



Plant-Based Family-Friendly Program

TRACY KACZMARCZYK



Plant-Based Family-Friendly Program

HEAVY METAL FITNESS

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

Nutritious, plant-based meals the whole family will love - Our Plant-Based Family-Friendly Program is full of family favorites that exclude animal products. Parents and children will enjoy recipes like pasta, sushi, tacos, and sloppy joes made with nutrient-dense plant foods.

The meals included in this program support bone health, the immune system, gut health and ensure an adequate fiber intake.

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, influences bone-building cells, and modulates potential bone-damaging inflammation. This meal plan contains calcium from fortified milk beverages, tofu and coconut yogurt, and magnesium from food sources like peanut butter and edamame.

IMMUNE SUPPORT

Essential fat-soluble antioxidants like vitamin A and vitamin E support various cellular functions of our immune system and reduce oxidative stress in cells. This meal plan contains vitamin A sources like broccoli and spinach and incorporates vitamin E through healthy oils, nuts, and seeds. A lack of vitamin C can make you more prone to getting sick. This plan provides vitamin C from whole food sources like strawberries, tomatoes, and bell peppers.

FIBER

Fiber has several health benefits including improving digestive health and blood pressure. This meal plan provides up to 50 grams of fiber daily from foods such as fruits, vegetables, lentils, and whole grains. Soluble fiber has been shown to improve glycemic control and lower cholesterol. It is incorporated into the program from oats, chickpeas, and apples.



GUT HEALTH

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 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
Peanut Butter & Banana Steel Cut Oats



SNACK 1
Apple Slices & Hummus



LUNCH
Chopped Salad Pitas



SNACK 2
Cheezy Walnuts



DINNER
Garlicky Broccoli & Chickpea Pasta

TUE



BREAKFAST
Peanut Butter & Banana Steel Cut Oats



SNACK 1
Coconut Yogurt with Strawberries



LUNCH
Garlicky Broccoli & Chickpea Pasta



SNACK 2
Crackers & Hummus



DINNER
Vegan Sloppy Joes

WED



BREAKFAST
Peanut Butter & Banana Steel Cut Oats



SNACK 1
Apple Slices & Hummus



LUNCH
Vegan Sloppy Joes



SNACK 2
Cheezy Walnuts



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower, Quinoa

THU



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Coconut Yogurt with Strawberries



LUNCH
One Pan Tofu, Brussels Sprouts & Cauliflower, Quinoa



SNACK 2
Crackers & Hummus



DINNER
Cheesy Edamame & Parsley Pasta

FRI



BREAKFAST
Sweet Cherry Steel Cut Oats



SNACK 1
Apple Slices & Hummus



LUNCH
Cheesy Edamame & Parsley Pasta



SNACK 2
Cheezy Walnuts



DINNER
Veggie Quinoa Sushi, Mushroom Miso Soup

SAT



BREAKFAST
Protein-Packed Avocado Toast



SNACK 1
Banana with Peanut Butter



LUNCH
Veggie Quinoa Sushi, Mushroom Miso Soup



SNACK 2
Crackers & Hummus



DINNER
Roasted Chickpea Tacos

SUN



BREAKFAST
Protein-Packed Avocado Toast



SNACK 1
Banana with Peanut Butter



LUNCH
Roasted Chickpea Tacos



SNACK 2
Cheezy Walnuts



DINNER
Veggie Pita Pizza with Hummus

MON**FAT 44%** **CARBS 45%** **PROTEIN 11%**

Calories 1915 Cholesterol 0mg
 Fat 98g Sodium 1678mg
 Carbs 225g Vitamin A 1671IU
 Fiber 43g Vitamin C 110mg
 Sugar 57g Calcium 566mg
 Protein 52g Iron 15mg

TUE**FAT 35%** **CARBS 52%** **PROTEIN 13%**

Calories 2031 Cholesterol 0mg
 Fat 82g Sodium 2393mg
 Carbs 273g Vitamin A 4940IU
 Fiber 55g Vitamin C 161mg
 Sugar 64g Calcium 830mg
 Protein 69g Iron 22mg

WED**FAT 39%** **CARBS 44%** **PROTEIN 17%**

Calories 1947 Cholesterol 0mg
 Fat 90g Sodium 2161mg
 Carbs 228g Vitamin A 4771IU
 Fiber 50g Vitamin C 171mg
 Sugar 76g Calcium 1237mg
 Protein 85g Iron 23mg

THU**FAT 36%** **CARBS 49%** **PROTEIN 15%**

Calories 1899 Cholesterol 0mg
 Fat 79g Sodium 1636mg
 Carbs 244g Vitamin A 3777IU
 Fiber 35g Vitamin C 174mg
 Sugar 26g Calcium 1212mg
 Protein 75g Iron 21mg

FRI**FAT 38%** **CARBS 48%** **PROTEIN 14%**

Calories 1810 Cholesterol 0mg
 Fat 82g Sodium 4032mg
 Carbs 231g Vitamin A 8763IU
 Fiber 40g Vitamin C 88mg
 Sugar 41g Calcium 615mg
 Protein 65g Iron 17mg

SAT**FAT 42%** **CARBS 45%** **PROTEIN 13%**

Calories 2111 Cholesterol 0mg
 Fat 104g Sodium 4525mg
 Carbs 250g Vitamin A 6984IU
 Fiber 59g Vitamin C 119mg
 Sugar 48g Calcium 839mg
 Protein 70g Iron 18mg

SUN**FAT 48%** **CARBS 41%** **PROTEIN 11%**

Calories 1955 Cholesterol 0mg
 Fat 110g Sodium 1527mg
 Carbs 210g Vitamin A 2770IU
 Fiber 50g Vitamin C 131mg
 Sugar 37g Calcium 481mg
 Protein 56g Iron 15mg



FRUITS

- 3 Apple
- 2 1/8 Avocado
- 3 1/2 Banana
- 1/4 Lemon
- 2 tsps Lemon Juice
- 1/3 Lime
- 1/2 cup Strawberries

BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 3 3/4 tsps Maple Syrup
- 1 1/4 cups Steel Cut Oats

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/4 cup Cashews
- 1/16 tsp Cayenne Pepper
- 1/3 tsp Chili Powder
- 2 tsps Cinnamon
- 3/4 tsp Garlic Powder
- 1/2 cup Hemp Seeds
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds
- 1 cup Walnuts

FROZEN

- 1 cup Frozen Cherries
- 3/4 cup Frozen Edamame

VEGETABLES

- 1 cup Baby Spinach
- 2 cups Broccoli
- 1 cup Brussels Sprouts
- 1/2 Carrot
- 1/2 head Cauliflower
- 1/2 cup Cherry Tomatoes
- 1/3 Cucumber
- 2 2/3 Garlic
- 1 tsp Ginger
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Matchstick Carrots
- 1 cup Mushrooms
- 1 cup Parsley
- 12 ozs Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1 1/2 cups Shiitake Mushrooms
- 1/4 Sweet Onion
- 1/4 Zucchini

BOXED & CANNED

- 1 cup Brown Rice Spaghetti
- 2 2/3 cups Chickpeas
- 1 cup Crushed Tomatoes
- 2 cups Lentils
- 3/4 cup Quinoa
- 1 cup Vegetable Broth
- 1 cup White Navy Beans
- 5 1/4 ozs Whole Grain Crackers
- 1 1/2 cups Whole Wheat Penne

BAKING

- 1 tbsp Arrowroot Powder
- 2 2/3 tsps Nutritional Yeast
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 4 slices Bread
- 4 Corn Tortilla
- 1 3/4 cups Hummus
- 1 1/3 lbs Tofu
- 1 1/2 Whole Wheat Pita

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 1/2 tsps Coconut Oil
- 1/4 cup Extra Virgin Olive Oil
- 3 tsps Miso Paste
- 1/4 cup Tamari
- 1 1/2 tsps Yellow Mustard

COLD

- 1 1/2 cups Plain Coconut Milk
- 1 1/8 cups Unsweetened Coconut Yogurt

OTHER

- 4 Nori Sheets
- 7 1/2 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

Peanut Butter & Banana Steel Cut Oats

3 SERVINGS 35 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
3/4 cup Steel Cut Oats (dry, uncooked)
1 1/2 cups Water
1 1/2 cups Plain Coconut Milk (from the can or carton)
1 1/2 Banana (medium, ripe and mashed)
1 1/2 tsps Vanilla Extract
1/3 cup All Natural Peanut Butter
1 1/2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	507	Cholesterol	0mg
Fat	25g	Sodium	28mg
Carbs	62g	Vitamin A	287IU
Fiber	7g	Vitamin C	5mg
Sugar	21g	Calcium	281mg
Protein	12g	Iron	2mg

DIRECTIONS

- 01 Melt the coconut oil in a medium pot with a lid over medium heat. Add the oats and toast in the coconut oil for about a minute until oats are fragrant.
- 02 Carefully add the water and the coconut milk to the pot and then stir in the mashed banana and vanilla. Cover with a lid and reduce the heat to medium-low. Let simmer for 25 to 30 minutes or until the oats are tender, stirring frequently to prevent burning.
- 03 Stir in the peanut butter and maple syrup. Divide into bowls and enjoy!

NOTES

NO COCONUT MILK

Use almond milk instead.

LEFTOVERS

Keep well in the fridge for up to four days. Reheat the oats with a splash of water or milk.

Sweet Cherry Steel Cut Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Steel Cut Oats
1 1/2 cups Water
1 cup Frozen Cherries
1/4 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.

Protein-Packed Avocado Toast

1 SERVING 15 MINUTES



INGREDIENTS

1/2 Avocado
1/2 cup White Navy Beans (cooked)
1/8 Lemon (juiced)
1/8 tsp Sea Salt
2 slices Bread
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	555	Cholesterol	0mg
Fat	30g	Sodium	558mg
Carbs	59g	Vitamin A	149IU
Fiber	20g	Vitamin C	13mg
Sugar	6g	Calcium	119mg
Protein	19g	Iron	5mg

DIRECTIONS

- 01 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 02 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

NOTES

NO WHITE BEANS

Use chickpeas instead.

LIKES IT SPICY

Add hot sauce or chili flakes into the avocado bean mixture.

Apple Slices & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

NO APPLE

Use pear slices instead.

Coconut Yogurt with Strawberries

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Unsweetened Coconut Yogurt
2 tsps Cinnamon
1/2 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	73	Cholesterol	0mg
Fat	4g	Sodium	25mg
Carbs	11g	Vitamin A	12IU
Fiber	4g	Vitamin C	21mg
Sugar	2g	Calcium	282mg
Protein	1g	Iron	1mg

DIRECTIONS

01 Place the coconut yogurt in a bowl. Top with cinnamon and strawberries.
Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Add nuts and seeds.

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.

Chopped Salad Pitas

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Chickpeas (cooked)
1/2 cup Cherry Tomatoes (sliced into quarters)
1/8 Cucumber (chopped)
1/8 tsp Sea Salt
1/2 Whole Wheat Pita (halved)
2 tbsps Unsweetened Coconut Yogurt

NUTRITION

AMOUNT PER SERVING

Calories	251	Cholesterol	0mg
Fat	4g	Sodium	446mg
Carbs	46g	Vitamin A	682IU
Fiber	10g	Vitamin C	12mg
Sugar	8g	Calcium	121mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 02 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 03 Stuff the pita pockets with the chickpea mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chickpea mixture in an airtight container for up to five days. Assemble the pita with yogurt just before serving.

SERVING SIZE

Each serving equals one pita half stuffed with the chickpea mixture.

GLUTEN-FREE

Use lettuce wraps, collard greens, brown rice tortillas or gluten-free flatbread instead.

MORE FLAVOR

Add lime juice, fresh herbs or spices.

ADDITIONAL TOPPINGS

Bell peppers, feta cheese, red onions and/or black olives.

NO CHICKPEAS

Use marinated tofu, white beans, lentils, chicken breast or turkey instead.

Cheezy Walnuts

4 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Walnuts
2 tbsps Avocado Oil
2 tsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	264	Cholesterol	0mg
Fat	27g	Sodium	300mg
Carbs	5g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	30mg
Protein	5g	Iron	1mg

DIRECTIONS

01 In a bowl, toss the walnuts with the oil until well coated. Sprinkle the nutritional yeast and sea salt overtop and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add your choice of dried herbs or spices.

Crackers & Hummus

3 SERVINGS 5 MINUTES



INGREDIENTS

5 1/4 ozs Whole Grain Crackers
3/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

NOTES

CRACKERS

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

Garlicky Broccoli & Chickpea Pasta

2 SERVINGS 25 MINUTES



INGREDIENTS

2 cups Broccoli (finely chopped)
1 cup Chickpeas (cooked, patted dry)
1 tbsp Avocado Oil
1/2 tsp Sea Salt (divided)
1 1/2 cups Whole Wheat Penne
3 tbsps Extra Virgin Olive Oil (divided)
2 Garlic (cloves, minced and divided)
1 tbsp Nutritional Yeast
1/4 cup Water
2 tsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	653	Cholesterol	0mg
Fat	31g	Sodium	640mg
Carbs	78g	Vitamin A	590IU
Fiber	16g	Vitamin C	85mg
Sugar	8g	Calcium	94mg
Protein	19g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Place broccoli and chickpeas on the baking sheet. Season with avocado oil and half of the salt. Roast for 20 minutes until broccoli is tender and chickpeas are slightly crispy. Set aside.
- 03 Meanwhile, cook the pasta according to package directions.
- 04 In a large skillet over medium heat, add half of the olive oil and half of the garlic. Cook until the garlic is foamy and golden brown, about 3 to 5 minutes. Remove from the heat and immediately add the remaining garlic, salt, olive oil, nutritional yeast and water. Stir to combine.
- 05 Add the cooked pasta, roasted broccoli and chickpeas to the skillet and stir in the lemon juice. Toss to evenly coat the pasta. If the pasta is too dry, add an additional tablespoon of water or oil at a time until desired consistency is reached. Season with additional salt, and lemon juice, if needed.
- 06 Divide between plates and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat with additional water or oil to prevent pasta from being too dry.

SERVING SIZE

One serving is equal to approximately 2 1/4 cups.

GLUTEN-FREE

Use rice pasta or quinoa pasta instead of whole wheat pasta.

MORE FLAVOR

Reserve some of the starchy cooking liquid from the pasta to use instead of plain water.



ADDITIONAL TOPPINGS

Top with additional nutritional yeast, vegan parmesan cheese, fresh parsley, lemon zest, black pepper or red pepper flakes.



Vegan Sloppy Joes

2 SERVINGS 4 HOURS



INGREDIENTS

2 cups Lentils (cooked, drained and rinsed)
1/4 Sweet Onion (finely diced)
1/2 Green Bell Pepper (finely diced)
1 cup Mushrooms (sliced)
1/2 cup Matchstick Carrots
1/2 tsp Garlic Powder
1 1/2 tbsps Yellow Mustard
2 tbsps Maple Syrup
1 cup Crushed Tomatoes
1/2 tsp Sea Salt
1/4 tsp Black Pepper
12 ozs Portobello Mushroom Caps
1 cup Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	0mg
Fat	1g	Sodium	997mg
Carbs	79g	Vitamin A	4034IU
Fiber	23g	Vitamin C	50mg
Sugar	27g	Calcium	137mg
Protein	29g	Iron	10mg

DIRECTIONS

- 01 Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
- 02 About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
- 03 Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

NOTES

MEAT LOVER

Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

NEXT LEVEL SLOPPY JOES

Add cheese, avocado, pickles, onions and/or cashew sour cream.

REPURPOSE LEFTOVERS

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

One Pan Tofu, Brussels Sprouts & Cauliflower

2 SERVINGS 45 MINUTES



INGREDIENTS

15 3/4 ozs Tofu (extra firm, drained)
1 tbsp Tamari
1 tbsp Avocado Oil
1 tsp Maple Syrup
1 tbsp Arrowroot Powder
1 cup Brussels Sprouts (trimmed and halved)
1/2 head Cauliflower (chopped into florets)
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	0mg
Fat	23g	Sodium	568mg
Carbs	21g	Vitamin A	332IU
Fiber	7g	Vitamin C	108mg
Sugar	8g	Calcium	720mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Place in a shallow baking dish and add the tamari, avocado oil, maple syrup, and arrowroot powder. Let it sit for 10 minutes to marinate, ensuring all of the tofu is covered.
- 02 Line a baking sheet with parchment paper and add the brussels sprouts and cauliflower to the pan. Drizzle with olive oil, sea salt, and pepper. Add the marinated tofu to the baking sheet. Bake for 30 to 35 minutes, flipping the tofu halfway through.
- 03 Remove from the oven and divide onto plates. Garnish with sesame seeds and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 3 to 4 days.

VEGETABLE ALTERNATIVES

The cauliflower and Brussels sprouts can be swapped out for things like broccoli, sweet potato, carrots, green beans or squash.

Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

Cheesy Edamame & Parsley Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Brown Rice Spaghetti
1/4 cup Cashews
1 tbsp Nutritional Yeast
1/4 tsp Garlic Powder
1/4 tsp Sea Salt
3/4 cup Frozen Edamame (thawed)
1 cup Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	598	Cholesterol	0mg
Fat	14g	Sodium	331mg
Carbs	101g	Vitamin A	2734IU
Fiber	10g	Vitamin C	44mg
Sugar	2g	Calcium	89mg
Protein	21g	Iron	6mg

DIRECTIONS

- 01 Bring a large pot of water to a boil and add brown rice spaghetti. Cook according to the directions on the package. Remove from heat, strain and run cold water over pasta to prevent from over-cooking.
- 02 Meanwhile, make your 'parmesan' seasoning by adding cashews, nutritional yeast, garlic powder and sea salt to your food processor. Blend well until it reaches a spice-like consistency. Set aside.
- 03 In a large bowl, toss pasta with edamame, chopped parsley, salt and pepper to taste, and your desired amount of 'parmesan' seasoning. Divide into bowls and enjoy!

NOTES

NO EDAMAME

Use frozen peas or any leftover veggies.

MEAT LOVER

Replace edamame with cooked chicken breast or shrimp.

MAKE IT SPICY

Garnish with red pepper flakes.

Veggie Quinoa Sushi

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Quinoa
1/2 cup Water
1 tbsp Apple Cider Vinegar
1/4 Cucumber (sliced into strips)
1/2 Avocado (diced)
1/2 Carrot (grated)
1/16 tsp Cayenne Pepper
4 Nori Sheets
2 tbsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	193	Cholesterol	0mg
Fat	9g	Sodium	1029m...
Carbs	24g	Vitamin A	3487IU
Fiber	8g	Vitamin C	13mg
Sugar	2g	Calcium	57mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Add quinoa and water to a saucepan and bring to a boil. Once boiling, turn down to simmer and cover for 12 minutes. After 12 minutes, remove from heat and stir in apple cider vinegar. Set quinoa aside.
- 02 Place nori sheet on bamboo mat. If you don't have a bamboo mat or tea towel. Spread two spoonfuls of quinoa over nori sheet then add cucumber, avocado and carrot (and/or other any veggies you love). Roll the sushi. (Note: If you have never rolled sushi, Youtube it. There are a million videos with awesome demonstrations!)
- 03 Using a very sharp knife, slice the filled nori roll into smaller pieces. Sprinkle sushi pieces with cayenne pepper if you want a little spice! Serve immediately with tamari.

Mushroom Miso Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

3 cups Water
1 cup Vegetable Broth
1 1/2 cups Shiitake Mushrooms (sliced)
6 ozs Tofu (drained, rinsed and cut into cubes)
1 tsp Ginger
1 tbsp Tamari
3 tbsps Miso Paste
2 cups Kale Leaves (roughly chopped)
2 stalks Green Onion (optional, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	199	Cholesterol	0mg
Fat	7g	Sodium	2103mg
Carbs	26g	Vitamin A	1754IU
Fiber	6g	Vitamin C	22mg
Sugar	9g	Calcium	343mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
- 02 Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
- 03 In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
- 04 Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 cups.

MORE FLAVOR

Add sesame oil once finished cooking.

ADDITIONAL TOPPINGS

Add noodles, or some nori to the soup when finished cooking.

NO VEGETABLE BROTH

Use water instead and increase the amount of miso slightly for more flavor.

MISO PASTE

This recipe was developed and tested using white miso.

Roasted Chickpea Tacos

2 SERVINGS 45 MINUTES



INGREDIENTS

1 1/8 cups Chickpeas (cooked)
2/3 Red Bell Pepper (sliced)
1 tbsp Extra Virgin Olive Oil
1/3 tsp Chili Powder
1/16 tsp Sea Salt
2/3 Avocado
1/3 Lime (juiced)
2/3 Garlic (clove, minced)
2 tsps Water
4 Corn Tortilla

NUTRITION

AMOUNT PER SERVING

Calories	479	Cholesterol	0mg
Fat	20g	Sodium	125mg
Carbs	64g	Vitamin A	1501IU
Fiber	15g	Vitamin C	61mg
Sugar	7g	Calcium	262mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the chickpeas and red pepper to the sheet. Drizzle with 1/3 of the olive oil and toss to coat. Add the chili powder and sea salt. Bake for 15 to 20 minutes.
- 02 Remove from the oven, shake the baking sheet and cook for 10 to 15 minutes more.
- 03 Add the avocado flesh, lime juice, garlic, water and remaining olive oil to a blender or food processor. Blend until smooth and creamy.
- 04 Add the avocado sauce to the tortillas. Top with the chickpeas and peppers. Serve and enjoy!

NOTES

SERVING SIZE

One serving is equal to two tacos.

NO TORTILLAS

Use lettuce as a wrap.

LIKES IT SPICY

Add hot sauce or cayenne pepper to the assembled tacos.

LEFTOVERS

Refrigerate ingredients separately in their own airtight containers for up to 3 days. For best results, reheat the chickpeas and peppers in a skillet before serving.

MORE VEGGIES

Roast additional vegetables, such as cauliflower, broccoli florets or sweet potato, and add to the tacos.



Veggie Pita Pizza with Hummus

1 SERVING 15 MINUTES



INGREDIENTS

3/4 tsp Extra Virgin Olive Oil
1/4 Red Bell Pepper (thinly sliced)
1/4 Zucchini (medium, sliced)
1/4 cup Hummus
1 Whole Wheat Pita

NUTRITION

AMOUNT PER SERVING

Calories	359	Cholesterol	0mg
Fat	16g	Sodium	537mg
Carbs	48g	Vitamin A	1044IU
Fiber	8g	Vitamin C	47mg
Sugar	5g	Calcium	48mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
- 03 Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
- 04 Let cool slightly and slice. Enjoy!

NOTES

NO OLIVE OIL

Use coconut oil, avocado oil, ghee or butter instead.

NO WHOLE WHEAT PITA

Use tortillas or flatbread instead.

PREP AHEAD

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

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 Peanut Butter & Banana Steel Cut Oats.	Once cooled, divide between containers in the fridge for breakfasts. Top daily with fresh-cut banana.
		Portion out hummus for the week.	Divide between containers and store in the fridge for snacks.
		Make Coconut Yogurt with Strawberries.	Store in the fridge for snacks.
		Make the Chopped Salad Pitas.	Store in the fridge for lunch tomorrow.
		Make Cheezy Walnuts snacks.	Store in the fridge for snacks throughout the week.
1 Mon		Pack your meals if you are on-the-go.	Peanut Butter & Banana Steel Cut Oats, Apple Slices & Hummus, Chopped Salad Pitas, and Cheezy Walnuts.
		Make the Garlicky Broccoli & Chickpea Pasta for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

2 Tue		Start the Vegan Sloppy Joes.	Combine ingredients in your slow cooker. Cover and cook on high for 4 hours or on low for 6 hours.
		Pack your meals if you are on-the-go.	Peanut Butter & Banana Steel Cut Oats, Coconut Yogurt with Strawberries, Garlicky Broccoli & Chickpea Pasta, and Crackers & Hummus.
		Finish making the Vegan Sloppy Joes for dinner.	Bake portobello mushrooms before serving. Enjoy and store leftovers in the fridge for lunch tomorrow.
3 Wed		Pack your meals if you are on-the-go.	Peanut Butter & Banana Steel Cut Oats, Apple Slices & Hummus, Vegan Sloppy Joes, and Cheesy Walnuts.
		Make One Pan Tofu, Brussels Sprouts & Cauliflower with Quinoa for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
4 Thu		Make Sweet Cherry Steel Cut Oats for breakfast.	Store leftovers in a container in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Coconut Yogurt with Strawberries, One Pan Tofu, Brussels Sprouts & Cauliflower with Quinoa, and Crackers & Hummus.
		Make Cheesy Edamame & Parsley Pasta for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

5 Fri		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Apple Slices & Hummus, Cheesy Edamame & Parsley Pasta, and Cheezy Walnuts.
		Make Veggie Quinoa Sushi with Mushroom Miso Soup for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
6 Sat		Make Protein-Packed Avocado Toast for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Banana with Peanut Butter, Veggie Quinoa Sushi with Mushroom Miso Soup, and Crackers & Hummus.
		Make the Roasted Chickpea Tacos for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
7 Sun		Make Protein-Packed Avocado Toast for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Banana with Peanut Butter, Roasted Chickpea Tacos, and Cheezy Walnuts.
		Shop and prep for the week ahead.	
		Make Veggie Pita Pizza with Hummus for dinner.	Enjoy!

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.

