



21-Day Tune Up Program, Week 2

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21-Day Tune Up Program, Week 2

HEAVY METAL FITNESS

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

Week 2 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
Triple Berry Protein Bowl



LUNCH
Quinoa Kale Fritters



SNACK 1
Celery with Peanut Butter



DINNER
Greek Kale Chickpea Salad



SNACK 2
Mango Coconut Popsicles

TUE



BREAKFAST
Triple Berry Protein Bowl



LUNCH
Greek Kale Chickpea Salad



SNACK 1
Grapes & Pistachios



DINNER
Cleaned Up Chicken Salad



SNACK 2
Mango Coconut Popsicles

WED



BREAKFAST
Mango Oat Smoothie



LUNCH
Cleaned Up Chicken Salad



SNACK 1
Grapes & Pistachios



DINNER
Vegetable Chow Mein



SNACK 2
Mango Coconut Popsicles

THU



BREAKFAST
Detox Green Smoothie



LUNCH
Vegetable Chow Mein



SNACK 1
Banana Sushi



DINNER
Slow Cooker Stuffed Peppers



SNACK 2
Mango Coconut Popsicles

FRI



BREAKFAST
Detox Green Smoothie



LUNCH
Slow Cooker Stuffed Peppers



SNACK 1
Banana Sushi



DINNER
Vegan Corn Chowder



SNACK 2
Popcorn

MON**FAT 57%** **CARBS 31%** **PROTEIN 12%**

Calories 1265 Cholesterol 79mg
 Fat 85g Sodium 564mg
 Carbs 103g Vitamin A 3670IU
 Fiber 28g Vitamin C 167mg
 Sugar 40g Calcium 572mg
 Protein 40g Iron 9mg

TUE**FAT 56%** **CARBS 29%** **PROTEIN 15%**

Calories 1482 Cholesterol 76mg
 Fat 97g Sodium 810mg
 Carbs 112g Vitamin A 4145IU
 Fiber 30g Vitamin C 177mg
 Sugar 56g Calcium 617mg
 Protein 60g Iron 9mg

WED**FAT 43%** **CARBS 41%** **PROTEIN 16%**

Calories 1267 Cholesterol 59mg
 Fat 64g Sodium 2132mg
 Carbs 139g Vitamin A 9444IU
 Fiber 24g Vitamin C 138mg
 Sugar 73g Calcium 717mg
 Protein 52g Iron 8mg

THU**FAT 33%** **CARBS 50%** **PROTEIN 17%**

Calories 1124 Cholesterol 130mg
 Fat 45g Sodium 3079mg
 Carbs 150g Vitamin A 10691IU
 Fiber 31g Vitamin C 286mg
 Sugar 70g Calcium 461mg
 Protein 51g Iron 12mg

FRI**FAT 38%** **CARBS 46%** **PROTEIN 16%**

Calories 1109 Cholesterol 130mg
 Fat 51g Sodium 2921mg
 Carbs 138g Vitamin A 10345IU
 Fiber 32g Vitamin C 298mg
 Sugar 56g Calcium 449mg
 Protein 49g Iron 11mg



FRUITS

- 5 Banana
- 2 cups Blackberries
- 2 cups Blueberries
- 4 1/2 cups Grapes
- 3 3/4 Lemon
- 4 Pear
- 2 cups Strawberries

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/2 cup Almond Butter

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1/2 tsp Dried Basil
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 2/3 cup Hemp Seeds
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1 tsp Paprika
- 2 cups Pistachios, In Shell
- 1 1/4 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 cup Slivered Almonds

FROZEN

- 3 cups Frozen Corn
- 6 cups Frozen Mango

VEGETABLES

- 1 cup Baby Spinach
- 3 Carrot
- 2 heads Cauliflower
- 12 stalks Celery
- 2 1/2 Cucumber
- 2 tbsps Fresh Dill
- 10 Garlic
- 3 tbsps Ginger
- 5 Green Bell Pepper
- 16 cups Kale Leaves
- 2 cups Matchstick Carrots
- 2 cups Snap Peas
- 3/4 tsp Thyme
- 1 Tomato
- 1 White Onion
- 1 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Brown Rice Vermicelli Noodles
- 2 2/3 cups Canned Coconut Milk
- 2 cups Chickpeas
- 8 cups Popcorn
- 2 cups Salsa

BAKING

- 2 tbsps Coconut Flour
- 1/4 cup Oats

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast, Cooked
- 1 lb Extra Lean Ground Turkey
- 1/2 cup Feta Cheese

CONDIMENTS & OILS

- 3 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Tamari

COLD

- 1 Egg
- 3 cups Unsweetened Almond Milk

OTHER

- 10 Ice Cubes
- 5 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

Triple Berry Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Strawberries (sliced)
1 cup Blueberries
1 cup Blackberries
2 tbsps Almond Butter
2 tbsps Hemp Seeds
1/4 cup Slivered Almonds
1/2 cup Unsweetened Almond Milk

DIRECTIONS

01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	0mg
Fat	24g	Sodium	44mg
Carbs	31g	Vitamin A	329IU
Fiber	11g	Vitamin C	65mg
Sugar	16g	Calcium	256mg
Protein	13g	Iron	3mg



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.

Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
1 tbsp Ginger (grated)
1 tbsp Ground Flax Seed
1 1/2 cups Water
5 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	2g	Sodium	31mg
Carbs	38g	Vitamin A	2225IU
Fiber	9g	Vitamin C	61mg
Sugar	21g	Calcium	171mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

NOTES

NO KALE

Use spinach.

NO PEAR

Use apples.

METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

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.

Grapes & Pistachios

4 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Grapes
2 cups Pistachios, In Shell

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	380	Cholesterol	0mg
Fat	26g	Sodium	218mg
Carbs	32g	Vitamin A	92IU
Fiber	7g	Vitamin C	4mg
Sugar	19g	Calcium	53mg
Protein	13g	Iron	2mg

Banana Sushi

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	0mg
Fat	14g	Sodium	3mg
Carbs	31g	Vitamin A	77IU
Fiber	5g	Vitamin C	10mg
Sugar	15g	Calcium	67mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Spread almond butter onto banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

NOTES

NO HEMP SEEDS

Use sunflower seeds instead.

Greek Kale Chickpea Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Fresh Dill (chopped)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1/4 tsp Sea Salt
1/4 tsp Black Pepper
2 cups Chickpeas (cooked, drained and rinsed)
1/2 Cucumber (diced)
1 Tomato (diced)
1 Green Bell Pepper (diced)
4 cups Kale Leaves (finely sliced)
1/2 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	330	Cholesterol	17mg
Fat	20g	Sodium	392mg
Carbs	29g	Vitamin A	1700IU
Fiber	8g	Vitamin C	55mg
Sugar	6g	Calcium	199mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 02 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

NOTES

NO CHICKPEAS

Use lentils or kidney beans instead.

EXTRA GREEK

Add chopped black olives.

NO KALE

Use spinach or any dark leafy green instead.



Cleaned Up Chicken Salad

4 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Breast, Cooked
2 stalks Celery (diced)
1/2 cup Grapes (halved)
4 cups Kale Leaves (finely sliced into ribbons)
1/3 cup Slivered Almonds
1 tbsps Hemp Seeds
2 tbsps Dijon Mustard
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
- 02 In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
- 03 Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	59mg
Fat	16g	Sodium	140mg
Carbs	6g	Vitamin A	1131IU
Fiber	3g	Vitamin C	23mg
Sugar	3g	Calcium	98mg
Protein	22g	Iron	1mg



Vegetable Chow Mein

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1/3 cup Tamari
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1/4 tsp Black Pepper
- 1 cup Brown Rice Vermicelli Noodles
- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 2 cups Snap Peas
- 2 cups Matchstick Carrots

NUTRITION

AMOUNT PER SERVING

Calories	200	Cholesterol	0mg
Fat	2g	Sodium	1594mg
Carbs	40g	Vitamin A	5004IU
Fiber	6g	Vitamin C	13mg
Sugar	9g	Calcium	70mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 In a small bowl, whisk together tamari, minced garlic, ginger and pepper and set aside.
- 02 Bring a large pot of water to a boil. Drop in vermicelli noodles and cook according to directions on the package (usually 3 to 4 minutes). Strain and rinse with cold water to prevent from over cooking. Drizzle with a bit of olive oil and toss well. Set aside.
- 03 In a large skillet, heat extra virgin olive oil over medium heat. Add in onion and celery and saute for 5 minutes or until celery is tender. Add in snap peas and carrots and saute for another 5 minutes or until vegetables are tender.
- 04 Stir in tamari mixture and noodles and saute for 2 minutes or until heated through. Use tongs to evenly distribute the noodles and vegetables. Transfer into bowls and enjoy!

NOTES

MORE PROTEIN

Add diced chicken or lentils

MORE GREEN VEGETABLES

Add broccoli, spinach or green peas

Slow Cooker Stuffed Peppers

4 SERVINGS 4 HOURS



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

VEGANS AND VEGETARIANS

Use cooked lentils or beans instead of ground meat.

NO GROUND TURKEY

Use ground chicken or beef instead.

NO SLOW COOKER

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

NO CAULIFLOWER

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



Vegan Corn Chowder

6 SERVINGS 40 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into florets and divided)
3 tbsps Coconut Oil
1 White Onion (diced)
5 Garlic (cloves, minced)
3 Carrot (chopped)
3 stalks Celery
1 tbsp Sea Salt
1 tsp Paprika
1 tsp Onion Powder
1 tsp Garlic Powder
1/2 tsp Cumin
3/4 tsp Thyme
1 tsp Oregano
3 cups Frozen Corn (divided)
2/3 cup Canned Coconut Milk
2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	231	Cholesterol	0mg
Fat	13g	Sodium	1258mg
Carbs	29g	Vitamin A	5549IU
Fiber	6g	Vitamin C	55mg
Sugar	7g	Calcium	67mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
- 02 Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
- 03 Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
- 04 Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
- 05 Add additional salt and spices to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is roughly 1 1/2 cups of soup.

ADDITIONAL TOPPINGS

Add quinoa, edamame, chickpeas, diced baked chicken breast or shrimp for more protein. Stir in kale, spinach and/or nutritional yeast. Top with chopped green onions, avocado, bacon, or a slice of toast.

NO COCONUT MILK

Use almond milk instead.



LESS WORK

Saute all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.



Mango Coconut Popsicles

8 SERVINGS 40 MINUTES



INGREDIENTS

4 cups Frozen Mango
2 cups Canned Coconut Milk (divided)

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 02 Roughly scoop mango puree into 3oz. paper cups.
- 03 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 04 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

NOTES

NO COCONUT MILK

Use almond milk or cashew milk instead.

Popcorn

4 SERVINGS 2 MINUTES



INGREDIENTS

8 cups Popcorn

DIRECTIONS

01 Pour into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	110	Cholesterol	0mg
Fat	6g	Sodium	194mg
Carbs	13g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	2mg
Protein	2g	Iron	1mg

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 21-Day Tune Up Program, Week 2 and get to it! Adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		Freeze your ground meat.	Store in the freezer. We'll remind you later in the week when to set it out to thaw.
		Make the Triple Berry Protein Bowls.	Prepare enough for Monday and Tuesday's breakfast. Divide everything but the almond milk into containers, cover and store in the fridge. (Add almond milk before serving.)
		Prepare Celery with Peanut Butter.	Wash the celery and slice it into sticks. Seal in baggies or containers. Portion out peanut butter in small containers. Store both in the fridge.
		Make Coconut Mango Popsicles.	Follow the recipe then store in the freezer.
		Package your Quinoa Kale Fritters for tomorrow's lunch.	You should have leftovers from last week. Serve over a bed of greens. Make extra avocado sauce if necessary.

		Cook the chicken breast(s) for the Cleaned Up Chicken Salad.	Bake or grill the chicken breast(s). Let cool then store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Triple Berry Protein Bowl, Celery with Peanut Butter and Quinoa Kale Fritters.
		Make Greek Kale Chickpea Salad.	Enjoy for dinner. Divide leftovers into containers for tomorrow's lunch and store in the fridge.
		Prepare Grapes & Pistachios snacks.	Make enough for Tuesday and Wednesday's snacks. Wash and dry grapes. Peel pistachios and divide into baggies.
		Enjoy Mango Coconut Popsicles for snack.	
2 Tue		Pack your meals if you are on-the-go.	Triple Berry Protein Bowl, Grapes & Pistachios and Greek Kale Chickpea Salad.
		Make Cleaned Up Chicken Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Enjoy Mango Coconut Popsicles for snack.	
		Transfer ground meat to the fridge to thaw.	

3 Wed		Make your Mango Oat Smoothie.	Blend until smooth and creamy. Divide into jars.
		Pack your meals if you are on-the-go.	Mango Oat Smoothie, Grapes & Pistachios and Cleaned Up Chicken Salad.
		Make Vegetable Chow Mein for dinner.	Enjoy then divide leftovers into containers for tomorrow's lunch.
		Prepare Banana Sushi.	For Thursday and Friday's snack. Store the bananas at room temp and divide the nut butter and hemp seeds into small containers. Assemble before eating.
		Get started on the Crock Pot Stuffed Peppers.	Prepare the meat mixture and stuff it into the peppers. Store covered in the fridge overnight.
	Enjoy Mango Coconut Popsicles for snack.		
4 Thu		Make the Detox Green Smoothie.	Prepare enough for Thursday and Friday's breakfast. Divide into mason jars and store in the fridge.
		Start the Crock Pot Stuffed Peppers.	Place the peppers you stuffed from last night into the slow cooker. Cook on low throughout the day (8 hours).
		Pack your meals if you are on-the-go.	Detox Green Smoothie, Banana Sushi and Vegetable Chow Mein.

		Enjoy Crock Pot Stuffed Peppers for dinner.	Set aside a portion for your lunch tomorrow.
		Enjoy Mango Coconut Popsicles for snack.	
5 Fri		Pack your meals if you are on-the-go.	Detox Green Smoothie, Banana Sushi and Crock Pot Stuffed Peppers.
		Make Vegan Corn Chowder for dinner.	Enjoy then store leftovers in the freezer for next week.
		Enjoy Organic Popcorn for a snack.	
6 Sat		Try something new of your choice!	
7 Sun		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.

