



Meal Prep Mania Program

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Meal Prep Mania Program

HEAVY METAL FITNESS

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

Shop once. Cook once. Eat clean all week! This program will guide you through how to prepare all your food for 5 days in just a few hours.

This program was created by a Registered Dietician.

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
Blueberry Overnight Oats



LUNCH
Spring Salad



SNACK 1
Banana with Peanut Butter



DINNER
One Pan Salmon with Green Beans & Roasted Tomato



SNACK 2
Popcorn

TUE



BREAKFAST
Blueberry Overnight Oats



LUNCH
Spring Salad



SNACK 1
Banana with Peanut Butter



DINNER
One Pan Paleo Plate



SNACK 2
Popcorn

WED



BREAKFAST
Morning Glory Muffins



LUNCH
One Pan Salmon with Green Beans & Roasted Tomato



SNACK 1
Dark Chocolate



DINNER
Slow Cooker Vegan Chili



SNACK 2
Grapes

THU



BREAKFAST
Morning Glory Muffins



LUNCH
One Pan Paleo Plate



SNACK 1
Clean Trail Mix



DINNER
Butter Chicken & Cauliflower Rice



SNACK 2
Grapes

FRI



BREAKFAST
Morning Glory Muffins



LUNCH
Butter Chicken & Cauliflower Rice



SNACK 1
Dark Chocolate



DINNER
Slow Cooker Vegan Chili



SNACK 2
Clean Trail Mix

MON**FAT 40%** **CARBS 37%** **PROTEIN 23%**

Calories 1381 Cholesterol 108mg
 Fat 64g Sodium 819mg
 Carbs 132g Vitamin A 4474IU
 Fiber 33g Vitamin C 55mg
 Sugar 41g Calcium 502mg
 Protein 84g Iron 15mg

TUE**FAT 37%** **CARBS 40%** **PROTEIN 23%**

Calories 1365 Cholesterol 112mg
 Fat 58g Sodium 929mg
 Carbs 143g Vitamin A 13026IU
 Fiber 34g Vitamin C 109mg
 Sugar 41g Calcium 503mg
 Protein 82g Iron 15mg

WED**FAT 39%** **CARBS 42%** **PROTEIN 19%**

Calories 1088 Cholesterol 121mg
 Fat 48g Sodium 1508mg
 Carbs 118g Vitamin A 8260IU
 Fiber 27g Vitamin C 75mg
 Sugar 54g Calcium 309mg
 Protein 54g Iron 14mg

THU**FAT 43%** **CARBS 36%** **PROTEIN 21%**

Calories 1263 Cholesterol 185mg
 Fat 63g Sodium 1217mg
 Carbs 121g Vitamin A 13804IU
 Fiber 17g Vitamin C 160mg
 Sugar 44g Calcium 293mg
 Protein 71g Iron 9mg

FRI**FAT 46%** **CARBS 39%** **PROTEIN 15%**

Calories 1463 Cholesterol 105mg
 Fat 78g Sodium 2368mg
 Carbs 149g Vitamin A 8247IU
 Fiber 30g Vitamin C 127mg
 Sugar 44g Calcium 382mg
 Protein 57g Iron 18mg



FRUITS

- 5 Banana
- 1 cup Blueberries
- 4 cups Grapes
- 1/2 Lime

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 2 tbsps Chia Seeds
- 2 1/2 tbsps Chili Powder
- 1 1/2 tsps Cinnamon
- 2 cups Clean Trail Mix
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1/2 tsp Oregano
- 2 tsps Paprika
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Slivered Almonds

FROZEN

- 1 cup Frozen Corn
- 1 cup Frozen Peas

VEGETABLES

- 2 cups Baby Spinach
- 4 cups Brussels Sprouts
- 3 Carrot
- 1 head Cauliflower
- 1 stalk Celery
- 2 cups Cherry Tomatoes
- 4 Garlic
- 2 tbsps Ginger
- 4 cups Green Beans
- 1 Green Bell Pepper
- 3 cups Snap Peas
- 2 Sweet Potato
- 1/2 White Onion
- 2 Yellow Onion

BOXED & CANNED

- 1 cup Canned Coconut Milk
- 3 cups Canned Whole Tomatoes
- 2 cups Green Lentils
- 8 cups Popcorn
- 1 cup Red Kidney Beans
- 1/4 cup Tomato Paste
- 2 cans Tuna
- 1 cup White Navy Beans

BAKING

- 1 cup Almond Flour
- 7 1/16 ozs Dark Chocolate
- 2 1/2 cups Oats
- 1/2 cup Raisins

BREAD, FISH, MEAT & CHEESE

- 1 3/4 lbs Chicken Breast
- 1 1/4 lbs Salmon Fillet

CONDIMENTS & OILS

- 2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 3 tbsps Red Wine Vinegar

COLD

- 2 Egg
- 1 3/4 cups Unsweetened Almond Milk

OTHER

- 3/4 cup 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

Blueberry Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	414	Cholesterol	0mg
Fat	23g	Sodium	64mg
Carbs	43g	Vitamin A	209IU
Fiber	10g	Vitamin C	4mg
Sugar	12g	Calcium	330mg
Protein	14g	Iron	4mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 02 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Morning Glory Muffins

9 SERVINGS 40 MINUTES



INGREDIENTS

1 cup Almond Flour
1 cup Oats
1/2 tsp Cinnamon
1/4 tsp Sea Salt
1/2 cup Raisins
3 tbsps Extra Virgin Olive Oil
1/4 cup Maple Syrup
2 Egg
1/4 cup Unsweetened Almond Milk
2 Carrot (grated)
1 Banana (ripe and mashed)

NUTRITION

AMOUNT PER SERVING

Calories	230	Cholesterol	41mg
Fat	13g	Sodium	99mg
Carbs	27g	Vitamin A	2347IU
Fiber	3g	Vitamin C	2mg
Sugar	14g	Calcium	71mg
Protein	6g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 02 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 03 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 04 Combine the wet and dry ingredients and mix well.
- 05 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 06 Remove from oven. Let cool and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

One serving equals one muffin.

NO RAISINS

Used unsweetened dried cranberries or fresh blueberries instead.

EGG ALLERGY

Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

ADDITIONAL TOPPINGS

Raw honey or butter.

Spring Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Green Lentils (cooked, drained and rinsed)
3 cups Snap Peas (washed)
1 cup Frozen Peas (thawed)
2 cups Baby Spinach (chopped)
2 cans Tuna (drained and flaked)
3 tbsps Red Wine Vinegar
1 tbsp Extra Virgin Olive Oil
2 tbsps Dijon Mustard
1/4 tsp Sea Salt
1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	284	Cholesterol	30mg
Fat	5g	Sodium	482mg
Carbs	32g	Vitamin A	2820IU
Fiber	12g	Vitamin C	19mg
Sugar	6g	Calcium	87mg
Protein	29g	Iron	7mg

DIRECTIONS

- 01 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 02 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

NOTES

STORAGE

Store in the fridge in an airtight container up to 3 days.

NO TUNA

Use diced chicken breast instead.

VEGETARIAN AND VEGAN

Skip the tuna and add extra lentils.

Banana with Peanut Butter

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled and sliced)
1/4 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Dark Chocolate

4 SERVINGS 1 MINUTE



INGREDIENTS

7 1/16 ozs Dark Chocolate (at least 70% cacao)

NUTRITION

AMOUNT PER SERVING

Calories	299	Cholesterol	2mg
Fat	21g	Sodium	10mg
Carbs	23g	Vitamin A	20IU
Fiber	5g	Vitamin C	0mg
Sugar	12g	Calcium	37mg
Protein	4g	Iron	6mg

DIRECTIONS

01 Break apart chocolate into pieces and divide into bowls. Enjoy!

NOTES

NEXT LEVEL CHOCOLATE

Sprinkle with a bit of coarse sea salt or cayenne pepper for a kick.

Clean Trail Mix

4 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Clean Trail Mix

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

One Pan Salmon with Green Beans & Roasted Tomato

4 SERVINGS 25 MINUTES



INGREDIENTS

4 cups Green Beans (washed and trimmed)
2 cups Cherry Tomatoes
1 tbsp Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
1 1/4 lbs 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.

One Pan Paleo Plate

4 SERVINGS 35 MINUTES



INGREDIENTS

- 1 lb Chicken Breast
- 1/8 tsp Sea Salt
- 4 cups Brussels Sprouts (washed, trimmed and halved)
- 1 tbsp Extra Virgin Olive Oil (plus extra for brushing)
- 2 Sweet Potato (washed and sliced in half)

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	82mg
Fat	7g	Sodium	182mg
Carbs	21g	Vitamin A	9919IU
Fiber	5g	Vitamin C	76mg
Sugar	5g	Calcium	62mg
Protein	29g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Brush both sides of the chicken breast with olive oil and season with sea salt. Place on the baking sheet.
- 03 Toss your brussels sprouts in olive oil. Place on the baking sheet with the chicken.
- 04 Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Place these on the baking sheet with the flesh facing up.
- 05 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
- 06 Remove baking sheet from the oven and divide onto plates. Season with more salt if desired. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

NO CHICKEN BREAST

Use turkey breast.

VEGANS AND VEGETARIANS

Replace chicken with roasted chickpeas.

EXTRA TIME

Slice sweet potato into cubes or fries.

Slow Cooker Vegan Chili

4 SERVINGS 8 HOURS



INGREDIENTS

3 cups Canned Whole Tomatoes
1 cup Red Kidney Beans (cooked, drained and rinsed)
1 cup White Navy Beans (cooked, drained and rinsed)
1 cup Frozen Corn
1 stalk Celery (diced)
1 Green Bell Pepper (de-seeded and chopped)
1 Carrot (chopped)
1/2 White Onion (diced)
2 Garlic (cloves, minced)
1 tsp Cumin
1/2 tsp Oregano
1 1/2 tbsps Chili Powder
1 1/2 tsps Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	1g	Sodium	1325mg
Carbs	42g	Vitamin A	4434IU
Fiber	14g	Vitamin C	47mg
Sugar	8g	Calcium	127mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
- 02 Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
- 03 Ladle into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze up to four months.

SERVING SIZE

One serving is roughly 1 1/2 cups.

SERVE IT WITH

Toast, quinoa, brown rice, or a salad.

MAKE AHEAD

Chop celery, bell peppers, carrot and onion ahead of time.

KID-FRIENDLY

Omit the chili powder and puree until smooth. Serve with tortilla chips.

EXTRA SPICY

Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

MORE GREENS

Mix in chopped kale or spinach. Stir until wilted.

EXTRA TOPPINGS

Top with green onion or diced avocado.



Butter Chicken & Cauliflower Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

12 ozs Chicken Breast
2 tbsps Extra Virgin Olive Oil
2 Yellow Onion (diced)
2 Garlic (cloves, minced)
2 tbsps Ginger (grated)
1/4 cup Tomato Paste
2 tsps Paprika
1 tbsp Curry Powder
2 tsps Garam Masala
1 tsp Sea Salt
1 tbsp Chili Powder
1/4 cup Water
1 cup Canned Coconut Milk (full fat)
1 head Cauliflower
1/2 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	62mg
Fat	21g	Sodium	762mg
Carbs	23g	Vitamin A	1432IU
Fiber	8g	Vitamin C	77mg
Sugar	10g	Calcium	88mg
Protein	25g	Iron	4mg

DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

NOTES

VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

NO COCONUT MILK

Use Greek yogurt instead.

NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.



Popcorn

4 SERVINGS 2 MINUTES



INGREDIENTS

8 cups Popcorn

DIRECTIONS

01 Pour into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

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

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	16g	Vitamin A	92IU
Fiber	1g	Vitamin C	4mg
Sugar	15g	Calcium	13mg
Protein	1g	Iron	0mg

Task No.	Time	Recipe	Tasks & Notes
1	15 minutes	Crock Pot Vegan Chili	<input type="checkbox"/> Follow the recipe and add all ingredients to crock pot <input type="checkbox"/> Cook on high for 4 to 8 hours
2	5 minutes	Blueberry Overnight Oats	<input type="checkbox"/> Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a mixing bowl. Stir well to mix and place in the fridge.
3	25 minutes	One Pan Salmon with Green Beans & Roasted Tomato	<input type="checkbox"/> Preheat oven to 510 <input type="checkbox"/> Follow the complete recipe then divide into 4 takeout containers <input type="checkbox"/> Set containers aside without lids to cool <input type="checkbox"/> Optional: Cook up some quinoa or rice if you would like it as a side
4	15 minutes	One Pan Paleo Plate	<input type="checkbox"/> Reduce oven temperature to 350 <input type="checkbox"/> Follow the recipe. Set timer for 30 minutes and move onto the next task.

5	15 minutes	Spring Salad	<input type="checkbox"/> Follow the recipe to create the salad and dressing separately <input type="checkbox"/> Divide the dressing into small salad dressing containers. Seal and set aside. <input type="checkbox"/> Divide the salad into takeout containers or mason jars. Seal and set aside.
6	5 minutes	One Pan Paleo Plate	<input type="checkbox"/> Remove pan from oven and divide into containers <input type="checkbox"/> Set aside without lids and let cool
7	15 minutes	Morning Glory Muffins	<input type="checkbox"/> Increase oven temperature to 375 <input type="checkbox"/> Follow recipe and bake for 30 minutes <input type="checkbox"/> Move onto next task while they bake
8	25 minutes	Butter Chicken and Cauliflower Rice	<input type="checkbox"/> Follow the recipe <input type="checkbox"/> Divide into takeout containers without lids. Set aside to cool.
9	5 minutes	Morning Glory Muffins	<input type="checkbox"/> Remove from oven and set aside on a rack to cool

10	5 minutes	Banana with Peanut Butter	<input type="checkbox"/> Divide peanut butter into 4 dressing size containers <input type="checkbox"/> Seal with lids and set aside
11	2 minutes	Clean Trail Mix	<input type="checkbox"/> Divide trail mix into snack sized baggies and set aside
12	3 minutes	Dark Chocolate	<input type="checkbox"/> Divide chocolate into snack baggies and set aside
13	3 minutes	Grapes	<input type="checkbox"/> Wash grapes and divide into snack baggies. Set aside
14	2 minutes	Organic Popcorn	<input type="checkbox"/> Divide popcorn into snack baggies and set aside
15	5 minutes	Blueberry Overnight Oats	<input type="checkbox"/> Once thickened enough, layer overnight oats into jars with blueberries and slivered almonds <input type="checkbox"/> Seal and set aside
16	5 minutes	Crock Pot Vegan Chili	<input type="checkbox"/> Divide the chili into 1L jars or containers <input type="checkbox"/> Set aside without lids to cool
17	5 minutes	<i>Once everything has cooled</i>	<input type="checkbox"/> Divide muffins into baggies and seal

			<ul style="list-style-type: none"> <input type="checkbox"/> Seal everything else with lids <input type="checkbox"/> Into the Fridge: One Pan Salmon with Green Beans & Roasted Tomato, Spring Salad, One Pan Paleo Plate, Peanut Butter, Grapes, Blueberry Overnight Oats and half of the Crock Pot Vegan Chili. <input type="checkbox"/> Into the Freezer: Butter Chicken and Cauliflower Rice, Morning Glory Muffins and remaining Crock Pot Vegan Chili. <input type="checkbox"/> Into the Pantry: Clean Trail Mix, Dark Chocolate and Organic Popcorn.
18	15 minutes		<ul style="list-style-type: none"> <input type="checkbox"/> Wash dishes <input type="checkbox"/> Wipe counters

Day		Activity	Recipe	Notes
2 Tue		Thaw	Morning Glory Muffins	
3 Wed		Thaw	Butter Chicken and Cauliflower Rice	
4 Thu		Thaw	Crock Pot Vegan Chili	

WAIVER

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. HMF cannot and does not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. HMF does not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

