



Low Glycemic Diet

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Low Glycemic Diet

HEAVY METAL FITNESS

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

A simple and delicious blood sugar balancing meal plan - Our Low Glycemic Diet uses ingredients with a Glycemic Index score below 50. We've included three meals and two snacks daily to prevent blood sugar highs and lows. Plenty of healthy fats, fiber, and protein further help to regulate blood sugar levels. Daily carbohydrates are below 150g, and can be increased by adding whole grain side dishes to meals as needed.

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

LOW GLYCEMIC INDEX FOODS

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This meal plan uses low glycemic foods with a score below 50 to optimize blood sugars and energy levels. Carbohydrate sources are paired with fats and protein to create a steady release of energy throughout the day.

HIGH FIBER

Adequate dietary fiber intake is associated with several health benefits including lower blood pressure, improved blood glucose control, and weight loss. This plan provides up to 40 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Soluble fiber found in oats and beans is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

HEALTHY FATS

Omega-3 and omega-9 fatty acids provide cardiovascular benefits, reduce inflammation, and improve immune function. This program incorporates omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) from fatty fish which are associated with improved cognitive function. Omega-9 fats from foods such as nut butter and olive oil are combined with carbohydrates to reduce glycemic response.

PROTEIN

Getting enough daily protein helps balance blood sugars and prevent muscle loss. This meal plan provides around 20% of daily calories from protein through salmon, halibut, eggs, legumes, nuts, and seeds. Protein is distributed between meals and snacks to help with glycemic control.



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
Sweet Cherry Steel Cut Oats



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Pistachios



DINNER
One Pan Salmon with Green Beans & Roasted Tomato

TUE



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Toasted Walnuts



DINNER
Roasted Sweet Potato & Brussels Sprouts Salad

WED



BREAKFAST
Asian Veggie Omelette



SNACK 1
Pistachios



LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad



SNACK 2
Apple with Almond Butter



DINNER
Spaghetti Squash Chow Mein

THU



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Spaghetti Squash Chow Mein



SNACK 2
Toasted Walnuts



DINNER
Egg Roll in a Bowl

FRI



BREAKFAST
Carrot Cake Chia Pudding



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Egg Roll in a Bowl



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
Slow Cooker Spaghetti Squash & Meatballs

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Slow Cooker Spaghetti Squash & Meatballs



SNACK 2
Toasted Walnuts



DINNER
Roasted Winter Vegetables with Tahini Drizzle

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Roasted Winter Vegetables with Tahini Drizzle



SNACK 2
Salt n' Vinegar Hard Boiled Eggs



DINNER
15 Minute Halibut with Dill Pesto

MON

FAT 50% **CARBS 31%** **PROTEIN 19%**

Calories 1483 Cholesterol 78mg
Fat 86g Sodium 364mg
Carbs 122g Vitamin A 2765IU
Fiber 32g Vitamin C 39mg
Sugar 24g Calcium 292mg
Protein 76g Iron 13mg

TUE

FAT 47% **CARBS 39%** **PROTEIN 14%**

Calories 1480 Cholesterol 0mg
Fat 82g Sodium 276mg
Carbs 151g Vitamin A 16974IU
Fiber 40g Vitamin C 112mg
Sugar 26g Calcium 431mg
Protein 55g Iron 18mg

WED

FAT 49% **CARBS 32%** **PROTEIN 19%**

Calories 1640 Cholesterol 656mg
Fat 95g Sodium 1843mg
Carbs 137g Vitamin A 24148IU
Fiber 38g Vitamin C 188mg
Sugar 48g Calcium 652mg
Protein 81g Iron 18mg

THU

FAT 61% **CARBS 20%** **PROTEIN 19%**

Calories 1544 Cholesterol 547mg
Fat 109g Sodium 1989mg
Carbs 82g Vitamin A 14812IU
Fiber 29g Vitamin C 110mg
Sugar 22g Calcium 1057mg
Protein 78g Iron 15mg

FRI

FAT 57% **CARBS 23%** **PROTEIN 20%**

Calories 1565 Cholesterol 579mg
Fat 104g Sodium 2676mg
Carbs 95g Vitamin A 12566IU
Fiber 31g Vitamin C 92mg
Sugar 24g Calcium 1105mg
Protein 84g Iron 17mg

SAT

FAT 57% **CARBS 28%** **PROTEIN 15%**

Calories 1621 Cholesterol 502mg
Fat 108g Sodium 1436mg
Carbs 121g Vitamin A 12429IU
Fiber 34g Vitamin C 135mg
Sugar 38g Calcium 557mg
Protein 63g Iron 15mg

SUN

FAT 60% **CARBS 19%** **PROTEIN 21%**

Calories 1393 Cholesterol 813mg
Fat 97g Sodium 1340mg
Carbs 69g Vitamin A 13712IU
Fiber 24g Vitamin C 134mg
Sugar 14g Calcium 472mg
Protein 74g Iron 14mg



FRUITS

- 2 Apple
- 1 Avocado
- 1 3/4 Lemon

BREAKFAST

- 1/4 cup Almond Butter
- 1 1/2 tsps Maple Syrup
- 1/2 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 2/3 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1/2 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/4 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1 1/2 tsps Oregano
- 1 cup Pistachios, In Shell
- 2 tsps Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/3 tsps Slivered Almonds
- 1 1/8 cups Walnuts

FROZEN

- 1 cup Frozen Cherries

VEGETABLES

- 4 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 cup Bok Choy
- 3 1/2 cups Brussels Sprouts
- 1 Carrot
- 10 stalks Celery
- 1/2 cup Cherry Tomatoes
- 5 cups Coleslaw Mix
- 1/2 Delicata Squash
- 1/2 bulb Fennel
- 1 tbsp Fresh Dill
- 4 3/4 Garlic
- 1 tbsp Ginger
- 2 cups Green Beans
- 4 1/2 stalks Green Onion
- 2 cups Mixed Greens
- 1/4 cup Parsley
- 1/4 cup Red Onion
- 1/2 cup Shiitake Mushrooms
- 1 Spaghetti Squash
- 2 Sweet Potato
- 1 Yellow Onion

BOXED & CANNED

- 1 1/2 cups Crushed Tomatoes
- 1 cup Lentils
- 2 cups Mixed Beans

BAKING

- 2 tsps Brown Rice Flour
- 1/8 tsp Ground Cloves
- 1 tsp Stevia Powder
- 2 tsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Extra Lean Ground Chicken
- 8 ozs Extra Lean Ground Turkey
- 5 ozs Halibut Fillet
- 8 ozs Lean Ground Pork
- 5 ozs Salmon Fillet

CONDIMENTS & OILS

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/4 cup Coconut Aminos
- 2 2/3 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Sesame Oil
- 1/2 cup Sunflower Seed Butter
- 1/4 cup Tahini
- 2 1/4 tsps Tamari

COLD

- 13 1/2 Egg
- 2 cups Unsweetened Almond Milk

OTHER

- 1 3/4 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

Sweet Cherry Steel Cut Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Steel Cut Oats
1 1/2 cups Water
1 cup Frozen Cherries
1/4 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	0mg
Fat	14g	Sodium	5mg
Carbs	41g	Vitamin A	676IU
Fiber	6g	Vitamin C	1mg
Sugar	8g	Calcium	56mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.

Asian Veggie Omelette

1 SERVING 20 MINUTES



INGREDIENTS

- 1 1/2 tsps Coconut Oil
- 1/2 cup Shiitake Mushrooms (sliced)
- 1 cup Bok Choy (sliced into quarters)
- 3 Egg
- 2 1/4 tsps Tamari
- 2 stalks Green Onion (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	339	Cholesterol	558mg
Fat	21g	Sodium	1019mg
Carbs	15g	Vitamin A	4898IU
Fiber	3g	Vitamin C	35mg
Sugar	5g	Calcium	175mg
Protein	23g	Iron	4mg

DIRECTIONS

- 01 Heat coconut oil in a medium-sized frying pan over medium heat. Saute the bok choy for 2 minutes. Add mushrooms and cook for 2-3 more minutes or until all veggies are soft. Transfer the veggies to a bowl and set aside.
- 02 In a bowl, whisk together eggs, tamari and green onion.
- 03 Pour the egg mixture into the same pan over medium heat, and let cook until almost set. Place the mushrooms and bok choy on one half of the omelette and fold the other half over top. Remove from heat and season with sea salt and black pepper to taste. Enjoy!

NOTES

MAKE IT FLUFFY

Whisk unsweetened almond milk into your egg mixture.

MORE FLAVOUR

Whisk sesame oil into your egg mixture.

MIX IT UP

Use up whatever vegetables you have on hand. Red onion, bell peppers or baby spinach work well.

LIKES IT SPICY

Serve with hot sauce.

Carrot Cake Chia Pudding

2 SERVINGS 3 HOURS



INGREDIENTS

1 Carrot (medium, grated)
1/2 tsp Cinnamon
1/8 tsp Ground Cloves
1/4 tsp Ground Ginger
1 tsp Stevia Powder (to taste)
2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/4 cup Walnuts (chopped)
2 tbsps Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	415	Cholesterol	0mg
Fat	32g	Sodium	184mg
Carbs	30g	Vitamin A	5597IU
Fiber	16g	Vitamin C	2mg
Sugar	2g	Calcium	751mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 In a medium sized mixing bowl, combine the shredded carrot, cinnamon, cloves, ginger and stevia. Add the almond milk, then whisk in the chia seeds. Let sit for 5 minutes, then stir again to redistribute the chia seeds. Cover the bowl and refrigerate for 3 hours or overnight.
- 02 Divide into bowls or mason jars and garnish with shredded coconut and chopped walnuts. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for 3 to 4 days.

EXTRA CREAMY

Replace half of the almond milk with full-fat canned coconut milk.

Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	372mg
Fat	24g	Sodium	185mg
Carbs	22g	Vitamin A	9908IU
Fiber	9g	Vitamin C	12mg
Sugar	4g	Calcium	88mg
Protein	16g	Iron	3mg

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

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

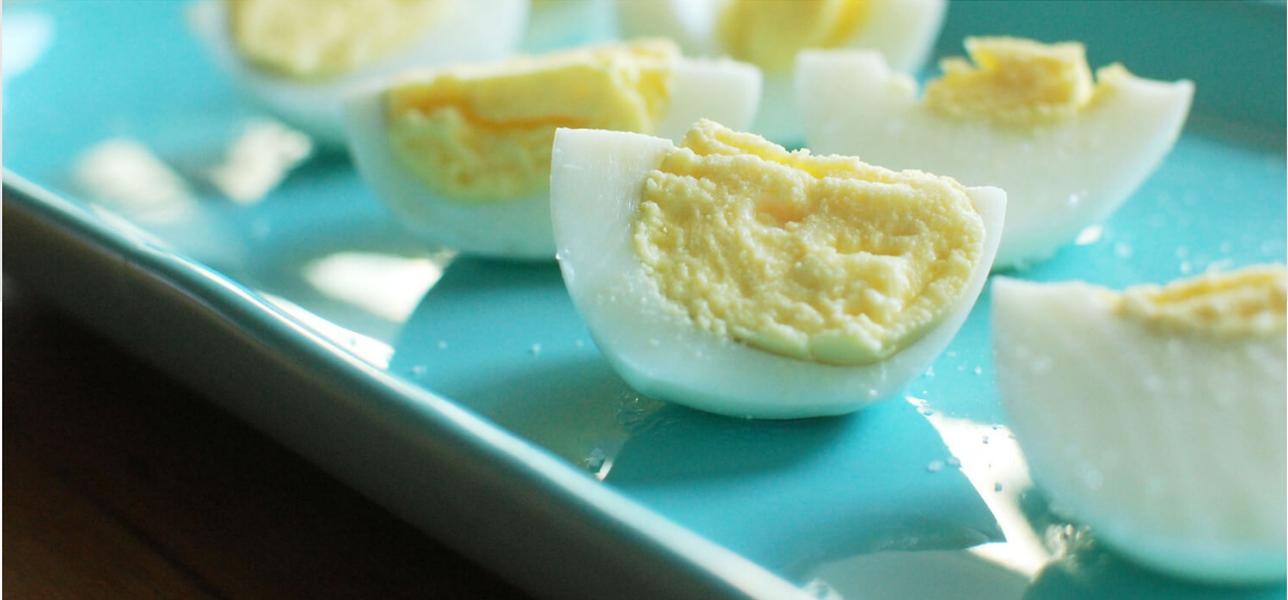
01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY
Use cucumber instead

Salt n' Vinegar Hard Boiled Eggs

3 SERVINGS 35 MINUTES



INGREDIENTS

6 Egg
3/4 tsp Sea Salt (divided)
3 tbsps 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!

Marinated Mixed Bean Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Green Beans (fresh or frozen)
2 cups Mixed Beans (cooked)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 1/2 tsps Italian Seasoning
1/2 Garlic (clove, minced)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	0mg
Fat	15g	Sodium	6mg
Carbs	45g	Vitamin A	346IU
Fiber	13g	Vitamin C	13mg
Sugar	3g	Calcium	83mg
Protein	16g	Iron	5mg

DIRECTIONS

- 01 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

NOTES

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

LEFTOVERS

Keeps well covered in the fridge up to 4 to 5 days.

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

Toasted Walnuts

3 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Walnuts (shelled)

NUTRITION

AMOUNT PER SERVING

Calories	235	Cholesterol	0mg
Fat	23g	Sodium	1mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	35mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

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 Salmon with Green Beans & Roasted Tomato

1 SERVING 25 MINUTES



INGREDIENTS

1 cup Green Beans (washed and trimmed)
1/2 cup Cherry Tomatoes
3/4 tsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
5 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	78mg
Fat	13g	Sodium	72mg
Carbs	10g	Vitamin A	1367IU
Fiber	4g	Vitamin C	22mg
Sugar	5g	Calcium	61mg
Protein	31g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 510°F (266°C).
- 02 Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
- 03 Season your salmon fillets with sea salt and black pepper.
- 04 Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
- 05 Divide veggies between plates and top with salmon. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO SALMON

Use any type of fish fillet. Baking times will vary depending on thickness.

VEGAN

Use roasted chickpeas instead of salmon.

MORE CARBS

Serve with quinoa or rice.

ADDED TOUCH

Toss the green beans in balsamic vinegar before serving.

Roasted Sweet Potato & Brussels Sprouts Salad

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Potato (medium, sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tpsps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	355	Cholesterol	0mg
Fat	12g	Sodium	199mg
Carbs	50g	Vitamin A	15576...
Fiber	16g	Vitamin C	95mg
Sugar	10g	Calcium	205mg
Protein	17g	Iron	8mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli instead.

NO LENTILS

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Spaghetti Squash Chow Mein

2 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

1/2 Spaghetti Squash
1 tbsp Sesame Oil
1/2 Yellow Onion (medium, diced)
2 stalks Celery (sliced diagonally)
2 cups Coleslaw Mix
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
3/4 tsp Coconut Oil
8 ozs Extra Lean Ground Chicken
2 tbsps Coconut Aminos

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	98mg
Fat	18g	Sodium	405mg
Carbs	25g	Vitamin A	3575IU
Fiber	5g	Vitamin C	50mg
Sugar	9g	Calcium	113mg
Protein	22g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and slice the spaghetti squash in half. Place cut-side down on a baking sheet and bake in the oven for about 60 minutes or until it can be easily pierced with a fork. When done, remove from oven. Turn over and let cool slightly.
- 02 While the spaghetti squash is cooling, heat the sesame oil over medium heat in a large skillet or wok. Add the onion, celery, coleslaw mix, garlic and ginger, stirring to combine. Cover and cook for about 10 minutes, stirring occasionally.
- 03 In a separate pan, melt the coconut oil and brown the ground chicken.
- 04 Carefully scoop the flesh out of the spaghetti squash. Add the spaghetti squash and the chicken to the pan with the sauteed veggies. Pour the coconut aminos over everything and mix well. Divide between bowls. Enjoy!

NOTES

NO COCONUT AMINOS

Use tamari instead.

VEGAN AND VEGETARIAN

Replace the ground chicken with scrambled eggs or tofu.

LIKES IT SPICY

Serve with hot sauce.

LEFTOVERS

Refrigerate up to 3 days.

Egg Roll in a Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 1/2 stalks Green Onion (diced)
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
8 ozs Lean Ground Pork
3 cups Coleslaw Mix
1 cup Bean Sprouts
2 tbsps Coconut Aminos

NUTRITION

AMOUNT PER SERVING

Calories	407	Cholesterol	77mg
Fat	26g	Sodium	666mg
Carbs	21g	Vitamin A	5100IU
Fiber	6g	Vitamin C	58mg
Sugar	10g	Calcium	101mg
Protein	26g	Iron	4mg

DIRECTIONS

- 01 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

NOTES

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MEAT-FREE

Replace the ground meat with scrambled eggs or tofu.

Slow Cooker Spaghetti Squash & Meatballs

2 SERVINGS 4 HOURS



INGREDIENTS

8 ozs Extra Lean Ground Turkey
2 tbsps Brown Rice Flour
1/2 Egg (whisked)
1 tbsp Extra Virgin Olive Oil (divided)
1 1/2 tsps Oregano (divided)
1 1/2 cups Crushed Tomatoes
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper (divided)
1/2 Spaghetti Squash (medium)

NUTRITION

AMOUNT PER SERVING

Calories	388	Cholesterol	130mg
Fat	18g	Sodium	1028mg
Carbs	33g	Vitamin A	953IU
Fiber	6g	Vitamin C	29mg
Sugar	8g	Calcium	144mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 02 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 03 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 04 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 05 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

CHEESE LOVER

Sprinkle with parmesan cheese.



Roasted Winter Vegetables with Tahini Drizzle

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 Delicata Squash (small)
1 1/2 cups Brussels Sprouts (washed and halved)
1/2 bulb Fennel (coarsley chopped)
1/4 cup Red Onion (coarsley chopped)
2 tbsps Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt
1/8 tsp Black Pepper
2 tbsps Tahini
1/2 Garlic (clove)
2 tbsps Water
1 Lemon (small, juiced)
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	0mg
Fat	25g	Sodium	218mg
Carbs	30g	Vitamin A	1469IU
Fiber	9g	Vitamin C	86mg
Sugar	5g	Calcium	171mg
Protein	8g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line two baking sheets with parchment paper.
- 02 Slice delicata squash in half lengthwise and scoop out seeds, then slice into half rounds.
- 03 Toss the squash, brussels sprouts, fennel and red onion with half of the olive oil, and spread over the baking sheets. Roast vegetables in the oven for 30 minutes, stirring at the halfway point.
- 04 Meanwhile, prepare the dressing by combining the remaining olive oil, salt, pepper, tahini, garlic, water and lemon juice in a blender. Blend until smooth, adding more water if necessary for consistency.
- 05 Remove vegetables from oven and divide onto plates. Drizzle with tahini sauce and top with pumpkin seeds. Season with more sea salt and black pepper if you wish. Enjoy!

NOTES

MORE PROTEIN

Add lentils, chickpeas or diced chicken.

LEFTOVERS

Store covered in the fridge up to 2 - 3 days.

15 Minute Halibut with Dill Pesto

1 SERVING 15 MINUTES



INGREDIENTS

1/4 cup Parsley (packed)
1 tbsp Fresh Dill (packed)
1 1/3 tbsps Slivered Almonds
2 1/4 tsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1/4 Garlic (clove)
Sea Salt & Black Pepper
5 ozs Halibut Fillet
1/3 tsp Coconut Oil
2 cups Mixed Greens (or Arugula)

NUTRITION

AMOUNT PER SERVING

Calories	327	Cholesterol	69mg
Fat	20g	Sodium	139mg
Carbs	6g	Vitamin A	1419IU
Fiber	3g	Vitamin C	33mg
Sugar	1g	Calcium	104mg
Protein	31g	Iron	3mg

DIRECTIONS

- 01 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 02 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 03 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

NOTES

NUT FREE

Use pumpkin seeds or sunflower seeds instead.

SAVE TIME

Blend up the pesto in advance.

MORE CARBS

Serve it with rice, quinoa or roasted mini potatoes.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for your meal plan and mark off any items you already have before you shop.
		Freeze the ground chicken, ground turkey, and halibut.	For meals later in the week. This guide will remind you to thaw them when needed.
		Portion out Pistachio and Toasted Walnut snacks for the week.	Store in small containers or ziploc bags at room temperature.
		Hard boil eggs.	For Salt n' Vinegar Hard Boiled Eggs. Hard boiled eggs last for one week in the fridge before they are peeled, so make them ahead and peel as needed.
		Portion out Sunflower Seed Butter and Almond Butter for the week.	Store in small containers in the fridge for easy grab-and-go snacks.
		Make Marinated Mixed Bean Salad.	Divide between containers and refrigerate for lunches on Monday and Tuesday.
1 Mon		Make Sweet Cherry Steel Cut Oats for breakfast.	Have one serving now, and store leftovers in an airtight container in the fridge for breakfast tomorrow.

		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Celery with Sunflower Seed Butter, Marinated Mixed Bean Salad, and Pistachios.
		Make the One Pan Salmon with Green Beans & Roasted Tomato.	Enjoy for dinner.
2 Tue		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Celery with Sunflower Seed Butter, Marinated Mixed Bean Salad, and Toasted Walnuts.
		Make Roasted Sweet Potato & Brussels Sprouts Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
3 Wed		Make the Asian Veggie Omelette for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Asian Veggie Omelette, Pistachios, Roasted Sweet Potato & Brussels Sprouts Salad, and Apple with Almond Butter.
		Make Spaghetti Squash Chow Mein for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make the Carrot Cake Chia Pudding.	Follow the recipe to make the chia puddings. Divide between jars or containers and store in the fridge.

		Take ground pork out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
4 Thu		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Salt n' Vinegar Hard Boiled Eggs, Spaghetti Squash Chow Mein, and Toasted Walnuts.
		Make Egg Roll in a Bowl for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take ground turkey out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
5 Fri		Start the Slow Cooker Spaghetti Squash & Meatballs.	Follow the recipe and cook on low for 6 hours, or on high for 4 hours.
		Pack your meals if you are on-the-go.	Carrot Cake Chia Pudding, Celery with Sunflower Seed Butter, Egg Roll in a Bowl, and Salt n' Vinegar Hard Boiled Eggs.
		Finish the Slow Cooker Spaghetti Squash & Meatballs for dinner.	Divide into portions. Store leftovers in an airtight container in the fridge for lunch tomorrow.
6 Sat		Make Avocado Sweet Potato Toast with Poached Egg for breakfast.	Optional: make an extra serving and save it for breakfast tomorrow morning. Otherwise, make it fresh tomorrow.
		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Slow Cooker Spaghetti

			Squash & Meatballs, and Toasted Walnuts.
		Make Roasted Winter Veggies with Tahini Drizzle for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take halibut out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
7 Sun		Make Avocado Sweet Potato Toast with Poached Egg for breakfast.	Or enjoy the leftovers from yesterday.
		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Celery with Sunflower Seed Butter, Roasted Winter Veggies with Tahini Drizzle, and Salt n' Vinegar Hard Boiled Eggs.
		Make 15 Minute Halibut with Dill Pesto for dinner.	Bon appetit!
		Prep for next week.	Don't forget to set aside time today to plan, shop, and prep for next week's meals.

WAIVER

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