



## 21-Day Transformation Program, Week 3

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# 21-Day Transformation Program, Week 3

## HEAVY METAL FITNESS

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

Week 3, 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 Chia Parfait



**LUNCH**  
Mediterranean Goddess Bowl



**SNACK 1**  
Banana with Peanut Butter



**DINNER**  
Curried Chicken Slow Cooker Stew



**SNACK 2**  
Brown Rice Chips with Salsa

## TUE



**BREAKFAST**  
Blueberry Chia Parfait



**LUNCH**  
Mediterranean Goddess Bowl



**SNACK 1**  
Celery & Hummus



**DINNER**  
Falafel Salad with Green Tahini Sauce



**SNACK 2**  
Grapes & Walnuts

## WED



**BREAKFAST**  
Blueberry Detox Smoothie



**LUNCH**  
Falafel Salad with Green Tahini Sauce



**SNACK 1**  
Celery & Hummus



**DINNER**  
Coconut Chickpea Curry



**SNACK 2**  
Grapes & Walnuts

## THU



**BREAKFAST**  
Eggs n' Guac Breakfast Bowl



**LUNCH**  
Coconut Chickpea Curry



**SNACK 1**  
Cantaloupe



**DINNER**  
Chicken Fingers & Fries



**SNACK 2**  
Orange & Dark Chocolate

## FRI



**BREAKFAST**  
Eggs n' Guac Breakfast Bowl



**LUNCH**  
Chicken Fingers & Fries



**SNACK 1**  
Cantaloupe



**DINNER**  
Slow Cooker Vegan Chili



**SNACK 2**  
Orange & Dark Chocolate

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

Calories 1528            Cholesterol 27mg  
 Fat 77g                    Sodium 1875mg  
 Carbs 177g                Vitamin A 9302IU  
 Fiber 39g                 Vitamin C 46mg  
 Sugar 48g                Calcium 910mg  
 Protein 53g                Iron 15mg

**TUE****FAT 52%**    **CARBS 36%**    **PROTEIN 12%**

Calories 1733            Cholesterol 0mg  
 Fat 107g                  Sodium 1316mg  
 Carbs 163g                Vitamin A 12979IU  
 Fiber 48g                 Vitamin C 110mg  
 Sugar 39g                Calcium 1124mg  
 Protein 55g                Iron 24mg

**WED****FAT 45%**    **CARBS 43%**    **PROTEIN 12%**

Calories 1742            Cholesterol 0mg  
 Fat 91g                    Sodium 1221mg  
 Carbs 199g                Vitamin A 13617IU  
 Fiber 50g                 Vitamin C 194mg  
 Sugar 60g                Calcium 1024mg  
 Protein 54g                Iron 22mg

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

Calories 1708            Cholesterol 455mg  
 Fat 99g                    Sodium 883mg  
 Carbs 148g                Vitamin A 30297IU  
 Fiber 34g                 Vitamin C 318mg  
 Sugar 56g                Calcium 451mg  
 Protein 71g                Iron 16mg

**FRI****FAT 45%**    **CARBS 36%**    **PROTEIN 19%**

Calories 1344            Cholesterol 455mg  
 Fat 70g                    Sodium 1978mg  
 Carbs 126g                Vitamin A 32512IU  
 Fiber 35g                 Vitamin C 274mg  
 Sugar 54g                Calcium 447mg  
 Protein 65g                Iron 16mg



## FRUITS

- 2 Avocado
- 4 Banana
- 2 Cantaloupe
- 4 cups Grapes
- 2 1/2 Lemon
- 4 Navel Orange

## BREAKFAST

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

## SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tbsps Chili Powder
- 1 1/2 tbsps Curry Powder
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 2 cups Walnuts

## FROZEN

- 2 Brown Rice Tortilla
- 4 cups Frozen Blueberries

## VEGETABLES

- 22 cups Baby Spinach
- 2 cups Broccoli
- 8 stalks Celery
- 1 cup Coleslaw Mix
- 1 Cucumber
- 5 Garlic
- 1 tbsps Ginger
- 2 1/2 cups Parsley
- 1 Red Bell Pepper
- 1 cup Red Onion
- 2 Sweet Potato
- 1/3 tsp Thyme
- 1 Tomato

## BOXED & CANNED

- 2 cups Canned Coconut Milk
- 2 cups Chickpeas
- 2 cups Lentils
- 2 cups Quinoa
- 1 cup Salsa
- 1 cup Vegetable Broth

## BAKING

- 3 1/2 ozs Dark Chocolate
- 3/4 cup Oats

## BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 2 cups Hummus

## CONDIMENTS & OILS

- 1 1/2 tsps Apple Cider Vinegar
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Tahini

## COLD

- 8 Egg
- 5 1/2 cups Unsweetened Almond Milk

## OTHER

- 3 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**

# Blueberry Chia Parfait

4 SERVINGS 30 MINUTES



## INGREDIENTS

3 1/2 cups Unsweetened Almond Milk  
3/4 cup Chia Seeds  
2 tbsps Maple Syrup  
2 cups Frozen Blueberries (thawed)  
1/2 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!

# 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.

# Eggs n' Guac Breakfast Bowl

4 SERVINGS 15 MINUTES



## INGREDIENTS

8 Egg  
2 Avocado  
1 Lemon (juiced)  
Sea Salt & Black Pepper (to taste)  
8 cups Baby Spinach  
1/4 cup Red Onion (thinly sliced)  
2 tbsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	384	Cholesterol	372mg
Fat	31g	Sodium	197mg
Carbs	13g	Vitamin A	6314IU
Fiber	8g	Vitamin C	32mg
Sugar	2g	Calcium	131mg
Protein	16g	Iron	4mg

## DIRECTIONS

- 01 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Peel the eggs and slice in half.
- 02 Make guacamole by mashing avocado and mixing with lemon, sea salt and pepper to taste.
- 03 Divide spinach into bowls and top with guacamole, egg, red onion and olive oil. Enjoy!

## NOTES

### STORAGE

Keep refrigerated in an air-tight container up to 3 days.

### PREP AHEAD

Hard boil your eggs in advance to save time.

### MAKE IT SPICY

Add chili flakes.

### MAKE IT VEGAN

Skip the eggs and add cooked chickpeas instead.

### EXTRA TOPPINGS

Try adding hot sauce, sunflower seeds, pumpkin seeds or hemp hearts.

# Mediterranean Goddess Bowl

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Quinoa (uncooked)  
1 1/2 cups Water  
4 cups Baby Spinach  
1 tbsp Tahini  
1/4 cup Extra Virgin Olive Oil  
1/2 tsp Oregano  
1/2 tsp Black Pepper  
1/2 Lemon (juiced)  
1 Tomato (diced)  
1/4 cup Red Onion (finely diced)  
1 Cucumber (diced)  
1/2 cup Parsley (finely chopped)  
1 cup Hummus  
1 tbsp Chili Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	481	Cholesterol	0mg
Fat	30g	Sodium	369mg
Carbs	45g	Vitamin A	4568IU
Fiber	9g	Vitamin C	28mg
Sugar	3g	Calcium	140mg
Protein	14g	Iron	6mg

## DIRECTIONS

- 01 Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
- 02 Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
- 03 In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
- 04 Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Enjoy!

## NOTES

### ON-THE-GO

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

# 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.

# Celery & Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

8 stalks Celery (cut into sticks)  
1 cup Hummus  
1 tsp Paprika (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	159	Cholesterol	0mg
Fat	11g	Sodium	326mg
Carbs	12g	Vitamin A	657IU
Fiber	5g	Vitamin C	2mg
Sugar	2g	Calcium	62mg
Protein	5g	Iron	2mg

## DIRECTIONS

01 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

## NOTES

### MAKE IT YOURSELF

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

# Cantaloupe

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Cantaloupe (chopped and cubed)

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Cholesterol	0mg
Fat	1g	Sodium	44mg
Carbs	23g	Vitamin A	9334IU
Fiber	2g	Vitamin C	101mg
Sugar	22g	Calcium	25mg
Protein	2g	Iron	1mg

## NOTES

### EXTRA SWEETNESS

Drizzle with a bit of raw honey.

# Falafel Salad with Green Tahini Sauce

3 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Oats (quick or traditional)  
2 cups Lentils (cooked, drained and rinsed)  
2 Garlic (cloves, minced)  
1/2 tsp Sea Salt  
2 cups Parsley (divided)  
1 Lemon (juiced and divided)  
2 tbsps Extra Virgin Olive Oil (divided)  
1/4 cup Tahini  
1/4 cup Water  
4 cups Baby Spinach (or mixed greens)

## NUTRITION

### AMOUNT PER SERVING

Calories	459	Cholesterol	0mg
Fat	22g	Sodium	476mg
Carbs	50g	Vitamin A	7190IU
Fiber	17g	Vitamin C	74mg
Sugar	4g	Calcium	223mg
Protein	20g	Iron	11mg

## DIRECTIONS

- 01 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 02 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 03 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 04 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

## NOTES

### SPEED IT UP

Skip making the tahini sauce and serve with hummus instead.

# Coconut Chickpea Curry

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 cup Quinoa (uncooked)  
1 1/2 cups Water  
1 tbsp Extra Virgin Olive Oil (or coconut oil)  
1/2 cup Red Onion (finely diced)  
3 Garlic (cloves, minced)  
1 tbsp Ginger (peeled and grated)  
2 cups Broccoli (chopped into small florets)  
1 cup Coleslaw Mix  
1 Red Bell Pepper (de-seeded and sliced)  
Sea Salt & Black Pepper (to taste)  
1 1/2 tbsps Curry Powder  
1/2 tsp Red Pepper Flakes (optional)  
2 cups Canned Coconut Milk  
1 cup Vegetable Broth  
2 cups Chickpeas (cooked, drained and rinsed)

## NUTRITION

### AMOUNT PER SERVING

Calories	586	Cholesterol	0mg
Fat	30g	Sodium	230mg
Carbs	64g	Vitamin A	2219IU
Fiber	13g	Vitamin C	91mg
Sugar	10g	Calcium	131mg

## DIRECTIONS

- 01 Cook your quinoa by combining quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until all the water is absorbed. Remove lid, fluff with a fork and set aside.
- 02 Heat a sauce pan over medium heat and add oil. Add the onion, garlic, ginger, broccoli, slaw mix and red pepper. Season with sea salt and black pepper to taste. Saute for 5 minutes or until veggies are slightly softened. Then stir in curry powder, red pepper flakes, coconut milk, vegetable broth and chickpeas. Bring to a boil then reduce to a simmer. Let simmer for 10 minutes. Taste and adjust seasoning as needed.
- 03 Serve over quinoa and garnish with cilantro and chopped peanuts if you wish. Enjoy!

## NOTES

### MEAT LOVER

Add in cooked diced chicken or beef.



Protein

18g Iron

5mg



# Chicken Fingers & Fries

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 cup Walnuts  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
1/3 tsp Thyme (optional)  
1 lb Chicken Breast (boneless, skinless)  
2 Sweet Potato (large)  
Sea Salt & Black Pepper (to taste)  
4 cups Baby Spinach (or mixed greens)  
1 1/2 tps Apple Cider Vinegar (or balsamic)  
1 tbsp Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	426	Cholesterol	82mg
Fat	26g	Sodium	406mg
Carbs	19g	Vitamin A	12074I...
Fiber	5g	Vitamin C	11mg
Sugar	4g	Calcium	86mg
Protein	32g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 02 In a food processor, combine walnuts, sea salt, black pepper and thyme. Pulse until it reaches a coarse, sand-like consistency. Add this mixture to a large ziplock bag.
- 03 Cut your chicken breasts into long pieces and add them to the bag. Shake until the chicken is well coated. Transfer chicken to one side of your baking sheet. Press any extra walnut mix from the bag into the top of the chicken fingers.
- 04 Slice your sweet potatoes into thin fry-like pieces. Add to a large mixing bowl with a splash of olive oil and season with sea salt and black pepper to taste. Toss until well coated. Transfer them to the baking sheet beside the chicken. Place the baking sheet in the oven and bake for 30 to 40 minutes or until chicken is cooked through and fries are golden brown. Flip the fries at the halfway point.
- 05 Meanwhile, toss your mixed greens in vinegar and olive oil.
- 06 Remove chicken and fries from the oven. Plate with a scoop of greens. Enjoy!

## NOTES

### NO WALNUTS

Use any nut instead. Pistachios, almonds or shredded coconut all work well!

### NO SWEET POTATO

Make fries from another root vegetable like carrots, beets or parsnips.

# Brown Rice Chips with Salsa

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 Brown Rice Tortilla  
1 cup 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.

# Grapes & Walnuts

4 SERVINGS 3 MINUTES



## INGREDIENTS

4 cups Grapes (washed)  
1 cup 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!

# Orange & Dark Chocolate

4 SERVINGS 3 MINUTES



## INGREDIENTS

4 Navel Orange (peeled or sliced)  
3 1/2 ozs Dark Chocolate (broken into pieces)

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Cholesterol	1mg
Fat	11g	Sodium	6mg
Carbs	29g	Vitamin A	356IU
Fiber	6g	Vitamin C	83mg
Sugar	18g	Calcium	78mg
Protein	3g	Iron	3mg

## DIRECTIONS

01 Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

## NOTES

### NO ORANGES

Substitute grapefruit instead.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for Week 3 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. Also don't forget to add any additional items to your list that you might need.
		Get your Blueberry Chia Parfaits started.	In a glass bowl, mix together the almond milk, chia seeds and maple syrup. Cover and store in the fridge until thickened.
		Cook quinoa.	This week you will need quinoa for your Mediterranean Goddess Bowl (Monday and Tuesday) and also for your Coconut Chickpea Curry (Wednesday). Cook up a big batch in advance and store in the fridge.
		Make your Mediterranean Goddess Bowl.	Divide into containers and store in the fridge. You'll be eating this for lunch on Monday and Tuesday. Tip: You can also make these into salad jars by packing the hummus and dressing into the bottom of the jar and layering in the veggies on top. When ready to eat, shake well and dump into a bowl.

		Add some peanut butter to small dressing container for Monday's snack.	
		Thaw your leftover Curried Chicken Crock Pot Stew from Week 1 and store it in the fridge.	You'll be having this for dinner on Monday night. You can always add extra vegetables, broth and/or chicken if you don't have enough leftover.
<b>1 Mon</b>		Finish assembling your Blueberry Chia Parfaits.	Divide the chia pudding into mason jars and top with blueberries and almonds.
		Pack your meals if you are on-the-go.	Blueberry Chia Parfait, Mediterranean Goddess Bowl and Banana with Peanut Butter.
		Warm up Curried Chicken Crock Pot Stew for dinner.	Add extra broth, vegetables or cooked chicken if necessary.
		Make Brown Rice Chips with Salsa for a late night snack.	
		Get started on your Falafel Salad with Green Tahini Sauce if time permits.	You can make up the falafel mix and the dressing in advance and store in the fridge.
		Wash your celery, cut into sticks and portion out hummus.	Divide the celery into ziploc baggies and the hummus into dressing containers. This is for your afternoon snack on Tuesday and Wednesday.

2 Tue		Don't forget to pack your lunch!	Blueberry Chia Parfait, Mediterranean Goddess Bowl and Celery & Hummus.
		Finish or start making your Falafel Salad with Green Tahini Sauce for dinner.	Set aside enough for lunch tomorrow.
		Portion out the ingredients for your Blueberry Detox Smoothie for tomorrow's breakfast.	Measure out frozen blueberries, spinach, banana and chia seeds into a ziplock baggie and place in the freezer overnight. Tomorrow morning, add it to your blender with almond milk and you are all set! Tip: Add a scoop of peanut butter or protein powder if you'd like!
		Mix a bowl of Grapes & Walnuts for a late night snack.	
		If time permits, start prepping vegetables for your Coconut Chickpea Curry for tomorrow's dinner.	You can chop your red onion, broccoli and red pepper in advance. If you haven't done so already, cook up the quinoa too.
3 Wed		Blend your Blueberry Detox Smoothie.	Divide into mason jars if you are on-the-go.
		Finish packing your breakfast, lunch and snacks.	Blueberry Detox Smoothie, Falafel Salad with Green Tahini Sauce and Celery & Hummus.

		Finish or start making your Coconut Chickpea Curry.	Enjoy a portion for dinner and pack a portion for tomorrow's lunch.
		Make up your Eggs n' Guac Breakfast Bowl for breakfast Thursday and Friday.	Hard boil your eggs and make the guac. Divide spinach into containers and top with guac, egg, red onion and olive oil.
		Dice your Cantaloupe.	Divide into containers for a snack on Thursday and Friday.
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Eggs n' Guac Breakfast Bowl, Coconut Chickpea Curry and Cantaloupe.
		Make Chicken Fingers & Fries for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Prepare Orange & Dark Chocolate for snack.	
		Set out your Crock Pot Vegan Chili leftover from Week #2 to thaw.	Transfer to the fridge before you go to bed.
<b>5 Fri</b>		Pack your lunch!	Eggs n' Guac Breakfast Bowl, Chicken Fingers & Fries and Cantaloupe.
		Warm up Crock Pot Vegan Chili for dinner.	Add extra broth, beans and vegetables if needed.

		Enjoy Orange & Dark Chocolate snack.	
<b>6 Sat</b>		Try something new of your choice!	Start working on your own meal plan for next week or grab one of ours!
<b>7 Sun</b>		Free day.	Start your meal prep and let's keep this ball rolling!

## **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.

