



40-30-30 Weight Loss Diet

TRACY KACZMARCZYK



40-30-30 Weight Loss Diet

HEAVY METAL FITNESS

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

40-30-30 Weight Loss Diet - A high protein, moderate fat and carbohydrate diet for weight management. This diet was designed to assist with weight management by maintaining caloric intake at approximately 1,600 calories per day with a macronutrient ratio of approximately 40% carbohydrates, 30% protein, and 30% fat.

Recipes are meal-prep friendly and easy to make to increase compliance. The entire meal plan is gluten-free.

This program was created by a Registered Dietician with the following key considerations:

HIGH-QUALITY PROTEIN

Getting enough daily protein can help manage weight and prevent muscle loss. This meal plan provides 30% of your daily calories from high-quality protein sources such as chicken, turkey, beef, lamb, and salmon. Protein is distributed between meals and snacks to help build muscle strength and hypertrophy.

FIBER

Adequate dietary fiber intake is associated with several health benefits including better digestive health, reduced lipid levels, and weight loss. This meal plan provides up to 35 grams of fiber daily from foods such as fruits, vegetables, oats, beans, lentils, and whole grains. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

BONE BUILDING NUTRIENTS

Weight loss can often lead to a decrease in bone mineral density. This is why this program provides over 1,000 mg of calcium and up to 400 mg of magnesium daily. These minerals are essential for bone maintenance and modulate potential bone-damaging inflammation. Calcium-rich ingredients include cottage cheese, Greek yogurt, fortified milk beverage, and salmon. Magnesium is incorporated from food sources like chia seeds, almond butter, spinach, and banana.



IMMUNE SUPPORT

Supporting the immune system during weight loss is important to avoid getting sick. Zinc and selenium are essential minerals critical for immune function. You can find zinc sources in this meal plan from beef, chicken, yogurt, and almond butter. Up to 150 mcg of selenium is incorporated daily from eggs, cottage cheese, rice, and spinach. A lack of vitamin C can make you more prone to getting sick. This plan provides vitamin C from whole food sources like berries, broccoli, apples, and cabbage.

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
Raspberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Slow Cooker Lamb & White Bean Stew



SNACK 2
Yogurt & Berries



DINNER
Ground Turkey, Rice & Broccoli

TUE



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Slow Cooker Lamb & White Bean Stew



SNACK 2
Yogurt & Berries



DINNER
Ground Turkey, Rice & Broccoli

WED



BREAKFAST
Raspberry Zinger Smoothie



SNACK 1
Hard Boiled Eggs, Fresh Strawberries



LUNCH
Slow Cooker Lamb & White Bean Stew



SNACK 2
Yogurt & Berries



DINNER
Ground Turkey, Rice & Broccoli

THU



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cottage Cheese with Blueberries



LUNCH
Unstuffed Cabbage Rolls



SNACK 2
Tuna Nori Wraps



DINNER
Salmon, Rice & Arugula

FRI



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Cottage Cheese with Blueberries



LUNCH
Unstuffed Cabbage Rolls



SNACK 2
Tuna Nori Wraps



DINNER
Salmon, Rice & Arugula

SAT



BREAKFAST
Brownie Protein Pancakes



SNACK 1
Banana, Hard Boiled Eggs



LUNCH
Simple Tuna Salad



SNACK 2
Greek Yogurt, Apple



DINNER
Hummus-Crusted Chicken with Turmeric Rice

SUN



BREAKFAST
Brownie Protein Pancakes



SNACK 1
Banana, Hard Boiled Eggs



LUNCH
Simple Tuna Salad



SNACK 2
Greek Yogurt, Apple



DINNER
Hummus-Crusted Chicken with Turmeric Rice

MON**FAT 30%** **CARBS 40%** **PROTEIN 30%**

Calories 1565 Cholesterol 560mg
 Fat 54g Sodium 1981mg
 Carbs 163g Vitamin A 4222IU
 Fiber 39g Vitamin C 342mg
 Sugar 46g Calcium 1721mg
 Protein 119g Iron 17mg

TUE**FAT 30%** **CARBS 40%** **PROTEIN 30%**

Calories 1565 Cholesterol 560mg
 Fat 54g Sodium 1981mg
 Carbs 163g Vitamin A 4222IU
 Fiber 39g Vitamin C 342mg
 Sugar 46g Calcium 1721mg
 Protein 119g Iron 17mg

WED**FAT 30%** **CARBS 40%** **PROTEIN 30%**

Calories 1565 Cholesterol 560mg
 Fat 54g Sodium 1981mg
 Carbs 163g Vitamin A 4222IU
 Fiber 39g Vitamin C 342mg
 Sugar 46g Calcium 1721mg
 Protein 119g Iron 17mg

THU**FAT 33%** **CARBS 37%** **PROTEIN 30%**

Calories 1560 Cholesterol 188mg
 Fat 59g Sodium 1591mg
 Carbs 148g Vitamin A 8717IU
 Fiber 35g Vitamin C 177mg
 Sugar 43g Calcium 1036mg
 Protein 118g Iron 13mg

FRI**FAT 33%** **CARBS 37%** **PROTEIN 30%**

Calories 1560 Cholesterol 188mg
 Fat 59g Sodium 1591mg
 Carbs 148g Vitamin A 8717IU
 Fiber 35g Vitamin C 177mg
 Sugar 43g Calcium 1036mg
 Protein 118g Iron 13mg

SAT**FAT 30%** **CARBS 40%** **PROTEIN 30%**

Calories 1511 Cholesterol 565mg
 Fat 51g Sodium 1788mg
 Carbs 151g Vitamin A 5524IU
 Fiber 19g Vitamin C 40mg
 Sugar 62g Calcium 1184mg
 Protein 115g Iron 12mg

SUN**FAT 30%** **CARBS 40%** **PROTEIN 30%**

Calories 1511 Cholesterol 565mg
 Fat 51g Sodium 1788mg
 Carbs 151g Vitamin A 5524IU
 Fiber 19g Vitamin C 40mg
 Sugar 62g Calcium 1184mg
 Protein 115g Iron 12mg



FRUITS

- 2 Apple
- 1/2 Avocado
- 4 Banana
- 1/2 cup Blueberries
- 1 Green Apple
- 3 1/4 Lemon
- 3 cups Strawberries

BREAKFAST

- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 3 tbsps Chia Seeds
- 2 tbsps Ground Flax Seed
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Turmeric

FROZEN

- 3 cups Frozen Berries
- 5 cups Frozen Cauliflower
- 3 cups Frozen Raspberries

VEGETABLES

- 2 cups Arugula
- 2 cups Baby Spinach
- 3 cups Broccoli
- 1 Carrot
- 1/2 Cucumber
- 4 cups Green Cabbage
- 2 stalks Green Onion
- 2 Tomato
- 1 1/4 Yellow Onion
- 3/4 Yellow Potato

BOXED & CANNED

- 1/4 cup Brown Rice
- 1 1/2 cups Diced Tomatoes
- 1 3/4 cups Jasmine Rice
- 2 1/4 tsps Tomato Paste
- 3 cans Tuna
- 1 1/2 cups White Navy Beans

BAKING

- 1 tbsp Baking Powder
- 1/4 cup Cacao Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Beef
- 12 ozs Extra Lean Ground Turkey
- 2 tbsps Hummus
- 10 1/2 ozs Lamb Shank
- 8 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1 1/3 tbsps Coconut Oil
- 1 3/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Mayonnaise

COLD

- 1 cup Cottage Cheese
- 10 Egg
- 4 cups Plain Greek Yogurt
- 7 1/2 cups Unsweetened Almond Milk

OTHER

- 1 cup Chocolate Protein Powder
- 1 tbsp Maca Powder
- 6 Nori Sheets
- 3/4 cup Vanilla Protein Powder
- 4 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

Raspberry Zinger Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 cup Frozen Raspberries
1 Lemon (juiced)
1/4 cup Vanilla Protein Powder
1 tbsp Chia Seeds
1 1/2 cups Unsweetened Almond Milk

DIRECTIONS

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

NOTES

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

NUTRITION

AMOUNT PER SERVING

Calories	312	Cholesterol	4mg
Fat	10g	Sodium	317mg
Carbs	36g	Vitamin A	873IU
Fiber	16g	Vitamin C	100mg
Sugar	12g	Calcium	925mg
Protein	27g	Iron	4mg

Chocolate Cauliflower Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 Banana (frozen)
1 tbsp Almond Butter
2 tbsps Cacao Powder
1/4 cup Chocolate Protein Powder
1 cup Unsweetened Almond Milk
1 1/2 tsps Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

Brownie Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tsp Baking Powder
1 cup Unsweetened Almond Milk (or water)
1/4 cup Dark Chocolate Chips
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	444	Cholesterol	4mg
Fat	19g	Sodium	866mg
Carbs	37g	Vitamin A	259IU
Fiber	6g	Vitamin C	0mg
Sugar	17g	Calcium	773mg
Protein	29g	Iron	4mg

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME

Make the pancake batter in a blender.

TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.



Hard Boiled Eggs

5 SERVINGS 15 MINUTES



INGREDIENTS

10 Egg

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Fresh Strawberries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin A	17IU
Fiber	3g	Vitamin C	85mg
Sugar	7g	Calcium	23mg
Protein	1g	Iron	1mg

DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

NOTES

MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Cottage Cheese with Blueberries

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Cottage Cheese
1/2 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	18mg
Fat	5g	Sodium	331mg
Carbs	9g	Vitamin A	167IU
Fiber	1g	Vitamin C	4mg
Sugar	6g	Calcium	89mg
Protein	12g	Iron	0mg

DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers.
Enjoy!

NOTES

MAKE IT SWEET

Drizzle honey or maple syrup otop.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

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

NOTES

MORE PROTEIN

Dip in almond butter.

Slow Cooker Lamb & White Bean Stew

3 SERVINGS 5 HOURS



INGREDIENTS

3 3/4 cups Water
10 1/2 ozs Lamb Shank
1 1/2 cups White Navy Beans (cooked)
3/4 Yellow Onion (medium, diced)
1 1/2 Tomato (diced)
3/4 Yellow Potato (medium, diced)
1 1/2 tsps Turmeric
1 1/2 tbsps Apple Cider Vinegar
2 1/4 tsps Tomato Paste
1 1/2 tsps Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	397	Cholesterol	66mg
Fat	14g	Sodium	1273mg
Carbs	39g	Vitamin A	892IU
Fiber	12g	Vitamin C	21mg
Sugar	4g	Calcium	124mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Add all ingredients to the slow cooker and set to high for 5 hours, or low for 8 hours.
- 02 Before serving, remove the bones and shred the meat with a fork (if it hasn't fallen apart already). Enjoy!

NOTES

SERVE IT WITH

Toasted bread, our Cleaned Up Biscuits, rice, quinoa or cauliflower rice.

MORE VEGGIES

Add watercress, kale or spinach before serving.

NO POTATO

Use cauliflower instead.

SERVE AS IRANIAN ABGOOSHT

Separate the broth and serve with bread. The remaining ingredients are mashed up and served separately alongside the broth.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days. Freeze for up to 2 months.

VEGAN & VEGETARIANS

Replace the lamb with chickpeas.

Unstuffed Cabbage Rolls

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 cup Brown Rice (uncooked)
1/3 cup Water
1 1/2 tsps Coconut Oil
8 ozs Extra Lean Ground Beef
1/2 Yellow Onion (small, finely diced)
4 cups Green Cabbage (finely sliced)
1 1/2 cups Diced Tomatoes
1/4 tsp Sea Salt
1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	410	Cholesterol	74mg
Fat	16g	Sodium	436mg
Carbs	37g	Vitamin A	942IU
Fiber	8g	Vitamin C	83mg
Sugar	13g	Calcium	134mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

NOTES

NO BEEF

Any type of ground meat will work.

VEGETARIAN & VEGAN

Use lentils instead of ground meat.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Simple Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cans Tuna (drained)
1 Green Apple (chopped)
2 stalks Green Onion (finely sliced)
2 tbsps Mayonnaise
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	65mg
Fat	12g	Sodium	498mg
Carbs	12g	Vitamin A	667IU
Fiber	3g	Vitamin C	2mg
Sugar	9g	Calcium	40mg
Protein	33g	Iron	3mg

DIRECTIONS

01 Add all ingredients to a large bowl and mix until well combined. Enjoy!

NOTES

HOW TO SERVE

Enjoy alone, on crackers, on a sandwich, or over greens.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Yogurt & Berries

3 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Plain Greek Yogurt
3 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Tuna Nori Wraps

2 SERVINGS 15 MINUTES



INGREDIENTS

1 can Tuna (drained and flaked)
1 Carrot (small, julienned)
1/2 Cucumber (julienned)
1/2 Avocado (peeled and sliced)
6 Nori Sheets (snack size)

NUTRITION

AMOUNT PER SERVING

Calories	190	Cholesterol	30mg
Fat	8g	Sodium	239mg
Carbs	13g	Vitamin A	6495IU
Fiber	8g	Vitamin C	18mg
Sugar	3g	Calcium	72mg
Protein	21g	Iron	2mg

DIRECTIONS

- 01 Divide the tuna, carrot, cucumber and avocado onto each nori sheet.
- 02 Roll or wrap the tuna-stuffed nori and enjoy immediately.

NOTES

SERVING SIZE

Each serving size will yield approximately 3 small rolls.

STORAGE

Refrigerate all ingredients (except nori sheets) individually up to 3 days.
Assemble and wrap before ready to eat.

Greek Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Ground Turkey, Rice & Broccoli

3 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Broccoli (chopped into florets)
2 1/4 tsps Extra Virgin Olive Oil
1 1/8 tsps Coconut Oil
12 ozs Extra Lean Ground Turkey
3/4 cup Jasmine Rice (dry)

NUTRITION

AMOUNT PER SERVING

Calories	406	Cholesterol	84mg
Fat	15g	Sodium	108mg
Carbs	44g	Vitamin A	650IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	67mg
Protein	27g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Toss the broccoli florets in olive oil and spread across a baking sheet. Bake in the oven for 12 to 15 minutes, or until slightly crispy and tender.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add ground turkey, breaking it up as it cooks.
- 04 While the turkey is cooking, cook the jasmine rice according to the directions on the package.
- 05 Divide the roasted broccoli, ground turkey and jasmine rice between plates or containers. Add your desired spices and enjoy!

NOTES

LEFTOVERS

Refrigerate up to 3 days. Freeze for longer.

NO GROUND TURKEY

Use ground chicken, beef, lamb or pork instead.

VEGAN & VEGETARIAN

Use roasted chickpeas instead of ground meat.

NO RICE

Use quinoa or cauliflower rice instead.

Salmon, Rice & Arugula

2 SERVINGS 25 MINUTES



INGREDIENTS

8 ozs Salmon Fillet
1/4 tsp Sea Salt
1/2 cup Jasmine Rice (dry, uncooked)
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	387	Cholesterol	62mg
Fat	14g	Sodium	350mg
Carbs	39g	Vitamin A	520IU
Fiber	1g	Vitamin C	5mg
Sugar	1g	Calcium	46mg
Protein	26g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
- 03 While the salmon roasts, make your jasmine rice according to the instructions on the package.
- 04 Combine the extra virgin olive oil and lemon juice in a jar and mix well.
- 05 Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

NOTES

NO SALMON

Use any type of fish fillet instead, or use canned fish.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

NO RICE

Use quinoa instead.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days.

Hummus-Crusted Chicken with Turmeric Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (skinless, boneless)
2 tbsps Hummus
1/2 cup Jasmine Rice (dry, uncooked)
1/2 tsp Turmeric
1/2 Tomato (large, diced)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	107mg
Fat	8g	Sodium	209mg
Carbs	43g	Vitamin A	3259IU
Fiber	3g	Vitamin C	13mg
Sugar	0g	Calcium	48mg
Protein	28g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 03 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 04 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

NOTES

USE A RICE COOKER

Add the turmeric and tomatoes into the rice cooker along with the rice and water.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the salmon and chicken thighs.	You'll be reminded later on in the week when to set them out to thaw.
		Make your Hard Boiled Eggs for the week.	Leave them in the shells and store in a sealed container in the fridge for snacks throughout the week.
		Make your Yogurt & Berries snacks.	Divide the yogurt and berries between containers and store in the fridge.
		Make the Slow Cooker Lamb & White Bean Stew.	Divide servings between containers and store in the fridge for lunches.
1 Mon		Make the Raspberry Zinger Smoothie for breakfast.	If needed, pour into a to-go cup and take on the road.
		Pack your meals if you are on-the-go.	Raspberry Zinger Smoothie, Hard Boiled Eggs and Fresh Strawberries, Slow Cooker Lamb & White Bean Stew, and Yogurt & Berries.

		Make the Ground Turkey, Rice & Broccoli for dinner.	Store leftovers in an airtight container in the fridge for dinners.
2 Tue		Make the Raspberry Zinger Smoothie for breakfast.	If needed, pour into a to-go cup and take on the road.
		Pack your meals if you are on-the-go.	Raspberry Zinger Smoothie, Hard Boiled Eggs and Fresh Strawberries, Slow Cooker Lamb & White Bean Stew, and Yogurt & Berries.
		Enjoy the leftover Ground Turkey, Rice & Broccoli for dinner.	Eat cold or reheat in the microwave, toaster oven or skillet.
3 Wed		Make the Raspberry Zinger Smoothie for breakfast.	If needed, pour into a to-go cup and take on the road.
		Pack your meals if you are on-the-go.	Raspberry Zinger Smoothie, Hard Boiled Eggs and Fresh Strawberries, Slow Cooker Lamb & White Bean Stew, and Yogurt & Berries.
		Enjoy the leftover Ground Turkey, Rice & Broccoli for dinner.	Eat cold or reheat in the microwave, toaster oven or skillet.
		Make the Unstuffed Cabbage Rolls for your lunches.	Divide between containers and store in the fridge once cooled.
		Make the Cottage Cheese with Blueberries snacks.	Divide between containers and store in the fridge.

		Make the Tuna Nori Wraps.	Divide between containers and store in the fridge.
		Take the salmon out of the freezer.	Thaw in the fridge for dinner tomorrow.
4 Thu		Make the Chocolate Cauliflower Shake for breakfast.	If needed, pour into a to-go cup and take on the road.
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Cottage Cheese with Blueberries, Unstuffed Cabbage Rolls, and Tuna Nori Wraps.
		Make the Salmon, Rice & Arugula for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
5 Fri		Make the Chocolate Cauliflower Shake for breakfast.	If needed, pour into a to-go cup and take on the road.
		Pack your meals if you are on-the-go.	Chocolate Cauliflower Shake, Cottage Cheese with Blueberries, Unstuffed Cabbage Rolls, and Tuna Nori Wraps.
		Enjoy the leftover Salmon, Rice & Arugula for dinner.	Eat cold or reheat in the microwave or toaster oven.
		Make the Simple Tuna Salad.	Divide between containers and store in the fridge for lunches over the weekend.
		Take the chicken thighs out of the freezer.	Thaw in the fridge for tomorrow night.

6 Sat		Make the Brownie Protein Pancakes for breakfast.	Store leftovers in a container in the refrigerator for tomorrow's breakfast.
		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Banana and Hard Boiled Eggs, Simple Tuna Salad, and Greek Yogurt and Apple.
		Make the Hummus-Crusted Chicken with Turmeric Rice for dinner.	Store leftovers in the fridge for dinner tomorrow night.
7 Sun		Enjoy the leftover Brownie Protein Pancakes for breakfast.	Reheat in the oven.
		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Banana and Hard Boiled Eggs, Simple Tuna Salad, and Greek Yogurt and Apple.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!
		Enjoy the leftover Hummus-Crusted Chicken with Turmeric Rice for dinner.	Eat cold or reheat in the microwave or toaster oven.

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.

