



Low Lectin Diet

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Low Lectin Diet

HEAVY METAL FITNESS

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

Low Lectin Diet - Intensive dietary intervention for inflammation and autoimmunity. Our Low Lectin Diet removes all high lectin foods, including nightshade vegetables, grains, legumes, and squash.

Staple foods on this meal plan include cruciferous vegetables, wild fish, and leafy greens. Fruit has been excluded but can be added as needed, depending on the season and your location.

This program was created by a Registered Dietician using low lectin foods with the following key considerations:

GLUTEN & GRAIN-FREE

Lectins are found in many cereal grains and legumes, which is why this program is gluten-free and grain-free. Low glycemic and nutrient-dense alternatives are incorporated like cauliflower, kale, and cabbage which provide indoles, such as indole-3-Carbinol to support immune function.

FIBER

High concentrations of lectins can possibly cause damage to the gut wall and disrupt digestion. Eating fiber-rich foods is linked to an increase in short-chain fatty acids, which may help reduce intestinal permeability and promote the growth of good gut bacteria. Fiber also lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. This low-carbohydrate plan provides up to 30 grams of fiber daily by including vegetables and nuts at every meal and snack.

COOKED FOODS

Higher temperatures are needed to inactivate the biological and antinutritional effects of lectins. This program uses low lectin foods and cooked meals to avoid the potentially harmful effects of lectins.

ANTI-INFLAMMATORY FOODS

This meal plan contains polyphenols and antioxidants to help manage inflammation. Polyphenols help modulate the inflammatory response and are found in walnuts, almonds, spinach, kale, and onion. Essential fat-soluble antioxidants like vitamin A and vitamin E reduce oxidative stress. This meal plan contains vitamin A sources like sweet potato, carrots, eggs, and broccoli, and incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds.

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
Green Egg Scramble



SNACK 1
Olive Medley



LUNCH
Grilled Cauliflower Steaks with Avocado Chimichurri



SNACK 2
Carrots & Guacamole



DINNER
Massaged Kale Salad with Salmon

TUE


BREAKFAST
Green Egg Scramble



SNACK 1
Olive Medley



LUNCH
Grilled Cauliflower Steaks with Avocado Chimichurri



SNACK 2
Carrots & Guacamole



DINNER
Massaged Kale Salad with Salmon

WED


BREAKFAST
Sausage, Broccoli & Cabbage Stir Fry,
Crispy Roasted Sweet Potato



SNACK 1
Macadamia Nuts



LUNCH
Creamy Cauliflower Soup, Mixed Greens
with Lemon & Olive Oil



SNACK 2
Carrots & Guacamole



DINNER
Beef, Sweet Potato & Rapini Skillet

THU


BREAKFAST
Sausage, Broccoli & Cabbage Stir Fry,
Crispy Roasted Sweet Potato



SNACK 1
Macadamia Nuts



LUNCH
Creamy Cauliflower Soup, Mixed Greens
with Lemon & Olive Oil



SNACK 2
Hard Boiled Eggs



DINNER
Beef, Sweet Potato & Rapini Skillet

FRI


BREAKFAST
10 Minute Cabbage Bowl



SNACK 1
Olive Medley



LUNCH
Salmon Stuffed Avocado Boats



SNACK 2
Hard Boiled Eggs



DINNER
Chicken, Kale & Cauliflower Bowls

SAT


BREAKFAST
10 Minute Cabbage Bowl



SNACK 1
Macadamia Nuts



LUNCH
Chicken, Kale & Cauliflower Bowls



SNACK 2
Toasted Walnuts



DINNER
15 Minute Halibut with Dill Pesto

SUN


BREAKFAST
10 Minute Cabbage Bowl



SNACK 1
Olive Medley



LUNCH
Chicken, Kale & Cauliflower Bowls



SNACK 2
Toasted Walnuts



DINNER
15 Minute Halibut with Dill Pesto

MON	TUE	WED						
FAT 75%	CARBS 13%	PROTEIN 12%	FAT 75%	CARBS 13%	PROTEIN 12%	FAT 60%	CARBS 26%	PROTEIN 14%
Calories 1559	Cholesterol 434mg	Calories 1559	Cholesterol 434mg	Calories 1631	Cholesterol 159mg			
Fat 134g	Sodium 2860mg	Fat 134g	Sodium 2860mg	Fat 114g	Sodium 2433mg			
Carbs 52g	Vitamin A 27810IU	Carbs 52g	Vitamin A 27810IU	Carbs 112g	Vitamin A 53248IU			
Fiber 24g	Vitamin C 179mg	Fiber 24g	Vitamin C 179mg	Fiber 36g	Vitamin C 294mg			
Sugar 12g	Calcium 538mg	Sugar 12g	Calcium 538mg	Sugar 36g	Calcium 578mg			
Protein 49g	Iron 18mg	Protein 49g	Iron 18mg	Protein 61g	Iron 18mg			
THU	FRI	SAT						
FAT 60%	CARBS 22%	PROTEIN 18%	FAT 62%	CARBS 15%	PROTEIN 23%	FAT 68%	CARBS 12%	PROTEIN 20%
Calories 1558	Cholesterol 531mg	Calories 1614	Cholesterol 901mg	Calories 1695	Cholesterol 523mg			
Fat 109g	Sodium 2188mg	Fat 117g	Sodium 2085mg	Fat 133g	Sodium 645mg			
Carbs 91g	Vitamin A 33249IU	Carbs 65g	Vitamin A 13231IU	Carbs 55g	Vitamin A 13160IU			
Fiber 26g	Vitamin C 270mg	Fiber 33g	Vitamin C 259mg	Fiber 26g	Vitamin C 267mg			
Sugar 29g	Calcium 579mg	Sugar 15g	Calcium 574mg	Sugar 17g	Calcium 510mg			
Protein 71g	Iron 19mg	Protein 96g	Iron 17mg	Protein 88g	Iron 11mg			
SUN								
FAT 65%	CARBS 14%	PROTEIN 21%						
Calories 1530	Cholesterol 523mg							
Fat 114g	Sodium 1631mg							
Carbs 57g	Vitamin A 13604IU							
Fiber 24g	Vitamin C 267mg							
Sugar 15g	Calcium 590mg							
Protein 85g	Iron 17mg							

FRUITS

- 5 Avocado
- 3 Lemon
- 1 1/2 Lime

SEEDS, NUTS & SPICES

- 1/4 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 cup Macadamia Nuts
- 1/2 tsp Nutmeg
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Slivered Almonds
- 2/3 cup Walnuts

VEGETABLES

- 2 cups Baby Spinach
- 2 cups Broccoli
- 6 1/2 Carrot
- 1 3/4 heads Cauliflower
- 1/2 cup Cilantro
- 9 cups Coleslaw Mix
- 2 tbsps Fresh Dill
- 2 tbsps Fresh Oregano
- 4 Garlic
- 1 1/2 tsps Ginger
- 1 stalk Green Onion
- 12 cups Kale Leaves
- 8 cups Mixed Greens
- 1/2 cup Parsley
- 2 cups Purple Cabbage
- 1/2 bunch Rapini
- 1/4 Sweet Onion
- 2 1/2 Sweet Potato
- 1 Yellow Onion

BREAD, FISH, MEAT & CHEESE

- 12 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 8 ozs Extra Lean Ground Beef
- 10 ozs Halibut Fillet
- 8 ozs Salmon Fillet

CONDIMENTS & OILS

- 4 cups Assorted Olives
- 3 tbsps Avocado Oil
- 1/3 cup Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1/4 cup Red Wine Vinegar

COLD

- 14 Egg

OTHER

- 1/2 cup Water

BOXED & CANNED

- 1/2 cup Canned Coconut Milk
- 4 ozs Canned Wild Salmon
- 1 cup Vegetable Broth

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\$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

Green Egg Scramble

2 SERVINGS 10 MINUTES



INGREDIENTS

- 4 Egg
- 2 cups Baby Spinach
- 1/2 tsp Sea Salt
- 1 tbsp Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	211	Cholesterol	372mg
Fat	16g	Sodium	756mg
Carbs	2g	Vitamin A	3353IU
Fiber	1g	Vitamin C	8mg
Sugar	1g	Calcium	86mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 Place eggs, spinach and salt in a blender and blend until well combined.
- 02 Heat coconut oil in a large skillet over medium heat. Pour the mixture into the skillet and continuously stir to scramble the eggs while they cook.
- 03 Divide onto plates and enjoy!

NOTES

NO COCONUT OIL

Use butter, ghee or avocado oil.

SERVE IT WITH

Bacon, toast, whole grain crackers, or our Grain-Free Flax Bread recipe.

Sausage, Broccoli & Cabbage Stir Fry

2 SERVINGS 25 MINUTES



INGREDIENTS

5 ozs Chicken Sausage
1/2 Yellow Onion (small, diced)
1/2 Garlic (clove, minced)
2 cups Broccoli (chopped into small florets)
2 cups Purple Cabbage (finely sliced)
1 tsp Italian Seasoning

NUTRITION

AMOUNT PER SERVING

Calories	224	Cholesterol	85mg
Fat	11g	Sodium	788mg
Carbs	21g	Vitamin A	1560IU
Fiber	5g	Vitamin C	132mg
Sugar	9g	Calcium	165mg
Protein	14g	Iron	6mg

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Crispy Roasted Sweet Potato

2 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 Sweet Potato (medium, diced into 1/2 inch pieces)
3/4 tsp Extra Virgin Olive Oil
1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	99	Cholesterol	0mg
Fat	2g	Sodium	201mg
Carbs	20g	Vitamin A	13832...
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	29mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 03 Remove from oven and season with sea salt. Enjoy!

NOTES

LIKES IT SPICY

Toss in our Cajun Spice or chili powder after baking.

10 Minute Cabbage Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1 tbsp Coconut Oil (divided)

3 cups Coleslaw Mix

2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	338	Cholesterol	372mg
Fat	23g	Sodium	231mg
Carbs	19g	Vitamin A	9539IU
Fiber	6g	Vitamin C	108mg
Sugar	9g	Calcium	176mg
Protein	16g	Iron	3mg

DIRECTIONS

- 01 Heat half of the coconut oil in a large frying pan over medium heat. Add the coleslaw mix. Cover and cook for 5 minutes stirring occasionally.
- 02 Once the coleslaw mixture is softened, season with salt and pepper then transfer to bowls.
- 03 Add the remaining coconut oil to the pan and use it to fry the eggs. Top the cabbage bowls with fried eggs and enjoy!

NOTES

ON-THE-GO

Add a hard boiled egg onto the cabbage bowl instead of fried.

Olive Medley

4 SERVINGS 2 MINUTES



INGREDIENTS

4 cups Assorted Olives

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	15g	Sodium	988mg
Carbs	8g	Vitamin A	444IU
Fiber	2g	Vitamin C	1mg
Sugar	0g	Calcium	118mg
Protein	1g	Iron	8mg

Macadamia Nuts

3 SERVINGS 2 MINUTES



INGREDIENTS

1 cup Macadamia Nuts

DIRECTIONS

01 Divide between bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	34g	Sodium	2mg
Carbs	6g	Vitamin A	0IU
Fiber	4g	Vitamin C	1mg
Sugar	2g	Calcium	38mg
Protein	4g	Iron	2mg

Grilled Cauliflower Steaks with Avocado Chimichurri

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Red Wine Vinegar
1/2 cup Cilantro (thick stems removed)
2 tbsps Fresh Oregano (stems removed)
2 Garlic (cloves, minced)
1/3 cup Extra Virgin Olive Oil (divided)
1/2 tsp Sea Salt
1/2 Avocado (peeled and cubed)
1/2 head Cauliflower (sliced into steaks)

NUTRITION

AMOUNT PER SERVING

Calories	494	Cholesterol	0mg
Fat	48g	Sodium	644mg
Carbs	15g	Vitamin A	395IU
Fiber	8g	Vitamin C	78mg
Sugar	3g	Calcium	97mg
Protein	4g	Iron	3mg

DIRECTIONS

- 1 Add vinegar, cilantro, oregano, garlic, 2/3 of the olive oil and salt to a food processor and blend until smooth. Occasionally scrape down the sides as needed.
- 2 Stir in the avocado until well coated and refrigerate.
- 3 Brush each side of the cauliflower steaks with the remaining olive oil. Preheat grill on medium heat. Cook the cauliflower steaks for about 5 to 6 minutes per side with the lid closed, or until tender and slightly charred.
- 4 Transfer to plates and top with your desired amount of avocado chimichurri. Enjoy!

NOTES

LIKES IT SPICY

Add a chili pepper or red pepper flakes to the chimichurri.

LEFTOVERS

Refrigerate in an airtight container up to 3 days. Leftover chimichurri will keep up to 1 week.

NO CILANTRO

Use parsley instead.

NO CAULIFLOWER

Use zucchini or portobello mushrooms instead.

NO GRILL

Roast cauliflower steaks in the oven at 400°F (204°C) for 30 minutes, flipping halfway.

NO FOOD PROCESSOR

Use a blender or manually chop the cilantro, oregano, and garlic, then whisk together with the vinegar, oil, and salt.

Creamy Cauliflower Soup

2 SERVINGS 1 HOUR



INGREDIENTS

1 1/2 tsps Coconut Oil
1/4 Sweet Onion (chopped)
1/2 Carrot (chopped)
1/2 head Cauliflower (cut into florets)
1 cup Vegetable Broth
1/2 cup Water
1/2 cup Canned Coconut Milk
1/8 tsp Sea Salt (or more to taste)
1/2 tsp Nutmeg
1/2 Avocado (peeled and sliced)
1 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	283	Cholesterol	0mg
Fat	22g	Sodium	553mg
Carbs	19g	Vitamin A	3125IU
Fiber	7g	Vitamin C	80mg
Sugar	8g	Calcium	68mg
Protein	5g	Iron	1mg

DIRECTIONS

- 01 Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
- 02 Add the cauliflower and cook until it browns (about 5 minutes).
- 03 Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
- 04 Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
- 05 With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
- 06 Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 1.5 cups of soup.

MORE FLAVOR

Add fresh garlic, additional salt, and/or black pepper.

Mixed Greens with Lemon & Olive Oil

2 SERVINGS 5 MINUTES



INGREDIENTS

4 cups Mixed Greens
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	191	Cholesterol	0mg
Fat	18g	Sodium	34mg
Carbs	4g	Vitamin A	2IU
Fiber	1g	Vitamin C	12mg
Sugar	0g	Calcium	48mg
Protein	5g	Iron	2mg

DIRECTIONS

01 Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

NOTES

ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.

NO MIXED GREENS

Use spinach, kale or romaine instead.

Salmon Stuffed Avocado Boats

1 SERVING 10 MINUTES



INGREDIENTS

- 1 Avocado
- 4 ozs Canned Wild Salmon
- 1/4 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	503	Cholesterol	75mg
Fat	36g	Sodium	452mg
Carbs	18g	Vitamin A	506IU
Fiber	14g	Vitamin C	25mg
Sugar	2g	Calcium	67mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
- 02 Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
- 03 Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

NOTES

LIKES IT SPICY

Add hot sauce.

NO CANNED SALMON

Use smoked salmon, cooked salmon fillet or tuna instead.

Carrots & Guacamole

3 SERVINGS 5 MINUTES



INGREDIENTS

6 Carrot (medium)
1 1/2 Avocado
1 1/2 Lime (juiced)
1/3 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20539...
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Hard Boiled Eggs

2 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Toasted Walnuts

2 SERVINGS 15 MINUTES



INGREDIENTS

2/3 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.

Massaged Kale Salad with Salmon

2 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Kale Leaves (chopped)
1 Lemon (juiced)
2 tbsps Hemp Seeds
Sea Salt & Black Pepper (to taste)
1/4 cup Extra Virgin Olive Oil (divided)
8 ozs Salmon Fillet

NUTRITION

AMOUNT PER SERVING

Calories	482	Cholesterol	62mg
Fat	40g	Sodium	85mg
Carbs	5g	Vitamin A	3079IU
Fiber	3g	Vitamin C	68mg
Sugar	1g	Calcium	182mg
Protein	28g	Iron	3mg

DIRECTIONS

- 01 Add kale leaves to a large bowl with the lemon juice, hemp seeds, salt and pepper and half the olive oil. Massage the dressing into the kale with your hands for 2 to 3 minutes, until it is softened. Set aside.
- 02 Heat a skillet over medium heat and brush with the remaining olive oil. Season the salmon with salt and pepper, then add it to the pan skin-side down, cooking for about 3 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 03 Divide the massaged kale between plates and top with the salmon. Add an extra squeeze of lemon if desired. Enjoy!

Beef, Sweet Potato & Rapini Skillet

2 SERVINGS 25 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Beef
1/2 Yellow Onion (sliced)
1 1/2 tsps Ginger (peeled and grated)
1 Garlic (cloves, minced)
1 Sweet Potato (medium sized, grated)
1/2 bunch Rapini (chopped)
1/4 tsp Sea Salt (to taste)

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

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

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, Kale & Cauliflower Bowls

3 SERVINGS 45 MINUTES



INGREDIENTS

3/4 head Cauliflower (chopped into florets)
3 tbsps Avocado Oil (divided)
12 ozs Chicken Breast (skinless, boneless)
1/8 tsp Sea Salt
6 cups Kale Leaves (thinly sliced)
3/4 Lemon (juiced)
1 1/2 Avocado (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	474	Cholesterol	82mg
Fat	33g	Sodium	272mg
Carbs	19g	Vitamin A	2202IU
Fiber	11g	Vitamin C	125mg
Sugar	4g	Calcium	157mg
Protein	32g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 03 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 04 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 05 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

MORE CARBS

Serve with roasted sweet potato.

NO AVOCADO OIL

Use coconut oil instead.

15 Minute Halibut with Dill Pesto

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Parsley (packed)
2 tbsps Fresh Dill (packed)
2 2/3 tbsps Slivered Almonds
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove)
Sea Salt & Black Pepper
10 ozs Halibut Fillet
3/4 tsp Coconut Oil
4 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 your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breast and halibut.	You'll be reminded later on in the week when to set them out to thaw.
		Portion out your snacks: Olive Medley, Macadamia Nuts, and Walnuts.	Store in small containers for easy grab-and-go snacking throughout the week.
		Make the Grilled Cauliflower Steaks with Avocado Chimichurri.	Divide servings between containers and store in the fridge for lunches on Monday & Tuesday.
		Make Carrots & Guacamole.	Store in the fridge for snacks.
		Make Hard Boiled Eggs.	Cut down on prep time by making your hard boiled eggs now and storing in the fridge for later.
1 Mon		Make the Green Egg Scramble.	Have one serving now and save one for tomorrow.
		Pack your meals if you are on-the-go.	Green Egg Scramble, Olive Medley, Grilled Cauliflower Steaks with Avocado Chimichurri, and Carrots & Guacamole.

		Make the Massaged Kale Salad with Salmon for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Green Egg Scramble, Olive Medley, Grilled Cauliflower Steaks with Avocado Chimichurri, and Carrots & Guacamole.
		Enjoy leftover Massaged Kale Salad with Salmon for dinner.	Eat cold or reheat the salmon in the microwave or toaster oven.
		Make the Creamy Cauliflower Soup and divide mixed greens for the Mixed Greens with Lemon & Olive Oil.	Store in in the fridge for lunches tomorrow and Thursday.
3 Wed		Make the Sausage, Broccoli & Cabbage Stir Fry with Crispy Roasted Sweet Potatoes for breakfast.	Have one serving now and save one for tomorrow.
		Pack your meals if you are on-the-go.	Sausage, Broccoli & Cabbage Stir Fry with Crispy Roasted Sweet Potatoes, Macadamia Nuts, Creamy Cauliflower Soup with Mixed Greens with Lemon & Olive Oil, and Carrots & Guacamole.
		Make the Beef, Sweet Potato & Rapini Skillet for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
4		Pack your meals if you are on-the-go.	Sausage, Broccoli & Cabbage Stir Fry with Crispy Roasted Sweet Potatoes, Macadamia Nuts, Creamy

Thu			Cauliflower Soup with Mixed Greens with Lemon & Olive Oil, and Hard Boiled Eggs.
5		Reheat leftover Beef, Sweet Potato & Rapini Skillet for dinner.	Reheat in the microwave or on the stovetop.
		Take the chicken breast out of the freezer.	Thaw in the fridge for tomorrow night.
		Make 10 Minute Cabbage Bowl for Breakfast.	Enjoy!
Fri		Make the Salmon Stuffed Avocado Boats.	Store in an airtight container for lunch.
		Pack your meals if you are on-the-go.	10 Minute Cabbage Bowl, Olive Medley, Salmon Stuffed Avocado Boats, and Hard Boiled Eggs.
		Make the Chicken, Kale & Cauliflower Bowls for dinner.	Transfer leftovers to containers and store in the fridge for lunch tomorrow and Sunday.
6		Take the halibut out of the freezer.	Thaw in the fridge for tomorrow night.
		Make 10 Minute Cabbage Bowl for Breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	10 Minute Cabbage Bowl, Macadamia Nuts, Chicken, Kale & Cauliflower Bowls, and Walnuts.
Sat		Make 15 Minute Halibut with Dill Pesto for dinner.	Store leftovers in the fridge for dinner tomorrow night.

		Make 10 Minute Cabbage Bowl for Breakfast.	Enjoy!
7 Sun		Pack your meals if you are on-the-go.	10 Minute Cabbage Bowl, Olive Medley, Chicken, Kale & Cauliflower Bowls, and Walnuts.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!
		Enjoy Leftover 15 Minute Halibut with Dill Pesto for dinner.	at cold or reheat the salmon in the microwave or toaster oven.

WAIVER

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