



Onward & Upward Program

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HEAVY METAL FITNESS

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

Now that we've gotten the year off to a great start, let's keep the ball rolling. Here's a super delicious, clean eating meal plan designed to help you keep up the momentum!

This program was created by a Registered Dietician.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).



LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Bacon & Eggs Breakfast Jar



LUNCH
Avocado Egg Salad Collard Wraps



SNACK 1
Baby Carrots & Hummus



DINNER
Kale Caesar Salad with Blackened Chicken



SNACK 2
Apple with Almond Butter

TUE



BREAKFAST
Bacon & Eggs Breakfast Jar



LUNCH
Kale Caesar Salad with Blackened Chicken



SNACK 1
Celery & Hummus



DINNER
Slow Cooker Burrito Soup



SNACK 2
Grapes

WED



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Slow Cooker Burrito Soup



SNACK 1
Banana with Almond Butter



DINNER
Unstuffed Cabbage Rolls



SNACK 2
Sour Cream n' Onion Kale Chips

THU



BREAKFAST
Sweet Cherry Steel Cut Oats



LUNCH
Unstuffed Cabbage Rolls



SNACK 1
Baby Carrots & Hummus



DINNER
Winter Buddha Bowl



SNACK 2
Apple with Almond Butter

FRI



BREAKFAST
Kiwi Green Smoothie



LUNCH
Winter Buddha Bowl



SNACK 1
Celery & Hummus



DINNER
Warm Carrot & Sweet Potato Salad



SNACK 2
Grapes

SAT



BREAKFAST
Kiwi Green Smoothie



LUNCH
Warm Carrot & Sweet Potato Salad



SNACK 1
Banana with Almond Butter



DINNER
Slow Cooker Burrito Soup



SNACK 2
Sour Cream n' Onion Kale Chips

MON**FAT 60%** **CARBS 21%** **PROTEIN 19%**

Calories 1598 Cholesterol 770mg
 Fat 109g Sodium 2052mg
 Carbs 88g Vitamin A 23558IU
 Fiber 28g Vitamin C 91mg
 Sugar 33g Calcium 559mg
 Protein 77g Iron 12mg

TUE**FAT 49%** **CARBS 31%** **PROTEIN 20%**

Calories 1380 Cholesterol 491mg
 Fat 76g Sodium 2795mg
 Carbs 110g Vitamin A 6207IU
 Fiber 25g Vitamin C 99mg
 Sugar 30g Calcium 410mg
 Protein 69g Iron 12mg

WED**FAT 38%** **CARBS 46%** **PROTEIN 16%**

Calories 1508 Cholesterol 74mg
 Fat 66g Sodium 1749mg
 Carbs 179g Vitamin A 5937IU
 Fiber 36g Vitamin C 180mg
 Sugar 48g Calcium 558mg
 Protein 63g Iron 16mg

THU**FAT 40%** **CARBS 44%** **PROTEIN 16%**

Calories 1773 Cholesterol 74mg
 Fat 83g Sodium 1085mg
 Carbs 203g Vitamin A 22585IU
 Fiber 45g Vitamin C 211mg
 Sugar 60g Calcium 651mg
 Protein 72g Iron 20mg

FRI**FAT 35%** **CARBS 49%** **PROTEIN 16%**

Calories 1402 Cholesterol 9mg
 Fat 56g Sodium 817mg
 Carbs 179g Vitamin A 22770IU
 Fiber 37g Vitamin C 206mg
 Sugar 50g Calcium 700mg
 Protein 60g Iron 15mg

SAT**FAT 35%** **CARBS 49%** **PROTEIN 16%**

Calories 1393 Cholesterol 9mg
 Fat 57g Sodium 1516mg
 Carbs 178g Vitamin A 22736IU
 Fiber 36g Vitamin C 186mg
 Sugar 47g Calcium 740mg
 Protein 57g Iron 13mg



FRUITS

- 2 Apple
- 2 Avocado
- 6 Banana
- 4 cups Grapes
- 4 Kiwi
- 1 3/4 Lemon
- 1 Lime

BREAKFAST

- 3/4 cup Almond Butter
- 1 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 2 tsps Black Pepper
- 2/3 cup Cashews
- 1/2 tsp Cayenne Pepper
- 1/4 cup Chia Seeds
- 2 tsps Chili Powder
- 1 tbsp Cumin
- 1/2 cup Hemp Seeds
- 1 tsp Oregano
- 1 tbsp Paprika
- 1/4 cup Pumpkin Seeds
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 2 cups Frozen Cherries
- 1 cup Frozen Corn

VEGETABLES

- 8 cups Arugula
- 3 cups Baby Carrots
- 5 cups Baby Spinach
- 1 Beet
- 3 Carrot
- 1 head Cauliflower
- 8 stalks Celery
- 1/2 cup Cherry Tomatoes
- 2 cups Collard Greens
- 3 Garlic
- 1/2 Green Bell Pepper
- 8 cups Green Cabbage
- 2 1/2 stalks Green Onion
- 2 Jalapeno Pepper
- 20 cups Kale Leaves
- 2 cups Mini Potatoes
- 1 Parsnip
- 1/2 cup Radishes
- 1 1/4 Sweet Onion
- 2 Sweet Potato
- 1 tbsp Thyme
- 1 Turnip
- 1 Yellow Onion

BOXED & CANNED

- 2 cups Black Beans
- 1 1/2 cups Brown Rice
- 2 cups Chickpeas
- 6 cups Diced Tomatoes
- 2 cups Quinoa
- 1 1/4 cups Salsa

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Beef
- 1/2 cup Goat Cheese
- 2 cups Hummus

CONDIMENTS & OILS

- 2 tsps Apple Cider Vinegar
- 1 tbsp Balsamic Vinegar
- 2 tsps Coconut Oil
- 3 tsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

COLD

- 11 Egg

OTHER

- 8 Ice Cubes
- 1 cup Vanilla Protein Powder
- 15 1/16 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

Bacon & Eggs Breakfast Jar

4 SERVINGS 20 MINUTES



INGREDIENTS

- 8 slices Bacon
- 1 tbsp Coconut Oil (divided)
- 2 cups Mini Potatoes (quartered)
- Sea Salt & Black Pepper (to taste)
- 8 Egg (whisked)
- 1 cup Salsa
- 4 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	409mg
Fat	34g	Sodium	1035mg
Carbs	19g	Vitamin A	1336IU
Fiber	3g	Vitamin C	19mg
Sugar	4g	Calcium	120mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 Cook the bacon and wrap in paper towel while you prepare the rest.
- 02 Add half the coconut oil to a frying pan and heat over medium. Add the diced potato and cover with a lid. Saute periodically until browned (about 10 minutes). Transfer the potato to a dish, season with a bit of sea salt and black pepper and set aside.
- 03 Add the remaining coconut oil to the pan and scramble the eggs until cooked through (add a splash of almond milk for fluffier eggs). Transfer to a dish and set aside.
- 04 Add a few spoonfuls of salsa to the bottom of the jars (500 mL in size). Add in a layer of potato and top with a layer of scrambled eggs then chopped bacon. Finish off with a layer of arugula and seal the jar. When ready to eat, dump into a bowl, toss well and enjoy!

NOTES

VEGETARIAN

Replace the bacon with roasted chickpeas.

LEFTOVERS

Store covered in the fridge up to 4 days.

THE BEST BACON

Read the label. Look for quality bacon with no sugar added. Check out your local butcher.

Sweet Cherry Steel Cut Oats

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Steel Cut Oats
3 cups Water
2 cups Frozen Cherries
1/2 cup Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	0mg
Fat	14g	Sodium	5mg
Carbs	41g	Vitamin A	676IU
Fiber	6g	Vitamin C	1mg
Sugar	8g	Calcium	56mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

NOTES

NO CHERRIES

Any fruit will work.

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

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.

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

Avocado Egg Salad Collard Wraps

2 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Collard Greens (washed and stems cut off)
3 Egg (hard boiled and chopped)
1 Avocado (peeled and pits removed)
1/4 Lemon (juiced)
2 1/2 stalks Green Onion (chopped)
1 tbsp Dijon Mustard
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	292	Cholesterol	279mg
Fat	22g	Sodium	204mg
Carbs	12g	Vitamin A	2959IU
Fiber	8g	Vitamin C	27mg
Sugar	2g	Calcium	146mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
- 02 Wrap up in collard greens and enjoy!

NOTES

MORE CARBS

Wrap in a brown rice tortilla.

MAKE IT SPICY

Add clean hot sauce.

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.

Celery & Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (cut into sticks)
1 cup Hummus
1 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.

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.

Kale Caesar Salad with Blackened Chicken

4 SERVINGS 50 MINUTES



INGREDIENTS

- 1 Garlic (entire bulb)
- 1 lb Chicken Breast
- 2 tsps Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Cayenne Pepper
- 1 tsp Cumin
- 1 tbsp Thyme
- 1 tsp Black Pepper
- 1/3 cup Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 4 cups Kale Leaves
- 1/2 cup Radishes (thinly sliced)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

Calories	354	Cholesterol	82mg
Fat	24g	Sodium	450mg
Carbs	6g	Vitamin A	1900IU
Fiber	3g	Vitamin C	28mg
Sugar	1g	Calcium	85mg
Protein	29g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
- 02 Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
- 03 In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
- 04 Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
- 05 Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
- 06 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
- 07 Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

NOTES

VEGETARIAN

Swap the chicken for roasted chickpeas.



Slow Cooker Burrito Soup

6 SERVINGS 4 HOURS



INGREDIENTS

2 cups Black Beans (cooked, drained and rinsed)
3 cups Diced Tomatoes
1 Sweet Onion (diced)
1 cup Frozen Corn
1/2 Green Bell Pepper (diced)
2 Jalapeno Pepper (de-seeded and diced)
2 tbsps Chili Powder
2 tsps Cumin
1 tsp Oregano
1/2 tsp Black Pepper
2 tsps Sea Salt
1 cup Brown Rice (uncooked)
4 cups Water
4 cups Kale Leaves (chopped)
1 Avocado (peeled and diced)
1/4 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	330	Cholesterol	0mg
Fat	7g	Sodium	982mg
Carbs	57g	Vitamin A	2222IU
Fiber	13g	Vitamin C	46mg
Sugar	8g	Calcium	130mg

DIRECTIONS

- 01 Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
- 02 About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
- 03 After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of salsa and avocado. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is roughly 2 cups.



Protein

11g Iron

4mg



Unstuffed Cabbage Rolls

4 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
3/4 cup Water
1 tbsp Coconut Oil
1 lb Extra Lean Ground Beef
1 Yellow Onion (small, finely diced)
8 cups Green Cabbage (finely sliced)
3 cups Diced Tomatoes
1/2 tsp Sea Salt
1/2 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	410	Cholesterol	74mg
Fat	16g	Sodium	436mg
Carbs	37g	Vitamin A	942IU
Fiber	8g	Vitamin C	83mg
Sugar	13g	Calcium	134mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Combine the rice and water in a sauce pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

NOTES

NO BEEF

Any type of ground meat will work.

VEGETARIAN & VEGAN

Use lentils instead of ground meat.

LEFTOVERS

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

Winter Buddha Bowl

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 head Cauliflower (cut into florets)
- 1 Carrot (chopped into 1 inch rounds)
- 1 Beet (chopped into 1 inch pieces)
- 1 Turnip (chopped into 1 inch pieces)
- 1 Parsnip (chopped into 1 inch pieces)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/4 cup Tahini
- 3 tbsps Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 Garlic (clove, minced)
- 1/4 tsp Sea Salt
- 4 cups Kale Leaves

NUTRITION

AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	24g	Sodium	281mg
Carbs	74g	Vitamin A	3604IU
Fiber	17g	Vitamin C	110mg
Sugar	13g	Calcium	253mg
Protein	21g	Iron	7mg

DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Place cauliflower florets, carrots, beet, turnip and parsnip in a large mixing bowl (toss beets separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
- 03 Meanwhile, place quinoa in a saucepan with the water. Place over high heat and bring to a boil. Cover with lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
- 05 Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and saute just until wilted. Transfer into a bowl.
- 06 Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
- 07 Assemble your Buddha bowl by placing quinoa in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.



Warm Carrot & Sweet Potato Salad

4 SERVINGS 45 MINUTES



INGREDIENTS

- 2 Carrot (chopped into 1 inch pieces)
- 2 Sweet Potato (chopped into 1 inch pieces)
- Sea Salt & Black Pepper (to taste)
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Lime (juiced)
- 1 tbsp Balsamic Vinegar
- 1 Garlic (clove, minced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 4 cups Arugula
- 1/2 cup Goat Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	5mg
Fat	16g	Sodium	133mg
Carbs	46g	Vitamin A	14803...
Fiber	6g	Vitamin C	10mg
Sugar	6g	Calcium	104mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Toss chopped carrots and sweet potato in a splash of olive oil and season with sea salt and pepper. Spread veggies across a baking sheet lined with parchment paper. Bake in the oven for 30 minutes or until tender.
- 02 In the meantime, place quinoa in a saucepan with water. Bring to a boil over high heat. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is completely absorbed. Remove from heat, fluff with a fork and set aside.
- 03 In a small bowl, whisk together the lime juice, balsamic vinegar, minced garlic and olive oil. Season with a pinch of sea salt and black pepper.
- 04 Place roasted carrot and sweet potato in a large mixing bowl. Add in the quinoa, dressing and arugula and toss well. Spoon into bowls and top with crumbled goat cheese. Enjoy!

NOTES

MORE PROTEIN

Add grilled chicken or lentils.



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.

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

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

Sour Cream n' Onion Kale Chips

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Apple Cider Vinegar
1/4 Sweet Onion (finely diced, about 1/4 cup)
2/3 cup Cashews
1/2 tsp Sea Salt
1/3 cup Water
8 cups Kale Leaves (cut into large pieces, about 1 bunch of kale)

NUTRITION

AMOUNT PER SERVING

Calories	155	Cholesterol	0mg
Fat	11g	Sodium	323mg
Carbs	11g	Vitamin A	2021IU
Fiber	3g	Vitamin C	40mg
Sugar	3g	Calcium	124mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with foil, shiny side facing down. Lightly grease with a splash of extra virgin olive oil.
- 02 Place apple cider vinegar, onion, cashews, sea salt and water together in a blender or food processor. Blend until a creamy consistency forms.
- 03 Place kale leaves in a large bowl and pour cashew mixture over top. Massage the mixture into the kale leaves.
- 04 Arrange kale leaves across the foil in a single layer. Don't overcrowd. You will need to bake in a few batches.
- 05 Bake in the oven for 10 to 15 minutes or until crispy. Keep a close eye after the 10 minute mark so you don't burn them. You may need to remove some and give others a bit more time to crisp up.
- 06 Throw into a bowl and enjoy!

NOTES

KEEP THEM CRUNCHY

Store in the freezer to keep crunchy.

CRUNCH THEM BACK UP

If chips lose their crispness over time, throw them in the oven at 350 for 2 to 5 minutes to crisp them back up.

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 Bacon & Eggs Breakfast Jars.	Layer ingredients into jars and store in the fridge for breakfasts.
		Make the Avocado Egg Salad Collard Wraps.	Store in a sealed container in the fridge for lunch tomorrow.
		Prep snacks for the week.	Divide the Baby Carrots & Hummus and the Celery & Hummus into containers and store in the fridge. Divide almond butter into single-serving containers.
1 Mon		Pack your meals if you are on-the-go.	Bacon & Eggs Breakfast Jar, Avocado Egg Salad Collard Wraps, and Baby Carrots & Hummus.
		Make the Kale Caesar Salad with Blackened Chicken for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for dessert or an after dinner snack.	

2 Tue		Start the Slow Cooker Burrito Soup.	Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for 4 to 8 hours.
		Pack your meals if you are on-the-go.	Bacon & Eggs Breakfast Jar, Kale Caesar Salad with Blackened Chicken, and Celery & Hummus.
		Finish the Slow Cooker Burrito Soup for dinner.	Add the kale 10 minutes before serving, top with avocado and salsa. Store leftovers in airtight containers in the fridge for tomorrow and Saturday.
		Enjoy Grapes for dessert or an after dinner snack.	
3 Wed		Make the Sweet Cherry Steel Cut Oats.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Slow Cooker Burrito Soup, and Banana with Almond Butter.
		Make Unstuffed Cabbage Rolls for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Sour Cream n' Onion Kale Chips for an after dinner snack.	Store leftovers in an airtight container.
4 Thu		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Unstuffed Cabbage Rolls, and Baby Carrots & Hummus.

		Make the Winter Buddha Bowls for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Apple with Almond Butter for dessert or as an after dinner snack.	
5 Fri		Make the Kiwi Green Smoothie for Breakfast.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Kiwi Green Smoothie, Winter Buddha Bowl, and Celery & Hummus.
		Make the Warm Carrot & Sweet Potato Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Grapes for dessert or an after dinner snack.	
6 Sat		Make the Kiwi Green Smoothie for Breakfast.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Kiwi Green Smoothie, Warm Carrot & Sweet Potato Salad, and Banana & Almond Butter.
		Enjoy leftover Slow Cooker Burrito Soup for dinner.	Reheat in a pot and enjoy!
		Enjoy Sour Cream n' Onion Kale Chips as an after dinner snack.	

<p>7 Sun</p>		<p>Shop and prep for the week ahead.</p>	<p>Don't forget to set aside some time to meal plan and shop for next week!</p>
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