



# Plant-Based Fall Meal Plan

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# Plant-Based Fall Meal Plan

HEAVY METAL FITNESS

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

Here's a delicious 7-day fall collection, jam-packed with autumn-inspired recipes that use plant-based seasonal ingredients like apples, carrots, kale, squash and so much more. You'll love the warm and cozy recipes in this plan.

## 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**  
Pumpkin Pie Overnight Oats



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Roasted Butternut Squash Harvest Bowl



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Creamy Potato, Lentil & Kale Casserole

## TUE



**BREAKFAST**  
Pumpkin Pie Overnight Oats



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Creamy Potato, Lentil & Kale Casserole



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Roasted Butternut Squash Harvest Bowl

## WED



**BREAKFAST**  
Cozy Tofu Shakshuka



**SNACK 1**  
Apple Crisp Yogurt Bowls



**LUNCH**  
Roasted Butternut Squash Harvest Bowl



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Creamy Potato, Lentil & Kale Casserole

## THU



**BREAKFAST**  
Cozy Tofu Shakshuka



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Creamy Potato, Lentil & Kale Casserole



**SNACK 2**  
Pumpkin Pie Protein Smoothie



**DINNER**  
Roasted Butternut Squash Soup with  
Crispy Kale, Sourdough Bread

## FRI



**BREAKFAST**  
Cardamom Pear Baked Oatmeal, Pear &  
Kale Protein Smoothie



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Roasted Butternut Squash Soup with  
Crispy Kale, Sourdough Bread



**SNACK 2**  
Apples & Almonds



**DINNER**  
Chickpea & Potato Curry

## SAT



**BREAKFAST**  
Cardamom Pear Baked Oatmeal, Pear &  
Kale Protein Smoothie



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Chickpea & Potato Curry



**SNACK 2**  
Apples & Almonds



**DINNER**  
Lentil, Roasted Sweet Potato & Brussels  
Sprouts Salad

## SUN



**BREAKFAST**  
Cardamom Pear Baked Oatmeal, Pear &  
Kale Protein Smoothie



**SNACK 1**  
Pear & Walnuts



**LUNCH**  
Lentil, Roasted Sweet Potato & Brussels  
Sprouts Salad



**SNACK 2**  
Apples & Almonds



**DINNER**  
Chickpea & Potato Curry

**MON****FAT 32%**    **CARBS 55%**    **PROTEIN 13%**

Calories 1902                      Cholesterol 4mg  
 Fat 69g                              Sodium 1033mg  
 Carbs 274g                        Vitamin A 71026IU  
 Fiber 52g                         Vitamin C 147mg  
 Sugar 81g                         Calcium 1833mg  
 Protein 66g                        Iron 21mg

**TUE****FAT 32%**    **CARBS 55%**    **PROTEIN 13%**

Calories 1902                      Cholesterol 4mg  
 Fat 69g                              Sodium 1033mg  
 Carbs 274g                        Vitamin A 71026IU  
 Fiber 52g                         Vitamin C 147mg  
 Sugar 81g                         Calcium 1833mg  
 Protein 66g                        Iron 21mg

**WED****FAT 33%**    **CARBS 52%**    **PROTEIN 15%**

Calories 1738                      Cholesterol 4mg  
 Fat 67g                              Sodium 1307mg  
 Carbs 234g                        Vitamin A 54864IU  
 Fiber 48g                         Vitamin C 207mg  
 Sugar 72g                         Calcium 1871mg  
 Protein 70g                        Iron 20mg

**THU****FAT 36%**    **CARBS 49%**    **PROTEIN 15%**

Calories 1601                      Cholesterol 4mg  
 Fat 66g                              Sodium 2180mg  
 Carbs 206g                        Vitamin A 53890IU  
 Fiber 46g                         Vitamin C 199mg  
 Sugar 70g                         Calcium 1295mg  
 Protein 64g                        Iron 18mg

**FRI****FAT 38%**    **CARBS 49%**    **PROTEIN 13%**

Calories 1773                      Cholesterol 4mg  
 Fat 79g                              Sodium 1533mg  
 Carbs 226g                        Vitamin A 22615IU  
 Fiber 49g                         Vitamin C 120mg  
 Sugar 83g                         Calcium 709mg  
 Protein 62g                        Iron 17mg

**SAT****FAT 40%**    **CARBS 45%**    **PROTEIN 15%**

Calories 1803                      Cholesterol 4mg  
 Fat 84g                              Sodium 773mg  
 Carbs 217g                        Vitamin A 22247IU  
 Fiber 57g                         Vitamin C 158mg  
 Sugar 76g                         Calcium 771mg  
 Protein 71g                        Iron 21mg

**SUN****FAT 40%**    **CARBS 45%**    **PROTEIN 15%**

Calories 1803                      Cholesterol 4mg  
 Fat 84g                              Sodium 773mg  
 Carbs 217g                        Vitamin A 22247IU  
 Fiber 57g                         Vitamin C 158mg  
 Sugar 76g                         Calcium 771mg  
 Protein 71g                        Iron 21mg



## FRUITS

- 5 1/2 Apple
- 1/2 Avocado
- 4 Banana
- 6 Pear

## BREAKFAST

- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 1/2 tsp Cardamom
- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 1/2 tsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 1/2 tsps Garlic Powder
- 1 tbsp Ground Flax Seed
- 1 tsp Paprika
- 1/4 cup Pecans
- 1/3 cup Pumpkin Seeds
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## VEGETABLES

- 6 cups Baby Spinach
- 2 cups Brussels Sprouts
- 5 cups Butternut Squash
- 3 Garlic
- 1 1/2 tsps Ginger
- 14 cups Kale Leaves
- 1/3 cup Parsley
- 1/2 Red Bell Pepper
- 1 Sweet Potato
- 1 tbsp Thyme
- 1 1/2 Yellow Onion
- 4 Yellow Potato

## BOXED & CANNED

- 3 1/2 cups Canned Coconut Milk
- 2 cups Chickpeas
- 1 1/4 cups Fire Roasted Diced Tomatoes
- 3 cups Green Lentils
- 1/2 cup Quinoa
- 2 cups Vegetable Broth, Low Sodium

## BAKING

- 1/3 cup Dried Unsweetened Cranberries
- 3 1/2 cups Oats
- 1 1/8 tsps Pumpkin Pie Spice
- 4 3/4 cups Pureed Pumpkin
- 2 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 3 1/2 ozs Sourdough Bread
- 7 ozs Tofu

## CONDIMENTS & OILS

- 2 1/4 tsps Balsamic Vinegar
- 3 tsps Extra Virgin Olive Oil
- 1/4 cup Tahini

## COLD

- 5 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

## OTHER

- 1 3/4 cups Vanilla Protein Powder
- 6 1/2 cups Water

# Pumpkin Pie Overnight Oats

2 SERVINGS 8 HOURS



## INGREDIENTS

1 cup Oats (quick or traditional)  
1 cup Unsweetened Almond Milk  
1 cup Pureed Pumpkin  
1 tbsp Chia Seeds  
2 tbsps Maple Syrup  
1 1/2 tsps Pumpkin Pie Spice  
1/4 cup Pecans (toasted and chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	381	Cholesterol	0mg
Fat	15g	Sodium	92mg
Carbs	56g	Vitamin A	19325...
Fiber	11g	Vitamin C	6mg
Sugar	17g	Calcium	350mg
Protein	9g	Iron	5mg

## DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NO PUMPKIN PIE SPICE

Use cinnamon instead.

### NO PECANS

Use any type of crushed nuts or hemp seeds instead.

# Cozy Tofu Shakshuka

2 SERVINGS 30 MINUTES



## INGREDIENTS

7 ozs Tofu (firm, pat dry)  
2 tbsps Water  
1/2 Red Bell Pepper (chopped)  
1 tsp Paprika  
1/2 tsp Cumin  
1 1/4 cups Fire Roasted Diced Tomatoes (from the can with juices)  
1/3 cup Parsley (finely chopped, divided)  
Sea Salt & Black Pepper (to taste)  
1/2 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	217	Cholesterol	0mg
Fat	13g	Sodium	366mg
Carbs	16g	Vitamin A	3163IU
Fiber	7g	Vitamin C	66mg
Sugar	8g	Calcium	388mg
Protein	13g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Take 3/4 of the tofu and slice into even pieces. Take the remaining 1/4 of the tofu and crumble it. Set both aside, separately.
- 02 Heat the water in an oven-safe skillet over medium heat. Sauté the red bell pepper until slightly tender, about 3 to 4 minutes.
- 03 Stir in the paprika and cumin for 1 minute. Stir in the diced tomatoes, 3/4 of the parsley, salt and pepper. Place the tofu slices on top and cover with a lid. Simmer for 10 minutes.
- 04 Remove the lid and transfer the skillet to the oven. Bake for 10 minutes uncovered or until the tofu has crisped on top.
- 05 Garnish with the crumbled tofu, remaining parsley and avocado. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving equals approximately 1 1/4 cups.

### MORE FLAVOR

Use oil or broth instead of water. Add onion, garlic and/or chili powder.

# Cardamom Pear Baked Oatmeal

3 SERVINGS 45 MINUTES



## INGREDIENTS

1 cup Oats (quick or traditional)  
1 cup Water  
1 tbsp Maple Syrup  
1/4 cup Pureed Pumpkin (canned)  
2 tbsps Tahini  
1/2 tsp Cardamom  
1 tbsp Ground Flax Seed  
1/2 Pear (half sliced, half diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	8g	Sodium	17mg
Carbs	32g	Vitamin A	3192IU
Fiber	6g	Vitamin C	2mg
Sugar	8g	Calcium	84mg
Protein	6g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil or line with parchment paper.
- 02 Add all ingredients except the pear slices in a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and top with pear slices. Bake for about 45 minutes or until a toothpick comes out clean. Enjoy!

## NOTES

### STORAGE

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### NO PUMPKIN

Use unsweetened applesauce, pureed butternut squash or sweet potato instead.

# Pear & Kale Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/4 cups Water (cold)  
1 cup Kale Leaves  
1/2 Pear (stem and seeds removed, chopped)  
1/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Cholesterol	4mg
Fat	1g	Sodium	56mg
Carbs	16g	Vitamin A	1033IU
Fiber	4g	Vitamin C	23mg
Sugar	9g	Calcium	205mg
Protein	20g	Iron	1mg

## DIRECTIONS

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

## NOTES

### LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

### NO KALE

Use spinach instead.

### NO PROTEIN POWDER

Omit, or add a few spoonfuls of hemp seeds instead.

# Apple Crisp Yogurt Bowls

3 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 Apple (cored, chopped)  
1 1/2 cups Oats (rolled)  
3 tbsps Maple Syrup  
1 1/2 tsps Cinnamon  
3 cups Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Cholesterol	0mg
Fat	10g	Sodium	55mg
Carbs	66g	Vitamin A	53IU
Fiber	10g	Vitamin C	4mg
Sugar	23g	Calcium	559mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate separately in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

### ADDITIONAL TOPPINGS

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

# Pear & Walnuts

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear  
1/4 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	31g	Vitamin A	45IU
Fiber	8g	Vitamin C	8mg
Sugar	18g	Calcium	45mg
Protein	5g	Iron	1mg

## DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

## NOTES

### NUT-FREE

Use sunflower seeds instead of walnuts.

### MORE FLAVOR

Season the pear with cinnamon.

# Roasted Butternut Squash Harvest Bowl

3 SERVINGS 40 MINUTES



## INGREDIENTS

3 cups Butternut Squash (diced into cubes)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/2 cup Quinoa (uncooked)  
1 cup Water  
6 cups Kale Leaves (finely chopped)  
2 1/4 tsps Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)  
1/3 cup Pumpkin Seeds  
1/3 cup Dried Unsweetened Cranberries

## NUTRITION

### AMOUNT PER SERVING

Calories	394	Cholesterol	0mg
Fat	18g	Sodium	33mg
Carbs	52g	Vitamin A	16910IU
Fiber	8g	Vitamin C	69mg
Sugar	14g	Calcium	205mg
Protein	12g	Iron	5mg

## DIRECTIONS

- 01 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 02 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 03 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 04 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 05 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

## NOTES

### NO BUTTERNUT SQUASH

Use sweet potato, carrots or beets instead.

### SAVE TIME

Use frozen bagged butternut squash.

### LEFTOVERS

Keeps well in the fridge up to 3 - 4 days.

### EXTRA FLAVOUR

Toss the butternut squash in cinnamon before roasting.

# Pumpkin Pie Protein Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/2 cup Pureed Pumpkin  
1 Banana (frozen)  
1/2 tsp Vanilla Extract  
1/2 tsp Pumpkin Pie Spice  
1/4 cup Vanilla Protein Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	270	Cholesterol	4mg
Fat	4g	Sodium	207mg
Carbs	40g	Vitamin A	19642...
Fiber	8g	Vitamin C	16mg
Sugar	19g	Calcium	609mg
Protein	23g	Iron	3mg

## DIRECTIONS

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

## NOTES

### NO PUMPKIN PIE SPICE

Use cinnamon instead.

### TOPPINGS

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

### WARM IT UP

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

# Apples & Almonds

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (sliced)  
1/4 cup Almonds

## DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	33g	Vitamin A	99IU
Fiber	9g	Vitamin C	8mg
Sugar	20g	Calcium	107mg
Protein	8g	Iron	2mg

# Creamy Potato, Lentil & Kale Casserole

4 SERVINGS 1 HOUR



## INGREDIENTS

- 3 Yellow Potato (thinly sliced)
- 2 cups Green Lentils (cooked, drained)
- 3 cups Kale Leaves (stems removed, leaves torn)
- 2 cups Canned Coconut Milk (full fat)
- 1 1/2 cups Pureed Pumpkin
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	491	Cholesterol	0mg
Fat	22g	Sodium	646mg
Carbs	60g	Vitamin A	15096...
Fiber	15g	Vitamin C	52mg
Sugar	8g	Calcium	110mg
Protein	15g	Iron	6mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 03 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 04 Divide onto plates and enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

A 10 x 13-inch dish was used for 8 servings.

# Roasted Butternut Squash Soup with Crispy Kale

2 SERVINGS 1 HOUR 30 MINUTES



## INGREDIENTS

2 cups Butternut Squash  
1/2 tsp Cinnamon (plus extra for garnish)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 Apple (peeled, cored and sliced)  
1/2 Yellow Onion (diced)  
1 1/2 tsps Ginger (grated)  
2 cups Vegetable Broth, Low Sodium  
1/2 tsp Sea Salt (divided)  
2 cups Kale Leaves (cut into large pieces)

## NUTRITION

### AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	7g	Sodium	720mg
Carbs	35g	Vitamin A	15944...
Fiber	7g	Vitamin C	56mg
Sugar	17g	Calcium	143mg
Protein	3g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 02 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of the oil. Add the apples, onion, and ginger and saute for about five minutes or until soft.
- 04 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale.
- 05 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining oil and salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 06 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate for up to four days. Freeze for up to three months.

### MORE PROTEIN

Blend in cooked red lentils.



# Sourdough Bread

2 SERVINGS 1 MINUTE



## INGREDIENTS

3 1/2 ozs Sourdough Bread

## NUTRITION

### AMOUNT PER SERVING

Calories	124	Cholesterol	0mg
Fat	0g	Sodium	239mg
Carbs	24g	Vitamin A	0IU
Fiber	1g	Vitamin C	1mg
Sugar	0g	Calcium	0mg
Protein	5g	Iron	1mg

## DIRECTIONS

01 Top with your desired spread or filling, or serve as a side to soups, salads or entree. Enjoy!

## NOTES

### LEFTOVERS

Store in original packaging, plastic storage bag, breadbox, or wrap in foil. Place in a cool, dry area at room temperature for up to seven days, or freeze in a freezer bag up to three months.

### SERVING SIZE

Each serving equals one slice of bread.

### GLUTEN-FREE

Use gluten-free bread, tortillas or pitas instead.

### ADDITIONAL TOPPINGS

Spread or dip in coconut oil, olive oil or flaxseed oil.

# Chickpea & Potato Curry

3 SERVINGS 20 MINUTES



## INGREDIENTS

1/2 cup Water  
1 Yellow Onion (medium, chopped)  
3 Garlic (cloves, minced)  
1 tbsp Ginger (fresh, grated or minced)  
1 tbsp Curry Powder  
2 tsps Garam Masala  
1 1/2 tsps Chili Powder  
1/2 tsp Sea Salt  
2 cups Chickpeas (cooked, rinsed)  
1 Yellow Potato (medium, peeled, diced)  
1 1/2 cups Canned Coconut Milk  
2 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	489	Cholesterol	0mg
Fat	25g	Sodium	497mg
Carbs	55g	Vitamin A	2302IU
Fiber	14g	Vitamin C	22mg
Sugar	11g	Calcium	125mg
Protein	15g	Iron	6mg

## DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 02 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 03 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

### SERVING SIZE

One serving is approximately one cup of curry.

### MORE FLAVOR

For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

### ADDITIONAL TOPPINGS

Fresh cilantro or lime wedges.

### NO CHICKPEAS

Use cooked lentils instead.



# Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 Sweet Potato (medium, sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Green Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	355	Cholesterol	0mg
Fat	12g	Sodium	199mg
Carbs	50g	Vitamin A	15576...
Fiber	16g	Vitamin C	95mg
Sugar	10g	Calcium	205mg
Protein	17g	Iron	8mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

## NOTES

### NO BRUSSELS SPROUTS

Use broccoli instead.

### NO LENTILS

Use chickpeas, tempeh, or tofu instead.

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**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**

## **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.

