



# Meal Prep Sunday Program

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# Meal Prep Sunday Program

HEAVY METAL FITNESS

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

A program that shows you how to prepare enough meals for the week in roughly two hours. We love Meal Prep Sunday! Taking some time on the weekend to prepare food for the week saves us time, money, keeps us organized and feeling great throughout the week. But sometimes getting organized for Meal Prep Sunday is half the battle. Don't worry, we've got you covered!

Our Meal Prep Sunday Program will show you how to prepare enough meals for 5 days in roughly two hours. Our prep guide will outline step-by-step how to make it happen. Grab the meal plan, grocery list and prep guide and let's get to it!

This program was created by a Registered Dietician.

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### **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**  
Kiwi Green Smoothie



**SNACK 1**  
Baby Carrots & Hummus



**LUNCH**  
Lentil & Feta Tabbouleh



**SNACK 2**  
Banana with Almond Butter



**DINNER**  
Thai Basil Turkey with Bok Choy & Rice

## TUE



**BREAKFAST**  
Kiwi Green Smoothie



**SNACK 1**  
Baby Carrots & Hummus



**LUNCH**  
Lentil & Feta Tabbouleh



**SNACK 2**  
Banana with Almond Butter



**DINNER**  
Thai Basil Turkey with Bok Choy & Rice

## WED



**BREAKFAST**  
Pumpkin Pie Baked Oatmeal



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
Cajun Turkey with Green Beans & Rice



**SNACK 2**  
Dried Mango & Brazil Nuts



**DINNER**  
Curried Chicken Slow Cooker Stew

## THU



**BREAKFAST**  
Pumpkin Pie Baked Oatmeal



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
Curried Chicken Slow Cooker Stew



**SNACK 2**  
Dried Mango & Brazil Nuts



**DINNER**  
Cajun Turkey with Green Beans & Rice

## FRI



**BREAKFAST**  
Pumpkin Pie Baked Oatmeal



**SNACK 1**  
Apple with Almond Butter



**LUNCH**  
Cajun Turkey with Green Beans & Rice



**SNACK 2**  
Dried Mango & Brazil Nuts



**DINNER**  
Curried Chicken Slow Cooker Stew

**MON****FAT 39%**   **CARBS 41%**   **PROTEIN 20%**

Calories 1513      Cholesterol 110mg  
 Fat 69g            Sodium 1665mg  
 Carbs 163g        Vitamin A 31728IU  
 Fiber 34g          Vitamin C 263mg  
 Sugar 46g          Calcium 855mg  
 Protein 79g        Iron 18mg

**TUE****FAT 39%**   **CARBS 41%**   **PROTEIN 20%**

Calories 1513      Cholesterol 110mg  
 Fat 69g            Sodium 1665mg  
 Carbs 163g        Vitamin A 31728IU  
 Fiber 34g          Vitamin C 263mg  
 Sugar 46g          Calcium 855mg  
 Protein 79g        Iron 18mg

**WED****FAT 32%**   **CARBS 50%**   **PROTEIN 18%**

Calories 1513      Cholesterol 149mg  
 Fat 57g            Sodium 1003mg  
 Carbs 199g        Vitamin A 19220IU  
 Fiber 35g          Vitamin C 39mg  
 Sugar 80g          Calcium 568mg  
 Protein 72g        Iron 12mg

**THU****FAT 32%**   **CARBS 50%**   **PROTEIN 18%**

Calories 1513      Cholesterol 149mg  
 Fat 57g            Sodium 1003mg  
 Carbs 199g        Vitamin A 19220IU  
 Fiber 35g          Vitamin C 39mg  
 Sugar 80g          Calcium 568mg  
 Protein 72g        Iron 12mg

**FRI****FAT 32%**   **CARBS 50%**   **PROTEIN 18%**

Calories 1513      Cholesterol 149mg  
 Fat 57g            Sodium 1003mg  
 Carbs 199g        Vitamin A 19220IU  
 Fiber 35g          Vitamin C 39mg  
 Sugar 80g          Calcium 568mg  
 Protein 72g        Iron 12mg



## FRUITS

- 6 Apple
- 6 Banana
- 4 Kiwi
- 1/2 Lemon

## BREAKFAST

- 1 1/4 cups Almond Butter
- 30 pieces Dried Unsweetened Mango
- 1/2 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 1/2 cups Brazil Nuts
- 3 tbsps Cajun Spice
- 1/4 cup Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 1/2 cup Frozen Corn
- 12 cups Frozen Green Beans
- 1/2 cup Frozen Peas

## VEGETABLES

- 3 cups Baby Carrots
- 5 cups Baby Spinach
- 1 cup Basil Leaves
- 4 cups Bok Choy
- 6 Garlic
- 6 stalks Green Onion
- 4 cups Parsley
- 1/2 cup Red Onion
- 1 Sweet Potato
- 2 Thai Chili
- 2 Tomato

## BOXED & CANNED

- 2 cups Chickpeas
- 2 1/2 cups Jasmine Rice
- 2 cups Lentils
- 2 cups Vegetable Broth

## BAKING

- 3/4 tsp Baking Powder
- 2 1/2 cups Oats
- 1 tbsp Pumpkin Pie Spice
- 2 cups Pureed Pumpkin
- 1 tbsp Raw Honey
- 1 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 2/3 cup Feta Cheese
- 1 cup Hummus
- 1 1/2 lbs Turkey Breast

## CONDIMENTS & OILS

- 2 1/2 tbsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 2 tsps Sesame Oil
- 3 tbsps Tamari

## COLD

- 2 Egg
- 1 cup Unsweetened Almond Milk

## OTHER

- 8 Ice Cubes
- 1 cup Vanilla Protein Powder
- 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**

# Kiwi Green Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Kiwi (small, peeled)  
1 Banana (frozen)  
1/2 cup Vanilla Protein Powder  
2 tbsps Chia Seeds  
2 1/2 cups Baby Spinach  
2 cups Water  
4 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.

# Pumpkin Pie Baked Oatmeal

6 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Pureed Pumpkin  
2 Egg  
1/2 cup Maple Syrup  
1 tbsp Pumpkin Pie Spice  
1 tsp Vanilla Extract  
3/4 tsp Baking Powder  
1/2 tsp Sea Salt  
1 cup Unsweetened Almond Milk  
2 1/2 cups Oats (rolled or quick)  
1/4 cup Ground Flax Seed  
1/4 cup Pumpkin Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	307	Cholesterol	62mg
Fat	8g	Sodium	319mg
Carbs	51g	Vitamin A	12885...
Fiber	8g	Vitamin C	4mg
Sugar	19g	Calcium	200mg
Protein	10g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 02 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 03 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

## NOTES

### STORAGE

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

### EGG-FREE

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

### MUFFINS

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

# Baby Carrots & Hummus

4 SERVINGS 5 MINUTES



## INGREDIENTS

3 cups Baby Carrots  
1 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	11g	Sodium	359mg
Carbs	20g	Vitamin A	17264I...
Fiber	6g	Vitamin C	9mg
Sugar	6g	Calcium	89mg
Protein	5g	Iron	3mg

## DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.  
Enjoy!

## NOTES

### NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

### LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

# 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.

# Lentil & Feta Tabbouleh

4 SERVINGS 10 MINUTES



## INGREDIENTS

2 cups Lentils (cooked)  
2 Tomato (medium, diced)  
2/3 cup Feta Cheese (crumbled)  
4 cups Parsley (chopped)  
1/2 cup Red Onion (finely diced)  
1/4 cup Extra Virgin Olive Oil  
1/2 Lemon (juiced)  
2 tsps Cinnamon (ground)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	344	Cholesterol	22mg
Fat	20g	Sodium	345mg
Carbs	30g	Vitamin A	6070IU
Fiber	11g	Vitamin C	95mg
Sugar	3g	Calcium	247mg
Protein	15g	Iron	8mg

## DIRECTIONS

01 Toss all ingredients in a large bowl until evenly combined. Add sea salt and black pepper to taste. Divide into bowls and enjoy!

## NOTES

### DAIRY-FREE

Omit the feta and use sliced olives or capers instead.

### STORAGE

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

# Cajun Turkey with Green Beans & Rice

6 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 cups Jasmine Rice (dry)  
1 1/2 lbs Turkey Breast  
1 1/2 tbsps Coconut Oil (divided)  
3 tbsps Cajun Spice  
12 cups Frozen Green Beans (thawed)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	395	Cholesterol	60mg
Fat	6g	Sodium	417mg
Carbs	55g	Vitamin A	1149IU
Fiber	9g	Vitamin C	11mg
Sugar	5g	Calcium	124mg
Protein	33g	Iron	3mg

## DIRECTIONS

- 01 Cook the rice according to the instructions on the package and set aside.
- 02 While the rice cooks, dice your turkey breast into 1 inch cubes. Add half the coconut oil to a large skillet and warm over medium heat. Add the diced turkey breast and saute for 7 to 10 minutes, or until browned and cooked through. Add the cajun seasoning and continue to saute until the turkey is well coated. Transfer to a small plate.
- 03 Place the skillet back over medium heat and add the remaining coconut oil. Add the frozen green beans and cover. Saute for 4 to 5 minutes or until tender and crisp. Turn off the heat.
- 04 Divide rice, turkey and green beans between bowls. Season with sea salt and black pepper to taste. Enjoy!

## NOTES

### NO RICE

Use quinoa or roasted potatoes instead.

### STORAGE

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

### LOW CARB

Use cauliflower rice instead of jasmine rice.

### NO TURKEY BREAST

Use chicken breast or ground meat instead.

### REHEATING LEFTOVERS

Saute in a skillet until warmed through.

### VEGAN & VEGETARIAN

Replace the turkey breast with roasted chickpeas or warm lentils seasoned with cajun spice.



# Banana with Almond Butter

2 SERVINGS 2 MINUTES



## INGREDIENTS

2 Banana  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	114mg
Protein	8g	Iron	1mg

## DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Bam.

# Dried Mango & Brazil Nuts

6 SERVINGS 3 MINUTES



## INGREDIENTS

30 pieces Dried Unsweetened Mango  
(large)

1 1/2 cups Brazil Nuts

## DIRECTIONS

01 Divide dried mango and brazil nuts between bowls. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	339	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	36g	Vitamin A	1500IU
Fiber	4g	Vitamin C	12mg
Sugar	31g	Calcium	73mg
Protein	7g	Iron	1mg

# Thai Basil Turkey with Bok Choy & Rice

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 cup Jasmine Rice (dry)
- 1 tbsp Coconut Oil
- 2 Thai Chili (stems removed and finely sliced)
- 6 stalks Green Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Raw Honey
- 3 tbsps Tamari
- 1 cup Basil Leaves (fresh, chopped)
- 2 tps Sesame Oil
- 4 cups Bok Choy (sliced in half lengthwise)

## NUTRITION

### AMOUNT PER SERVING

Calories	433	Cholesterol	84mg
Fat	15g	Sodium	883mg
Carbs	49g	Vitamin A	4704IU
Fiber	3g	Vitamin C	69mg
Sugar	7g	Calcium	137mg
Protein	28g	Iron	3mg

## DIRECTIONS

- 01 Cook the rice according to the instructions on the package and set aside.
- 02 While the rice cooks, place a wok over high heat. Add the coconut oil, chilies, green onion and garlic. Saute for 1 to 2 minutes, or until onions are softened. Add the ground turkey and saute for about 5 minutes, breaking it up into small pieces as it cooks. Add the honey and tamari and saute for another minute, or until turkey is completely cooked through. Add the basil. Saute until wilted and turn off the heat. Cover with a lid to keep warm.
- 03 Heat the sesame oil in a frying pan over medium heat. Add the sliced bok choy, face down. Cover and let fry for about 5 minutes, or until slightly charred. Turn off the heat.
- 04 Divide rice between plates and top with the basil turkey mix. Add the bok choy on the side. Enjoy!

## NOTES

### NO RICE

Use quinoa or roasted potatoes instead.

### STORAGE

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

### LOW CARB

Use cauliflower rice instead of jasmine rice.

### MAKE IT FASTER

Use green peas instead of bok choy.

### NO THAI CHILI

If you do not like it spicy, simply omit. If you cannot find thai chiles, add a pinch of cayenne pepper instead.

### REHEATING LEFTOVERS

Saute in a skillet until warmed through.



**VEGAN & VEGETARIAN**

Replace the ground turkey with roasted chickpeas or warm lentils.



# Curried Chicken Slow Cooker Stew

6 SERVINGS 6 HOURS



## INGREDIENTS

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

## NUTRITION

### AMOUNT PER SERVING

Calories	185	Cholesterol	27mg
Fat	3g	Sodium	262mg
Carbs	26g	Vitamin A	3587IU
Fiber	6g	Vitamin C	4mg
Sugar	5g	Calcium	52mg
Protein	15g	Iron	3mg

## DIRECTIONS

- 01 Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
- 02 After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
- 03 Serve the stew on it's own or over brown rice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of stew.

### MORE CARBS

Serve it over brown rice.

### MORE PROTEIN

Serve it over quinoa.

### VEGAN AND BUDGET-FRIENDLY

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

### TURN IT INTO A SOUP

Double up on the broth.

### MORE GREEN VEGGIES

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.



Task No.	Time	Recipe	Tasks & Notes
1	15 minutes	Curried Chicken Slow Cooker Stew	<input type="checkbox"/> Follow the recipe and combine all ingredients in your slow cooker. Cook on high for 4 hours or on low for 6 to 8 hours. Move onto the next task.
2	15 minutes	Pumpkin Pie Baked Oatmeal	<input type="checkbox"/> Preheat oven to 375 degrees F. <input type="checkbox"/> Follow the recipe and bake for 40 minutes. Set timer and move onto the next task.
3	5 minutes	Cajun Turkey with Green Beans & Rice Thai Basil Turkey with Bok Choy & Rice	<input type="checkbox"/> Cook a batch of Jasmine rice for both recipes. Follow the instructions on the package. Set timer and move onto the next task as it cooks.
4	20 minutes	Cajun Turkey with Green Beans & Rice	<input type="checkbox"/> Follow the recipe to cook the turkey breast and green beans. <input type="checkbox"/> Divide the jasmine rice between containers. Add the cooked turkey breast and green beans. Leave lids off until cool.

<b>5</b>	20 minutes	Thai Basil Turkey with Bok Choy & Rice	<input type="checkbox"/> Follow the recipe to cook the ground turkey and prepare the bok choy. <input type="checkbox"/> Divide the jasmine rice between containers. Add the cooked ground turkey and bok choy. Leave lids off until cool.
<b>6</b>	1 minutes	Pumpkin Pie Baked Oatmeal	<input type="checkbox"/> Remove from oven and set aside to cool.
<b>7</b>	10 minutes	Lentil & Feta Tabbouleh	<input type="checkbox"/> Follow the recipe and divide into containers. Seal with lids.
<b>8</b>	3 minutes	Baby Carrots & Hummus	<input type="checkbox"/> Divide hummus into single serving condiment containers. <input type="checkbox"/> Divide baby carrots into ziplock baggies.
<b>9</b>	3 minutes	Banana with Almond Butter Apple with Almond Butter	<input type="checkbox"/> Divide almond butter into single serving condiment containers.
<b>10</b>	3 minutes	Dried Mango & Brazil Nuts	<input type="checkbox"/> Divide dried mango and brazil nuts into ziplock baggies.
<b>11</b>	10 minutes	Kiwi Green Smoothie	<input type="checkbox"/> Prepare smoothie packs by portioning out kiwi, banana, protein powder, chia seeds, baby spinach and ice cubes into zip lock baggies. (Note: In the mornings, dump the

			contents of the smoothie pack into the blender, add water and blend until smooth.)
12	5 minutes	Pumpkin Pie Baked Oatmeal	<input type="checkbox"/> Divide into containers. Leave lids off until completely cooled.
13	5 minutes	Curried Chicken Slow Cooker Stew	<input type="checkbox"/> When ready, portion out into single-serving containers. Leave lids off until completely cooled.
14	5 minutes	Once everything has cooled	<input type="checkbox"/> Seal everything with lids. <input type="checkbox"/> <b>Into the Fridge:</b> Lentil & Feta Tabbouleh, Baby Carrots & Hummus, Thai Basil Turkey with Bok Choy & Rice, portioned out almond butter containers and apples. <input type="checkbox"/> <b>Into the Freezer:</b> Kiwi Green Smoothie packs, Pumpkin Pie Baked Oatmeal, Curried Chicken Slow Cooker Stew, Cajun Turkey with Green Beans & Rice. <input type="checkbox"/> <b>Into the Pantry:</b> Bananas and Dried Mango & Brazil Nuts.
15	15 minutes		<input type="checkbox"/> Wash dishes/load and start dishwasher. <input type="checkbox"/> Wipe counters

**Note:** On Tuesday, transfer the Pumpkin Pie Baked Oatmeal, Curried Chicken Slow Cooker Stew and Cajun Turkey with Green Beans & Rice from the freezer to the fridge.

## **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.

