



# Back on Track Program

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# Back on Track Program

## HEAVY METAL FITNESS

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

A 1-week clean eating challenge to get you back on track after a glorious summer (or maybe a period of time of not eating so well). Between barbecues, cottage weekends, wedding season and patio drinks it sure is difficult to stick to health goals in the summer time. Don't fret! This 6 day challenge is designed to help you take control and fuel your body with clean and delicious food.

This program was created by a Registered Dietician.

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### **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**  
Blueberry Overnight Oats



**LUNCH**  
Burrito Bowl Mason Jar



**SNACK 1**  
Grapes & Almonds



**DINNER**  
One Pan Chicken, Golden Cauliflower & Carrot Fries



**SNACK 2**  
Apple Cinnamon Chips

## TUE



**BREAKFAST**  
Blueberry Overnight Oats



**LUNCH**  
Burrito Bowl Mason Jar



**SNACK 1**  
Apple Cinnamon Chips



**DINNER**  
White Bean Burgers



**SNACK 2**  
Popcorn

## WED



**BREAKFAST**  
Green Apple Cinnamon Smoothie



**LUNCH**  
White Bean Burgers



**SNACK 1**  
Apple with Almond Butter



**DINNER**  
Creamy Carrot Soup



**SNACK 2**  
Baby Carrots & Hummus

## THU



**BREAKFAST**  
Green Apple Cinnamon Smoothie



**LUNCH**  
Creamy Carrot Soup



**SNACK 1**  
Baby Carrots & Hummus



**DINNER**  
Spicy Curried Kale & Quinoa Stir Fry



**SNACK 2**  
Grapes & Almonds

## FRI



**BREAKFAST**  
Roasted Tomato Egg Bowl



**LUNCH**  
Spicy Curried Kale & Quinoa Stir Fry



**SNACK 1**  
Banana with Almond Butter



**DINNER**  
Fusilli with Grilled Eggplant



**SNACK 2**  
Popcorn

## SAT



**BREAKFAST**  
Roasted Tomato Egg Bowl



**LUNCH**  
Fusilli with Grilled Eggplant



**SNACK 1**  
Apple with Almond Butter



**DINNER**  
Baked Salmon with Green Beans & Squash



**SNACK 2**  
Banana with Almond Butter

**MON****FAT 45%**    **CARBS 36%**    **PROTEIN 19%**

Calories 1794            Cholesterol 180mg  
 Fat 94g                    Sodium 695mg  
 Carbs 167g                Vitamin A 12495IU  
 Fiber 44g                 Vitamin C 116mg  
 Sugar 56g                 Calcium 628mg  
 Protein 89g                Iron 15mg

**TUE****FAT 40%**    **CARBS 43%**    **PROTEIN 17%**

Calories 1555            Cholesterol 145mg  
 Fat 72g                    Sodium 791mg  
 Carbs 176g                Vitamin A 6067IU  
 Fiber 49g                 Vitamin C 61mg  
 Sugar 35g                 Calcium 608mg  
 Protein 68g                Iron 16mg

**WED****FAT 39%**    **CARBS 50%**    **PROTEIN 11%**

Calories 1172            Cholesterol 47mg  
 Fat 54g                    Sodium 1396mg  
 Carbs 158g                Vitamin A 49230IU  
 Fiber 45g                 Vitamin C 213mg  
 Sugar 71g                 Calcium 1148mg  
 Protein 35g                Iron 14mg

**THU****FAT 42%**    **CARBS 46%**    **PROTEIN 12%**

Calories 1217            Cholesterol 124mg  
 Fat 61g                    Sodium 2158mg  
 Carbs 149g                Vitamin A 49217IU  
 Fiber 37g                 Vitamin C 359mg  
 Sugar 68g                 Calcium 1208mg  
 Protein 38g                Iron 14mg

**FRI****FAT 41%**    **CARBS 43%**    **PROTEIN 16%**

Calories 1370            Cholesterol 369mg  
 Fat 65g                    Sodium 1325mg  
 Carbs 152g                Vitamin A 7218IU  
 Fiber 26g                 Vitamin C 221mg  
 Sugar 27g                 Calcium 424mg  
 Protein 58g                Iron 9mg

**SAT****FAT 40%**    **CARBS 40%**    **PROTEIN 20%**

Calories 1539            Cholesterol 323mg  
 Fat 72g                    Sodium 754mg  
 Carbs 161g                Vitamin A 4493IU  
 Fiber 27g                 Vitamin C 79mg  
 Sugar 53g                 Calcium 410mg  
 Protein 78g                Iron 8mg



## FRUITS

- 10 Apple
- 2 Avocado
- 4 Banana
- 1 cup Blueberries
- 4 cups Grapes
- 8 Kiwi
- 3 1/2 Lemon
- 2 Lime

## BREAKFAST

- 3/4 cup Almond Butter
- 3 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1 cup Almonds
- 2 tbsps Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 tsp Dried Thyme
- 1/4 cup Ground Flax Seed
- 1/4 cup Raw Peanuts
- 1 tsp Red Pepper Flakes
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Slivered Almonds
- 2 tsps Turmeric

## VEGETABLES

- 3 cups Baby Carrots
- 15 cups Baby Spinach
- 3/4 cup Basil Leaves
- 10 Carrot
- 1/2 head Cauliflower
- 1 Eggplant
- 7 Garlic
- 1 cup Green Beans
- 4 stalks Green Onion
- 8 cups Kale Leaves
- 1/4 cup Red Onion
- 1/2 Spaghetti Squash
- 2 Sweet Onion
- 9 Tomato
- 1 Yellow Bell Pepper

## BOXED & CANNED

- 2 cups Black Beans
- 2 1/2 cups Brown Rice Fusilli
- 8 cups Popcorn
- 1 1/2 cups Quinoa
- 1/2 cup Salsa
- 3 cups Vegetable Broth
- 2 cups White Navy Beans

## BAKING

- 1/2 cup Almond Flour
- 1 1/2 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 lb Extra Lean Ground Chicken
- 1 cup Hummus
- 10 ozs Salmon Fillet

## CONDIMENTS & OILS

- 1 tbsp Balsamic Vinegar
- 2 1/2 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 3 tbsps Tamari

## COLD

- 7 Egg
- 6 1/2 cups Unsweetened Almond Milk

## OTHER

- 3 1/4 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**

# Blueberry Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Cholesterol	0mg
Fat	23g	Sodium	64mg
Carbs	43g	Vitamin A	209IU
Fiber	10g	Vitamin C	4mg
Sugar	12g	Calcium	330mg
Protein	14g	Iron	4mg

## DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 02 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

# Green Apple Cinnamon Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 Apple (peeled, cored and chopped)  
4 Kiwi (peeled and sliced)  
2 tbsps Ground Flax Seed  
1 tsp Cinnamon  
2 cups Unsweetened Almond Milk  
4 cups Baby Spinach

## DIRECTIONS

01 Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Cholesterol	0mg
Fat	6g	Sodium	214mg
Carbs	52g	Vitamin A	6348IU
Fiber	13g	Vitamin C	153mg
Sugar	32g	Calcium	591mg
Protein	6g	Iron	3mg



# Roasted Tomato Egg Bowl

4 SERVINGS 35 MINUTES



## INGREDIENTS

2 Tomato (cut in half)  
1 cup Baby Spinach (finely sliced)  
4 Egg  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	82	Cholesterol	186mg
Fat	5g	Sodium	100mg
Carbs	2g	Vitamin A	1804IU
Fiber	1g	Vitamin C	11mg
Sugar	0g	Calcium	38mg
Protein	7g	Iron	1mg

## DIRECTIONS

- 01 Preheat your oven to 450°F (232°C).
- 02 Cut your tomatoes in half and scoop out the seeds and flesh so it looks like a cup. You may need to slice a small piece of the bottom of the tomato off to create a flat surface so the cup will sit upright.
- 03 Place the tomato cups on a baking sheet and pack ¼ cup sliced spinach into the bottom of each. Crack an egg in each tomato cup to cover the spinach. Place on a baking sheet and bake in the oven for 15 - 20 minutes (depending on how runny you like your eggs).
- 04 Remove from oven and season with sea salt, black pepper, and herbs of your choice (I like fresh basil and red pepper flakes). Serve alone or on top of a slice of toasted bread. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed the same day.

# Burrito Bowl Mason Jar

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 cup Quinoa  
2 cups Water  
1 lb Extra Lean Ground Chicken  
1/2 cup Salsa  
2 Avocado (peeled and diced)  
2 Tomato (diced)  
1 cup Baby Spinach (chopped)  
2 cups Black Beans (cooked, drained and rinsed)  
1 Lime (juiced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	616	Cholesterol	98mg
Fat	27g	Sodium	341mg
Carbs	61g	Vitamin A	1847IU
Fiber	19g	Vitamin C	25mg
Sugar	2g	Calcium	95mg
Protein	37g	Iron	6mg

## DIRECTIONS

- 01 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 03 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.



# Grapes & Almonds

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Grapes  
1/2 cup Almonds

## DIRECTIONS

- 01 Combine grapes and almonds together in a bowl.
- 02 Happy snacking!

## NUTRITION

### AMOUNT PER SERVING

Calories	269	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	23g	Vitamin A	93IU
Fiber	5g	Vitamin C	4mg
Sugar	17g	Calcium	109mg
Protein	8g	Iron	2mg

# Apple with Almond Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Apple  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

## DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

# Banana with Almond Butter

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 Banana  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	114mg
Protein	8g	Iron	1mg

## DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Bam.

# One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



## INGREDIENTS

2 Carrot (medium)  
1/2 head Cauliflower  
3 tbsps Extra Virgin Olive Oil (divided three ways)  
8 ozs Chicken Breast  
1 tsp Dried Thyme  
1 tsp Turmeric (powder)  
1/8 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.

# White Bean Burgers

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups White Navy Beans (cooked, drained and rinsed)  
1 Garlic (clove, minced)  
1/4 cup Basil Leaves (chopped)  
1 Egg (whisked)  
1/2 cup Almond Flour  
2 Tomato (diced)  
1/2 cup Green Olives (pits removed and chopped)  
1/4 cup Red Onion (finely diced)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)  
4 cups Baby Spinach  
1 Lemon (cut into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	47mg
Fat	14g	Sodium	190mg
Carbs	33g	Vitamin A	3907IU
Fiber	13g	Vitamin C	24mg
Sugar	2g	Calcium	157mg
Protein	14g	Iron	5mg

## DIRECTIONS

- 01 In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
- 02 Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
- 03 In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
- 04 Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is one burger.

# Creamy Carrot Soup

4 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 8 Carrot (chopped into 1 inch rounds)
- 1 Sweet Onion (chopped)
- 2 Garlic (cloves, minced)
- 1 tsp Cumin
- 1 tsp Turmeric
- Sea Salt & Black Pepper (to taste)
- 3 cups Vegetable Broth
- 1 cup Unsweetened Almond Milk
- 1 Lemon (cut into wedges)
- 1 cup Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	133	Cholesterol	0mg
Fat	5g	Sodium	629mg
Carbs	22g	Vitamin A	21612IU
Fiber	5g	Vitamin C	19mg
Sugar	11g	Calcium	192mg
Protein	3g	Iron	2mg

## DIRECTIONS

- 01 In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sautee for about 10 minutes or until veggies start to brown.
- 02 Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
- 03 After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending. Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
- 04 Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with a slice of bread for dipping and/or a mixed greens salad.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### SERVING SIZE

One serving is roughly 1 1/2 to 2 cups of soup.

# Spicy Curried Kale & Quinoa Stir Fry

3 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
3/4 cup Water  
2 Egg (whisked)  
2 tbsps Coconut Oil  
1 Yellow Bell Pepper (thinly sliced)  
4 stalks Green Onion (chopped)  
2 Garlic (cloves, minced)  
8 cups Kale Leaves (chopped)  
1/4 tsp Sea Salt  
2 tbsps Tamari  
1 tsp Red Pepper Flakes  
1 tbsps Curry Powder  
1 Lime (cut into wedges)  
1/4 cup Raw Peanuts (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	365	Cholesterol	124mg
Fat	21g	Sodium	954mg
Carbs	32g	Vitamin A	3900IU
Fiber	8g	Vitamin C	174mg
Sugar	2g	Calcium	227mg
Protein	16g	Iron	4mg

## DIRECTIONS

- 01 Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
- 02 Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
- 03 Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
- 04 Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
- 05 Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

## NOTES

### EXTRA GARNISH

Serve with hot sauce and chopped cilantro for an added touch.

### LEFTOVERS

Store covered in the fridge up to 3 days.

# Fusilli with Grilled Eggplant

4 SERVINGS 40 MINUTES



## INGREDIENTS

- 8 ozs Chicken Breast, Cooked
- 3 Tomato (sliced in half)
- 1 Sweet Onion (coarsley chopped)
- 1 Eggplant (sliced into 1/2 inch rounds)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 cup Basil Leaves (chopped)
- 2 1/2 cups Brown Rice Fusilli (uncooked)

## NUTRITION

### AMOUNT PER SERVING

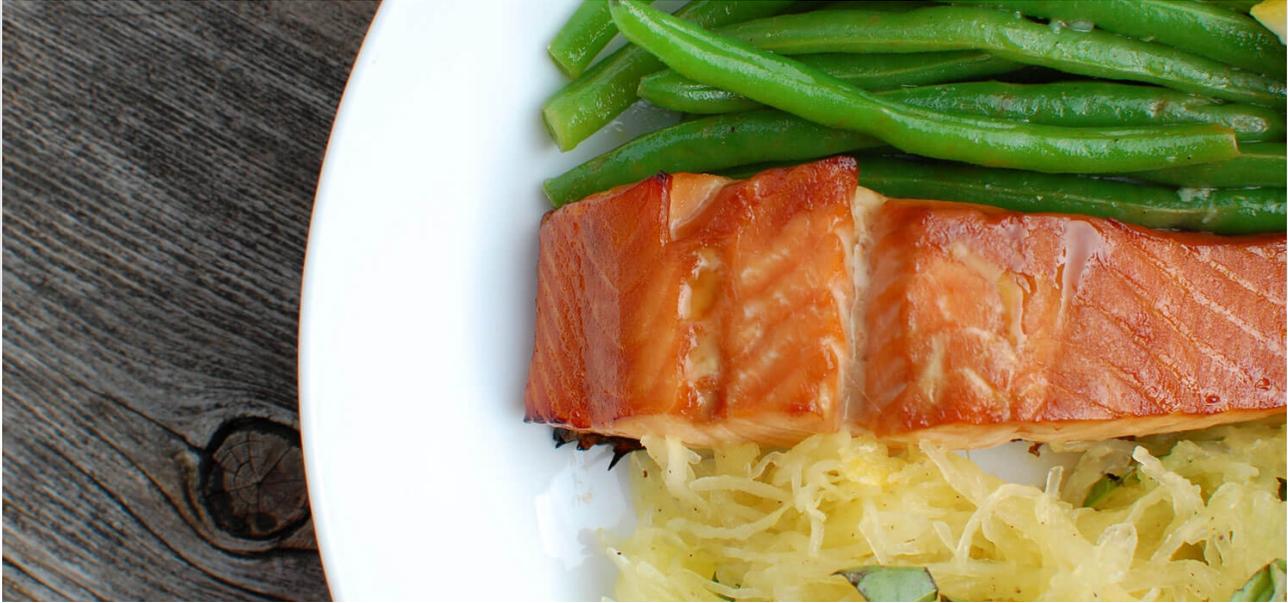
Calories	516	Cholesterol	59mg
Fat	15g	Sodium	74mg
Carbs	72g	Vitamin A	1436IU
Fiber	9g	Vitamin C	26mg
Sugar	9g	Calcium	43mg
Protein	25g	Iron	2mg

## DIRECTIONS

- 01 Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425°F (218°C).
- 02 Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
- 03 Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
- 04 Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
- 05 Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
- 06 Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!

# Baked Salmon with Green Beans & Squash

2 SERVINGS 1 HOUR



## INGREDIENTS

10 ozs Salmon Fillet  
1 tbsp Maple Syrup  
1 tbsp Tamari  
1 cup Green Beans (washed and trimmed)  
1 tbsp Extra Virgin Olive Oil (divided)  
1/2 Lemon (juiced)  
1 Garlic (cloves, minced)  
1/2 Spaghetti Squash  
1/4 cup Basil Leaves (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	357	Cholesterol	78mg
Fat	16g	Sodium	573mg
Carbs	23g	Vitamin A	1078IU
Fiber	3g	Vitamin C	24mg
Sugar	8g	Calcium	96mg
Protein	31g	Iron	3mg

## DIRECTIONS

- 01 Combine maple syrup and tamari sauce to create salmon marinade. Place marinade and salmon fillets together in a ziploc baggie and shake well to coat. Place in fridge and let marinate until ready to cook.
- 02 Preheat oven to 375°F (191°C). Slowly and carefully cut the spaghetti squash in half lengthwise with a sharp knife. Scoop out the seeds and discard. Place on a baking sheet and bake in the oven on the middle rack for 45 minutes. Remove from oven and let sit until cool enough to handle. Use a fork to carve spaghetti-like noodles out of the flesh into a large bowl. Toss spaghetti squash noodles with half of your extra virgin olive oil, basil leaves, half of the lemon juice, half of the minced garlic clove and season with sea salt and pepper to taste. Set aside.
- 03 Increase the heat of the oven to 500°F (260°C) and move the rack to the top setting. Allow time for the oven to preheat. Place your salmon fillets on a foil-lined baking sheet (skin side down) and bake for 7 to 9 minutes (or until fish flakes with a fork).
- 04 While the fish cooks, place your trimmed beans in a saucepan and fill with enough water to steam. (This will vary depending on the size of your saucepan but for me was about 1 cup.) Place sauce pan over high heat and let beans steam for 7 minutes. Remove from heat and toss beans with remaining extra virgin olive oil, lemon juice, minced garlic and season with sea salt and pepper to taste.
- 05 Place green beans on one half of plate and herbed spaghetti squash on the other. Lay your salmon across the middle. Enjoy!

# Apple Cinnamon Chips

4 SERVINGS 1 HOUR



## INGREDIENTS

4 Apple  
2 tsp Cinnamon  
1 1/2 tsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	113	Cholesterol	0mg
Fat	2g	Sodium	2mg
Carbs	26g	Vitamin A	102IU
Fiber	5g	Vitamin C	8mg
Sugar	19g	Calcium	24mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Preheat oven to 230°F (110°C). Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and toss well.
- 02 Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

## NOTES

### KEEP THEM CRISPY

If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.

# Popcorn

4 SERVINGS 2 MINUTES



## INGREDIENTS

8 cups Popcorn

## DIRECTIONS

01 Pour into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	110	Cholesterol	0mg
Fat	6g	Sodium	194mg
Carbs	13g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	2mg
Protein	2g	Iron	1mg

# Baby Carrots & Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Baby Carrots  
1 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	11g	Sodium	359mg
Carbs	20g	Vitamin A	17264I...
Fiber	6g	Vitamin C	9mg
Sugar	6g	Calcium	89mg
Protein	5g	Iron	3mg

## DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.  
Enjoy!

## NOTES

### NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

### LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the salmon.	You'll be reminded later on in the week when to set it out to thaw.
		Make the Blueberry Overnight Oats.	Divide between containers or jars and store in the fridge for breakfasts.
		Make the Burrito Bowl Mason Jars.	Layer ingredients into jars and store in the fridge for lunches.
1 Mon		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Burrito Bowl Mason Jar, and Grapes & Almonds.
		Make the One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner.	Enjoy!
		Make Apple Cinnamon Chips for dessert or as an after dinner snack.	

<b>2 Tue</b>		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Burrito Bowl Mason Jar, and Apple Cinnamon Chips.
		Make the White Bean Burgers for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Popcorn for an after dinner snack.	
<b>3 Wed</b>		Make the Green Apple Cinnamon Smoothie.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Green Apple Cinnamon Smoothie, White Bean Burgers, and Apple with Almond Butter.
		Make Creamy Carrot Soup for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Baby Carrots & Hummus for an after dinner snack.	
<b>4 Thu</b>		Make the Green Apple Cinnamon Smoothie.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Green Apple Cinnamon Smoothie, Creamy Carrot Soup, and Baby Carrots & Hummus.
		Make the Spicy Curried Kale & Quinoa Stir Fry for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.

		Enjoy Grapes & Almonds as dessert or an after dinner snack.	
<b>5 Fri</b>		Make Roasted Tomato Egg Bowls for Breakfast.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Roasted Tomato Egg Bowl, Spicy Curried Kale & Quinoa Stir Fry, and Banana with Almond Butter.
		Make the Fusilli with Grilled Eggplant for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Popcorn as an after dinner snack.	
		Take salmon out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Roasted Tomato Egg Bowl, Fusilli with Grilled Eggplant, and Apple with Almond Butter.
		Make the Baked Salmon with Green Beans & Squash for dinner.	Enjoy!
		Enjoy Banana with Almond Butter as dessert or an after dinner snack.	
<b>7 Sun</b>		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.

