



Mediterranean Diet

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Mediterranean Diet

HEAVY METAL FITNESS

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

A heart-healthy diet packed with vegetables, olive oil and quality protein - Our Mediterranean Diet is built with high-fiber, nutrient-dense foods including fruits, vegetables, legumes, and whole grains. Heart-healthy fats are provided by olive oil, avocados, nuts and seeds. Quality protein from dairy, poultry and fish is also consumed to round out the diet.

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

MONOUNSATURATED FATS

Good quality fats are associated with a lower risk of both heart disease and cancer. This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and lower in saturated fat, meats, and dairy products. Olive oil is the main source of fat in a Mediterranean diet and contains tocopherols, polyphenols, and a balanced linoleic/alpha-linolenic acid profile, which is beneficial for the immune system and inflammatory responses.

OMEGA-3 FISH

An important source of protein in a Mediterranean diet is fish. Omega-3 fatty acids found in fish provide cardiovascular benefits and reduce inflammation. Fish contains eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which are associated with improved cognitive function. This program incorporates salmon, trout, and tuna into several meals and snacks.

FIBER

Adequate dietary fiber intake is associated with several health benefits including better digestive health, lower blood pressure, weight loss, and reduced inflammation. This meal plan provides up to 40 grams of fiber daily from foods such as fruits, vegetables, legumes, and whole grains. Soluble fiber found in oats, lentils, hummus, spinach, and apples is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.



ANTIOXIDANTS

Essential fat-soluble [antioxidants](#) like [vitamin A](#) and [vitamin E](#) support various cellular functions of our immune system, reduce oxidative stress in cells, and are useful in the treatment of inflammatory diseases. This meal plan is packed with vitamin A sources like sweet potato, carrots, and salmon, and incorporates vitamin E through a daily dose of healthy oils, nuts, and seeds. These foods are paired with healthy fats to increase [absorption](#).

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
Overnight Bircher Muesli



SNACK 1
Crackers & Hummus



LUNCH
Lentil & Feta Tabbouleh



SNACK 2
Salmon Cucumber Bites



DINNER
Penne with Bursted Cherry Tomato Sauce

TUE



BREAKFAST
Overnight Bircher Muesli



SNACK 1
Crackers & Hummus



LUNCH
Penne with Bursted Cherry Tomato Sauce



SNACK 2
Salmon Cucumber Bites



DINNER
Greek Chicken Salad

WED



BREAKFAST
Overnight Bircher Muesli



SNACK 1
Apple with Almond Butter



LUNCH
Greek Chicken Salad



SNACK 2
Celery & Hummus



DINNER
Roasted Carrots with Lentils & Tahini

THU



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Apple with Almond Butter



LUNCH
Roasted Carrots with Lentils & Tahini



SNACK 2
Celery & Hummus



DINNER
One Pan Mediterranean Trout, Quinoa

FRI



BREAKFAST
Post Workout Green Smoothie



SNACK 1
Yogurt & Berries



LUNCH
One Pan Mediterranean Trout, Quinoa



SNACK 2
Apple Slices & Hummus



DINNER
Greek Kale Chickpea Salad

SAT



BREAKFAST
Hummus Toast with Avocado



SNACK 1
Yogurt & Berries



LUNCH
Greek Kale Chickpea Salad



SNACK 2
Apple Slices & Hummus



DINNER
Mediterranean Tuna Pasta Salad

SUN



BREAKFAST
Hummus Toast with Avocado



SNACK 1
Yogurt & Berries



LUNCH
Mediterranean Tuna Pasta Salad



SNACK 2
Apple Slices & Hummus



DINNER
Grilled Bruschetta Chicken, Quinoa

MON**FAT 47%** **CARBS 38%** **PROTEIN 15%**

Calories 1748 Cholesterol 38mg
 Fat 96g Sodium 1561mg
 Carbs 174g Vitamin A 9499IU
 Fiber 38g Vitamin C 136mg
 Sugar 35g Calcium 903mg
 Protein 67g Iron 23mg

TUE**FAT 47%** **CARBS 34%** **PROTEIN 19%**

Calories 1780 Cholesterol 119mg
 Fat 97g Sodium 2497mg
 Carbs 157g Vitamin A 4593IU
 Fiber 29g Vitamin C 64mg
 Sugar 39g Calcium 722mg
 Protein 86g Iron 18mg

WED**FAT 47%** **CARBS 36%** **PROTEIN 17%**

Calories 1617 Cholesterol 103mg
 Fat 89g Sodium 2143mg
 Carbs 152g Vitamin A 34680IU
 Fiber 41g Vitamin C 91mg
 Sugar 53g Calcium 913mg
 Protein 73g Iron 16mg

THU**FAT 46%** **CARBS 34%** **PROTEIN 20%**

Calories 1576 Cholesterol 96mg
 Fat 84g Sodium 1504mg
 Carbs 143g Vitamin A 39492IU
 Fiber 44g Vitamin C 121mg
 Sugar 44g Calcium 768mg
 Protein 83g Iron 17mg

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

Calories 1596 Cholesterol 147mg
 Fat 73g Sodium 1511mg
 Carbs 152g Vitamin A 9189IU
 Fiber 36g Vitamin C 173mg
 Sugar 57g Calcium 1116mg
 Protein 96g Iron 15mg

SAT**FAT 48%** **CARBS 37%** **PROTEIN 15%**

Calories 1856 Cholesterol 66mg
 Fat 104g Sodium 1876mg
 Carbs 179g Vitamin A 4331IU
 Fiber 42g Vitamin C 142mg
 Sugar 54g Calcium 987mg
 Protein 74g Iron 17mg

SUN**FAT 43%** **CARBS 37%** **PROTEIN 20%**

Calories 1875 Cholesterol 131mg
 Fat 94g Sodium 1576mg
 Carbs 183g Vitamin A 4057IU
 Fiber 38g Vitamin C 103mg
 Sugar 49g Calcium 840mg
 Protein 96g Iron 17mg



FRUITS

- 5 3/4 Apple
- 1 1/2 Avocado
- 1 Banana
- 2 1/3 Lemon

BREAKFAST

- 1/4 cup Almond Butter

SEEDS, NUTS & SPICES

- 1/3 tsp Black Pepper
- 1 tsp Cinnamon
- 1 tbsp Greek Seasoning
- 1 1/2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Sliced Almonds
- 1/4 cup Sunflower Seeds

FROZEN

- 3 cups Frozen Berries

VEGETABLES

- 4 cups Arugula
- 2 cups Baby Spinach
- 2 1/16 cups Basil Leaves
- 4 stalks Celery
- 4 1/2 cups Cherry Tomatoes
- 1 1/4 Cucumber
- 1 tbsp Fresh Dill
- 3 Garlic
- 1/2 Green Bell Pepper
- 6 Heirloom Carrots
- 6 cups Kale Leaves
- 1 cup Parsley
- 1/3 cup Red Onion
- 3 3/4 Tomato

BOXED & CANNED

- 1 cup Brown Rice Fusilli, Cooked
- 4 ozs Chickpea Pasta
- 1 cup Chickpeas
- 1 1/2 cups Lentils
- 3/4 cup Quinoa
- 1/2 can Tuna
- 3 1/2 ozs Whole Grain Crackers

BAKING

- 1 tbsp Nutritional Yeast
- 1 1/2 cups Oats
- 3 tbsps Raisins
- 3 tbsps Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 14 ozs Chicken Breast
- 1/2 cup Feta Cheese
- 2 3/4 cups Hummus
- 2 Rainbow Trout Fillet
- 4 slices Rye Bread
- 3 1/2 ozs Smoked Salmon

CONDIMENTS & OILS

- 3/4 cup Artichoke Hearts
- 1 3/4 tbsps Balsamic Vinegar
- 1 1/2 tsps Coconut Oil
- 1 cup Extra Virgin Olive Oil
- 1/4 cup Green Olives
- 3/4 cup Pitted Kalamata Olives
- 1 1/2 tsps Red Wine Vinegar
- 1/4 cup Sun Dried Tomatoes
- 1 1/2 tbsps Tahini

COLD

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

OTHER

- 1/4 cup Protein Powder
- 3 1/4 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

Overnight Bircher Muesli

3 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (rolled)
3 tbsps Unsweetened Shredded Coconut
3 tbsps Sliced Almonds
1 1/2 tbsps Ground Flax Seed
3 tbsps Raisins
3 tbsps Hemp Seeds
1/3 tsp Cinnamon
3/4 cup Unsweetened Almond Milk
1 1/2 cups Unsweetened Coconut Yogurt
3/4 Apple (medium, grated)

NUTRITION

AMOUNT PER SERVING

Calories	430	Cholesterol	0mg
Fat	21g	Sodium	73mg
Carbs	53g	Vitamin A	151IU
Fiber	10g	Vitamin C	2mg
Sugar	13g	Calcium	430mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 In a large bowl, combine the oats, shredded coconut, almonds, flax seeds, raisins, hemp seeds, and cinnamon.
- 02 Stir in the almond milk, yogurt, and grated apple. Mix well. Cover and let soak in the fridge overnight.
- 03 Divide into bowls or jars in the morning, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

PREP AHEAD

The dry muesli mix can be scaled up and stored in a jar in your cupboard for up to 2 months.

LIKES IT SWEET

Serve with fresh berries and/or a drizzle of maple syrup or honey.

MORE PROTEIN

Make with Greek yogurt instead of coconut yogurt.

Post Workout Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Protein Powder (vanilla)
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	182	Cholesterol	2mg
Fat	8g	Sodium	51mg
Carbs	20g	Vitamin A	2924IU
Fiber	6g	Vitamin C	19mg
Sugar	8g	Calcium	119mg
Protein	12g	Iron	1mg

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.

Hummus Toast with Avocado

1 SERVING 10 MINUTES



INGREDIENTS

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	675	Cholesterol	0mg
Fat	46g	Sodium	833mg
Carbs	55g	Vitamin A	180IU
Fiber	18g	Vitamin C	10mg
Sugar	4g	Calcium	118mg
Protein	19g	Iron	6mg

DIRECTIONS

01 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

NOTES

NO SUNFLOWER SEEDS

Use hemp seeds, sesame seeds or pumpkin seeds instead.

Crackers & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 3/4 ozs Whole Grain Crackers
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	387	Cholesterol	0mg
Fat	21g	Sodium	703mg
Carbs	43g	Vitamin A	17IU
Fiber	5g	Vitamin C	0mg
Sugar	6g	Calcium	36mg
Protein	8g	Iron	3mg

DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

NOTES

CRACKERS

Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!

Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
2 tbsps 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.

Yogurt & Berries

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt
1 cup Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

DAIRY-FREE

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

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Lentil & Feta Tabbouleh

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Lentils (cooked)
1/2 Tomato (medium, diced)
2 2/3 tbsps Feta Cheese (crumbled)
1 cup Parsley (chopped)
2 tbsps Red Onion (finely diced)
1 tbsp Extra Virgin Olive Oil
1/8 Lemon (juiced)
1/2 tsp Cinnamon (ground)
Sea Salt & Black Pepper (to taste)

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.

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

Salmon Cucumber Bites

2 SERVINGS 5 MINUTES



INGREDIENTS

1/4 cup Plain Greek Yogurt
1/2 Cucumber (sliced)
3 1/2 ozs Smoked Salmon (sliced)
1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	93	Cholesterol	16mg
Fat	3g	Sodium	355mg
Carbs	4g	Vitamin A	281IU
Fiber	0g	Vitamin C	4mg
Sugar	2g	Calcium	82mg
Protein	12g	Iron	1mg

DIRECTIONS

01 Add a dollop of yogurt to each cucumber slice and top with a small slice of smoked salmon. Sprinkle with black pepper. Refrigerate until ready to serve. Enjoy!

NOTES

NO GREEK YOGURT

Use cheese, plain coconut yogurt, sheep's yogurt or cottage cheese instead.

Celery & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

2 stalks Celery (cut into sticks)
1/4 cup Hummus
1/4 tsp Paprika (optional)

NUTRITION

AMOUNT PER SERVING

Calories	159	Cholesterol	0mg
Fat	11g	Sodium	326mg
Carbs	12g	Vitamin A	657IU
Fiber	5g	Vitamin C	2mg
Sugar	2g	Calcium	62mg
Protein	5g	Iron	2mg

DIRECTIONS

01 Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

NOTES

MAKE IT YOURSELF

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

Apple Slices & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	240	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	34g	Vitamin A	112IU
Fiber	8g	Vitamin C	8mg
Sugar	19g	Calcium	40mg
Protein	5g	Iron	2mg

DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

NOTES

NO APPLE

Use pear slices instead.

Penne with Bursted Cherry Tomato Sauce

2 SERVINGS 30 MINUTES



INGREDIENTS

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

NUTRITION

AMOUNT PER SERVING

Calories	494	Cholesterol	0mg
Fat	31g	Sodium	85mg
Carbs	44g	Vitamin A	2980IU
Fiber	12g	Vitamin C	35mg
Sugar	11g	Calcium	108mg
Protein	19g	Iron	7mg

DIRECTIONS

- 01 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 03 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

NOTES

NO CHICKPEA PASTA

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

NO NUTRITIONAL YEAST

Use parmesan or omit completely.

Greek Chicken Salad

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Greek Seasoning
1/2 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
10 ozs Chicken Breast (boneless, skinless)
1 1/2 cups Cherry Tomatoes (halved)
1/2 Cucumber (diced)
2 tbsps Red Onion (finely diced)
1/2 cup Pitted Kalamata Olives (chopped)
1 1/2 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	376	Cholesterol	103mg
Fat	21g	Sodium	1281mg
Carbs	13g	Vitamin A	1164IU
Fiber	2g	Vitamin C	23mg
Sugar	7g	Calcium	66mg
Protein	34g	Iron	3mg

DIRECTIONS

- 01 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 02 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 03 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 04 Divide the salad and chicken between plates. Enjoy!

NOTES

MORE CARBS

Mix quinoa into the salad or serve with roasted potatoes.

CHEESE LOVER

Sprinkle with feta cheese.

NO GREEK SEASONING

Use Italian seasoning instead.

Roasted Carrots with Lentils & Tahini

2 SERVINGS 25 MINUTES



INGREDIENTS

6 Heirloom Carrots (washed)
1 1/2 tps Coconut Oil
1/4 tsp Sea Salt
1 1/2 tbsps Tahini
1/2 Lemon (juiced)
2 tbsps Water
1 tbsps Extra Virgin Olive Oil (divided)
4 cups Kale Leaves (finely sliced)
1 1/2 tps Red Wine Vinegar
1 cup Lentils (cooked, drained and rinsed)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	0mg
Fat	18g	Sodium	459mg
Carbs	43g	Vitamin A	32609...
Fiber	16g	Vitamin C	56mg
Sugar	11g	Calcium	236mg
Protein	14g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 430°F (222°C). Line a baking sheet with parchment paper. Rub the carrots with coconut oil then season with sea salt. Bake for 20 minutes. (Note: You can leave the green tops on or slice them off before roasting.)
- 02 Meanwhile, in a small jar combine the tahini, lemon juice, water and half the olive oil. Cover with a lid and shake vigorously until well mixed. Set aside.
- 03 Add the finely sliced kale to a large bowl and massage with the remaining olive oil and red wine vinegar. Divide between bowls and top with lentils. Add roasted carrots ovetop and drizzle with tahini dressing. Enjoy!

NOTES

PREP AHEAD

Slice the kale and massage it in the olive oil and red wine vinegar. Drain and rinse the lentils. Store both covered in the fridge until ready to prep the rest.

LEFTOVERS

Store covered in the fridge up to 3 days.

One Pan Mediterranean Trout

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Basil Leaves
1/4 Lemon (juiced)
1/2 Garlic (clove)
1/8 tsp Sea Salt
2 tbsps Hemp Seeds
2 tbsps Extra Virgin Olive Oil
2 Rainbow Trout Fillet (about 5 oz. each)
3/4 cup Artichoke Hearts
1/4 cup Pitted Kalamata Olives
2 Tomato (large, quartered)

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	94mg
Fat	26g	Sodium	660mg
Carbs	10g	Vitamin A	3197IU
Fiber	6g	Vitamin C	36mg
Sugar	3g	Calcium	203mg
Protein	39g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 02 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 03 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 04 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

NOTES

NO TROUT

Use salmon fillets instead.

MORE CARBS

Serve with rice or quinoa.

Quinoa

3 SERVINGS 15 MINUTES



INGREDIENTS

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

Greek Kale Chickpea Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 tbsp Fresh Dill (chopped)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1 cup Chickpeas (cooked, drained and rinsed)
1/4 Cucumber (diced)
1/2 Tomato (diced)
1/2 Green Bell Pepper (diced)
2 cups Kale Leaves (finely sliced)
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	330	Cholesterol	17mg
Fat	20g	Sodium	392mg
Carbs	29g	Vitamin A	1700IU
Fiber	8g	Vitamin C	55mg
Sugar	6g	Calcium	199mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 In a jar combine dill, olive oil, lemon juice, sea salt and black pepper. Put a lid on it and shake well. Set aside.
- 02 In a large salad bowl, combine chickpeas, cucumber, tomato, green pepper and kale. Add desired amount of dressing and toss well. Divide between bowls and top with feta cheese. Enjoy!

NOTES

NO CHICKPEAS

Use lentils or kidney beans instead.

EXTRA GREEK

Add chopped black olives.

NO KALE

Use spinach or any dark leafy green instead.



Mediterranean Tuna Pasta Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Brown Rice Fusilli, Cooked
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 1/2 tsps Italian Seasoning
Sea Salt & Black Pepper (to taste)
1/4 cup Green Olives (sliced)
1/4 cup Sun Dried Tomatoes (sliced)
1/2 can Tuna (drained and flaked)
4 cups Arugula
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	350	Cholesterol	15mg
Fat	22g	Sodium	247mg
Carbs	29g	Vitamin A	1089IU
Fiber	3g	Vitamin C	14mg
Sugar	4g	Calcium	104mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 Cook the brown rice pasta according to directions on the package.
- 02 While the pasta is cooking, combine the olive oil, lemon juice, Italian seasoning, salt and pepper in a small bowl and whisk to combine.
- 03 When the pasta is done cooking, drain it and rinse with cold water until cooled.
- 04 In a large bowl, toss the pasta, olives, sun dried tomatoes, tuna, arugula, hemp seeds and dressing until well combined. Divide between plates and enjoy!

NOTES

VEGAN

Use chickpeas or lentils instead of tuna.

LEFTOVERS

Keeps well in the fridge up to 3 days.

Grilled Bruschetta Chicken

1 SERVING 30 MINUTES



INGREDIENTS

4 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
3/4 Tomato (medium, diced)
2 tbsps Red Onion (finely diced)
1/2 Garlic (cloves, minced)
1 tbsp Basil Leaves (chopped)
3/4 tsp Extra Virgin Olive Oil
3/4 tsp Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	193	Cholesterol	82mg
Fat	7g	Sodium	88mg
Carbs	6g	Vitamin A	1420IU
Fiber	1g	Vitamin C	16mg
Sugar	1g	Calcium	23mg
Protein	27g	Iron	1mg

DIRECTIONS

- 01 Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
- 02 In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
- 03 To serve, top the chicken breasts with the bruschetta mix. Enjoy!

NOTES

SERVE IT WITH

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

CHEESE LOVER

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

NO GRILL

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

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 trout and 1/3 of the chicken breasts.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Lentil & Feta Tabbouleh.	Store in an airtight container in the fridge for lunch tomorrow.
		Make Overnight Bircher Muesli.	Divide between jars or containers for easy grab-and-go breakfasts in the mornings.
		Make the Salmon Cucumber Bites.	Store in the fridge for snacking.
		Portion out hummus, almond butter, crackers, and celery.	Store in small containers for snacks this week.
1 Mon		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Crackers & Hummus, Lentil & Feta Tabbouleh, and Salmon Cucumber Bites.

		Make Penne with Burst Cherry Tomato Sauce for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Crackers & Hummus, Penne with Burst Cherry Tomato Sauce, and Salmon Cucumber Bites.
		Make Greek Chicken Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
3 Wed		Pack your meals if you are on-the-go.	Overnight Bircher Muesli, Apple with Almond Butter, Greek Chicken Salad, and Celery & Hummus.
		Make Roasted Carrots with Lentils & Tahini for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take trout out of the freezer.	Let thaw in the fridge for dinner tomorrow.
4 Thu		Make Post Workout Green Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Apple with Almond Butter, Roasted Carrots with Lentils & Tahini, and Celery & Hummus.

		Make the One Pan Mediterranean Trout with Quinoa for dinner.	Set aside one serving of quinoa for dinner on Sunday. Store remaining leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Yogurt & Berries Snacks.	Divide between containers or layer into jars and store in the fridge for snacking.
5 Fri		Make Post Workout Green Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Post Workout Green Smoothie, Yogurt & Berries, One Pan Mediterranean Trout with Quinoa, and Apple Slices & Hummus.
		Make Greek Kale Chickpea Salad for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.
6 Sat		Make Hummus Toast with Avocado.	Enjoy for breakfast!.
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Yogurt & Berries, Green Kale Chickpea Salad, and Apple Slices & Hummus.
		Make the Mediterranean Tuna Pasta Salad for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.
		Take frozen chicken breast out of the freezer.	Let thaw in the fridge for dinner tomorrow.

7 Sun		Make Hummus Toast with Avocado.	Enjoy for breakfast!
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Yogurt & Berries, Mediterranean Tuna Pasta Salad, and Apple Slices & Hummus.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week.
		Make Grilled Bruschetta Chicken for dinner. Serve with leftover Quinoa.	Enjoy!

WAIVER

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