



# Fall Harvest Program

TRACY KACZMARCZYK



# Fall Harvest Program

HEAVY METAL FITNESS

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

A meal plan with the best produce of the fall season. This meal plan incorporates a ton of delicious fall favorites so you can eat local, eat clean and feel awesome!

This program was created by a Registered Dietician.

-----

## **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**  
Baked Broccoli & Feta Egg Cups



**LUNCH**  
Green Bean Casserole



**SNACK 1**  
Plum



**DINNER**  
Roasted Tomato, Lentil & Feta Bowl



**SNACK 2**  
Apple with Peanut Butter

## TUE



**BREAKFAST**  
Baked Broccoli & Feta Egg Cups



**LUNCH**  
Green Bean Casserole



**SNACK 1**  
Apple with Peanut Butter



**DINNER**  
Chicken, Broccoli & Cashew Stir Fry



**SNACK 2**  
Plum

## WED



**BREAKFAST**  
Apple Pie Pancakes



**LUNCH**  
Chicken, Broccoli & Cashew Stir Fry



**SNACK 1**  
Roasted Edamame



**DINNER**  
Sausage & Quinoa Stuffed Acorn Squash



**SNACK 2**  
Apple with Peanut Butter

## THU



**BREAKFAST**  
Apple Pie Pancakes



**LUNCH**  
Sausage & Quinoa Stuffed Acorn Squash



**SNACK 1**  
Roasted Edamame



**DINNER**  
Curried Chicken Slow Cooker Stew



**SNACK 2**  
Apple with Peanut Butter

## FRI



**BREAKFAST**  
Apple Pie Pancakes



**LUNCH**  
Curried Chicken Slow Cooker Stew



**SNACK 1**  
Celery with Sunflower Seed Butter



**DINNER**  
Warm Carrot & Sweet Potato Salad



**SNACK 2**  
Grapes

## SAT



**BREAKFAST**  
Avocado Toast with a Poached Egg



**LUNCH**  
Warm Carrot & Sweet Potato Salad



**SNACK 1**  
Celery with Sunflower Seed Butter



**DINNER**  
Curried Chicken Slow Cooker Stew



**SNACK 2**  
Grapes

**MON****FAT 46%****CARBS 37%****PROTEIN 17%**

Calories 1117

Fat 62g

Carbs 110g

Fiber 33g

Sugar 50g

Protein 50g

Cholesterol 318mg

Sodium 1318mg

Vitamin A 4202IU

Vitamin C 215mg

Calcium 582mg

Iron 11mg

**TUE****FAT 43%****CARBS 38%****PROTEIN 19%**

Calories 1199

Fat 61g

Carbs 120g

Fiber 25g

Sugar 52g

Protein 59g

Cholesterol 342mg

Sodium 1653mg

Vitamin A 3342IU

Vitamin C 322mg

Calcium 494mg

Iron 11mg

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

Calories 1642

Fat 77g

Carbs 182g

Fiber 33g

Sugar 52g

Protein 74g

Cholesterol 219mg

Sodium 2001mg

Vitamin A 5442IU

Vitamin C 223mg

Calcium 605mg

Iron 20mg

**THU****FAT 39%****CARBS 44%****PROTEIN 17%**

Calories 1428

Fat 65g

Carbs 164g

Fiber 33g

Sugar 48g

Protein 65g

Cholesterol 205mg

Sodium 1692mg

Vitamin A 7987IU

Vitamin C 57mg

Calcium 555mg

Iron 19mg

**FRI****FAT 39%****CARBS 47%****PROTEIN 14%**

Calories 1034

Fat 47g

Carbs 125g

Fiber 21g

Sugar 40g

Protein 37g

Cholesterol 125mg

Sodium 812mg

Vitamin A 19073IU

Vitamin C 25mg

Calcium 379mg

Iron 9mg

**SAT****FAT 45%****CARBS 41%****PROTEIN 14%**

Calories 1131

Fat 59g

Carbs 119g

Fiber 24g

Sugar 33g

Protein 42g

Cholesterol 218mg

Sodium 963mg

Vitamin A 19275IU

Vitamin C 31mg

Calcium 277mg

Iron 9mg



## FRUITS

- 9 Apple
- 1 1/2 Avocado
- 4 cups Grapes
- 3/4 Lemon
- 1 Lime
- 4 Plum

## BREAKFAST

- 1 cup All Natural Peanut Butter
- 3 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 cup Cashews
- 1 1/2 tsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 1/2 tsps Nutmeg
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds

## FROZEN

- 1/2 cup Frozen Corn
- 4 cups Frozen Edamame
- 1/2 cup Frozen Peas

## VEGETABLES

- 2 Acorn Squash
- 4 cups Arugula
- 4 cups Baby Spinach
- 8 cups Broccoli
- 2 Carrot
- 1/2 head Cauliflower
- 8 stalks Celery
- 1 cup Cherry Tomatoes
- 1 1/2 cups French Shallot
- 10 Garlic
- 1 tbsp Ginger
- 5 cups Green Beans
- 1/2 Green Bell Pepper
- 3 stalks Green Onion
- 2 cups Kale Leaves
- 2 cups Mushrooms
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 1/2 Sweet Onion
- 3 Sweet Potato
- 1 Yellow Bell Pepper
- 1 Yellow Onion

## BOXED & CANNED

- 2 cups Chickpeas
- 1 cup Green Lentils
- 2 3/4 cups Quinoa
- 2 cups Vegetable Broth

## BAKING

- 2 tbsps Almond Flour
- 1/2 cup Arrowroot Powder
- 1 1/2 tsps Baking Powder
- 1/4 tsp Baking Soda
- 1/2 cup Coconut Flour
- 2 tbsps Nutritional Yeast
- 2 tbsps Raw Honey

## BREAD, FISH, MEAT & CHEESE

- 2 slices Bread
- 1 lb Chicken Breast
- 10 ozs Chicken Sausage
- 1 cup Feta Cheese
- 1/2 cup Goat Cheese

## CONDIMENTS & OILS

- 3 tbsps Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 2 tbsps Tamari

## COLD

- 11 Egg
- 1 cup Unsweetened Almond Milk

## OTHER

- 6 cups Water



■ 1 tsp Vanilla Extract

**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**

# Baked Broccoli & Feta Egg Cups

2 SERVINGS 40 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil  
2 cups Broccoli (cut into florets)  
3 Egg  
2 tbsps Unsweetened Almond Milk  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Nutmeg  
1/3 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	239	Cholesterol	301mg
Fat	17g	Sodium	431mg
Carbs	8g	Vitamin A	1109IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	237mg
Protein	16g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease ramekins with coconut oil and set aside.
- 02 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 03 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 04 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 05 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.

# Apple Pie Pancakes

6 SERVINGS 30 MINUTES



## INGREDIENTS

3 Egg  
3/4 cup Unsweetened Almond Milk  
3 tbsps Maple Syrup (divided)  
3/4 Lemon (juiced and divided)  
1 tsp Vanilla Extract  
1/2 cup Coconut Flour  
1/2 cup Arrowroot Powder  
1 1/2 tsps Baking Powder  
1/4 tsp Baking Soda  
1/4 tsp Sea Salt  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Coconut Oil  
1 Apple (cored and diced)  
1/2 tsp Cinnamon  
2 tbsps Almond Flour

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Cholesterol	93mg
Fat	10g	Sodium	350mg
Carbs	27g	Vitamin A	215IU
Fiber	5g	Vitamin C	4mg
Sugar	10g	Calcium	158mg
Protein	5g	Iron	2mg

## DIRECTIONS

- 01 In a large bowl, whisk the eggs, almond milk, 1/3 of the maple syrup, 1/3 of the lemon juice and vanilla until combined.
- 02 In a separate bowl, combine the coconut flour and arrowroot flour. Add to the wet mixture about 1/4 cup at a time, whisking thoroughly.
- 03 Mix in baking powder, baking soda, and salt.
- 04 Grease a large skillet with olive oil and place over medium heat. Once hot, pour pancakes in the skillet, about 3-inches wide.
- 05 Once small holes begin to appear in the surface of the pancake, sprinkle a few apple chunks onto it and flip over. Cook each side approximately 3-4 minutes. Repeat until batter is finished.
- 06 Heat coconut oil in a small saucepan over medium heat. Add remaining apple chunks, cinnamon, the remaining 2/3 of the lemon juice and the remaining 2/3 of the maple syrup. Stir until combined.
- 07 Add almond flour and turn down to low-medium heat. Let simmer and stir occasionally for 3 to 5 minutes or until apple chunks are soft.
- 08 Top apple pancakes with chunky apple cinnamon sauce and enjoy!

## NOTES

### NO ARROWROOT FLOUR

Use tapioca flour or cornstarch.

### LEFTOVERS

Store pancakes in the fridge and reheat them in the toaster.



# Avocado Toast with a Poached Egg

2 SERVINGS 15 MINUTES



## INGREDIENTS

2 slices Bread  
1 Avocado  
Sea Salt & Black Pepper (to taste)  
2 Egg  
2 tbsps Apple Cider Vinegar  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	313	Cholesterol	186mg
Fat	22g	Sodium	501mg
Carbs	21g	Vitamin A	417IU
Fiber	8g	Vitamin C	10mg
Sugar	3g	Calcium	56mg
Protein	10g	Iron	2mg

## DIRECTIONS

- 01 Toast bread.
- 02 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 03 Crack your egg into a bowl.
- 04 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 05 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

# Green Bean Casserole

4 SERVINGS 1 HOUR 20 MINUTES



## INGREDIENTS

2 tbsps Coconut Oil (divided)  
1 1/2 cups French Shallot (thinly sliced)  
1/2 head Cauliflower (chopped into florets)  
5 cups Green Beans (trimmed and halved)  
2 cups Mushrooms (sliced)  
3 Garlic (cloves, minced)  
1 1/2 cups Water  
1 tsp Sea Salt  
2 tbsps Nutritional Yeast  
1/4 cup Slivered Almonds (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	244	Cholesterol	0mg
Fat	12g	Sodium	644mg
Carbs	28g	Vitamin A	865IU
Fiber	9g	Vitamin C	57mg
Sugar	12g	Calcium	124mg
Protein	11g	Iron	4mg

## DIRECTIONS

- 01 Add half of the coconut oil in a large skillet and place over medium-low heat. Add the sliced shallots. Stir often to prevent burning for 30 to 40 minutes, or until caramelized. Once the onions are golden, remove from the heat, transfer into a bowl, and set aside.
- 02 While the onions cook, steam the cauliflower in a steaming basket until softened and are easily pierced with a fork. Transfer to your blender or food processor and set aside.
- 03 Steam the green beans for 6 to 8 minutes or until bright green. Transfer the beans into a casserole dish.
- 04 Heat the remaining coconut oil in a skillet over medium-low heat. Saute mushrooms for 5 minutes or until softened then add in the garlic. Saute for another minute and remove from heat. Spread half of this mushroom mixture over your green beans in the casserole dish. Add the remaining half to your blender with your steamed cauliflower.
- 05 Preheat the oven to 350°F (177°C). Add water, sea salt, and nutritional yeast to the blender. Blend until very smooth.
- 06 Pour desired amount of creamy cauliflower sauce into your casserole dish over the green beans and mushrooms. You might not need it all. Smooth with a spoon or spatula. Top with the caramelized onions.
- 07 Bake the casserole for 30 minutes. Remove from the oven and let sit for 5 minutes before serving. Garnish with toasted slivered almonds and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

# Plum

2 SERVINGS 1 MINUTE



## INGREDIENTS

2 Plum

## DIRECTIONS

01 Wash and eat!

## NUTRITION

### AMOUNT PER SERVING

Calories	30	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	8g	Vitamin A	228IU
Fiber	1g	Vitamin C	6mg
Sugar	7g	Calcium	4mg
Protein	0g	Iron	0mg

# Roasted Edamame

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Frozen Edamame  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	247	Cholesterol	0mg
Fat	15g	Sodium	304mg
Carbs	14g	Vitamin A	462IU
Fiber	8g	Vitamin C	9mg
Sugar	3g	Calcium	98mg
Protein	18g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

## NOTES

### LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

# Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



## INGREDIENTS

8 stalks Celery (sliced into sticks)  
1/2 cup Sunflower Seed Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	18g	Sodium	65mg
Carbs	10g	Vitamin A	376IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	52mg
Protein	6g	Iron	1mg

## DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

## NOTES

**NO CELERY**  
Use cucumber instead

# Roasted Tomato, Lentil & Feta Bowl

2 SERVINGS 40 MINUTES



## INGREDIENTS

- 1/2 cup Red Onion (diced)
- 1 cup Cherry Tomatoes
- 1/2 Green Bell Pepper (chopped)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Kale Leaves (chopped)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/2 Avocado (sliced)
- 1/4 cup Feta Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	317	Cholesterol	17mg
Fat	16g	Sodium	236mg
Carbs	34g	Vitamin A	1902IU
Fiber	14g	Vitamin C	63mg
Sugar	7g	Calcium	190mg
Protein	15g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced red onion, cherry tomatoes and green pepper. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
- 03 Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
- 04 Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
- 05 Divide the kale between bowls. Top with lentil mix, avocado slices and feta cheese. Enjoy!

## NOTES

### STORAGE

Store in the fridge covered for up to 2 days.

### PREP AHEAD

Prepare your red onion, cherry tomatoes, green pepper, kale and feta cheese ahead of time. When ready to eat, roast vegetables, saute kale, slice avocado and assemble the bowls.

# Chicken, Broccoli & Cashew Stir Fry

4 SERVINGS 45 MINUTES



## INGREDIENTS

8 ozs Chicken Breast  
3/4 cup Quinoa  
1 1/2 cups Water  
2 tbsps Tamari  
1 tbsp Raw Honey  
1 tbsp Apple Cider Vinegar  
4 cups Broccoli (cut into florets)  
1 tbsp Coconut Oil  
1 Yellow Bell Pepper (diced)  
1/2 Sweet Onion (chopped)  
1 tbsp Ginger (grated)  
3 Garlic (cloves, minced)  
1/2 cup Cashews  
3 stalks Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	399	Cholesterol	41mg
Fat	15g	Sodium	571mg
Carbs	44g	Vitamin A	1042IU
Fiber	6g	Vitamin C	170mg
Sugar	9g	Calcium	102mg
Protein	24g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 02 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 03 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 04 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 05 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 06 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

# Sausage & Quinoa Stuffed Acorn Squash

4 SERVINGS 45 MINUTES



## INGREDIENTS

2 Acorn Squash (trimmed and sliced in half)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Raw Honey  
1 tsp Cinnamon  
1 cup Quinoa (uncooked)  
1 1/2 cups Water  
10 ozs Chicken Sausage (no sugar added)  
1 Yellow Onion  
1 Garlic (clove, minced)  
4 cups Baby Spinach  
1 tbsp Rosemary  
1/2 tsp Nutmeg (ground)

## NUTRITION

### AMOUNT PER SERVING

Calories	493	Cholesterol	85mg
Fat	20g	Sodium	769mg
Carbs	65g	Vitamin A	3625IU
Fiber	8g	Vitamin C	32mg
Sugar	8g	Calcium	220mg
Protein	19g	Iron	9mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Slice the tips off of your acorn squash so that it will sit flat. Then cut the squash in half and carve out the seeds. Brush the inside of each squash with olive oil. Then brush the inside of each squash with honey. Sprinkle each squash with cinnamon. Place the squash on a baking sheet, flesh side up and pop them in the oven. Roast for 30 minutes or until tender when pierced with a fork.
- 03 Meanwhile, cook your quinoa by combining quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until water is absorbed. Remove lid, fluff with a fork and set aside.
- 04 Heat your remaining olive oil in a skillet over medium heat. Remove the casing from the sausage and add the meat to the skillet. Add the onions and saute until sausage is cooked through. Add the minced garlic and saute for another minute. Add spinach, rosemary and nutmeg. Saute just until spinach is wilted. Remove from heat then stir in the quinoa. Mix well.
- 05 Remove the squash from the oven and stuff each half with your quinoa sausage mix. Plate and serve!

## NOTES

### VEGAN AND BUDGET-FRIENDLY

Skip the sausage and use 1 can of chickpeas, lentils or beans instead.

### STORAGE

Store covered in the fridge for up to 3 days.

### PREP AHEAD

Prepare your acorn squash, quinoa, onions and garlic ahead of time. When ready to eat, roast acorn squash and finish the remaining assembly.



# Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



## INGREDIENTS

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Cholesterol	27mg
Fat	3g	Sodium	262mg
Carbs	26g	Vitamin A	3587IU
Fiber	6g	Vitamin C	4mg
Sugar	5g	Calcium	52mg
Protein	15g	Iron	3mg

## DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

### MORE CARBS

Serve it over brown rice.

### MORE PROTEIN

Serve it over quinoa.

### VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

### TURN IT INTO A SOUP

Double up on the broth.

### MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

# Warm Carrot & Sweet Potato Salad

4 SERVINGS 45 MINUTES



## INGREDIENTS

- 2 Carrot (chopped into 1 inch pieces)
- 2 Sweet Potato (chopped into 1 inch pieces)
- Sea Salt & Black Pepper (to taste)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Lime (juiced)
- 1 tbsp Balsamic Vinegar
- 1 Garlic (clove, minced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Arugula
- 1/2 cup Goat Cheese (crumbled)

## NUTRITION

### AMOUNT PER SERVING

Calories	362	Cholesterol	5mg
Fat	16g	Sodium	133mg
Carbs	46g	Vitamin A	14803...
Fiber	6g	Vitamin C	10mg
Sugar	6g	Calcium	104mg
Protein	10g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 02 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 03 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 04 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

## NOTES

### MORE PROTEIN

Add grilled chicken or lentils.



# Apple with Peanut Butter

4 SERVINGS 3 MINUTES



## INGREDIENTS

4 Apple  
1/2 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

## NOTES

### KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

# Grapes

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 cups Grapes

## DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	16g	Vitamin A	92IU
Fiber	1g	Vitamin C	4mg
Sugar	15g	Calcium	13mg
Protein	1g	Iron	0mg

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 Green Bean Casserole.	Store in containers in the fridge for lunch tomorrow and Tuesday.
		Freeze half of the chicken breast.	To preserve freshness for later on in the week. We will remind you to take it out.
		Optional: Make the Baked Broccoli & Feta Egg Cups.	If you know you'll be busy in the morning on Monday and Tuesday. Store in airtight containers in the fridge.
1 Mon		Make the Baked Broccoli & Feta Egg Cups.	
		Pack your meals if you are on-the-go.	Baked Broccoli & Feta Egg Cups, Green Bean Casserole, and a Plum.
		Make the Roasted Tomato, Lentil & Feta Bowl for dinner.	Enjoy!
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	

<b>2 Tue</b>		Make the Baked Broccoli & Feta Egg Cups.	
		Pack your meals if you are on-the-go.	Baked Broccoli & Feta Egg Cups, Green Bean Casserole, and Apple with Almond Butter.
		Make the Chicken, Broccoli & Cashew Stir Fry for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Roasted Edamame snacks.	Let cool, divide between containers and at room temperature.
		Enjoy a plum for dessert or an after dinner snack.	
<b>3 Wed</b>		Make Apple Pie Pancakes for breakfast.	Divide leftovers between airtight containers and store in the fridge.
		Pack your meals if you are on-the-go.	Apple Pie Pancakes, Chicken, Broccoli & Cashew Stir Fry, and Roasted Edamame.
		Make Sausage & Quinoa Stuffed Acorn Squash for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	
		Transfer the frozen chicken breast to the fridge.	Let thaw overnight for dinner tomorrow.

4 Thu		Start the Curried Chicken Slow Cooker Stew.	Follow the recipe, cover with lid and cook on low setting for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Apple Pie Pancakes, Sausage & Quinoa Stuffed Acorn Squash, and Roasted Edamame.
		Finish the Curried Chicken Slow Cooker Stew for dinner.	Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes before serving. Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	
		Make the Celery with Sunflower Seed Butter snacks.	Store in containers in the fridge.
	5 Fri		Pack your meals if you are on-the-go.
		Make Warm Carrot & Sweet Potato Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
	Enjoy grapes for dessert or an after dinner snack.		
		Make the Avocado Toast with a Poached Egg for breakfast.	Bon appetit!

<b>6</b> <b>Sat</b>		Pack your meals if you are on-the-go.	Avocado Toast with a Poached Egg, Warm Carrot & Sweet Potato Salad, and Celery with Sunflower Seed Butter.
		Reheat leftover Curried Chicken Slow Cooker Stew for dinner.	Enjoy!
		Enjoy grapes for dessert or an after dinner snack.	
<b>7</b> <b>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.

