



Low Fat Oil-Free Program

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Low Fat Oil-Free Program

HEAVY METAL FITNESS

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

This is a low fat meal plan free from added oils but full of fresh fruits and vegetables. Our Low Fat Oil-Free Program keeps daily fat under 20% of total calories from whole food sources rather than added oils. Meals are packed with colorful produce, protein, and whole grains.

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

NO ADDED FATS

Daily fat is under 20% of total calories in this program. It comes from whole food sources rather than added oils. A low-fat diet is associated with improving lipid profile, reducing inflammation, and preventing diabetes in high-risk individuals. This meal plan provides healthy fats from chia seeds, coconut milk, hummus, poultry, fish, quinoa, and yogurt.

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, such as fruits, vegetables, nuts, seeds, and legumes.

FIBER

Adequate dietary fiber intake is associated with several health benefits including better digestive health, reduced lipid levels, lower blood pressure, improved blood glucose control, weight loss, and reduced inflammation. This meal plan provides at least 30 grams of fiber daily from foods such as fruits, vegetables, oats, beans, lentils, and whole grains.

HIGH-QUALITY PROTEIN

Getting enough daily protein will help prevent muscle loss, balance your blood sugar, and maintain a healthy weight. This meal plan provides protein sources from chicken, turkey, lentils, and cottage cheese. These complete proteins are highly digestible and provide an adequate amount of amino acids.



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 Kiwi Tropical Smoothie



SNACK 1
Cottage Cheese with Blueberries



LUNCH
Chicken, Lettuce & Tomato Sandwich



SNACK 2
Chopped Bell Peppers, Cucumber Slices



DINNER
Pea & Basil Buckwheat Risotto

TUE



BREAKFAST
Kiwi Green Smoothie



SNACK 1
Yogurt & Berries



LUNCH
Pea & Basil Buckwheat Risotto



SNACK 2
Chopped Bell Peppers, Cucumber Slices



DINNER
One Pot Poached Chicken with Broccoli & Sweet Potato

WED



BREAKFAST
Strawberry Kiwi Tropical Smoothie



SNACK 1
Cottage Cheese with Blueberries



LUNCH
One Pot Poached Chicken with Broccoli & Sweet Potato



SNACK 2
Mango, Pineapple



DINNER
Harissa Spiced Monkfish with Peppers, Quinoa

THU



BREAKFAST
Kiwi Green Smoothie



SNACK 1
Yogurt & Berries



LUNCH
Harissa Spiced Monkfish with Peppers, Quinoa



SNACK 2
Mango, Pineapple



DINNER
Spaghetti Squash, Turkey & Broccoli

FRI



BREAKFAST
Strawberry Kiwi Tropical Smoothie



SNACK 1
Cottage Cheese with Blueberries



LUNCH
Spaghetti Squash, Turkey & Broccoli



SNACK 2
Carrot Sticks, Cherry Tomatoes



DINNER
Penne with Red Lentil Bolognese Sauce

SAT



BREAKFAST
Classic Overnight Oats, Apple



SNACK 1
Banana



LUNCH
Penne with Red Lentil Bolognese Sauce



SNACK 2
Carrot Sticks, Cherry Tomatoes



DINNER
Hummus-Crusted Chicken with Turmeric Rice

SUN



BREAKFAST
Classic Overnight Oats, Apple



SNACK 1
Banana



LUNCH
Penne with Red Lentil Bolognese Sauce



SNACK 2
Carrot Sticks, Cherry Tomatoes



DINNER
Hummus-Crusted Chicken with Turmeric Rice

MON**FAT 19%** **CARBS 52%** **PROTEIN 29%**

Calories 1107 Cholesterol 138mg
 Fat 24g Sodium 1895mg
 Carbs 148g Vitamin A 5735IU
 Fiber 32g Vitamin C 391mg
 Sugar 45g Calcium 1076mg
 Protein 84g Iron 9mg

TUE**FAT 13%** **CARBS 52%** **PROTEIN 35%**

Calories 1083 Cholesterol 141mg
 Fat 16g Sodium 1163mg
 Carbs 145g Vitamin A 18055IU
 Fiber 31g Vitamin C 402mg
 Sugar 49g Calcium 994mg
 Protein 97g Iron 11mg

WED**FAT 17%** **CARBS 52%** **PROTEIN 31%**

Calories 1222 Cholesterol 166mg
 Fat 24g Sodium 1037mg
 Carbs 166g Vitamin A 14222IU
 Fiber 29g Vitamin C 671mg
 Sugar 81g Calcium 1057mg
 Protein 97g Iron 10mg

THU**FAT 17%** **CARBS 51%** **PROTEIN 32%**

Calories 1333 Cholesterol 165mg
 Fat 27g Sodium 1281mg
 Carbs 175g Vitamin A 9130IU
 Fiber 30g Vitamin C 620mg
 Sugar 85g Calcium 1019mg
 Protein 110g Iron 13mg

FRI**FAT 18%** **CARBS 58%** **PROTEIN 24%**

Calories 1269 Cholesterol 104mg
 Fat 27g Sodium 1886mg
 Carbs 189g Vitamin A 14205IU
 Fiber 36g Vitamin C 318mg
 Sugar 43g Calcium 1044mg
 Protein 78g Iron 13mg

SAT**FAT 12%** **CARBS 72%** **PROTEIN 16%**

Calories 1321 Cholesterol 107mg
 Fat 18g Sodium 820mg
 Carbs 242g Vitamin A 15612IU
 Fiber 31g Vitamin C 60mg
 Sugar 54g Calcium 371mg
 Protein 54g Iron 10mg

SUN**FAT 12%** **CARBS 72%** **PROTEIN 16%**

Calories 1321 Cholesterol 107mg
 Fat 18g Sodium 820mg
 Carbs 242g Vitamin A 15612IU
 Fiber 31g Vitamin C 60mg
 Sugar 54g Calcium 371mg
 Protein 54g Iron 10mg



FRUITS

- 2 Apple
- 3 Banana
- 3/4 cup Blueberries
- 5 Kiwi
- 1/4 Lemon
- 1 Mango
- 3 3/4 cups Pineapple

BREAKFAST

- 1 1/4 cups Buckwheat Groats
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 1/2 tsps Harissa
- 3/4 tsp Oregano
- 1/8 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

FROZEN

- 2 cups Frozen Berries
- 3 cups Frozen Strawberries

VEGETABLES

- 4 1/2 cups Baby Spinach
- 2 cups Basil Leaves
- 4 cups Broccoli
- 3 Carrot
- 3 cups Cherry Tomatoes
- 2 tbsps Cilantro
- 1 Cucumber
- 2 cups Fresh Peas
- 2 Garlic
- 1/2 Green Bell Pepper
- 1/8 head Iceberg Lettuce
- 1 Red Bell Pepper
- 1/2 Spaghetti Squash
- 1 Sweet Potato
- 1 Tomato
- 1 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 2 1/2 cups Brown Rice Penne
- 1/2 cup Dry Red Lentils
- 1/2 cup Jasmine Rice
- 1/2 cup Quinoa
- 1 tbsp Tomato Paste
- 4 1/2 cups Vegetable Broth

BAKING

- 1/3 cup Nutritional Yeast
- 3/4 cup Oats

BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Breast
- 4 ozs Chicken Breast, Cooked
- 8 ozs Chicken Thighs
- 8 ozs Extra Lean Ground Turkey
- 2 slices Gluten Free Bread
- 2 tbsps Hummus
- 12 ozs Monkfish Fillet

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 1/2 cup Tomato Sauce

COLD

- 1 1/2 cups Cottage Cheese
- 3/4 cup Plain Coconut Milk
- 2 cups Plain Greek Yogurt
- 3 3/4 cups Unsweetened Almond Milk
- 2 tbsps Unsweetened Coconut Yogurt

OTHER

- 4 Ice Cubes
- 1 cup Vanilla Protein Powder
- 6 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 Kiwi Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Unsweetened Almond Milk
1 cup Frozen Strawberries
1 Kiwi (peeled, chopped)
1/4 cup Pineapple (fresh or frozen)
1/2 Zucchini (chopped)
1 tbsp Chia Seeds
2 tbsps Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	295	Cholesterol	2mg
Fat	8g	Sodium	235mg
Carbs	46g	Vitamin A	1003IU
Fiber	13g	Vitamin C	192mg
Sugar	23g	Calcium	768mg
Protein	16g	Iron	4mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NUT-FREE

Use hemp milk, rice milk, oat milk or water instead of almond milk.

NO CHIA SEEDS

Use ground flax seeds instead.

NO ZUCCHINI

Use frozen cauliflower, spinach or kale instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Kiwi Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	249	Cholesterol	4mg
Fat	5g	Sodium	75mg
Carbs	31g	Vitamin A	3614IU
Fiber	8g	Vitamin C	80mg
Sugar	14g	Calcium	268mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

- NO CHIA SEEDS**
Use flax seed instead.
- NO PROTEIN POWDER**
Use hemp seeds instead.

Classic Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

3/4 cup Oats (rolled)
3/4 cup Plain Coconut Milk (from the carton)
1 tbsp Chia Seeds
1 tbsp Maple Syrup
1/2 tsp Cinnamon
1/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	202	Cholesterol	0mg
Fat	6g	Sodium	17mg
Carbs	33g	Vitamin A	189IU
Fiber	5g	Vitamin C	0mg
Sugar	9g	Calcium	238mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Add the oats, coconut milk, chia seeds, maple syrup, cinnamon and water in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Store in the fridge until ready to eat. Enjoy hot or cold!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

Cottage Cheese with Blueberries

3 SERVINGS 5 MINUTES



INGREDIENTS

1 1/2 cups Cottage Cheese
3/4 cup Blueberries (fresh or frozen)

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	18mg
Fat	5g	Sodium	331mg
Carbs	9g	Vitamin A	167IU
Fiber	1g	Vitamin C	4mg
Sugar	6g	Calcium	89mg
Protein	12g	Iron	0mg

DIRECTIONS

01 Divide the cottage cheese and blueberries into bowls or storage containers.
Enjoy!

NOTES

MAKE IT SWEET

Drizzle honey or maple syrup overtop.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Yogurt & Berries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

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

NOTES

MORE PROTEIN

Dip in almond butter.

Chicken, Lettuce & Tomato Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Gluten-Free Bread (toasted)
2 tbsps Unsweetened Coconut Yogurt
1 tbsp Dijon Mustard
4 ozs Chicken Breast, Cooked
1/2 Tomato (sliced)
1/8 head Iceberg Lettuce (torn into pieces)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	373	Cholesterol	118mg
Fat	9g	Sodium	515mg
Carbs	30g	Vitamin A	1205IU
Fiber	4g	Vitamin C	11mg
Sugar	6g	Calcium	113mg
Protein	40g	Iron	1mg

DIRECTIONS

01 Spread one slice of the toast with coconut yogurt and the other slice with dijon mustard. Layer on the chicken breast, tomato slices and lettuce. Season with salt and pepper to taste and top with the second slice of toast. Slice in half and enjoy!

NOTES

LEFTOVERS

Best enjoyed the same day made. Refrigerate in an airtight container for up to two days.

NO BREAD

Use lettuce wraps or brown rice tortillas.

ADDITIONAL TOPPING

Add in cucumber, bell pepper slices, avocado, mushrooms or onions.

Chopped Bell Peppers

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 Yellow Bell Pepper
1/2 Green Bell Pepper
1/2 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	26	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	6g	Vitamin A	1135IU
Fiber	2g	Vitamin C	147mg
Sugar	2g	Calcium	10mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Cucumber Slices

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Cucumber

DIRECTIONS

01 Slice the cucumber and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	23	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	5g	Vitamin A	158IU
Fiber	1g	Vitamin C	4mg
Sugar	3g	Calcium	24mg
Protein	1g	Iron	0mg

NOTES

STORAGE

Cucumber can keep up to one week in the fridge if stored in water.

Mango

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Mango

DIRECTIONS

01 Peel and cut into chunks. Portion into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	101	Cholesterol	0mg
Fat	1g	Sodium	2mg
Carbs	25g	Vitamin A	1818IU
Fiber	3g	Vitamin C	61mg
Sugar	23g	Calcium	18mg
Protein	1g	Iron	0mg

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one-half of a medium-sized mango.

Pineapple

2 SERVINGS 5 MINUTES



INGREDIENTS

3 cups Pineapple

NUTRITION

AMOUNT PER SERVING

Calories	124	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	32g	Vitamin A	144IU
Fiber	3g	Vitamin C	118mg
Sugar	24g	Calcium	32mg
Protein	1g	Iron	1mg

DIRECTIONS

01 Slice into cubes and divide into bowls. Enjoy!

NOTES

EXTRA SWEET

Grill or broil your pineapple and sprinkle with cinnamon.

Carrot Sticks

3 SERVINGS 5 MINUTES



INGREDIENTS

3 Carrot (medium)

NUTRITION

AMOUNT PER SERVING

Calories	25	Cholesterol	0mg
Fat	0g	Sodium	42mg
Carbs	6g	Vitamin A	10191IU
Fiber	2g	Vitamin C	4mg
Sugar	3g	Calcium	20mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Peel the carrot and slice it into sticks. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

MORE FLAVOR

Season with salt.

SERVE IT WITH

Hummus, guacamole or your favorite dip.

Cherry Tomatoes

3 SERVINGS 2 MINUTES



INGREDIENTS

3 cups Cherry Tomatoes

NUTRITION

AMOUNT PER SERVING

Calories	27	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	6g	Vitamin A	1241IU
Fiber	2g	Vitamin C	20mg
Sugar	4g	Calcium	15mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Wash and add to a bowl. Enjoy!

NOTES

SERVE THEM WITH

Our Vegan Ranch Dressing or Turmeric Hummus.

GRILL THEM

Slide onto skewers and grill for one to two minutes per side.

Pea & Basil Buckwheat Risotto

4 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
3 cups Vegetable Broth (divided)
2 cups Fresh Peas (or frozen, divided)
2 cups Basil Leaves (stems removed)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	266	Cholesterol	0mg
Fat	2g	Sodium	808mg
Carbs	52g	Vitamin A	2067IU
Fiber	11g	Vitamin C	33mg
Sugar	5g	Calcium	72mg
Protein	14g	Iron	4mg

DIRECTIONS

- 01 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 02 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 03 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cup.

MORE FLAVOR

Add a splash of apple cider vinegar and/or your desired herbs and spices.

ADDITIONAL TOPPINGS

Top with red pepper flakes and/or a dollop of yogurt.

One Pot Poached Chicken with Broccoli & Sweet Potato

2 SERVINGS 20 MINUTES



INGREDIENTS

10 ozs Chicken Breast (skinless, boneless)
1 tbsp Apple Cider Vinegar
2 cups Water
1 Sweet Potato (medium, diced)
2 cups Broccoli (chopped into florets)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	258	Cholesterol	103mg
Fat	4g	Sodium	134mg
Carbs	19g	Vitamin A	9831IU
Fiber	4g	Vitamin C	83mg
Sugar	4g	Calcium	94mg
Protein	35g	Iron	2mg

DIRECTIONS

- 01 In a pot over medium-high heat, add chicken followed by the remaining ingredients. Bring to a boil, reduce heat to a simmer and close the pan. Let simmer until chicken is cooked through, about 15-20 minutes.
- 02 Using a slotted spoon, scoop out the chicken and veggies. Shred the chicken, season with sea salt and black pepper, and drizzle with broth. Save the leftover broth for future use. Enjoy!

NOTES

MORE FLAVOUR

Use chicken or vegetable broth instead of water, add herbs, garlic cloves and/or onion wedges.

NO BROCCOLI OR SWEET POTATO

Use carrots, celery or cauliflower instead.

LEFTOVERS

Refrigerate chicken in an air-tight container up to 3 days, and the broth up to 2 days, or freeze for up to 2 months.

Harissa Spiced Monkfish with Peppers

2 SERVINGS 15 MINUTES



INGREDIENTS

12 ozs Monkfish Fillet
1 1/2 tsps Harissa
1/4 Lemon (juiced)
1/4 tsp Sea Salt
1 Yellow Bell Pepper (sliced)
1/2 Red Bell Pepper (sliced)
2 tbsps Cilantro (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	164	Cholesterol	43mg
Fat	3g	Sodium	329mg
Carbs	8g	Vitamin A	1253IU
Fiber	2g	Vitamin C	213mg
Sugar	1g	Calcium	27mg
Protein	26g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C).
- 02 Generously coat the monkfish fillets in harissa on all sides. Squeeze lemon juice over top and season with sea salt. Place in a glass baking dish or a foil-lined baking pan.
- 03 Add the bell pepper slices to the dish. Cook in the oven for 8 minutes or until the fish is cooked through and peppers are slightly charred. Slice the monkfish.
- 04 Divide the peppers and monkfish onto plates and garnish with cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Marinate the monkfish in the harissa for two hours before cooking. Toss the peppers in harissa for extra spice.

NO MONKFISH

Use halibut or salmon instead.

Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	3g	Sodium	4mg
Carbs	27g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	29mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Spaghetti Squash, Turkey & Broccoli

2 SERVINGS 1 HOUR



INGREDIENTS

1/2 Spaghetti Squash (medium)
8 ozs Extra Lean Ground Turkey
1 cup Water
2 cups Broccoli (chopped into florets)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	84mg
Fat	10g	Sodium	729mg
Carbs	20g	Vitamin A	1045IU
Fiber	6g	Vitamin C	93mg
Sugar	2g	Calcium	119mg
Protein	30g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 02 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 03 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 04 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup of each ingredient.

MORE FLAVOR

Season the turkey with minced onion or garlic while it cooks.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro or your favorite hot sauce.

MAKE IT VEGAN

Use chickpeas or lentils instead of ground turkey.



Penne with Red Lentil Bolognese Sauce

3 SERVINGS 40 MINUTES



INGREDIENTS

- 1/4 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Water
- 3/4 tsp Oregano
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Dry Red Lentils (rinsed)
- 1 tbsp Tomato Paste
- 1 1/2 cups Vegetable Broth
- 1/2 cup Tomato Sauce
- 1 tbsp Balsamic Vinegar (divided)
- 2 1/2 cups Brown Rice Penne
- 1 tbsp Nutritional Yeast (optional)

NUTRITION

AMOUNT PER SERVING

Calories	520	Cholesterol	0mg
Fat	4g	Sodium	542mg
Carbs	102g	Vitamin A	558IU
Fiber	12g	Vitamin C	5mg
Sugar	5g	Calcium	33mg
Protein	18g	Iron	5mg

DIRECTIONS

- 01 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 02 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 03 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 04 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

ADDITIONAL TOPPINGS

Top with extra red pepper flakes or fresh oregano.

NO PENNE

Use your favorite noodles or spiralized vegetables instead.



Hummus-Crusted Chicken with Turmeric Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Chicken Thighs (skinless, boneless)
2 tbsps Hummus
1/2 cup Jasmine Rice (dry, uncooked)
1/2 tsp Turmeric
1/2 Tomato (large, diced)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	107mg
Fat	8g	Sodium	209mg
Carbs	43g	Vitamin A	3259IU
Fiber	3g	Vitamin C	13mg
Sugar	0g	Calcium	48mg
Protein	28g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place chicken thighs on the baking sheet and coat with hummus. Bake for 30 minutes or until cooked through.
- 03 Meanwhile, make the rice according to the directions on the package, adding in the turmeric and chopped tomato while cooking.
- 04 Divide the chicken, rice and spinach onto plates or into meal prep containers. Enjoy!

NOTES

USE A RICE COOKER

Add the turmeric and tomatoes into the rice cooker along with the rice and water.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

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 the monkfish, ground turkey, and chicken thighs.	This guide will remind you to thaw them later in the week.
		Make the Cottage Cheese with Blueberries and Yogurt & Berries snacks.	Divide between containers and store in the fridge.
		Make the Chicken, Lettuce & Tomato Sandwich.	Store in the fridge for lunch tomorrow.
		Chop bell peppers, cucumbers, mango, pineapple, and carrots for the week.	Store in containers in the fridge for snacks.
1 Mon		Make a Strawberry Kiwi Tropical Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Strawberry Kiwi Tropical Smoothie, Cottage Cheese with Blueberries, Chicken, Lettuce & Tomato Sandwich, Chopped Bell Peppers and Cucumber Slices.

		Make the Pea & Basil Buckwheat Risotto for dinner.	Store leftovers in the fridge for lunch tomorrow.
2 Tue		Make a Kiwi Green Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Kiwi Green Smoothie, Yogurt & Berries, Pea & Basil Buckwheat Risotto, Chopped Bell Peppers and Cucumber Slices.
		Make One Pot Poached Chicken with Broccoli & Sweet Potato for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the monkfish out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make a Strawberry Kiwi Tropical Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Strawberry Kiwi Tropical Smoothie, Cottage Cheese with Blueberries, One Pot Poached Chicken with Broccoli & Sweet Potato, Mango and Pineapple.
		Make Harissa Spiced Monkfish with Peppers and Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground turkey out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

4 Thu		Make a Kiwi Green Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Kiwi Green Smoothie, Yogurt & Berries, Harissa Spiced Monkfish with Peppers and Quinoa, Mango and Pineapple.
		Make the Spaghetti Squash, Turkey & Broccoli for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make a Strawberry Kiwi Tropical Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Strawberry Kiwi Tropical Smoothie, Cottage Cheese with Blueberries, Spaghetti Squash, Turkey & Broccoli, Carrots and Cherry Tomatoes.
		Make Penne with Red Lentil Bolognese Sauce for dinner.	Enjoy and store leftovers in the fridge.
		Make Classic Overnight Oats.	Divide between containers and store in the fridge for breakfasts.
		Take the chicken thigh out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Pack your meals if you are on-the-go.	Classic Overnight Oats with Apple, Banana, Penne with Red Lentil Bolognese Sauce, Carrot Sticks, and

			Cherry Tomatoes.
		Make Hummus-Crusted Chicken with Turmeric Rice for dinner.	Store leftovers in the fridge for dinner tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Classic Overnight Oats with Apple, Banana, Penne with Red Lentil Bolognese Sauce, Carrot Sticks, and Cherry Tomatoes.
		Shop and prep for next week.	
		Enjoy leftover Hummus-Crusted Chicken with Turmeric Rice for dinner.	Reheat in the oven or microwave.

WAIVER

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