



## Lighten Up Program, Part 3

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# Lighten Up Program, Part 3

## HEAVY METAL FITNESS

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

Hello, Spring! Week 3 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.

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### **GROCERY LIST TIPS**

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

### **SHOPPING TIPS**

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

### **RECIPE TIPS**

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

### **HOW TO USE**

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).



## **LEFTOVERS**

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Strawberry Rhubarb Chia Parfait



**LUNCH**  
Asparagus Salad



**SNACK 1**  
Apple with Almond Butter



**DINNER**  
Swiss Chard, Lentil & Rice Bowl



**SNACK 2**  
Clean Trail Mix

## TUE



**BREAKFAST**  
Strawberry Rhubarb Chia Parfait



**LUNCH**  
Swiss Chard, Lentil & Rice Bowl



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Grilled Shrimp Salad



**SNACK 2**  
Apple with Almond Butter

## WED



**BREAKFAST**  
Green Smoothie Bowl



**LUNCH**  
Grilled Shrimp Salad



**SNACK 1**  
Celery with Sunflower Seed Butter



**DINNER**  
Spring Vegetable Pasta Salad



**SNACK 2**  
Strawberry Ice Cream

## THU



**BREAKFAST**  
Green Smoothie Bowl



**LUNCH**  
Spring Vegetable Pasta Salad



**SNACK 1**  
Celery with Sunflower Seed Butter



**DINNER**  
Lentil Stuffed Grilled Peppers



**SNACK 2**  
Strawberry Ice Cream

## FRI



**BREAKFAST**  
Hawaiian Omelette



**LUNCH**  
Lentil Stuffed Grilled Peppers



**SNACK 1**  
Banana with Almond Butter



**DINNER**  
Spinach & Artichoke Turkey Burgers  
with Roasted Tomato Mayo



**SNACK 2**  
Fresh Strawberries

## SAT



**BREAKFAST**  
Hawaiian Omelette



**LUNCH**  
Spinach & Artichoke Turkey Burgers  
with Roasted Tomato Mayo



**SNACK 1**  
Banana with Almond Butter



**DINNER**  
Loaded Sweet Potato & Kale Quesadilla



**SNACK 2**  
Fresh Strawberries

**MON****FAT 51%**   **CARBS 37%**   **PROTEIN 12%**

Calories 1509      Cholesterol 189mg  
 Fat 92g              Sodium 535mg  
 Carbs 148g          Vitamin A 6997IU  
 Fiber 36g            Vitamin C 120mg  
 Sugar 37g            Calcium 832mg  
 Protein 47g          Iron 16mg

**TUE****FAT 45%**   **CARBS 35%**   **PROTEIN 20%**

Calories 1623      Cholesterol 365mg  
 Fat 87g              Sodium 758mg  
 Carbs 151g          Vitamin A 9476IU  
 Fiber 37g            Vitamin C 166mg  
 Sugar 38g            Calcium 940mg  
 Protein 84g          Iron 15mg

**WED****FAT 47%**   **CARBS 36%**   **PROTEIN 17%**

Calories 1665      Cholesterol 365mg  
 Fat 93g              Sodium 812mg  
 Carbs 162g          Vitamin A 13016IU  
 Fiber 32g            Vitamin C 245mg  
 Sugar 54g            Calcium 523mg  
 Protein 77g          Iron 12mg

**THU****FAT 44%**   **CARBS 45%**   **PROTEIN 11%**

Calories 1483      Cholesterol 17mg  
 Fat 78g              Sodium 1114mg  
 Carbs 183g          Vitamin A 14397IU  
 Fiber 38g            Vitamin C 343mg  
 Sugar 61g            Calcium 469mg  
 Protein 45g          Iron 15mg

**FRI****FAT 49%**   **CARBS 28%**   **PROTEIN 23%**

Calories 1411      Cholesterol 603mg  
 Fat 81g              Sodium 3068mg  
 Carbs 103g          Vitamin A 13265IU  
 Fiber 28g            Vitamin C 303mg  
 Sugar 44g            Calcium 546mg  
 Protein 85g          Iron 16mg

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

Calories 1589      Cholesterol 586mg  
 Fat 97g              Sodium 2659mg  
 Carbs 117g          Vitamin A 18285IU  
 Fiber 22g            Vitamin C 175mg  
 Sugar 43g            Calcium 511mg  
 Protein 75g          Iron 12mg



## FRUITS

- 4 Apple
- 1 1/2 Avocado
- 12 Banana
- 4 Kiwi
- 1 1/2 Lemon
- 3 Lime
- 1 cup Pineapple
- 7 cups Strawberries

## BREAKFAST

- 1 cup Almond Butter

## SEEDS, NUTS & SPICES

- 1 3/4 tsps Black Pepper
- 1/2 cup Cashews
- 1/4 tsp Cayenne Pepper
- 2/3 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 2 cups Clean Trail Mix
- 1 tsp Cumin
- 1/4 cup Hemp Seeds
- 1 tsp Paprika
- 1/2 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Slivered Almonds
- 1/2 cup Sunflower Seeds

## FROZEN

- 2 Brown Rice Tortilla
- 1 cup Frozen Peas
- 2 cups Frozen Strawberries

## VEGETABLES

- 2 cups Arugula
- 3 1/2 cups Asparagus
- 18 cups Baby Spinach
- 1 1/4 cups Basil Leaves
- 8 stalks Celery
- 2 cups Cherry Tomatoes
- 4 cups Coleslaw Mix
- 1/4 Cucumber
- 6 Garlic
- 1 head Green Lettuce
- 1 stalk Green Onion
- 5 cups Kale Leaves
- 1/2 cup Parsley
- 2 cups Portobello Mushroom
- 1 cup Radishes
- 4 Red Bell Pepper
- 2 cups Rhubarb
- 1/2 Sweet Onion
- 1 Sweet Potato
- 8 cups Swiss Chard
- 1 Tomato
- 1 Yellow Onion

## BOXED & CANNED

- 1/2 cup Brown Rice
- 4 cups Brown Rice Fusilli, Cooked
- 2 cups Green Lentils
- 2 cups Lentils

## BAKING

- 3/4 cup Almond Flour
- 1 tbsp Raw Honey
- 1/4 cup Unsweetened Coconut Flakes

## BREAD, FISH, MEAT & CHEESE

- 1 lb Extra Lean Ground Turkey
- 1/2 cup Feta Cheese
- 1 1/8 cups Goat Cheese
- 5 1/4 ozs Prosciutto
- 2 lbs Shrimp

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/2 cup Artichoke Hearts
- 1 tbsp Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1 1/4 cups Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter
- 1 tbsp Tamari

## COLD

- 12 Egg
- 2 cups Unsweetened Almond Milk

## OTHER

- 4 Ice Cubes
- 3 3/4 cups Water



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 **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 Rhubarb Chia Parfait

4 SERVINGS 4 HOURS



## INGREDIENTS

2/3 cup Chia Seeds (or 2/3 cup)  
2 cups Unsweetened Almond Milk  
1 tbsp Raw Honey  
2 cups Rhubarb (diced)  
3 cups Strawberries (diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	242	Cholesterol	0mg
Fat	13g	Sodium	84mg
Carbs	30g	Vitamin A	325IU
Fiber	12g	Vitamin C	68mg
Sugar	10g	Calcium	479mg
Protein	7g	Iron	4mg

## DIRECTIONS

- 01 Combine the chia seeds, almond milk and honey together in a bowl and mix well until all clumps are dissolved. Cover and let sit in the fridge for 4 hours or until thickened.
- 02 Preheat oven to 350°F (177°C). Place the rhubarb and strawberries together in a glass baking dish and bake in the oven for 30 minutes. Remove from oven and set aside to cool.
- 03 To make parfaits, set out mason jars (we use size 250 mL), layer in chia seed pudding and use a slotted spoon to add the strawberry rhubarb mix. Repeat to create layers. Enjoy!

## NOTES

### STORAGE

Store in the fridge up to 5 days.

### NO RHUBARB

Use diced apple instead.

# Green Smoothie Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 Banana (chopped and frozen)  
4 cups Baby Spinach  
1 1/2 cups Water  
2 Ice Cubes  
2 Kiwi (peeled and chopped)  
2 tbsps Unsweetened Coconut Flakes  
2 tbsps Slivered Almonds  
2 tbsps Hemp Seeds

## DIRECTIONS

01 Add frozen bananas, baby spinach, water and ice cubes to the blender. Blend until smooth. Divide between bowls and top with kiwi, coconut flakes, slivered almonds and hemp seeds. Enjoy right away!

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	14g	Sodium	56mg
Carbs	43g	Vitamin A	5763IU
Fiber	9g	Vitamin C	91mg
Sugar	22g	Calcium	136mg
Protein	9g	Iron	3mg

# Hawaiian Omelette

2 SERVINGS 20 MINUTES



## INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 5 Egg
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 1/2 cup Pineapple (cored and diced)
- 2 2/3 ozs Prosciutto (sliced into small pieces)
- 1/2 cup Goat Cheese (crumbled)
- 2 cups Baby Spinach

## DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat.
- 02 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 03 Pour 1 portion of the egg mixture in so that it covers the skillet and let cook until almost set. Place some of the pineapple, prosciutto and goat cheese on one half of the omelette and fold the other half over top. Remove from heat. Transfer to a plate and serve with a cup of baby spinach on the side.
- 04 Repeat with remaining ingredients to make additional omelettes. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	389	Cholesterol	502mg
Fat	26g	Sodium	1618mg
Carbs	9g	Vitamin A	3516IU
Fiber	1g	Vitamin C	28mg
Sugar	6g	Calcium	128mg
Protein	30g	Iron	4mg



# Asparagus Salad

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 cups Asparagus  
1/2 Lemon (juiced and divided)  
2 Egg  
2 tbsps Extra Virgin Olive Oil  
2 cups Arugula  
1/4 Cucumber (diced)  
1 stalk Green Onion (diced)  
1/2 Avocado (peeled and diced)  
2 tbsps Goat Cheese (crumbled)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	324	Cholesterol	189mg
Fat	27g	Sodium	116mg
Carbs	12g	Vitamin A	1858IU
Fiber	6g	Vitamin C	20mg
Sugar	4g	Calcium	105mg
Protein	11g	Iron	4mg

## DIRECTIONS

- 01 Hard boil your eggs and set aside to cool.
- 02 Trim the woody ends from the asparagus. Fill a pot with 2 cups water, half the lemon juice and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 03 Peel the hard boiled eggs and chop eggs into quarters.
- 04 Create the dressing by combining olive oil and remaining lemon juice in a jar and shake well.
- 05 In a large salad bowl, combine the arugula, cucumber, green onion and avocado. Top with the chopped asparagus and hard boiled eggs. Sprinkle with goat cheese. Drizzle dressing evenly across and season with sea salt and pepper. Toss well and divide into bowls. Enjoy!

## NOTES

### EGG-FREE

Add diced chicken instead.

### VEGAN

Use chickpeas instead of eggs.

# 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.

# Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



## INGREDIENTS

8 stalks Celery (sliced into sticks)  
1/2 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

# Banana with Almond Butter

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 Banana  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

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

## DIRECTIONS

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

# Swiss Chard, Lentil & Rice Bowl

4 SERVINGS 1 HOUR



## INGREDIENTS

1/2 cup Brown Rice (uncooked)  
3/4 cup Water  
1 tbsp Coconut Oil  
8 cups Swiss Chard (washed, stems removed and chopped)  
1 tsp Cumin  
1 tsp Paprika  
2 tbsps Extra Virgin Olive Oil  
1 Garlic (clove, minced)  
1 tbsp Apple Cider Vinegar  
2 cups Lentils (cooked, drained and rinsed)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	12g	Sodium	159mg
Carbs	41g	Vitamin A	470IU
Fiber	10g	Vitamin C	23mg
Sugar	3g	Calcium	70mg
Protein	12g	Iron	5mg

## DIRECTIONS

- 01 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 02 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is approximately 1 1/4 cups.

### SPEED IT UP

Use quinoa or brown rice pasta instead of brown rice.

### NO SWISS CHARD

Use kale, spinach or collard greens instead.

# Grilled Shrimp Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Parsley (chopped and packed)  
3 Lime (juiced)  
1/4 cup Extra Virgin Olive Oil  
1 1/2 tsps Chili Powder  
2 lbs Shrimp (raw, peeled and de-veined)  
4 cups Coleslaw Mix  
1 cup Cherry Tomatoes (halved)  
1 Avocado (peeled and diced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	438	Cholesterol	365mg
Fat	22g	Sodium	339mg
Carbs	15g	Vitamin A	4337IU
Fiber	7g	Vitamin C	66mg
Sugar	5g	Calcium	213mg
Protein	48g	Iron	3mg

## DIRECTIONS

- 01 Create dressing by combining the parsley, lime juice, olive oil and chili powder together in a blender or food processor. Process until smooth. Set aside.
- 02 Throw shrimp in a large ziplock baggie. Add half of the dressing and shake well to coat. Set the remaining dressing aside.
- 03 Heat the grill over medium heat. Cook the shrimp for 2 to 3 minutes per side depending on size of shrimp.
- 04 Divide coleslaw mix between plates and top with avocados, tomatoes and grilled shrimp. Season with sea salt and pepper to taste. Drizzle remaining dressing over top. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, store the dressing separate from the salad contents and cut into the avocado just before serving.

### NO GRILL

Cook shrimp in a cast iron skillet over medium heat on the stove top.

### VEGAN & VEGETARIAN

Use portobello mushrooms instead of shrimp. Marinate and grill the same way.

# Spring Vegetable Pasta Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 cup Basil Leaves (chopped)
- 2 cups Kale Leaves
- 1 Lemon (juiced)
- 1 Garlic (clove, chopped)
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 cup Sunflower Seeds
- 2 cups Asparagus
- 1 cup Frozen Peas (thawed)
- 1 cup Radishes (sliced into rounds)
- 4 cups Brown Rice Fusilli, Cooked

## NUTRITION

### AMOUNT PER SERVING

Calories	572	Cholesterol	0mg
Fat	38g	Sodium	349mg
Carbs	57g	Vitamin A	2415IU
Fiber	8g	Vitamin C	29mg
Sugar	4g	Calcium	98mg
Protein	12g	Iron	4mg

## DIRECTIONS

- 01 Create your pesto by combining basil, kale, lemon juice, garlic, olive oil sea salt and sunflower seeds together in a blender or food processor. Blend until smooth.
- 02 Trim the woody ends from the asparagus. Fill a pot with 2 cups water and a pinch of sea salt. Place on the stove and bring to a boil. Once boiling, reduce to a simmer, add the asparagus and cover. Let cook for 3 minutes. Transfer asparagus out of the water and slice into 1 inch pieces.
- 03 Bring another pot of water to a boil and cook brown rice fusilli as per the instructions on the package. Once cooked, strain and transfer to a bowl. Add in the asparagus, peas and radishes. Toss well with desired amount of pesto. Divide into bowls and enjoy!

## NOTES

### MORE PROTEIN

Add grilled chicken or roasted chickpeas.

# Lentil Stuffed Grilled Peppers

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 tbsp Tamari
- 2 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper (optional)
- 1/4 cup Basil Leaves (chopped)
- 2 cups Baby Spinach (chopped)
- 4 Red Bell Pepper
- 1/2 cup Feta Cheese (crumbled)
- 2 cups Green Lentils (cooked, drained and rinsed)

## NUTRITION

### AMOUNT PER SERVING

Calories	256	Cholesterol	17mg
Fat	7g	Sodium	641mg
Carbs	36g	Vitamin A	5718IU
Fiber	13g	Vitamin C	164mg
Sugar	12g	Calcium	159mg
Protein	16g	Iron	6mg

## DIRECTIONS

- 01 Heat olive oil in a skillet over medium heat. Add onion, mushrooms, cherry tomatoes and tamari. Saute for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and saute for another minute. Stir in basil and spinach just until wilted and then remove from heat. Set aside to cool while you prep the red peppers.
- 02 Chop the stem and top off of the peppers and carve out the seeds.
- 03 Add the lentils and feta cheese into the skillet with the vegetables and stir well to evenly distribute. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers on a baking sheet.
- 04 Heat the oven to 425°F (218°C). Bake stuffed peppers in the oven for 20 minutes. Remove, drizzle with a bit of olive oil and serve. Enjoy!

## NOTES

### VEGAN

Leave out the feta and use chopped cashews instead.

### NO FETA

Use crumbled goat cheese instead.

### NO OVEN

Make them on the grill instead. Preheat the grill over medium heat. Grill the stuffed peppers for 20 minutes.



# Spinach & Artichoke Turkey Burgers with Roasted Tomato Mayo

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
4 cups Baby Spinach  
1/2 cup Artichoke Hearts (chopped)  
1 lb Extra Lean Ground Turkey  
1/2 tsp Red Pepper Flakes  
1/2 tsp Black Pepper  
1 tsp Sea Salt (divided)  
3/4 cup Almond Flour  
1 Tomato  
1/2 cup Cashews  
1 head Green Lettuce (separated into leaves and washed)

## NUTRITION

### AMOUNT PER SERVING

Calories	423	Cholesterol	84mg
Fat	30g	Sodium	805mg
Carbs	14g	Vitamin A	3938IU
Fiber	5g	Vitamin C	16mg
Sugar	3g	Calcium	122mg
Protein	30g	Iron	4mg

## DIRECTIONS

- 01 Wilt your spinach by placing olive oil and spinach together in a large frying pan over medium heat and stirring continuously until wilted. Once wilted, remove from heat immediately. Once cool, finely chop.
- 02 Combine spinach, artichokes, ground turkey, red pepper flakes, black pepper, half of the sea salt and almond flour together in a bowl. Mix well and shape into 6 to 8 even-sized patties.
- 03 Heat grill over medium heat. Cut your tomato in half. Place both halves on the grill face down. Add the patties and grill for about 7 to 8 minutes per side or until cooked through. At about the 10 minute mark, remove the tomato from the grill and add it to your food processor or blender along with the cashews and remaining sea salt. Blend well until smooth. Pour into a dish and set aside.
- 04 When burgers are done, top them with your roasted tomato mayo and serve them wrapped in large green lettuce leaves. Enjoy!

## NOTES

### NO GRILL

Cook burgers in the oven at 350°F (177°C) for 15 minutes per side. Roast your tomato in the oven as the burgers cook.

### MORE CARBS

Serve on a bed of brown rice or in a brown rice tortilla wrap.

### LEFTOVERS

Can be frozen up to 6 months in an airtight container.



# Loaded Sweet Potato & Kale Quesadilla

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 Sweet Potato (medium, peeled)  
Sea Salt & Black Pepper (to taste)  
3 tbsps Extra Virgin Olive Oil  
1/2 Sweet Onion (medium, chopped)  
2 Garlic (cloves, minced)  
3 cups Kale Leaves (chopped)  
1 tbsp Balsamic Vinegar  
2 Brown Rice Tortilla

## NUTRITION

### AMOUNT PER SERVING

Calories	434	Cholesterol	0mg
Fat	23g	Sodium	232mg
Carbs	50g	Vitamin A	10738I...
Fiber	7g	Vitamin C	36mg
Sugar	11g	Calcium	124mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Line a baking sheet with parchment paper.
- 02 Chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Season with salt and pepper to taste.
- 03 Meanwhile, heat 1/3 of the olive oil in a pan over medium heat. Saute onions until soft, then add garlic and kale. Heat until kale is wilted.
- 04 In a small bowl, whisk together the balsamic vinegar, remaining olive oil, salt and pepper to taste. Drizzle about 1/2 the balsamic vinaigrette over the kale and stir until well coated.
- 05 Lay a brown rice tortilla on the baking sheet. Spread mashed sweet potato and top evenly with kale mixture. Cover with another tortilla and bake for 10 to 15 minutes or until golden brown and crispy.
- 06 Slice and serve with remaining balsamic vinaigrette.

## NOTES

### KEEP IT FLAT

Place another baking sheet over the quesadilla to keep the tortilla from curling in the oven.

### NO KALE

Use spinach or chopped collard greens instead.

### MORE PROTEIN

Add lentils or grilled chicken.

# Clean Trail Mix

4 SERVINGS 2 MINUTES



## INGREDIENTS

2 cups Clean Trail Mix

## NUTRITION

### AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	22g	Sodium	172mg
Carbs	34g	Vitamin A	14IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	59mg
Protein	10g	Iron	2mg

## DIRECTIONS

- 01 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 02 Pour into bowl and snack away!

# Strawberry Ice Cream

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (sliced and frozen)  
1 cup Frozen Strawberries

## NUTRITION

### AMOUNT PER SERVING

Calories	144	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	37g	Vitamin A	125IU
Fiber	5g	Vitamin C	56mg
Sugar	19g	Calcium	24mg
Protein	2g	Iron	1mg

## DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### MORE CREAMY

Add 2 tbsp coconut milk.

### MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

### MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

# Fresh Strawberries

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Strawberries

## NUTRITION

### AMOUNT PER SERVING

Calories	46	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	11g	Vitamin A	17IU
Fiber	3g	Vitamin C	85mg
Sugar	7g	Calcium	23mg
Protein	1g	Iron	1mg

## DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## NOTES

### MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

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 Rhubarb Chia Parfaits.	Layer ingredients into jars and store in the fridge for breakfasts.
		Make the Asparagus Salad.	Store in a sealed container in the fridge for lunch tomorrow.
		Prep Apple with Almond Butter and Celery with Sunflower Butter snacks.	Store in containers in the fridge.
		Freeze the ground turkey and half the bananas.	You'll be reminded later on in the week to take the turkey out to thaw.
1 Mon		Pack your meals if you are on-the-go.	Strawberry Rhubarb Chia Parfait, Asparagus Salad, and Apple with Almond Butter.
		Make the Swiss Chard, Lentil & Rice Bowl for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.

		Enjoy Clean Trail Mix for dessert or an after dinner snack.	
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Strawberry Rhubarb Chia Parfait, Swiss Chard, Lentil & Rice Bowl, and Clean Trail Mix.
		Make the Grilled Shrimp Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for an after dinner snack.	
<b>3 Wed</b>		Make the Green Smoothie Bowl for breakfast.	Pour into a bowl or tupperware container.
		Pack your meals if you are on-the-go.	Green Smoothie Bowl, Grilled Shrimp Salad, and Celery with Sunflower Seed Butter.
		Make Spring Vegetable Pasta Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Strawberry Ice Cream as dessert or an after dinner snack.	
<b>4</b>		Make the Green Smoothie Bowl for breakfast.	Pour into a bowl or tupperware container.
		Pack your meals if you are on-the-go.	Green Smoothie Bowl, Spring Vegetable Pasta Salad, and Celery with Sunflower Seed Butter.

<b>Thu</b>		Make Lentil Stuffed Grilled Peppers for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Make Strawberry Ice Cream as dessert or an after dinner snack.	
		Transfer the ground turkey from the freezer into the fridge.	Let thaw overnight for dinner tomorrow.
<b>5 Fri</b>		Make the Hawaiian Omelette for breakfast.	
		Pack your meals if you are on-the-go.	Hawaiian Omelette, Lentil Stuffed Grilled Peppers, and Banana with Almond Butter.
		Make Spinach & Artichoke Turkey Burgers for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Fresh Strawberries for dessert or an after dinner snack.	
<b>6 Sat</b>		Make the Hawaiian Omelette for breakfast.	
		Pack your meals if you are on-the-go.	Hawaiian Omelette, Spinach & Artichoke Turkey Burgers, and Banana with Almond Butter.
		Make Loaded Sweet Potato & Kale Quesadillas for dinner.	Enjoy!

		Enjoy Fresh Strawberries for dessert or an after dinner snack.	
<b>7 Sun</b>		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!

## **WAIVER**

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