



# Kid-Friendly Program

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# Kid-Friendly Program

## HEAVY METAL FITNESS

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

A fun, nut-free, lunchbox-friendly plan - This plan was designed to make healthy eating simple and fun for children! It has been designed specifically for children aged 4 to 10, and offers many finger foods, familiar family favorites, and simple snacks.

All meals are lunchbox-friendly and meet the approximate energy needs of most active children. The plan is easily customizable for individual needs, and children are encouraged to follow their natural hunger and fullness cues.

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

#### **FIBER**

Fiber has several health benefits for kids. It improves digestive health, reduces symptoms in gastrointestinal disorders, lowers cholesterol levels, and decreases the risk of heart disease. This meal plan provides daily fiber from foods such as fruits, vegetables, legumes, oats, and whole grains.

#### **BONE BUILDING NUTRIENTS**

Calcium is a mineral that is essential to build healthy bones. Magnesium has a structural role in bone maintenance and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like fortified milk beverages, Greek yogurt, and hummus. Magnesium is incorporated from food sources like pumpkin seeds and leafy greens.

#### **IMMUNE SUPPORT**

Zinc and selenium are essential minerals critical for immune function and are added to this meal plan from legumes, seeds, eggs, and chicken. Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system and reduce oxidative stress in cells. This meal plan contains vitamin A sources like sweet potato, carrots, and spinach, and incorporates vitamin E through healthy oils and seeds. A lack of vitamin C can make kids more prone to getting sick. This plan provides vitamin C from tomatoes, bell peppers, and cauliflower.



## **GUT HEALTH**

Probiotics and prebiotics bring good bacteria into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help develop digestive function in children. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This meal plan combines nutrient-dense foods like yogurt with fruit to create a healthy gut microbiome.

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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**  
Banana Coconut Granola



**SNACK 1**  
Celery with Sunflower Seed Butter



**LUNCH**  
Apple Slices & Hummus, Hard Boiled Eggs



**SNACK 2**  
Green Smoothie Muffins



**DINNER**  
Herbed Chicken Tenders with Honey Dijon



**SNACK 3**  
Mango Coconut Popsicles

## TUE



**BREAKFAST**  
Banana Coconut Granola



**SNACK 1**  
Celery with Sunflower Seed Butter



**LUNCH**  
Apple Slices & Hummus, Hard Boiled Eggs



**SNACK 2**  
Green Smoothie Muffins



**DINNER**  
Herbed Chicken Tenders with Honey Dijon



**SNACK 3**  
Mango Coconut Popsicles

## WED



**BREAKFAST**  
Banana Coconut Granola



**SNACK 1**  
Hummus Dippers



**LUNCH**  
Apple Slices & Hummus, Hard Boiled Eggs



**SNACK 2**  
Green Smoothie Muffins



**DINNER**  
Penne with Burst Cherry Tomato Sauce



**SNACK 3**  
Mango Coconut Popsicles

## THU



**BREAKFAST**  
Lucky Green Smoothie



**SNACK 1**  
Hummus Dippers



**LUNCH**  
Savory Roasted Chickpeas, Roasted Sweet Potato Rounds



**SNACK 2**  
Green Smoothie Muffins



**DINNER**  
Penne with Burst Cherry Tomato Sauce



**SNACK 3**  
Warm Apples with Cinnamon

## FRI



**BREAKFAST**  
Lucky Green Smoothie



**SNACK 1**  
Hummus Dippers



**LUNCH**  
Savory Roasted Chickpeas, Roasted Sweet Potato Rounds



**SNACK 2**  
Green Smoothie Muffins



**DINNER**  
Slow Cooker Spaghetti Squash & Meatballs



**SNACK 3**  
Warm Apples with Cinnamon

## SAT



**BREAKFAST**  
Simple Banana Pancakes



**SNACK 1**  
Yogurt & Berries



**LUNCH**  
Turkey Hummus Sandwich



**SNACK 2**  
Carrots & Guacamole



**DINNER**  
Slow Cooker Spaghetti Squash & Meatballs



**SNACK 3**  
Pear

## SUN



**BREAKFAST**  
Simple Banana Pancakes



**SNACK 1**  
Yogurt & Berries



**LUNCH**  
Turkey Hummus Sandwich



**SNACK 2**  
Carrots & Guacamole



**DINNER**  
One Pan Chicken, Golden Cauliflower & Carrot Fries



**SNACK 3**  
Pear

**MON****FAT 49%**    **CARBS 34%**    **PROTEIN 17%**

Calories 1487                      Cholesterol 486mg  
 Fat 83g                                Sodium 1324mg  
 Carbs 131g                          Vitamin A 17929IU  
 Fiber 24g                            Vitamin C 51mg  
 Sugar 59g                          Calcium 358mg  
 Protein 66g                         Iron 10mg

**TUE****FAT 49%**    **CARBS 34%**    **PROTEIN 17%**

Calories 1487                      Cholesterol 486mg  
 Fat 83g                                Sodium 1324mg  
 Carbs 131g                          Vitamin A 17929IU  
 Fiber 24g                            Vitamin C 51mg  
 Sugar 59g                          Calcium 358mg  
 Protein 66g                         Iron 10mg

**WED****FAT 51%**    **CARBS 36%**    **PROTEIN 13%**

Calories 1609                      Cholesterol 404mg  
 Fat 96g                                Sodium 1074mg  
 Carbs 152g                          Vitamin A 8047IU  
 Fiber 34g                            Vitamin C 165mg  
 Sugar 52g                          Calcium 428mg  
 Protein 57g                         Iron 17mg

**THU****FAT 39%**    **CARBS 47%**    **PROTEIN 14%**

Calories 1709                      Cholesterol 32mg  
 Fat 79g                                Sodium 1227mg  
 Carbs 210g                          Vitamin A 20115IU  
 Fiber 50g                            Vitamin C 205mg  
 Sugar 69g                          Calcium 600mg  
 Protein 65g                         Iron 21mg

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

Calories 1603                      Cholesterol 162mg  
 Fat 66g                                Sodium 2170mg  
 Carbs 199g                          Vitamin A 18088IU  
 Fiber 44g                            Vitamin C 199mg  
 Sugar 66g                          Calcium 636mg  
 Protein 73g                         Iron 19mg

**SAT****FAT 35%**    **CARBS 40%**    **PROTEIN 25%**

Calories 1631                      Cholesterol 615mg  
 Fat 65g                                Sodium 2241mg  
 Carbs 169g                          Vitamin A 23417IU  
 Fiber 33g                            Vitamin C 128mg  
 Sugar 73g                          Calcium 866mg  
 Protein 107g                        Iron 12mg

**SUN****FAT 38%**    **CARBS 36%**    **PROTEIN 26%**

Calories 1625                      Cholesterol 567mg  
 Fat 71g                                Sodium 1499mg  
 Carbs 150g                          Vitamin A 32708IU  
 Fiber 32g                            Vitamin C 174mg  
 Sugar 71g                          Calcium 792mg  
 Protein 109g                        Iron 10mg



## FRUITS

- 5 Apple
- 1 Avocado
- 3 1/2 Banana
- 3 Lime
- 2 Pear

## SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1 1/4 tsps Cinnamon
- 1 tsp Dried Thyme
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 1/2 tsps Oregano
- 1 tbsp Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

## FROZEN

- 2 cups Frozen Berries
- 3 1/2 cups Frozen Mango

## VEGETABLES

- 3 1/4 cups Baby Spinach
- 1 cup Basil Leaves
- 9 3/4 Carrot
- 1/2 head Cauliflower
- 7 stalks Celery
- 3 cups Cherry Tomatoes
- 2 Garlic
- 1 cup Mixed Greens
- 1/2 Spaghetti Squash
- 1 Sweet Potato
- 3/4 Yellow Bell Pepper

## BOXED & CANNED

- 1 cup Canned Coconut Milk
- 4 ozs Chickpea Pasta
- 3 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes

## BAKING

- 1 1/2 tsps Baking Powder
- 2 tbsps Brown Rice Flour
- 1 tbsp Nutritional Yeast
- 2 1/4 cups Oats
- 1 tbsp Pitted Dates
- 1 1/2 tbsps Raw Honey
- 1/2 cup Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 4 slices Bread
- 1 lb Chicken Breast
- 8 ozs Extra Lean Ground Turkey
- 1 2/3 cups Hummus
- 8 ozs Turkey Breast, Cooked

## CONDIMENTS & OILS

- 1 tbsp Avocado Oil
- 3 1/3 tbsps Coconut Oil
- 3 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Sunflower Seed Butter

## COLD

- 1 1/2 Egg
- 2 cups Plain Greek Yogurt
- 1/3 cup Unsweetened Almond Milk

## OTHER

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



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**\$195/MONTH**

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-  **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**

# Banana Coconut Granola

3 SERVINGS 1 HOUR 15 MINUTES



## INGREDIENTS

1 cup Oats (rolled or old fashioned)  
1/2 cup Unsweetened Coconut Flakes  
1/4 cup Pumpkin Seeds  
1/4 tsp Cinnamon  
1/8 tsp Sea Salt  
1/2 Banana (ripe, mashed)  
1 tbsp Coconut Oil (melted)

## NUTRITION

### AMOUNT PER SERVING

Calories	300	Cholesterol	0mg
Fat	20g	Sodium	106mg
Carbs	28g	Vitamin A	13IU
Fiber	6g	Vitamin C	2mg
Sugar	4g	Calcium	24mg
Protein	7g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 300°F (149°C).
- 02 In a large bowl, combine the oats, coconut flakes, pumpkin seeds, cinnamon and sea salt.
- 03 Add the mashed banana and coconut oil into the bowl with the oat mixture. Use a spoon to stir until all is very well combined. The mixture should be evenly coated.
- 04 Spread mixture in an even layer on a large baking sheet. Press down slightly and place in oven.
- 05 Bake for 45 to 55 minutes, checking and tossing every 15 minutes. Break up large clusters as necessary. Once the granola is evenly browned and no longer feels damp, remove from oven. As it cools it will crisp up even more, so do not over-bake.
- 06 Once cooled, store in an airtight container at room temperature for up to one week. Or store in the freezer for a few months.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is roughly 1/2 cup of granola.

### SERVE IT WITH

Yogurt, oatmeal, parfaits, almond milk and/or fresh fruit.

# Lucky Green Smoothie

1 SERVING 10 MINUTES



## INGREDIENTS

3/4 cup Frozen Mango  
1 Lime (juiced)  
1 cup Baby Spinach (packed)  
1 tbsp Ground Flax Seed  
2 tbsps Hemp Seeds  
1 3/4 cups Water

## NUTRITION

### AMOUNT PER SERVING

Calories	238	Cholesterol	0mg
Fat	13g	Sodium	35mg
Carbs	27g	Vitamin A	4176IU
Fiber	5g	Vitamin C	67mg
Sugar	18g	Calcium	115mg
Protein	10g	Iron	3mg

## DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

## NOTES

### NO MANGO

Add frozen pineapple or banana instead.

### MORE PROTEIN

Add a scoop of your favorite clean protein powder.

# Simple Banana Pancakes

2 SERVINGS 20 MINUTES



## INGREDIENTS

2 Banana (ripe)  
4 Egg  
1 tbsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	372mg
Fat	17g	Sodium	143mg
Carbs	28g	Vitamin A	616IU
Fiber	3g	Vitamin C	10mg
Sugar	15g	Calcium	62mg
Protein	14g	Iron	2mg

## DIRECTIONS

- 01 In a bowl, mash the bananas very well until quite smooth. Add the eggs and beat gently with a fork for about 30 seconds.
- 02 Heat coconut oil in a skillet over medium heat. Add 1/4 cup of the batter at a time to form pancakes, cooking for about 1-2 minutes per side.
- 03 Serve with a sprinkle of cinnamon or a drizzle of maple syrup if desired.

## NOTES

### LIKES IT SWEET

Add blueberries or chocolate chips into the batter.

# Celery with Sunflower Seed Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

4 stalks Celery (sliced into sticks)  
1/4 cup Sunflower Seed Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	18g	Sodium	65mg
Carbs	10g	Vitamin A	376IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	52mg
Protein	6g	Iron	1mg

## DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

## NOTES

**NO CELERY**  
Use cucumber instead

# Hummus Dippers

3 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 Yellow Bell Pepper  
3/4 Carrot  
3 stalks Celery  
3/4 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with 1/4 cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## NOTES

### HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

### MIX IT UP

Substitute in different veggies like cucumber or zucchini.

# Yogurt & Berries

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Plain Greek Yogurt  
2 cups 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.

# Apple Slices & Hummus

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 Apple  
3/4 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	34g	Vitamin A	112IU
Fiber	8g	Vitamin C	8mg
Sugar	19g	Calcium	40mg
Protein	5g	Iron	2mg

## DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

## NOTES

### NO APPLE

Use pear slices instead.

# Hard Boiled Eggs

3 SERVINGS 15 MINUTES



## INGREDIENTS

6 Egg

## NUTRITION

### AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg

## DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

### EASIER TO PEEL

Add salt to the water while boiling.

# Savory Roasted Chickpeas

2 SERVINGS 30 MINUTES



## INGREDIENTS

3 cups Chickpeas (canned, or cooked and drained)  
1 tbsp Extra Virgin Olive Oil  
1 tbsp Poultry Seasoning  
1/2 tsp Sea Salt  
1/4 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	471	Cholesterol	0mg
Fat	13g	Sodium	608mg
Carbs	69g	Vitamin A	126IU
Fiber	19g	Vitamin C	3mg
Sugar	12g	Calcium	144mg
Protein	22g	Iron	8mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Pat chickpeas dry with a paper towel. Place chickpeas in a mixing bowl and add olive oil, poultry seasoning, sea salt, and black pepper. Mix until chickpeas are evenly coated.
- 03 Spread the chickpeas across the baking sheet. Bake for 20 minutes, tossing halfway through.
- 04 Let cool before storing in an airtight container in the fridge.

## NOTES

### LEFTOVERS

They keep well in an airtight container in the fridge for up to 5 days. They will lose their crunchiness with time, so throw them back into the oven before eating if you want to crisp them back up.

### MAKE THEM CRISPY

Bake for longer if you like them really crispy.

# Roasted Sweet Potato Rounds

2 SERVINGS 35 MINUTES



## INGREDIENTS

1 Sweet Potato (medium, washed and scrubbed)

3/4 tsp Coconut Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	71	Cholesterol	0mg
Fat	2g	Sodium	36mg
Carbs	13g	Vitamin A	9222IU
Fiber	2g	Vitamin C	2mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 03 Brush the slices with melted coconut oil, then flip them over and repeat.
- 04 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 05 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

## NOTES

### SERVE THEM AS

A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!

# Turkey Hummus Sandwich

2 SERVINGS 5 MINUTES



## INGREDIENTS

4 slices Bread (or gluten-free)  
8 ozs Turkey Breast, Cooked  
2 tbsps Hummus  
1 tbsp Dijon Mustard  
1 cup Mixed Greens

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Cholesterol	79mg
Fat	10g	Sodium	541mg
Carbs	27g	Vitamin A	14IU
Fiber	3g	Vitamin C	2mg
Sugar	5g	Calcium	63mg
Protein	39g	Iron	2mg

## DIRECTIONS

- 01 Lightly toast the bread.
- 02 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!

## NOTES

### NO TURKEY

Use chicken breast instead.

### VEGAN & VEGETARIAN

Use smashed chickpeas instead of turkey.

# Green Smoothie Muffins

6 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 tsp Coconut Oil  
1 1/4 cups Baby Spinach  
1 Banana (ripe)  
1/4 cup Vanilla Protein Powder  
1 tbsp Pitted Dates  
1/3 cup Unsweetened Almond Milk  
1 Egg  
1 cup Oats (rolled)  
1 1/2 tsp Baking Powder

## NUTRITION

### AMOUNT PER SERVING

Calories	106	Cholesterol	32mg
Fat	2g	Sodium	156mg
Carbs	16g	Vitamin A	675IU
Fiber	2g	Vitamin C	3mg
Sugar	4g	Calcium	134mg
Protein	6g	Iron	1mg

## DIRECTIONS

- 01 Preheat your oven to 350°F (177°C) and line a muffin tin with liners. Brush the liners with coconut oil or use silicone cups to prevent the muffins from sticking.
- 02 In your blender, combine the baby spinach, bananas, protein powder, dates, and milk. Blend until smooth, then add the eggs, oats, and baking powder. Blend again until a batter is formed.
- 03 Scoop the muffin batter into the cups. Bake for 18 to 20 minutes, or until a toothpick inserted into the middle of a muffin comes out clean.
- 04 Let cool and enjoy!

## NOTES

### RECOMMENDED PROTEIN POWDER

This recipe was developed and tested with a plant-based protein powder. If using a different type of protein powder, results may vary.

### LEFTOVERS

Store in an airtight container in the fridge for 4 days, or freeze for two months or more.

### ADD-INS

After blending, stir in chocolate chips, fresh berries, walnuts, or anything else you like to add to banana muffins!

# Carrots & Guacamole

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20539...
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

## NOTES

### LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

### SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

# Herbed Chicken Tenders with Honey Dijon

2 SERVINGS 40 MINUTES



## INGREDIENTS

8 ozs Chicken Breast (skinless, boneless, sliced into strips)  
1 tbsp Avocado Oil (divided)  
1/4 cup Oats (quick)  
1 1/2 tsps Italian Seasoning  
1/4 tsp Sea Salt  
3 Carrot (medium, peeled and sliced into fries)  
2 tbsps Dijon Mustard  
1 1/2 tbsps Raw Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	333	Cholesterol	82mg
Fat	11g	Sodium	575mg
Carbs	28g	Vitamin A	15320...
Fiber	4g	Vitamin C	5mg
Sugar	16g	Calcium	41mg
Protein	28g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line two baking sheets with parchment paper. Brush chicken strips with half of the avocado oil.
- 02 Combine the oats, Italian seasoning, and sea salt and spread over a small plate. Press both sides of the chicken strips into the oat/spice mixture to coat, then lay on baking sheet.
- 03 Toss the carrot sticks in remaining avocado oil. Spread across the other baking sheet.
- 04 Place both pans in the oven and bake for 30 minutes, flipping the chicken and tossing the carrot fries halfway through.
- 05 Meanwhile, combine the Dijon and raw honey in a small bowl to make the sauce. Mix well and set aside.
- 06 To serve, divide the chicken tenders and carrot fries between plates and serve with honey Dijon dipping sauce. Enjoy!

## NOTES

### NO QUICK OATS

Place rolled oats in your blender or food processor. Pulse a few times to break them up.

### VEGAN AND VEGETARIAN

Use tofu strips instead of chicken.

### LEFTOVERS

Keeps well in the fridge up to 3 days.

# Penne with Bursted Cherry Tomato Sauce

2 SERVINGS 30 MINUTES



## INGREDIENTS

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

# Slow Cooker Spaghetti Squash & Meatballs

2 SERVINGS 4 HOURS



## INGREDIENTS

8 ozs Extra Lean Ground Turkey  
2 tbsps Brown Rice Flour  
1/2 Egg (whisked)  
1 tbsp Extra Virgin Olive Oil (divided)  
1 1/2 tsps Oregano (divided)  
1 1/2 cups Crushed Tomatoes  
1/2 tsp Sea Salt (divided)  
1/2 tsp Black Pepper (divided)  
1/2 Spaghetti Squash (medium)

## NUTRITION

### AMOUNT PER SERVING

Calories	388	Cholesterol	130mg
Fat	18g	Sodium	1028mg
Carbs	33g	Vitamin A	953IU
Fiber	6g	Vitamin C	29mg
Sugar	8g	Calcium	144mg
Protein	27g	Iron	5mg

## DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

## NOTES

### NO GROUND TURKEY

Use any type of ground meat.

### CHEESE LOVER

Sprinkle with parmesan cheese.



# One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



## INGREDIENTS

2 Carrot (medium)  
1/2 head Cauliflower  
3 tbsps Extra Virgin Olive Oil (divided three ways)  
8 ozs Chicken Breast  
1 tsp Dried Thyme  
1 tsp Turmeric (powder)  
1/8 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	382	Cholesterol	82mg
Fat	24g	Sodium	286mg
Carbs	14g	Vitamin A	10244...
Fiber	5g	Vitamin C	75mg
Sugar	6g	Calcium	70mg
Protein	29g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

## NOTES

### LOW FODMAP

Use zucchini instead of cauliflower.

# Mango Coconut Popsicles

4 SERVINGS 40 MINUTES



## INGREDIENTS

2 cups Frozen Mango  
1 cup Canned Coconut Milk (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	11g	Sodium	16mg
Carbs	14g	Vitamin A	893IU
Fiber	1g	Vitamin C	30mg
Sugar	12g	Calcium	11mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 Blend mango and 3/4 of the coconut milk in a food processor or blender until smooth.
- 02 Roughly scoop mango puree into 3oz. paper cups.
- 03 Spoon remaining coconut milk into each cup to fill in the gaps around the mango. This will create a swirl effect when frozen.
- 04 Insert popsicle sticks in the middle. Place in freezer for 4 hours or until completely frozen.

## NOTES

### NO COCONUT MILK

Use almond milk or cashew milk instead.

# Warm Apples with Cinnamon

1 SERVING 10 MINUTES



## INGREDIENTS

1 1/2 tsps Coconut Oil  
1 Apple (cored and sliced)  
1/2 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	159	Cholesterol	0mg
Fat	7g	Sodium	2mg
Carbs	26g	Vitamin A	102IU
Fiber	5g	Vitamin C	8mg
Sugar	19g	Calcium	24mg
Protein	1g	Iron	0mg

## DIRECTIONS

- 01 In a pan, melt coconut oil over medium heat.
- 02 Add apple slices and sauté until soft, about 5 to 8 minutes.
- 03 Sprinkle cinnamon over top and stir to coat evenly.
- 04 Divide into bowls and enjoy!

## NOTES

### SERVE IT WITH

Our banana ice cream, Paleo Granola or on top of oatmeal.

### NO APPLES

Use pears.

# Pear

1 SERVING 5 MINUTES



## INGREDIENTS

1 Pear

## DIRECTIONS

- 01 Cut pear in half lengthwise. Cut each half in half again and use a knife to remove the core. Place all pieces in a bowl and enjoy!

## 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

Day	Task	Notes	
<p style="text-align: center;"><b>0</b> <b>Sun</b></p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the ground turkey, the turkey breast, and 1/3 of the chicken breast.</p>	<p>You'll be reminded later on in the week when to set them out to thaw.</p>
		<p>Make the Banana Coconut Granola.</p>	<p>Let cool completely before transferring to a jar or containers.</p>
		<p>Make the Green Smoothie Muffins.</p>	<p>When done, let them cool completely, then store in a sealed container in the fridge. Extras can be frozen for later.</p>
		<p>Make Mango Coconut Popsicles.</p>	<p>Follow the recipe and store in the freezer for snacks.</p>
		<p>Make Hard Boiled Eggs.</p>	<p>Store in the fridge.</p>
<p>Prepare Celery with Sunflower Seed Butter snacks.</p>	<p>Store in containers in the fridge.</p>		
<p style="text-align: center;"><b>1</b> <b>Mon</b></p>		<p>Pack your meals if you are on-the-go.</p>	<p>Banana Coconut Granola, Celery with Sunflower Seed Butter, Apple Slices &amp; Hummus with Hard Boiled Eggs, and Green Smoothie Muffins.</p>

		Make the Herbed Chicken Tenders with Honey Dijon for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
		Enjoy Mango Coconut Popsicles for dessert or an after dinner snack.	
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Banana Coconut Granola, Celery with Sunflower Seed Butter, Apple Slices & Hummus with Hard Boiled Eggs, and Green Smoothie Muffins.
		Reheat leftover Herbed Chicken Tenders with Honey Dijon for dinner.	Reheat in the microwave or toaster oven.
		Make the Hummus Dippers snacks.	Store in jars or containers in the fridge.
		Enjoy Mango Coconut Popsicles for dessert or an after dinner snack.	
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Banana Coconut Granola, Celery with Sunflower Seed Butter, Apple Slices & Hummus with Hard Boiled Eggs, and Green Smoothie Muffins.
		Make Penne with Burst Cherry Tomato Sauce for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
		Optional: if you will be on-the-go tomorrow, make the Savoury Roasted Chickpeas and Roasted Sweet	Store them in a lunch box with the Hummus Dippers and Green Smoothie Muffins..

		Potato Rounds tonight for lunch tomorrow.	
		Enjoy Mango Coconut Popsicles for dessert or an after dinner snack.	
<b>4 Thu</b>		Make Lucky Green Smoothie for breakfast.	Pour into a glass or a portable cup if on-the-go.
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Hummus Dippers, Savoury Roasted Chickpeas with Roasted Sweet Potato Rounds, and Green Smoothie Muffins.
		Reheat leftover Penne with Burst Cherry Tomato Sauce for dinner.	Reheat in the microwave or on the stovetop.
		Enjoy Warm Apples with Cinnamon as dessert or snack.	
		Take the ground turkey and turkey breast out of the freezer.	Thaw in the fridge for tomorrow night.
<b>5 Fri</b>		Make Lucky Green Smoothie for Breakfast.	Pour into a glass or a portable cup if on-the-go.
		Start making the Slow Cooker Spaghetti Squash and Meatballs.	Follow the instructions and add ingredients to your slow cooker to cook during the day.
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Hummus Dippers, Savoury Roasted Chickpeas with Roasted Sweet Potato

			Rounds, and Green Smoothie Muffins.
		Finish making the Slow Cooker Spaghetti Squash & Meatballs for dinner.	Transfer leftovers to a container and store in the fridge for dinner tomorrow.
		Prep the Carrots & Guacamole and Yogurt & Berries snacks.	Store in the fridge.
		Enjoy Warm Apples with Cinnamon for dessert, or as a snack.	
		Optional: if you will be on-the-go tomorrow, prep the Turkey Hummus Sandwich for lunch tomorrow.	Store in a lunch box with the Yogurt & Berries and the Carrots & Guacamole.
<b>6 Sat</b>		Make Simple Banana Pancakes for breakfast.	Enjoy one portion today, and store leftovers in the fridge for tomorrow.
		Pack your meals if you are on-the-go.	Simple Banana Pancakes, Yogurt & Berries, Turkey Hummus Sandwich, and Carrots & Guacamole.
		Reheat leftover Slow Cooker Spaghetti Squash & Meatballs for dinner.	Reheat in the microwave or in the toaster oven.
		Enjoy a Pear for dessert or as a snack.	
		Take chicken breast out of the freezer.	Thaw in the fridge until tomorrow night.

7 Sun		Enjoy leftover Simple Banana Pancakes for breakfast.	Reheat in the microwave or a skillet.
		Pack your meals if you are on-the-go.	Simple Banana Pancakes, Yogurt & Berries, Turkey Hummus Sandwich, and Carrots & Guacamole.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!
		Make One Pan Chicken, Golden Cauliflower, and Carrot Fries for dinner.	Enjoy! Store any leftovers in the fridge for tomorrow's lunch, or freeze for later.
		Enjoy a Pear for dessert or as a snack.	

## **WAIVER**

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. HMF cannot and does not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. HMF does not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

