



Healthy for the Holidays Challenge, Week 1

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HEAVY METAL FITNESS

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

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! Sometimes recipes call for unusual ingredients, but you don't necessarily need to buy them. Check to see if a suitable alternative is available.

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
Apple & Pecan Cinnamon Yogurt Bowl



SNACK 1
Dried Figs & Walnuts



LUNCH
Stuffed Squash with Sausage, Kale & Apples



SNACK 2
Grapes, Cheese & Grain Crackers



DINNER
Celery Root Latkes & Beef Patties with Yogurt



SNACK 3
Poached Pears

TUE



BREAKFAST
Apple & Pecan Cinnamon Yogurt Bowl



SNACK 1
Grapes, Cheese & Grain Crackers



LUNCH
Celery Root Latkes & Beef Patties with Yogurt



SNACK 2
Dried Figs & Walnuts



DINNER
Stuffed Squash with Sausage, Kale & Apples



SNACK 3
Poached Pears

WED



BREAKFAST
Sweet Potato Baked Egg



SNACK 1
Pecan Pie Bites



LUNCH
Stuffed Squash with Sausage, Kale & Apples



SNACK 2
Grapes & Walnuts



DINNER
Beef Stuffed Eggplant



SNACK 3
Yogurt & Figs

THU



BREAKFAST
Sweet Potato Baked Egg



SNACK 1
Cinnamon, Apple & Cheddar Cheese Plate



LUNCH
Beef Stuffed Eggplant



SNACK 2
Pecan Pie Bites



DINNER
One Pan Sausage with Parsnips & Apples



SNACK 3
Dried Figs

FRI



BREAKFAST
Cinnamon Date Scramble



SNACK 1
Grapes & Walnuts



LUNCH
One Pan Sausage with Parsnips & Apples



SNACK 2
Cinnamon, Apple & Cheddar Cheese Plate



DINNER
Beef Stuffed Eggplant



SNACK 3
Yogurt & Figs

MON**FAT 54%** **CARBS 31%** **PROTEIN 15%**

Calories 1846 Cholesterol 290mg
 Fat 114g Sodium 1658mg
 Carbs 150g Vitamin A 3879IU
 Fiber 26g Vitamin C 83mg
 Sugar 73g Calcium 1100mg
 Protein 73g Iron 10mg

TUE**FAT 54%** **CARBS 31%** **PROTEIN 15%**

Calories 1846 Cholesterol 290mg
 Fat 114g Sodium 1658mg
 Carbs 150g Vitamin A 3879IU
 Fiber 26g Vitamin C 83mg
 Sugar 73g Calcium 1100mg
 Protein 73g Iron 10mg

WED**FAT 49%** **CARBS 37%** **PROTEIN 14%**

Calories 1746 Cholesterol 470mg
 Fat 101g Sodium 1031mg
 Carbs 171g Vitamin A 23545IU
 Fiber 40g Vitamin C 85mg
 Sugar 97g Calcium 710mg
 Protein 63g Iron 11mg

THU**FAT 50%** **CARBS 38%** **PROTEIN 12%**

Calories 1931 Cholesterol 498mg
 Fat 111g Sodium 1798mg
 Carbs 192g Vitamin A 21480IU
 Fiber 43g Vitamin C 62mg
 Sugar 103g Calcium 508mg
 Protein 61g Iron 12mg

FRI**FAT 49%** **CARBS 37%** **PROTEIN 14%**

Calories 1968 Cholesterol 515mg
 Fat 113g Sodium 1946mg
 Carbs 189g Vitamin A 3742IU
 Fiber 40g Vitamin C 71mg
 Sugar 116g Calcium 753mg
 Protein 72g Iron 11mg



FRUITS

- 5 Apple
- 3 cups Grapes
- 1 tbsp Lemon Juice
- 2 Pear

SEEDS, NUTS & SPICES

- 1 tsp Cinnamon
- 1/4 tsp Dried Dill
- 1/4 tsp Dried Thyme
- 3/4 cup Pecans
- 1 1/2 tbsps Pine Nuts
- 1/8 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 1 1/4 cups Walnuts

VEGETABLES

- 2 cups Celery Root
- 3 Eggplant
- 3 tbsps Fresh Sage
- 3/4 Honeynut Squash
- 4 1/2 cups Kale Leaves
- 3 1/2 tbsps Parsley
- 1 1/2 Parsnip
- 2 Sweet Potato
- 1 1/2 Tomato
- 1/2 Yellow Onion

BOXED & CANNED

- 3 1/2 ozs Whole Grain Crackers

BAKING

- 3/4 cup Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 5 1/3 ozs Cheddar Cheese
- 14 ozs Lean Ground Beef
- 15 1/2 ozs Pork Sausage

CONDIMENTS & OILS

- 4 tbsps Extra Virgin Olive Oil

COLD

- 7 Egg
- 2 1/8 cups Plain Greek Yogurt

OTHER

- 1 1/4 cups Dried Fig
- 2 tbsps Water

Apple & Pecan Cinnamon Yogurt Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 1 Apple (large, peeled and cut into small cubes)
- 1/2 tsp Cinnamon
- 1 cup Plain Greek Yogurt
- 1/3 cup Pecans (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	273	Cholesterol	17mg
Fat	17g	Sodium	71mg
Carbs	21g	Vitamin A	685IU
Fiber	4g	Vitamin C	12mg
Sugar	13g	Calcium	273mg
Protein	13g	Iron	1mg

DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
- 02 Divide the yogurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Use dairy-free yogurt instead.

NUT-FREE

Omit the pecans and use pumpkin seeds or granola instead.

ADDITIONAL TOPPINGS

Top with a drizzle of honey or maple syrup.

Sweet Potato Baked Egg

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Sweet Potato (large enough to hold an egg)
1 tbsp Extra Virgin Olive Oil
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	314	Cholesterol	372mg
Fat	16g	Sodium	214mg
Carbs	27g	Vitamin A	18983...
Fiber	4g	Vitamin C	3mg
Sugar	6g	Calcium	95mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Slice the sweet potatoes in half lengthwise, and brush the flesh with oil. Bake face-down on the baking sheet for 30 minutes or until tender.
- 03 Once tender, remove the sweet potato from the oven and let cool enough to handle. Use a spoon to scoop out some flesh from each half of the sweet potato to make room for the egg. (Note: You can use the sweet potato you remove later, as a side dish or in smoothies.)
- 04 Crack an egg into the hole you created in the sweet potato, and return to the oven for 10 to 15 minutes, depending on how runny you like your eggs.
- 05 Remove from oven and enjoy!

NOTES

SERVE IT WITH

Mixed greens and/or toast for dipping.

MORE PROTEIN

Carve an even bigger hole into the baked sweet potato and fill remaining space with egg whites.

Cinnamon Date Scramble

1 SERVING 15 MINUTES



INGREDIENTS

2 tbsps Water
1/4 cup Pitted Dates (chopped)
2 Egg
1/4 tsp Cinnamon
1/16 tsp Sea Salt
3/4 tsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	372mg
Fat	13g	Sodium	291mg
Carbs	29g	Vitamin A	546IU
Fiber	3g	Vitamin C	0mg
Sugar	24g	Calcium	80mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Heat the water in a pan over medium-high heat. Cook the dates, stirring frequently, until sticky and the water is absorbed, about 3 to 5 minutes. Set aside and wipe the pan clean.
- 02 In a bowl, whisk together the eggs, cinnamon and salt.
- 03 Add oil to the pan and place over medium-high heat. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around until fluffy and barely set, about 2 minutes.
- 04 Transfer the eggs to a plate and top with dates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Serve it with pita or toast.

MAKE IT VEGAN

Use tofu instead of eggs.

RUNNY YOLKS

Fry the eggs instead of scrambling, and sprinkle with cinnamon.

Dried Figs & Walnuts

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Dried Fig

1/2 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	289	Cholesterol	0mg
Fat	20g	Sodium	4mg
Carbs	28g	Vitamin A	4IU
Fiber	6g	Vitamin C	1mg
Sugar	19g	Calcium	90mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Serve the dried figs with walnuts. Enjoy!

NOTES

LEFTOVERS

Keep in an airtight container for up to one month.

NUT-FREE

Use pumpkin seeds instead.

NO DRIED FIGS

Use another dried fruit instead, like apricots or mango.

NO WALNUTS

Use almonds, pecans, or cashews instead.

Pecan Pie Bites

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Pitted Dates

1/2 cup Pecans

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	0mg
Fat	18g	Sodium	1mg
Carbs	31g	Vitamin A	18IU
Fiber	5g	Vitamin C	0mg
Sugar	24g	Calcium	32mg
Protein	3g	Iron	1mg

DIRECTIONS

01 Slice each date in half and stuff with pecans. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately four to five stuffed dates.

LEFTOVERS

Refrigerate in an airtight container for up to two weeks.

ADDITIONAL TOPPINGS

Top with cinnamon, flaky salt or nut butter.

Cinnamon, Apple & Cheddar Cheese Plate

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple (sliced)
1 1/3 ozs Cheddar Cheese (sliced)
1/4 cup Walnuts
1 1/3 ozs Whole Grain Crackers
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	371	Cholesterol	20mg
Fat	21g	Sodium	309mg
Carbs	42g	Vitamin A	349IU
Fiber	6g	Vitamin C	9mg
Sugar	22g	Calcium	174mg
Protein	9g	Iron	1mg

DIRECTIONS

01 Prepare all ingredients on a small cheese board or plate. Sprinkle apples with cinnamon. Enjoy!

NOTES

DAIRY-FREE

Use cashew cheese instead of cheddar.

Stuffed Squash with Sausage, Kale & Apples

3 SERVINGS 50 MINUTES



INGREDIENTS

1 1/2 tps Extra Virgin Olive Oil
3/4 Honeynut Squash (sliced in half lengthwise, seeds removed)
Sea Salt & Black Pepper (to taste)
7 1/2 ozs Pork Sausage (casing removed, crumbled)
1 1/2 Apple (diced)
4 1/2 cups Kale Leaves (chopped)
3 tbsps Fresh Sage

NUTRITION

AMOUNT PER SERVING

Calories	354	Cholesterol	41mg
Fat	24g	Sodium	666mg
Carbs	28g	Vitamin A	213IU
Fiber	6g	Vitamin C	46mg
Sugar	10g	Calcium	163mg
Protein	11g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Rub the oil over the squash halves and season with salt and pepper. Place the squash halves on the baking sheet, cut side down, and roast for 40 to 45 minutes, until softened and cooked through.
- 03 Heat a large skillet over medium-high heat. Add the sausage and cook until browned, about five minutes. Reduce the heat to medium and add the apple, kale, and sage. Cook, stirring often for another four to five minutes, until the apple has softened and the kale is wilted. Season with salt and pepper.
- 04 Scoop the sausage mixture into the squash, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one half of a stuffed squash.

NO PORK

Use ground beef, ground turkey, ground chicken, or lentils instead.

NO HONEYNUT SQUASH

Use butternut, acorn, or buttercup squash instead.

Grapes, Cheese & Grain Crackers

2 SERVINGS 5 MINUTES



INGREDIENTS

2 1/8 ozs Whole Grain Crackers
4 ozs Cheddar Cheese (sliced)
1 cup Grapes (seedless)

NUTRITION

AMOUNT PER SERVING

Calories	405	Cholesterol	56mg
Fat	25g	Sodium	637mg
Carbs	30g	Vitamin A	752IU
Fiber	1g	Vitamin C	2mg
Sugar	11g	Calcium	413mg
Protein	15g	Iron	1mg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE & VEGAN

Use vegan cheese or replace with nuts and seeds.

Grapes & Walnuts

2 SERVINGS 3 MINUTES



INGREDIENTS

2 cups Grapes (washed)
1/2 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	20g	Vitamin A	92IU
Fiber	3g	Vitamin C	4mg
Sugar	16g	Calcium	42mg
Protein	5g	Iron	1mg

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

NOTES

NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Celery Root Latkes & Beef Patties with Yogurt

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Celery Root (shredded)
1 Egg
1/4 tsp Dried Dill
Sea Salt & Black Pepper (to taste)
1 tsp Extra Virgin Olive Oil (divided)
8 ozs Lean Ground Beef
2 2/3 tbsps Plain Greek Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	424	Cholesterol	176mg
Fat	28g	Sodium	278mg
Carbs	16g	Vitamin A	262IU
Fiber	3g	Vitamin C	14mg
Sugar	3g	Calcium	145mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 In a large bowl, combine the shredded celery root, eggs, dill, salt, and pepper. Mix until well combined.
- 02 Heat half of the oil in a large pan over medium heat. Form the celery root mixture into patties with your hands, about 1/2 cup per latke. Transfer to the frying pan and cook for five minutes on each side or until golden.
- 03 Form the ground beef into even patties, approximately three to four inches in diameter. Add the remaining oil to the same pan. Once warm, add the beef patties. Cook for five to six minutes on each side or until cooked through.
- 04 Serve the beef patties on top of the latkes. Top with yogurt and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Latkes can freeze for up to three months.

SERVING SIZE

One serving is equal to one slider.

MORE FLAVOR

Add garlic and onions to the latkes and beef patties.

ADDITIONAL TOPPINGS

Add lettuce, spinach, red onion, or tomato.

Beef Stuffed Eggplant

3 SERVINGS 45 MINUTES



INGREDIENTS

3 Eggplant (small, cut in half lengthwise)
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper
6 ozs Lean Ground Beef
1 1/2 tsps Smoked Paprika
1 1/2 Tomato (medium, diced)
1 1/2 tsps Pine Nuts
1 1/2 tsps Parsley (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	40mg
Fat	20g	Sodium	74mg
Carbs	35g	Vitamin A	1692IU
Fiber	18g	Vitamin C	24mg
Sugar	20g	Calcium	68mg
Protein	17g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Using a sharp knife, score the flesh of the eggplant in a crosshatch pattern about one inch deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
- 03 Meanwhile, heat the remaining oil in a pan over medium-high heat. Add the beef, breaking it up as it cooks. Add the paprika. Cook for five to six minutes or until halfway cooked.
- 04 Add tomato to the meat and continue cooking for another 10 minutes.
- 05 Divide the eggplants between plates. Top with the beef mixture, pine nuts, and parsley. Season with additional salt and pepper if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is two small eggplant halves.

MORE FLAVOR

Add chili flakes and cumin.

ADDITIONAL TOPPINGS

Squeeze fresh lemon juice on top.

NO PINE NUTS

Omit or use walnuts instead.

One Pan Sausage with Parsnips & Apples

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 1/2 Parsnip (large, peeled, chopped)
- 1/2 Yellow Onion (cut into wedges)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/4 tsp Dried Thyme
- 1/8 tsp Sea Salt
- 8 ozs Pork Sausage (sliced)
- 1/2 Apple (chopped)
- 1 tbsp Lemon Juice
- 2 tbsps Parsley (chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	516	Cholesterol	66mg
Fat	36g	Sodium	1196mg
Carbs	33g	Vitamin A	434IU
Fiber	6g	Vitamin C	26mg
Sugar	13g	Calcium	79mg
Protein	16g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
- 03 Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
- 04 Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

NO PORK

Use chicken or turkey sausage instead.

APPLE

Use a tart-sweet apple, like Empire or MacIntosh.

Poached Pears

2 SERVINGS 20 MINUTES



INGREDIENTS

2 Pear (peeled, cored and quartered)

NUTRITION

AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin A	45IU
Fiber	6g	Vitamin C	8mg
Sugar	17g	Calcium	16mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Fill a pot half full with water and place it over medium-high heat. Once warm, add the pears and bring to a simmer for 15-20 minutes or until cooked through. Let cool in its liquid before serving. Enjoy!

NOTES

EXTRA FLAVOUR

Add a cinnamon stick, whole cloves, peppercorns, lemon slices, vanilla bean, star anise and/or fresh ginger slices to the water.

SERVE IT WITH

Oatmeal, granola, pecans, walnuts, maple syrup, coconut ice cream or yogurt.

LEFTOVERS

Store in a covered container in the fridge up to 3 days.

Yogurt & Figs

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1/4 cup Dried Fig (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	183	Cholesterol	17mg
Fat	3g	Sodium	74mg
Carbs	30g	Vitamin A	629IU
Fiber	4g	Vitamin C	8mg
Sugar	21g	Calcium	310mg
Protein	12g	Iron	1mg

DIRECTIONS

01 Serve the yogurt with chopped dried figs. Enjoy!

NOTES

LEFTOVERS

Best stored separately. Refrigerate in an airtight container for up to one week.

DAIRY-FREE

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

NO FIGS

Use another dried fruit such as mango or apricot.

ADDITIONAL TOPPINGS

Top with granola, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.

Dried Figs

1 SERVING 1 MINUTE



INGREDIENTS

1/4 cup Dried Fig

NUTRITION

AMOUNT PER SERVING

Calories	93	Cholesterol	0mg
Fat	0g	Sodium	4mg
Carbs	24g	Vitamin A	4IU
Fiber	4g	Vitamin C	0mg
Sugar	18g	Calcium	60mg
Protein	1g	Iron	1mg

DIRECTIONS

01 Place figs in a bowl and enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately three to four figs.

WAIVER

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