



# Autoimmune Ketogenic Diet

TRACY KACZMARCZYK



# Autoimmune Ketogenic Diet

HEAVY METAL FITNESS

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

Autoimmune Ketogenic Diet - An AIP meal plan with a ketogenic approach. Our Autoimmune Ketogenic Diet follows the principles of an autoimmune paleo diet, free from all grains, legumes, nightshades, nuts and seeds. The meal plan is also ketogenic, with daily net carbs under 25 grams.

This diet has been designed to minimize snacking and support an intermittent-fasting approach. As usual, it can be customized with additional meals or portion sizes as needed.

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

## ANTI-INFLAMMATORY FOODS

Polyphenols found in foods like spinach and olives may help to control oxidative stress and the inflammatory response. Fiber lowers C-reactive protein, a substance in the blood that indicates inflammation. It also modulates the gut microbiome which helps to prevent inflammation. This plan provides up to 30 grams of daily fiber from nutrient-dense vegetables.

## GUT HEALTH

As gut health impacts immune function, it is beneficial to restore a healthy gut barrier. Prebiotics are added to this plan from asparagus, garlic, and leafy greens. These foods support digestive health by feeding the good bacteria and are important in a ketogenic diet to create a healthy intestinal environment.

## HORMONE REGULATION

Omega-3 fats can assist with stress reduction through cortisol concentrations. These healthy fats are found in the program from salmon, mackerel, and sardines. The liver is a key organ for regulating hormone balance, chemical levels in the blood, making immune factors, and breaking down and excreting harmful substances. Indoles (including indole-3-Carbinol) are essential to liver support and can be found in cruciferous vegetables like broccoli, cauliflower, and kale.

## **IMMUNE SUPPORT**

The minerals zinc and selenium are critical for immune function. This plan provides zinc from meat and selenium from chicken, turkey, and lettuce. Vitamin A is an essential fat-soluble antioxidant that reduces oxidative stress in cells and is useful in the treatment of inflammatory diseases. This meal plan contains vitamin A sources like broccoli, salmon, and spinach. Vitamin C supports the immune system and this plan provides vitamin C from cauliflower, kale, and lemon.

----

## **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**  
Pork Belly Cauliflower Fried Rice

**LUNCH**  
Sardine & Avocado Salad

**SNACK 1**  
Turkey, Greens & Avocado Wraps

**DINNER**  
Green Chicken Sliders, Roasted Cauliflower

**TUE**

**BREAKFAST**  
Pork Belly Cauliflower Fried Rice

**LUNCH**  
Green Chicken Sliders, Roasted Cauliflower

**SNACK 1**  
Turkey, Greens & Avocado Wraps

**DINNER**  
Roasted Garlic Chicken Thighs, Steamed Asparagus

**WED**

**BREAKFAST**  
Turkey, Greens & Avocado Wraps, Olive Medley

**LUNCH**  
Roasted Garlic Chicken Thighs, Steamed Asparagus

**SNACK 1**  
Sardine & Avocado Salad

**DINNER**  
Lemon Dill Baked Salmon, Avocado

**THU**

**BREAKFAST**  
Turkey, Greens & Avocado Wraps, Olive Medley

**LUNCH**  
Lemon Dill Baked Salmon, Avocado

**SNACK 1**  
Sardine & Avocado Salad

**DINNER**  
Roasted Chicken with Zucchini & Olives

**FRI**

**BREAKFAST**  
Salmon Stuffed Avocado Boats

**LUNCH**  
Roasted Chicken with Zucchini & Olives

**SNACK 1**  
Avocado, Olive Medley

**DINNER**  
Broiled Mackerel, Roasted Broccoli

**SAT**

**BREAKFAST**  
Salmon Stuffed Avocado Boats

**LUNCH**  
Roasted Chicken with Zucchini & Olives

**SNACK 1**  
Avocado, Olive Medley

**DINNER**  
Chicken, Asparagus & Mashed Cauliflower

**SUN**

**BREAKFAST**  
Salmon Stuffed Avocado Boats

**LUNCH**  
Broiled Mackerel, Roasted Broccoli

**SNACK 1**  
Sardine & Avocado Salad

**DINNER**  
Chicken, Asparagus & Mashed Cauliflower

MON	TUE	WED						
FAT 71%	CARBS 11%	PROTEIN 18%	FAT 71%	CARBS 9%	PROTEIN 20%	FAT 66%	CARBS 12%	PROTEIN 22%
Calories 1555	Cholesterol 300mg	Calories 1553	Cholesterol 340mg	Calories 1517	Cholesterol 316mg			
Fat 128g	Sodium 2668mg	Fat 126g	Sodium 2549mg	Fat 115g	Sodium 2750mg			
Carbs 43g	Vitamin A 7150IU	Carbs 37g	Vitamin A 2263IU	Carbs 49g	Vitamin A 7908IU			
Fiber 23g	Vitamin C 244mg	Fiber 18g	Vitamin C 217mg	Fiber 27g	Vitamin C 80mg			
Sugar 11g	Calcium 436mg	Sugar 12g	Calcium 211mg	Sugar 8g	Calcium 517mg			
Protein 71g	Iron 9mg	Protein 77g	Iron 9mg	Protein 87g	Iron 20mg			
THU	FRI	SAT						
FAT 68%	CARBS 12%	PROTEIN 20%	FAT 68%	CARBS 13%	PROTEIN 19%	FAT 67%	CARBS 13%	PROTEIN 20%
Calories 1586	Cholesterol 298mg	Calories 1587	Cholesterol 247mg	Calories 1604	Cholesterol 281mg			
Fat 124g	Sodium 3128mg	Fat 126g	Sodium 2658mg	Fat 126g	Sodium 2909mg			
Carbs 51g	Vitamin A 7308IU	Carbs 52g	Vitamin A 2638IU	Carbs 54g	Vitamin A 2359IU			
Fiber 26g	Vitamin C 101mg	Fiber 29g	Vitamin C 188mg	Fiber 30g	Vitamin C 142mg			
Sugar 9g	Calcium 542mg	Sugar 9g	Calcium 345mg	Sugar 12g	Calcium 377mg			
Protein 83g	Iron 20mg	Protein 80g	Iron 18mg	Protein 84g	Iron 19mg			
SUN								
FAT 63%	CARBS 12%	PROTEIN 25%						
Calories 1576	Cholesterol 338mg							
Fat 114g	Sodium 2245mg							
Carbs 50g	Vitamin A 8294IU							
Fiber 31g	Vitamin C 259mg							
Sugar 11g	Calcium 525mg							
Protein 104g	Iron 13mg							

## FRUITS

- 9 Avocado
- 3 1/4 Lemon

## SEEDS, NUTS & SPICES

- 1 1/2 tbsps Dried Chives
- 1/4 tsp Garlic Powder
- 1/2 tsp Oregano
- 2 1/4 tsps Sea Salt

## VEGETABLES

- 3 1/2 cups Asparagus
- 8 cups Baby Spinach
- 1/2 head Boston Lettuce
- 4 cups Broccoli
- 1 1/2 heads Cauliflower
- 1/2 stalk Celery
- 1 tbsp Fresh Dill
- 3 Garlic
- 1 cup Kale Leaves
- 1 cup Microgreens
- 2 cups Mixed Greens
- 2 tbsps Parsley
- 1/2 cup Radishes
- 2 Zucchini

## BOXED & CANNED

- 12 ozs Canned Wild Salmon
- 7 1/16 ozs Sardines

## BREAD, FISH, MEAT & CHEESE

- 10 1/2 ozs Chicken Leg, Boneless With Skin
- 8 ozs Chicken Thighs With Skin
- 8 ozs Extra Lean Ground Chicken
- 8 ozs Mackerel Fillet
- 8 ozs Pork Belly
- 10 ozs Salmon Fillet
- 14 1/8 ozs Sliced Turkey Breast
- 8 ozs Whole Rotisserie Chicken

## CONDIMENTS & OILS

- 4 cups Assorted Olives
- 1 3/4 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 cup Green Olives

## COLD

- 1 1/2 tsps Ghee

# 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**

# Pork Belly Cauliflower Fried Rice

2 SERVINGS 20 MINUTES



## INGREDIENTS

8 ozs Pork Belly (strips)  
1/2 tsp Sea Salt (divided)  
1/2 head Cauliflower (finely chopped or grated)  
1/2 stalk Celery (sliced)  
1 1/2 tbsps Dried Chives

## NUTRITION

### AMOUNT PER SERVING

Calories	626	Cholesterol	82mg
Fat	61g	Sodium	678mg
Carbs	8g	Vitamin A	159IU
Fiber	3g	Vitamin C	72mg
Sugar	3g	Calcium	43mg
Protein	14g	Iron	1mg

## DIRECTIONS

- 01 Bring a pot of water to a boil. Blanch the pork belly in the boiling water skin side down for 10 minutes, flipping halfway.
- 02 Set the pork belly on a plate. Using a fork, pierce the pork belly skin and pat dry. Season with half the salt.
- 03 Heat a pan or skillet over medium heat and cook the pork belly strips for 5 minutes on each side, or until cooked through and browned. Transfer to a cutting board and chop into pieces.
- 04 Using the same pan or skillet, cook the cauliflower and celery over medium-high heat for 3 to 5 minutes or until warmed through. Add the chopped pork belly and season with the remaining salt and chives.
- 05 Divide into bowls. Enjoy!

## NOTES

### NO CAULIFLOWER

Use white rice, brown rice, couscous, quinoa, barley or rice noodles instead.

### NO PORK BELLY

Use bacon or ground pork instead.

### MAKE IT VEGAN

Use tempeh, tofu, vegan bacon or vegan sausage instead of pork belly.

### LEFTOVERS

Refrigerate in an airtight container up to 3 days.

### SAVE TIME

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

# Turkey, Greens & Avocado Wraps

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Avocado (sliced thin)  
3 1/2 ozs Sliced Turkey Breast  
1/4 cup Microgreens

## NUTRITION

### AMOUNT PER SERVING

Calories	274	Cholesterol	49mg
Fat	19g	Sodium	905mg
Carbs	12g	Vitamin A	147IU
Fiber	7g	Vitamin C	15mg
Sugar	2g	Calcium	31mg
Protein	17g	Iron	1mg

## DIRECTIONS

01 Layer the sliced avocado on top of the sliced turkey breast and top with microgreens. Roll into a wrap and serve!

## NOTES

### NO TURKEY

Use chicken or another deli meat instead

### MORE FLAVOUR

Add a condiment such as mustard or mayonnaise. Add spices of your choice.

### LEFTOVERS

Best enjoyed immediately but can be stored in the fridge for up to two days.

Sprinkle the avocado with lemon juice to prevent browning.

# Olive Medley

1 SERVING 2 MINUTES



## INGREDIENTS

1 cup Assorted Olives

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	15g	Sodium	988mg
Carbs	8g	Vitamin A	444IU
Fiber	2g	Vitamin C	1mg
Sugar	0g	Calcium	118mg
Protein	1g	Iron	8mg

# Salmon Stuffed Avocado Boats

1 SERVING 10 MINUTES



## INGREDIENTS

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

## NUTRITION

### AMOUNT PER SERVING

Calories	503	Cholesterol	75mg
Fat	36g	Sodium	452mg
Carbs	18g	Vitamin A	506IU
Fiber	14g	Vitamin C	25mg
Sugar	2g	Calcium	67mg
Protein	34g	Iron	2mg

## DIRECTIONS

- 01 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

## NOTES

### LIKES IT SPICY

Add hot sauce.

### NO CANNED SALMON

Use smoked salmon, cooked salmon fillet or tuna instead.

# Sardine & Avocado Salad

1 SERVING 20 MINUTES



## INGREDIENTS

1 3/4 ozs Sardines (packed in oil, drained)

1/4 Lemon (juiced and divided)

1 1/2 tsps Parsley (finely chopped)

2 cups Baby Spinach (packed)

2 tbsps Radishes (thinly sliced)

1 1/2 tsps Extra Virgin Olive Oil

1/2 Avocado (sliced)

1/16 tsp Sea Salt

## DIRECTIONS

01 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.

02 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

## NOTES

### NO SARDINES

Use tuna instead.

## NUTRITION

### AMOUNT PER SERVING

Calories	344	Cholesterol	71mg
Fat	28g	Sodium	362mg
Carbs	12g	Vitamin A	5989IU
Fiber	8g	Vitamin C	36mg
Sugar	2g	Calcium	270mg
Protein	16g	Iron	4mg

# Avocado

2 SERVINGS 5 MINUTES



## INGREDIENTS

1 Avocado

## NUTRITION

### AMOUNT PER SERVING

Calories	161	Cholesterol	0mg
Fat	15g	Sodium	7mg
Carbs	9g	Vitamin A	147IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	12mg
Protein	2g	Iron	1mg

## DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

## NOTES

### SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

### SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

### SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

# Green Chicken Sliders

2 SERVINGS 30 MINUTES



## INGREDIENTS

8 ozs Extra Lean Ground Chicken  
1/2 tsp Oregano (dried)  
1/3 tsp Sea Salt  
1 cup Kale Leaves (very finely chopped)  
1 cup Broccoli (very finely chopped)  
1 1/2 tsps Extra Virgin Olive Oil  
1/2 head Boston Lettuce

## NUTRITION

### AMOUNT PER SERVING

Calories	212	Cholesterol	98mg
Fat	13g	Sodium	531mg
Carbs	4g	Vitamin A	855IU
Fiber	2g	Vitamin C	50mg
Sugar	1g	Calcium	60mg
Protein	21g	Iron	2mg

## DIRECTIONS

- 01 Combine all ingredients except the lettuce in a bowl and mix well. Form the mixture into even sliders, about 3 inches in diameter, and set aside.
- 02 Preheat grill to medium heat.
- 03 Cook the sliders for about 8 to 10 minutes per side, or until cooked through.
- 04 Serve patties in a lettuce wrap with your toppings of choice. Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to two sliders.

### MORE CARBS

Serve on a bun or on top of rice.

### TOPPING IDEAS

Mustard, cheese, pickles, tomato, lettuce, onion, avocado, sour cream or plain Greek yogurt.

### LEFTOVERS

These keep well in an airtight container in the fridge up to three days or freeze for up to three months.

# Roasted Cauliflower

2 SERVINGS 35 MINUTES



## INGREDIENTS

1/2 head Cauliflower (chopped into florets)  
1 tbsp Avocado Oil  
1/8 tsp Sea Salt (or more to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	99	Cholesterol	0mg
Fat	7g	Sodium	192mg
Carbs	7g	Vitamin A	0IU
Fiber	3g	Vitamin C	71mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 03 Remove from oven and enjoy!

## NOTES

- NO AVOCADO OIL**  
Use coconut oil or olive oil instead.  
**MAKE IT CHEESY**  
Toss in nutritional yeast after roasting.

# Roasted Garlic Chicken Thighs

2 SERVINGS 30 MINUTES



## INGREDIENTS

8 ozs Chicken Thighs with Skin

2 Garlic (cloves, sliced)

1 tbsp Extra Virgin Olive Oil

1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	315	Cholesterol	111mg
Fat	26g	Sodium	240mg
Carbs	1g	Vitamin A	89IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	13mg
Protein	19g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Gently separate the skin from the flesh of the chicken thighs to create a pocket. Stuff garlic slices under the skin of each chicken thigh. Coat with olive oil and sea salt.
- 03 Set chicken thighs skin side down on a rack over a baking sheet. Cook for 20 minutes. Flip over and cook for 10 more minutes.
- 04 Transfer to plates and enjoy!

## NOTES

### SERVE IT WITH

Our Pesto Cauliflower Rice and Steamed Green Beans.

### LEFTOVERS

Keeps well in the fridge, up to 3 days. Or freeze for up to 6 months.

# Steamed Asparagus

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Asparagus (woody ends trimmed, chopped in half)

## NUTRITION

### AMOUNT PER SERVING

Calories	27	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	5g	Vitamin A	1013IU
Fiber	3g	Vitamin C	8mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	3mg

## DIRECTIONS

01 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 5 days.

### SERVING SIZE

One serving is equal to approximately one cup of cooked asparagus.

# Lemon Dill Baked Salmon

2 SERVINGS 25 MINUTES



## INGREDIENTS

10 ozs Salmon Fillet  
1 1/2 tsps Ghee (melted)  
1 Garlic (cloves, minced)  
1 tbsp Fresh Dill (chopped)  
1/2 Lemon (zested and juiced)  
1/8 tsp Sea Salt (or more to taste)  
2 cups Mixed Greens

## DIRECTIONS

- 01 Preheat the oven to 375°F (191°C).
- 02 Line a baking sheet with aluminum foil and place the salmon in the middle.
- 03 In a small jar, mix together the melted ghee, garlic, dill, lemon juice, lemon zest and sea salt. Pour it over the salmon. Fold up the edges of the foil so that the fish is sealed in a pouch. Bake for 15 to 20 minutes or until fish flakes with a fork.
- 04 Remove the salmon from the oven and serve with mixed greens. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Cholesterol	85mg
Fat	12g	Sodium	245mg
Carbs	2g	Vitamin A	79IU
Fiber	0g	Vitamin C	9mg
Sugar	0g	Calcium	41mg
Protein	29g	Iron	2mg

## NOTES

### NO FOIL

Use parchment paper instead.

### LIKES IT CRISPY

Broil for 1 to 2 minutes after baking to make it crispy.

### LEFTOVERS

Keep well in the fridge for 2 to 3 days.

### NO GHEE

Use butter, avocado oil or coconut oil instead.

# Roasted Chicken with Zucchini & Olives

3 SERVINGS 1 HOUR 20 MINUTES



## INGREDIENTS

10 1/2 ozs Chicken Leg, Boneless with Skin  
1/4 tsp Sea Salt  
2 Zucchini (medium, sliced)  
1 cup Green Olives (sliced)  
1 Lemon (juiced)  
3 tbsps Extra Virgin Olive Oil

## DIRECTIONS

- 01 Preheat oven to 375F° (191°C).
- 02 Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
- 03 Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
- 04 Remove from oven and let stand 15 minutes before serving. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Cholesterol	93mg
Fat	35g	Sodium	621mg
Carbs	8g	Vitamin A	502IU
Fiber	2g	Vitamin C	30mg
Sugar	4g	Calcium	70mg
Protein	18g	Iron	4mg

## NOTES

### LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

### MORE CARBS

Serve with rice, quinoa, or roasted potatoes.

### VEGETARIAN/VEGAN

Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

# Broiled Mackerel

2 SERVINGS 15 MINUTES



## INGREDIENTS

8 ozs Mackerel Fillet (patted dry)  
1 1/2 tsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	262	Cholesterol	79mg
Fat	19g	Sodium	397mg
Carbs	0g	Vitamin A	189IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	14mg
Protein	21g	Iron	2mg

## DIRECTIONS

- 01 Set your oven to broil and move the rack to the top rung.
- 02 Place mackerel fillets on a baking sheet and coat in oil. Season with salt and broil for 6 to 7 minutes. Cooking times may vary due to thickness. If more time is needed, lower the heat to 350°F (177°C) and cook until the flesh is opaque in the centre.
- 03 Place on a serving dish and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for 2 to 3 days.

### SERVE IT WITH

Another side dish or add to any salad for extra protein.

# Roasted Broccoli

2 SERVINGS 35 MINUTES



## INGREDIENTS

3 cups Broccoli (cut into florets)

2 1/4 tsps Avocado Oil

1/4 tsp Garlic Powder

1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Cholesterol	0mg
Fat	6g	Sodium	193mg
Carbs	9g	Vitamin A	850IU
Fiber	4g	Vitamin C	122mg
Sugar	2g	Calcium	64mg
Protein	4g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 03 Remove from the oven and divide between plates. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container for up to 3 days.

### NO AVOCADO OIL

Use olive oil or melted coconut oil instead.

### NO GARLIC POWDER

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

# Chicken, Asparagus & Mashed Cauliflower

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 cups Asparagus (ends trimmed)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/8 tsp Sea Salt  
1/2 head Cauliflower (chopped into florets)  
8 ozs Whole Rotisserie Chicken (cooked, meat only, bones removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	373	Cholesterol	113mg
Fat	25g	Sodium	841mg
Carbs	11g	Vitamin A	760IU
Fiber	5g	Vitamin C	76mg
Sugar	5g	Calcium	110mg
Protein	29g	Iron	4mg

## DIRECTIONS

- 01 Preheat your oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the asparagus with half the olive oil and lay on the baking sheet. Sprinkle with sea salt and roast in the oven for about 12 minutes, flipping halfway through cooking time.
- 02 While the asparagus is roasting, bring a large pot of water to a boil under a steamer. Steam the cauliflower for 10 to 12 minutes, or until soft. Remove from heat and mash with the remaining olive oil. Season with salt to taste and divide between containers.
- 03 Add the asparagus to the containers along with the roasted chicken meat. Enjoy!

## NOTES

### STORAGE

Keeps well in the fridge for 3 to 4 days.

### MORE CARBS

Replace the cauliflower with potatoes, sweet potatoes, quinoa or rice.

	<b>Day</b>	<b>Task</b>	<b>Notes</b>
0 <b>Sun</b>		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have. You don't need to buy the Whole Rotisserie Chicken yet, you can pick that up later in the week.
		Freeze the chicken legs and mackerel.	This guide will remind you to thaw them later in the week.
		Make the Sardine & Avocado Salad.	Leave the dressing on the side and store in the fridge for lunch tomorrow.
		Make the Turkey, Greens & Avocado Wraps.	Store in the fridge for tomorrow's snack.
		Optional: if you know you will be busy tomorrow morning, make the Pork Belly Cauliflower Fried Rice now.	Divide portions and store in the fridge for breakfasts.
1 <b>Mon</b>		Make the Pork Belly Cauliflower Fried Rice.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Pork Belly Cauliflower Fried Rice, Sardine & Avocado Salad, and Turkey, Greens & Avocado Wraps.

		Make the Green Chicken Sliders with Roasted Cauliflower for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make the Turkey, Greens & Avocado Wraps.	Store in the fridge for tomorrow's snack.
2 Tue		Pack your meals if you are on-the-go.	Pork Belly Cauliflower Fried Rice, Green Chicken Sliders with Roasted Cauliflower, and Turkey, Greens & Avocado Wraps.
		Make the Roasted Garlic Chicken Thighs with Steamed Asparagus for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make the Sardine & Avocado Salad.	Leave the dressing on the side and store in the fridge for lunch tomorrow.
		Make Turkey, Greens & Avocado Wraps with Olive Medley for breakfast.	Enjoy!
3 Wed		Pack your meals if you are on-the-go.	Turkey, Greens & Avocado Wraps with Olive Medley, Roasted Garlic Chicken Thighs with Steamed Asparagus, and Sardine & Avocado Salad.
		Make the Lemon Dill Baked Salmon with Avocado for dinner.	Transfer leftovers to a container and refrigerate for lunch tomorrow.
		Take the chicken legs out of the freezer.	Thaw in the fridge for dinner tomorrow.

		Make the Sardine & Avocado Salad.	Leave the dressing on the side and store in the fridge for lunch tomorrow.
4 Thu		Make Turkey, Greens & Avocado Wraps with Olive Medley for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Turkey, Greens & Avocado Wraps with Olive Medley, Lemon Dill Baked Salmon with Avocado, and Sardine & Avocado Salad.
		Make the Roasted Chicken with Zucchini & Olives for dinner.	Transfer leftovers to a container and refrigerate for lunch tomorrow and Saturday.
		Make the Avocado & Olive Medley snacks.	Store in small containers in the fridge.
		Take the mackerel out of the freezer.	Thaw in the fridge for dinner tomorrow.
5 Fri		Make Salmon Stuffed Avocado Boats for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Roasted Chicken with Zucchini & Olives, and Avocado & Olive Medley.
		Make Broiled Mackerel with Roasted Broccoli for dinner.	Transfer leftovers to a container and refrigerate for lunch on Sunday.
		Make Salmon Stuffed Avocado Boats for breakfast.	Enjoy!

6 <b>Sat</b>		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Roasted Chicken with Zucchini & Olives, and Avocado & Olive Medley.
		Pick up a roasted chicken and make the Chicken, Asparagus & Mashed Cauliflower for dinner.	Store leftovers in the fridge for dinner tomorrow night.
		Make the Sardine & Avocado Salad.	Leave the dressing on the side and store in the fridge for lunch tomorrow.
7 <b>Sun</b>		Make Salmon Stuffed Avocado Boats for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Salmon Stuffed Avocado Boats, Broiled Mackerel & Roasted Broccoli, and Sardine & Avocado Salad.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy the leftover Chicken, Asparagus & Mashed Cauliflower for dinner.	Reheat in a 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.