



21-Day Transformation Program, Week 2

TRACY KACZMARCZYK



21-Day Transformation Program, Week 2

HEAVY METAL FITNESS

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

Week 2, 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.

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
Liquid Gold Green Smoothie



LUNCH
Chickpea Waldorf Salad



SNACK 1
Apple Slices with Cinnamon



DINNER
15 Minute Tilapia



SNACK 2
Broiled Grapefruit

TUE



BREAKFAST
Liquid Gold Green Smoothie



LUNCH
Chickpea Waldorf Salad



SNACK 1
Apple Slices with Cinnamon



DINNER
Slow Cooker Vegan Chili



SNACK 2
Broiled Grapefruit

WED



BREAKFAST
Apple Cinnamon Overnight Oats



LUNCH
Slow Cooker Vegan Chili



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



DINNER
Asian Slaw with Noodles & Peanut Sauce



SNACK 2
Grapes

THU



BREAKFAST
Apple Cinnamon Overnight Oats



LUNCH
Asian Slaw with Noodles & Peanut Sauce



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



DINNER
Veggie Ramen



SNACK 2
Brown Rice Chips with Salsa

FRI



BREAKFAST
Spinach & Goat Cheese Omelette



LUNCH
Veggie Ramen



SNACK 1
Banana with Peanut Butter



DINNER
Spinach, Tomato & Goat Cheese Pizza



SNACK 2
Brown Rice Chips with Salsa

MON**FAT 36%** **CARBS 48%** **PROTEIN 16%**

Calories 1097 Cholesterol 58mg
 Fat 47g Sodium 967mg
 Carbs 141g Vitamin A 17850IU
 Fiber 36g Vitamin C 149mg
 Sugar 73g Calcium 916mg
 Protein 47g Iron 11mg

TUE**FAT 30%** **CARBS 59%** **PROTEIN 11%**

Calories 1101 Cholesterol 0mg
 Fat 39g Sodium 1951mg
 Carbs 174g Vitamin A 12714IU
 Fiber 46g Vitamin C 150mg
 Sugar 77g Calcium 920mg
 Protein 32g Iron 12mg

WED**FAT 38%** **CARBS 47%** **PROTEIN 15%**

Calories 1283 Cholesterol 372mg
 Fat 57g Sodium 2437mg
 Carbs 156g Vitamin A 9469IU
 Fiber 30g Vitamin C 155mg
 Sugar 38g Calcium 559mg
 Protein 50g Iron 13mg

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

Calories 1606 Cholesterol 565mg
 Fat 69g Sodium 3956mg
 Carbs 203g Vitamin A 9358IU
 Fiber 27g Vitamin C 158mg
 Sugar 30g Calcium 564mg
 Protein 60g Iron 13mg

FRI**FAT 48%** **CARBS 38%** **PROTEIN 14%**

Calories 1823 Cholesterol 766mg
 Fat 100g Sodium 4682mg
 Carbs 181g Vitamin A 12107IU
 Fiber 25g Vitamin C 94mg
 Sugar 42g Calcium 411mg
 Protein 66g Iron 13mg



FRUITS

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

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 3/4 tsps Black Pepper
- 2 tbsps Chia Seeds
- 3 tbsps Chili Powder
- 1 tsp Cinnamon
- 2 tsps Cumin
- 1/4 tsp Nutmeg
- 1 tsp Oregano
- 1/4 cup Raw Peanuts
- 1 tsp Red Pepper Flakes
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 cups Walnuts

FROZEN

- 6 Brown Rice Tortilla
- 3 cups Frozen Corn

VEGETABLES

- 25 cups Baby Spinach
- 1/2 cup Basil Leaves
- 5 cups Broccoli
- 2 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 2 cups Coleslaw Mix
- 7 Garlic
- 2 tbsps Ginger
- 2 1/2 Green Bell Pepper
- 3 stalks Green Onion
- 1/4 cup Parsley
- 1/2 cup Red Onion
- 2 cups Shiitake Mushrooms
- 1 White Onion

BOXED & CANNED

- 2 cups Brown Rice Spaghetti
- 6 cups Canned Whole Tomatoes
- 6 cups Chicken Broth
- 2 cups Chickpeas
- 2 cups Red Kidney Beans
- 2 1/2 cups Salsa
- 2 cups White Navy Beans

BAKING

- 1/4 cup Cocoa Powder
- 1 1/2 cups Oats
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 3/4 cup Goat Cheese
- 2 Tilapia Fillet

CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 2 tbsps Capers
- 1 1/2 tsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Sesame Oil
- 2 tbsps Tamari

COLD

- 18 Egg
- 6 1/2 cups Unsweetened Almond Milk

OTHER

- 1 1/8 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

Liquid Gold Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Avocado (peeled and pitted)
- 2 Banana (frozen)
- 2 tbsps Cocoa Powder
- 2 1/2 cups Unsweetened Almond Milk
- 1 tbsp Maple Syrup
- 2 cups Baby Spinach

DIRECTIONS

- 01 Place all ingredients into your blender. Blend very well until completely smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	19g	Sodium	235mg
Carbs	48g	Vitamin A	3659IU
Fiber	14g	Vitamin C	29mg
Sugar	21g	Calcium	629mg
Protein	6g	Iron	3mg

Apple Cinnamon Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick oats work best)
1 1/2 cups Unsweetened Almond Milk
2 tbsps Chia Seeds
1 tbsp Maple Syrup
1 tsp Cinnamon
1/4 tsp Nutmeg
1/2 tsp Vanilla Extract
1/2 cup Water
1 Apple (cored and diced)
1 cup Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	393	Cholesterol	0mg
Fat	25g	Sodium	65mg
Carbs	38g	Vitamin A	214IU
Fiber	8g	Vitamin C	3mg
Sugar	9g	Calcium	265mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 03 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

NOTES

MORE PROTEIN

Add hemp seeds or a spoonful of nut butter.

WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating.

NO MAPLE SYRUP

Use honey to sweeten instead.

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Spinach & Goat Cheese Omelette

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
6 Egg
1/2 tsp Sea Salt
1 tsp Black Pepper
2 cups Baby Spinach
1/2 cup Goat Cheese (crumbled)
1/2 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	344	Cholesterol	568mg
Fat	24g	Sodium	1419mg
Carbs	8g	Vitamin A	3931IU
Fiber	2g	Vitamin C	10mg
Sugar	4g	Calcium	160mg
Protein	25g	Iron	4mg

DIRECTIONS

- 01 Heat coconut oil in medium-sized frying pan over medium heat.
- 02 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 03 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 04 Repeat with remaining ingredients. Enjoy!

NOTES

NO GOAT CHEESE

Use feta cheese instead

Chickpea Waldorf Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 Avocado (peeled and diced)
2 tbsps Apple Cider Vinegar
1 tbsp Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1 tbsp Water
2 cups Chickpeas (cooked, drained and rinsed)
2 stalks Celery (chopped)
1 Apple (cored and diced)
1 cup Grapes (halved)
1/2 cup Red Onion (finely diced)
1/4 cup Parsley
1/2 cup Walnuts (chopped)
4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	367	Cholesterol	0mg
Fat	19g	Sodium	388mg
Carbs	41g	Vitamin A	3332IU
Fiber	12g	Vitamin C	22mg
Sugar	14g	Calcium	114mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 02 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ON-THE-GO

Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

NUT-FREE

Use sunflower seeds instead of walnuts.

Apple Slices with Cinnamon

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple

1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	26g	Vitamin A	102IU
Fiber	5g	Vitamin C	8mg
Sugar	19g	Calcium	24mg
Protein	1g	Iron	0mg

DIRECTIONS

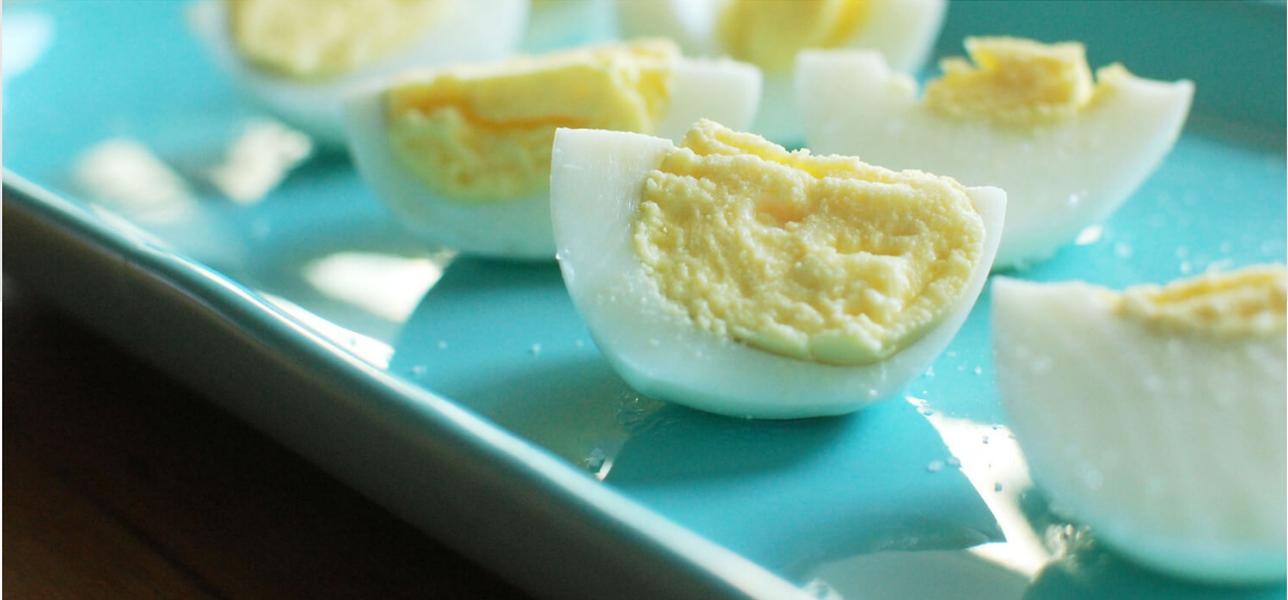
01 Slice apple and cut out the core.

02 Sprinkle with cinnamon.

03 Enjoy!

Salt n' Vinegar Hard Boiled Eggs

4 SERVINGS 35 MINUTES



INGREDIENTS

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

NUTRITION

AMOUNT PER SERVING

Calories	146	Cholesterol	372mg
Fat	10g	Sodium	733mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	57mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Banana with Peanut Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

15 Minute Tilapia

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Water
1 1/2 cups Cherry Tomatoes
1/2 tsp Red Pepper Flakes
2 Tilapia Fillet
Sea Salt & Black Pepper (to taste)
6 cups Baby Spinach
1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Capers

NUTRITION

AMOUNT PER SERVING

Calories	218	Cholesterol	58mg
Fat	9g	Sodium	341mg
Carbs	9g	Vitamin A	9570IU
Fiber	4g	Vitamin C	46mg
Sugar	4g	Calcium	123mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
- 02 Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
- 03 In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
- 04 Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

NOTES

NO TILAPIA

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

MAKE IT SPICY

Double up on the red pepper flakes.

Slow Cooker Vegan Chili

8 SERVINGS 8 HOURS



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is roughly 1 1/2 cups.

SERVE IT WITH

Toast, quinoa, brown rice, or a salad.

MAKE AHEAD

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

KID-FRIENDLY

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

EXTRA SPICY

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

MORE GREENS

Mix in chopped kale or spinach. Stir until wilted.

EXTRA TOPPINGS

Top with green onion or diced avocado.



Asian Slaw with Noodles & Peanut Sauce

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1 cup Brown Rice Spaghetti
- 1/4 cup All Natural Peanut Butter
- 1 tbsp Tamari
- 1 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Red Pepper Flakes (optional)
- 1 Garlic (clove, minced)
- 1 tbsp Ginger (grated)
- 2 tbsps Water
- 2 cups Coleslaw Mix
- 3 cups Broccoli (chopped into small florets)
- 1/2 Green Bell Pepper (de-seeded and finely sliced)
- 3 cups Baby Spinach (chopped)
- 1/4 cup Raw Peanuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	460	Cholesterol	0mg
Fat	21g	Sodium	312mg
Carbs	59g	Vitamin A	4189IU
Fiber	7g	Vitamin C	101mg
Sugar	6g	Calcium	97mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Cook your brown rice spaghetti noodles according to the package. Immediately transfer to a strainer and run under cold water to prevent from over cooking. Leave in the strainer over a tea towel and set aside.
- 02 Combine peanut butter, tamari, lime juice, olive oil, chili flakes, minced garlic, ginger and warm water in a jar. Cover with a lid and shake well to combine. If dressing is too thick, add warm water 1 tbsp at a time to loosen it up. Set aside.
- 03 In a large bowl, combine slaw, broccoli, green pepper and spinach. Add your cooked noodles and peanut dressing. Toss well. Divide into bowls and top with chopped peanuts. Enjoy!

NOTES

MIX IT UP

Use whatever vegetables you have on hand.

DISLIKE BROCCOLI?

Use chopped cauliflower florets instead.

EXTRA THAI FLAVOUR

Garnish with chopped cilantro.

Veggie Ramen

4 SERVINGS 30 MINUTES



INGREDIENTS

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 cups Chicken Broth (or any type of broth will work)
- 2 cups Shiitake Mushrooms
- 1 tbsp Tamari
- 1 cup Brown Rice Spaghetti
- 2 cups Broccoli (chopped into small florets)
- 4 cups Baby Spinach
- 1 cup Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	419	Cholesterol	193mg
Fat	10g	Sodium	1752mg
Carbs	69g	Vitamin A	3816IU
Fiber	7g	Vitamin C	52mg
Sugar	7g	Calcium	106mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 02 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer.
- 03 Add the brown rice noodles and cook for about 7 minutes or until al dente.
- 04 Set the broccoli on top and steam until bright green (about 4 minutes).
- 05 Set the baby spinach on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 06 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 07 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

NOTES

BETTER BROTH

Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

MISSING VEGGIES

Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!

TOP WITH

Your favourite ramen condiments like sesame seeds, hot sauce or nori.



Spinach, Tomato & Goat Cheese Pizza

2 SERVINGS 20 MINUTES



INGREDIENTS

1/3 cup Walnuts
1/4 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 cups Baby Spinach (divided)
1/2 cup Basil Leaves
1/8 tsp Sea Salt
1/4 tsp Black Pepper
2 Brown Rice Tortilla
1/2 cup Cherry Tomatoes (halved)
1/4 cup Goat Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	574	Cholesterol	5mg
Fat	46g	Sodium	410mg
Carbs	34g	Vitamin A	3685IU
Fiber	6g	Vitamin C	20mg
Sugar	5g	Calcium	84mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 02 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 03 Take the remaining baby spinach and finely chop.
- 04 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 05 Place on baking sheet and bake in the oven for 10 minutes.
- 06 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

NOTES

MORE PROTEIN

Add diced chicken, lentils or chickpeas.

Broiled Grapefruit

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Grapefruit
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	67	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	17g	Vitamin A	1187IU
Fiber	1g	Vitamin C	44mg
Sugar	15g	Calcium	26mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Set your oven to broil and move the rack to the top rung.
- 02 Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
- 03 Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

NOTES

COCONUT LOVER

Sprinkle with shredded coconut after baking.

MAGICAL TOUCH

Sprinkle with a pinch of sea salt before eating.

LEFTOVERS

Wrap leftovers in saran and store in the fridge. Reheat before eating.

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	16g	Vitamin A	92IU
Fiber	1g	Vitamin C	4mg
Sugar	15g	Calcium	13mg
Protein	1g	Iron	0mg

Brown Rice Chips with Salsa

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Brown Rice Tortilla
2 cups Salsa

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	3g	Sodium	1094mg
Carbs	36g	Vitamin A	599IU
Fiber	5g	Vitamin C	2mg
Sugar	8g	Calcium	39mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 02 Remove chips from oven. Serve with salsa. Enjoy!

NOTES

FLAVOURED CHIPS

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

EXTRA MEXICAN FLAVOUR

Squeeze a lime wedge over the chips after baking.

LOW FODMAP

Ensure the salsa is onion-free.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for week #2 and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have before you head out.
		Chop and freeze bananas for your Liquid Gold Green Smoothie.	Freezing your banana for the smoothie is optional but gives it a thicker, cooler, creamier consistency.
		Make Chickpea Waldorf Salad.	Divide into containers and store in the fridge. You'll be eating this for lunch on Monday and Tuesday. Pro Tip: You can also make these into salad jars by packing spinach into the bottom of the jar and adding the chickpea mix over top.
		Wash apples and portion out cinnamon into a small dressing container.	You can either take a paring knife with you if you are on-the-go or slice your apple in advance and tie it with a rubber band to prevent oxidation, like this!
1 Mon		Make your Liquid Gold Green Smoothie.	Transfer into a mason jar and seal with lid to take with you if you are on-the-go.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, Chickpea Waldorf Salad and Apple Slices with Cinnamon.

		Make 15 Minute Tilapia for dinner.	
		Broiled Grapefruit for a late-night snack.	If making just one portion, wrap leftovers and store in the fridge.
		Prepare vegetables for Crock Pot Vegan Chili.	Drain and rinse the beans. Chop celery, green bell pepper, carrot and onion. Mince the garlic. Measure out the spices and frozen corn. Place everything including the canned tomatoes 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.	
2 Tue		Start your Crock Pot Vegan Chili.	Throw the ingredients you measured out last night into the slow cooker. Crush the tomatoes. Cover and cook for 8 hours.
		Make your Liquid Gold Green Smoothie.	Transfer into a mason jar and seal with lid to take with you if you are on-the-go.
		Don't forget to take your packed lunch with you!	Liquid Gold Green Smoothie, Chickpea Waldorf Salad and Apple Slices with Cinnamon.
		After dinner, divide the remaining Crock Pot Vegan Chili into containers or mason jars.	Set aside enough for lunch tomorrow and freeze the remainders. You will eat this in Week 3.

		Broiled Grapefruit for a late-night snack.	
		Get your Apple Cinnamon Overnight Oats started.	Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to mix, cover and place in the fridge overnight.
		Hard boil eggs for Salt n' Vinegar Hard Boiled Eggs.	Place in cold water once boiled. Peel and cut into quarters. Divide into containers and sprinkle with sea salt and vinegar. Cover with a lid and store in the fridge.
3 Wed		Finish your Apple Cinnamon Overnight Oats.	Layer overnight oats into jars. Top with diced apple and walnuts. Repeat until all ingredients are used up. Seal and place in the fridge.
		Finish packing your breakfast, lunch and snacks.	Apple Cinnamon Overnight Oats, Crock Pot Vegan Chili and Salt n' Vinegar Hard Boiled Eggs.
		Make your Asian Slaw with Noodles & Peanut Sauce for dinner.	Place leftovers in a container for your lunch tomorrow.
		Wash Grapes.	Divide into bowls for snack.
		Wash and chop your broccoli for tomorrow night's Veggie Ramen.	Store in a bowl in the fridge. Cover with saran wrap. This will speed up your dinner prep tomorrow.

4 Thu		Pack your meals if you are on-the-go.	Apple Cinnamon Overnight Oats, Asian Slaw with Noodles & Peanut Sauce, Salt n' Vinegar Hard Boiled Eggs.
		Make your Veggie Ramen.	Divide leftovers into containers for tomorrow's lunch.
		Portion out peanut butter into dressing containers for your Banana with Peanut Butter snack tomorrow.	
		Pack your snacks and lunch for tomorrow.	Veggie Ramen and Banana with Peanut Butter.
		Make your Brown Rice Chips with Salsa for Snack	Store leftover chips in a baggie for tomorrow night's snack.
5 Fri		Make your Spinach & Goat Cheese Omelette.	Wrap with foil and place in a container if you are on-the-go.
		Don't forget to take your lunch!	
		Make Spinach, Tomato & Goat Cheese Pizza for dinner.	
		Enjoy your leftover Brown Rice Chips with Salsa for snack.	

6 Sat		Try something new of your choice!	Start your grocery shopping for next week.
7 Sun		Free day.	Start your meal prep for Week 3.

WAIVER

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