



Love Your Heart Program

TRACY KACZMARCZYK



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HEAVY METAL FITNESS

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

A delicious, heart-healthy nutrition plan. This program focuses on incorporating nutrients essential for heart health including healthy fats, plant sterols, fiber, and antioxidants.

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

HEALTHY FATS

Good quality fats are associated with a lower risk of both heart disease and cancer. This plan is rich in polyunsaturated and monounsaturated fat from olive oil, nuts, and seeds, and lower in saturated fat, meats, and dairy products. Olive oil is incorporated into many meals as it contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory response.

PLANT STEROLS

Plant sterols can help lower cholesterol by blocking the absorption of some of the cholesterol in food. This program contains naturally occurring plant sterols found in plant-based foods, like spinach, kale, carrots, and sweet potatoes.

FIBER

Fiber has several health benefits including weight management and lower blood pressure. This meal plan provides daily fiber from foods such as fruits, vegetables, nuts, and whole grains. Soluble fiber has been shown to improve glycemic control and lower cholesterol. It is incorporated into the program from oats, almond butter, broccoli, and apples.

ANTIOXIDANTS

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. This meal plan contains vitamin A sources like squash, chicken, and bell peppers, and incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds. These foods are paired with healthy fats to increase absorption.



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
Glowing Green Mango Energy Smoothie



LUNCH
Hearty Kale & Apple Tuna Salad



SNACK 1
Cranberry Protein Cookies



DINNER
Chicken, Broccoli & Cashew Stir Fry



SNACK 2
Popcorn

TUE



BREAKFAST
Glowing Green Mango Energy Smoothie



LUNCH
Chicken, Broccoli & Cashew Stir Fry



SNACK 1
Popcorn



DINNER
Spicy Roasted Red Pepper Soup



SNACK 2
Banana with Almond Butter

WED



BREAKFAST
Baked Broccoli & Feta Egg Cups



LUNCH
Spicy Roasted Red Pepper Soup



SNACK 1
Cranberry Protein Cookies



DINNER
Beef, Sweet Potato & Rapini Skillet



SNACK 2
Cinnamon Toasted Pecans

THU



BREAKFAST
Baked Broccoli & Feta Egg Cups



LUNCH
Beef, Sweet Potato & Rapini Skillet



SNACK 1
Cranberry Protein Cookies



DINNER
Chicken, Spinach & Mushroom Pasta



SNACK 2
Strawberry Ice Cream

FRI



BREAKFAST
Apple Quinoa Breakfast Bake



LUNCH
Chicken, Spinach & Mushroom Pasta



SNACK 1
Cinnamon Toasted Pecans



DINNER
Spaghetti Squash with Kale Pesto



SNACK 2
Strawberry Ice Cream

SAT



BREAKFAST
Apple Quinoa Breakfast Bake



LUNCH
Spaghetti Squash with Kale Pesto



SNACK 1
Cranberry Protein Cookies



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Strawberry Ice Cream

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

Calories 1091 Cholesterol 56mg
 Fat 48g Sodium 1052mg
 Carbs 127g Vitamin A 11857IU
 Fiber 23g Vitamin C 278mg
 Sugar 50g Calcium 435mg
 Protein 51g Iron 10mg

TUE**FAT 34%** **CARBS 52%** **PROTEIN 14%**

Calories 1051 Cholesterol 41mg
 Fat 42g Sodium 1327mg
 Carbs 146g Vitamin A 12434IU
 Fiber 24g Vitamin C 422mg
 Sugar 64g Calcium 377mg
 Protein 40g Iron 9mg

WED**FAT 54%** **CARBS 25%** **PROTEIN 21%**

Calories 1076 Cholesterol 375mg
 Fat 67g Sodium 1411mg
 Carbs 70g Vitamin A 19533IU
 Fiber 21g Vitamin C 283mg
 Sugar 28g Calcium 611mg
 Protein 58g Iron 11mg

THU**FAT 42%** **CARBS 35%** **PROTEIN 23%**

Calories 1339 Cholesterol 434mg
 Fat 65g Sodium 1085mg
 Carbs 122g Vitamin A 16953IU
 Fiber 23g Vitamin C 191mg
 Sugar 35g Calcium 593mg
 Protein 79g Iron 12mg

FRI**FAT 49%** **CARBS 41%** **PROTEIN 10%**

Calories 1335 Cholesterol 59mg
 Fat 76g Sodium 193mg
 Carbs 145g Vitamin A 3013IU
 Fiber 23g Vitamin C 103mg
 Sugar 52g Calcium 206mg
 Protein 35g Iron 8mg

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

Calories 1404 Cholesterol 82mg
 Fat 83g Sodium 311mg
 Carbs 133g Vitamin A 11732IU
 Fiber 26g Vitamin C 169mg
 Sugar 58g Calcium 350mg
 Protein 49g Iron 10mg



FRUITS

- 6 1/2 Apple
- 9 Banana
- 4 Lemon
- 2 Lime

BREAKFAST

- 1 1/4 cups Almond Butter
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 Bay Leaf
- 1 tsp Black Pepper
- 1/2 cup Cashews
- 1/4 tsp Cayenne Pepper
- 1 1/8 tbsps Cinnamon
- 1 tsp Dried Thyme
- 1 tsp Nutmeg
- 1 1/2 cups Pecans
- 1/4 cup Pine Nuts
- 1/2 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1 tsp Turmeric

FROZEN

- 3 cups Frozen Mango
- 3 cups Frozen Strawberries

VEGETABLES

- 10 cups Baby Spinach
- 1/2 cup Basil Leaves
- 8 cups Broccoli
- 2 1/2 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 1 cup Cherry Tomatoes
- 1 Cucumber
- 13 Garlic
- 2 tbsps Ginger
- 3 stalks Green Onion
- 3 cups Kale Leaves
- 2 cups Portobello Mushroom
- 1 bunch Rapini
- 4 Red Bell Pepper
- 1 Spaghetti Squash
- 1 1/2 Sweet Onion
- 2 Sweet Potato
- 1/8 oz Thyme Sprigs
- 1 Yellow Bell Pepper
- 1 Yellow Onion

BOXED & CANNED

- 1 1/2 cups Brown Rice Penne
- 8 cups Popcorn
- 1 1/4 cups Quinoa
- 1/2 can Tuna
- 3 cups Vegetable Broth

BAKING

- 1/4 cup Dried Unsweetened Cranberries
- 1 cup Oats
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 8 ozs Chicken Breast, Cooked
- 1 lb Extra Lean Ground Beef
- 2/3 cup Feta Cheese

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 1/4 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 2 1/2 tbsps Tamari

COLD

- 6 Egg
- 1/4 cup Unsweetened Almond Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 6 1/2 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

Glowing Green Mango Energy Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Baby Spinach
1/2 Cucumber
1 Lime (juiced)
1 Lemon (juiced)
1 Apple (skin removed and diced)
1 1/2 cups Frozen Mango
2 cups Water

DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	157	Cholesterol	0mg
Fat	1g	Sodium	56mg
Carbs	40g	Vitamin A	7106IU
Fiber	6g	Vitamin C	84mg
Sugar	29g	Calcium	119mg
Protein	4g	Iron	2mg



Baked Broccoli & Feta Egg Cups

2 SERVINGS 40 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
2 cups Broccoli (cut into florets)
3 Egg
2 tbsps Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 tsp Nutmeg
1/3 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	239	Cholesterol	301mg
Fat	17g	Sodium	431mg
Carbs	8g	Vitamin A	1109IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	237mg
Protein	16g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease ramekins with coconut oil and set aside.
- 02 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 03 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 04 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 05 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.

Apple Quinoa Breakfast Bake

2 SERVINGS 50 MINUTES



INGREDIENTS

- 1/4 cup Quinoa
- 1/2 cup Water
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 2 Apple (cored and diced)
- 1/4 cup Pecans (chopped)
- 1 tbsp Coconut Oil (melted)

NUTRITION

AMOUNT PER SERVING

Calories	348	Cholesterol	0mg
Fat	17g	Sodium	5mg
Carbs	48g	Vitamin A	112IU
Fiber	8g	Vitamin C	9mg
Sugar	25g	Calcium	59mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and lightly grease a pie plate or small casserole dish with coconut oil. In a mixing bowl, combine quinoa, water, maple syrup, cinnamon, and apples. Pour into a pie plate and cover with foil. Cook for 35 minutes (or until water is absorbed) and remove from oven.
- 02 In a small bowl, mix the melted coconut oil with pecans and sprinkle with cinnamon. Mix until evenly coated.
- 03 Divide the apple/quinoa bake into bowls and top with the pecan mixture. Enjoy it while it's hot!

Hearty Kale & Apple Tuna Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 can Tuna (drained)
1 stalk Celery (diced)
2 cups Kale Leaves (finely sliced)
1/2 Carrot (grated)
1/2 Apple (diced)
2 tbsps Sunflower Seeds
1 tbsp Dijon Mustard
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	159	Cholesterol	15mg
Fat	8g	Sodium	223mg
Carbs	11g	Vitamin A	3697IU
Fiber	4g	Vitamin C	23mg
Sugar	6g	Calcium	82mg
Protein	11g	Iron	1mg

Cranberry Protein Cookies

8 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	266	Cholesterol	0mg
Fat	18g	Sodium	8mg
Carbs	19g	Vitamin A	10IU
Fiber	5g	Vitamin C	1mg
Sugar	6g	Calcium	130mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 02 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one cookie.

LEFTOVERS

Store in the fridge for up to four days or in the freezer for up to three months.

Chicken, Broccoli & Cashew Stir Fry

4 SERVINGS 45 MINUTES



INGREDIENTS

8 ozs Chicken Breast
3/4 cup Quinoa
1 1/2 cups Water
2 tbsps Tamari
1 tbsp Raw Honey
1 tbsp Apple Cider Vinegar
4 cups Broccoli (cut into florets)
1 tbsp Coconut Oil
1 Yellow Bell Pepper (diced)
1/2 Sweet Onion (chopped)
1 tbsp Ginger (grated)
3 Garlic (cloves, minced)
1/2 cup Cashews
3 stalks Green Onion (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	399	Cholesterol	41mg
Fat	15g	Sodium	571mg
Carbs	44g	Vitamin A	1042IU
Fiber	6g	Vitamin C	170mg
Sugar	9g	Calcium	102mg
Protein	24g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Sprinkle the chicken with your clean spices of choice. Place on a baking sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
- 02 Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
- 03 Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
- 04 Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
- 05 Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
- 06 Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

Spicy Roasted Red Pepper Soup

4 SERVINGS 1 HOUR



INGREDIENTS

4 Red Bell Pepper
1 1/2 tsps Extra Virgin Olive Oil
1 Sweet Onion (diced)
2 Garlic (cloves, minced)
1 tsp Black Pepper (fresh ground)
1/8 oz Thyme Sprigs
1 Bay Leaf
3 cups Vegetable Broth
3 tbsps Apple Cider Vinegar
1/4 tsp Cayenne Pepper (less if you don't like it spicy)

NUTRITION

AMOUNT PER SERVING

Calories	88	Cholesterol	0mg
Fat	2g	Sodium	503mg
Carbs	16g	Vitamin A	4208IU
Fiber	4g	Vitamin C	158mg
Sugar	10g	Calcium	40mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to broil. Cut bell peppers in half lengthwise and discard seeds. Place pepper halves skin side down on a parchment paper-lined baking sheet. Broil for 15 minutes or until blackened.
- 02 Place roasted peppers in a zip-lock bag and seal. Let sit for 15 minutes. This allows you to peel the skin off more easily. Remove peppers from bag and peel away the skin. Throw the skin away and coarsely chop the remaining pepper.
- 03 Heat the oil in a large pot over medium heat. Add onion and sauté for 5 minutes or until golden. Then add garlic and sauté for another minute.
- 04 Add bell peppers, fresh ground pepper, bay leaf, thyme, broth, vinegar and cayenne. Bring to a boil then cover and reduce heat to simmer for 10 minutes. After 10 minutes, remove the bay leaf and thyme sprigs from the soup and discard.
- 05 Puree soup. You can do this with a blender, magic bullet or hand/immersion blender. If you are blending with a normal blender, ensure you remove the centerpiece of the lid to allow a place for steam to escape. Otherwise the steam will pop the lid off when blending, which is super dangerous.
- 06 Pour soup back into pot and warm over medium heat. Ladle into soup bowls when ready to eat. Season with a pinch of cayenne for a spicier soup. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is roughly 1 cup of soup.



Beef, Sweet Potato & Rapini Skillet

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 1 Yellow Onion (sliced)
- 1 tbsp Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 Sweet Potato (medium sized, grated)
- 1 bunch Rapini (chopped)
- 1/2 tsp Sea Salt (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	297	Cholesterol	74mg
Fat	12g	Sodium	468mg
Carbs	20g	Vitamin A	14190IU
Fiber	6g	Vitamin C	43mg
Sugar	6g	Calcium	175mg
Protein	28g	Iron	5mg

DIRECTIONS

- 01 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 02 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 03 Divide into bowls. Season with sea salt and enjoy

NOTES

VEGAN AND VEGETARIAN

Skip the beef. Saute the veggies in olive oil then add cooked lentils.

NO RAPINI

Use kale or broccoli instead.

LEFTOVERS

Store leftovers in an airtight container in the fridge for up to three days.

Chicken, Spinach & Mushroom Pasta

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 1/2 tsps Tamari
- 2 cups Portobello Mushroom (diced)
- 2 cups Baby Spinach
- 4 Garlic (cloves, minced)
- 1/2 tsp Red Pepper Flakes
- 1 1/2 cups Brown Rice Penne (uncooked)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Chicken Breast, Cooked (sliced)
- 1 Lemon (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	393	Cholesterol	59mg
Fat	17g	Sodium	175mg
Carbs	38g	Vitamin A	1519IU
Fiber	4g	Vitamin C	10mg
Sugar	2g	Calcium	27mg
Protein	23g	Iron	2mg

DIRECTIONS

- 01 In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
- 02 Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
- 03 Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
- 04 Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
- 05 Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!

Spaghetti Squash with Kale Pesto

4 SERVINGS 50 MINUTES



INGREDIENTS

1 Spaghetti Squash
1 cup Cherry Tomatoes (halved)
1/3 cup Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 cup Kale Leaves
1/2 cup Basil Leaves
2 Garlic (cloves, minced)
1 Lemon (juiced)
1/4 cup Pine Nuts

NUTRITION

AMOUNT PER SERVING

Calories	264	Cholesterol	0mg
Fat	23g	Sodium	9mg
Carbs	15g	Vitamin A	1241IU
Fiber	3g	Vitamin C	28mg
Sugar	2g	Calcium	67mg
Protein	3g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper-lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper.
- 02 Toss the cherry tomatoes in a bowl with a splash of your olive oil, salt and pepper then place these on the baking sheet with the squash. Cook the squash and tomatoes in the oven for 45 to 50 minutes.
- 03 In the mean time, prepare your kale pesto. In a food processor or magic bullet, add the kale, basil leaves, garlic cloves, lemon juice, remaining olive oil, salt, pepper and pine nuts. Blend until a creamy pesto forms. Add a very small splash of warm water if mixture is too thick. Be careful with this as adding too much can completely ruin the pesto!
- 04 Remove the spaghetti squash and allow to cool for 5 minutes. Then stand each half up vertically and scrape out the flesh of the squash into a large bowl using a fork. It should come out as string-like noodles.
- 05 Divide spaghetti squash into portions on plates. Top with a large spoonful of kale pesto and roasted tomatoes. Enjoy!

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.

Popcorn

4 SERVINGS 2 MINUTES



INGREDIENTS

8 cups Popcorn

DIRECTIONS

01 Pour into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	110	Cholesterol	0mg
Fat	6g	Sodium	194mg
Carbs	13g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	2mg
Protein	2g	Iron	1mg

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.

Cinnamon Toasted Pecans

4 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Pecans
1 tbsp Maple Syrup
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	186	Cholesterol	0mg
Fat	18g	Sodium	1mg
Carbs	7g	Vitamin A	16IU
Fiber	3g	Vitamin C	0mg
Sugar	4g	Calcium	29mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Place nuts in a frying pan over medium heat stirring occasionally for 5 minutes or until pecans are toasted.
- 02 Drizzle maple syrup over pecans and add in cinnamon. Stir well with a wooden spoon until pecans are evenly coated. Continue stirring until pecans become sticky.
- 03 Remove from heat and spread pecans over a piece of wax paper. Let dry for 10 minutes and break apart into individual pieces. Store in a mason jar. Enjoy!

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.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze 2/3 of the chicken breast.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Cranberry Protein Cookies.	Follow the recipe and move on to other prep tasks while they are baking.
		Make the Hearty Kale & Apple Tuna Salad.	Store in the a sealed container in the fridge for lunch tomorrow.
1 Mon		Make the Glowing Green Mango Energy Smoothie.	Pour into a glass or travel cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Glowing Green Mango Smoothie, Hearty Kale & Apple Tuna Salad and Cranberry Protein Cookies.
		Make the Chicken, Broccoli, and Cashew Stir Fry for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Evening snack: Popcorn.	Happy snacking!

2 Tue		Make the Glowing Green Mango Energy Smoothie.	Pour into a glass or travel cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Glowing Green Mango Smoothie, Chicken, Broccoli, & Cashew Stir Fry, and Popcorn.
		Make the Spicy Roasted Red Pepper Soup for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Evening snack: Banana with Almond Butter.	Enjoy!
		Optional: if you know you will have busy mornings for the next two days, make the Baked Broccoli & Feta Egg Cups in advance.	Store them in sealed containers in the fridge.
3 Wed		Make Baked Broccoli & Feta Egg Cups.	If you didn't make them in advance, follow the recipe and enjoy!
		Pack your meals if you are on-the-go.	Baked Broccoli & Feta Egg Cups, Spicy Roasted Red Pepper Soup, and Cranberry Protein Cookies.
		Make the Beef, Sweet Potato, and Rapini Skillet for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Evening snack: Cinnamon Toasted Pecans.	Toast them in the oven and enjoy!
		Take half the frozen chicken breast out of the freezer and thaw in the fridge.	For dinner tomorrow.

4 Thu		Make Baked Broccoli & Feta Egg Cups.	If you didn't make them in advance, follow the recipe and enjoy!
		Pack your meals if you are on-the-go.	Baked Broccoli & Feta Egg Cups, Beef, Sweet Potato & Rapini Skillet, and Cranberry Protein Cookies.
		Make the Chicken, Spinach & Mushroom Pasta for dinner.	Store the leftovers in a sealed container in the fridge for lunch tomorrow.
		Evening snack: Strawberry Ice Cream	Enjoy!
		Optional: if you know you will have busy mornings for the next two days, make the Apple Quinoa Breakfast Bake in advance.	Divide between containers and store in the fridge.
5 Fri		Make Apple Quinoa Breakfast Bake for breakfast.	(If you haven't already prepared it.)
		Pack your meals if you are on-the-go.	Apple Quinoa Breakfast Bake, Chicken, Spinach, & Mushroom Pasta, and Cinnamon Toasted Pecans.
		Make Spaghetti Squash with Kale Pesto for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Evening snack: Strawberry Ice Cream.	Enjoy!
		Take the remaining frozen chicken breast out of the freezer and thaw in the fridge.	For dinner tomorrow.

6 Sat		Make Apple Quinoa Breakfast Bake for Breakfast.	If you haven't already prepared it.
		Pack your meals if you are on-the-go.	Apple Quinoa Breakfast Bake, Spaghetti Squash with Kale Pesto, and Cranberry Protein Cookies.
		Make the One Pan Chicken, Golden Cauliflower, and Carrot Fries for dinner.	
		Evening snack: Strawberry Ice Cream.	Enjoy!
7 Sun		Finish up leftovers or try something new!	Don't forget to set aside some time to meal plan and shop for next week.

WAIVER

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