



# High Calorie, High Protein Program

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# High Calorie, High Protein Program

HEAVY METAL FITNESS

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

A 3,000 calorie diet with at least 20% calories from protein for individuals with increased energy needs - Our High Calorie, High Protein Program is perfect for individuals who have high energy needs. Daily calories are between 3,000 to 3,200 per day and protein ranges from 172 to 206 grams per day.

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

## HIGH-QUALITY PROTEIN

Getting enough daily protein will help you recover from illness, balance blood sugars, prevent muscle loss, or increase muscle mass if combined with strength training. This meal plan provides up to 205 grams of protein daily from chicken, salmon, tuna, eggs, quinoa, and cottage cheese. These complete proteins are highly digestible and provide an adequate amount of amino acids. Protein is distributed between every meal and snack to help with building muscle strength and hypertrophy.

## OMEGA-3 FATS

Omega-3 fatty acids provide cardiovascular benefits and reduce inflammation. Fish contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are associated with improved cognitive function and immune function. This program incorporates omega-3 fats from salmon, tuna, nuts, and seeds.

## LOW GLYCEMIC FOODS

Eating the proper amount and type of carbohydrate is important on a high-calorie diet to help balance insulin levels. This meal plan uses low glycemic foods to optimize blood sugars and energy levels. It provides up to 60 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Carbohydrate sources are paired with healthy fats and protein to create a steady release of energy throughout the day.

## PREBIOTICS & PROBIOTICS

Illness and physical stress from exercise can impact your gut microbiota. This program incorporates prebiotics and probiotics to bring good bacteria back into the gut. Probiotics are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics support digestive health by feeding the good bacteria.



This meal plan combines nutrient-dense foods like yogurt with fruit to exert synergistic effects on health.

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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**  
Strawberry Almond Protein Smoothie,  
Kale & Eggs



**SNACK 1**  
Cottage Cheese with Blueberries,  
Breakfast Oatmeal Cookies



**LUNCH**  
Tuna & Cucumber Sandwich, Banana  
with Almond Butter



**SNACK 2**  
Turkey Wraps with Almonds, Cucumbers  
& Blueberries



**DINNER**  
Meal Prep Spaghetti with Chicken,  
Spinach & Tomatoes



**SNACK 3**  
Yogurt & Berries

## TUE



**BREAKFAST**  
Strawberry Almond Protein Smoothie,  
Kale & Eggs



**SNACK 1**  
Yogurt with Pear



**LUNCH**  
Meal Prep Spaghetti with Chicken,  
Spinach & Tomatoes



**SNACK 2**  
Toasted Trail Mix



**DINNER**  
One Pan Steak, Potatoes & Broccoli



**SNACK 3**  
Almond, Chia & Banana Toast

## WED



**BREAKFAST**  
Strawberry Almond Protein Smoothie,  
Kale & Eggs



**SNACK 1**  
Cottage Cheese with Blueberries,  
Breakfast Oatmeal Cookies



**LUNCH**  
One Pan Steak, Potatoes & Broccoli



**SNACK 2**  
Turkey Wraps with Almonds, Cucumbers  
& Blueberries



**DINNER**  
Salsa Verde Salmon with Tomatoes &  
Brown Rice



**SNACK 3**  
Yogurt & Berries

## THU



**BREAKFAST**  
Eggs & Rice Breakfast Bowl, Banana  
Cinnamon Smoothie



**SNACK 1**  
Yogurt with Pear



**LUNCH**  
Salsa Verde Salmon with Tomatoes &  
Brown Rice



**SNACK 2**  
Toasted Trail Mix



**DINNER**  
Turmeric Chicken with Brown Rice,  
House Salad



**SNACK 3**  
Almond, Chia & Banana Toast

## FRI



**BREAKFAST**  
Eggs & Rice Breakfast Bowl, Banana  
Cinnamon Smoothie



**SNACK 1**  
Cottage Cheese with Blueberries,  
Breakfast Oatmeal Cookies



**LUNCH**  
Turmeric Chicken with Brown Rice,  
House Salad



**SNACK 2**  
Turkey Wraps with Almonds, Cucumbers  
& Blueberries



**DINNER**  
Baked Salmon with Broccoli & Quinoa



**SNACK 3**  
Yogurt & Berries

## SAT



**BREAKFAST**  
Vanilla Protein Pancakes, Green Egg  
Scramble



**SNACK 1**  
Yogurt with Pear



**LUNCH**  
Baked Salmon with Broccoli & Quinoa



**SNACK 2**  
Toasted Trail Mix



**DINNER**  
Meal Prep Spaghetti with Chicken,  
Spinach & Tomatoes, Hummus Roasted...



**SNACK 3**  
Almond, Chia & Banana Toast

## SUN



**BREAKFAST**  
Vanilla Protein Pancakes, Green Egg  
Scramble



**SNACK 1**  
Cottage Cheese with Blueberries,  
Breakfast Oatmeal Cookies



**LUNCH**  
Tuna & Cucumber Sandwich, Banana  
with Almond Butter



**SNACK 2**  
Turkey Wraps with Almonds, Cucumbers  
& Blueberries



**DINNER**  
Meal Prep Spaghetti with Chicken,  
Spinach & Tomatoes, Hummus Roasted...



**SNACK 3**  
Yogurt & Berries

**MON****FAT 41%**    **CARBS 34%**    **PROTEIN 25%**

Calories 3137            Cholesterol 667mg  
 Fat 149g                Sodium 4012mg  
 Carbs 278g             Vitamin A 10763IU  
 Fiber 50g              Vitamin C 313mg  
 Sugar 108g             Calcium 2193mg  
 Protein 198g            Iron 20mg

**TUE****FAT 42%**    **CARBS 37%**    **PROTEIN 21%**

Calories 3150            Cholesterol 585mg  
 Fat 153g                Sodium 2252mg  
 Carbs 303g             Vitamin A 11863IU  
 Fiber 61g              Vitamin C 491mg  
 Sugar 92g              Calcium 2139mg  
 Protein 172g            Iron 27mg

**WED****FAT 41%**    **CARBS 35%**    **PROTEIN 24%**

Calories 3068            Cholesterol 680mg  
 Fat 143g                Sodium 3406mg  
 Carbs 276g             Vitamin A 10423IU  
 Fiber 52g              Vitamin C 540mg  
 Sugar 94g              Calcium 2161mg  
 Protein 189g            Iron 22mg

**THU****FAT 41%**    **CARBS 38%**    **PROTEIN 21%**

Calories 3189            Cholesterol 598mg  
 Fat 151g                Sodium 1852mg  
 Carbs 307g             Vitamin A 8937IU  
 Fiber 50g              Vitamin C 99mg  
 Sugar 73g              Calcium 1307mg  
 Protein 173g            Iron 22mg

**FRI****FAT 37%**    **CARBS 38%**    **PROTEIN 25%**

Calories 3011            Cholesterol 697mg  
 Fat 127g                Sodium 2270mg  
 Carbs 288g             Vitamin A 8894IU  
 Fiber 46g              Vitamin C 280mg  
 Sugar 74g              Calcium 1419mg  
 Protein 195g            Iron 18mg

**SAT****FAT 43%**    **CARBS 34%**    **PROTEIN 23%**

Calories 3055            Cholesterol 942mg  
 Fat 152g                Sodium 2627mg  
 Carbs 265g             Vitamin A 11044IU  
 Fiber 52g              Vitamin C 373mg  
 Sugar 80g              Calcium 1420mg  
 Protein 183g            Iron 25mg

**SUN****FAT 43%**    **CARBS 32%**    **PROTEIN 25%**

Calories 3237            Cholesterol 1034mg  
 Fat 160g                Sodium 4403mg  
 Carbs 269g             Vitamin A 10818IU  
 Fiber 45g              Vitamin C 267mg  
 Sugar 101g             Calcium 1503mg  
 Protein 205g            Iron 20mg



## FRUITS

- 1 Apple
- 2/3 Avocado
- 13 1/2 Banana
- 3 cups Blueberries
- 1/4 Lemon
- 1 1/2 Pear
- 4 1/2 cups Strawberries

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1 cup Almond Butter

## SEEDS, NUTS & SPICES

- 1 3/4 cups Almonds
- 1/3 cup Chia Seeds
- 1 1/4 tsps Cinnamon
- 2 tsps Garlic Powder
- 1/3 cup Ground Flax Seed
- 1 tbsp Italian Seasoning
- 2 tsps Onion Powder
- 1/3 cup Pumpkin Seeds
- 3/4 cup Raw Peanuts
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 tsp Turmeric

## FROZEN

- 4 cups Frozen Berries

## VEGETABLES

- 8 2/3 cups Baby Spinach
- 9 1/2 cups Broccoli
- 1/2 head Cauliflower
- 7 1/2 cups Cherry Tomatoes
- 3 Cucumber
- 1/4 head Green Lettuce
- 9 cups Kale Leaves
- 4 cups Mini Potatoes
- 1/4 cup Parsley
- 1/4 cup Sunflower Sprouts
- 1 Tomato

## BOXED & CANNED

- 1 3/4 cups Brown Rice
- 1 cup Brown Rice Spaghetti
- 1/2 cup Quinoa
- 2 cans Tuna

## BAKING

- 2 tsps Dark Chocolate Chips
- 3 tsps Nutritional Yeast
- 1 cup Oats
- 1/3 cup Raisins

## BREAD, FISH, MEAT & CHEESE

- 1 2/3 lbs Chicken Breast
- 10 slices Gluten Free Bread
- 4 ozs Havarti Cheese
- 1/2 cup Hummus
- 1 1/4 lbs Salmon Fillet
- 14 1/8 ozs Sliced Turkey Breast
- 8 ozs Top Sirloin Steak

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 2 tsps Avocado Oil
- 1 tbsp Capers
- 2 1/8 tsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 1/3 cup Pitted Kalamata Olives
- 1 tbsp Red Wine Vinegar

## COLD

- 2 cups Cottage Cheese
- 18 Egg
- 1 1/2 tsps Ghee
- 7 cups Plain Greek Yogurt
- 3 3/4 cups Unsweetened Almond Milk

## OTHER

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



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**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**

# Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 1/2 cups Strawberries (frozen)  
1 Banana (small, frozen)  
1/4 cup Vanilla Protein Powder  
1 1/2 tbsps Almond Butter  
1 tbsp Ground Flax Seed  
1 1/4 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	474	Cholesterol	4mg
Fat	20g	Sodium	244mg
Carbs	53g	Vitamin A	726IU
Fiber	13g	Vitamin C	137mg
Sugar	26g	Calcium	809mg
Protein	29g	Iron	3mg

## DIRECTIONS

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

## NOTES

### NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

### NO ALMOND MILK

Use coconut milk or cashew milk instead.

### SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

### MORE FIBER

Add in some chopped leafy greens like spinach or kale.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

# Kale & Eggs

1 SERVING 10 MINUTES



## INGREDIENTS

1/2 tsp Ghee  
3 cups Kale Leaves (roughly chopped)  
2 Egg  
2 tbsps Pitted Kalamata Olives  
1 tbsp Nutritional Yeast  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	237	Cholesterol	377mg
Fat	14g	Sodium	631mg
Carbs	8g	Vitamin A	3627IU
Fiber	5g	Vitamin C	59mg
Sugar	1g	Calcium	236mg
Protein	20g	Iron	5mg

## DIRECTIONS

- 01 Heat a skillet over medium heat and add the ghee. Once the skillet is hot, add the kale and cook for 2 to 3 minutes, until just wilted, stirring as needed.
- 02 Make two spaces in the kale and crack eggs into each space. Add the olives and season everything with nutritional yeast and sea salt. Cover with a lid and cook for 3 to 4 minutes or until the eggs are cooked to your preference.
- 03 Add the kale, olives and eggs to a plate. Serve and enjoy!

## NOTES

### NO KALE

Use another leafy green, such as collards, Swiss chard, beet greens or rapini.

### NO GHEE

Use butter, avocado oil, or olive oil.

### MORE FLAVOR

Add extra seasonings such as garlic.

# Eggs & Rice Breakfast Bowl

2 SERVINGS 50 MINUTES



## INGREDIENTS

2/3 cup Brown Rice  
1 1/8 cups Water  
1/8 tsp Sea Salt  
4 Egg  
1/3 tsp Coconut Oil  
2 2/3 cups Baby Spinach  
2/3 Avocado (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	492	Cholesterol	372mg
Fat	22g	Sodium	381mg
Carbs	55g	Vitamin A	4389IU
Fiber	8g	Vitamin C	18mg
Sugar	1g	Calcium	123mg
Protein	20g	Iron	4mg

## DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 to 35 minutes or until water is absorbed. Remove lid, season with sea salt and fluff with a fork.
- 02 Meanwhile, bring a medium pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium-high. Set your timer for 8 minutes. Use a spoon to remove the eggs from the pot and run under cold water before peeling.
- 03 In a skillet over medium-low heat, add coconut oil and sauté the spinach until just wilted.
- 04 Scoop the rice into a bowl and top with eggs, spinach and sliced avocado. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Season with chili flakes or hot sauce. Cook the rice with chicken or vegetable broth instead of water.

### MAKE IT VEGAN

Omit the eggs and use a tofu scramble instead.

### MEAL PREP

Make a large batch of all ingredients and store each serving in separate airtight containers.

# Banana Cinnamon Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Vanilla Protein Powder  
1 tbsp Ground Flax Seed  
1 tbsp Chia Seeds  
1 Banana (frozen)  
2 Ice Cubes  
1 cup Water  
1/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	287	Cholesterol	4mg
Fat	7g	Sodium	44mg
Carbs	36g	Vitamin A	77IU
Fiber	9g	Vitamin C	10mg
Sugar	14g	Calcium	227mg
Protein	24g	Iron	2mg

## DIRECTIONS

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

## NOTES

### NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

### LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### MAKE IT GREEN

Add spinach.

# Vanilla Protein Pancakes

1 SERVING 15 MINUTES



## INGREDIENTS

- 1 Banana (plus extra for topping)
- 2 Egg
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	394	Cholesterol	376mg
Fat	17g	Sodium	181mg
Carbs	29g	Vitamin A	616IU
Fiber	4g	Vitamin C	10mg
Sugar	15g	Calcium	176mg
Protein	33g	Iron	2mg

## DIRECTIONS

- 01 In a large bowl, mash the bananas. Add the eggs and protein powder. Mix well until a batter forms.
- 02 Melt the coconut oil in a large skillet over medium heat. Once hot, pour the batter into the skillet, roughly 1/4 cup at a time. Cook for 3 minutes, or until the top starts to bubble slightly, and flip. Repeat the process until all the batter is used up.
- 03 Transfer to a plate and top with additional banana slices. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is approximately two pancakes.

### ADDITIONAL TOPPINGS

Honey, maple syrup, pureed fruit sauce, nut butter, chocolate chips and/or chopped nuts

# Green Egg Scramble

1 SERVING 10 MINUTES



## INGREDIENTS

2 Egg  
1 cup Baby Spinach  
1/4 tsp Sea Salt  
1 1/2 tsps Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	211	Cholesterol	372mg
Fat	16g	Sodium	756mg
Carbs	2g	Vitamin A	3353IU
Fiber	1g	Vitamin C	8mg
Sugar	1g	Calcium	86mg
Protein	13g	Iron	3mg

## DIRECTIONS

- 01 Place eggs, spinach and salt in a blender and blend until well combined.
- 02 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 03 Divide onto plates and enjoy!

## NOTES

### NO COCONUT OIL

Use butter, ghee or avocado oil.

### SERVE IT WITH

Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.

# Cottage Cheese with Blueberries

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 cup Cottage Cheese  
1/4 cup Blueberries (fresh or frozen)

## NUTRITION

### AMOUNT PER SERVING

Calories	124	Cholesterol	18mg
Fat	5g	Sodium	331mg
Carbs	9g	Vitamin A	167IU
Fiber	1g	Vitamin C	4mg
Sugar	6g	Calcium	89mg
Protein	12g	Iron	0mg

## DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers.  
Enjoy!

## NOTES

### MAKE IT SWEET

Drizzle honey or maple syrup ovetop.

### STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

# Breakfast Oatmeal Cookies

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Oats (rolled)  
1 1/2 Banana (mashed)  
1/4 cup All Natural Peanut Butter  
1/16 tsp Sea Salt  
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.

# Yogurt with Pear

1 SERVING 5 MINUTES



## INGREDIENTS

1/2 Pear (halved and cored)  
1 cup Plain Greek Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	232	Cholesterol	34mg
Fat	5g	Sodium	141mg
Carbs	26g	Vitamin A	1272IU
Fiber	3g	Vitamin C	19mg
Sugar	15g	Calcium	507mg
Protein	22g	Iron	1mg

## DIRECTIONS

01 Divide yogurt into bowls. Top with pear and enjoy!

## NOTES

### DAIRY-FREE

Use coconut or almond yogurt instead of Greek yogurt.

### NO PEAR

Use any type of fresh fruit instead.

### LIKES IT SWEET

Drizzle with honey or maple syrup.

# Tuna & Cucumber Sandwich

1 SERVING 10 MINUTES



## INGREDIENTS

1 can Tuna  
2 tbsps Mayonnaise  
2 slices Gluten-Free Bread (toasted)  
1/4 Cucumber (sliced)  
2 tbsps Sunflower Sprouts (optional)

## NUTRITION

### AMOUNT PER SERVING

Calories	501	Cholesterol	71mg
Fat	28g	Sodium	839mg
Carbs	28g	Vitamin A	19IU
Fiber	3g	Vitamin C	2mg
Sugar	6g	Calcium	72mg
Protein	37g	Iron	3mg

## DIRECTIONS

- 01 In a small bowl add the tuna and mayonnaise. Mix together until well combined.
- 02 Add the tuna to one piece of the toast and top with cucumber and sprouts, if using. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate leftover tuna in an airtight container for up to three days. For best results, construct sandwich just before enjoying.

### MORE FLAVOR

Add additional spices or herbs such as cayenne, cumin, dill or garlic.

### ADDITIONAL TOPPINGS

Add sliced avocado or tomato.

### NO MAYONNAISE

Use hummus or yogurt instead of mayonnaise.

### NO SUNFLOWER SPROUTS

Use alfalfa sprouts instead.

# 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.

# Turkey Wraps with Almonds, Cucumbers & Blueberries

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 Apple (cored, sliced)  
2 ozs Havarti Cheese (sliced)  
7 1/16 ozs Sliced Turkey Breast  
1 cup Blueberries  
1/2 cup Almonds  
1 Cucumber (large, sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	517	Cholesterol	81mg
Fat	32g	Sodium	1109mg
Carbs	32g	Vitamin A	610IU
Fiber	8g	Vitamin C	13mg
Sugar	17g	Calcium	270mg
Protein	30g	Iron	2mg

## DIRECTIONS

01 Layer the apple and havarti on top of the sliced turkey. Roll into wraps and serve with the blueberries, almonds and cucumber. Enjoy!

## NOTES

### NO TURKEY BREAD

Use ham, prosciutto, salami, collard greens or lettuce instead.

### DAIRY-FREE

Use avocado instead of havarti.

### NUT-FREE

Use pumpkin seeds or sunflower seeds instead.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Toasted Trail Mix

3 SERVINGS 10 MINUTES



## INGREDIENTS

3/4 cup Almonds (raw)  
1/8 tsp Sea Salt (omit if using salted nuts)  
3/4 cup Raw Peanuts  
1/3 cup Pumpkin Seeds  
1/3 cup Raisins

## NUTRITION

### AMOUNT PER SERVING

Calories	551	Cholesterol	0mg
Fat	42g	Sodium	162mg
Carbs	32g	Vitamin A	1IU
Fiber	11g	Vitamin C	0mg
Sugar	17g	Calcium	152mg
Protein	21g	Iron	6mg

## DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

## NOTES

### SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

### MAKE IT PALEO

Replace peanuts with another type of nut or seed.

### STORAGE

Refrigerate in an air-tight container.

### OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

# Meal Prep Spaghetti with Chicken, Spinach & Tomatoes

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil (divided)  
2 cups Cherry Tomatoes  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 tsp Sea Salt  
8 ozs Chicken Breast (sliced in halves)  
2 cups Baby Spinach  
1/2 cup Brown Rice Spaghetti (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Cholesterol	82mg
Fat	15g	Sodium	674mg
Carbs	52g	Vitamin A	4088IU
Fiber	5g	Vitamin C	29mg
Sugar	4g	Calcium	56mg
Protein	32g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line baking sheets with foil.
- 02 In a bowl, toss tomatoes in 1/3 of the olive oil and transfer to a baking sheet.
- 03 Combine garlic powder, onion powder and salt in a small bowl. Coat the chicken with the remaining olive oil and half the garlic-onion seasoning. Transfer to a separate baking sheet.
- 04 Bake the chicken and tomatoes for about 15 minutes, or until chicken is cooked through and tomatoes have slightly charred and bursted. Remove from oven and slice the chicken.
- 05 Meanwhile, lightly saute the spinach in a large pan with a bit of water just until wilted. Remove from heat.
- 06 Cook pasta according to the directions on the package. Once cooked, toss the noodles in the remaining garlic-onion seasoning and wilted spinach until evenly distributed.
- 07 Divide the pasta, sliced chicken and tomatoes into separate containers and let cool before refrigerating.

## NOTES

### NO CHICKEN

Use beef strips, turkey breast, our Marinated Baked Tofu, or Savoury Roasted Chickpeas recipe instead.

### NO BROWN RICE SPAGHETTI

Use rice, quinoa or any type of pasta instead.

### MAKE IT CHEESY

Add parmesan or nutritional yeast to the pasta.



**SPICE IT UP**

Add red pepper flakes to the pasta, and/or chili powder to the seasoning.

**STORAGE**

Refrigerate in an airtight container up to 3 to 4 days.



# One Pan Steak, Potatoes & Broccoli

2 SERVINGS 40 MINUTES



## INGREDIENTS

4 cups Mini Potatoes  
1 1/2 cups Cherry Tomatoes  
4 cups Broccoli (chopped into florets)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Italian Seasoning  
8 ozs Top Sirloin Steak  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	675	Cholesterol	88mg
Fat	31g	Sodium	142mg
Carbs	69g	Vitamin A	2071IU
Fiber	12g	Vitamin C	237mg
Sugar	8g	Calcium	161mg
Protein	35g	Iron	6mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 Toss the potatoes, cherry tomatoes and broccoli with the olive oil and sprinkle with Italian seasoning. Spread across the baking sheet and roast for 20 minutes.
- 03 After 20 minutes, heat a skillet over medium/high heat. Brown the steak on both sides for 1 to 2 minutes. Remove the steak from the skillet and add to the pan with veggies. Return to oven for an additional 10 minutes, or until steak is cooked to your liking.
- 04 Remove the pan from the oven, divide onto plates and enjoy!

## NOTES

### LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

# Salsa Verde Salmon with Tomatoes & Brown Rice

2 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (dry, uncooked)  
2 tbsps Extra Virgin Olive Oil (divided)  
10 ozs Salmon Fillet  
2 cups Cherry Tomatoes (halved)  
1/2 tsp Sea Salt  
1 tbsp Capers  
1/4 cup Parsley (finely chopped)  
1 tbsp Apple Cider Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	522	Cholesterol	78mg
Fat	24g	Sodium	768mg
Carbs	42g	Vitamin A	1944IU
Fiber	4g	Vitamin C	31mg
Sugar	4g	Calcium	49mg
Protein	33g	Iron	3mg

## DIRECTIONS

- 01 Cook the brown rice according to the directions on the package.
- 02 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 03 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 04 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

## NOTES

### NO BROWN RICE

Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

### LEFTOVERS

Keeps well in the fridge for 2-3 days.

### NO CAPERS

Use olives instead.

# Turmeric Chicken with Brown Rice

2 SERVINGS 30 MINUTES



## INGREDIENTS

2/3 cup Brown Rice (dry, uncooked)  
10 2/3 ozs Chicken Breast (skinless and boneless)  
2 tsps Avocado Oil  
2/3 tsp Turmeric  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	451	Cholesterol	110mg
Fat	11g	Sodium	71mg
Carbs	48g	Vitamin A	45IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	15mg
Protein	39g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the brown rice according to the directions on the package.
- 03 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 04 Once the chicken and rice are cooked, divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add garlic powder or cayenne pepper.

### MORE FIBER

Add your favorite leafy greens, roasted broccoli or cauliflower.

# House Salad

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 tbsps Extra Virgin Olive Oil  
1 tbsp Red Wine Vinegar  
1/4 head Green Lettuce (roughly chopped)  
1 Tomato (medium, sliced)  
1/2 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	141	Cholesterol	0mg
Fat	14g	Sodium	27mg
Carbs	5g	Vitamin A	1131IU
Fiber	1g	Vitamin C	11mg
Sugar	1g	Calcium	16mg
Protein	1g	Iron	1mg

## DIRECTIONS

- 01 In a small bowl, whisk together the olive oil and vinegar.
- 02 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

## NOTES

### NO RED WINE VINEGAR

Use apple cider vinegar or white vinegar instead.

### NO LETTUCE

Use spinach, kale or mixed greens instead.

### MORE TOPPINGS

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

### ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.

# Baked Salmon with Broccoli & Quinoa

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 10 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (sliced into small florets)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Quinoa (uncooked)
- 3/4 cup Water
- 1/4 Lemon (sliced into wedges)

## NUTRITION

### AMOUNT PER SERVING

Calories	480	Cholesterol	78mg
Fat	19g	Sodium	126mg
Carbs	40g	Vitamin A	1197IU
Fiber	8g	Vitamin C	165mg
Sugar	3g	Calcium	132mg
Protein	39g	Iron	4mg

## DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

## NOTES

### LEFTOVERS

Store covered in the fridge up to 2 days.

### SPEED IT UP

Cook the quinoa ahead of time.

### VEGAN

Use tofu steaks instead of salmon fillets.

# Hummus Roasted Broccoli & Cauliflower

2 SERVINGS 25 MINUTES



## INGREDIENTS

1 1/2 cups Broccoli (chopped into florets)  
1/2 head Cauliflower (chopped into florets)  
1/2 cup Hummus  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Cholesterol	0mg
Fat	12g	Sodium	329mg
Carbs	21g	Vitamin A	439IU
Fiber	8g	Vitamin C	132mg
Sugar	4g	Calcium	93mg
Protein	10g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking pan with parchment paper.
- 02 In a large mixing bowl, toss broccoli and cauliflower florets with hummus until well coated. Transfer to baking pan and season with salt and pepper.
- 03 Bake for 25 minutes, flipping halfway. Let cool slightly before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NO BROCCOLI OR CAULIFLOWER

Use zucchini, brussels sprouts, peppers, kale, eggplant, fennel or squash instead.

# Yogurt & Berries

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Plain Greek Yogurt  
1 cup Frozen Berries (thawed)

## NUTRITION

### AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

## DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

## NOTES

### DAIRY-FREE

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

### NO FROZEN BERRIES

Use any type of fresh fruit instead.

# Almond, Chia & Banana Toast

1 SERVING 5 MINUTES



## INGREDIENTS

2 tbsps Almond Butter  
2 slices Gluten-Free Bread (toasted)  
1 tbsp Chia Seeds  
1/4 tsp Cinnamon  
1 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	513	Cholesterol	0mg
Fat	26g	Sodium	258mg
Carbs	63g	Vitamin A	78IU
Fiber	12g	Vitamin C	10mg
Sugar	21g	Calcium	218mg
Protein	13g	Iron	3mg

## DIRECTIONS

01 Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

## NOTES

### NUT-FREE

Use sunflower seed butter instead.

### NO CHIA SEEDS

Use hemp seeds instead.

### NO ALMOND BUTTER

Use another nut butter instead.

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 half of the chicken breast and half of the salmon.	This guide will remind you to thaw them later in the week.
		Make the Breakfast Oatmeal Cookies.	Store in the fridge for snacks throughout the week.
		Make Cottage Cheese with Blueberries and Yogurt with Pear snacks for the week.	Store in the fridge for easy grab-and-go snacks.
		Make Turkey Wraps with Almonds, Cucumbers & Blueberries.	Store in the fridge for snacks.
		Make Toasted Trail Mix.	Divide between airtight containers or ziploc bags.
		Make Tuna & Cucumber Sandwich if you're packing a lunch tomorrow.	Store in the fridge.
1		Make Strawberry Almond Protein Smoothie and Kale & Eggs for breakfast.	
		Pack your meals if you are on-the-go.	Strawberry Almond Protein Smoothie and Kale &

<b>Mon</b>			Eggs, Cottage Cheese with Blueberries and Breakfast Oatmeal Cookies, Tuna & Cucumber Sandwich and Banana with Almond Butter, and Turkey Wraps with Almonds, Cucumbers & Blueberries.
		Make the Meal Prep Spaghetti with Chicken, Spinach & Tomatoes for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Enjoy Yogurt & Berries as a snack.	
<b>2 Tue</b>		Make Strawberry Almond Protein Smoothie and Kale & Eggs for breakfast.	
		Pack your meals if you are on-the-go.	Make Strawberry Almond Protein Smoothie and Kale & Eggs, Yogurt with Pear, Meal Prep Spaghetti with Chicken, Spinach & Tomatoes, and Toasted Trail Mix.
		Make the One Pan Steak, Potatoes & Broccoli for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
Enjoy Almond, Chia & Banana Toast as a snack.			
<b>3 Wed</b>		Make Strawberry Almond Protein Smoothie and Kale & Eggs for breakfast.	
		Pack your meals if you are on-the-go.	Strawberry Almond Protein Smoothie and Kale &

			Eggs, Cottage Cheese with Blueberries and Breakfast Oatmeal Cookies, One Pan Steak, Potatoes & Broccoli, and Turkey Wraps with Almonds, Cucumbers & Blueberries.
		Make Salsa Verde Salmon with Tomatoes & Brown Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Take half of the frozen chicken out for dinner tomorrow night.	Thaw on a plate in the fridge.
		Enjoy Yogurt & Berries as a dessert or bedtime snack.	
<b>4 Thu</b>		Make Eggs & Rice Breakfast Bowl with Banana Cinnamon Smoothie for breakfast.	Store leftover Eggs & Rice Breakfast Bowl in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Eggs & Rice Breakfast Bowl with Banana Cinnamon Smoothie, Yogurt with Pear, Salsa Verde Salmon with Tomatoes & Brown Rice, and Toasted Trail Mix.
		Make Turmeric Chicken with Brown Rice and House Salad for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take frozen salmon out for dinner tomorrow night.	Thaw on a plate in the fridge.
		Make Turkey Wraps with Almonds, Cucumbers & Blueberries.	Store in the fridge for snacks.

		Enjoy Almond, Chia & Banana Toast as a snack.	
<b>5 Fri</b>		Make Banana Cinnamon Smoothie with leftover Eggs & Rice Breakfast Bowl for breakfast.	
		Pack your meals if you are on-the-go.	Eggs & Rice Breakfast Bowl with Banana Cinnamon Smoothie, Cottage Cheese with Blueberries and Breakfast Oatmeal Cookies, Turmeric Chicken with Brown Rice and House Salad, and Turkey Wraps with Almonds, Cucumbers & Blueberries.
		Make the Baked Salmon with Broccoli and Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take remaining chicken out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Enjoy Yogurt & Berries as a snack.	
<b>6 Sat</b>		Make Vanilla Protein Pancakes with Green Egg Scramble for breakfast.	
		Pack your meals if you are on-the-go.	Vanilla Protein Pancakes with Green Egg Scramble, Yogurt with Pear, Baked Salmon with Broccoli and Quinoa, and Toasted Trail Mix.
		Make Meal Prep Spaghetti with Chicken, Spinach & Tomatoes with Hummus Roasted Broccoli &	Store leftovers in the fridge for dinner tomorrow.

		Cauliflower for dinner.	
		Enjoy Almond, Chia & Banana Toast as a snack.	
<b>7 Sun</b>		Make Vanilla Protein Pancakes with Green Egg Scramble for breakfast.	
		Make Tuna & Cucumber Sandwich if you're packing a lunch.	
		Pack your meals if you are on-the-go.	Vanilla Protein Pancakes with Green Egg Scramble, Cottage Cheese with Blueberries and Breakfast Oatmeal Cookies, Tuna & Cucumber Sandwich and Banana with Almond Butter, and Turkey Wraps with Almonds, Cucumbers, and Blueberries.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy leftover Meal Prep Spaghetti with Chicken, Spinach & Tomatoes with Hummus Roasted Broccoli & Cauliflower for dinner.	Reheat in a microwave or on the stove.
Enjoy Yogurt & Berries as a snack.			

## **WAIVER**

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