



# 21-Day Tune Up Program, Week 1

TRACY KACZMARCZYK



# 21-Day Tune Up Program, Week 1

## HEAVY METAL FITNESS

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

Week 1 of 21 days of delicious and easy clean eating to get you feeling awesome. Summer is right around the corner! This program will guide you through three weeks of eating clean so by the time the first long weekend of summer rolls around, you will be feeling amazing.

We are removing all excuses by focusing on easy, budget-friendly meals and snacks. Each week will come with a meal plan, grocery list and prep guide. We are making it super simple for you to eat clean and feel awesome.

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



**LUNCH**  
Cream of Celery & Asparagus Soup



**SNACK 1**  
Pineapple



**DINNER**  
Pan Seared Haddock with Pineapple Salsa



**SNACK 2**  
Chocolate Almond Butter Pudding

## TUE



**BREAKFAST**  
Baked Strawberry Rhubarb Oatmeal



**LUNCH**  
Pan Seared Haddock with Pineapple Salsa



**SNACK 1**  
Pineapple



**DINNER**  
Chicken, Broccoli & Cashew Stir Fry



**SNACK 2**  
Chocolate Almond Butter Pudding

## WED



**BREAKFAST**  
Mango Oat Smoothie



**LUNCH**  
Chicken, Broccoli & Cashew Stir Fry



**SNACK 1**  
Dark Chocolate & Pistachios



**DINNER**  
Grilled Chicken Caesar Lettuce Wraps



**SNACK 2**  
Chocolate Almond Butter Pudding

## THU



**BREAKFAST**  
Liquid Gold Green Smoothie



**LUNCH**  
Grilled Chicken Caesar Lettuce Wraps



**SNACK 1**  
Dark Chocolate & Pistachios



**DINNER**  
Quinoa Kale Fritters



**SNACK 2**  
Brown Rice Chips with Salsa

## FRI



**BREAKFAST**  
Liquid Gold Green Smoothie



**LUNCH**  
Quinoa Kale Fritters



**SNACK 1**  
Celery with Peanut Butter



**DINNER**  
Bruschetta Flatbread



**SNACK 2**  
Brown Rice Chips with Salsa

**MON****FAT 45%**    **CARBS 38%**    **PROTEIN 17%**

Calories 1346            Cholesterol 151mg  
 Fat 71g                    Sodium 1215mg  
 Carbs 137g                Vitamin A 6146IU  
 Fiber 34g                 Vitamin C 269mg  
 Sugar 68g                 Calcium 609mg  
 Protein 60g                Iron 13mg

**TUE****FAT 39%**    **CARBS 42%**    **PROTEIN 19%**

Calories 1523            Cholesterol 192mg  
 Fat 69g                    Sodium 1115mg  
 Carbs 169g                Vitamin A 3341IU  
 Fiber 35g                 Vitamin C 422mg  
 Sugar 72g                 Calcium 580mg  
 Protein 74g                Iron 11mg

**WED****FAT 51%**    **CARBS 32%**    **PROTEIN 17%**

Calories 1838            Cholesterol 124mg  
 Fat 110g                   Sodium 1387mg  
 Carbs 157g                Vitamin A 3899IU  
 Fiber 35g                 Vitamin C 259mg  
 Sugar 68g                 Calcium 854mg  
 Protein 80g                Iron 14mg

**THU****FAT 51%**    **CARBS 34%**    **PROTEIN 15%**

Calories 1490            Cholesterol 145mg  
 Fat 89g                    Sodium 1998mg  
 Carbs 134g                Vitamin A 4991IU  
 Fiber 33g                 Vitamin C 54mg  
 Sugar 42g                 Calcium 804mg  
 Protein 58g                Iron 12mg

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

Calories 1282            Cholesterol 108mg  
 Fat 66g                    Sodium 1888mg  
 Carbs 146g                Vitamin A 7035IU  
 Fiber 31g                 Vitamin C 67mg  
 Sugar 39g                 Calcium 888mg  
 Protein 42g                Iron 9mg



## FRUITS

- 8 Avocado
- 5 Banana
- 2 1/4 Lemon
- 2 Lime
- 7 cups Pineapple
- 2 cups Strawberries

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 3/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/2 cup Cashews
- 2 tsps Cinnamon
- 1/2 tsp Garlic Powder
- 2/3 cup Hemp Seeds
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1/3 cup Pecans
- 2 cups Pistachios, In Shell
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 6 Brown Rice Tortilla
- 2 cups Frozen Mango

## VEGETABLES

- 3 cups Asparagus
- 8 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 head Boston Lettuce
- 4 cups Broccoli
- 9 stalks Celery
- 1/2 Cucumber
- 11 1/2 Garlic
- 1 tbsp Ginger
- 3 stalks Green Onion
- 2 cups Kale Leaves
- 1/4 cup Mint Leaves
- 4 cups Mixed Greens
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 cup Rhubarb
- 1 Sweet Onion
- 3 Tomato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

## BOXED & CANNED

- 1 1/4 cups Quinoa
- 2 cups Salsa

## BAKING

- 1/3 cup Almond Flour
- 2/3 cup Cocoa Powder
- 3 1/2 ozs Dark Chocolate
- 2 1/16 cups Oats
- 1 tbsp Raw Honey

## BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Chicken Breast
- 2 ozs Chicken Breast, Cooked
- 1/4 cup Feta Cheese
- 4 Haddock Fillet

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 1/2 tsps Balsamic Vinegar
- 1/4 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Tamari
- 1 tbsp Yellow Mustard

## COLD

- 3 Egg
- 8 3/4 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**

# 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



# Mango Oat Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Mango  
1 Banana  
1/4 cup Oats  
2 cups Unsweetened Almond Milk  
2 tbsps Hemp Seeds  
1/4 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	275	Cholesterol	0mg
Fat	9g	Sodium	164mg
Carbs	47g	Vitamin A	2324IU
Fiber	7g	Vitamin C	68mg
Sugar	30g	Calcium	485mg
Protein	8g	Iron	2mg

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

### STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours.

### MORE PROTEIN

Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

### MORE FIBRE

Add ground flax seed.

### MORE LIKE MANGO LASSI

Reduce almond milk and add greek yogurt.

# 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

# Cream of Celery & Asparagus Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	17g	Sodium	671mg
Carbs	12g	Vitamin A	3847IU
Fiber	5g	Vitamin C	17mg
Sugar	5g	Calcium	131mg
Protein	10g	Iron	6mg

## DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

### SERVING SIZE

One serving is approximately 2 cups.

### NO HEMP SEEDS

Use cashews.

### ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

### NO SPINACH

Use kale, swiss chard or any leafy green.



# Pineapple

4 SERVINGS 5 MINUTES



## INGREDIENTS

6 cups Pineapple

## NUTRITION

### AMOUNT PER SERVING

Calories	124	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	32g	Vitamin A	144IU
Fiber	3g	Vitamin C	118mg
Sugar	24g	Calcium	32mg
Protein	1g	Iron	1mg

## DIRECTIONS

01 Slice into cubes and divide into bowls. Enjoy!

## NOTES

### EXTRA SWEET

Grill or broil your pineapple and sprinkle with cinnamon.

# Dark Chocolate & Pistachios

4 SERVINGS 5 MINUTES



## INGREDIENTS

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

2 cups Pistachios, In Shell

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Cholesterol	1mg
Fat	37g	Sodium	221mg
Carbs	27g	Vitamin A	10IU
Fiber	9g	Vitamin C	0mg
Sugar	10g	Calcium	58mg
Protein	14g	Iron	5mg

# Celery with Peanut Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

3 stalks Celery (sliced into sticks)  
1/4 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

01 Spread peanut butter across celery sticks. Happy munching!

## NOTES

### NUT-FREE

Use sunflower seed butter or hummus instead.

# Pan Seared Haddock with Pineapple Salsa

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 cup Pineapple (diced)  
1 Avocado (diced)  
1 Tomato (diced)  
1 Red Bell Pepper (diced)  
1/2 Cucumber (diced)  
1/4 cup Mint Leaves (chopped)  
1/4 cup Red Onion (diced)  
1 Lime (juiced)  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 1/2 tsps Coconut Oil  
4 Haddock Fillet  
4 cups Mixed Greens

## NUTRITION

### AMOUNT PER SERVING

Calories	306	Cholesterol	104mg
Fat	12g	Sodium	446mg
Carbs	17g	Vitamin A	1667IU
Fiber	6g	Vitamin C	76mg
Sugar	7g	Calcium	70mg
Protein	34g	Iron	2mg

## DIRECTIONS

- 01 Combine pineapple, avocado, tomato, red pepper, cucumber, red onion, mint, lime juice and olive oil in a bowl. Season with sea salt and black pepper to taste. Toss well and set aside.
- 02 Heat coconut oil over medium heat in a large skillet. Pan fry the haddock fillets 3 - 4 minutes per side or until fish flakes with a fork.
- 03 Divide greens and cod fillets between plates. Top with a large spoonful or two of pineapple avocado salsa. Enjoy!

## NOTES

### BBQ VERSION

Grill pineapple, tomato, red pepper and red onion on the grill before chopping for the salsa. Grill the fish afterwards.

### NO HADDOCK

Any type of white fish will do.

### NO FISH

Use chicken breast or steak instead.

### VEGAN

Skip the fish and use a veggie burger instead.

### MORE CARBS

Serve with brown rice or quinoa.

### FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

# Chicken, Broccoli & Cashew Stir Fry

4 SERVINGS 45 MINUTES



## INGREDIENTS

8 ozs Chicken Breast  
3/4 cup Quinoa  
1 1/2 cups Water  
2 tbsps Tamari  
1 tbsp Raw Honey  
1 tbsp Apple Cider Vinegar  
4 cups Broccoli (cut into florets)  
1 tbsp Coconut Oil  
1 Yellow Bell Pepper (diced)  
1/2 Sweet Onion (chopped)  
1 tbsp Ginger (grated)  
3 Garlic (cloves, minced)  
1/2 cup Cashews  
3 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	399	Cholesterol	41mg
Fat	15g	Sodium	571mg
Carbs	44g	Vitamin A	1042IU
Fiber	6g	Vitamin C	170mg
Sugar	9g	Calcium	102mg
Protein	24g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 02 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 03 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 04 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 05 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 06 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

# Grilled Chicken Caesar Lettuce Wraps

4 SERVINGS 40 MINUTES



## INGREDIENTS

1 Garlic (whole bulb)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 tsp Black Pepper  
1/2 tsp Onion Powder  
1/2 tsp Garlic Powder  
1/2 tsp Sea Salt  
1 Lime (juiced)  
1 lb Chicken Breast  
1 Lemon (juiced)  
1/4 cup Extra Virgin Olive Oil (plus some extra for roasting garlic)  
1 tbs Dijon Mustard  
1 head Boston Lettuce (washed and pulled apart into leaves)

## NUTRITION

### AMOUNT PER SERVING

Calories	269	Cholesterol	82mg
Fat	17g	Sodium	389mg
Carbs	3g	Vitamin A	244IU
Fiber	0g	Vitamin C	8mg
Sugar	1g	Calcium	12mg
Protein	26g	Iron	1mg

## DIRECTIONS

- 01 Preheat the grill over medium heat.
- 02 Slice the head off the garlic bulb and peel away the skin. Drizzle with a splash of extra virgin olive oil and sprinkle with sea salt and black pepper. Wrap tightly with foil and place on the grill for 30 minutes.
- 03 In a small bowl, combine the paprika, black pepper, onion powder, garlic powder and sea salt. Mix well.
- 04 Toss the chicken breast in lime juice then coat with your spice mixture on both sides. Place chicken on the grill with the garlic and grill for 10 to 15 minutes per side or until chicken is cooked through.
- 05 Remove roasted garlic from the grill and carefully open up the foil. Let cool. In a blender or food processor, add your lemon juice, olive oil and dijon mustard and then squeeze the flesh of the roasted garlic in as well. Discard the skin. Season the dressing with sea salt and black pepper and blend well until smooth and creamy.
- 06 Remove chicken from the grill and dice with a knife.
- 07 Plate lettuce wraps and top with diced chicken. Drizzle with roasted garlic dressing, wrap and enjoy!

## NOTES

### TIME SAVER

Make the roasted garlic dressing up in advance. Store in the fridge up to a week. Chicken can also be grilled in advance.

### NO GRILL

Use an oven pre-heated to 400°F (204°C) instead.

### MORE CARBS

Add quinoa to your wraps.



**VEGAN**

Use roasted chickpeas instead of chicken.



# Quinoa Kale Fritters

6 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Quinoa  
1 cup Water  
1 tbsp Coconut Oil (divided)  
2 Egg (whisked)  
1/2 Sweet Onion (diced)  
3 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
2 cups Kale Leaves  
1/3 cup Oats  
1/3 cup Almond Flour  
1 Avocado (peeled and sliced)  
1 Lemon (juiced)  
1 tbsp Yellow Mustard

## NUTRITION

### AMOUNT PER SERVING

Calories	218	Cholesterol	62mg
Fat	13g	Sodium	59mg
Carbs	20g	Vitamin A	479IU
Fiber	5g	Vitamin C	15mg
Sugar	2g	Calcium	66mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 Cook quinoa by placing quinoa and water in a sauce pan. Place over medium-high heat and bring to a boil. Once boiling, cover and reduce heat to low. Let simmer for 12 minutes. Remove from heat, fluff with a fork and set aside.
- 02 In a frying pan, heat half the coconut oil over medium heat. Saute onion until golden (about 5 minutes). Then add kale and stir just until wilted (1 - 2 minutes). Remove from heat.
- 03 In a large mixing bowl whisk the eggs. Then add in the quinoa, kale/onion mixture, garlic, salt and pepper. Stir well. Let cool for 15 minutes then add in the oats and almond meal. Mix well.
- 04 With clean hands, form even patties with the mixture and place on a piece of waxed paper.
- 05 In a large skillet, heat remaining coconut oil over medium heat. Use a lifter to transfer the fritters from the wax paper to the frying pan. Fry the fritters about 6 minutes per side or until golden brown.
- 06 To make the Tangy Avocado Spread: In a bowl mash avocado with a fork. Add the lemon juice and yellow mustard. Beat with a fork until a creamy consistency forms. Season with a pinch of sea salt and pepper.
- 07 Serve the fritters on bread or on a bed of spinach lightly tossed in olive oil and top with Tangy Avocado Spread.

## NOTES

### LEFTOVERS

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



**SERVING SIZE**

One serving is equal to approximately one large fritter.



# Bruschetta Flatbread

2 SERVINGS 35 MINUTES



## INGREDIENTS

2 Tomato (finely diced)  
1 1/2 Garlic (cloves, minced)  
1 tbsp Extra Virgin Olive Oil  
1/4 cup Basil Leaves (chopped)  
1 1/2 tsps Balsamic Vinegar  
1/4 cup Feta Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)  
2 Brown Rice Tortilla  
2 ozs Chicken Breast, Cooked (diced)

## DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 02 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 03 Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	328	Cholesterol	46mg
Fat	14g	Sodium	447mg
Carbs	33g	Vitamin A	2029IU
Fiber	4g	Vitamin C	19mg
Sugar	4g	Calcium	114mg
Protein	16g	Iron	2mg



# Chocolate Almond Butter Pudding

6 SERVINGS 5 MINUTES



## INGREDIENTS

4 Avocado (peeled and pits removed)  
1/2 cup Maple Syrup  
1 cup Unsweetened Almond Milk  
1/3 cup Cocoa Powder  
1/2 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	427	Cholesterol	0mg
Fat	32g	Sodium	42mg
Carbs	36g	Vitamin A	279IU
Fiber	13g	Vitamin C	13mg
Sugar	18g	Calcium	197mg
Protein	8g	Iron	2mg

## DIRECTIONS

- 01 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 02 Divide into small bowls, add your choice of toppings or enjoy as is!

## NOTES

### NO COCOA POWDER

Use cacao powder instead.

### NO ALMOND BUTTER

Use peanut butter or any type of nut butter.

### OPTIONAL TOPPINGS

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

### MORE FIBRE

Add ground flax seeds before blending.

# 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 the 21-Day Tune Up Program, Week 1 and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		Make the Baked Strawberry Rhubarb Oatmeal.	Follow the recipe then set aside to cool. Once it is cool, divide it into containers. Store in the fridge.
		Make the Cream of Celery & Asparagus Soup.	Divide into containers. Store what you need for tomorrow's lunch in the fridge and freeze the rest. You will eat this in Week 3.
		Cook your quinoa for the Chicken, Broccoli & Cashew Stir Fry and Quinoa Kale Fritters.	Cook it today to save yourself time throughout the week. Let cool then store in the fridge in a covered container.
		Grill or bake your chicken breasts for the Chicken, Broccoli & Cashew Stir Fry, Grilled Chicken Caesar Wraps and Bruschetta Flatbread.	Let cool. Store what you will need for the Chicken, Broccoli & Cashew Stir Fry and Grilled Chicken Caesar Wraps in the fridge. Store the rest in the freezer. We will remind you when to set it out to thaw.

		Slice your Pineapple.	Slice enough for snacks on Monday and Tuesday. Place in containers with lids and store in the fridge.
<b>1 Mon</b>		Pack your meals if you are on-the-go.	Baked Strawberry Rhubarb Oatmeal, Cream of Celery & Asparagus Soup and Pineapple.
		Make Pan Seared Haddock with Pineapple Salsa.	Enjoy for dinner. Divide leftovers into containers for tomorrow's lunch and store in the fridge.
		Make Chocolate Almond Butter Pudding.	Make enough for snacks for the next three nights. Divide into containers. Enjoy one serving for snack and store leftovers in the fridge.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Baked Strawberry Rhubarb Oatmeal, Pan Seared Haddock with Pineapple Salsa and Pineapple.
		Make Chicken, Broccoli & Cashew Stir Fry for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Enjoy Chocolate Almond Butter Pudding for a snack.	
		Prepare Dark Chocolate & Pistachios snacks.	For tomorrow and Thursday. Divide into baggies or containers and store at room temp.
		Make your Mango Oat Smoothie.	Blend until smooth and creamy. Divide into jars.

<b>3 Wed</b>		Pack your meals if you are on-the-go.	Mango Oat Smoothie, Chicken, Broccoli & Cashew Stir Fry and Dark Chocolate & Pistachios.
		Make Grilled Chicken Caesar Wraps for dinner.	Enjoy then divide leftovers into containers for tomorrow's lunch.
		Enjoy Chocolate Almond Butter Pudding for snack.	
<b>4 Thu</b>		Make the Liquid Gold Green Smoothie.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, Grilled Chicken Caesar Wraps and Dark Chocolate & Pistachios.
		Make Quinoa Kale Fritters for dinner.	Enjoy for dinner. Set aside a portion for your lunch tomorrow. Then freeze any leftovers for Week 2.
		Prepare your Celery with Peanut Butter for tomorrow's snack.	Wash and slice celery into sticks. Portion peanut butter into small containers. Store in the fridge overnight.
		Make Brown Rice Chips with Salsa for a snack.	Enjoy then set aside leftovers for tomorrow night's snack.
		Thaw the chicken for the Bruschetta Flatbread.	Transfer to the fridge for tomorrow night's dinner.
		Optional: Prepare bruschetta mix for Bruschetta Flatbread.	Combine the tomatoes, garlic, olive oil, basil, balsamic vinegar, feta, sea salt and black pepper in a

			bowl. Toss well and cover. Store in the fridge overnight.
<b>5 Fri</b>		Make the Liquid Gold Green Smoothie for breakfast.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, Quinoa Kale Fritters and Celery with Peanut Butter.
		Make Bruschetta Flatbread for dinner.	Store any leftover tortillas, bruschetta and chicken separately in the fridge.
		Enjoy Brown Rice Chips with Salsa for a snack.	
<b>6 Sat</b>		Try something new of your choice!	
<b>7 Sun</b>		Free day.	Set aside some time to grocery shop and prep for Week 2.

## **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.

