



Healthy for the Holidays Challenge, Week 2

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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
Warm Apple Cinnamon Chia Pudding



SNACK 1
Salted Caramel Latte



LUNCH
Turkey & Spinach Roasted Acorn Squash Bowls



SNACK 2
Prune Pudding



DINNER
Garlic Butter Chicken Thighs



SNACK 3
Clementines

TUE



BREAKFAST
Warm Apple Cinnamon Chia Pudding



SNACK 1
Salted Caramel Latte



LUNCH
Garlic Butter Chicken Thighs



SNACK 2
Prune Pudding



DINNER
Turkey & Spinach Roasted Acorn Squash Bowls



SNACK 3
Clementines

WED



BREAKFAST
Warm Apple Cinnamon Chia Pudding



SNACK 1
Kiwi & Pecans



LUNCH
Turkey & Spinach Roasted Acorn Squash Bowls



SNACK 2
Cashews & Clementines



DINNER
Cranberry Sage Sausage Patties,
Sautéed Spinach with Toasted Pecans



SNACK 3
Warm Apples with Almond Butter

THU



BREAKFAST
Cardamom Apple & Cashew Oats Kheer



SNACK 1
Carrot Cake Smoothie



LUNCH
Cranberry Sage Sausage Patties,
Sautéed Spinach with Toasted Pecans



SNACK 2
Apple with Almond Butter



DINNER
Chicken Thighs with Rutabaga & Carrot Mash



SNACK 3
Kiwi & Pecans

FRI



BREAKFAST
Cardamom Apple & Cashew Oats Kheer



SNACK 1
Kiwi & Pecans



LUNCH
Chicken Thighs with Rutabaga & Carrot Mash



SNACK 2
Carrot Cake Smoothie



DINNER
Cranberry Sage Sausage Patties,
Sautéed Spinach with Toasted Pecans



SNACK 3
Warm Apples with Almond Butter

MON**FAT 48%** **CARBS 36%** **PROTEIN 16%**

Calories 1911 Cholesterol 235mg
 Fat 106g Sodium 1127mg
 Carbs 180g Vitamin A 9722IU
 Fiber 38g Vitamin C 164mg
 Sugar 84g Calcium 928mg
 Protein 82g Iron 12mg

TUE**FAT 48%** **CARBS 36%** **PROTEIN 16%**

Calories 1911 Cholesterol 235mg
 Fat 106g Sodium 1127mg
 Carbs 180g Vitamin A 9722IU
 Fiber 38g Vitamin C 164mg
 Sugar 84g Calcium 928mg
 Protein 82g Iron 12mg

WED**FAT 52%** **CARBS 32%** **PROTEIN 16%**

Calories 2119 Cholesterol 168mg
 Fat 130g Sodium 1518mg
 Carbs 179g Vitamin A 9540IU
 Fiber 49g Vitamin C 198mg
 Sugar 77g Calcium 1062mg
 Protein 89g Iron 19mg

THU**FAT 50%** **CARBS 34%** **PROTEIN 16%**

Calories 2064 Cholesterol 251mg
 Fat 119g Sodium 2660mg
 Carbs 180g Vitamin A 25242IU
 Fiber 38g Vitamin C 145mg
 Sugar 88g Calcium 1029mg
 Protein 86g Iron 13mg

FRI**FAT 51%** **CARBS 33%** **PROTEIN 16%**

Calories 2107 Cholesterol 251mg
 Fat 123g Sodium 2660mg
 Carbs 181g Vitamin A 25245IU
 Fiber 38g Vitamin C 145mg
 Sugar 88g Calcium 1042mg
 Protein 86g Iron 13mg



FRUITS

- 7 Apple
- 8 Clementines
- 3 Kiwi
- 1 1/2 tsps Lemon Juice

BREAKFAST

- 1/2 cup Almond Butter
- 1/2 cup Coffee

SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1/2 tsp Cardamom
- 1/3 cup Cashews
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 2 3/4 tsps Cinnamon
- 3/4 tsp Cumin
- 1 tsp Italian Seasoning
- 3/4 tsp Oregano
- 1 1/2 cups Pecans
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1 1/3 cups Frozen Banana

VEGETABLES

- 1 1/2 Acorn Squash
- 10 cups Baby Spinach
- 4 Carrot
- 6 Cremini Mushrooms
- 1 1/2 tsps Fresh Dill
- 1 1/2 tsps Fresh Sage
- 2 1/2 Garlic
- 2 cups Rutabaga

BOXED & CANNED

- 1 1/8 cups Canned Coconut Milk
- 1/3 cup Chicken Broth
- 1/2 cup Quick Oats

BAKING

- 1/4 cup Dried Unsweetened Cranberries
- 1 tsp Monk Fruit Sweetener
- 1/3 cup Nutritional Yeast
- 1 cup Pitted Prunes
- 2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Thighs With Skin
- 1 1/2 lbs Extra Lean Ground Turkey

CONDIMENTS & OILS

- 3 1/3 tsps Coconut Oil
- 2 1/8 tsps Extra Virgin Olive Oil

COLD

- 2 1/2 tsps Butter
- 5 3/4 cups Oat Milk

OTHER

- 1 tbsp Bee Pollen
- 1 1/3 ozs Collagen Powder
- 1 2/3 cups Water

Warm Apple Cinnamon Chia Pudding

3 SERVINGS 10 MINUTES



INGREDIENTS

- 1/2 cup Chia Seeds
- 2 1/4 cups Oat Milk
- 3/4 tsp Cinnamon
- 3 Apple (cored and diced)
- 1/3 cup Pecans
- 3 tbsps Almond Butter
- 1 tbsp Bee Pollen (optional)

NUTRITION

AMOUNT PER SERVING

Calories	553	Cholesterol	0mg
Fat	33g	Sodium	84mg
Carbs	60g	Vitamin A	107IU
Fiber	21g	Vitamin C	9mg
Sugar	27g	Calcium	574mg
Protein	14g	Iron	4mg

DIRECTIONS

- 01 Whisk together the chia seeds, milk, and cinnamon in a small pot over medium-low heat.
- 02 Stir until heated through and the mixture has thickened up, about 5 to 7 minutes.
- 03 Remove from heat and add to a bowl. Top with apples, pecans, almond butter and bee pollen. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge in an air-tight container up to 3 to 4 days.

NO HEAT

Mix together the chia seeds, almond milk and cinnamon then let it sit in the fridge for 15 to 20 minutes to thicken before adding toppings.

NUT-FREE

Use coconut milk instead of almond milk, and use pumpkin seeds instead of pecans.

Cardamom Apple & Cashew Oats Kheer

2 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
1/2 cup Quick Oats
2 1/2 cups Oat Milk (plain, unsweetened)
1/4 tsp Cardamom (ground)
1 Apple (small, grated)
2 tbsps Cashews (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	446	Cholesterol	0mg
Fat	25g	Sodium	130mg
Carbs	49g	Vitamin A	49IU
Fiber	7g	Vitamin C	4mg
Sugar	19g	Calcium	459mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Heat the oil in a small pot over low-medium heat. Add the oats and sauté for two minutes.
- 02 Add the milk, cardamom, and grated apple. Bring to a simmer and cook for three to four minutes, stirring occasionally, or until your desired thickness is reached.
- 03 Serve warm or chilled. Top with cashews and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Toast the cashews in ghee.

ADDITIONAL TOPPING

Top with a pinch of saffron, chopped almonds, raisins, or pistachios.

Salted Caramel Latte

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Water
1/2 cup Canned Coconut Milk (full fat)
1/4 cup Coffee (brewed)
1 tbsp Butter
1 tsp Vanilla Extract
1/2 tsp Monk Fruit Sweetener
1/8 tsp Sea Salt
2/3 oz Collagen Powder

NUTRITION

AMOUNT PER SERVING

Calories	390	Cholesterol	31mg
Fat	33g	Sodium	368mg
Carbs	6g	Vitamin A	355IU
Fiber	0g	Vitamin C	0mg
Sugar	2g	Calcium	32mg
Protein	18g	Iron	0mg

DIRECTIONS

- 01 Bring the water and coconut milk to a slow boil in a pot.
- 02 Pour into a blender along with the rest of the ingredients and blend until frothy, being sure to properly vent to allow heat to escape.
- 03 Taste and add more sweetener if desired. Pour into a mug and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

ADDITIONAL TOPPINGS

Sprinkle cinnamon on top.

MAKE IT VEGAN

Omit collagen powder and use coconut oil instead of butter.

Kiwi & Pecans

3 SERVINGS 2 MINUTES



INGREDIENTS

3 Kiwi (sliced or chopped)
3/4 cup Pecans (whole or chopped)

NUTRITION

AMOUNT PER SERVING

Calories	213	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	14g	Vitamin A	74IU
Fiber	4g	Vitamin C	64mg
Sugar	7g	Calcium	41mg
Protein	3g	Iron	1mg

DIRECTIONS

01 Place the kiwi and nuts on a plate and enjoy!

NOTES

NO PECANS

Use another nut or seed instead.

NO KIWI

Use another fruit instead.

Carrot Cake Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Carrot (medium, chopped)
2/3 cup Frozen Banana
1/2 cup Oat Milk
1/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	220	Cholesterol	0mg
Fat	3g	Sodium	94mg
Carbs	49g	Vitamin A	10289...
Fiber	7g	Vitamin C	17mg
Sugar	25g	Calcium	209mg
Protein	4g	Iron	1mg

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add ginger and vanilla.

Turkey & Spinach Roasted Acorn Squash Bowls

3 SERVINGS 50 MINUTES



INGREDIENTS

1 1/2 Acorn Squash
2 1/4 tsps Extra Virgin Olive Oil
2 1/4 tsps Coconut Oil
12 ozs Extra Lean Ground Turkey
1 1/2 tbsps Chili Powder
3/4 tsp Oregano
3/4 tsp Cumin
1/8 tsp Sea Salt
3 tbsps Water
3 cups Baby Spinach (chopped and packed)

NUTRITION

AMOUNT PER SERVING

Calories	337	Cholesterol	84mg
Fat	17g	Sodium	372mg
Carbs	26g	Vitamin A	4884IU
Fiber	5g	Vitamin C	32mg
Sugar	0g	Calcium	148mg
Protein	24g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 450°F and line a baking sheet with parchment paper.
- 02 Carefully slice the pointy tips off the bottom of the acorn squash to create a flat surface. Then carefully slice them in half through the center. Carve out the seeds and pulp. Brush the inside of the halves with olive oil. Place face up on the baking sheet and bake for 35 to 45 minutes or until golden brown.
- 03 Meanwhile, heat the coconut oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the chili powder, oregano, cumin, sea salt and water. Mix very well then add in the baby spinach and continue to stir just until wilted. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from the oven and stuff each half with the turkey/spinach mix. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or black beans instead of ground meat.

SAVE TIME

Roast acorn squash ahead of time and warm it at the time of meal.

LEFTOVERS

Store covered in the fridge up to 3 days. Reheat in the oven, toaster oven or slow cooker.

EXTRA PROTEIN AND HEALTHY FAT

Top with a fried or poached egg.



WASTE NOT, WANT NOT

Set aside the seeds from the acorn squash. Rinse them and spread them across a tea towel to dry. Roast in the oven using our Cinnamon Toast Crunch Pumpkin Seeds recipe.

Prune Pudding

2 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Pitted Prunes
1/2 tsp Cinnamon
1/4 tsp Cardamom
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	211	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	56g	Vitamin A	681IU
Fiber	7g	Vitamin C	1mg
Sugar	33g	Calcium	51mg
Protein	2g	Iron	1mg

DIRECTIONS

01 Add the prunes, cinnamon, and cardamom to a food processor. Blend until smooth, slowly drizzling in the water until your desired consistency is reached. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1/4 cup.

MORE FLAVOR

Add lemon juice, a pinch of sea salt and/or your sweetener of choice.

ADDITIONAL TOPPINGS

Sprinkle shredded coconut otop, serve it as a spread over rice crackers, or as a sauce with plain yogurt.

Cashews & Clementines

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Cashews
2 Clementines

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	267	Cholesterol	0mg
Fat	16g	Sodium	7mg
Carbs	29g	Vitamin A	0IU
Fiber	4g	Vitamin C	72mg
Sugar	15g	Calcium	60mg
Protein	7g	Iron	2mg

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 the apple and cut away the core. Dip it into almond butter and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

Garlic Butter Chicken Thighs

2 SERVINGS 40 MINUTES



INGREDIENTS

8 ozs Chicken Thighs with Skin
1/2 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
6 Cremini Mushrooms (roughly torn)
2 1/2 Garlic (cloves, smashed and roughly chopped)
1 1/2 tsps Butter
1/3 cup Chicken Broth
1 1/2 tsps Lemon Juice
2 1/2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	120mg
Fat	23g	Sodium	298mg
Carbs	5g	Vitamin A	3695IU
Fiber	1g	Vitamin C	14mg
Sugar	2g	Calcium	56mg
Protein	22g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken and season with salt and pepper.
- 02 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for eight minutes, until browned, flip and cook for two minutes. Transfer to a plate skin side up and set aside, leaving the oil from the chicken in the skillet.
- 03 Toss the mushrooms in the skillet and cook undisturbed for three minutes, over medium heat. Lower the heat to medium-low and add in the garlic and butter and toss to combine. Cook for two to three more minutes.
- 04 Pour in the chicken broth and lemon juice and stir to release any browned bits on the skillet. Place the chicken on top and transfer to the oven and cook for 17 to 20 minutes, until the chicken is cooked through.
- 05 Remove the chicken and set aside. Return the skillet to medium heat and whisk until bubbling and the sauce has thickened, about two minutes. Add the spinach to the skillet and cook until wilted, about one to two minutes.
- 06 Divide the chicken and vegetables onto plates, drizzling the sauce over everything. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

DAIRY-FREE

Omit the butter.

Cranberry Sage Sausage Patties

3 SERVINGS 20 MINUTES



INGREDIENTS

12 ozs Extra Lean Ground Turkey
1/4 cup Dried Unsweetened Cranberries
1 1/2 tbsps Fresh Sage (chopped)
1/3 tsp Sea Salt
1 1/2 tsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	223	Cholesterol	84mg
Fat	12g	Sodium	373mg
Carbs	8g	Vitamin A	142IU
Fiber	1g	Vitamin C	0mg
Sugar	7g	Calcium	40mg
Protein	21g	Iron	2mg

DIRECTIONS

- 01 Combine the ground turkey, cranberries, sage, and salt in a bowl. Mix everything together with your hands and form four even-sized patties.
- 02 Heat the oil in a large pan over medium heat. Add the patties and cook for seven to eight minutes per side, or until cooked through. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to one patty.

MORE FLAVOR

Add garlic powder, onion powder, and/or rosemary.

SERVE IT WITH

Enjoy with a traditional bun, lettuce bun, in a salad or bowl, or with any side dish.

Sautéed Spinach with Toasted Pecans

3 SERVINGS 10 MINUTES



INGREDIENTS

2 1/4 tps Extra Virgin Olive Oil
4 1/2 cups Baby Spinach
1/3 cup Nutritional Yeast
1/3 cup Pecans
3/4 tsp Sea Salt
3/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	196	Cholesterol	0mg
Fat	12g	Sodium	676mg
Carbs	10g	Vitamin A	4231IU
Fiber	6g	Vitamin C	13mg
Sugar	1g	Calcium	67mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 Heat a skillet over medium heat and add the olive oil. Add the spinach and cook for five minutes or until it is soft.
- 02 Add the nutritional yeast, pecans, sea salt and black pepper. Sauté for 5 minutes or until the pecans begin to toast. Serve between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of pecans.

MORE FLAVOR

Add minced garlic or garlic powder.

ADDITIONAL TOPPINGS

Top with hemp seeds or flaxseeds.

NO SPINACH

Use arugula, Swiss chard, or collard greens instead.

NO NUTRITIONAL YEAST

Use parmesan cheese or a dairy-free cheese.

Chicken Thighs with Rutabaga & Carrot Mash

2 SERVINGS 35 MINUTES



INGREDIENTS

12 ozs Chicken Thighs with Skin
1 tsp Italian Seasoning
1 tsp Sea Salt (divided)
2 cups Rutabaga (cubed)
2 Carrot (medium, chopped)
2 tbsps Canned Coconut Milk
1 1/2 tbsps Fresh Dill (optional)

NUTRITION

AMOUNT PER SERVING

Calories	479	Cholesterol	167mg
Fat	31g	Sodium	1381mg
Carbs	19g	Vitamin A	10358...
Fiber	5g	Vitamin C	39mg
Sugar	9g	Calcium	94mg
Protein	30g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Place the chicken thighs on a baking sheet and season with Italian seasoning and half of the salt. Transfer to the oven and bake for 30 minutes.
- 03 While the chicken is baking, bring a pot of shallow water to a boil. Add the rutabaga and carrots to a steaming basket over the boiling water. Cover with a lid. Steam for 15 minutes or until fork-tender.
- 04 Add the rutabaga and carrots to a bowl. Add the coconut milk and remaining salt and mash with a potato masher. For a smoother consistency, blend in a food processor or blender.
- 05 Divide the chicken thighs and mash evenly between plates. Top with fresh dill and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to approximately two chicken thighs and 3/4 cup of mash.

MORE FLAVOR

Add butter and garlic powder to the mash.

NO COCONUT MILK

Use any other milk alternative, butter, oil, or water.

Clementines

1 SERVING 2 MINUTES



INGREDIENTS

3 Clementines

NUTRITION

AMOUNT PER SERVING

Calories	104	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	27g	Vitamin A	0IU
Fiber	4g	Vitamin C	108mg
Sugar	20g	Calcium	67mg
Protein	2g	Iron	0mg

DIRECTIONS

01 Peel, section and enjoy!

NOTES

STORAGE

Store clementines in a basket with open sides at room temperature or keep them in your fridge crisper.

Warm Apples with Almond Butter

1 SERVING 15 MINUTES



INGREDIENTS

1 tsp Coconut Oil
1 Apple (diced)
1/2 tsp Cinnamon (ground)
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	330	Cholesterol	0mg
Fat	22g	Sodium	4mg
Carbs	32g	Vitamin A	102IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	132mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
- 02 Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter.

NO APPLES

Use pears or plantains instead.

WAIVER

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