



One Pan Meal Program

TRACY KACZMARCZYK



One Pan Meal Program

HEAVY METAL FITNESS

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

The One Pan Meal Plan includes nutritious, flavorful, easy one pan meals designed to help make life less busy. Meal preparation and cleanup are a breeze. Since all the ingredients cook together, you end up with flavorful meals that often taste even better as leftovers. The meals included in this program provide your protein, vegetables, and starch in one dish and are packed with nutrients to support bone health, the immune system, blood glucose management, and a healthy gut.

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

BONE BUILDING NUTRIENTS

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like coconut yogurt, salmon, tahini, and kale. Magnesium is incorporated from food sources like peanut butter, broccoli, and chicken. Protein is an essential nutrient for bone health and makes up approximately 20% of the daily calories in this plan.

IMMUNE SUPPORT

The minerals zinc and selenium are critical for immune function. This plan provides zinc from meat, fish, and poultry, and selenium from foods like chicken, eggs, bananas, and spinach. Vitamin A is an essential fat-soluble antioxidant that reduces oxidative stress in cells and is useful in the treatment of inflammatory diseases. This meal plan contains vitamin A sources like sweet potato, pistachios, bananas, and carrots. Vitamin C supports the immune system and is found in peppers, oranges, strawberries, and Brussels sprouts.

BALANCED BLOOD SUGARS

Eating the proper amount and type of carbohydrate is important to help balance insulin levels. This meal plan pairs high-fiber, complex carbohydrate sources with fats and protein to optimize blood sugars and energy levels. The plan provides up to 50 grams of fiber daily from foods such as fruits, vegetables, beans, nuts, and seeds. Soluble fiber is incorporated into the plan from oats, sweet potatoes, hummus, and beans and has been shown to improve glycemic control and lower cholesterol.



GUT HEALTH

Fiber modulates the gut microbiome to create a healthy intestinal environment. Probiotics and prebiotics bring good bacteria into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This meal plan combines nutrient-dense foods like yogurt with fruit to exert synergistic effects on gut health.

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
Tropical Coconut Oatmeal



SNACK 1
Apple with Peanut Butter



LUNCH
Lemon Turkey Quinoa Skillet



SNACK 2
Egyptian Fava Beans with Tahini



DINNER
One Pan Chicken, Grapes & Veggies

TUE



BREAKFAST
Tropical Coconut Oatmeal



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
One Pan Chicken, Grapes & Veggies



SNACK 2
Banana with Peanut Butter



DINNER
Lemon Turkey Quinoa Skillet

WED



BREAKFAST
Breakfast Baked Potato with Sun Butter



SNACK 1
Apple with Peanut Butter



LUNCH
Lemon Turkey Quinoa Skillet



SNACK 2
Egyptian Fava Beans with Tahini



DINNER
One Pan Lemon Chicken

THU



BREAKFAST
Breakfast Baked Potato with Sun Butter



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
One Pan Lemon Chicken



SNACK 2
Banana with Peanut Butter



DINNER
Turkey & Cabbage Stir Fry

FRI



BREAKFAST
Breakfast Baked Potato with Sun Butter



SNACK 1
Coconut Chia Seed Yogurt



LUNCH
Turkey & Cabbage Stir Fry



SNACK 2
Egyptian Fava Beans with Tahini



DINNER
One Pan Salmon with Rainbow Veggies

SAT



BREAKFAST
Warm Peas with Eggs



SNACK 1
Grapes & Pistachios



LUNCH
One Pan Salmon with Rainbow Veggies



SNACK 2
Fried Plantains with Hummus



DINNER
Acorn Squash & Sausage Hash

SUN



BREAKFAST
Warm Peas with Eggs



SNACK 1
Grapes & Pistachios



LUNCH
Acorn Squash & Sausage Hash



SNACK 2
Fried Plantains with Hummus



DINNER
One Pan Salmon with Rainbow Veggies

MON

FAT 41% **CARBS 38%** **PROTEIN 21%**

Calories 1918 Cholesterol 293mg
Fat 90g Sodium 1360mg
Carbs 191g Vitamin A 6032IU
Fiber 39g Vitamin C 122mg
Sugar 69g Calcium 743mg
Protein 106g Iron 17mg

TUE

FAT 44% **CARBS 37%** **PROTEIN 19%**

Calories 2019 Cholesterol 293mg
Fat 104g Sodium 1187mg
Carbs 193g Vitamin A 5982IU
Fiber 44g Vitamin C 144mg
Sugar 65g Calcium 1408mg
Protein 99g Iron 18mg

WED

FAT 40% **CARBS 40%** **PROTEIN 20%**

Calories 1806 Cholesterol 166mg
Fat 84g Sodium 934mg
Carbs 191g Vitamin A 21127IU
Fiber 37g Vitamin C 147mg
Sugar 53g Calcium 371mg
Protein 95g Iron 15mg

THU

FAT 43% **CARBS 38%** **PROTEIN 19%**

Calories 1917 Cholesterol 194mg
Fat 97g Sodium 738mg
Carbs 191g Vitamin A 23280IU
Fiber 46g Vitamin C 253mg
Sugar 61g Calcium 1110mg
Protein 93g Iron 15mg

FRI

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

Calories 1922 Cholesterol 190mg
Fat 95g Sodium 1042mg
Carbs 185g Vitamin A 24655IU
Fiber 51g Vitamin C 426mg
Sugar 53g Calcium 1261mg
Protein 103g Iron 18mg

SAT

FAT 47% **CARBS 35%** **PROTEIN 18%**

Calories 1872 Cholesterol 491mg
Fat 102g Sodium 2390mg
Carbs 168g Vitamin A 10318IU
Fiber 32g Vitamin C 376mg
Sugar 73g Calcium 384mg
Protein 89g Iron 15mg

SUN

FAT 47% **CARBS 35%** **PROTEIN 18%**

Calories 1872 Cholesterol 491mg
Fat 102g Sodium 2390mg
Carbs 168g Vitamin A 10318IU
Fiber 32g Vitamin C 376mg
Sugar 73g Calcium 384mg
Protein 89g Iron 15mg



FRUITS

- 2 1/2 Apple
- 5 Banana
- 3 cups Grapes
- 1 3/4 Lemon
- 2/3 Lime
- 1 Mango
- 3/4 Navel Orange
- 1 Plantain
- 3/4 cup Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter

SEEDS, NUTS & SPICES

- 3/4 cup Chia Seeds
- 1 1/4 tbsps Cinnamon
- 1/2 tsp Cumin
- 3 tbsps Hemp Seeds
- 3/4 tsp Oregano
- 1 cup Pistachios, In Shell
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Peas

VEGETABLES

- 1 Acorn Squash
- 1 1/2 cups Baby Spinach
- 3 cups Broccoli
- 2 cups Brussels Sprouts
- 2/3 Carrot
- 3 cups Cherry Tomatoes
- 1/3 cup Cilantro
- 3 1/2 Garlic
- 2 tsps Ginger
- 4 cups Green Beans
- 5 1/4 cups Green Cabbage
- 1 cup Kale Leaves
- 2 cups Mini Potatoes
- 1 cup Mushrooms
- 3/4 cup Red Onion
- 1 tsp Rosemary
- 3 Sweet Potato
- 2 tbsps Thyme
- 1/2 White Onion
- 1 1/2 Yellow Bell Pepper
- 1/4 Yellow Onion

BOXED & CANNED

- 3 cups Fava Beans
- 1/2 cup Quinoa
- 1 1/8 cups Vegetable Broth

BAKING

- 1 1/2 tps Nutritional Yeast
- 1 cup Oats
- 2 tbsps Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 lb Chicken Drumsticks
- 1 1/3 lbs Extra Lean Ground Turkey
- 1/4 cup Hummus
- 5 ozs Pork Sausage
- 15 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tps Apple Cider Vinegar
- 3 tbsps Black Olives
- 3 1/3 tbsps Coconut Aminos
- 1 tbsp Coconut Butter
- 2 2/3 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/3 cup Sunflower Seed Butter
- 3 tbsps Tahini

COLD

- 4 Egg
- 1 1/4 cups Plain Coconut Milk
- 3 cups Unsweetened Coconut Yogurt

OTHER

- 1/3 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

Tropical Coconut Oatmeal

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Oats (rolled)
1 1/4 cups Plain Coconut Milk (from the box)
1 1/2 tbsps Chia Seeds
1 Mango (cubed)
1 tbsp Coconut Butter (melted)
2 tbsps Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	435	Cholesterol	0mg
Fat	18g	Sodium	31mg
Carbs	64g	Vitamin A	2130IU
Fiber	11g	Vitamin C	61mg
Sugar	29g	Calcium	372mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 In a saucepan, combine the oats with the coconut milk and chia seeds. Bring to a boil. Reduce heat and let it simmer for 10 minutes.
- 02 Divide the oats between bowls. Top with mango, melted coconut butter and coconut flakes. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best flavor, reheat on the stove, adding extra milk if needed.

MORE FLAVOR

Add a pinch of cinnamon.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

Breakfast Baked Potato with Sun Butter

3 SERVINGS 50 MINUTES



INGREDIENTS

3 Sweet Potato (medium)
1/3 cup Sunflower Seed Butter
3 Banana (sliced)
3 tbsps Hemp Seeds
3/4 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	471	Cholesterol	0mg
Fat	23g	Sodium	74mg
Carbs	62g	Vitamin A	18538...
Fiber	10g	Vitamin C	14mg
Sugar	23g	Calcium	79mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 03 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

NOTES

MORE TOPPINGS

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

NO SUNFLOWER SEED BUTTER

Use any nut or seed butter.

MEAL PREP

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.

Warm Peas with Eggs

1 SERVING 15 MINUTES



INGREDIENTS

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	372mg
Fat	10g	Sodium	611mg
Carbs	38g	Vitamin A	558IU
Fiber	11g	Vitamin C	26mg
Sugar	12g	Calcium	122mg
Protein	25g	Iron	5mg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPING

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Unsweetened Coconut Yogurt
3/4 cup Chia Seeds
1 tbsp Cinnamon
3/4 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	368	Cholesterol	0mg
Fat	23g	Sodium	50mg
Carbs	37g	Vitamin A	12IU
Fiber	17g	Vitamin C	21mg
Sugar	3g	Calcium	799mg
Protein	9g	Iron	5mg

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Grapes & Pistachios

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Grapes
1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	380	Cholesterol	0mg
Fat	26g	Sodium	218mg
Carbs	32g	Vitamin A	92IU
Fiber	7g	Vitamin C	4mg
Sugar	19g	Calcium	53mg
Protein	13g	Iron	2mg

Lemon Turkey Quinoa Skillet

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/8 tbsps Extra Virgin Olive Oil
1 1/2 Garlic (cloves, minced)
12 ozs Extra Lean Ground Turkey
3/4 tsp Oregano (dried)
1/8 tsp Sea Salt
3 tbsps Black Olives (chopped)
1 1/2 cups Baby Spinach (chopped)
1/2 cup Quinoa (dry, uncooked)
1 1/8 cups Vegetable Broth
3/4 Lemon (zested and juiced)

NUTRITION

AMOUNT PER SERVING

Calories	355	Cholesterol	84mg
Fat	18g	Sodium	547mg
Carbs	24g	Vitamin A	1724IU
Fiber	3g	Vitamin C	10mg
Sugar	1g	Calcium	71mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Heat oil in a large skillet with a tight-fitting lid over medium-high heat.
- 02 Add the garlic to the skillet and cook for a minute until fragrant. Add the turkey, oregano and salt to the skillet and continue to cook for about 5 to 7 minutes or until the turkey is cooked through, breaking it up as it cooks.
- 03 Add the black olives and spinach to the skillet with the turkey and mix well until spinach is wilted.
- 04 Add the quinoa to the skillet, stir to incorporate then add the broth. Bring to a gentle boil, then cover the skillet with the lid and reduce heat to medium-low. Let the skillet simmer for 10 to 12 minutes or until all the liquid has absorbed and the quinoa is tender.
- 05 Stir in the lemon zest and lemon juice. Season with additional salt if needed. Serve immediately and enjoy!

NOTES

MORE FLAVOR

Top with crumbled feta cheese, chopped parsley and/or extra lemon wedges.

LEFTOVERS

Keep in an air-tight container in the fridge for up to 3 days.

NO QUINOA

Use long-grain white rice instead.

NO SPINACH

Use chopped kale or swiss chard instead.

NO GROUND TURKEY

Use ground chicken or ground beef instead.

NO VEGETABLE BROTH

Use any type of broth, or water instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground turkey.



Egyptian Fava Beans with Tahini

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Fava Beans (cooked, with liquid)
3 tbsps Tahini
1/2 tsp Cumin
1 1/2 tsps Apple Cider Vinegar
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	0mg
Fat	9g	Sodium	223mg
Carbs	37g	Vitamin A	40IU
Fiber	11g	Vitamin C	1mg
Sugar	3g	Calcium	129mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 Combine all ingredients in a saucepan over medium-high heat. Cook for 5 to 8 minutes, stirring occasionally until thick and saucy.
- 02 Mash half of the fava beans for a thicker consistency (optional). Adjust salt to taste.
- 03 Divide into bowls and enjoy!

NOTES

SERVE IT WITH

Warm pita, bread, crackers, yogurt, fried or scrambled eggs, parsley, cilantro and/or pomegranate seeds.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

SERVING SIZE

One serving is equal to approximately one cup.

STORAGE

Refrigerate in an airtight container up to 3 to 5 days.

Banana with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (peeled and sliced)
2 tbsps 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.

Fried Plantains with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil
1 Plantain (peeled, sliced)
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	359	Cholesterol	0mg
Fat	19g	Sodium	136mg
Carbs	48g	Vitamin A	1529IU
Fiber	4g	Vitamin C	25mg
Sugar	24g	Calcium	19mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 Heat the coconut oil in a large skillet and add the plantains. Cook for 2 to 3 minutes per side or until browned.
- 02 Serve with hummus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. Reheat the plantains in a skillet or the oven.

SERVING SIZE

One serving equals approximately half a plantain and two tablespoons of hummus.

One Pan Chicken, Grapes & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

1 lb Chicken Drumsticks
1/2 Acorn Squash (seeds removed, chopped)
4 cups Green Beans (trimmed)
1 cup Grapes (seedless, stems removed)
1 tbsp Extra Virgin Olive Oil
2 tbsps Thyme (fresh)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	563	Cholesterol	209mg
Fat	28g	Sodium	552mg
Carbs	34g	Vitamin A	2040IU
Fiber	8g	Vitamin C	42mg
Sugar	14g	Calcium	144mg
Protein	46g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to three days.

SERVING SIZE

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

MORE FLAVOR

Add your choice of herbs and spices, or balsamic vinegar.

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	415	Cholesterol	82mg
Fat	17g	Sodium	83mg
Carbs	36g	Vitamin A	727IU
Fiber	7g	Vitamin C	114mg
Sugar	4g	Calcium	65mg
Protein	32g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NOTES

NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

MORE FLAVOR

Add additional spices such as oregano, thyme or chili flakes.

NO MINI POTATOES

Use diced regular potatoes.

Turkey & Cabbage Stir Fry

2 SERVINGS 20 MINUTES



INGREDIENTS

- 10 2/3 ozs Extra Lean Ground Turkey
- 2 tsps Coconut Oil
- 5 1/3 cups Green Cabbage (thinly sliced)
- 2/3 Carrot (large, julienned)
- 2 2/3 tsps Water
- 2 2/3 tsps Coconut Aminos
- 2/3 Lime (juiced, plus more for garnish)
- 2 Garlic (clove, minced)
- 2 tsps Ginger (fresh, minced or grated)
- 1/3 cup Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	112mg
Fat	17g	Sodium	524mg
Carbs	22g	Vitamin A	3927IU
Fiber	7g	Vitamin C	94mg
Sugar	13g	Calcium	145mg
Protein	32g	Iron	3mg

DIRECTIONS

- 01 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 02 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 03 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 04 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 05 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add maple syrup or honey, hot sauce, sesame oil or green onion to the coconut aminos mixture. Season with additional salt as needed.

ADDITIONAL TOPPINGS

Top with additional cilantro.

NO TURKEY

Use ground chicken or pork instead.



One Pan Salmon with Rainbow Veggies

3 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Cherry Tomatoes
15 ozs Salmon Fillet
1 1/2 Yellow Bell Pepper (sliced)
3 cups Broccoli (chopped into small florets)
3/4 cup Red Onion (sliced into chunks)
3 tbsps Extra Virgin Olive Oil
2 1/4 tps Coconut Aminos
3/4 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	440	Cholesterol	78mg
Fat	23g	Sodium	171mg
Carbs	27g	Vitamin A	2138IU
Fiber	6g	Vitamin C	296mg
Sugar	11g	Calcium	109mg
Protein	34g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.



Acorn Squash & Sausage Hash

2 SERVINGS 30 MINUTES



INGREDIENTS

5 ozs Pork Sausage (casings removed)
1 1/2 tsps Extra Virgin Olive Oil
1/2 Acorn Squash (peeled, chopped into cubes)
1/4 Yellow Onion (chopped)
1 cup Mushrooms (sliced)
1 cup Kale Leaves (chopped)
1 1/2 tsps Nutritional Yeast
1/2 tsp Sea Salt
1/2 Apple (cored, cubed)

NUTRITION

AMOUNT PER SERVING

Calories	352	Cholesterol	41mg
Fat	24g	Sodium	1254mg
Carbs	23g	Vitamin A	978IU
Fiber	4g	Vitamin C	25mg
Sugar	7g	Calcium	81mg
Protein	13g	Iron	3mg

DIRECTIONS

- 01 In a skillet over medium heat, cook the sausage. Break it up with the back of a spoon as it browns. Once it is cooked, drain the fat and set the sausage aside on a plate.
- 02 In the same skillet over medium-high heat, warm the olive oil. Add the squash, onions and mushrooms and cook for 10 minutes or until the squash is soft. Lower the heat to medium and add in the kale. Cook for about 2 minutes or until the kale is soft.
- 03 Add the sausage back in along with the nutritional yeast and sea salt. Stir until everything is combined and warmed through.
- 04 Remove from heat and stir in the chopped apples. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1 cup of the hash mixture.

MORE FIBER

Stir in cooked quinoa or rice.

MAKE IT VEGAN

Use black beans or lentils instead of sausage.

MEAL PREP

Cook the acorn squash in advance to save time.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the chicken breast, pork sausage, salmon, and ½ of the extra lean ground turkey.	This guide will remind you to thaw them later in the week.
		Make Tropical Coconut Oatmeal.	Divide between containers and store in the fridge. Reheat and add toppings just before serving.
		Portion out peanut butter for the week.	Divide between small containers and store in the fridge for snacks this week.
		Make Lemon Turkey Quinoa Skillet.	Divide between containers and store in the fridge.
		Make Egyptian Fava Beans with Tahini.	Divide between containers and store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Tropical Coconut Oatmeal, Apple with Peanut Butter, Lemon Turkey Quinoa Skillet, and Egyptian Fava Beans with Tahini.
		Make One Pan Chicken, Grapes & Veggies for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Make the Coconut Chia Seed Yogurt.	Divide between containers and store in the fridge for snacks this week.
2 Tue		Pack your meals if you are on-the-go.	Tropical Coconut Oatmeal, Coconut Chia Seed Yogurt, One Pan Chicken, Grapes & Veggies, and Banana with Peanut Butter.
		Enjoy leftover Lemon Turkey Quinoa Skillet for dinner.	Reheat in the oven or microwave.
		Take the chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
		Make Breakfast Baked Potato with Sun Butter.	Bake sweet potatoes for breakfast for the week. Reheat and add toppings just before serving.
3 Wed		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter, Apple with Peanut Butter, Lemon Turkey Quinoa Skillet, and Egyptian Fava Beans with Tahini.
		Make One Pan Lemon Chicken for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground turkey out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter, Coconut Chia Seed Yogurt, One Pan Lemon Chicken, and Banana with Peanut Butter.

		Make Turkey & Cabbage Stir Fry for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the salmon out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter, Coconut Chia Seed Yogurt, Turkey & Cabbage Stir Fry, and Egyptian Fava Beans with Tahini.
		Make One Pan Salmon with Rainbow Veggies for dinner.	Enjoy and store leftovers in the fridge.
		Make Fried Plantains with Hummus for snacks.	Divide between containers and store in the fridge. Reheat the plantains in a skillet or the oven just before serving.
		Take the sausage out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Warm Peas with Eggs for breakfast.	Enjoy and store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Warm Peas with Eggs, Grapes & Pistachios, One Pan Salmon with Rainbow Veggies, and Fried Plantains with Hummus.
		Make Acorn Squash & Sausage Hash for dinner.	Store leftovers in the fridge for lunch tomorrow.

7 Sun		Make Warm Peas with Eggs for breakfast.	
		Pack your meals if you are on-the-go.	Warm Peas with Eggs, Grapes & Pistachios, Acorn Squash & Sausage Hash, and Fried Plantains with Hummus.
		Shop and prep for next week.	
		Enjoy leftover One Pan Salmon with Rainbow Veggies for dinner.	Reheat in the oven or microwave.

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.

