



Bone Health Support Program

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Bone Health Support Program

HEAVY METAL FITNESS

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

Mineral-rich meals to support healthy bones at every stage of life - Healthy bones require balanced nutrition to build and maintain. This program is high in key nutrients essential for bone health including calcium, magnesium, phosphorus, potassium, and vitamin A.

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

CALCIUM

Calcium is a mineral that is essential for building healthy bones. This meal plan uses ingredients like fortified milk beverages, almond butter, Greek yogurt, and sardines to help you achieve a calcium intake of at least 1,200 mg per day. To maximize the absorption of dietary calcium, the plan limits salt intake as salt increases calcium loss through the urine.

Vitamin D helps to increase the absorption of calcium, ultimately building stronger bones. Obtaining sufficient vitamin D from natural (non fortified) food sources alone is difficult. Experts recommend that adults take a vitamin D supplement year-round.

MAGNESIUM

Magnesium has a structural role in bone maintenance, influences bone-building cells, and modulates potential bone-damaging inflammation. This plan contains over 500 mg of magnesium per day from food sources like chocolate, almonds, and leafy greens.

PHOSPHORUS

Phosphorus is essential in supporting bone augmentation and maintenance. This plan ensures you get good sources of phosphorus found naturally in both animal and vegetable products. Aim to avoid cola beverages, fast food, and pre-made frozen processed foods as they have phosphate additives which may interfere with calcium metabolism.



POTASSIUM

Potassium plays an important role in maintaining bone mineral density, preventing bone breakdown and calcium loss through urine. The meal plan provides at least 3,400 mg of potassium daily from whole foods including avocado, spinach, banana, and beans.

VITAMIN C

Vitamin C is an essential element of bone collagen and increased vitamin C intake is associated with increased bone density. This plan includes several servings of fruits and vegetables to reach your daily recommended Vitamin C intake.

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
Chocolate Cherry Green Smoothie, Rice Cakes with Almond Butter



SNACK 1
Banana



LUNCH
Edamame, Cranberry & Feta Salad



SNACK 2
Dark Chocolate



DINNER
Crispy Broiled Haddock & Broccoli, Quinoa

TUE



BREAKFAST
Chocolate Cherry Green Smoothie, Rice Cakes with Almond Butter



SNACK 1
Banana



LUNCH
Crispy Broiled Haddock & Broccoli, Quinoa



SNACK 2
Dark Chocolate



DINNER
15 Minute Shrimp & Cabbage Stir Fry

WED



BREAKFAST
Chocolate Cherry Green Smoothie, Rice Cakes with Almond Butter



SNACK 1
Banana



LUNCH
15 Minute Shrimp & Cabbage Stir Fry



SNACK 2
Dark Chocolate



DINNER
Sesame Trout, Bok Choy & Quinoa

THU



BREAKFAST
Chocolate Avocado Smoothie, Banana



SNACK 1
Apple with Almond Butter



LUNCH
Sesame Trout, Bok Choy & Quinoa



SNACK 2
Greek Yogurt



DINNER
Sausage, Kale & Acorn Squash Mash

FRI



BREAKFAST
Chocolate Avocado Smoothie, Banana



SNACK 1
Apple with Almond Butter



LUNCH
Sausage, Kale & Acorn Squash Mash



SNACK 2
Greek Yogurt



DINNER
Edamame, Cranberry & Feta Salad

SAT



BREAKFAST
Savory Crêpes with Creamy Mushrooms & Kale



SNACK 1
Yogurt & Berries



LUNCH
Sardine & Avocado Salad



SNACK 2
Banana with Almond Butter



DINNER
Quinoa Chickpea Stuffed Squash

SUN



BREAKFAST
Savory Crêpes with Creamy Mushrooms & Kale



SNACK 1
Yogurt & Berries



LUNCH
Sardine & Avocado Salad



SNACK 2
Banana with Almond Butter



DINNER
Quinoa Chickpea Stuffed Squash

MON

FAT 41% **CARBS 36%** **PROTEIN 23%**

Calories 1894 Cholesterol 143mg
Fat 88g Sodium 1809mg
Carbs 177g Vitamin A 14398IU
Fiber 41g Vitamin C 124mg
Sugar 74g Calcium 1417mg
Protein 114g Iron 21mg

TUE

FAT 38% **CARBS 34%** **PROTEIN 28%**

Calories 1831 Cholesterol 475mg
Fat 81g Sodium 1704mg
Carbs 159g Vitamin A 14086IU
Fiber 37g Vitamin C 251mg
Sugar 61g Calcium 1472mg
Protein 133g Iron 19mg

WED

FAT 38% **CARBS 34%** **PROTEIN 28%**

Calories 1791 Cholesterol 465mg
Fat 78g Sodium 1016mg
Carbs 156g Vitamin A 10406IU
Fiber 33g Vitamin C 237mg
Sugar 62g Calcium 1461mg
Protein 128g Iron 18mg

THU

FAT 49% **CARBS 29%** **PROTEIN 22%**

Calories 1810 Cholesterol 181mg
Fat 102g Sodium 1814mg
Carbs 134g Vitamin A 14452IU
Fiber 29g Vitamin C 188mg
Sugar 41g Calcium 1582mg
Protein 102g Iron 11mg

FRI

FAT 51% **CARBS 30%** **PROTEIN 19%**

Calories 1902 Cholesterol 120mg
Fat 113g Sodium 1815mg
Carbs 147g Vitamin A 8943IU
Fiber 38g Vitamin C 135mg
Sugar 64g Calcium 1606mg
Protein 94g Iron 12mg

SAT

FAT 50% **CARBS 33%** **PROTEIN 17%**

Calories 1780 Cholesterol 401mg
Fat 104g Sodium 1623mg
Carbs 154g Vitamin A 12498IU
Fiber 35g Vitamin C 169mg
Sugar 47g Calcium 1343mg
Protein 83g Iron 16mg

SUN

FAT 50% **CARBS 33%** **PROTEIN 17%**

Calories 1780 Cholesterol 401mg
Fat 104g Sodium 1623mg
Carbs 154g Vitamin A 12498IU
Fiber 35g Vitamin C 169mg
Sugar 47g Calcium 1343mg
Protein 83g Iron 16mg



FRUITS

- 2 Apple
- 1 1/2 Avocado
- 7 Banana
- 3 cups Cherries
- 1 1/2 Lemon
- 1 tbsp Lemon Juice

BREAKFAST

- 1 cup Almond Butter
- 6 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1 tsp Dried Thyme
- 1/2 tsp Oregano
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 1/2 tsps Sesame Seeds

FROZEN

- 2 cups Frozen Berries
- 3 cups Frozen Edamame

VEGETABLES

- 2 Acorn Squash
- 10 cups Baby Spinach
- 4 cups Bok Choy
- 1 bunch Broccolini
- 12 Cremini Mushrooms
- 5 Garlic
- 8 cups Green Cabbage
- 4 stalks Green Onion
- 9 cups Kale Leaves
- 1 tbsp Parsley
- 1/4 cup Radishes

BOXED & CANNED

- 1/4 cup Canned Coconut Milk
- 3/4 cup Chickpeas
- 1 1/3 cups Quinoa
- 3 1/2 ozs Sardines

BAKING

- 1/2 cup Almond Flour
- 5 1/4 ozs Dark Chocolate
- 1/2 cup Dried Unsweetened Cranberries
- 1/2 tsp Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 3/4 cup Feta Cheese
- 2 Haddock Fillet
- 8 ozs Pork Sausage
- 2 Rainbow Trout Fillet
- 1 lb Shrimp

CONDIMENTS & OILS

- 3 tsps Avocado Oil
- 1/4 cup Coconut Oil
- 1/4 cup Extra Virgin Olive Oil

COLD

- 3 Egg
- 3 cups Plain Greek Yogurt
- 5 cups Unsweetened Almond Milk

OTHER

- 1 1/4 cups Chocolate Protein Powder
- 1 3/4 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

Chocolate Cherry Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Cherries (fresh and pitted, or frozen)
1/4 cup Chocolate Protein Powder
1 cup Baby Spinach
1 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	218	Cholesterol	4mg
Fat	3g	Sodium	222mg
Carbs	28g	Vitamin A	3411IU
Fiber	6g	Vitamin C	19mg
Sugar	20g	Calcium	615mg
Protein	22g	Iron	2mg

DIRECTIONS

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

NOTES

LIKES IT SWEET

Add more cherries.

EXTRA CHOCOLATE

Add some cacao or cocoa powder.

EXTRA THICK

Add ground flax seeds or chia seeds.

NO PROTEIN POWDER

Use a blend of hemp seeds and cocoa powder instead.

Rice Cakes with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 Plain Rice Cake
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	262	Cholesterol	0mg
Fat	18g	Sodium	7mg
Carbs	21g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	110mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

NOTES

NO ALMOND BUTTER

Use any type of nut or seed butter instead.

LIKES IT SWEET

Add honey, jam, sliced bananas or berries.

Chocolate Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 tbsp Almond Butter
- 1 cup Baby Spinach
- 1/4 cup Chocolate Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	297	Cholesterol	4mg
Fat	19g	Sodium	227mg
Carbs	11g	Vitamin A	3386IU
Fiber	7g	Vitamin C	13mg
Sugar	1g	Calcium	655mg
Protein	25g	Iron	2mg

DIRECTIONS

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

NOTES

NO CHOCOLATE PROTEIN POWDER

Use vanilla protein powder or hemp seeds and add cocoa powder.

LIKES IT SWEET

Add frozen banana.

NUT-FREE VERSION

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

NOTES

MORE PROTEIN

Dip in almond butter.

Savory Crêpes with Creamy Mushrooms & Kale

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 12 Cremini Mushrooms (sliced)
- 4 stalks Green Onion (chopped)
- 3 cups Kale Leaves (chopped)
- 2 Garlic (clove, minced)
- 1/2 tsp Sea Salt (divided)
- 1/4 cup Canned Coconut Milk (full fat)
- 3 Egg
- 1/2 cup Almond Flour
- 1/2 tsp Oregano
- 1/2 tsp Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	459	Cholesterol	279mg
Fat	38g	Sodium	733mg
Carbs	15g	Vitamin A	2885IU
Fiber	6g	Vitamin C	36mg
Sugar	5g	Calcium	209mg
Protein	21g	Iron	4mg

DIRECTIONS

- 01 Heat 2/3 of the oil in a large frying pan over medium-high heat. Add the mushrooms, green onion and kale and cook until the mushrooms are tender and the kale has wilted, 5 to 8 minutes.
- 02 Add the garlic and half of the salt to the pan and cook for another minute. Stir in the coconut milk. Reduce heat to low to keep warm.
- 03 In a mixing bowl, whisk the eggs. Stir in the almond flour, oregano, nutritional yeast and the remaining salt.
- 04 Heat a small non-stick pan over medium heat. Add just enough oil to evenly coat the bottom of the pan. This won't be all of the remaining oil.
- 05 Add about 1/4 cup of the crêpe batter to the oiled pan and tilt the pan in a circular motion to distribute the batter evenly. Cook for 60 to 90 seconds or until just golden brown and the crêpe releases easily from the pan. Flip and continue cooking for 30 to 60 seconds. Repeat the process with the remaining oil and batter.
- 06 To serve, divide the creamy mushrooms and kale between the crêpes then fold or roll. Enjoy!

NOTES

LEFTOVERS

Store creamy mushrooms and kale separate from crêpes. Refrigerate the crêpes in an airtight container or zipper-lock bag for one day or freeze for up to two months. Reheat the crêpes in a dry pan until warmed through. Reheat the creamy mushrooms and kale with additional coconut milk if needed.

SERVING SIZE

One serving is approximately two crêpes.

MORE FLAVOR

Add garlic powder, onion powder or other dried herbs to the batter.



ADDITIONAL TOPPINGS

Fresh herbs like dill, parsley or chopped green onion.

PAN SIZE

This recipe was tested with a small 8-inch pan to make the crêpes.

Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
2 tbsps 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.

Yogurt & Berries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Edamame, Cranberry & Feta Salad

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 cups Frozen Edamame (thawed)
1/4 cup Feta Cheese (crumbled)
1/4 cup Dried Unsweetened Cranberries
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	531	Cholesterol	33mg
Fat	27g	Sodium	441mg
Carbs	44g	Vitamin A	85IU
Fiber	14g	Vitamin C	14mg
Sugar	25g	Calcium	331mg
Protein	33g	Iron	6mg

DIRECTIONS

01 Combine all ingredients in a bowl and enjoy!

NOTES

NO CRANBERRIES

Use raisins, blueberries or cherries instead.

LEFTOVERS

Refrigerate in an airtight container up to 5-7 days.

NO EDAMAME

Use green peas instead.

Sardine & Avocado Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

3 1/2 ozs Sardines (packed in oil, drained)
1/2 Lemon (juiced and divided)
1 tbsp Parsley (finely chopped)
4 cups Baby Spinach (packed)
1/4 cup Radishes (thinly sliced)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)
1/8 tsp Sea Salt

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

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.

Dark Chocolate

1 SERVING 1 MINUTE



INGREDIENTS

1 3/4 ozs Dark Chocolate (at least 70% cacao)

NUTRITION

AMOUNT PER SERVING

Calories	299	Cholesterol	2mg
Fat	21g	Sodium	10mg
Carbs	23g	Vitamin A	20IU
Fiber	5g	Vitamin C	0mg
Sugar	12g	Calcium	37mg
Protein	4g	Iron	6mg

DIRECTIONS

01 Break apart chocolate into pieces and divide into bowls. Enjoy!

NOTES

NEXT LEVEL CHOCOLATE

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

Greek Yogurt

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	90	Cholesterol	17mg
Fat	2g	Sodium	70mg
Carbs	6g	Vitamin A	625IU
Fiber	0g	Vitamin C	7mg
Sugar	3g	Calcium	250mg
Protein	11g	Iron	0mg

DIRECTIONS

01 Scoop into a bowl and enjoy!

NOTES

TOPPINGS

Fresh or frozen fruit, granola, bee pollen, nuts, coconut, honey or maple syrup.

DAIRY-FREE

Use coconut, almond or cashew yogurt instead.

Banana with Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana
2 tbsps 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.

Crispy Broiled Haddock & Broccolini

2 SERVINGS 15 MINUTES



INGREDIENTS

- 2 Haddock Fillet (5 ounces each)
- 1 bunch Broccolini (trimmed)
- 2 tbsps Avocado Oil
- 1 tsp Dried Thyme
- 1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	323	Cholesterol	104mg
Fat	16g	Sodium	1124mg
Carbs	7g	Vitamin A	10034...
Fiber	6g	Vitamin C	81mg
Sugar	1g	Calcium	289mg
Protein	40g	Iron	4mg

DIRECTIONS

- 01 Adjust the top rack of the oven approximately 6 inches from the top, and preheat the broiler. Line a baking tray with parchment or a silicone mat.
- 02 Place the haddock fillets and broccolini on the tray and evenly coat in avocado oil. Season with thyme and salt.
- 03 Broil in the preheated oven until fish is easily flaked with a fork, approximately 6 to 8 minutes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add a squeeze of lemon juice and/or red pepper flakes.

NO HADDOCK

Use cod or tilapia instead.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.

Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	3g	Sodium	4mg
Carbs	27g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	29mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 lb Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
8 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	468	Cholesterol	365mg
Fat	20g	Sodium	336mg
Carbs	26g	Vitamin A	539IU
Fiber	10g	Vitamin C	141mg
Sugar	12g	Calcium	386mg
Protein	52g	Iron	4mg

DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

NOTES

MORE CARBS

Serve with brown rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

Sesame Trout, Bok Choy & Quinoa

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1/2 cup Quinoa (dry, uncooked)
- 1 cup Water
- 2 Rainbow Trout Fillet
- 4 cups Bok Choy (baby, halved)
- 1 tbsp Avocado Oil
- 1/4 tsp Sea Salt
- 1 1/2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	439	Cholesterol	94mg
Fat	16g	Sodium	440mg
Carbs	31g	Vitamin A	6360IU
Fiber	5g	Vitamin C	67mg
Sugar	2g	Calcium	307mg
Protein	41g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Combine quinoa and water together in a saucepan. Bring to a boil and then reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff the quinoa with a fork. Turn off the heat and set aside.
- 03 Meanwhile, add the trout and bok choy to a baking sheet and gently coat in oil. Season with salt and sesame seeds. Bake for 10 minutes or until the fish is cooked through.
- 04 Divide the quinoa, trout and bok choy onto plates. Enjoy!

NOTES

TROUT FILLETS

Each fillet should be approximately 159 grams or 5.6 ounces in size.

NO TROUT

Use salmon instead.

SAVE TIME

Cook the quinoa ahead of time. Cooked quinoa can be refrigerated up to 7 days, or frozen in individual portions up to 8 months.

STORAGE

Refrigerate in an airtight container up to 2 to 3 days.

SERVING SIZE

One serving is equal to 1 trout fillet, 3/4 cup of quinoa and 1.5 cups of bok choy.

Sausage, Kale & Acorn Squash Mash

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Acorn Squash (large, halved, seeds removed)
- 8 ozs Pork Sausage
- 6 cups Kale Leaves (stems removed, roughly chopped)
- 2 tbsps Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	592	Cholesterol	66mg
Fat	47g	Sodium	1072mg
Carbs	28g	Vitamin A	3906IU
Fiber	6g	Vitamin C	83mg
Sugar	1g	Calcium	245mg
Protein	17g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Place the acorn squash flesh-side down on a baking sheet. Bake in the oven for 15 minutes.
- 03 Flip over the squash and move it to the side of the baking sheet. Add the sausage to the sheet and bake for another 20 minutes or until cooked. Remove the squash and sausage from the oven.
- 04 Combine the kale and coconut oil on a separate baking sheet. Add to the oven for the remaining 10 minutes of cooking, until the edges are crispy.
- 05 Carefully remove the skin from the acorn squash and mash the flesh using the back of a fork. Slice the sausage.
- 06 Divide the the kale, sausage and mashed acorn squash onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately one sausage, one cup of mashed acorn squash and 1 1/2 cups kale.

MORE FLAVOR

Add your choice of herbs or spices to the mashed acorn squash.

MAKE IT VEGAN

Use marinated chickpeas or tofu instead of sausage.

Quinoa Chickpea Stuffed Squash

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Acorn Squash (medium)
- 1/3 cup Quinoa (dry, uncooked)
- 1 cup Baby Spinach (packed)
- 1 tbsp Lemon Juice
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 3/4 cup Chickpeas (cooked, from the can)
- 1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	419	Cholesterol	17mg
Fat	15g	Sodium	385mg
Carbs	62g	Vitamin A	2298IU
Fiber	10g	Vitamin C	32mg
Sugar	3g	Calcium	224mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C).
- 02 Cut the acorn squash in half and remove the seeds. Place flesh side down on a baking sheet lined with parchment paper and bake for 25 to 30 minutes.
- 03 While the squash is cooking, cook the quinoa according to the directions on the package.
- 04 When the quinoa is done, fluff with a fork, add the spinach and cover with a lid allowing it to wilt. Once the spinach has wilted, add the lemon juice, extra virgin olive oil, sea salt and chickpeas. Mix well.
- 05 Remove the squash from the oven and fill with the quinoa mixture and top with feta cheese. Serve and enjoy!

NOTES

LEFTOVERS

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

LIKES IT SPICY

Add hot sauce or chili flakes.

DAIRY-FREE

Omit the cheese and use sea salt to taste.

NO ACORN SQUASH

Use a different type of squash like butternut or spaghetti.

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 sausage.	This guide will remind you to thaw it later in the week.
		Make the Edamame, Cranberry & Feta Salad.	Store in the fridge for lunch tomorrow.
1 Mon		Make a Chocolate Cherry Green Smoothie and Rice Cakes with Almond Butter for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Cherry Green Smoothie and Rice Cakes with Almond Butter, Banana, Edamame, Cranberry & Feta Salad, and Dark Chocolate.
		Make the Crispy Broiled Haddock & Broccolini with Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Make a Chocolate Cherry Green Smoothie and Rice Cakes with Almond Butter for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Cherry Green Smoothie and Rice Cakes with Almond Butter, Banana, Crispy Broiled Haddock

			& Broccolini with Quinoa, and Dark Chocolate.
		Make the 15 Minute Shrimp & Cabbage Stir Fry for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
3 Wed		Make a Chocolate Cherry Green Smoothie and Rice Cakes with Almond Butter for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Cherry Green Smoothie and Rice Cakes with Almond Butter, Banana, 15 Minute Shrimp & Cabbage Stir Fry, and Dark Chocolate.
		Make Sesame Trout, Bok Choy & Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take sausage out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Portion out the almond butter and Greek yogurt for snacks.	
4 Thu		Make a Chocolate Avocado Smoothie with a Banana for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Avocado Smoothie with a Banana, Apple with Almond Butter, Sesame Trout, Bok Choy & Quinoa, and Greek Yogurt.

		Make the Sausage, Kale & Acorn Squash Mash for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make Chocolate Avocado Smoothie with a Banana for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Avocado Smoothie with a Banana, Apple with Almond Butter, Sausage, Kale & Acorn Squash Mash, and Greek Yogurt.
		Make the Edamame, Cranberry & Feta Salad for dinner.	
		Make Sardine & Avocado Salads for lunch this weekend.	Store in the fridge.
		Make Yogurt & Berries snacks.	Store in containers or jars in the fridge.
6 Sat		Make Savory Crepes with Creamy Mushrooms & Kale for breakfast.	Enjoy and store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Savory Crepes with Creamy Mushrooms & Kale, Yogurt & Berries, Sardine & Avocado Salad, and Banana with Almond Butter.
		Make Quinoa Chickpea Stuffed Squash for dinner.	Store leftovers in the fridge for dinner tomorrow.

7 Sun		Pack your meals if you are on-the-go.	Savory Crepes with Creamy Mushrooms & Kale, Yogurt & Berries, Sardine & Avocado Salad, and Banana with Almond Butter.
		Shop and prep for next week.	
		Enjoy leftover Quinoa Chickpea Stuffed Squash for dinner.	Reheat in the oven or microwave.

WAIVER

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