



Freezer Meal Program

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Freezer Meal Program

HEAVY METAL FITNESS

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

Prepare 11 freezer-friendly meals and snacks in just three hours - This program will walk you through how to stock your freezer full of healthy meals in just three hours. The prep guide outlines how to prepare and the meal plan shows how to use the freezer meals over seven days. Serving sizes can be adjusted as needed to create even more freezer meals if desired.

Meals for this program have been chosen to include low glycemic carbohydrates, high-quality protein, monounsaturated fats, and bone-building nutrients.

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

LOW GLYCEMIC CARBOHYDRATES

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This meal plan uses low glycemic foods to optimize blood sugars and energy levels and provides up to 55 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Soluble fiber found in oats, sweet potatoes, and cruciferous vegetables is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

HIGH-QUALITY PROTEIN

Getting enough daily protein can help with weight management and preventing muscle loss. This meal plan provides around 20% of calories from protein daily from chicken, eggs, lentils, sausage, and protein powder. These complete proteins are highly digestible and provide an adequate amount of amino acids.

MONOUNSATURATED FATS

Good quality fats are associated with a lower risk of both heart disease and cancer. This plan is rich in monounsaturated fat from plant-based oils, avocado, nuts, and seeds, and is lower in saturated fat, meats, and dairy products. The meals use olive oil which contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.



BONE BUILDING NUTRIENTS

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance, influences bone-building cells, and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like fortified milk beverages and almond butter. To maximize the absorption of dietary calcium, the plan limits salt intake as salt increases calcium loss through the urine. Magnesium is incorporated from food sources like spinach, black beans, and apples.

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
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cauliflower Shake



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Chicken, Rice & Broccoli



SNACK 3
Chocolate Zucchini Muffins

TUE



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cauliflower Shake



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Creamy Potato, Lentil & Kale Casserole



SNACK 3
Chocolate Zucchini Muffins

WED



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cauliflower Shake



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Chicken, Rice & Broccoli



SNACK 3
Chocolate Zucchini Muffins

THU



BREAKFAST
Meal Prep Black Bean & Sweet Potato Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Curried Chicken Slow Cooker Stew



SNACK 2
No Bake Apple Cinnamon Bites



DINNER
Skillet Sausage & Apples with Avocado



SNACK 3
Chocolate Zucchini Muffins

FRI



BREAKFAST
Freezer Veggie Breakfast Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Creamy Potato, Lentil & Kale Casserole



SNACK 2
Breakfast Oatmeal Cookies



DINNER
Skillet Sausage & Apples with Avocado



SNACK 3
Chocolate Zucchini Muffins

SAT



BREAKFAST
Freezer Veggie Breakfast Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Chicken, Rice & Broccoli



SNACK 2
Breakfast Oatmeal Cookies



DINNER
Creamy Potato, Lentil & Kale Casserole



SNACK 3
No Bake Apple Cinnamon Bites

SUN



BREAKFAST
Freezer Veggie Breakfast Burritos



SNACK 1
Chocolate Cherry Green Smoothie



LUNCH
Chicken, Rice & Broccoli



SNACK 2
Breakfast Oatmeal Cookies



DINNER
Creamy Potato, Lentil & Kale Casserole



SNACK 3
No Bake Apple Cinnamon Bites

MON

FAT 29% **CARBS 48%** **PROTEIN 23%**

Calories 1671 Cholesterol 160mg
Fat 56g Sodium 1618mg
Carbs 203g Vitamin A 16040IU
Fiber 45g Vitamin C 168mg
Sugar 45g Calcium 960mg
Protein 97g Iron 15mg

TUE

FAT 33% **CARBS 49%** **PROTEIN 18%**

Calories 1766 Cholesterol 78mg
Fat 66g Sodium 1883mg
Carbs 222g Vitamin A 30535IU
Fiber 56g Vitamin C 139mg
Sugar 51g Calcium 1005mg
Protein 81g Iron 19mg

WED

FAT 29% **CARBS 48%** **PROTEIN 23%**

Calories 1671 Cholesterol 160mg
Fat 56g Sodium 1618mg
Carbs 203g Vitamin A 16040IU
Fiber 45g Vitamin C 168mg
Sugar 45g Calcium 960mg
Protein 97g Iron 15mg

THU

FAT 39% **CARBS 41%** **PROTEIN 20%**

Calories 1598 Cholesterol 169mg
Fat 71g Sodium 1464mg
Carbs 164g Vitamin A 18658IU
Fiber 40g Vitamin C 55mg
Sugar 53g Calcium 859mg
Protein 80g Iron 14mg

FRI

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

Calories 2038 Cholesterol 365mg
Fat 106g Sodium 1766mg
Carbs 191g Vitamin A 24009IU
Fiber 43g Vitamin C 146mg
Sugar 61g Calcium 908mg
Protein 85g Iron 16mg

SAT

FAT 34% **CARBS 46%** **PROTEIN 20%**

Calories 1776 Cholesterol 309mg
Fat 67g Sodium 1812mg
Carbs 208g Vitamin A 24116IU
Fiber 36g Vitamin C 209mg
Sugar 52g Calcium 898mg
Protein 89g Iron 15mg

SUN

FAT 34% **CARBS 46%** **PROTEIN 20%**

Calories 1776 Cholesterol 309mg
Fat 67g Sodium 1812mg
Carbs 208g Vitamin A 24116IU
Fiber 36g Vitamin C 209mg
Sugar 52g Calcium 898mg
Protein 89g Iron 15mg



FRUITS

- 1 1/2 Apple
- 1 Avocado
- 4 1/8 Banana
- 4 cups Cherries

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/2 tsp Chili Powder
- 3/4 tsp Cinnamon
- 2 1/3 tsps Cumin
- 2 tsps Curry Powder
- 1 1/2 tsps Garlic Powder
- 1 3/4 tbsps Ground Flax Seed
- 2 1/16 tsps Sea Salt

FROZEN

- 7 Brown Rice Tortilla
- 3 cups Frozen Cauliflower
- 3/4 cup Frozen Corn
- 1/3 cup Frozen Peas

VEGETABLES

- 4 cups Baby Spinach
- 4 cups Broccoli
- 4 1/2 Garlic
- 1 Green Bell Pepper
- 3 cups Kale Leaves
- 2/3 Red Bell Pepper
- 1/3 cup Red Onion
- 3 2/3 Sweet Potato
- 1 tbsp Thyme
- 3/4 Yellow Onion
- 3 Yellow Potato
- 1/3 Zucchini

BOXED & CANNED

- 1 2/3 cups Black Beans
- 1 cup Brown Rice
- 2 cups Canned Coconut Milk
- 1 1/3 cups Chickpeas
- 2 cups Green Lentils
- 1 1/3 cups Vegetable Broth

BAKING

- 2/3 cup Almond Flour
- 1/16 tsp Baking Soda
- 1/3 cup Cacao Powder
- 1 1/3 tbsps Cocoa Powder
- 1 1/2 tbsps Dark Chocolate Chips
- 1 1/8 cups Oats
- 1 1/2 cups Pureed Pumpkin
- 2 1/2 tsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 1/3 lbs Chicken Breast
- 8 ozs Lamb Sausage

CONDIMENTS & OILS

- 1 2/3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 1/4 tbsps Tamari

COLD

- 4 2/3 Egg
- 7 cups Unsweetened Almond Milk

OTHER

- 1 3/4 cups Chocolate Protein Powder
- 1 1/2 tbsps Maca Powder
- 2 1/3 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

Meal Prep Black Bean & Sweet Potato Burritos

4 SERVINGS 45 MINUTES



INGREDIENTS

- 2 1/3 Sweet Potato (large, peeled and sliced)
- 2 1/3 tsps Extra Virgin Olive Oil
- 3/4 Yellow Onion (medium, diced)
- 1 2/3 Garlic (cloves, minced)
- 1 2/3 cups Black Beans (cooked, from the can)
- 1/3 cup Frozen Corn
- 1/3 Green Bell Pepper (diced)
- 1/3 cup Water
- 1 2/3 tbsps Dijon Mustard
- 3/4 tsp Cumin
- 1 1/4 tbsps Tamari
- 1/8 tsp Sea Salt (or more to taste)
- 4 Brown Rice Tortilla (11 inches)

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	0mg
Fat	6g	Sodium	643mg
Carbs	66g	Vitamin A	11152IU
Fiber	13g	Vitamin C	12mg
Sugar	9g	Calcium	61mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Bring a pot of water to a boil. Place sweet potatoes in a steamer over boiling water and cover. Let steam for 7 minutes, or until tender. Mash with a potato masher.
- 02 Meanwhile, heat oil in a medium skillet and saute the onion and garlic until soft. Set aside.
- 03 In a bowl, add black beans and mash with a potato masher. Mix in the sauteed onion and garlic, corn, bell pepper, water, mustard, cumin and tamari until thoroughly combined. Season with salt as needed.
- 04 Divide the mashed sweet potato and black bean mixture evenly between the tortillas and fold into burritos.
- 05 If eating immediately, heat the burritos in the oven at 350°F (177°C) for 10 to 12 minutes or until warmed through. Wrap the remaining burritos in foil and freeze in a freezer-safe bag. See notes section for instructions on how to reheat.

NOTES

REHEATING IN THE OVEN

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

REHEATING IN THE MICROWAVE

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

MAKE IT SPICY

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

SERVE IT WITH

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.



NO BROWN RICE TORTILLAS

Use corn or whole wheat tortillas instead.

LESS WORK

Use refried beans, or process the beans in a food processor.



Freezer Veggie Breakfast Burritos

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/4 tbsps Extra Virgin Olive Oil (divided)
- 1 1/2 Garlic (cloves, minced)
- 1/3 cup Red Onion (large, diced)
- 2/3 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
- 2/3 Red Bell Pepper (diced)
- 2/3 Green Bell Pepper (diced)
- 1 tsp Cumin
- 1/2 tsp Chili Powder
- 1/3 tsp Sea Salt
- 3 2/3 Egg (large, whisked)
- 3 Brown Rice Tortilla (11 inches)

NUTRITION

AMOUNT PER SERVING

Calories	329	Cholesterol	223mg
Fat	14g	Sodium	521mg
Carbs	38g	Vitamin A	4973IU
Fiber	5g	Vitamin C	52mg
Sugar	7g	Calcium	59mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line baking sheets with foil.
- 02 In a large bowl, combine 3/4 of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point.
- 03 Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside.
- 04 Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos.
- 05 Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

NOTES

REHEATING IN THE OVEN

Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

REHEATING IN THE MICROWAVE

Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

MAKE IT SPICY

Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

SERVE IT WITH

Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

NO BROWN RICE TORTILLAS

Use corn or whole wheat tortillas instead.



Chocolate Cauliflower Shake

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Cauliflower
1 Banana (frozen)
1 tbsp Almond Butter
2 tbsps Cacao Powder
1/4 cup Chocolate Protein Powder
1 cup Unsweetened Almond Milk
1 1/2 tsps Maca Powder

NUTRITION

AMOUNT PER SERVING

Calories	449	Cholesterol	4mg
Fat	16g	Sodium	235mg
Carbs	50g	Vitamin A	593IU
Fiber	17g	Vitamin C	67mg
Sugar	20g	Calcium	695mg
Protein	31g	Iron	4mg

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

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.

Curried Chicken Slow Cooker Stew

4 SERVINGS 6 HOURS



INGREDIENTS

2/3 Sweet Potato (large, diced)
1 1/3 cups Chickpeas (cooked, drained and rinsed)
1/3 cup Frozen Corn
1/3 cup Frozen Peas
2/3 tsp Cumin (ground)
2 tsps Curry Powder
1 1/3 Garlic (cloves, minced)
1 1/3 cups Vegetable Broth (or any type of broth)
5 1/3 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.

No Bake Apple Cinnamon Bites

6 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Oats (quick or traditional)
1 3/4 tbsps Ground Flax Seed
1/4 tsp Cinnamon
2 1/4 tbsps Almond Butter
2 1/2 tsps Raw Honey
1/2 Apple (peeled, cored and finely diced)

NUTRITION

AMOUNT PER SERVING

Calories	84	Cholesterol	0mg
Fat	4g	Sodium	1mg
Carbs	10g	Vitamin A	7IU
Fiber	2g	Vitamin C	1mg
Sugar	4g	Calcium	28mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
- 02 Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
- 03 Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to one ball.

VEGAN

Use maple syrup instead of honey.

NUT-FREE

Use sunflower seed butter instead of almond butter.

Breakfast Oatmeal Cookies

3 SERVINGS 20 MINUTES



INGREDIENTS

3/4 cup Oats (rolled)
1 1/8 Banana (mashed)
3 tbsps All Natural Peanut Butter
1/16 tsp Sea Salt
1 1/2 tbsps Dark Chocolate Chips

NUTRITION

AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	12g	Sodium	41mg
Carbs	31g	Vitamin A	28IU
Fiber	4g	Vitamin C	4mg
Sugar	11g	Calcium	21mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large mixing bowl, add the oats, mashed banana, peanut butter, and sea salt and mix well. Fold in the chocolate chips and mix again until well combined.
- 03 Using wet hands, roll the dough into even balls and flatten slightly with your hands. Place on the baking sheet and bake for 10 to 12 minutes.
- 04 Remove cookies and let cool on the baking sheet for at least 10 minutes. Enjoy!

NOTES

NO PEANUT BUTTER

Use almond, cashew, or sunflower seed butter instead.

GLUTEN-FREE

Use certified gluten-free oats.

SUGAR-FREE

Use sugar-free chocolate chips or dried cranberries.

LEFTOVERS

Store leftovers in an airtight container in the fridge for 4 to 5 days or freeze them.

SERVING SIZE

One serving is equal to one cookie.

Chicken, Rice & Broccoli

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 cup Brown Rice (uncooked, rinsed)
- 2 cups Water
- 1 lb Chicken Breast (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 4 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	396	Cholesterol	82mg
Fat	12g	Sodium	381mg
Carbs	41g	Vitamin A	60IU
Fiber	4g	Vitamin C	81mg
Sugar	2g	Calcium	65mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper.
- 02 Combine the rice and water in a pot and bring to a boil. Reduce the heat to a simmer and cover with a lid. Cook for 40 minutes or until water is absorbed. Remove the lid and fluff with a fork.
- 03 In the prepped baking dish, coat the chicken with oil and salt. Bake for 25 to 30 minutes, or until cooked through. Set aside and cover with foil while prepping the other ingredients.
- 04 While the rice is cooking, place broccoli in a steaming basket and add it to the same pot of rice. Steam for 5 minutes or until tender. Set aside.
- 05 Slice the chicken and divide it, along with the broccoli and rice onto plates or into containers. Enjoy!

NOTES

NO BROWN RICE

Use quinoa, jasmine rice, couscous, barley or cauliflower rice instead.

LESS TIME

Soak the rice overnight or slice the chicken in half lengthwise to reduce cooking time.

NO STEAMING BASKET

Toss the broccoli in oil, add to a baking sheet and roast for 10 minutes.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of cooked rice, 1 cup of broccoli and 4 ozs of chicken.

Creamy Potato, Lentil & Kale Casserole

4 SERVINGS 1 HOUR



INGREDIENTS

- 3 Yellow Potato (thinly sliced)
- 2 cups Green Lentils (cooked, drained)
- 3 cups Kale Leaves (stems removed, leaves torn)
- 2 cups Canned Coconut Milk (full fat)
- 1 1/2 cups Pureed Pumpkin
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	491	Cholesterol	0mg
Fat	22g	Sodium	646mg
Carbs	60g	Vitamin A	15096...
Fiber	15g	Vitamin C	52mg
Sugar	8g	Calcium	110mg
Protein	15g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly ovetop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 03 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 04 Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

A 10 x 13-inch dish was used for 8 servings.

Skillet Sausage & Apples with Avocado

2 SERVINGS 15 MINUTES



INGREDIENTS

8 ozs Lamb Sausage (sliced)
1 Apple (cored, chopped)
1/2 tsp Cinnamon
1 Avocado (pitted, halved)

NUTRITION

AMOUNT PER SERVING

Calories	554	Cholesterol	91mg
Fat	40g	Sodium	240mg
Carbs	24g	Vitamin A	401IU
Fiber	10g	Vitamin C	16mg
Sugar	10g	Calcium	44mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 Place a large skillet over medium heat. Add the sausage, apples, and cinnamon. Cook for 8 to 10 minutes, or until the sausage is cooked through and apples are soft.
- 02 Divide the sausage, apples, and avocado onto plates or into containers. Enjoy!

NOTES

NO APPLE

Use pear or plantain instead.

NO LAMB SAUSAGE

Use chorizo, chicken, pork or vegan sausage.

LEFTOVERS

Refrigerate in an airtight container for up to 3 days.

Chocolate Zucchini Muffins

4 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Almond Flour
1 1/3 tbsps Cocoa Powder
1/16 tsp Sea Salt
1/16 tsp Baking Soda
1 1/3 tbsps Extra Virgin Olive Oil
1 1/3 tbsps Maple Syrup
1 Egg
1/3 Zucchini (medium, grated)

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	47mg
Fat	15g	Sodium	96mg
Carbs	10g	Vitamin A	100IU
Fiber	3g	Vitamin C	3mg
Sugar	5g	Calcium	59mg
Protein	6g	Iron	1mg

DIRECTIONS

- 01 Preheat your oven to 350°F (177°C) and line a muffin tin with muffin liners. Brush each liner with a small amount of coconut oil, to prevent sticking.
- 02 In a large mixing bowl, combine the almond flour, cocoa powder, sea salt, and baking soda. Mix well.
- 03 In a medium-size bowl, whisk together the olive oil, maple syrup, and eggs. Add the wet ingredients to the dry. Mix until combined then stir in the zucchini.
- 04 Spoon the muffin batter between cups, so it's evenly divided then bake for 18 to 20 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
- 05 Let cool completely before eating, to prevent the muffins from sticking to the liners.

NOTES

SERVING SIZE

One serving is equal to one muffin.

ZUCCHINI

One medium zucchini is equal to about 2 cups of grated zucchini.

STORAGE

Store in the fridge for 5 days or in the freezer for a few months.

Task No.	Time	Recipe	Tasks & Notes
1	15 minutes	Curried Chicken Slow Cooker Stew	<input type="checkbox"/> Follow the recipe and combine all ingredients in your slow cooker. Cook on high for 4 hours or on low for 6 to 8 hours. Move onto the next task.
2	15 minutes	Creamy Potato, Lentil & Kale Casserole	<input type="checkbox"/> Preheat the oven to 400°F. <input type="checkbox"/> Follow the recipe and bake for 40 minutes. Set a timer and move onto the next task.
3	15 minutes	Meal Prep Black Bean & Sweet Potato Burritos	<input type="checkbox"/> Follow the recipe to make the burritos. Wrap each burrito in foil. Leave out until cooled. Move onto the next task.
4	10 minutes	Chocolate Cauliflower Shake	<input type="checkbox"/> Prepare smoothie packs by portioning out the cauliflower, banana, cacao powder, protein powder and maca powder into individual zipper lock bags. (Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond butter and almond milk and blend until smooth.)
5	10 minutes	Chocolate Cherry Green Smoothie	<input type="checkbox"/> Prepare smoothie packs by portioning out the cherries, protein powder and baby spinach into zipper lock bags.

			(Note: In the mornings, dump the contents of the smoothie pack into the blender, add almond milk and blend until smooth.)
6	15 minutes	No Bake Apple Cinnamon Bites	<input type="checkbox"/> Follow the recipe to make the bites. Store them in the freezer and move onto the next task.
7	1 minute	Creamy Potato, Lentil & Kale Casserole	<input type="checkbox"/> Remove from the oven and set aside to cool.
8	10 minutes	Chocolate Zucchini Muffins	<input type="checkbox"/> Set the oven to 350°F. <input type="checkbox"/> Follow the recipe and bake for 18 minutes. Set a timer and move onto the next task.
9	15 minutes	Skillet Sausage & Apples with Avocado	<input type="checkbox"/> Follow the recipe and divide it into single-serving containers. Leave the lids off until completely cooled. (Note: divide the avocado upon serving).
10	1 minute	Chocolate Zucchini Muffins	<input type="checkbox"/> Remove from the oven and set aside to cool.
11	5 minutes	Breakfast Oatmeal Cookies	<input type="checkbox"/> Follow the recipe and bake for 10 minutes. Set a timer and move onto the next task.

12	10 minutes	Chicken, Rice & Broccoli	<input type="checkbox"/> Follow the recipe instructions to make the rice. Simmer for 40 minutes. Set a timer and move onto the next task.
13	1 minute	Breakfast Oatmeal Cookies	<input type="checkbox"/> Remove from the oven and set aside to cool.
14	10 minutes	Chicken, Rice & Broccoli	<input type="checkbox"/> Set the oven to 400°F. <input type="checkbox"/> Follow the recipe to bake the chicken for 25 minutes. Set a timer and move onto the next task.
15	5 minutes	Freezer Veggie Breakfast Burritos	<input type="checkbox"/> Follow the recipe and bake the veggies for 30 minutes. Use a different rack than the one the chicken is on. Set a timer. <input type="checkbox"/> Whisk the eggs and scramble them. Set aside and move onto the next task.
16	5 minutes	Creamy Potato, Lentil & Kale Casserole	<input type="checkbox"/> Divide into single-serving containers. Leave the lids off until completely cooled.
17	5 minutes	Chicken, Rice & Broccoli	<input type="checkbox"/> Set a steamer basket over the rice with the broccoli inside and steam for 5 minutes.

			<input type="checkbox"/> When done, portion the rice and chicken into single-serving containers with the broccoli. Leave the lids off until completely cooled.
18	5 minutes	Freezer Veggie Breakfast Burritos	<input type="checkbox"/> Assemble the burritos and wrap each burrito in foil. Leave out until cooled. Move onto the next task.
19	5 minutes	Curried Chicken Slow Cooker Stew	<input type="checkbox"/> When ready, portion out into single-serving containers. Leave the lids off until completely cooled.
20	5 minutes	Once everything has cooled	<input type="checkbox"/> Seal everything with lids. Put the burritos in zipper-lock bags. <input type="checkbox"/> Into the fridge: All of Monday's dishes except for the Chocolate Cauliflower Shake pack. <input type="checkbox"/> Into the freezer: Every remaining dish.
21	15 minutes		<input type="checkbox"/> Wash dishes/load and start the dishwasher. <input type="checkbox"/> Wipe counters

Note: Each night, take out everything that you will need for the next day, except the smoothie packs, and store in the fridge.

WAIVER

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