



# Heart Health Program

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## HEAVY METAL FITNESS

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

The Heart Health meal plan is a nutrition plan packed with fiber-rich fruits, vegetables, legumes, whole grains, lean protein, and healthy fats. This program features heart-healthy foods, taking inspiration from recommended cardiovascular eating patterns such as the Mediterranean Diet, Portfolio Diet, and DASH diet.

Our Heart Health Program uses extra virgin olive oil as its main cooking oil. It incorporates fruits, vegetables, whole grains, oats, and legumes daily to provide a high-fiber diet. The plan also includes fatty fish such as salmon and plant-based fats from avocado. It incorporates a daily dose of nuts to provide healthy unsaturated fats while keeping saturated fat to a minimum. Sodium is limited to less than 2 grams per day.

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

#### **LOW SATURATED FAT**

Replacing saturated fat in the diet with healthy plant-based fats is shown to reduce the risk of cardiovascular disease. This program limits saturated fat to less than 16 grams per day, and the sources of this type of fat come from healthier foods like coconut oil, coconut yogurt, seeds, tahini, and chicken.

#### **HEALTHY FATS**

This program contains omega-3 fats from salmon and walnuts, and monounsaturated fatty acids from olive oil, almonds, and avocado. Nuts and nut butter is included daily in this plan as research shows that eating five servings of nuts per week is associated with a decrease in coronary heart disease events.

#### **FIBER**

Adequate dietary fiber intake is associated with lower blood pressure and reduced inflammation. This program is rich in fruits and vegetables, whole grains, and legumes to provide a daily total fiber amount of up to 45 grams. Soluble fiber found in foods like oats, chickpeas, bananas, berries, and sweet potato, are incorporated into the program and have been shown to improve glycemic control and lower cholesterol levels.



## **LOW SODIUM**

Guidelines recommend restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. This program meets the sodium limit and provides less than 1,000 milligrams of sodium daily for a majority of the plan.

## **PLANT STEROLS**

Plant sterols can help lower cholesterol by blocking the absorption of some of the cholesterol in food. This program contains naturally occurring plant sterols found in plant-based foods, such as fruits, vegetables, nuts, seeds, and legumes.

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## **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**  
Creamy Apple Pie Smoothie



**SNACK 1**  
Almonds



**LUNCH**  
Penne with Bursting Cherry Tomato Sauce



**SNACK 2**  
Blueberry Buckwheat Parfait



**DINNER**  
Arugula Salad with Salmon

## TUE



**BREAKFAST**  
Creamy Apple Pie Smoothie



**SNACK 1**  
Blueberry Buckwheat Parfait



**LUNCH**  
Arugula Salad with Salmon



**SNACK 2**  
Pear & Walnuts



**DINNER**  
Penne with Bursting Cherry Tomato Sauce

## WED



**BREAKFAST**  
Caramelized Banana & Almond Oatmeal



**SNACK 1**  
Almonds



**LUNCH**  
Penne with Bursting Cherry Tomato Sauce



**SNACK 2**  
Blueberry Buckwheat Parfait



**DINNER**  
One Pan Roasted Chicken, Broccoli & Sweet Potato

## THU



**BREAKFAST**  
Caramelized Banana & Almond Oatmeal



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
One Pan Roasted Chicken, Broccoli & Sweet Potato



**SNACK 2**  
Pear & Walnuts



**DINNER**  
Butternut Squash Buckwheat Bowl

## FRI



**BREAKFAST**  
Caramelized Banana & Almond Oatmeal



**SNACK 1**  
Almonds



**LUNCH**  
Butternut Squash Buckwheat Bowl



**SNACK 2**  
Apple with Almond Butter



**DINNER**  
Grilled Honey Dijon Salmon with Zucchini & Quinoa

## SAT



**BREAKFAST**  
Apple Crisp Yogurt Bowls



**SNACK 1**  
Banana with Almond Butter



**LUNCH**  
Grilled Honey Dijon Salmon with Zucchini & Quinoa



**SNACK 2**  
Pear & Walnuts



**DINNER**  
Lemon Kale Salad with Chickpeas & Avocado

## SUN



**BREAKFAST**  
Apple Crisp Yogurt Bowls



**SNACK 1**  
Toasted Walnuts



**LUNCH**  
Lemon Kale Salad with Chickpeas & Avocado



**SNACK 2**  
Banana with Almond Butter



**DINNER**  
Grilled Honey Dijon Salmon with Zucchini & Quinoa

## MON

**FAT 48%**    **CARBS 35%**    **PROTEIN 17%**

Calories 1914                      Cholesterol 96mg  
Fat 109g                            Sodium 692mg  
Carbs 176g                        Vitamin A 4958IU  
Fiber 43g                         Vitamin C 78mg  
Sugar 61g                        Calcium 1216mg  
Protein 88g                        Iron 15mg

## TUE

**FAT 47%**    **CARBS 37%**    **PROTEIN 16%**

Calories 2005                      Cholesterol 96mg  
Fat 111g                            Sodium 694mg  
Carbs 199g                        Vitamin A 5002IU  
Fiber 47g                         Vitamin C 86mg  
Sugar 77g                        Calcium 1165mg  
Protein 85g                        Iron 15mg

## WED

**FAT 47%**    **CARBS 35%**    **PROTEIN 18%**

Calories 1918                      Cholesterol 103mg  
Fat 105g                            Sodium 447mg  
Carbs 180g                        Vitamin A 13713IU  
Fiber 41g                         Vitamin C 167mg  
Sugar 40g                        Calcium 1240mg  
Protein 90g                        Iron 17mg

## THU

**FAT 44%**    **CARBS 41%**    **PROTEIN 15%**

Calories 1974                      Cholesterol 103mg  
Fat 103g                            Sodium 1539mg  
Carbs 212g                        Vitamin A 18804IU  
Fiber 45g                         Vitamin C 169mg  
Sugar 57g                        Calcium 1023mg  
Protein 79g                        Iron 12mg

## FRI

**FAT 43%**    **CARBS 42%**    **PROTEIN 15%**

Calories 1860                      Cholesterol 62mg  
Fat 94g                            Sodium 1902mg  
Carbs 202g                        Vitamin A 9032IU  
Fiber 39g                         Vitamin C 73mg  
Sugar 46g                        Calcium 978mg  
Protein 74g                        Iron 13mg

## SAT

**FAT 42%**    **CARBS 44%**    **PROTEIN 14%**

Calories 1942                      Cholesterol 62mg  
Fat 96g                            Sodium 924mg  
Carbs 224g                        Vitamin A 2895IU  
Fiber 49g                         Vitamin C 111mg  
Sugar 78g                        Calcium 978mg  
Protein 69g                        Iron 15mg

## SUN

**FAT 46%**    **CARBS 40%**    **PROTEIN 14%**

Calories 1879                      Cholesterol 62mg  
Fat 99g                            Sodium 923mg  
Carbs 198g                        Vitamin A 2850IU  
Fiber 43g                         Vitamin C 103mg  
Sugar 61g                        Calcium 968mg  
Protein 69g                        Iron 15mg



## FRUITS

- 5 Apple
- 2 Avocado
- 4 1/2 Banana
- 3/4 cup Blueberries
- 2 Fig
- 3 tbsps Lemon Juice
- 3 Pear

## BREAKFAST

- 3/4 cup Almond Butter
- 1 3/4 cups Buckwheat Groats
- 1/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 1/8 cups Almonds
- 1/8 tsp Cayenne Pepper
- 1 1/16 tbsps Cinnamon
- 1 tsp Dried Basil
- 1/4 cup Hemp Seeds
- 2 tbsps Pumpkin Seeds
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika
- 1 1/16 cups Walnuts

## VEGETABLES

- 4 cups Arugula
- 1 1/2 cups Basil Leaves
- 3 cups Broccoli
- 1 cup Butternut Squash
- 4 1/2 cups Cherry Tomatoes
- 1/2 Cucumber
- 3 Garlic
- 5 cups Kale Leaves
- 1/2 cup Mushrooms
- 1 Sweet Potato
- 3 Zucchini

## BOXED & CANNED

- 6 ozs Chickpea Pasta
- 1 3/4 cups Chickpeas
- 3/4 cup Quinoa

## BAKING

- 1 1/2 tbsps Nutritional Yeast
- 2 3/4 cups Oats
- 1 1/2 tbsps Raw Honey

## BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Breast
- 1 1/2 lbs Salmon Fillet

## CONDIMENTS & OILS

- 1 1/2 tpsps Coconut Oil
- 3 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 2 tbsps Tahini

## COLD

- 5 cups Unsweetened Almond Milk
- 3 1/2 cups Unsweetened Coconut Yogurt

## OTHER

- 8 Ice Cubes
- 1/4 cup Vanilla Protein Powder
- 3 2/3 cups Water

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**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**
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-  **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.

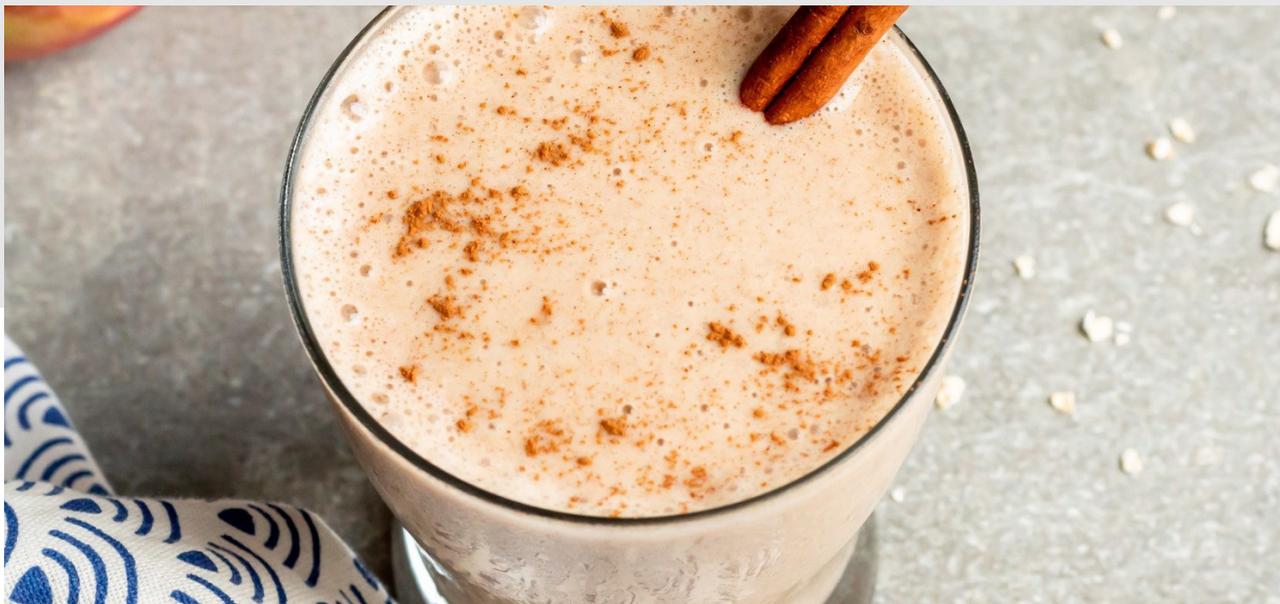
 **Personal coaching and detailed progress checking**

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**

# Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple (medium, peeled and chopped)  
1/2 Banana (frozen)  
4 Ice Cubes  
2 tbsps Vanilla Protein Powder  
2 tbsps Oats  
1 tbsp Almond Butter  
3/4 tsp Cinnamon (ground)  
1 cup Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	358	Cholesterol	2mg
Fat	13g	Sodium	184mg
Carbs	52g	Vitamin A	641IU
Fiber	11g	Vitamin C	14mg
Sugar	27g	Calcium	601mg
Protein	16g	Iron	2mg

## DIRECTIONS

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

## NOTES

### APPLE TYPE

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

### NO ALMOND MILK

Use any other type of milk instead.

# Caramelized Banana & Almond Oatmeal

3 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/2 cups Oats (rolled or old-fashioned)  
3 cups Unsweetened Almond Milk  
3/4 tsp Cinnamon (divided)  
1 1/2 tsps Coconut Oil  
1 1/2 Banana (sliced lengthwise down the middle)  
1/3 cup Almonds (chopped)  
3 tbsps Hemp Seeds  
3 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	511	Cholesterol	0mg
Fat	30g	Sodium	166mg
Carbs	50g	Vitamin A	540IU
Fiber	11g	Vitamin C	5mg
Sugar	9g	Calcium	591mg
Protein	17g	Iron	4mg

## DIRECTIONS

- 01 Add oats, almond milk and half of the cinnamon to a small saucepan. Bring to a low boil then reduce to a steady simmer. Cook, stirring occasionally, for about 5 minutes or until the oats are tender and most of the liquid is absorbed.
- 02 Meanwhile, in a small pan, heat the coconut oil over medium-high heat. Add the remaining cinnamon and the banana cut side down. Cook for 1 to 2 minutes until slightly browned and caramelized.
- 03 Transfer the cooked oats to a bowl and top with caramelized banana, almonds, hemp hearts, and almond butter. Enjoy!

## NOTES

### LIKES IT SWEET

Add a drizzle of maple syrup.

### NO COCONUT OIL

Use ghee or butter instead.

### NO ROLLED OATS

Use steel cut oats instead. Cook times will vary.

### NUT-FREE

Use a nut-free milk, seed butter and seeds for the toppings.

# Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	366	Cholesterol	0mg
Fat	10g	Sodium	55mg
Carbs	66g	Vitamin A	53IU
Fiber	10g	Vitamin C	4mg
Sugar	23g	Calcium	559mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate separately in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

### ADDITIONAL TOPPINGS

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

# Almonds

3 SERVINGS 2 MINUTES



## INGREDIENTS

3/4 cup Almonds (raw)

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	96mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Place in a bowl and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the pantry.

### MORE FLAVOR

Roast, toast and/or season with salt.

# Apple with Almond Butter

1 SERVING 5 MINUTES



## INGREDIENTS

1 Apple  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

## DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

# Banana with Almond Butter

1 SERVING 2 MINUTES



## INGREDIENTS

1 Banana  
2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	114mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Slice banana.  
02 Dip in almond butter.  
03 Bam.

# Toasted Walnuts

1 SERVING 15 MINUTES



## INGREDIENTS

1/3 cup Walnuts (shelled)

## NUTRITION

### AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

## NOTES

### EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

# Penne with Bursted Cherry Tomato Sauce

3 SERVINGS 30 MINUTES



## INGREDIENTS

6 ozs Chickpea Pasta (dry)  
1/3 cup Extra Virgin Olive Oil  
4 1/2 cups Cherry Tomatoes  
3 Garlic (cloves, minced)  
Sea Salt & Black Pepper (to taste)  
1 1/2 cups Basil Leaves (chopped)  
1 1/2 tbsps Nutritional Yeast

## NUTRITION

### AMOUNT PER SERVING

Calories	494	Cholesterol	0mg
Fat	31g	Sodium	85mg
Carbs	44g	Vitamin A	2980IU
Fiber	12g	Vitamin C	35mg
Sugar	11g	Calcium	108mg
Protein	19g	Iron	7mg

## DIRECTIONS

- 01 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 03 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

## NOTES

### NO CHICKPEA PASTA

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

### NO NUTRITIONAL YEAST

Use parmesan or omit completely.

# Blueberry Buckwheat Parfait

3 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 cups Water  
3/4 cup Buckwheat Groats  
1 1/2 tbsps Maple Syrup  
1 1/2 cups Unsweetened Coconut Yogurt  
3/4 cup Blueberries  
1 1/2 tbsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	272	Cholesterol	0mg
Fat	7g	Sodium	33mg
Carbs	49g	Vitamin A	21IU
Fiber	7g	Vitamin C	4mg
Sugar	10g	Calcium	284mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Divide the buckwheat between containers or bowls. Top with maple syrup, coconut yogurt, blueberries and hemp seeds. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### MORE FLAVOR

Add cinnamon.

### ADDITIONAL TOPPINGS

Top with bananas or other berries.

### NO COCONUT YOGURT

Use Greek, plain, or cashew yogurt instead.

# Pear & Walnuts

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear  
1/4 cup Walnuts

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	31g	Vitamin A	45IU
Fiber	8g	Vitamin C	8mg
Sugar	18g	Calcium	45mg
Protein	5g	Iron	1mg

## DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

## NOTES

### NUT-FREE

Use sunflower seeds instead of walnuts.

### MORE FLAVOR

Season the pear with cinnamon.

# Arugula Salad with Salmon

2 SERVINGS 15 MINUTES



## INGREDIENTS

12 ozs Salmon Fillet  
1/4 tsp Sea Salt  
2 tbsps Extra Virgin Olive Oil  
2 tbsps Lemon Juice  
4 cups Arugula  
1/2 Cucumber (sliced)  
1 Avocado (sliced)  
2 Fig (optional, quartered)

## NUTRITION

### AMOUNT PER SERVING

Calories	583	Cholesterol	94mg
Fat	40g	Sodium	390mg
Carbs	23g	Vitamin A	1315IU
Fiber	9g	Vitamin C	25mg
Sugar	11g	Calcium	127mg
Protein	38g	Iron	3mg

## DIRECTIONS

- 01 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 02 In a small bowl, mix the oil and lemon juice together.
- 03 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

## NOTES

### LEFTOVERS

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

### MORE FLAVOR

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

### ADDITIONAL TOPPINGS

More vegetables, nuts or seeds.

# One Pan Roasted Chicken, Broccoli & Sweet Potato

2 SERVINGS 30 MINUTES



## INGREDIENTS

- 10 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (medium, diced)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 3 cups Broccoli (chopped into small florets)
- 2 tbsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tbsps Water
- 1/8 tsp Cayenne Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	434	Cholesterol	103mg
Fat	19g	Sodium	163mg
Carbs	29g	Vitamin A	1017IU
Fiber	7g	Vitamin C	123mg
Sugar	8g	Calcium	161mg
Protein	39g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 02 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 03 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 04 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 05 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 06 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

## NOTES

### STORAGE

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

### VEGAN & VEGETARIAN

Replace the chicken breast with black beans.

# Butternut Squash Buckwheat Bowl

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups Water  
1 cup Buckwheat Groats  
2 tbsps Extra Virgin Olive Oil  
1 cup Butternut Squash (chopped into small cubes)  
1/2 cup Mushrooms (sliced)  
1 cup Kale Leaves (chopped)  
1 tsp Sea Salt  
1 tsp Dried Basil

## NUTRITION

### AMOUNT PER SERVING

Calories	444	Cholesterol	0mg
Fat	16g	Sodium	1204mg
Carbs	71g	Vitamin A	7949IU
Fiber	11g	Vitamin C	25mg
Sugar	2g	Calcium	107mg
Protein	11g	Iron	3mg

## DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 03 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately 2 cups.

### MORE FLAVOR

Add diced onions or minced garlic.

# Grilled Honey Dijon Salmon with Zucchini & Quinoa

3 SERVINGS 30 MINUTES



## INGREDIENTS

3/4 cup Quinoa (dry, uncooked)  
3 tbsps Dijon Mustard (grainy or regular)  
1 1/2 tbsps Raw Honey  
12 ozs Salmon Fillet  
3 Zucchini (sliced in half lengthwise)  
1 1/8 tps Extra Virgin Olive Oil  
1/3 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	411	Cholesterol	62mg
Fat	12g	Sodium	528mg
Carbs	42g	Vitamin A	443IU
Fiber	5g	Vitamin C	35mg
Sugar	13g	Calcium	65mg
Protein	31g	Iron	4mg

## DIRECTIONS

- 01 Cook the quinoa according to the directions on the package and set aside. While the quinoa cooks, combine the dijon mustard and honey in a jar. Mix well and set aside.
- 02 Preheat the grill to medium heat.
- 03 Place the salmon on a grill pan or mat and brush with 2/3 of the dijon glaze. Slice the zucchinis, brush them with olive oil and add them to the grill pan/mat too. Season everything with sea salt.
- 04 Place the salmon and zucchini on the grill, close the lid and grill for 10 to 15 minutes, or until salmon flakes with a fork and zucchini is tender. Flip the zucchini at the halfway point.
- 05 Remove everything from the grill and brush the salmon with the remaining dijon glaze. Divide the salmon, zucchini and quinoa onto plates and enjoy!

## NOTES

### NO GRILL

Bake on a sheet in the oven at 400°F (204°C) degrees for 15 to 20 minutes, or until fish flakes with a fork.

### NO ZUCCHINI

Use asparagus or green beans instead.

### LOWER CARB

Omit the quinoa or serve with cauliflower rice instead.

### LEFTOVERS

Store leftovers in an airtight container in the fridge up to 2 to 3 days.

# Lemon Kale Salad with Chickpeas & Avocado

2 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Kale Leaves (stem removed, thinly sliced)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
1/4 tsp Sea Salt  
1 3/4 cups Chickpeas (cooked)  
1 Avocado (cubed)  
1/8 tsp Smoked Paprika  
2 tbsps Pumpkin Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	36g	Sodium	336mg
Carbs	52g	Vitamin A	2278IU
Fiber	20g	Vitamin C	54mg
Sugar	8g	Calcium	195mg
Protein	18g	Iron	7mg

## DIRECTIONS

- 01 Add the kale leaves to a large bowl.
- 02 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 03 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

### MORE FLAVOR

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

### ADDITIONAL TOPPINGS

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breasts and half of the salmon fillets.	This guide will remind you to thaw them later in the week.
		Make Penne with Bursted Cherry Tomato Sauce.	Divide between containers and store them in the fridge.
		Make Blueberry Buckwheat Parfait.	Divide between containers and store them in the fridge for snacks. Add toppings just before serving.
		Portion out almonds, walnuts, and almond butter for the week.	Divide between small containers and store in the fridge for snacks this week.
1 Mon		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Almonds, Penne with Bursted Cherry Tomato Sauce, and Blueberry Buckwheat Parfait.
		Make Arugula Salad with Salmon for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

<b>2 Tue</b>		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Blueberry Buckwheat Parfait, Arugula Salad with Salmon, and Pear & Walnuts.
		Enjoy leftover Penne with Bursted Cherry Tomato Sauce for dinner.	Reheat in the microwave or in a pan.
		Take the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Make Caramelized Banana & Almond Oatmeal for breakfasts.	Divide between containers and store them in the fridge. Reheat and add toppings just before serving.
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Caramelized Banana & Almond Oatmeal, Almonds, Penne with Bursted Cherry Tomato Sauce, and Blueberry Buckwheat Parfait.
		Make One Pan Roasted Chicken, Broccoli & Sweet Potato for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Caramelized Banana & Almond Oatmeal, Apple with Almond Butter, One Pan Roasted Chicken, Broccoli & Sweet Potato, and Pear & Walnuts.
		Make Butternut Squash Buckwheat Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>5 Fri</b>		Pack your meals if you are on-the-go.	Caramelized Banana & Almond Oatmeal, Almonds, Butternut Squash Buckwheat Bowl, and Apple with Almond Butter.
		Make Grilled Honey Dijon Salmon with Zucchini & Quinoa for dinner.	Enjoy and store leftovers in the fridge.
		Make Apple Crisp Yogurt Bowls for breakfasts.	Divide between containers and store in the fridge.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Apple Crisp Yogurt Bowl, Banana with Almond Butter, Grilled Honey Dijon Salmon with Zucchini & Quinoa, and Pear & Walnuts.
		Make Lemon Kale Salad with Chickpeas & Avocado for dinner.	Store leftovers in the fridge for lunch tomorrow.
<b>7 Sun</b>		Pack your meals if you are on-the-go.	Apple Crisp Yogurt Bowl, Toasted Walnuts, Lemon Kale Salad with Chickpeas & Avocado, and Banana with Almond Butter.
		Shop and prep for next week.	
		Enjoy leftover Grilled Honey Dijon Salmon with Zucchini & Quinoa for dinner.	Reheat in the microwave or in a pan.

## **WAIVER**

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