



Paleo Pump Up Program

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Paleo Pump Up Program

HEAVY METAL FITNESS

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

A paleo nutrition plan packed with healthy fats, protein and fiber. Following a Paleolithic diet has been shown to have several associated health benefits including decreased inflammation, improved nutrient intake, and even weight loss. This program has been created using foods compliant with the Paleo diet guidelines with a focus on consuming healthy fats, high-quality protein, fiber, and nutrients essential for bone health.

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

HEALTHY FATS

Following a Paleolithic diet can improve your lipid profile. This plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and medium-chain fatty acids from coconut oil. These foods can help reduce the growth of some fungal pathogens in the gut, and are beneficial for the immune system and inflammatory responses. Omega-3 fatty acids found in plant-based oils, nuts, and fatty fish provide cardiovascular benefits and reduce inflammation.

HIGH-QUALITY PROTEIN

Getting enough daily protein can help with weight management and preventing muscle loss. This meal plan provides high-quality protein sources such as chicken, turkey, eggs, and fish. These complete proteins are highly digestible and provide an adequate amount of amino acids. Protein is distributed between meals and snacks to help with building muscle strength and hypertrophy.

FIBER

This program is grain-free, gluten-free, and uses mostly low glycemic foods to optimize blood sugars and energy levels. Adequate dietary fiber intake is associated with several health benefits including better digestive health and reduced inflammation. The plan provides up to 30 grams of fiber daily from vegetables, nuts, and seeds. Soluble fiber in asparagus, sweet potato, and Brussels sprouts has been shown to lower blood cholesterol and generates short-chain fatty acids which have anti-inflammatory effects.



BONE HEALTH

Calcium is a mineral that is essential for building healthy bones and a potential nutrient deficiency in paleo diets. Magnesium has a structural role in bone maintenance and influences bone-building cells. Calcium is incorporated in this program from almonds, collard greens, bok choy, and squash. This plan provides magnesium from avocado, apples, cashews, and ground flax seeds.

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
Pulled Chicken & Pesto Wraps



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Cream of Celery & Asparagus Soup



SNACK 2
Apple Slices with Cinnamon

TUE



BREAKFAST
Bacon & Eggs Breakfast Jar



LUNCH
Cream of Celery & Asparagus Soup



SNACK 1
Apple Slices with Cinnamon



DINNER
Slow Cooker Bolognese with Spaghetti Squash



SNACK 2
Celery with Sunflower Seed Butter

WED



BREAKFAST
Lucky Green Smoothie



LUNCH
Slow Cooker Bolognese with Spaghetti Squash



SNACK 1
Spicy Mango Guac on Sweet Potato Chips



DINNER
Honey Lime Tilapia with Steamed Bok Choy



SNACK 2
Maple Roasted Almonds

THU



BREAKFAST
Lucky Green Smoothie



LUNCH
Honey Lime Tilapia with Steamed Bok Choy



SNACK 1
Maple Roasted Almonds



DINNER
Slow Cooker Rotisserie Chicken



SNACK 2
Spicy Mango Guac on Sweet Potato Chips

FRI



BREAKFAST
Paleo Huevos Rancheros



LUNCH
Slow Cooker Rotisserie Chicken



SNACK 1
Dried Mango & Brazil Nuts



DINNER
Sweet Potato Tuna Burgers with Dill Mayo



SNACK 2
Pistachios

SAT



BREAKFAST
Paleo Huevos Rancheros



LUNCH
Sweet Potato Tuna Burgers with Dill Mayo



SNACK 1
Pistachios



DINNER
Baked Chicken with Tomatoes, Avocado & Spinach Salad



SNACK 2
Dried Mango & Brazil Nuts

MON**FAT 63%** **CARBS 19%** **PROTEIN 18%**

Calories 1533 Cholesterol 491mg
 Fat 112g Sodium 2154mg
 Carbs 74g Vitamin A 9602IU
 Fiber 19g Vitamin C 71mg
 Sugar 33g Calcium 474mg
 Protein 71g Iron 12mg

TUE**FAT 52%** **CARBS 29%** **PROTEIN 19%**

Calories 1348 Cholesterol 493mg
 Fat 81g Sodium 2225mg
 Carbs 102g Vitamin A 7750IU
 Fiber 24g Vitamin C 96mg
 Sugar 47g Calcium 510mg
 Protein 67g Iron 17mg

WED**FAT 48%** **CARBS 31%** **PROTEIN 21%**

Calories 1369 Cholesterol 142mg
 Fat 78g Sodium 1162mg
 Carbs 115g Vitamin A 17720IU
 Fiber 30g Vitamin C 169mg
 Sugar 53g Calcium 532mg
 Protein 76g Iron 14mg

THU**FAT 42%** **CARBS 24%** **PROTEIN 34%**

Calories 1661 Cholesterol 353mg
 Fat 82g Sodium 2880mg
 Carbs 103g Vitamin A 26394IU
 Fiber 28g Vitamin C 197mg
 Sugar 43g Calcium 464mg
 Protein 146g Iron 14mg

FRI**FAT 51%** **CARBS 21%** **PROTEIN 28%**

Calories 2187 Cholesterol 743mg
 Fat 128g Sodium 3118mg
 Carbs 118g Vitamin A 24974IU
 Fiber 32g Vitamin C 152mg
 Sugar 51g Calcium 437mg
 Protein 161g Iron 21mg

SAT**FAT 59%** **CARBS 22%** **PROTEIN 19%**

Calories 1897 Cholesterol 530mg
 Fat 132g Sodium 1035mg
 Carbs 111g Vitamin A 18403IU
 Fiber 35g Vitamin C 113mg
 Sugar 50g Calcium 385mg
 Protein 93g Iron 16mg



FRUITS

- 4 Apple
- 5 Avocado
- 1 3/4 Lemon
- 8 Lime
- 1/2 Mango

BREAKFAST

- 20 pieces Dried Unsweetened Mango
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 3 Bay Leaf
- 2 3/4 tsps Black Pepper
- 1 cup Brazil Nuts
- 1 cup Cashews
- 3/4 tsp Cayenne Pepper
- 1 tbsp Cinnamon
- 1 tsp Dried Thyme
- 1/4 cup Ground Flax Seed
- 1 cup Hemp Seeds
- 1 tsp Italian Seasoning
- 1 tsp Onion Powder
- 1 1/2 tsps Oregano
- 1 1/8 tsps Paprika
- 2 cups Pistachios, In Shell
- 1 tsp Red Pepper Flakes
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Walnuts

FROZEN

- 3 cups Frozen Mango

VEGETABLES

- 4 cups Arugula
- 6 cups Asparagus
- 11 cups Baby Spinach
- 1 cup Basil Leaves
- 2 cups Bok Choy
- 4 cups Brussels Sprouts
- 14 stalks Celery
- 1 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 2 cups Collard Greens
- 1/4 cup Fresh Dill
- 9 Garlic
- 1 Green Bell Pepper
- 3 stalks Green Onion
- 1 Jalapeno Pepper
- 2 cups Mini Potatoes
- 1/3 cup Red Onion
- 8 leaves Romaine
- 1 Spaghetti Squash
- 5 Sweet Potato
- 2 Tomato
- 3 Yellow Onion

BOXED & CANNED

- 3 cups Crushed Tomatoes
- 3 cups Diced Tomatoes
- 1 cup Salsa
- 2 cans Tuna
- 1/2 cup Vegetable Broth

BAKING

- 3/4 cup Almond Flour
- 1 tbsp Nutritional Yeast
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 4 Tilapia Fillet
- 4 lbs Whole Roasting Chicken

CONDIMENTS & OILS

- 1/4 cup Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 2 tsps Sesame Oil
- 1/2 cup Sunflower Seed Butter
- 1 tbsp Tamari

COLD

- 17 Egg

OTHER

- 11 1/3 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.

Lucky Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Frozen Mango
2 Lime (juiced)
2 cups Baby Spinach (packed)
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
3 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 238 | Cholesterol | 0mg |
| Fat | 13g | Sodium | 35mg |
| Carbs | 27g | Vitamin A | 4176IU |
| Fiber | 5g | Vitamin C | 67mg |
| Sugar | 18g | Calcium | 115mg |
| Protein | 10g | Iron | 3mg |

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

NO MANGO

Add frozen pineapple or banana instead.

MORE PROTEIN

Add a scoop of your favorite clean protein powder.

Paleo Huevos Rancheros

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil (divided)
- 1 Jalapeno Pepper (seeds removed and finely chopped)
- 1 Green Bell Pepper (finely chopped)
- 1 Yellow Onion (finely chopped)
- 2 Tomato (chopped)
- Sea Salt & Black Pepper (to taste)
- 8 Egg
- 2 Avocado (peeled and cut into slices)
- 1/2 cup Cilantro (optional)
- 8 leaves Romaine (washed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 371 | Cholesterol | 372mg |
| Fat | 28g | Sodium | 180mg |
| Carbs | 17g | Vitamin A | 6677IU |
| Fiber | 10g | Vitamin C | 50mg |
| Sugar | 5g | Calcium | 104mg |
| Protein | 16g | Iron | 4mg |

DIRECTIONS

- 01 Heat half of the coconut oil in a large skillet over medium heat. Add jalapeno, green pepper and onion. Sautee for 5 minutes or until onion is translucent. Add in tomatoes and stir well. Season with sea salt and pepper to taste. Let simmer for at least 15 minutes or until mixture thickens. Set aside.
- 02 Heat the remaining coconut oil in a non-stick pan and fry eggs (sunnyside up).
- 03 Assemble Huevos Rancheros by plating two large romaine leaves and adding some of your homemade salsa ovetop. Add fried eggs and then top with avocado slices and cilantro. You can use the romaine leaves to wrap up the goodness or just eat it as is. Enjoy!

NOTES

MORE CARBS

Serve with brown rice tortillas (not paleo).

MORE SPICY

Serve with tabasco sauce.

Pulled Chicken & Pesto Wraps

2 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

8 ozs Chicken Breast
1/2 cup Vegetable Broth
1/3 cup Walnuts
1/4 cup Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 cup Baby Spinach
1/2 cup Basil Leaves
1/8 tsp Sea Salt
1/4 tsp Black Pepper
2 cups Collard Greens (washed and stems removed)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 529 | Cholesterol | 82mg |
| Fat | 43g | Sodium | 381mg |
| Carbs | 7g | Vitamin A | 3941IU |
| Fiber | 3g | Vitamin C | 24mg |
| Sugar | 1g | Calcium | 147mg |
| Protein | 31g | Iron | 2mg |

DIRECTIONS

- 01 Preheat oven to 325°F (163°C).
- 02 Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
- 03 Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
- 04 Remove chicken from oven. Use a fork to shred the chicken.
- 05 Place the pulled chicken in a bowl and toss with desired amount of pesto.
- 06 Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SAVE TIME

Throw your chicken into the slow cooker in the morning and shred by night.

MORE CARBS

Serve on bread or in a brown rice wrap.

MAKE IT CRUNCHY

Add diced celery, cherry tomatoes or sunflower seeds.

VEGETARIAN

Skip the chicken and use roasted chickpeas.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 209 | Cholesterol | 0mg |
| Fat | 18g | Sodium | 65mg |
| Carbs | 10g | Vitamin A | 376IU |
| Fiber | 3g | Vitamin C | 3mg |
| Sugar | 4g | Calcium | 52mg |
| Protein | 6g | Iron | 1mg |

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY
Use cucumber instead

Apple Slices with Cinnamon

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple

1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 98 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 2mg |
| Carbs | 26g | Vitamin A | 102IU |
| Fiber | 5g | Vitamin C | 8mg |
| Sugar | 19g | Calcium | 24mg |
| Protein | 1g | Iron | 0mg |

DIRECTIONS

01 Slice apple and cut out the core.

02 Sprinkle with cinnamon.

03 Enjoy!

Spicy Mango Guac on Sweet Potato Chips

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Sweet Potato
1 1/2 tsps Extra Virgin Olive Oil
2 Avocado (peeled and mashed)
1/2 Mango (peeled and diced)
1/4 cup Red Onion (finely diced)
1/4 tsp Cayenne Pepper
2 Lime (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 267 | Cholesterol | 0mg |
| Fat | 17g | Sodium | 44mg |
| Carbs | 31g | Vitamin A | 988IU |
| Fiber | 10g | Vitamin C | 34mg |
| Sugar | 10g | Calcium | 42mg |
| Protein | 4g | Iron | 1mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Starting at one end of the sweet potato, cut into rounds as thinly as possible. Try to be consistent with how thin you slice them so they bake evenly.
- 02 In a mixing bowl, toss the sweet potato rounds with olive oil and season with some sea salt.
- 03 Line a baking sheet with parchment paper. Place the sweet potato rounds across the baking sheet in a single layer. Bake in the oven on the middle rack for 20 minutes. Flip the rounds and bake for another 10 to 20 minutes depending on the thickness or until golden brown.
- 04 While sweet potato chips cook, assemble the guac by combining avocado, mango, red onion, cayenne, lime juice, sea salt and black pepper. Mix and mash with a fork until creamy. Store in fridge until ready to eat.
- 05 Place a dollop of guac on each baked sweet potato chip. Enjoy!

NOTES

CHIP LOVER

Make brown rice tortilla chips instead of sweet potato chips.

LESS CARBS

Skip the sweet potato and serve as a dip with veggie sticks.

LIKES IT SPICY

Add more cayenne pepper

KEEP IT CRISPY

If chips lose their crispiness overtime, throw them back into the oven at 350 for 5 to 10 minutes.



Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



INGREDIENTS

20 pieces Dried Unsweetened Mango
(large)

1 cup Brazil Nuts

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 318 | Cholesterol | 0mg |
| Fat | 26g | Sodium | 216mg |
| Carbs | 16g | Vitamin A | 0IU |
| Fiber | 6g | Vitamin C | 0mg |
| Sugar | 4g | Calcium | 40mg |
| Protein | 12g | Iron | 2mg |

Cream of Celery & Asparagus Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 222 | Cholesterol | 0mg |
| Fat | 17g | Sodium | 671mg |
| Carbs | 12g | Vitamin A | 3847IU |
| Fiber | 5g | Vitamin C | 17mg |
| Sugar | 5g | Calcium | 131mg |
| Protein | 10g | Iron | 6mg |

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.



Slow Cooker Bolognese with Spaghetti Squash

4 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 **Yellow Onion** (diced)
- 5 **Garlic** (cloves, minced)
- 3 **cups** Diced Tomatoes (drained)
- 3 **cups** Crushed Tomatoes
- 3 **Bay Leaf**
- 1 **tsp** Oregano
- 1 **Spaghetti Squash**
- 1/2 **cup** Basil Leaves (chopped)
- 1 **tsp** Red Pepper Flakes

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------------|-----|--------------------|--------|
| Calories | 344 | Cholesterol | 84mg |
| Fat | 12g | Sodium | 452mg |
| Carbs | 35g | Vitamin A | 2089IU |
| Fiber | 8g | Vitamin C | 49mg |
| Sugar | 15g | Calcium | 183mg |
| Protein | 27g | Iron | 7mg |

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
- 02 About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
- 03 Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
- 04 Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
- 05 Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

NOTES

MORE VEGETABLES

Add diced green pepper and mushrooms.

VEGETARIAN

Use lentils instead of ground turkey.

MORE CARBS

Use brown rice pasta instead of spaghetti squash.

NO SLOW COOKER

Make it on the stovetop and let simmer for at least an hour.



Honey Lime Tilapia with Steamed Bok Choy

4 SERVINGS 30 MINUTES



INGREDIENTS

- 4 Tilapia Fillet
- 1 Lime (Zested and juiced)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Raw Honey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1/2 cup Almond Flour
- 2 cups Bok Choy (sliced lengthwise)
- 1 tbsp Tamari
- 2 tsps Sesame Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 298 | Cholesterol | 58mg |
| Fat | 18g | Sodium | 630mg |
| Carbs | 10g | Vitamin A | 1571IU |
| Fiber | 2g | Vitamin C | 19mg |
| Sugar | 5g | Calcium | 84mg |
| Protein | 27g | Iron | 2mg |

DIRECTIONS

- 01 Combine lime zest, lime juice, half of the olive oil, honey, sea salt, pepper and minced garlic in a mixing bowl. Add tilapia fillets and use your hands to coat. Let marinate as long as possible (up to 24 hours).
- 02 Lay a piece of wax paper on the counter. Lay tilapia fillets across the wax paper. Lightly dust each side with flour.
- 03 Fill a pot with water and bring to a boil. Place the bok choy in a steaming basket and place over the pot. Let steam for 6 to 7 minutes. Remove and toss in tamari and sesame oil. Season with sea salt.
- 04 Heat the remaining olive oil in a skillet over medium heat. Cook fillets for 3 or 4 minutes a side or until golden brown.
- 05 Serve tilapia over steamed bok choy. Drizzle with a lime wedge. Enjoy!

NOTES

ON THE BALL

Make the night before and allow fish to marinate overnight for maximum flavour.

FOR DOWN THE ROAD

Toss the marinade and fish together in a ziploc bag and store in the freezer.

Thaw before cooking.

NO ALMOND FLOUR

Use any gluten-free flour (coconut, brown rice, etc).

NO BOK CHOY

Use asparagus or broccolini instead.

Slow Cooker Rotisserie Chicken

4 SERVINGS 4 HOURS



INGREDIENTS

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 636 | Cholesterol | 295mg |
| Fat | 16g | Sodium | 2170mg |
| Carbs | 23g | Vitamin A | 10763... |
| Fiber | 6g | Vitamin C | 77mg |
| Sugar | 5g | Calcium | 115mg |
| Protein | 97g | Iron | 7mg |

DIRECTIONS

- 01 Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
- 02 Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
- 03 In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
- 04 Place chicken (breast side up) in the slow cooker on top of the foil balls. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). Check that it is cooked through by using a knife to make a slit to the bone. The chicken should be cooked at the bone and no longer pink.
- 05 One hour before you are ready to eat, preheat your oven to 415°F (215°C). Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
- 06 Remove vegetables from the oven and increase heat to 450°F (235°C). Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
- 07 Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

NOTES



SAVE THE CARCASS

Make our Immunity Boosting Bone Broth.

AIP-FRIENDLY

Omit the black pepper and cayenne.



Sweet Potato Tuna Burgers with Dill Mayo

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 Sweet Potato
- 2 cans Tuna (drained and flaked)
- 1/3 cup Almond Flour
- 3 stalks Green Onion (chopped)
- 1 Egg
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (washed and trimmed)
- 1 cup Cashews
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1 tbsp Nutritional Yeast
- 1/4 cup Fresh Dill (chopped)
- 1/3 cup Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 523 | Cholesterol | 76mg |
| Fat | 36g | Sodium | 551mg |
| Carbs | 26g | Vitamin A | 6034IU |
| Fiber | 6g | Vitamin C | 13mg |
| Sugar | 6g | Calcium | 105mg |
| Protein | 29g | Iron | 7mg |

DIRECTIONS

- 01 Peel sweet potato and chop into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Measure out 1 cup mashed sweet potato (or 2 cups if you are doubling the recipe) and set aside.
- 02 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Combine tuna, mashed sweet potato, flour, green onion, egg, oregano, paprika, sea salt and black pepper together in a bowl. Mix well. Use your hands to form into even cakes. Drop the cakes onto one side of the baking sheet. Place in the oven and set your timer for 15 minutes.
- 03 Meanwhile, trim the ends from the asparagus and toss in olive oil and season with sea salt and pepper.
- 04 Remove the cakes from the oven after 15 minutes. Flip them and add the asparagus to the other side of the baking sheet. Bake together in the oven for another 15 minutes or until the asparagus is tender.
- 05 Meanwhile, create your dill mayo by combining cashews, olive oil, lemon juice, nutritional yeast, dill and water together in a blender or food processor. Season with a pinch of sea salt. Blend until a creamy consistency forms.
- 06 Remove from oven. Plate asparagus and top with tuna cake(s). Drizzle with desired amount of dill mayo. Enjoy!

NOTES

NO TUNA
Use salmon



Baked Chicken with Tomatoes, Avocado & Spinach Salad

2 SERVINGS 40 MINUTES



INGREDIENTS

- 8 ozs Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 tsp Paprika
- 1 cup Cherry Tomatoes (halved)
- 1 Avocado (peeled and pitted)
- 1 Lime (juiced)
- 2 tbsps Red Onion (finely diced)
- 2 cups Baby Spinach
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 346 | Cholesterol | 82mg |
| Fat | 20g | Sodium | 87mg |
| Carbs | 16g | Vitamin A | 4192IU |
| Fiber | 9g | Vitamin C | 38mg |
| Sugar | 4g | Calcium | 63mg |
| Protein | 29g | Iron | 2mg |

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 03 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 04 Toss spinach with olive oil and lemon juice.
- 05 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!

Maple Roasted Almonds

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds
1 tbsp Maple Syrup
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 222 | Cholesterol | 0mg |
| Fat | 18g | Sodium | 1mg |
| Carbs | 12g | Vitamin A | 3IU |
| Fiber | 5g | Vitamin C | 0mg |
| Sugar | 5g | Calcium | 108mg |
| Protein | 8g | Iron | 1mg |

DIRECTIONS

- 01 Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
- 02 Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

| 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 Pulled Chicken & Pesto Wraps. | Store in a sealed container in the fridge for lunch tomorrow. |
| | | Prep Celery with Sunflower Seed Butter. | Store in containers in the fridge. |
| | | Freeze half the chicken breast. | You'll be reminded later on in the week to take it out to thaw. |
| 1 Mon |  | Pack your meals if you are on-the-go. | Bacon & Eggs Breakfast Jar, Pulled Chicken & Pesto Wraps, and Celery with Sunflower Seed Butter. |
| |  | Make the Cream of Celery & Asparagus Soup for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| Enjoy Apple Slices with Cinnamon for dessert or an after dinner snack. | | | |

| | | | |
|----------|---|--|--|
| 2 Tue |  | Start the Slow Cooker Bolognese with Spaghetti Squash. | Follow the first step in the recipe. Cover and cook on low for 8 hours. |
| | | Pack your meals if you are on-the-go. | Bacon & Eggs Breakfast Jar, Cream of Celery & Asparagus Soup and Apple Slices with Cinnamon. |
| |  | Finish the Slow Cooker Bolognese with Spaghetti Squash for dinner. | Roast the spaghetti squash in the oven. Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Make the Spicy Mango Guac on Sweet Potato Chips for snacks. | Store in a sealed container in the fridge. |
| | | Enjoy Celery with Sunflower Seed Butter for an after dinner snack. | |
| 3 Wed |  | Make the Lucky Green Smoothie for Breakfast. | Pour into a glass or travel cup. |
| | | Pack your meals if you are on-the-go. | Lucky Green Smoothie, Slow Cooker Bolognese with Spaghetti Squash, and Spicy Mango Guac on Sweet Potato Chips. |
| |  | Make Honey Lime Tilapia with Steamed Bok Choy for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Make Maple Roasted Almonds for an after dinner snack. | Store leftovers in an airtight container. |

| | | | |
|------------------|---|---|--|
| 4 Thu |  | Start the Slow Cooker Rotisserie Chicken. | Follow the recipe. Cook 4 to 5 hours on high or 8 to 9 hours on low. |
| | | Make the Lucky Green Smoothie for Breakfast. | Pour into a glass or travel cup. |
| | | Pack your meals if you are on-the-go. | Lucky Green Smoothie, Honey Lime Tilapia with Steamed Bok Choy, and Maple Roasted Almonds. |
| |  | Finish making the Slow Cooker Rotisserie Chicken for dinner. | Make the roasted vegetables. Store leftovers in a sealed container in the fridge for lunch tomorrow. |
| | | Enjoy Spicy Mango Guac on Sweet Potato Chips for an after dinner snack. | |
| 5 Fri |  | Make Paleo Huevos Rancheros for breakfast. | Store leftovers in the fridge for breakfast tomorrow. |
| | | Pack your meals if you are on-the-go. | Paleo Huevos Rancheros, Slow Cooker Rotisserie Chicken, and Dried Mango & Brazil Nuts. |
| |  | Make Sweet Potato Tuna Burgers with Dill Mayo for dinner. | Store leftovers in a sealed container in the fridge for lunch tomorrow. |
| | | Enjoy Pistachios for an after dinner snack. | |
| | | Transfer the chicken breast from the freezer into the fridge. | Let thaw overnight for dinner tomorrow. |

| | | | |
|------------------|---|--|--|
| 6 Sat |  | Pack your meals if you are on-the-go. | Paleo Huevos Rancheros, Sweet Potato Tuna Burger with Dill Mayo, and Pistachios. |
| |  | Make Baked Chicken with Tomatoes, Avocado & Spinach Salad for dinner. | Enjoy! |
| | | Enjoy Dried Mangos & Brazil Nuts for dessert or an after dinner snack. | |
| 7 Sun |  | Shop and prep for the week ahead. | Don't forget to set aside some time to meal plan and shop for next week! |

WAIVER

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