



5-Day High Protein, Low Carb Program

TRACY KACZMARCZYK



5-Day High Protein, Low Carb Program

HEAVY METAL FITNESS

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

More protein, less carbs. This program focuses on maximizing protein intake while minimizing carbs.

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

HIGH-QUALITY PROTEIN

Getting enough daily protein will help with weight management, preventing muscle loss, or increasing muscle mass if combined with strength training. This meal plan provides up to 30% of your calories from high-quality protein sources such as chicken, salmon, eggs, turkey, and beef. These complete proteins are highly digestible and provide an adequate amount of amino acids. Protein is distributed between every meal and snack to help with building muscle strength and hypertrophy.

OMEGA-3 FATS

Omega-3 fatty acids provide cardiovascular benefits and reduce inflammation. Fish contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are associated with improved cognitive function and immune function. This program incorporates omega-3 fats from salmon, nut butter, nuts, and seeds.

FIBER

This low-carbohydrate program is grain-free and uses low glycemic foods to optimize blood sugars and energy levels. Adequate dietary fiber intake is associated with several health benefits including better digestive health and reduced inflammation. The plan provides up to 30 grams of fiber daily from fruits, vegetables, legumes, and whole grains.

ANTIOXIDANTS

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system and provide enhanced defense against multiple infectious diseases. This meal plan is packed with vitamin A sources like sweet potato, bell peppers, and dark leafy greens, and incorporates vitamin E through a daily dose of nuts and nut butter. These foods are paired with healthy fats to increase absorption.



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
Eggs n' Guac Breakfast Bowl



SNACK 1
Banana with Peanut Butter



LUNCH
Greek Kale Chickpea Salad



SNACK 2
Hummus Dippers



DINNER
One Pan Salmon with Green Beans & Roasted Tomato

TUE



BREAKFAST
Eggs n' Guac Breakfast Bowl



SNACK 1
Greek Kale Chickpea Salad



LUNCH
One Pan Salmon with Green Beans & Roasted Tomato



SNACK 2
Hummus Dippers



DINNER
One Pan Paleo Plate

WED



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
One Pan Paleo Plate



SNACK 2
Banana with Peanut Butter



DINNER
Slow Cooker Stuffed Peppers

THU



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Pistachios



LUNCH
Slow Cooker Stuffed Peppers



SNACK 2
Banana with Peanut Butter



DINNER
Steak with Balsamic Jus

FRI



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Steak with Balsamic Jus



SNACK 2
Pistachios



DINNER
Slow Cooker Honey Garlic Chicken

MON**FAT 54%** **CARBS 27%** **PROTEIN 19%**

Calories 1457 Cholesterol 467mg
 Fat 92g Sodium 973mg
 Carbs 101g Vitamin A 12291IU
 Fiber 30g Vitamin C 206mg
 Sugar 33g Calcium 468mg
 Protein 72g Iron 12mg

TUE**FAT 51%** **CARBS 24%** **PROTEIN 25%**

Calories 1418 Cholesterol 549mg
 Fat 82g Sodium 1148mg
 Carbs 88g Vitamin A 22134IU
 Fiber 30g Vitamin C 272mg
 Sugar 20g Calcium 508mg
 Protein 93g Iron 13mg

WED**FAT 40%** **CARBS 32%** **PROTEIN 28%**

Calories 1233 Cholesterol 586mg
 Fat 58g Sodium 2408mg
 Carbs 103g Vitamin A 15951IU
 Fiber 26g Vitamin C 277mg
 Sugar 44g Calcium 402mg
 Protein 92g Iron 11mg

THU**FAT 55%** **CARBS 24%** **PROTEIN 21%**

Calories 1678 Cholesterol 240mg
 Fat 106g Sodium 2117mg
 Carbs 107g Vitamin A 12565IU
 Fiber 29g Vitamin C 224mg
 Sugar 49g Calcium 474mg
 Protein 92g Iron 15mg

FRI**FAT 57%** **CARBS 16%** **PROTEIN 27%**

Calories 1659 Cholesterol 695mg
 Fat 107g Sodium 2316mg
 Carbs 67g Vitamin A 12037IU
 Fiber 18g Vitamin C 164mg
 Sugar 28g Calcium 459mg
 Protein 116g Iron 14mg



FRUITS

- 3 1/2 Avocado
- 9 Banana
- 2 1/2 Lemon

BREAKFAST

- 3/4 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 1/2 tbsps Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 2 cups Pistachios, In Shell
- 2 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Slivered Almonds

VEGETABLES

- 25 cups Baby Spinach
- 3 cups Broccoli
- 4 cups Brussels Sprouts
- 1 Carrot
- 1 head Cauliflower
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 Cucumber
- 2 tbsps Fresh Dill
- 3 1/2 Garlic
- 4 cups Green Beans
- 5 Green Bell Pepper
- 4 cups Kale Leaves
- 1/4 cup Red Onion
- 2 Sweet Potato
- 1 Tomato
- 1 Yellow Bell Pepper
- 1/2 Yellow Onion

BOXED & CANNED

- 2 cups Chickpeas
- 2 cups Salsa

BAKING

- 2 tbsps Coconut Flour
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Beef Tenderloin
- 1 lb Chicken Breast
- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 3/4 cup Feta Cheese
- 1 cup Hummus
- 1 1/4 lbs Salmon Fillet

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 1/2 cup Balsamic Vinegar
- 1 1/2 tbsps Coconut Oil
- 1/4 cup Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil

COLD

- 17 Egg

OTHER

- 3/4 cup Protein Powder
- 6 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

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 TOPPING

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

Post Workout Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Protein Powder (vanilla)
2 cups Water (cold)
1/2 Avocado
1 Banana (frozen)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	182	Cholesterol	2mg
Fat	8g	Sodium	51mg
Carbs	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	119mg
Protein	12g	Iron	1mg

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.

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

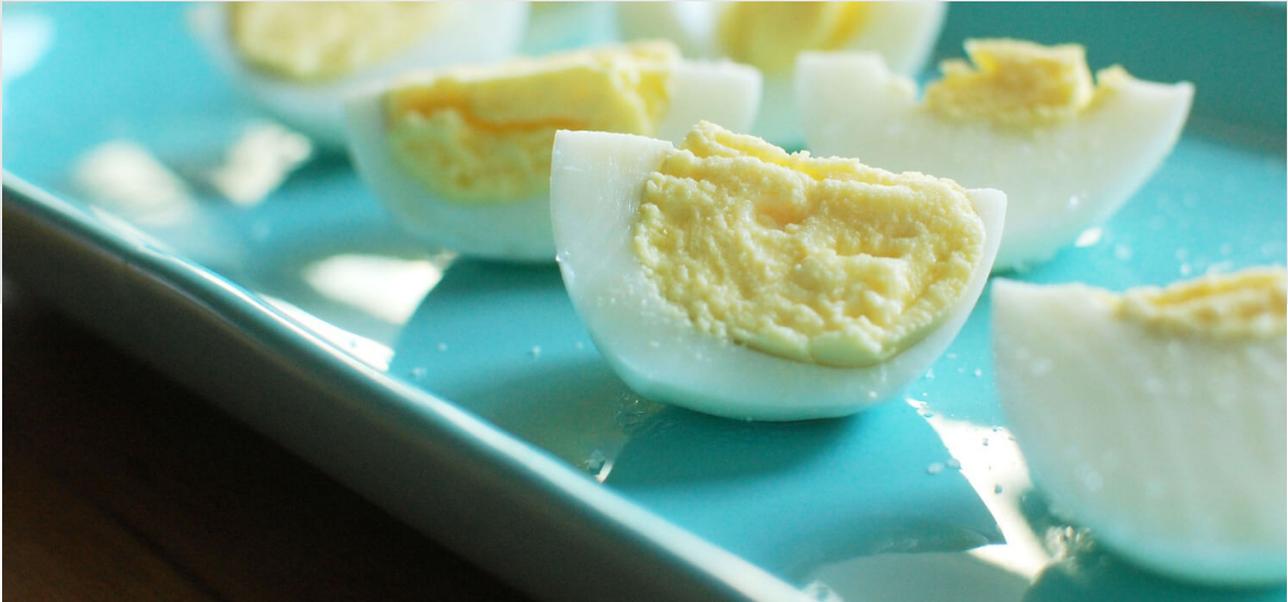
Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Salt n' Vinegar Hard Boiled Eggs

4 SERVINGS 35 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

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.



Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

1 Yellow Bell Pepper
1 Carrot
4 stalks Celery
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

One Pan Salmon with Green Beans & Roasted Tomato

4 SERVINGS 25 MINUTES



INGREDIENTS

4 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
1 tbsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
1 1/4 lbs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	78mg
Fat	13g	Sodium	72mg
Carbs	10g	Vitamin A	1367IU
Fiber	4g	Vitamin C	22mg
Sugar	5g	Calcium	61mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

VEGAN

Use roasted chickpeas instead of salmon.

MORE CARBS

Serve with quinoa or rice.

ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

One Pan Paleo Plate

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 lb Chicken Breast
- 1/8 tsp Sea Salt
- 4 cups Brussels Sprouts (washed, trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
- 2 Sweet Potato (washed and sliced in half)

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	82mg
Fat	7g	Sodium	182mg
Carbs	21g	Vitamin A	9919IU
Fiber	5g	Vitamin C	76mg
Sugar	5g	Calcium	62mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 03 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 04 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 05 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

NO CHICKEN BREAST

Use turkey breast.

VEGANS AND VEGETARIANS

Replace chicken with roasted chickpeas.

EXTRA TIME

Slice sweet potato into cubes or fries.

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.



Steak with Balsamic Jus

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 1/4 lbs Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Balsamic Vinegar
- 1/4 cup Dijon Mustard
- 10 cups Baby Spinach
- 2 tbsps Slivered Almonds (toasted)
- 1/2 Lemon (juiced)
- 1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	532	Cholesterol	108mg
Fat	39g	Sodium	408mg
Carbs	10g	Vitamin A	7073IU
Fiber	2g	Vitamin C	23mg
Sugar	6g	Calcium	151mg
Protein	30g	Iron	6mg

DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
- 02 Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
- 03 Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
- 04 Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

NOTES

MAKE IT EVEN QUICKER

Skip sauteing the spinach and make a raw salad instead.

Slow Cooker Honey Garlic Chicken

2 SERVINGS 4 HOURS



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Raw Honey
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Chili Powder
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 lb Chicken Thighs (skinless, boneless)
3 cups Broccoli (chopped into florets)
1 1/2 tsps Coconut Oil (or organic butter)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	481	Cholesterol	213mg
Fat	24g	Sodium	908mg
Carbs	20g	Vitamin A	1500IU
Fiber	4g	Vitamin C	122mg
Sugar	10g	Calcium	92mg
Protein	49g	Iron	3mg

DIRECTIONS

- 01 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 02 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 03 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 04 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken wings, drumsticks or breasts.

NO SLOW COOKER

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

MORE CARBS

Serve with rice, potato or quinoa.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for the 5-Day High Protein, Low Carb Program and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Hard boil eggs.	Hard boil eggs for your Eggs n' Guac Breakfast Bowl on Monday and Tuesday and Salt n' Vinegar Hard Boiled Eggs on Wednesday and Friday.
		Prepare the Eggs n' Guac Breakfast Bowls.	Divide into containers and store in the fridge.
		Freeze bananas for the Post Workout Green Smoothie.	Freeze enough bananas for smoothies on Wednesday, Thursday and Friday.
		Freeze the steak and chicken thighs.	We'll remind you later on in the week when it's time to thaw.
		Portion out peanut butter into small containers.	Portion out enough for your Banana with Peanut Butter snacks on Monday, Wednesday and Thursdays.
		Make the Kale Greek Chickpea Salad.	Divide into containers and store in the fridge.
		Prepare the Crock Pot Stuffed Peppers.	Follow the recipe to stuff the peppers and process

			the cauliflower into rice. Store separately in sealed containers in the fridge until ready to cook on Wednesday.
		Make Hummus Dippers.	Seal jars and store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Eggs n' Guac Breakfast Bowl, Banana with Peanut Butter, Greek Kale Chickpea Salad and Hummus Dippers.
		Enjoy the One Pan Salmon with Green Beans & Roasted Tomato for dinner.	Divide the leftovers into containers. Let cool then store in the fridge.
2 Tue		Pack your meals if you are on-the-go.	Eggs n' Guac Breakfast Bowl, Greek Kale Chickpea Salad, One Pan Salmon with Green Beans & Roasted Tomato and Hummus Dippers.
		Make One Pan Paleo Plate for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Prepare your Salt n' Vinegar Hard Boiled Eggs snacks.	For Wednesday and Friday. Divide the hard boiled eggs into containers with the apple cider and sea salt on the side. Peel and assemble at snack time.
3		Make your Post Workout Green Smoothie for breakfast.	Enjoy!

Wed		Throw the Crock Pot Stuffed Peppers into the slow cooker.	Cook on low for 8 hours or on high for 4 hours.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Salt n' Vinegar Hard Boiled Eggs, One Pan Paleo Plate and Banana with Peanut Butter.
		Enjoy Crock Pot Stuffed Peppers for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Set out the steak and chicken thighs to thaw.	For Thursday and Friday dinners.
		Prepare Pistachios snacks.	Portion out enough for Thursday and Friday snacks into containers. Seal and store at room temperature.
4 Thu		Make Post Workout Green Smoothie.	Enjoy!
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Pistachios, Crock Pot Stuffed Peppers and Banana with Peanut Butter.
		Make Steak with Balsamic Jus for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Get started on the Crock Pot Honey Garlic Chicken Thighs.	Follow the recipe to make the marinade. Add the chicken thighs to a large bowl or zip lock baggie and pour the marinade over top. Mix well, cover and

			store in the fridge overnight.
5 Fri		Make Post Workout Green Smoothie.	Enjoy!
		Add the Crock Pot Honey Garlic Chicken Thighs to the slow cooker.	Add all the contents from the bowl or baggie you prepared last night into the slow cooker. Cover and cook on low for 8 hours or on high for 4 hours.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Salt n' Vinegar Hard Boiled Eggs, Steak with Balsamic Jus and Pistachios.
		Enjoy Crock Pot Honey Garlic Chicken Thighs for dinner.	Steam the broccoli as a side. Divide leftovers into containers for tomorrow's lunch.
6 Sat		Eat up any leftovers and try something new of your choice.	
7 Sun		Free day.	Set aside some time today to plan your meals and prep for next week!

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.

