



Anti-Inflammatory Program

TRACY KACZMARCZYK



Anti-Inflammatory Program

HEAVY METAL FITNESS

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

A meal plan designed to decrease inflammation in the body. Inflammation is a natural part of our immune response. But things like processed food and stress can cause it to run rampant through the body and wreak havoc. Inflammation is often to blame for headaches, low energy, and poor digestion, and even more serious health conditions like arthritis, cancer, heart disease, and obesity.

This meal plan is free from common inflammatory foods like dairy, eggs, and soy. It features powerful anti-inflammatory ingredients like turmeric and omega-3s that will help decrease inflammation.

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

POLYPHENOLS

Polyphenols may help to control oxidative stress and the inflammatory response. This plan includes polyphenols found in dark chocolate, berries, apples, grapes, and oats. The polyphenol curcumin in turmeric is incorporated in the meal plan due to its role as an anti-inflammatory agent. Curcumin is effective in treating chronic conditions like rheumatoid arthritis, inflammatory bowel disease, Alzheimer's and is used as an adjuvant in cancer therapy.

FIBER

Fiber lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. It modulates the gut microbiome to create a healthy intestinal environment, which helps to prevent inflammation. This plan provides up to 40 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Soluble fiber in oats, sweet potato, Brussels sprouts, and oranges generates short-chain fatty acids which have anti-inflammatory effects.

ANTIOXIDANTS

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. This meal plan is packed with vitamin A sources like sweet potato, carrots, and salmon, and incorporates vitamin E



through a daily dose of healthy oils, nuts, and seeds. These foods are paired with healthy fats to increase absorption.

OMEGA-3 FATS

Omega-3 fatty acids decrease the production of inflammatory mediators, having a positive effect on obesity and diabetes. Omega-3 metabolites act as strong anti-inflammatory agents that may treat psychiatric, neurodegenerative, and neurological disorders. This program incorporates omega-3 fats from salmon, nuts, and seeds.

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
Paleo Sweet Potato Porridge



LUNCH
Hearty Kale & Apple Tuna Salad



SNACK 1
Carrots & Guacamole



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Grapes & Cashews

TUE



BREAKFAST
Paleo Sweet Potato Porridge



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 1
Carrots & Guacamole



DINNER
Slow Cooker Rotisserie Chicken



SNACK 2
Grapes & Cashews

WED



BREAKFAST
Orange Immunity Booster Smoothie



LUNCH
Slow Cooker Rotisserie Chicken



SNACK 1
Pistachios



DINNER
Cedar Planked Salmon with Grilled Asparagus



SNACK 2
Chocolate Stuffed Raspberries

THU



BREAKFAST
Orange Immunity Booster Smoothie



LUNCH
Cedar Planked Salmon with Grilled Asparagus



SNACK 1
Pistachios



DINNER
Roasted Sweet Potato & Beet Salad



SNACK 2
Chocolate Stuffed Raspberries

FRI



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Roasted Sweet Potato & Beet Salad



SNACK 1
Fresh Strawberries



DINNER
Roasted Brussels Sprouts Caesar Salad



SNACK 2
Strawberry Ice Cream

SAT



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Roasted Brussels Sprouts Caesar Salad



SNACK 1
Fresh Strawberries



DINNER
Pistachio Crusted Salmon



SNACK 2
Strawberry Ice Cream

MON**FAT 55%** **CARBS 29%** **PROTEIN 16%**

Calories 1289 Cholesterol 97mg
 Fat 82g Sodium 957mg
 Carbs 97g Vitamin A 43816IU
 Fiber 28g Vitamin C 144mg
 Sugar 42g Calcium 285mg
 Protein 52g Iron 8mg

TUE**FAT 45%** **CARBS 24%** **PROTEIN 31%**

Calories 1766 Cholesterol 377mg
 Fat 90g Sodium 2904mg
 Carbs 109g Vitamin A 50882IU
 Fiber 30g Vitamin C 198mg
 Sugar 41g Calcium 318mg
 Protein 138g Iron 14mg

WED**FAT 35%** **CARBS 30%** **PROTEIN 35%**

Calories 1659 Cholesterol 373mg
 Fat 66g Sodium 3117mg
 Carbs 128g Vitamin A 32280IU
 Fiber 31g Vitamin C 207mg
 Sugar 65g Calcium 544mg
 Protein 149g Iron 19mg

THU**FAT 51%** **CARBS 35%** **PROTEIN 14%**

Calories 1618 Cholesterol 78mg
 Fat 96g Sodium 1072mg
 Carbs 151g Vitamin A 36543IU
 Fiber 39g Vitamin C 163mg
 Sugar 80g Calcium 578mg
 Protein 60g Iron 16mg

FRI**FAT 52%** **CARBS 36%** **PROTEIN 12%**

Calories 1547 Cholesterol 98mg
 Fat 94g Sodium 321mg
 Carbs 149g Vitamin A 16675IU
 Fiber 34g Vitamin C 273mg
 Sugar 57g Calcium 320mg
 Protein 49g Iron 14mg

SAT**FAT 49%** **CARBS 31%** **PROTEIN 20%**

Calories 1467 Cholesterol 176mg
 Fat 84g Sodium 468mg
 Carbs 119g Vitamin A 4349IU
 Fiber 26g Vitamin C 357mg
 Sugar 42g Calcium 282mg
 Protein 77g Iron 15mg



FRUITS

- 1/2 Apple
- 4 Avocado
- 6 Banana
- 4 cups Grapes
- 3 1/2 Lemon
- 2 Lime
- 4 Navel Orange
- 4 cups Raspberries
- 4 cups Strawberries

BREAKFAST

- 2/3 cup Maple Syrup
- 1 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 1 1/2 tsps Black Pepper
- 1 cup Cashews
- 1/2 tsp Cayenne Pepper
- 1 1/8 tsps Cinnamon
- 1 tbsp Dried Thyme
- 1/2 tsp Garlic Powder
- 2 tsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 1/2 tsps Onion Powder
- 1 tbsp Paprika
- 1 cup Pecans
- 2 tsps Pine Nuts
- 1/4 cup Pistachios
- 2 cups Pistachios, In Shell
- 1/2 cup Pumpkin Seeds
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sunflower Seeds
- 1 tbsp Turmeric

FROZEN

- 2 cups Frozen Cherries

VEGETABLES

- 6 cups Asparagus
- 8 cups Baby Spinach
- 2 Beet
- 9 cups Brussels Sprouts
- 12 1/2 Carrot
- 1 1/2 heads Cauliflower
- 1 stalk Celery
- 1 1/2 Garlic
- 1 tbsp Ginger
- 2 cups Kale Leaves
- 1 cup Parsley
- 1/2 cup Radishes
- 6 Sweet Potato

BOXED & CANNED

- 1 cup Canned Coconut Milk
- 1/2 can Tuna

BAKING

- 1/4 cup Dark Chocolate Chips
- 2 cups Pureed Pumpkin
- 2 tsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 2 lbs Salmon Fillet
- 4 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 2 tsps Coconut Oil
- 3 tsps Dijon Mustard
- 1 1/4 cups Extra Virgin Olive Oil

COLD

- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 2 Cedar Plank
- 4 cups Water



■ 2 cups Frozen Strawberries



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

Paleo Sweet Potato Porridge

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato
1/2 cup Canned Coconut Milk
1/2 cup Water
1 cup Raspberries
1 tbsp Coconut Oil
1/2 tsp Cinnamon
1 tbsp Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 273 | Cholesterol | 0mg |
| Fat | 19g | Sodium | 54mg |
| Carbs | 23g | Vitamin A | 9244IU |
| Fiber | 7g | Vitamin C | 18mg |
| Sugar | 6g | Calcium | 50mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

- 01 Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
- 02 Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
- 03 Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
- 04 Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

NOTES

OTHER TOPPINGS

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Pureed Pumpkin
1 Banana (frozen)
1/2 tsp Turmeric
1/4 tsp Cinnamon
1 1/2 tsps Ginger
1 tbsp Ground Flax Seed
3/4 cup Unsweetened Almond Milk
2 Navel Orange (peeled and sectioned)
1 tbsp Maple Syrup

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 221 | Cholesterol | 0mg |
| Fat | 3g | Sodium | 70mg |
| Carbs | 50g | Vitamin A | 19636... |
| Fiber | 10g | Vitamin C | 93mg |
| Sugar | 29g | Calcium | 284mg |
| Protein | 5g | Iron | 3mg |

DIRECTIONS

01 Place all ingredients into your blender and blend very well until creamy.
Pour into glasses and enjoy!

NOTES

NO PUREED PUMPKIN

Use steamed sweet potato instead.

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.

Sweet Cherry Steel Cut Oats

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Steel Cut Oats
3 cups Water
2 cups Frozen Cherries
1/2 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 316 | Cholesterol | 0mg |
| Fat | 14g | Sodium | 5mg |
| Carbs | 41g | Vitamin A | 676IU |
| Fiber | 6g | Vitamin C | 1mg |
| Sugar | 8g | Calcium | 56mg |
| Protein | 11g | Iron | 3mg |

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.

Hearty Kale & Apple Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1 stalk Celery (diced)
2 cups Kale Leaves (finely sliced)
1/2 Carrot (grated)
1/2 Apple (diced)
2 tbsps Sunflower Seeds
1 tbsp Dijon Mustard
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 159 | Cholesterol | 15mg |
| Fat | 8g | Sodium | 223mg |
| Carbs | 11g | Vitamin A | 3697IU |
| Fiber | 4g | Vitamin C | 23mg |
| Sugar | 6g | Calcium | 82mg |
| Protein | 11g | Iron | 1mg |

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 216 | Cholesterol | 0mg |
| Fat | 15g | Sodium | 387mg |
| Carbs | 22g | Vitamin A | 20539... |
| Fiber | 10g | Vitamin C | 24mg |
| Sugar | 7g | Calcium | 55mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

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 |

Fresh Strawberries

4 SERVINGS 5 MINUTES



INGREDIENTS

4 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.

One Pan Chicken, Golden Cauliflower & Carrot Fries

4 SERVINGS 40 MINUTES



INGREDIENTS

4 Carrot (medium)
1 head Cauliflower
1/3 cup Extra Virgin Olive Oil (divided three ways)
1 lb Chicken Breast
2 tsps Dried Thyme
2 tsps Turmeric (powder)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 382 | Cholesterol | 82mg |
| Fat | 24g | Sodium | 286mg |
| Carbs | 14g | Vitamin A | 10244... |
| Fiber | 5g | Vitamin C | 75mg |
| Sugar | 6g | Calcium | 70mg |
| Protein | 29g | Iron | 3mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 636 | Cholesterol | 295mg |
| Fat | 16g | Sodium | 2170mg |
| Carbs | 23g | Vitamin A | 10763... |
| Fiber | 6g | Vitamin C | 77mg |
| Sugar | 5g | Calcium | 115mg |
| Protein | 97g | Iron | 7mg |

DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 05 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

NOTES



SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

AIP-FRIENDLY

Omit the black pepper and cayenne.



Cedar Planked Salmon with Grilled Asparagus

4 SERVINGS 30 MINUTES



INGREDIENTS

2 Cedar Plank
6 cups Asparagus (woody ends snapped off)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Maple Syrup
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
1 tsp Paprika
1 tsp Sea Salt
1/2 tsp Black Pepper
1 1/4 lbs Salmon Fillet
2 Lemon (sliced into rounds)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 362 | Cholesterol | 78mg |
| Fat | 16g | Sodium | 660mg |
| Carbs | 24g | Vitamin A | 1861IU |
| Fiber | 5g | Vitamin C | 21mg |
| Sugar | 17g | Calcium | 90mg |
| Protein | 33g | Iron | 6mg |

DIRECTIONS

- 01 Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
- 02 Toss asparagus in olive oil, salt and pepper to taste and set aside.
- 03 In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
- 04 Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
- 05 Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
- 06 Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
- 07 Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

NOTES

SAFETY FIRST

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

NO ASPARAGUS

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.



LIKES IT SPICY

Add chili powder or red pepper flakes to the marinade.

NO BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

PREP AHEAD

Soak the plank ahead of time and store in the freezer until ready to use.

MORE CARBS

Serve with quinoa, potatoes or brown rice.

KEEP IT SIMPLE

Omit the marinade and season the salmon with olive oil, salt and pepper.



Roasted Sweet Potato & Beet Salad

4 SERVINGS 50 MINUTES



INGREDIENTS

2 Beet (sliced into 1 inch sticks)
2 Sweet Potato (sliced into 1 inch sticks)
1/4 cup Extra Virgin Olive Oil (divided)
1/4 cup Maple Syrup (divided)
2 tsps Cinnamon
Sea Salt & Black Pepper (to taste)
1/2 Lemon (juiced)
1 cup Pecans
8 cups Baby Spinach
2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 595 | Cholesterol | 0mg |
| Fat | 46g | Sodium | 125mg |
| Carbs | 46g | Vitamin A | 15026... |
| Fiber | 14g | Vitamin C | 33mg |
| Sugar | 20g | Calcium | 149mg |
| Protein | 8g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) degrees.
- 02 Line a baking sheet with parchment paper. Toss sweet potato and beet sticks with half the olive oil, half the maple syrup, cinnamon, sea salt, and pepper. Bake for 40 to 45 minutes until slightly browned.
- 03 In the mean time, make the dressing by combining the remaining olive oil with the lemon juice. Set aside.
- 04 Put pecans in a frying pan over medium heat and stir until toasted. Add remaining maple syrup. Stir until pecans are well coated. Continue to stir until pecans become very sticky. Remove from heat and spread across a piece of wax paper. Break apart into pieces when dry.
- 05 When sweet potato and beets are finished, toss spinach in lemon & oil dressing and put a handful on each plate. Top with roasted beets and sweet potatoes. Garnish with avocado and maple pecans.

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 446 | Cholesterol | 98mg |
| Fat | 33g | Sodium | 187mg |
| Carbs | 14g | Vitamin A | 831IU |
| Fiber | 6g | Vitamin C | 98mg |
| Sugar | 3g | Calcium | 68mg |
| Protein | 27g | Iron | 5mg |

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

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

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.



Pistachio Crusted Salmon

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Pistachios (removed from shell)
1/8 tsp Sea Salt
10 ozs Salmon Fillet
2 tbsps Pine Nuts
1/2 Garlic (clove, minced)
1 cup Parsley (chopped)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 head Cauliflower (chopped into florets)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 515 | Cholesterol | 78mg |
| Fat | 36g | Sodium | 272mg |
| Carbs | 16g | Vitamin A | 2700IU |
| Fiber | 6g | Vitamin C | 117mg |
| Sugar | 5g | Calcium | 111mg |
| Protein | 36g | Iron | 5mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 03 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 04 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 05 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 06 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

NOTES

MORE VEG

Serve with a side of baby spinach drizzled with leftover pesto

LIKES IT WARM

Saute the cauliflower rice in a bit of olive oil before serving

Grapes & Cashews

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes
1/2 cup Cashews

DIRECTIONS

- 01 Place grapes and cashews together in a bowl.
- 02 Happy munching!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 259 | Cholesterol | 0mg |
| Fat | 16g | Sodium | 7mg |
| Carbs | 27g | Vitamin A | 92IU |
| Fiber | 2g | Vitamin C | 4mg |
| Sugar | 17g | Calcium | 28mg |
| Protein | 6g | Iron | 2mg |

Chocolate Stuffed Raspberries

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Raspberries (washed)
1/4 cup Dark Chocolate Chips

DIRECTIONS

01 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|------|
| Calories | 122 | Cholesterol | 0mg |
| Fat | 5g | Sodium | 1mg |
| Carbs | 15g | Vitamin A | 20IU |
| Fiber | 4g | Vitamin C | 16mg |
| Sugar | 10g | Calcium | 15mg |
| Protein | 2g | Iron | 1mg |

Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 144 | Cholesterol | 0mg |
| Fat | 1g | Sodium | 3mg |
| Carbs | 37g | Vitamin A | 125IU |
| Fiber | 5g | Vitamin C | 56mg |
| Sugar | 19g | Calcium | 24mg |
| Protein | 2g | Iron | 1mg |

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

| 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. |
| |  | Make the Heart Kale & Apple Tuna Salad. | Store in a container in the fridge for lunch tomorrow. |
| | | Make the Carrots & Guacamole Snacks. | Store in containers in the fridge. |
| | | Freeze the ground chicken and salmon. | To preserve freshness for later on in the week. We will remind you to take them out. |
| 1 Mon |  | Make the Paleo Sweet Potato Porridge. | |
| | | Pack your meals if you are on-the-go. | Paleo Sweet Potato Porridge, Hearty Kale & Apple Tuna Salad, and Carrots & Guacamole. |
| |  | Make the One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner. | Store leftovers in a containers in the refrigerator for lunch tomorrow. |
| | | Enjoy Grapes & Cashews for dessert or an after dinner snack. | |

| | | | |
|--|---|---|---|
| 2 Tue |  | Make the Paleo Sweet Potato Porridge. | |
| | | Start the Slow Cooker Rotisserie Chicken. | Follow the recipe and cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). |
| | | Pack your meals if you are on-the-go. | Paleo Sweet Potato Porridge, One Pan Chicken, Golden Cauliflower & Carrot Fries, and Carrots & Guacamole. |
| |  | Finish the Slow Cooker Rotisserie Chicken for dinner. | Make roasted vegetables. Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| Enjoy Grapes & Cashews for dessert or an after dinner snack. | | | |
| 3 Wed |  | Make the Orange Immunity Booster Smoothie for breakfast. | Pour into a glass or travel cup. |
| | | Pack your meals if you are on-the-go. | Orange Immunity Booster Smoothie, Slow Cooker Rotisserie Chicken, and Pistachios. |
| |  | Make Cedar Planked Salmon with Grilled Asparagus for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Enjoy Chocolate Stuffed Raspberries for dessert or an after dinner snack. | |

| | | | |
|---|---|---|--|
| 4 Thu |  | Make the Orange Immunity Booster Smoothie for breakfast. | Pour into a glass or travel cup. |
| | | Pack your meals if you are on-the-go. | Orange Immunity Booster Smoothie, Cedar Planked Salmon with Grilled Asparagus, and Pistachios. |
| |  | Make the Roasted Sweet Potato & Beet Salad for dinner. | Store leftovers in a sealed container in the fridge for lunch tomorrow. |
| | | Enjoy Chocolate Stuffed Raspberries for dessert or an after dinner snack. | |
| | | Transfer the frozen ground chicken into the fridge. | Let thaw overnight for dinner tomorrow. |
| | 5 Fri |  | Make Sweet Cherry Steel Cut Oats for breakfast. |
| Pack your meals if you are on-the-go. | | | Sweet Cherry Steel Cut Oats, Roasted Sweet Potato & Beet Salad, and Fresh Strawberries. |
|  | | Make Roasted Brussels Sprouts Caesar Salad for dinner. | Store leftovers in a sealed container in the fridge for lunch tomorrow. |
| | | Make Strawberry Ice Cream for dessert or an after dinner snack. | |
| | | Transfer the frozen salmon into the fridge. | Let thaw overnight for dinner tomorrow. |

| | | | |
|----------|---|---|--|
| 6 Sat |  | Pack your meals if you are on-the-go. | Sweet Cherry Steel Cut Oats, Roasted Brussels Sprout Caesar Salad, and Fresh Strawberries. |
| |  | Make the Pistachio Crusted Salmon for dinner. | Enjoy! |
| | | Make Strawberry Ice Cream for dessert or an after dinner snack. | |
| 7 Sun |  | Shop and prep for the week ahead. | Don't forget to set aside some time to meal plan and shop 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.

