



Plant-Based Healthy for the Holidays Challenge, Week 2

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HEAVY METAL FITNESS

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

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! Sometimes recipes call for unusual ingredients, but you don't necessarily need to buy them. Check to see if a suitable alternative is available.

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
Cinnamon Pear Oatmeal



SNACK 1
Almond Butter Apple Sandwiches



LUNCH
Creamy Pasta with Kale



SNACK 2
Banana



DINNER
Grilled Eggplant with Spiced Walnuts & Yogurt



SNACK 3
Dark Chocolate Almond Mousse

TUE



BREAKFAST
Cinnamon Pear Oatmeal



SNACK 1
Cranberry Protein Cookies



LUNCH
Grilled Eggplant with Spiced Walnuts & Yogurt



SNACK 2
Almond Butter Apple Sandwiches



DINNER
Creamy Pasta with Kale



SNACK 3
Dark Chocolate Almond Mousse

WED



BREAKFAST
Cinnamon Pear Oatmeal



SNACK 1
Pear & Walnuts



LUNCH
Creamy Pasta with Kale



SNACK 2
Cranberry Protein Cookies



DINNER
Grilled Brussels Sprouts, Pear & Pecan Salad



SNACK 3
Dark Chocolate Almond Mousse

THU



BREAKFAST
Cinnamon Vanilla Overnight Oats



SNACK 1
Cranberry Protein Cookies



LUNCH
Grilled Brussels Sprouts, Pear & Pecan Salad



SNACK 2
Creamy Apple Pie Smoothie



DINNER
Roasted Red Pepper & Tomato Pasta



SNACK 3
Dark Chocolate Almond Mousse

FRI



BREAKFAST
Cinnamon Vanilla Overnight Oats



SNACK 1
Pear & Walnuts



LUNCH
Roasted Red Pepper & Tomato Pasta



SNACK 2
Cranberry Protein Cookies



DINNER
Grilled Brussels Sprouts, Pear & Pecan Salad



SNACK 3
Dark Chocolate Almond Mousse

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

Calories 1905 Cholesterol 0mg
 Fat 112g Sodium 571mg
 Carbs 215g Vitamin A 1967IU
 Fiber 62g Vitamin C 63mg
 Sugar 74g Calcium 955mg
 Protein 58g Iron 18mg

TUE**FAT 52%** **CARBS 36%** **PROTEIN 12%**

Calories 2066 Cholesterol 0mg
 Fat 130g Sodium 578mg
 Carbs 207g Vitamin A 1901IU
 Fiber 64g Vitamin C 54mg
 Sugar 66g Calcium 1079mg
 Protein 67g Iron 20mg

WED**FAT 51%** **CARBS 38%** **PROTEIN 11%**

Calories 2062 Cholesterol 0mg
 Fat 128g Sodium 756mg
 Carbs 213g Vitamin A 5146IU
 Fiber 56g Vitamin C 131mg
 Sugar 74g Calcium 878mg
 Protein 61g Iron 20mg

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

Calories 1867 Cholesterol 2mg
 Fat 88g Sodium 1116mg
 Carbs 245g Vitamin A 9834IU
 Fiber 63g Vitamin C 224mg
 Sugar 84g Calcium 1845mg
 Protein 71g Iron 23mg

FRI**FAT 43%** **CARBS 45%** **PROTEIN 12%**

Calories 1807 Cholesterol 0mg
 Fat 95g Sodium 934mg
 Carbs 224g Vitamin A 9238IU
 Fiber 60g Vitamin C 218mg
 Sugar 75g Calcium 1289mg
 Protein 60g Iron 22mg



FRUITS

- 3 Apple
- 3 Banana
- 2 1/2 tbsps Lemon Juice
- 5 Pear

BREAKFAST

- 1 1/4 cups Almond Butter

SEEDS, NUTS & SPICES

- 3/4 cup Cashews
- 2/3 cup Chia Seeds
- 1 2/3 tps Cinnamon
- 1 1/2 tps Cumin
- 1 1/8 cups Pecans
- 1/2 tsp Red Pepper Flakes
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

FROZEN

- 4 Ice Cubes

VEGETABLES

- 3 cups Baby Spinach
- 3 cups Brussels Sprouts
- 2 tbsps Cilantro
- 2 Eggplant
- 4 Garlic
- 4 cups Kale Leaves
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 3 Tomato

BOXED & CANNED

- 12 ozs Chickpea Pasta

BAKING

- 1/2 cup Cocoa Powder
- 1 cup Dried Unsweetened Cranberries
- 3 tbsps Monk Fruit Sweetener
- 1 tbsp Nutritional Yeast
- 2 3/4 cups Oats
- 1 1/2 tps Vanilla Extract

CONDIMENTS & OILS

- 2 1/2 tbsps Avocado Oil
- 1 tbsp Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil

COLD

- 4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 6 Barbecue Skewers
- 1/4 cup Vanilla Protein Powder
- 3 1/2 cups Water

Cinnamon Pear Oatmeal

3 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 Pear (sliced)
- 1/3 tsp Cinnamon
- 1 1/2 cups Oats (rolled)
- 3 cups Water
- 1/3 cup Pecans (roughly chopped, optional)
- 3 tbsps Almond Butter (optional)

NUTRITION

AMOUNT PER SERVING

Calories	386	Cholesterol	0mg
Fat	20g	Sodium	9mg
Carbs	46g	Vitamin A	30IU
Fiber	10g	Vitamin C	4mg
Sugar	10g	Calcium	119mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 02 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 03 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Reheat with a splash of water or oat milk or eat cold.

NUT-FREE

Use pumpkin seeds instead of pecans. Omit the almond butter or use tahini instead.

MORE FLAVOR

Add a splash of oat milk and/or vanilla. Cook the pear in coconut oil.

ADDITIONAL TOPPINGS

Sweeten with a drizzle of maple syrup.

Cinnamon Vanilla Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

2/3 cup Oats (rolled)
2 tbsps Chia Seeds
1/4 tsp Cinnamon
1/2 tsp Vanilla Extract
1 cup Unsweetened Coconut Yogurt
1 cup Unsweetened Almond Milk
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	285	Cholesterol	0mg
Fat	10g	Sodium	109mg
Carbs	44g	Vitamin A	288IU
Fiber	10g	Vitamin C	5mg
Sugar	8g	Calcium	572mg
Protein	7g	Iron	3mg

DIRECTIONS

- 01 Add all ingredients to a medium-sized container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove from the fridge and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is about 1 1/4 cup.

NO COCONUT YOGURT

Use another type of yogurt.

ADDITIONAL TOPPING

Berries, nuts and/or seeds.

Almond Butter Apple Sandwiches

1 SERVING 10 MINUTES



INGREDIENTS

1 Apple
2 tbsps 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 the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 02 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

Cranberry Protein Cookies

4 SERVINGS 20 MINUTES



INGREDIENTS

1/2 Banana (mashed)
2 tbsps Vanilla Protein Powder
1/2 cup Oats
1/2 cup Almond Butter
1/4 tsp Cinnamon
2 tbsps Dried Unsweetened Cranberries

NUTRITION

AMOUNT PER SERVING

Calories	266	Cholesterol	0mg
Fat	18g	Sodium	8mg
Carbs	19g	Vitamin A	10IU
Fiber	5g	Vitamin C	1mg
Sugar	6g	Calcium	130mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
- 02 Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

NOTES

SERVING SIZE

One serving is equal to one cookie.

LEFTOVERS

Store in the fridge for up to four days or in the freezer for up to three months.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

Pear & Walnuts

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Pear
1/2 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	31g	Vitamin A	45IU
Fiber	8g	Vitamin C	8mg
Sugar	18g	Calcium	45mg
Protein	5g	Iron	1mg

DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of walnuts.

MORE FLAVOR

Season the pear with cinnamon.

Creamy Pasta with Kale

3 SERVINGS 40 MINUTES



INGREDIENTS

6 ozs Chickpea Pasta
4 cups Kale Leaves (sliced thin into ribbons)
1 Garlic (clove, minced)
3/4 cup Cashews (soaked for 30 minutes and drained)
1/2 cup Water
1 tbsp Nutritional Yeast (optional)
1 tbsp Lemon Juice
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	490	Cholesterol	0mg
Fat	29g	Sodium	89mg
Carbs	46g	Vitamin A	1348IU
Fiber	11g	Vitamin C	28mg
Sugar	7g	Calcium	134mg
Protein	22g	Iron	8mg

DIRECTIONS

- 01 Cook the pasta according to the directions on the package and set aside.
- 02 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 03 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 04 Toss the pasta with the cream sauce and enjoy!

NOTES

NO KALE

Use another green instead such as spinach, collard greens or Swiss chard.

LEFTOVERS

Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

NO CHICKPEA PASTA

Use lentil, quinoa, brown rice or whole wheat pasta instead.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

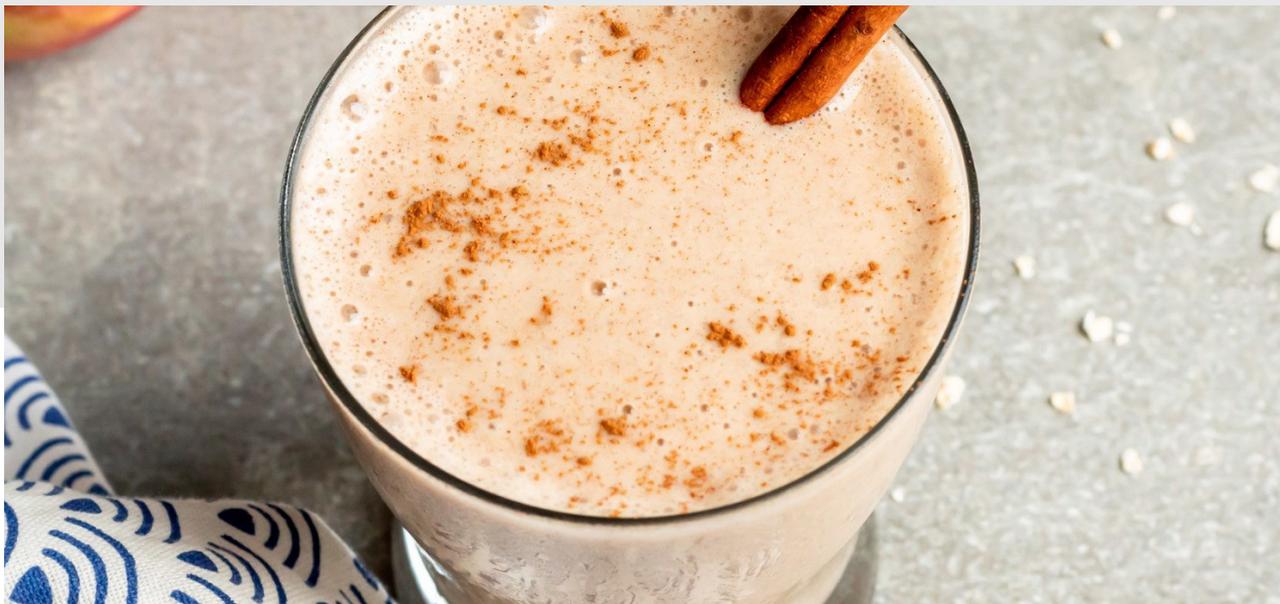
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MORE PROTEIN

Dip in almond butter.

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium, peeled and chopped)
1/2 Banana (frozen)
4 Ice Cubes
2 tbsps Vanilla Protein Powder
2 tbsps Oats
1 tbsp Almond Butter
3/4 tsp Cinnamon (ground)
1 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	358	Cholesterol	2mg
Fat	13g	Sodium	184mg
Carbs	52g	Vitamin A	641IU
Fiber	11g	Vitamin C	14mg
Sugar	27g	Calcium	601mg
Protein	16g	Iron	2mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

APPLE TYPE

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

NO ALMOND MILK

Use any other type of milk instead.



Grilled Eggplant with Spiced Walnuts & Yogurt

2 SERVINGS 25 MINUTES



INGREDIENTS

2 Eggplant (small, cut in half lengthwise)
1 tbsp Avocado Oil (divided)
1 1/2 tsps Cumin (divided)
Sea Salt & Black Pepper (to taste)
1/2 cup Walnuts (chopped)
1 tbsp Coconut Aminos
1/2 cup Unsweetened Coconut Yogurt
2 tsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	436	Cholesterol	0mg
Fat	30g	Sodium	162mg
Carbs	42g	Vitamin A	214IU
Fiber	19g	Vitamin C	13mg
Sugar	22g	Calcium	219mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Score the flesh of the eggplant and brush with half of the oil. Season with half of the cumin, salt, and pepper.
- 02 Heat the grill or a grill-pan to medium high heat. Once hot, place the eggplant on the grill, flesh side down. Grill for five minutes on each side, until golden brown and soft to touch. Set aside.
- 03 In a small frying pan, on medium low heat, toast the walnuts with the remaining oil, coconut aminos, and the remaining cumin for about three minutes. Remove from heat and set aside.
- 04 To assemble, top the eggplant with equal parts of yogurt, walnuts, and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is two small eggplant halves.

MORE FLAVOR

Use za'atar seasoning instead of cumin. Add chopped parsley and shallots to the walnut mixture.

ADDITIONAL TOPPINGS

Parsley, chives, basil, and/or sesame seeds.

NO COCONUT YOGURT

Use any other type of yogurt instead.

Grilled Brussels Sprouts, Pear & Pecan Salad

3 SERVINGS 20 MINUTES



INGREDIENTS

3 cups Brussels Sprouts (trimmed, outer leaves removed, halved)
1 1/2 tbsps Avocado Oil
1/3 tsp Sea Salt (to taste)
6 Barbecue Skewers
3 cups Baby Spinach
1 1/2 Pear (cored, sliced)
3/4 cup Pecans (crushed)
3/4 cup Dried Unsweetened Cranberries
1 1/2 tbsps Lemon Juice (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	421	Cholesterol	0mg
Fat	26g	Sodium	342mg
Carbs	48g	Vitamin A	3513IU
Fiber	11g	Vitamin C	90mg
Sugar	32g	Calcium	92mg
Protein	6g	Iron	3mg

DIRECTIONS

- 01 Bring a pot of water to a boil. Blanch the Brussels sprouts for two to five minutes. Drain the water and pat dry. Toss the Brussels sprouts in oil and season with salt.
- 02 Pierce the Brussels sprouts onto the skewers.
- 03 Grill over medium-high heat for about four minutes per side, until tender and slightly charred.
- 04 Divide the spinach, pear, pecans, cranberries, and grilled Brussels sprouts onto plates. Drizzle with lemon juice and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 2 1/2 cups.

MORE FLAVOR

Marinate the Brussels sprouts for longer. Add black pepper and minced garlic to the marinade. Drizzle any leftover marinade over top of the cooked skewers.

ADDITIONAL TOPPINGS

Add olive oil, goat cheese, blue cheese, feta cheese or vegan cheese.

NO SKEWERS

Use a grilling mat or basket instead.

BARBECUE SKEWERS

If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Roasted Red Pepper & Tomato Pasta

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Red Bell Pepper (large, chopped)
- 3 Tomato (medium, whole)
- 3 Garlic (cloves, large, left in the skin)
- 1 tbsp Water
- Sea Salt & Black Pepper (to taste)
- 6 ozs Chickpea Pasta
- 1/2 tsp Red Pepper Flakes
- 1/4 cup Parsley

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	6g	Sodium	167mg
Carbs	59g	Vitamin A	5182IU
Fiber	15g	Vitamin C	114mg
Sugar	10g	Calcium	92mg
Protein	24g	Iron	10mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Prepare a rimmed baking sheet with parchment paper (optional).
- 02 Add the red pepper, tomatoes, and garlic cloves to a baking sheet. Add water and season with salt and pepper. Toss to combine. Bake in the oven for 30 minutes.
- 03 Cook the pasta according to package directions.
- 04 Once the vegetables have finished baking, remove the garlic cloves from their skins and transfer everything to a blender. Add red pepper flakes and blend until smooth and creamy.
- 05 Combine the pasta with the sauce and mix until well coated. Top with parsley, serve, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

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

ADDITIONAL TOPPINGS

Top with parmesan cheese or nutritional yeast.

Dark Chocolate Almond Mousse

5 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

2 cups Unsweetened Almond Milk
1/2 cup Chia Seeds
1/2 cup Cocoa Powder
1/4 cup Almond Butter
3 tbsps Monk Fruit Sweetener
1 tsp Vanilla Extract
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	201	Cholesterol	0mg
Fat	15g	Sodium	306mg
Carbs	23g	Vitamin A	200IU
Fiber	11g	Vitamin C	0mg
Sugar	1g	Calcium	358mg
Protein	8g	Iron	3mg

DIRECTIONS

- 01 Add all the ingredients to a high-speed blender and blend for 2 to 3 minutes until thickened, smooth and creamy.
- 02 Transfer to a bowl and refrigerate until chilled, about 3 hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Stir well before serving.

SERVING SIZE

One serving is roughly 1/2 cup.

ADDITIONAL TOPPINGS

Extra cocoa powder, chopped nuts, fresh berries and/or shredded coconut.

NO ALMOND BUTTER

Use another nut or seed butter instead.

WAIVER

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