIRECTIONS

01 Peel, section and enjoy!

## NOTES

### STORAGE

Store clementines in a basket with open sides at room temperature or keep them in your fridge crisper.

Day	Task	Notes	
<p style="text-align: center;"><b>0</b> <b>Sun</b></p>		<p>Grocery shop.</p>	<p>Grab the grocery list for week #1 and get to it! Don't forget to mark off any items you already have before you head out.</p>
		<p>Mix Blueberry Overnight Oats.</p>	<p>Mix the oats, almond milk, chia seeds, maple syrup, cinnamon and water. Cover with a lid. Place in a tupperware container in the fridge and let sit for at least 8 hours.</p>
		<p>Make Chickpea, Avocado &amp; Feta Salad.</p>	<p>Divide into containers and store in the fridge. You'll be eating this for lunch on Monday and Tuesday.</p>
		<p>Wash celery and slice into sticks. Portion out peanut butter into dressing containers.</p>	<p>Divide the sticks into snack-sized zip lock baggies and store the peanut butter alongside. You'll be eating this as a snack on Monday and Tuesday.</p>
		<p>Dice ½ red onion and ½ green onion for your Deluxe Portobello Pizzas on Monday night.</p>	<p>Store in zip lock baggies in the fridge. This will speed up your dinner prep on Monday night.</p>
		<p>Check on your oats before bed. If they have thickened up enough, create your overnight oat jars with blueberries and slivered almonds.</p>	<p>If the oats haven't had time to thicken up, complete this task in the morning.</p>

		Pack your breakfast, lunch and snacks if you are on-the-go tomorrow.	Blueberry Overnight Oats, Chickpea, Avocado & Feta Salad and Celery with Peanut Butter.
<b>1 Mon</b>		Finish dividing your overnight oats into jars with blueberries and almonds.	Skip this step if you completed the night before.
		Don't forget to take your lunch with you!	
		Make Deluxe Portobello Pizzas for dinner.	
		Prepare Dark Chocolate snacks.	Divide into snack-sized baggies. One is for tonight and the remainder is for your snack tomorrow evening.
		Prepare vegetables for Curried Chicken Crock Pot Stew.	Dice the sweet potatoes, drain and rinse the chickpeas, measure out frozen corn and peas, mince the garlic. Place everything in one large mixing bowl. Cover with saran wrap and place in the fridge overnight.
		Set out Crock Pot so it is ready to go in the morning.	
		Pack your breakfast, lunch and snack if you are on-the-go tomorrow.	Blueberry Overnight Oats, Chickpea, Avocado & Feta Salad and Celery with Peanut Butter.
<b>2 Tue</b>		Start your Curried Chicken Crock Pot Stew.	Throw the ingredients you measured out last night into the slow cooker. Add the spices, broth and chicken breast. Set to low and cover.

		Don't forget to take your packed lunch with you!	
		After dinner, divide the remaining Curried Chicken Crock Pot Stew into containers or mason jars.	Set aside enough for lunch tomorrow and freeze the remainders. You will eat this in Week #3.
		Prepare the ingredients for your morning Blueberry Detox Smoothie.	Measure out the blueberries, spinach, banana and chia seeds. Place ingredients in a ziplock bag in the freezer.
		Prepare your lunch and snacks for tomorrow.	Leftover Curried Chicken Crock Pot Stew and Banana. You will finish the smoothie in the morning.
<b>3 Wed</b>		Finish your Blueberry Detox Smoothie.	Throw all the ingredients you measured out last night into the blender. Add almond milk and blend very well until smooth. Divide into mason jars to take with you if you are on-the-go.
		Finish packing your breakfast, lunch and snacks.	
		Make your Kale, Lentil & Sweet Potato Salad for dinner.	Place leftovers in a container for your lunch tomorrow.
		Prepare Blackberries & Pistachios snack.	Wash blackberries and divide into snack sized baggies or bowls. Shell the pistachios and divide between baggies or bowls. You will have this for a snack tonight and the remainders for snack tomorrow.

		Prepare the ingredients for your morning Blueberry Detox Smoothie.	Measure out the blueberries, spinach, banana and chia seeds. Place ingredients in a zip-lock bag in the freezer. Skip this step if you measured out enough yesterday.
		Wash and chop your broccoli for tomorrow night's Cream of Broccoli Soup.	Measure out 5 cups of florets and store in a mixing bowl in the fridge. Cover with saran wrap. This will speed up your dinner prep tomorrow.
		Pack your meals for tomorrow.	Leftover Kale, Lentil & Sweet Potato Salad and Banana. Add your smoothie in the morning.
<b>4 Thu</b>		Finish your Blueberry Detox Smoothie.	Throw all the ingredients you measured out last night into the blender. Add almond milk and blend very well until smooth. Divide into mason jars to take with you if you are on-the-go.
		Don't forget to take your lunch!	
		Finish making your Cream of Broccoli Soup.	Divide leftovers into containers for tomorrow's lunch.
		Start your Blueberry Chia Parfait for tomorrow's breakfast.	Mix the chia seeds, almond milk and maple syrup in a glass container. Let sit overnight.
		Pack your snacks and lunch for tomorrow.	Cream of Broccoli Soup & Pistachios. Finish your parfaits in the morning.

<b>5 Fri</b>		Finish making your Blueberry Chia Parfait.	Layer chia pudding into mason jars. Add berries and slivered almonds. Add to your lunch.
		Don't forget to take your lunch!	
		Make Leek, Sweet Potato & Feta Flatbread for dinner.	
<b>6 Sat</b>		Try something new.	Start your grocery shopping for next week.
<b>7 Sun</b>		Free day.	Start your meal prep for week #2.

## **WAIVER**

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