



Lighten Up Program, Part 2

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Lighten Up Program, Part 2

HEAVY METAL FITNESS

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

Hello, Spring! Week 2 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
Detox Green Smoothie



LUNCH
Spring Salad



SNACK 1
Carrots & Guacamole



DINNER
One Pan Sausage with Roasted Garlic Veggies



SNACK 2
Pistachios

TUE



BREAKFAST
Detox Green Smoothie



LUNCH
One Pan Sausage with Roasted Garlic Veggies



SNACK 1
Pistachios



DINNER
Black Bean & White Fish Wraps



SNACK 2
Carrots & Guacamole

WED



BREAKFAST
Mexican Scramble



LUNCH
Black Bean & White Fish Wraps



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



DINNER
Cauliflower Shepherd's Pie



SNACK 2
Banana

THU



BREAKFAST
Mexican Scramble



LUNCH
Cauliflower Shepherd's Pie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



DINNER
Pistachio Crusted Salmon



SNACK 2
Banana

FRI



BREAKFAST
Liquid Gold Green Smoothie



LUNCH
Pistachio Crusted Salmon



SNACK 1
Apple with Almond Butter



DINNER
BBQ Chicken with Grilled Balsamic Vegetables



SNACK 2
Chocolate Stuffed Raspberries

SAT



BREAKFAST
Liquid Gold Green Smoothie



LUNCH
BBQ Chicken with Grilled Balsamic Vegetables



SNACK 1
Apple with Almond Butter



DINNER
Sweet Potato Nachos



SNACK 2
Chocolate Stuffed Raspberries

MON**FAT 44%** **CARBS 38%** **PROTEIN 18%**

Calories 1254 Cholesterol 115mg
 Fat 65g Sodium 1906mg
 Carbs 127g Vitamin A 31405IU
 Fiber 40g Vitamin C 153mg
 Sugar 45g Calcium 468mg
 Protein 59g Iron 16mg

TUE**FAT 49%** **CARBS 36%** **PROTEIN 15%**

Calories 1379 Cholesterol 114mg
 Fat 80g Sodium 1615mg
 Carbs 135g Vitamin A 33936IU
 Fiber 46g Vitamin C 206mg
 Sugar 45g Calcium 557mg
 Protein 54g Iron 12mg

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

Calories 1336 Cholesterol 764mg
 Fat 64g Sodium 1502mg
 Carbs 117g Vitamin A 13142IU
 Fiber 41g Vitamin C 190mg
 Sugar 31g Calcium 468mg
 Protein 87g Iron 15mg

THU**FAT 48%** **CARBS 25%** **PROTEIN 27%**

Calories 1442 Cholesterol 813mg
 Fat 80g Sodium 1583mg
 Carbs 93g Vitamin A 10491IU
 Fiber 29g Vitamin C 235mg
 Sugar 30g Calcium 403mg
 Protein 99g Iron 17mg

FRI**FAT 46%** **CARBS 35%** **PROTEIN 19%**

Calories 1604 Cholesterol 160mg
 Fat 85g Sodium 1069mg
 Carbs 149g Vitamin A 7572IU
 Fiber 36g Vitamin C 275mg
 Sugar 86g Calcium 962mg
 Protein 81g Iron 13mg

SAT**FAT 43%** **CARBS 43%** **PROTEIN 14%**

Calories 1719 Cholesterol 123mg
 Fat 87g Sodium 1206mg
 Carbs 194g Vitamin A 24557IU
 Fiber 49g Vitamin C 226mg
 Sugar 101g Calcium 937mg
 Protein 65g Iron 10mg



FRUITS

- 4 Apple
- 9 Avocado
- 8 Banana
- 4 Lemon
- 5 Lime
- 1/2 Mango
- 4 Pear
- 2 cups Raspberries

BREAKFAST

- 1/2 cup Almond Butter
- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1 tsp Cumin
- 1 tsp Dried Basil
- 2 tbsps Ground Flax Seed
- 1 tbsp Italian Seasoning
- 1 tsp Paprika
- 1/4 cup Pine Nuts
- 1/2 cup Pistachios
- 2 cups Pistachios, In Shell
- 3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

FROZEN

- 1/2 cup Frozen Peas

VEGETABLES

- 5 cups Baby Spinach
- 10 Carrot
- 2 heads Cauliflower
- 6 stalks Celery
- 1/3 cup Cilantro
- 4 cups Coleslaw Mix
- 4 cups Collard Greens
- 2 Cucumber
- 11 Garlic
- 2 tbsps Ginger
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 1 Jalapeno Pepper
- 10 cups Kale Leaves
- 3 cups Mushrooms
- 2 cups Parsley
- 2 cups Portobello Mushroom
- 1 Red Bell Pepper
- 3/4 cup Red Onion
- 1 1/2 cups Snap Peas
- 3 Sweet Potato
- 3 Tomato
- 1 Yellow Bell Pepper
- 2 1/2 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 4 cups Black Beans
- 1 cup Green Lentils
- 1/2 cup Salsa
- 1 can Tuna

BAKING

- 1/4 cup Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 1/4 cup Fancy Molasses
- 2 tbsps Nutritional Yeast

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 10 ozs Chicken Sausage
- 1 lb Extra Lean Ground Turkey
- 1 1/4 lbs Salmon Fillet
- 2 Tilapia Fillet

CONDIMENTS & OILS

- 1/2 cup Apple Cider Vinegar
- 3 tbsps Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 2 tps Tabasco Sauce
- 1/4 cup Yellow Mustard

COLD

- 14 Egg
- 5 1/8 cups Unsweetened Almond Milk

OTHER

- 10 Ice Cubes
- 3 cups Water

■ 2 tbsps Raw Honey

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

Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
1 tbsp Ginger (grated)
1 tbsp Ground Flax Seed
1 1/2 cups Water
5 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	164	Cholesterol	0mg
Fat	2g	Sodium	31mg
Carbs	38g	Vitamin A	2225IU
Fiber	9g	Vitamin C	61mg
Sugar	21g	Calcium	171mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

NOTES

NO KALE

Use spinach.

NO PEAR

Use apples.

METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

Mexican Scramble

4 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 tps Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
1/2 Green Bell Pepper (de-seeded and diced)
3 Garlic (cloves, minced)
1 Tomato (diced)
2 cups Black Beans (cooked, drained and rinsed)
1 tsp Cumin
1 tsp Paprika
1 tsp Turmeric
Sea Salt & Black Pepper (to taste)
6 Egg
2 tbsps Unsweetened Almond Milk
2 tbsps Nutritional Yeast
2 cups Kale Leaves (finely sliced)
1 Avocado (peeled and diced)
1/4 cup Salsa
1/4 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	279mg
Fat	17g	Sodium	265mg
Carbs	33g	Vitamin A	1907IU
Fiber	14g	Vitamin C	33mg

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add onion, green pepper, garlic and tomatoes. Saute 5 minutes or until onion is translucent.
- 02 Add in black beans, cumin, paprika and turmeric. Season with sea salt and pepper to taste. Saute for another 2 to 3 minutes.
- 03 Mix together eggs, almond milk and nutritional yeast in a mixing bowl. Whisk well. Pour into skillet and continuously stir to scramble eggs while they cook.
- 04 Once eggs are cooked through, stir in the shredded kale. Continue to stir just until kale is wilted and then remove from heat.
- 05 Spoon into bowls and top with avocado, salsa and garnish with cilantro. Enjoy!

NOTES

LESS INGREDIENTS

Skip the toppings (avocado, salsa and cilantro)



Sugar	3g	Calcium	140mg
Protein	22g	Iron	6mg



Liquid Gold Green Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Avocado (peeled and pitted)
2 Banana (frozen)
2 tbsps Cocoa Powder
2 1/2 cups Unsweetened Almond Milk
1 tbsp Maple Syrup
2 cups Baby Spinach

DIRECTIONS

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

NOTES

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	19g	Sodium	235mg
Carbs	48g	Vitamin A	3659IU
Fiber	14g	Vitamin C	29mg
Sugar	21g	Calcium	629mg
Protein	6g	Iron	3mg

Spring Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Green Lentils (cooked, drained and rinsed)
1 1/2 cups Snap Peas (washed)
1/2 cup Frozen Peas (thawed)
1 cup Baby Spinach (chopped)
1 can Tuna (drained and flaked)
1 1/2 tbsps Red Wine Vinegar
1 1/2 tsps Extra Virgin Olive Oil
1 tbsp Dijon Mustard
1/8 tsp Sea Salt
1/8 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	284	Cholesterol	30mg
Fat	5g	Sodium	482mg
Carbs	32g	Vitamin A	2820IU
Fiber	12g	Vitamin C	19mg
Sugar	6g	Calcium	87mg
Protein	29g	Iron	7mg

DIRECTIONS

- 01 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 02 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

NOTES

STORAGE

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

NO TUNA

Use diced chicken breast instead.

VEGETARIAN AND VEGAN

Skip the tuna and add extra lentils.

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.

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

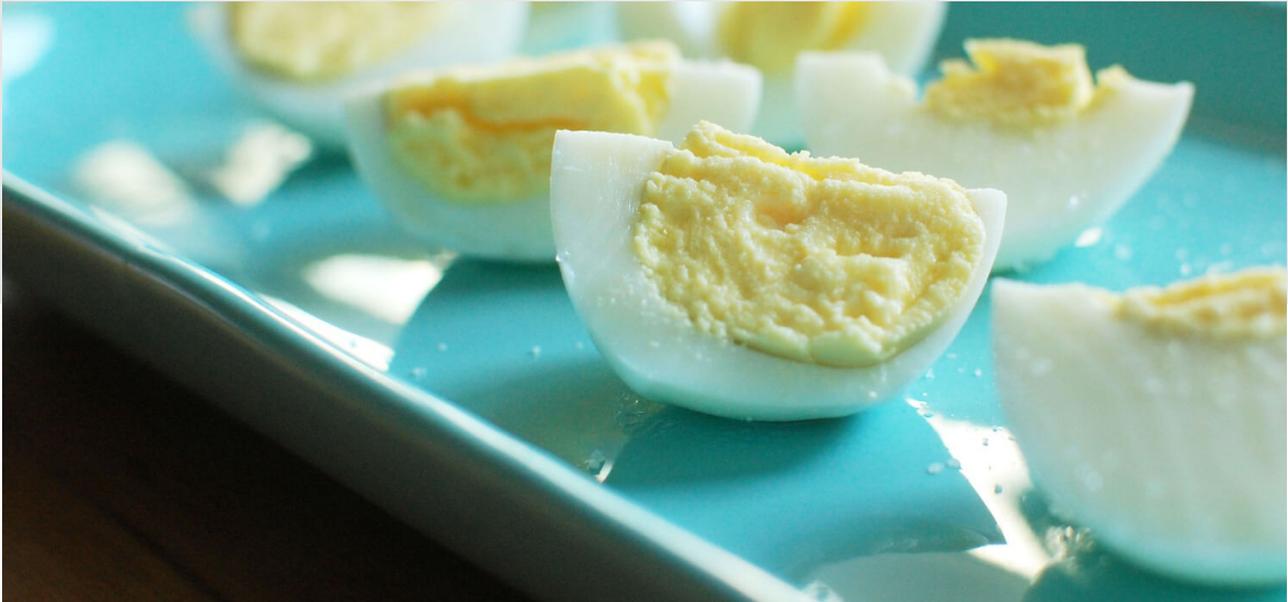
NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

Salt n' Vinegar Hard Boiled Eggs

4 SERVINGS 35 MINUTES



INGREDIENTS

- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

NUTRITION

AMOUNT PER SERVING

Calories	146	Cholesterol	372mg
Fat	10g	Sodium	733mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	57mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Bring a large 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 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Apple with Almond Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

One Pan Sausage with Roasted Garlic Veggies

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 Red Bell Pepper (de-seeded and sliced)
- 1 Zucchini (diced into rounds)
- 1 Sweet Potato (medium, diced)
- 4 stalks Celery (sliced diagonally)
- 2 Garlic (cloves, minced)
- 2 tbsps Balsamic Vinegar
- 1 tsp Dried Basil
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 10 ozs Chicken Sausage

NUTRITION

AMOUNT PER SERVING

Calories	272	Cholesterol	85mg
Fat	17g	Sodium	790mg
Carbs	19g	Vitamin A	5821IU
Fiber	3g	Vitamin C	49mg
Sugar	7g	Calcium	115mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the red bell pepper, zucchini, sweet potato and celery in a large bowl. Add in the minced garlic, balsamic vinegar, dried basil and olive oil. Season with sea salt and black pepper. Toss well and then spread the veggies across the baking sheet in an even layer. Set the sausage on top. Bake in the oven for 30 minutes, or until cooked through, flipping the sausage at the halfway point.
- 03 Remove the pan from the oven and divide onto plates. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

VEGAN AND VEGETARIAN

Use roasted chickpeas instead.

Black Bean & White Fish Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Tilapia Fillet (drained and rinsed)
Sea Salt & Black Pepper (to taste)
2 cups Black Beans (cooked, drained and rinsed)
1/4 cup Salsa
2 stalks Green Onion (diced)
1 Lemon (juiced and divided)
2 Avocado (peeled and chopped)
1 Jalapeno Pepper (de-seeded and chopped)
4 cups Coleslaw Mix
2 tbsps Cilantro (chopped)
1 tbsp Extra Virgin Olive Oil
4 cups Collard Greens (washed and stems chopped off)
1 Lime (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	409	Cholesterol	29mg
Fat	20g	Sodium	191mg
Carbs	40g	Vitamin A	5351IU
Fiber	18g	Vitamin C	72mg
Sugar	6g	Calcium	176mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
- 02 In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
- 03 Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
- 04 Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
- 05 To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

NOTES

NO COLESLAW MIX

Use shredded cabbage instead.

MORE CARBS

Use gluten-free tortillas instead.

NOT A WRAP FAN

Chop up the collard greens and turn it into a salad.



Cauliflower Shepherd's Pie

4 SERVINGS 50 MINUTES



INGREDIENTS

1 head Cauliflower (chopped into florets)
2 tbsps Extra Virgin Olive Oil (divided)
1 Yellow Onion (diced)
2 Garlic (cloves, minced)
1 lb Extra Lean Ground Turkey
3 cups Mushrooms (sliced)
2 Carrot (diced)
2 stalks Celery (diced)
1 tbsp Italian Seasoning
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	84mg
Fat	17g	Sodium	312mg
Carbs	16g	Vitamin A	5268IU
Fiber	6g	Vitamin C	75mg
Sugar	8g	Calcium	89mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 03 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 04 Add the meat, and cook until browned.
- 05 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 06 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 07 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 08 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

NOTES

VEGAN AND VEGETARIAN

Use cooked lentils instead of ground meat.

Pistachio Crusted Salmon

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Pistachios (removed from shell)
1/4 tsp Sea Salt
1 1/4 lbs Salmon Fillet
1/4 cup Pine Nuts
1 Garlic (clove, minced)
2 cups Parsley (chopped)
1/4 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1 head Cauliflower (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	515	Cholesterol	78mg
Fat	36g	Sodium	272mg
Carbs	16g	Vitamin A	2700IU
Fiber	6g	Vitamin C	117mg
Sugar	5g	Calcium	111mg
Protein	36g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 03 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 04 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 05 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 06 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

NOTES

MORE VEG

Serve with a side of baby spinach drizzled with leftover pesto

LIKES IT WARM

Saute the cauliflower rice in a bit of olive oil before serving

BBQ Chicken with Grilled Balsamic Vegetables

4 SERVINGS 1 HOUR



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil
- 1/2 cup Red Onion (chopped)
- 3 Garlic (cloves, minced)
- 2 Tomato (diced)
- 2 tsps Tabasco Sauce
- 1/4 cup Apple Cider Vinegar
- 1/4 cup Yellow Mustard
- 1/4 cup Fancy Molasses
- 2 tbsps Raw Honey
- 1/2 tsp Sea Salt
- 1 lb Chicken Breast
- 1 Yellow Onion (coarsely chopped)
- 1 Zucchini (coarsely chopped)
- 2 cups Portobello Mushroom (coarsely chopped)
- 1 Yellow Bell Pepper (coarsely chopped)
- 1 tbsp Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	333	Cholesterol	82mg
Fat	7g	Sodium	557mg
Carbs	39g	Vitamin A	1094IU
Fiber	4g	Vitamin C	105mg
Sugar	30g	Calcium	88mg
Protein	30g	Iron	3mg

DIRECTIONS

- 01 Heat olive oil in a saucepan over medium heat. Add red onion and saute for about 5 minutes or until soft. Add garlic and saute for another minute. Add in diced tomatoes and stir occasionally for 10 minutes. Add in tabasco, vinegar, mustard, molasses, honey and salt. Stir well. Reduce heat and let barbecue sauce simmer for 25 minutes.
- 02 Transfer to blender and blend until smooth. Let cool while you prepare the rest.
- 03 Place all diced vegetables in a bowl and toss with olive oil. Transfer to a grilling basket.
- 04 Preheat grill on medium heat. Add vegetables and chicken breasts. Use a brush to coat the chicken breasts with barbecue sauce. Toss the vegetables occasionally. After 8 to 10 minutes, flip the chicken breasts and coat with barbecue sauce again. Cook for another 8 to 10 minutes or until chicken is cooked through.
- 05 Once chicken is cooked through, transfer to a plate. Transfer grilled vegetables back into bowl and toss with balsamic vinegar.
- 06 Plate chicken and grilled veggies. Serve with extra barbecue sauce if you desire. Enjoy!

NOTES

NO BBQ

Preheat the oven to 350°F (177°C). Marinate the chicken in the barbecue sauce ahead of time. Roast the chicken and the veggies together on a large baking sheet for 30 minutes or until chicken is cooked through.



Sweet Potato Nachos

2 SERVINGS 45 MINUTES



INGREDIENTS

2 Sweet Potato
1 tbsp Extra Virgin Olive Oil
4 ozs Chicken Breast
2 Avocado (peeled and mashed)
1/2 Mango (peeled and diced)
1/4 cup Red Onion (finely diced)
2 Lime (juiced)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	630	Cholesterol	41mg
Fat	38g	Sodium	409mg
Carbs	61g	Vitamin A	19685...
Fiber	19g	Vitamin C	68mg
Sugar	20g	Calcium	86mg
Protein	20g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line 2 to 3 baking sheets with parchment paper.
- 02 Season your chicken breast with sea salt and black pepper to taste.
- 03 Cut sweet potato into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- 04 In a mixing bowl, toss the sweet potato rounds with olive oil and sea salt.
- 05 Place the chicken and sweet potato rounds across the baking sheets in a single layer and bake for approximately 30 minutes in the oven. Flip the sweet potato rounds about halfway through, depending on the thickness or until golden brown. Remove from oven.
- 06 While your chicken and sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, lime juice and sea salt. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
- 07 Assemble a layer of baked sweet potato chips and top with shredded chicken and guac. Enjoy!

NOTES

CHIP LOVER

Make brown rice tortilla chips instead of sweet potato chips.

VEGETARIAN OR VEGAN

Use 1 can of black beans instead of chicken and skip step 2.

LIKES IT SPICY

Use extra cayenne pepper.

Banana

2 SERVINGS 1 MINUTE



INGREDIENTS

2 Banana

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Peel and enjoy!

NOTES

MORE PROTEIN

Dip in almond butter.

Chocolate Stuffed Raspberries

4 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Raspberries (washed)
1/4 cup Dark Chocolate Chips

DIRECTIONS

01 Place a chocolate chip into the centre of each raspberry. Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	122	Cholesterol	0mg
Fat	5g	Sodium	1mg
Carbs	15g	Vitamin A	20IU
Fiber	4g	Vitamin C	16mg
Sugar	10g	Calcium	15mg
Protein	2g	Iron	1mg

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 Spring Salad.	Store in a sealed container in the fridge for lunch tomorrow.
		Prep Carrots & Guacamole snacks.	Store in containers in the fridge.
		Make Hard Boiled Eggs.	Store in the fridge for Salt n' Vinegar Hard Boiled Eggs.
		Freeze the salmon and chicken breast.	You'll be reminded later on in the week to take it out to thaw.
1 Mon		Make the Detox Green Smoothie.	Pour into a glass or shaker cup.
		Pack your meals if you are on-the-go.	Detox Green Smoothie, Spring Salad, and Carrots & Guacamole.
		Make the One Pan Sausage with Roasted Garlic Veggies for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.

		Enjoy Pistachios for an after dinner snack.	
2 Tue		Make the Detox Green Smoothie.	Pour into a glass or shaker cup.
		Pack your meals if you are on-the-go.	Detox Green Smoothie, One Pan Sausage with Roasted Garlic Veggies, and Pistachios.
		Make the Black Bean & White Fish Wraps for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Carrots & Guacamole for an after dinner snack.	
3 Wed		Make the Mexican Scramble for breakfast.	Store leftovers in an airtight container for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Mexican Scramble, Black Bean & White Fish Wraps, and Salt n' Vinegar Hard Boiled Eggs.
		Make Cauliflower Shepherd's Pie for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy a banana as dessert or an after dinner snack.	
		Transfer the salmon from the freezer into the fridge.	Let thaw overnight for dinner tomorrow.
		Pack your meals if you are on-the-go.	Mexican Scramble, Cauliflower Shepherd's Pie, and

4 Thu			Salt n' Vinegar Hard Boiled Eggs.
		Make Pistachio Crusted Salmon for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy a banana as dessert or an after dinner snack.	
		Transfer the ground chicken breast from the freezer into the fridge.	Let thaw overnight for dinner tomorrow and Saturday.
5 Fri		Make the Liquid Gold Green Smoothie for breakfast.	Pour into a glass or shaker cup.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, Pistachio Crusted Salmon, and Apple with Almond Butter.
		Make BBQ Chicken with Balsamic Grilled Veggies for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Chocolate Stuffed Raspberries for dessert or an after dinner snack.	
6 Sat		Make the Liquid Gold Green Smoothie for breakfast.	Pour into a glass or shaker cup.
		Pack your meals if you are on-the-go.	Liquid Gold Green Smoothie, BBQ Chicken with Balsamic Grilled Veggies, and Apple with Almond Butter.

		<p>Make Sweet Potato Nachos for dinner.</p>	<p>Enjoy!</p>
		<p>Enjoy Chocolate Stuffed Raspberries 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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