



# Non-Perishable Foods Program

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# Non-Perishable Foods Program

HEAVY METAL FITNESS

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

Non-Perishable Foods Program - An easy, nutritious meal plan made with non-perishable foods. Fresh food is not always available. Our Non-Perishable Foods Program is a delicious 7-day meal plan that can be made mostly from pantry staples.

This program is full of flavor and nutrients while also being accessible and affordable. It can easily be customized for individual needs and preferences.

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**  
Berry Baked Oatmeal



**SNACK 1**  
Rice Cakes with Almond Butter



**LUNCH**  
Mexican Street Corn Soup



**SNACK 2**  
Peanut Butter Rice Krispies



**DINNER**  
Slow Cooker Black Beans & Rice



**SNACK 3**  
Sea Salt & Coconut Popcorn

## TUE



**BREAKFAST**  
Berry Baked Oatmeal



**SNACK 1**  
Almond Butter Stuffed Dates



**LUNCH**  
Slow Cooker Black Beans & Rice



**SNACK 2**  
Peanut Butter Rice Krispies



**DINNER**  
Brown Rice Chips with Salsa, Lentils



**SNACK 3**  
Sea Salt & Coconut Popcorn

## WED



**BREAKFAST**  
Berry Baked Oatmeal, Toasted Walnuts



**SNACK 1**  
Almond Butter Stuffed Dates



**LUNCH**  
Brown Rice Chips with Salsa, Lentils



**SNACK 2**  
Rice Cakes with Almond Butter



**DINNER**  
Spicy Coconut Lentil Soup



**SNACK 3**  
Sweet & Crunchy Chickpeas

## THU



**BREAKFAST**  
Pumpkin Pie Overnight Oats, Toasted Walnuts



**SNACK 1**  
Sweet & Crunchy Chickpeas



**LUNCH**  
Slow Cooker Black Beans & Rice



**SNACK 2**  
Cinnamon Ginger Energy Balls



**DINNER**  
Spicy Coconut Lentil Soup



**SNACK 3**  
Sea Salt & Coconut Popcorn

## FRI



**BREAKFAST**  
Pumpkin Pie Overnight Oats



**SNACK 1**  
Rice Cakes with Almond Butter



**LUNCH**  
Brown Rice Chips with Salsa, Lentils



**SNACK 2**  
Peanut Butter Rice Krispies



**DINNER**  
Mexican Street Corn Soup



**SNACK 3**  
Sweet & Crunchy Chickpeas

## SAT



**BREAKFAST**  
Pumpkin Pie Overnight Oats



**SNACK 1**  
Sweet & Crunchy Chickpeas



**LUNCH**  
Mexican Street Corn Soup



**SNACK 2**  
Cinnamon Ginger Energy Balls



**DINNER**  
Slow Cooker Black Beans & Rice



**SNACK 3**  
Sea Salt & Coconut Popcorn

## SUN



**BREAKFAST**  
Pumpkin Pie Overnight Oats, Toasted Walnuts



**SNACK 1**  
Peanut Butter Rice Krispies



**LUNCH**  
Slow Cooker Black Beans & Rice



**SNACK 2**  
Cinnamon Ginger Energy Balls



**DINNER**  
Spicy Coconut Lentil Soup



**SNACK 3**  
Cinnamon Ginger Energy Balls

## MON

**FAT 28%**    **CARBS 60%**    **PROTEIN 12%**

Calories 1904  
Fat 63g  
Carbs 298g  
Fiber 40g  
Sugar 48g  
Protein 58g

Cholesterol 0mg  
Sodium 1955mg  
Vitamin A 1768IU  
Vitamin C 34mg  
Calcium 562mg  
Iron 14mg

## TUE

**FAT 26%**    **CARBS 62%**    **PROTEIN 12%**

Calories 1916  
Fat 57g  
Carbs 305g  
Fiber 41g  
Sugar 67g  
Protein 60g

Cholesterol 0mg  
Sodium 2513mg  
Vitamin A 1071IU  
Vitamin C 25mg  
Calcium 575mg  
Iron 14mg

## WED

**FAT 39%**    **CARBS 48%**    **PROTEIN 13%**

Calories 1765  
Fat 79g  
Carbs 223g  
Fiber 40g  
Sugar 58g  
Protein 58g

Cholesterol 0mg  
Sodium 1649mg  
Vitamin A 1669IU  
Vitamin C 20mg  
Calcium 674mg  
Iron 14mg

## THU

**FAT 31%**    **CARBS 57%**    **PROTEIN 12%**

Calories 1888  
Fat 68g  
Carbs 276g  
Fiber 43g  
Sugar 38g  
Protein 56g

Cholesterol 0mg  
Sodium 1678mg  
Vitamin A 20474IU  
Vitamin C 15mg  
Calcium 647mg  
Iron 17mg

## FRI

**FAT 31%**    **CARBS 57%**    **PROTEIN 12%**

Calories 1809  
Fat 65g  
Carbs 270g  
Fiber 44g  
Sugar 68g  
Protein 60g

Cholesterol 0mg  
Sodium 2045mg  
Vitamin A 21287IU  
Vitamin C 24mg  
Calcium 689mg  
Iron 18mg

## SAT

**FAT 24%**    **CARBS 64%**    **PROTEIN 12%**

Calories 1826  
Fat 50g  
Carbs 307g  
Fiber 48g  
Sugar 49g  
Protein 57g

Cholesterol 0mg  
Sodium 2034mg  
Vitamin A 20945IU  
Vitamin C 27mg  
Calcium 619mg  
Iron 17mg

## SUN

**FAT 33%**    **CARBS 56%**    **PROTEIN 11%**

Calories 1824  
Fat 69g  
Carbs 263g  
Fiber 35g  
Sugar 53g  
Protein 52g

Cholesterol 0mg  
Sodium 941mg  
Vitamin A 20450IU  
Vitamin C 14mg  
Calcium 652mg  
Iron 17mg



## FRUITS

- 1/3 Lime

## BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 1 1/2 cups Almond Butter
- 1 1/2 cups Maple Syrup
- 16 Plain Rice Cake
- 3 1/3 cups Rice Puffs Cereal

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 3 1/3 Bay Leaf
- 1/4 cup Cashews
- 1/3 cup Chia Seeds
- 2 tbsps Chili Powder
- 1 1/8 tbsps Cinnamon
- 2 1/8 tbsps Cumin
- 1/4 tsp Ground Ginger
- 2 tpsps Nutmeg
- 1 cup Pecans
- 2 1/3 tbsps Sea Salt
- 1/4 cup Sliced Almonds
- 1 tbsp Smoked Paprika
- 1/3 tsp Turmeric
- 1 3/4 cups Walnuts

## FROZEN

- 6 Brown Rice Tortilla
- 2 cups Frozen Berries
- 12 cups Frozen Corn

## VEGETABLES

- 3/4 cup Cilantro
- 1 2/3 White Onion
- 1 1/2 Yellow Onion

## BOXED & CANNED

- 3/4 cup Brown Basmati Rice
- 4 cups Chickpeas
- 2 1/2 cups Diced Tomatoes
- 3 1/3 cups Dry Black Beans
- 2 1/4 cups Dry Lentils
- 5 1/16 cups Jasmine Rice
- 3 cups Salsa

## BAKING

- 1/3 cup Nutritional Yeast
- 6 cups Oats
- 1 3/4 cups Pitted Dates
- 1 1/3 cups Popcorn Kernels
- 2 tbsps Pumpkin Pie Spice
- 4 cups Pureed Pumpkin
- 1/2 cup Unsweetened Applesauce
- 1/3 cup Unsweetened Shredded Coconut
- 1/2 tsp Vanilla Extract

## CONDIMENTS & OILS

- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil

## COLD

- 6 cups Unsweetened Almond Milk

## OTHER

- 30 3/4 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF  
**NUTRITION COACHING**

**Behavior-Based Food Habits & Accountability**

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

**Using small, consistent actions, you can build the habits you need to look and feel better for life.**

**“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”**

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

**\$195/MONTH**

**No rules. No restrictions. Just good habits for life.**

**Here's what's in the Nutrition Coaching Program:**

-  **30 Minute Coaching Call Twice a Month**
-  **Custom Calorie / Macro / Portion Guide**
-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
-  **Daily App Check-ins & Personal Reminders**
-  **In-App Messaging & Feedback**
-  **Monthly Macro-Based Recipe Suggestions\***
-  **Optional Access to Meal Planning App for Recipe DIY\***
-  **Your Choice of 4 7-Day RD-Created Meal Plans\***
-  **Exclusive Resources to help you implement your habits**

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Berry Baked Oatmeal

6 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 tbsps Maple Syrup  
1/2 cup Unsweetened Applesauce  
1 tsp Cinnamon  
2 tbsps Chia Seeds  
2 cups Frozen Berries  
1/4 cup Sliced Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Cholesterol	0mg
Fat	7g	Sodium	56mg
Carbs	35g	Vitamin A	174IU
Fiber	7g	Vitamin C	14mg
Sugar	11g	Calcium	222mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Grease a baking pan with coconut oil.
- 02 Add all ingredients except the sliced almonds to a mixing bowl and stir until thoroughly combined.
- 03 Transfer to baking pan and bake for about 45 minutes or until a toothpick comes out clean. Sprinkle with sliced almonds before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an air-tight container up to 3-5 days. Freeze if longer.

### NO APPLESAUCE

Use mashed banana instead.

### NO ALMONDS

Replace with pecans, walnuts, pumpkin seeds or sunflower seeds.

# Toasted Walnuts

6 SERVINGS 15 MINUTES



## INGREDIENTS

1 3/4 cups 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.

# Pumpkin Pie Overnight Oats

8 SERVINGS 8 HOURS



## INGREDIENTS

4 cups Oats (quick or traditional)  
4 cups Unsweetened Almond Milk  
4 cups Pureed Pumpkin  
1/4 cup Chia Seeds  
1/2 cup Maple Syrup  
2 tbsps Pumpkin Pie Spice  
1 cup Pecans (toasted and chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	381	Cholesterol	0mg
Fat	15g	Sodium	92mg
Carbs	56g	Vitamin A	19325...
Fiber	11g	Vitamin C	6mg
Sugar	17g	Calcium	350mg
Protein	9g	Iron	5mg

## DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NO PUMPKIN PIE SPICE

Use cinnamon instead.

### NO PECANS

Use any type of crushed nuts or hemp seeds instead.

# Rice Cakes with Almond Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

4 Plain Rice Cake  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	262	Cholesterol	0mg
Fat	18g	Sodium	7mg
Carbs	21g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	110mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

## NOTES

### NO ALMOND BUTTER

Use any type of nut or seed butter instead.

### LIKES IT SWEET

Add honey, jam, sliced bananas or berries.

# Almond Butter Stuffed Dates

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Pitted Dates  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	296	Cholesterol	0mg
Fat	17g	Sodium	3mg
Carbs	33g	Vitamin A	4IU
Fiber	6g	Vitamin C	0mg
Sugar	25g	Calcium	123mg
Protein	7g	Iron	1mg

## DIRECTIONS

01 Spoon an even amount of nut butter into the centre of each date. Enjoy!

## NOTES

### NUT-FREE

Use sunflower seed butter or tahini instead of almond butter.

### DRESS THEM UP

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

# Mexican Street Corn Soup

6 SERVINGS 45 MINUTES



## INGREDIENTS

3 tbsps Extra Virgin Olive Oil  
12 cups Frozen Corn (thawed)  
1 1/2 Yellow Onion (large, diced)  
1 1/2 tbsps Chili Powder  
1 1/2 tsps Sea Salt  
9 cups Water  
1/3 cup Nutritional Yeast  
1/3 Lime (juiced)  
1/3 cup Cilantro

## NUTRITION

### AMOUNT PER SERVING

Calories	379	Cholesterol	0mg
Fat	9g	Sodium	685mg
Carbs	71g	Vitamin A	1319IU
Fiber	11g	Vitamin C	13mg
Sugar	13g	Calcium	68mg
Protein	14g	Iron	4mg

## DIRECTIONS

- 01 Heat oil in a large pot over medium-high heat. Add corn, onion, chili powder and salt. Stir occasionally for 6 to 8 minutes, or until onion is soft.
- 02 Scoop out 1/3 of the mixture and set aside. Add water to the pot. Bring to a boil and reduce to a simmer for 20 minutes.
- 03 Use a handheld immersion blender to puree until smooth (or carefully transfer to a blender). Stir in nutritional yeast, lime juice and half the reserved corn mixture. Adjust seasoning as needed.
- 04 Divide the soup into bowls and garnish with the remaining corn mixture, cilantro and additional chili powder (optional).

## NOTES

### MORE TOPPINGS

Top with lime zest, feta, Cotija cheese, avocado slices, or more nutritional yeast.

### MORE VEGGIES

Add potatoes, eddoes, jicama, chopped kale, red bell pepper, mushrooms or zucchini.

### SERVE IT WITH

Our Savoury Roasted Chickpeas, or alongside our Black Bean & White Fish Wraps or Mexican Quinoa Wraps recipe.

### LEFTOVERS

Refrigerate in an airtight container up to 5 days, or freeze if longer.

### NO FROZEN CORN

Use fresh corn, or canned corn.

# Peanut Butter Rice Krispies

8 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/3 tbsps Coconut Oil  
2/3 cup Maple Syrup  
2/3 cup All Natural Peanut Butter  
3 1/3 cups Rice Puffs Cereal

## NUTRITION

### AMOUNT PER SERVING

Calories	242	Cholesterol	0mg
Fat	13g	Sodium	7mg
Carbs	28g	Vitamin A	0IU
Fiber	1g	Vitamin C	0mg
Sugar	18g	Calcium	38mg
Protein	5g	Iron	2mg

## DIRECTIONS

- 01 Grease a loaf pan with coconut oil or line with parchment paper (use a larger baking dish if serving size is adjusted higher).
- 02 In a medium pot over low-medium heat, whisk together maple syrup and peanut butter until thoroughly combined. Remove from heat and let cool, about 5 minutes.
- 03 Add puffed rice and gently mix with a spatula until evenly coated.
- 04 Transfer to loaf pan and press down firmly. Freeze for 20 minutes or until firm. Slice into bars or squares and enjoy!

## NOTES

### NO PEANUT BUTTER

Use any nut or seed butter instead.

### NO MAPLE SYRUP

Use raw honey instead.

### STORAGE

Freeze in an airtight container

# Cinnamon Ginger Energy Balls

12 SERVINGS 15 MINUTES



## INGREDIENTS

3/4 cup Pitted Dates  
1/2 cup Almonds (raw)  
1/4 cup Cashews (raw)  
1/2 tsp Cinnamon (ground)  
1/4 tsp Ground Ginger  
1/2 tsp Vanilla Extract  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	78	Cholesterol	0mg
Fat	4g	Sodium	50mg
Carbs	9g	Vitamin A	1IU
Fiber	2g	Vitamin C	0mg
Sugar	6g	Calcium	22mg
Protein	2g	Iron	1mg

## DIRECTIONS

- 01 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 02 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

## NOTES

### SERVING SIZE

One serving is equal to one ball.

### LEFTOVERS

Store in an airtight container in the fridge up to one week. Store in the freezer for longer.

# Slow Cooker Black Beans & Rice

10 SERVINGS 6 HOURS



## INGREDIENTS

3 1/3 cups Dry Black Beans (uncooked)  
1 2/3 White Onion (diced)  
2 1/2 cups Diced Tomatoes (fresh or canned)  
1 2/3 tbsps Cumin  
1 2/3 tsps Sea Salt  
3 1/3 tbsps Extra Virgin Olive Oil  
8 1/3 cups Water  
3 1/3 Bay Leaf (optional)  
5 cups Jasmine Rice (dry)

## NUTRITION

### AMOUNT PER SERVING

Calories	604	Cholesterol	0mg
Fat	6g	Sodium	413mg
Carbs	121g	Vitamin A	275IU
Fiber	13g	Vitamin C	7mg
Sugar	4g	Calcium	124mg
Protein	21g	Iron	4mg

## DIRECTIONS

- 01 Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
- 02 Cook the rice according to the instructions on the package.
- 03 Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

### SERVING SIZE

One serving is roughly 2 cups.

### MORE TOPPINGS

Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

# Brown Rice Chips with Salsa

6 SERVINGS 15 MINUTES



## INGREDIENTS

6 Brown Rice Tortilla  
3 cups Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	3g	Sodium	1094mg
Carbs	36g	Vitamin A	599IU
Fiber	5g	Vitamin C	2mg
Sugar	8g	Calcium	39mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 02 Remove chips from oven. Serve with salsa. Enjoy!

## NOTES

### FLAVOURED CHIPS

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

### EXTRA MEXICAN FLAVOUR

Squeeze a lime wedge over the chips after baking.

### LOW FODMAP

Ensure the salsa is onion-free.

# Lentils

6 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 cups Dry Lentils (green or brown, rinsed)  
3 cups Water  
1/3 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	169	Cholesterol	0mg
Fat	1g	Sodium	153mg
Carbs	30g	Vitamin A	19IU
Fiber	5g	Vitamin C	2mg
Sugar	1g	Calcium	29mg
Protein	12g	Iron	3mg

## DIRECTIONS

- 01 Add lentils and water to a saucepan and bring to a boil. Reduce the heat to a gentle simmer. Cook the lentils uncovered for 20 to 30 minutes or until tender. Add more water if needed to ensure the lentils remain just barely covered.
- 02 When cooked, drain the excess liquid and season with salt to your preference. Enjoy!

## NOTES

### SERVE IT WITH

Another side dish or add to any soup or salad for extra protein.

### SIMPLE LENTIL SALAD

Stir in olive oil, lemon juice, vinegar and/or fresh herbs.

### SAVE TIME

Use canned lentils instead, which are already cooked.

### STORAGE

Refrigerate in an airtight container up to four days. Freeze for longer.

### SERVING SIZE

One serving is equal to approximately 1/2 cup of cooked lentils.

# Spicy Coconut Lentil Soup

6 SERVINGS 40 MINUTES



## INGREDIENTS

3/4 cup Brown Basmati Rice (uncooked)  
3/4 cup Dry Lentils (uncooked)  
1/3 cup Unsweetened Shredded Coconut  
1 tbsp Smoked Paprika  
1 1/2 tsp Chili Powder  
1/3 tsp Turmeric (ground)  
1 1/2 tsp Cumin (ground)  
3/4 tsp Sea Salt  
10 1/2 cups Water  
1/3 cup Cilantro (optional, chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	206	Cholesterol	0mg
Fat	4g	Sodium	328mg
Carbs	35g	Vitamin A	848IU
Fiber	4g	Vitamin C	1mg
Sugar	1g	Calcium	61mg
Protein	8g	Iron	3mg

## DIRECTIONS

- 01 Rinse the dry rice and lentils in a fine mesh sieve and add to a large pot along with the shredded coconut, smoked paprika, chili powder, turmeric, cumin, and sea salt. Add the water to the pot and bring to a boil. Once boiling, reduce the heat to a simmer.
- 02 Cook for about 25 to 30 minutes, or until the lentils and rice are cooked through. Divide into bowls and garnish with cilantro (optional). Enjoy!

## NOTES

### SERVING SIZE

One serving is equal to approximately 1.5 to 2 cups of soup.

### MEAL PREP

This soup can be made ahead and stored in the fridge. Reheat on the stove or in the microwave before serving.

### LEFTOVERS

Store in the fridge for up to 5 days. Freeze for up to 3 months.

### LIKES IT CREAMY

Swap out some of the water for coconut milk.

### LIKES IT REALLY SPICY

Add cayenne pepper.

### NO SMOKED PAPRIKA

Use regular paprika.

### MORE VEGGIES

Add chopped kale, spinach, mushrooms, bell peppers, carrots, celery or any other favorite vegetables.

# Sea Salt & Coconut Popcorn

8 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/3 cups Popcorn Kernels  
1/3 cup Coconut Oil  
2 2/3 tsps Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	196	Cholesterol	0mg
Fat	10g	Sodium	787mg
Carbs	22g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	0g	Calcium	0mg
Protein	4g	Iron	1mg

## DIRECTIONS

- 01 In a tall, deep pot, heat oil over medium heat for 5 minutes. Pour kernels in with oil and quickly cover with lid. Give the pot a quick shake and place back on heat.
- 02 Let kernels pop. Shake the pot when popping slows down holding the lid on tightly.
- 03 Remove from heat when popping stops. Pour into a bowl immediately to avoid the popcorn burning. Sprinkle with sea salt to taste. Enjoy! (Note: Never, ever, EVER leave stove top popcorn unattended.)

# Sweet & Crunchy Chickpeas

8 SERVINGS 1 HOUR



## INGREDIENTS

- 4 cups Chickpeas (cooked, drained and rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 3 tbsps Maple Syrup
- 2 tsps Nutmeg
- 2 tsps Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	6g	Sodium	7mg
Carbs	28g	Vitamin A	25IU
Fiber	7g	Vitamin C	1mg
Sugar	9g	Calcium	55mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
- 02 Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
- 03 Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
- 04 Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
- 05 Remove from oven. Enjoy hot or cold!

## NOTES

### SERVING SIZE

One serving is equal to about 1/2 cup of roasted chickpeas.

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.
		Make the Slow Cooker Black Beans & Rice.	Combine the ingredients in your slow cooker. Cover and cook for 6 to 8 hours on high. Once done, divide between containers and store 2 servings in the fridge for Monday & Tuesday. Freeze the remaining individual servings.
		Make the Berry Baked Oatmeal.	Follow the recipe instructions to mix the oatmeal batter and berries and transfer to a pan. While the oatmeal is in the oven, move onto the next step. Once done, remove from the oven and let cool. Divide into portions and store 3 portions in the fridge and freeze the remaining portions for future weeks.
	Make the Mexican Street Corn Soup.	Follow the recipe instructions to make the soup on your stovetop. Once done, divide into individual servings and let it cool. Store enough for Monday in the fridge and move the remaining servings into the freezer.	

		Make the Peanut Butter Rice Krispies.	Follow the recipe instructions to make the squares. Once done, freeze for 20 minutes until firm. Cut into individual squares and store in the freezer.
		Make the Toasted Walnuts.	Follow the recipe instructions to toast the walnuts. Store in an airtight container in the fridge for the week.
<b>1 Mon</b>		Pack your meals if you are on-the-go.	Berry Baked Oatmeal, Rice Cakes with Almond Butter, Mexican Street Corn Soup, Peanut Butter Rice Krispies.
		Enjoy leftover Slow Cooker Black Beans & Rice for dinner.	Reheat in the microwave or on the stovetop with a bit of water.
		Make the Organic Sea Salt & Coconut Popcorn.	Enjoy one serving and store the additional popcorn in an airtight container on the counter for later in the week.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Berry Baked Oatmeal, Almond Butter Stuffed Dates, Slow Cooker Black Beans & Rice, Peanut Butter Rice Krispies.
		Make the Lentils and Brown Rice Chips with Salsa.	Follow the recipe instructions to cook the lentils. While the lentils cook, follow the recipe instructions to make the brown rice chips. Once the lentils are done, divide into individual servings and set aside one serving for tonight. Store the rest in the fridge. Do the same with

			the chips and salsa.
		Enjoy leftover Organic Sea Salt & Coconut Popcorn as a snack.	Take one portion of the popcorn and enjoy. If you prefer warm popcorn, reheat on the stovetop over low heat and a bit of oil.
3 Wed		Pack your meals if you are on-the-go.	Berry Baked Oatmeal & Toasted Walnuts, Almond Butter Stuffed Dates, Brown Rice Chips with Salsa and Lentils, Rice Cakes with Almond Butter.
		Make the Spicy Coconut Lentil Soup.	Follow the recipe instructions to cook the soup on your stovetop. Enjoy one serving and refrigerate one serving for Thursday. Freeze the remaining individual servings.
		Make the Sweet & Crunchy Chickpeas for snack and make Cinnamon Ginger Energy Balls.	Follow the recipe instructions to cook the chickpeas. While they cook, make the Cinnamon Ginger Energy Balls. Store four servings in the fridge for this week and put the remaining balls in the freezer for future weeks. Enjoy one serving of the chickpeas and store the remaining servings in the fridge.
		Take one serving of Slow Cooker Black Beans & Rice out of the freezer to thaw.	Store in the fridge for lunch tomorrow.
		Make the Pumpkin Pie Overnight Oats.	Follow the recipe instructions by combining everything

			except the pecans into a large bowl and mixing well. Store in the fridge overnight for the oats to set.
<b>4 Thu</b>		Divide the Pumpkin Pie Overnight Oats into individual servings.	Top with the pecans and store in the fridge.
		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats & Toasted Walnuts, Sweet & Crunchy Chickpeas, Slow Cooker Black Beans & Rice, Cinnamon Ginger Energy Balls.
		Enjoy leftover Spicy Coconut Lentil Soup for dinner.	Reheat in the microwave or on the stovetop.
		Enjoy leftover Organic Sea Salt & Coconut Popcorn as a snack.	Take one portion of the popcorn and enjoy. If you prefer warm popcorn, reheat on the stovetop over low heat and a bit of oil.
		Take one serving of Mexican Street Corn Soup out of the freezer to thaw.	Store in the fridge for dinner tomorrow.
<b>5 Fri</b>		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Rice Cakes with Almond Butter, Brown Rice Chips with Salsa & Lentils, Peanut Butter Rice Krispies.
		Enjoy leftover Mexican Street Corn Soup for dinner.	Reheat in the microwave or on the stovetop.
		Take one serving of Mexican Street Corn Soup and one serving of Slow Cooker Black Beans & Rice out of	Store in the fridge for lunch and dinner tomorrow.

		the freezer to thaw.	
		Enjoy leftover Sweet & Crunchy Chickpeas for a snack.	Reheat in the oven or toaster oven for a warm, crispy snack.
6 Sat		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Sweet & Crunchy Chickpeas, Mexican Street Corn Soup, Cinnamon Ginger Energy Balls.
		Enjoy leftover Slow Cooker Black Beans & Rice for dinner.	Reheat in the microwave or on the stovetop with extra water if needed.
		Take one serving of the Slow Cooker Black Beans & Rice and one serving of the Spicy Coconut Lentil Soup out of the freezer to thaw.	Store in the fridge for lunch and dinner tomorrow.
		Enjoy leftover Organic Sea Salt & Coconut Popcorn as a snack.	Take the last portion of the popcorn and enjoy. If you prefer warm popcorn, reheat on the stovetop over low heat and a bit of oil.
7 Sun		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats & Toasted Walnuts, Peanut Butter Rice Krispies, Slow Cooker Black Beans & Rice, Cinnamon Ginger Energy Balls.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy leftover Spicy Coconut Lentil Soup for dinner.	Reheat in the microwave or on the stovetop.

		Enjoy leftover Cinnamon Ginger Energy Balls as a snack.	
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## **WAIVER**

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