



Lighten Up Program, Part 1

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HEAVY METAL FITNESS

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

Hello, Spring! Week 1 of a 3 part series to lighten up for summer. It has been a long cold winter so let's lighten things up with spring-inspired foods.

This program was created by a Registered Dietician.

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 Coconut Overnight Oats



LUNCH
Tuna Salad Stuffed Avocado with Hot Sauce



SNACK 1
Pear



DINNER
Spinach, Tomato & Goat Cheese Pizza



SNACK 2
Honey Cinnamon Chips

TUE



BREAKFAST
Strawberry Coconut Overnight Oats



LUNCH
Spinach, Tomato & Goat Cheese Pizza



SNACK 1
Honey Cinnamon Chips



DINNER
Vegetable Chow Mein



SNACK 2
Pear

WED



BREAKFAST
Paleo Huevos Rancheros



LUNCH
Vegetable Chow Mein



SNACK 1
Spiced Walnuts



DINNER
Curried Lentil, Kale & Broccoli Salad



SNACK 2
Grapes

THU



BREAKFAST
Paleo Huevos Rancheros



LUNCH
Curried Lentil, Kale & Broccoli Salad



SNACK 1
Grapes



DINNER
BLT Spaghetti



SNACK 2
Spiced Walnuts

FRI



BREAKFAST
Sweet Potato Pancakes



LUNCH
BLT Spaghetti



SNACK 1
Baby Carrots & Hummus



DINNER
Coconut Shrimp with Asian Slaw



SNACK 2
Grapefruit

SAT



BREAKFAST
Sweet Potato Pancakes



LUNCH
Coconut Shrimp with Asian Slaw



SNACK 1
Baby Carrots & Hummus



DINNER
Kale Greek Salad with Steak



SNACK 2
Grapefruit

MON**FAT 52%** **CARBS 37%** **PROTEIN 11%**

Calories 1515 Cholesterol 35mg
 Fat 91g Sodium 932mg
 Carbs 143g Vitamin A 4751IU
 Fiber 29g Vitamin C 85mg
 Sugar 42g Calcium 237mg
 Protein 42g Iron 9mg

TUE**FAT 45%** **CARBS 46%** **PROTEIN 9%**

Calories 1454 Cholesterol 5mg
 Fat 76g Sodium 2203mg
 Carbs 173g Vitamin A 8748IU
 Fiber 28g Vitamin C 83mg
 Sugar 50g Calcium 264mg
 Protein 32g Iron 10mg

WED**FAT 53%** **CARBS 32%** **PROTEIN 15%**

Calories 1422 Cholesterol 558mg
 Fat 89g Sodium 2232mg
 Carbs 119g Vitamin A 19055IU
 Fiber 35g Vitamin C 152mg
 Sugar 43g Calcium 552mg
 Protein 55g Iron 16mg

THU**FAT 61%** **CARBS 24%** **PROTEIN 15%**

Calories 1597 Cholesterol 601mg
 Fat 114g Sodium 1474mg
 Carbs 100g Vitamin A 17711IU
 Fiber 35g Vitamin C 182mg
 Sugar 47g Calcium 683mg
 Protein 62g Iron 18mg

FRI**FAT 48%** **CARBS 33%** **PROTEIN 19%**

Calories 1628 Cholesterol 676mg
 Fat 91g Sodium 2792mg
 Carbs 141g Vitamin A 46822IU
 Fiber 34g Vitamin C 236mg
 Sugar 67g Calcium 718mg
 Protein 80g Iron 17mg

SAT**FAT 53%** **CARBS 29%** **PROTEIN 18%**

Calories 1782 Cholesterol 709mg
 Fat 109g Sodium 2500mg
 Carbs 132g Vitamin A 45632IU
 Fiber 31g Vitamin C 264mg
 Sugar 59g Calcium 711mg
 Protein 85g Iron 16mg



FRUITS

- 5 Avocado
- 2 Clementines
- 4 Grapefruit
- 4 cups Grapes
- 3 1/2 Lemon
- 1 Lime
- 4 Pear
- 2 cups Strawberries

BREAKFAST

- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1/4 cup Cashews
- 1/8 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 tbsps Cinnamon
- 1 tsp Cumin
- 1 tbsps Curry Powder
- 1/4 cup Hemp Seeds
- 3/4 tsp Oregano
- 1 tsp Paprika
- 1 tsp Red Pepper Flakes
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 2 2/3 cups Walnuts

FROZEN

- 8 Brown Rice Tortilla
- 1 cup Frozen Edamame

VEGETABLES

- 3 cups Baby Carrots
- 9 cups Baby Spinach
- 1 cup Basil Leaves
- 1 bunch Broccoli
- 6 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 1/2 Cucumber
- 9 1/2 Garlic
- 2 tbsps Ginger
- 1 Green Bell Pepper
- 1 Jalapeno Pepper
- 14 cups Kale Leaves
- 3 cups Matchstick Carrots
- 3 cups Purple Cabbage
- 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 8 leaves Romaine
- 2 cups Snap Peas
- 4 Sweet Potato
- 2 Tomato
- 3 1/2 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 1 cup Brown Rice Vermicelli Noodles
- 1 1/2 cups Canned Coconut Milk
- 3 cups Crushed Tomatoes
- 2 cups Green Lentils
- 2 cans Tuna

BAKING

- 1/4 cup Coconut Flour
- 1 1/2 cups Oats
- 1/4 cup Raw Honey
- 1 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 6 ozs Beef Tenderloin
- 1/4 cup Feta Cheese
- 1/2 cup Goat Cheese
- 1 cup Hummus
- 1/4 cup Parmigiano Reggiano
- 1 lb Shrimp, Cooked

CONDIMENTS & OILS

- 3 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 1 1/16 cups Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tbsps Red Wine Vinegar
- 1 1/3 tbsps Sesame Oil
- 1 tsp Tabasco Sauce
- 2/3 cup Tamari

COLD

- 21 Egg

OTHER

- 1 1/8 cups Water





**SAVE \$15 ON YOUR FIRST MONTH OF
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 Coconut Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick)
1 1/2 cups Canned Coconut Milk
2 tbsps Chia Seeds
1 tbsp Maple Syrup
3/4 cup Water
2 cups Strawberries (sliced)
1/4 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	25g	Sodium	27mg
Carbs	35g	Vitamin A	10IU
Fiber	6g	Vitamin C	42mg
Sugar	8g	Calcium	81mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating

MORE PROTEIN

Add extra hemp seeds

Paleo Huevos Rancheros

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil (divided)
- 1 Jalapeno Pepper (seeds removed and finely chopped)
- 1 Green Bell Pepper (finely chopped)
- 1 Yellow Onion (finely chopped)
- 2 Tomato (chopped)
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 2 Avocado (peeled and cut into slices)
- 1/2 cup Cilantro (optional)
- 8 leaves Romaine (washed)

NUTRITION

AMOUNT PER SERVING

Calories	371	Cholesterol	372mg
Fat	28g	Sodium	180mg
Carbs	17g	Vitamin A	6677IU
Fiber	10g	Vitamin C	50mg
Sugar	5g	Calcium	104mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sautee for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
- 02 Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
- 03 Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa ovetop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

NOTES

MORE CARBS

Serve with brown rice tortillas (not paleo).

MORE SPICY

Serve with tabasco sauce.

Sweet Potato Pancakes

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 Sweet Potato (small)
- 4 Egg (whisked)
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	372mg
Fat	16g	Sodium	216mg
Carbs	41g	Vitamin A	18985...
Fiber	4g	Vitamin C	3mg
Sugar	18g	Calcium	122mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 02 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 03 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

NOTES

SPICE IT UP

Add nutmeg and/or ginger spice.

TOPPINGS

Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.

Tuna Salad Stuffed Avocado with Hot Sauce

4 SERVINGS 20 MINUTES



INGREDIENTS

2 Avocado
2 cans Tuna (drained and flaked)
2 stalks Celery (finely diced)
1 cup Baby Spinach (finely chopped)
1 Garlic (clove, minced)
2 tbsps Dijon Mustard
1 1/2 tpsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
1 tsp Tabasco Sauce

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	30mg
Fat	17g	Sodium	323mg
Carbs	10g	Vitamin A	1007IU
Fiber	7g	Vitamin C	15mg
Sugar	1g	Calcium	43mg
Protein	18g	Iron	2mg

DIRECTIONS

- 01 Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
- 02 Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
- 03 Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

NOTES

MORE PROTEIN & CRUNCH

Add 1/4 cup sunflower seeds.

DON'T LIKE AVOCADOS

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

DON'T EAT FISH

Use a can of white beans instead.

Pear

2 SERVINGS 5 MINUTES



INGREDIENTS

2 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

Spiced Walnuts

4 SERVINGS 10 MINUTES



INGREDIENTS

2 tbsps Raw Honey
2 tbsps Extra Virgin Olive Oil
2 cups Walnuts
1/2 tsp Sea Salt
1 tsp Cumin
1/8 tsp Cayenne Pepper

NUTRITION

AMOUNT PER SERVING

Calories	484	Cholesterol	0mg
Fat	46g	Sodium	297mg
Carbs	17g	Vitamin A	30IU
Fiber	4g	Vitamin C	1mg
Sugar	10g	Calcium	64mg
Protein	9g	Iron	2mg

DIRECTIONS

- 01 Lay a large piece of wax paper across the counter.
- 02 Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
- 03 Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
- 04 Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

NOTES

EXTRA SPICY

Add extra cayenne pepper.

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	16g	Vitamin A	92IU
Fiber	1g	Vitamin C	4mg
Sugar	15g	Calcium	13mg
Protein	1g	Iron	0mg

Baby Carrots & Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Baby Carrots
1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	11g	Sodium	359mg
Carbs	20g	Vitamin A	17264I...
Fiber	6g	Vitamin C	9mg
Sugar	6g	Calcium	89mg
Protein	5g	Iron	3mg

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

NOTES

NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

Spinach, Tomato & Goat Cheese Pizza

4 SERVINGS 20 MINUTES



INGREDIENTS

2/3 cup Walnuts
1/2 cup Extra Virgin Olive Oil
1 Lemon (juiced)
4 cups Baby Spinach (divided)
1 cup Basil Leaves
1/4 tsp Sea Salt
1/2 tsp Black Pepper
4 Brown Rice Tortilla
1 cup Cherry Tomatoes (halved)
1/2 cup Goat Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	574	Cholesterol	5mg
Fat	46g	Sodium	410mg
Carbs	34g	Vitamin A	3685IU
Fiber	6g	Vitamin C	20mg
Sugar	5g	Calcium	84mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 02 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 03 Take the remaining baby spinach and finely chop.
- 04 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 05 Place on baking sheet and bake in the oven for 10 minutes.
- 06 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

NOTES

MORE PROTEIN

Add diced chicken, lentils or chickpeas.

Vegetable Chow Mein

4 SERVINGS 20 MINUTES



INGREDIENTS

- 1/3 cup Tamari
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (grated)
- 1/4 tsp Black Pepper
- 1 cup Brown Rice Vermicelli Noodles
- 1 1/2 tps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 2 cups Snap Peas
- 2 cups Matchstick Carrots

NUTRITION

AMOUNT PER SERVING

Calories	200	Cholesterol	0mg
Fat	2g	Sodium	1594mg
Carbs	40g	Vitamin A	5004IU
Fiber	6g	Vitamin C	13mg
Sugar	9g	Calcium	70mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 In a small bowl, whisk together tamari, minced garlic, ginger and pepper and set aside.
- 02 Bring a large pot of water to a boil. Drop in vermicelli noodles and cook according to directions on the package (usually 3 to 4 minutes). Strain and rinse with cold water to prevent from over cooking. Drizzle with a bit of olive oil and toss well. Set aside.
- 03 In a large skillet, heat extra virgin olive oil over medium heat. Add in onion and celery and saute for 5 minutes or until celery is tender. Add in snap peas and carrots and saute for another 5 minutes or until vegetables are tender.
- 04 Stir in tamari mixture and noodles and saute for 2 minutes or until heated through. Use tongs to evenly distribute the noodles and vegetables. Transfer into bowls and enjoy!

NOTES

MORE PROTEIN

Add diced chicken or lentils

MORE GREEN VEGETABLES

Add broccoli, spinach or green peas

Curried Lentil, Kale & Broccoli Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil (divided)
1/2 Yellow Onion (finely chopped)
3 Garlic (cloves, minced)
1 tbsp Ginger (grated)
1 tbsp Curry Powder
1 bunch Broccolini
2 tbsps Water
8 cups Kale Leaves (chopped)
2 cups Green Lentils (cooked, drained and rinsed)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	305	Cholesterol	186mg
Fat	13g	Sodium	159mg
Carbs	29g	Vitamin A	7252IU
Fiber	14g	Vitamin C	84mg
Sugar	4g	Calcium	301mg
Protein	21g	Iron	7mg

DIRECTIONS

- 01 Heat half of the olive oil in a large skillet over medium heat. Add the onion and saute until translucent (about 5 minutes). Add the garlic, ginger and curry powder and saute for another minute.
- 02 Add the broccolini and water. Saute until bright green (about 5 to 8 minutes).
- 03 Add the kale and the lentils. Stir just until wilted then remove from heat.
- 04 Stir in lemon juice and season with sea salt and pepper to taste. Taste and add more curry powder if you desire.
- 05 Heat a frying pan over medium heat. Add a bit of olive oil and brush around the pan for non-stick. Fry eggs (one or two at a time gives the best results) and season with a bit of sea salt and pepper.
- 06 Ladle salad into bowls and top with a fried egg. Enjoy it while it's hot!

NOTES

MORE PROTEIN

Serve with quinoa.

MORE CARBS

Serve with brown rice.

NO EGGS

Top with protein of choice.

BLT Spaghetti

4 SERVINGS 45 MINUTES



INGREDIENTS

8 slices Bacon
2 Zucchini
1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (diced)
2 Garlic (clove, minced)
3 cups Crushed Tomatoes
1/2 tsp Oregano
4 cups Baby Spinach
1 tsp Red Pepper Flakes (to taste)
1/8 tsp Black Pepper (to taste)
1/4 cup Parmigiano Reggiano (grated, optional)

NUTRITION

AMOUNT PER SERVING

Calories	375	Cholesterol	43mg
Fat	27g	Sodium	836mg
Carbs	21g	Vitamin A	3660IU
Fiber	6g	Vitamin C	43mg
Sugar	13g	Calcium	201mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Spread the bacon in a single layer across the sheet. Bake in the oven for 15 to 18 minutes, flipping once at the halfway point. Remove from oven and wrap in paper towel to soak up the grease. Let cool and then chop into fine pieces. Set aside.
- 02 Use a spiralizer to spiralize your zucchini into noodles. If you don't have a spiralizer, you can use a box grater (use the side with bigger holes) or a peeling knife to create long strips. (Tip: For best results, glide the zucchini across the entire length of the box grater with long strokes).
- 03 Heat the olive oil in a large skillet over medium heat. Add the onion and saute until translucent. Add in the minced garlic and saute for another minute. Then add in the crushed tomatoes and oregano. Let simmer for about 20 to 30 minutes or until thickened.
- 04 Add in the bacon, baby spinach and zucchini noodles and stir for three minutes or until noodles are tender and spinach is wilted. Remove from heat.
- 05 Spoon into bowls and top with red pepper flakes, fresh ground pepper and parmigiano reggiano cheese. Enjoy!

NOTES

NO ZUCCHINI

Use regular brown rice pasta.

VEGETARIAN AND VEGAN

Skip the bacon and add red kidney beans.

DAIRY-FREE

Leave out the parmigiano reggiano cheese.



Coconut Shrimp with Asian Slaw

4 SERVINGS 1 HOUR



INGREDIENTS

3 cups Purple Cabbage (finely diced)
4 cups Kale Leaves (finely chopped)
1 cup Matchstick Carrots
1 cup Frozen Edamame (thawed)
2 Clementines (peeled and sectioned)
1/4 cup Tamari
1 1/3 tbsps Sesame Oil
1 Lemon (juiced)
1 Egg
1/4 cup Coconut Flour
1 tsp Paprika
1 lb Shrimp, Cooked (peeled and patted dry)
1 cup Unsweetened Coconut Flakes
1 Avocado (peeled and pit removed)
1 Lime (juiced)
1/4 tsp Sea Salt
1/4 cup Cashews
1/4 cup Water
2 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	612	Cholesterol	261mg
Fat	37g	Sodium	1381mg
Carbs	38g	Vitamin A	4540IU

DIRECTIONS

- 01 Combine cabbage, kale, carrots, edamame and clementines together in a large mixing bowl. Prepare dressing by combining tamari, sesame oil and lemon juice together in a bowl. Mix well and drizzle over salad. Toss well to coat and let marinade in the fridge while you prep the rest.
- 02 Whisk egg in a bowl. In a separate bowl, combine the coconut flour and paprika. Mix well with a fork.
- 03 Preheat oven to 375°F (191°C). Line a large baking sheet with parchment paper.
- 04 Working with one shrimp at a time, first sprinkle with coconut flour mix then dip in the egg mixture and let excess liquid fall off. Now coat with coconut flakes. Transfer to the baking sheet. Repeat until all shrimp is used up. (Note: We recommend recruiting a partner to help with this step to speed it up. A great time to involve the kids!)
- 05 Bake in the oven for 20 minutes, flipping at the 10 minute mark.
- 06 Meanwhile, make your avocado dipping sauce by combining avocado, lime juice, sea salt and cashews in a food processor. Add water and process until very smooth. Transfer to a bowl.
- 07 Sprinkle the slaw with sesame seeds. Plate slaw and top with coconut shrimp. Serve with a side of avocado dipping sauce. Enjoy!

NOTES

MAKE IT AN APPETIZER

Skip the slaw and serve shrimp and dip alone.



Fiber	15g	Vitamin C	93mg
Sugar	12g	Calcium	275mg
Protein	43g	Iron	6mg



Kale Greek Salad with Steak

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (de-seeded and cut into slices)
1/4 cup Red Onion (finely sliced)
1/2 Cucumber (diced)
2 cups Kale Leaves (finely chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pitted Kalamata Olives (diced)
1/4 cup Feta Cheese (crumbled)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Red Wine Vinegar
1/4 tsp Oregano
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
1/16 tsp Black Pepper
6 ozs Beef Tenderloin

NUTRITION

AMOUNT PER SERVING

Calories	529	Cholesterol	76mg
Fat	45g	Sodium	544mg
Carbs	12g	Vitamin A	2470IU
Fiber	3g	Vitamin C	71mg
Sugar	5g	Calcium	194mg
Protein	20g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
- 02 Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
- 03 Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
- 04 Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
- 05 Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- 06 Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
- 07 Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

NOTES

VEGAN & VEGETARIANS

Skip the steak and add roasted chickpeas.



Honey Cinnamon Chips

4 SERVINGS 15 MINUTES



INGREDIENTS

4 Brown Rice Tortilla
2 tbsps Raw Honey
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	183	Cholesterol	0mg
Fat	3g	Sodium	170mg
Carbs	37g	Vitamin A	4IU
Fiber	4g	Vitamin C	0mg
Sugar	11g	Calcium	13mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Line a baking sheet with parchment paper.
- 02 Defrost brown rice tortillas if frozen. Place 1/2 tbsp of raw honey into the middle of each tortilla and spread around using a butter knife. Sprinkle each tortilla with cinnamon. Use a pizza cutter to slice into 1/8's. Place on the baking sheet and bake in the oven for 6 minutes (or until crispy).
- 03 Remove from oven. Let cool. Enjoy!

NOTES

STORAGE

Store in an airtight container at room temperature for up to 5 days.

Grapefruit

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Grapefruit

NUTRITION

AMOUNT PER SERVING

Calories	82	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	21g	Vitamin A	2373IU
Fiber	3g	Vitamin C	88mg
Sugar	18g	Calcium	31mg
Protein	2g	Iron	0mg

DIRECTIONS

01 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

NOTES

CUT THE FLAVOUR

Sprinkle with a pinch of sea salt.

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.
		Make the Strawberry Coconut Overnight Oats.	Divide between jars or containers and store in the fridge for breakfasts.
		Make the Tuna Salad Stuffed Avocado with Hot Sauce.	Store in a container in the fridge for lunch tomorrow.
		Freeze the shrimp and steak.	You'll be reminded later on in the week to take them out to thaw.
1 Mon		Pack your meals if you are on-the-go.	Strawberry Coconut Overnight Oats, Tuna Salad Stuffed Avocado with Hot Sauce, and Pear.
		Make the Spinach, Tomato & Goat Cheese Pizza for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Honey Cinnamon Chips for dessert or an after dinner snack.	Store leftovers in an airtight container at room temperature for a snack tomorrow.

2 Tue		Pack your meals if you are on-the-go.	Strawberry Coconut Overnight Oats, Spinach, Tomato & Goat Cheese Pizza, and Honey Cinnamon Chips.
		Make the Vegetable Chow Mein for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Spiced Walnuts snacks.	Divide between containers and store at room temperature.
		Enjoy a Pear for dessert or an after dinner snack.	
3 Wed		Make Paleo Huevos Rancheros for breakfast.	Store leftovers in an airtight container for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Paleo Huevos Rancheros, Vegetable Chow Mein, and Spiced Walnuts.
		Make Curried Lentil, Kale, and Broccoli Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy grapes as dessert or an after dinner snack.	
		Pack your meals if you are on-the-go.	Paleo Huevos Rancheros, Curried Lentil, kale and Broccoli Salad, and Grapes.

4 Thu		Make BLT Spaghetti for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Spiced Walnuts as dessert or an after dinner snack.	
		Make Baby Carrots & Hummus Snacks.	Divide between containers and store in the fridge.
		Transfer the shrimp from the freezer into the fridge.	Let thaw overnight for dinner tomorrow.
5 Fri		Make the Sweet Potato Pancakes for breakfast.	Bon appetit!
		Pack your meals if you are on-the-go.	Sweet Potato Pancakes, BLT Spaghetti, and Baby Carrots & Hummus.
		Make Coconut Shrimp with Asian Slaw for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
Enjoy a grapefruit for dessert or an after dinner snack.			
6 Sat		Make the Sweet Potato Pancakes for breakfast.	Bon appetit!
		Pack your meals if you are on-the-go.	Sweet Potato Pancakes, Coconut Shrimp with Asian Slaw, and Baby Carrots & Hummus.

		<p>Make Kale Greek Salad with Steak for dinner.</p>	<p>Enjoy!</p>
		<p>Enjoy a grapefruit for dessert or an after dinner snack.</p>	
<p>7 Sun</p>		<p>Shop and prep for the week ahead.</p>	<p>Don't forget to set aside some time to meal plan and shop for next week!</p>

WAIVER

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