



# Plant-Based Heart Health Program

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# Plant-Based Heart Health Program

## HEAVY METAL FITNESS

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

The Plant-Based Heart Health Meal Plan is a nutrition plan packed with fiber-rich fruits, vegetables, legumes and whole grains, tofu, and healthy fats. This program features heart-healthy foods, taking inspiration from recommended cardiovascular eating patterns such as the Portfolio Diet and DASH Diet.

The nutrition plan uses extra virgin olive oil and avocado oil as its main cooking oils. It incorporates fruits, vegetables, whole grains, oats, and legumes daily to provide a high-fiber diet. Each day includes almonds, soy protein, legumes and more than five servings of fruits and vegetables. Sodium is limited to less than 2 grams per day.

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

#### **LOW SATURATED FAT**

Replacing saturated fat in the diet with healthy plant-based fats is shown to reduce the risk of cardiovascular disease. This program limits saturated fat to less than 15 grams per day, and the sources of this type of fat come from healthier foods like nuts, seeds, and almond butter.

#### **HEALTHY FATS**

This program contains omega-3 fats from walnuts, and monounsaturated fatty acids from olive oil, almonds, and avocado. Almonds and almond butter are included daily in this plan as research shows that eating five servings of nuts a week is associated with a decrease in cholesterol levels and coronary heart disease events.

#### **FIBER**

Adequate dietary fiber intake is associated with lower blood pressure and reduced inflammation. This program is rich in fruits and vegetables, whole grains, and legumes to provide a daily total fiber amount of up to 55 grams. These foods also contain naturally occurring plant sterols which can help lower cholesterol. Soluble fiber found in foods like oats, chickpeas, bananas, berries, and Brussels sprouts are incorporated into the program and have been shown to improve glycemic control and lower cholesterol levels.



## LOW SODIUM

Guidelines recommend restricting sodium to less than 2,000 milligrams per day to prevent or treat hypertension and reduce the risk of stroke and cardiovascular disease. This program meets the sodium limit with less than 1,800 milligrams per day.

## SOY PROTEIN

The Portfolio Diet has shown that including soy protein daily reduces levels of bad cholesterol and improves good cholesterol levels. This program incorporates soy protein from foods like tofu and edamame for at least one meal per day. The other meals and snacks contain high fiber protein sources from black beans, chickpeas, and hummus.

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## 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**  
Overnight Vanilla Protein Oats



**SNACK 1**  
Apples & Almonds



**LUNCH**  
One Pan Tofu, Brussels Sprouts & Cauliflower



**SNACK 2**  
Blueberry Chia Parfait



**DINNER**  
Mediterranean Buddha Bowl

## TUE



**BREAKFAST**  
Overnight Vanilla Protein Oats



**SNACK 1**  
Blueberry Chia Parfait



**LUNCH**  
Mediterranean Buddha Bowl



**SNACK 2**  
Apples & Almonds



**DINNER**  
One Pan Tofu, Brussels Sprouts & Cauliflower

## WED



**BREAKFAST**  
Overnight Vanilla Protein Oats



**SNACK 1**  
Apples & Almonds



**LUNCH**  
One Pan Tofu, Brussels Sprouts & Cauliflower



**SNACK 2**  
Veggie Pita Pizza with Hummus



**DINNER**  
Lemon Kale Salad with Chickpeas & Avocado

## THU



**BREAKFAST**  
Berry & Nut Breakfast Bowl



**SNACK 1**  
Veggie Pita Pizza with Hummus



**LUNCH**  
Lemon Kale Salad with Chickpeas & Avocado



**SNACK 2**  
Apple



**DINNER**  
Burrito Bowl with Quinoa Tofu Taco Filling

## FRI



**BREAKFAST**  
Berry & Nut Breakfast Bowl



**SNACK 1**  
Pita, Hummus & Red Pepper Snack Plate



**LUNCH**  
Burrito Bowl with Quinoa Tofu Taco Filling



**SNACK 2**  
Almonds



**DINNER**  
Crispy Tofu Meal Prep Bowls

## SAT



**BREAKFAST**  
Creamy Apple Pie Smoothie



**SNACK 1**  
Almonds



**LUNCH**  
Crispy Tofu Meal Prep Bowls



**SNACK 2**  
Pita, Hummus & Red Pepper Snack Plate



**DINNER**  
Spaghetti with Pesto & Roasted Tomatoes

## SUN



**BREAKFAST**  
Creamy Apple Pie Smoothie



**SNACK 1**  
Pita, Hummus & Red Pepper Snack Plate



**LUNCH**  
Spaghetti with Pesto & Roasted Tomatoes



**SNACK 2**  
Almonds



**DINNER**  
Crispy Tofu Meal Prep Bowls

## MON

**FAT 47%**    **CARBS 37%**    **PROTEIN 16%**

Calories 1824            Cholesterol 2mg  
Fat 101g                Sodium 1174mg  
Carbs 178g             Vitamin A 2930IU  
Fiber 49g              Vitamin C 167mg  
Sugar 51g              Calcium 2000mg  
Protein 78g             Iron 21mg

## TUE

**FAT 47%**    **CARBS 37%**    **PROTEIN 16%**

Calories 1824            Cholesterol 2mg  
Fat 101g                Sodium 1174mg  
Carbs 178g             Vitamin A 2930IU  
Fiber 49g              Vitamin C 167mg  
Sugar 51g              Calcium 2000mg  
Protein 78g             Iron 21mg

## WED

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

Calories 1911            Cholesterol 2mg  
Fat 104g                Sodium 1566mg  
Carbs 191g             Vitamin A 4080IU  
Fiber 53g              Vitamin C 223mg  
Sugar 44g              Calcium 1495mg  
Protein 84g             Iron 22mg

## THU

**FAT 49%**    **CARBS 39%**    **PROTEIN 12%**

Calories 1832            Cholesterol 0mg  
Fat 107g                Sodium 1742mg  
Carbs 190g             Vitamin A 6839IU  
Fiber 58g              Vitamin C 256mg  
Sugar 47g              Calcium 711mg  
Protein 60g             Iron 20mg

## FRI

**FAT 55%**    **CARBS 31%**    **PROTEIN 14%**

Calories 1796            Cholesterol 0mg  
Fat 118g                Sodium 1668mg  
Carbs 147g             Vitamin A 12123IU  
Fiber 47g              Vitamin C 300mg  
Sugar 41g              Calcium 1051mg  
Protein 68g             Iron 18mg

## SAT

**FAT 49%**    **CARBS 38%**    **PROTEIN 13%**

Calories 1766            Cholesterol 2mg  
Fat 101g                Sodium 1199mg  
Carbs 177g             Vitamin A 11169IU  
Fiber 37g              Vitamin C 180mg  
Sugar 55g              Calcium 1245mg  
Protein 63g             Iron 13mg

## SUN

**FAT 49%**    **CARBS 38%**    **PROTEIN 13%**

Calories 1766            Cholesterol 2mg  
Fat 101g                Sodium 1199mg  
Carbs 177g             Vitamin A 11169IU  
Fiber 37g              Vitamin C 180mg  
Sugar 55g              Calcium 1245mg  
Protein 63g             Iron 13mg



## FRUITS

- 6 Apple
- 2 Avocado
- 1 Banana
- 1 cup Blackberries
- 1/3 cup Blueberries
- 1/3 Lemon
- 1 tbsp Lemon Juice
- 1 1/2 tsps Lime Juice
- 1/3 cup Raspberries
- 1 cup Strawberries

## BREAKFAST

- 3 1/2 tbsps Almond Butter
- 2 1/4 tbsps Maple Syrup

## SEEDS, NUTS & SPICES

- 1 3/4 cups Almonds
- 1/2 cup Chia Seeds
- 1 1/4 tsps Chili Powder
- 1 1/2 tsps Cinnamon
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 2 tbsps Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/2 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 3/4 tbsps Sesame Seeds
- 1/4 cup Slivered Almonds
- 1/8 tsp Smoked Paprika
- 1/3 cup Sunflower Seeds
- 1/4 cup Walnuts

## FROZEN

- 1 cup Frozen Blueberries
- 3/4 cup Frozen Edamame
- 1 1/2 cups Frozen Mango

## VEGETABLES

- 3 3/4 cups Baby Spinach
- 1/3 cup Basil Leaves
- 1 1/2 cups Brussels Sprouts
- 3/4 head Cauliflower
- 1/3 cup Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1/2 Cucumber
- 1/3 Garlic
- 4 cups Kale Leaves
- 3 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 head Romaine Hearts
- 1/2 Zucchini

## BOXED & CANNED

- 1/2 cup Black Beans
- 1/3 cup Brown Rice Spaghetti
- 2 1/4 cups Chickpeas
- 3/4 cup Quinoa
- 1/2 cup Salsa

## BAKING

- 1/4 cup All Purpose Gluten Free Flour
- 1 1/2 tbsps Arrowroot Powder
- 1/2 tsp Nutritional Yeast
- 1 3/4 cups Oats

## BREAD, FISH, MEAT & CHEESE

- 1 3/4 cups Hummus
- 2 1/2 lbs Tofu
- 3 1/2 Whole Wheat Pita

## CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 cup Avocado Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tbsps Sesame Oil
- 2 2/3 tbsps Tamari

## COLD

- 6 1/8 cups Unsweetened Almond Milk

## OTHER

- 8 Ice Cubes
- 2/3 cup Vanilla Protein Powder



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-  **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**

# Overnight Vanilla Protein Oats

3 SERVINGS 8 HOURS



## INGREDIENTS

1 1/2 cups Oats (quick or traditional)  
1 1/2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk  
1/3 cup Vanilla Protein Powder  
1/3 cup Raspberries  
1/3 cup Blueberries  
1 1/2 tbsps Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	311	Cholesterol	2mg
Fat	11g	Sodium	123mg
Carbs	37g	Vitamin A	327IU
Fiber	9g	Vitamin C	6mg
Sugar	3g	Calcium	425mg
Protein	18g	Iron	3mg

## DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

## NOTES

### EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

### LEFTOVERS

Keep well in the fridge for 3 to 4 days.

### NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

# Berry & Nut Breakfast Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Strawberries (chopped)  
1 cup Blackberries (cut in half)  
1/4 cup Walnuts (chopped)  
1/4 cup Almonds (chopped)  
2 tbsps Pumpkin Seeds  
2 tbsps Hemp Seeds  
1/2 cup Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	28g	Sodium	44mg
Carbs	21g	Vitamin A	289IU
Fiber	10g	Vitamin C	58mg
Sugar	8g	Calcium	220mg
Protein	13g	Iron	4mg

## DIRECTIONS

- 01 Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
- 02 Pour the almond milk over top and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

### ADDITIONAL TOPPINGS

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

### NO BERRIES

Use peaches, mango, pineapple or banana instead.

### NO ALMOND MILK

Use another non-dairy milk instead.

# 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.

# Apples & Almonds

3 SERVINGS 5 MINUTES



## INGREDIENTS

3 Apple (sliced)

3/4 cup Almonds

## DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

## NUTRITION

### AMOUNT PER SERVING

Calories	302	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	33g	Vitamin A	99IU
Fiber	9g	Vitamin C	8mg
Sugar	20g	Calcium	107mg
Protein	8g	Iron	2mg

# Pita, Hummus & Red Pepper Snack Plate

3 SERVINGS 5 MINUTES



## INGREDIENTS

1 1/2 Red Bell Pepper (sliced)  
1 1/2 Whole Wheat Pita (sliced into strips)  
1 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	294	Cholesterol	0mg
Fat	15g	Sodium	486mg
Carbs	34g	Vitamin A	1882IU
Fiber	8g	Vitamin C	76mg
Sugar	4g	Calcium	48mg
Protein	10g	Iron	3mg

## DIRECTIONS

01 Assemble all ingredients onto a plate and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 3 days.

### GLUTEN-FREE

Use a gluten-free pita.

### ON-THE-GO

Divide the ingredients into a bento box or container instead of a plate.

# One Pan Tofu, Brussels Sprouts & Cauliflower

3 SERVINGS 45 MINUTES



## INGREDIENTS

- 1 1/2 lbs Tofu (extra firm, drained)
- 1 1/2 tbsps Tamari
- 1 1/2 tbsps Avocado Oil
- 1 1/2 tsps Maple Syrup
- 1 1/2 tbsps Arrowroot Powder
- 1 1/2 cups Brussels Sprouts (trimmed and halved)
- 3/4 head Cauliflower (chopped into florets)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 tbsp 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.

# Blueberry Chia Parfait

2 SERVINGS 30 MINUTES



## INGREDIENTS

1 3/4 cups Unsweetened Almond Milk  
1/3 cup Chia Seeds  
1 tbsp Maple Syrup  
1 cup Frozen Blueberries (thawed)  
1/4 cup Slivered Almonds

## NUTRITION

### AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	24g	Sodium	143mg
Carbs	36g	Vitamin A	472IU
Fiber	14g	Vitamin C	2mg
Sugar	14g	Calcium	657mg
Protein	11g	Iron	4mg

## DIRECTIONS

- 01 In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
- 02 Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
- 03 Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

## NOTES

### NO SLIVERED ALMONDS

Use shredded coconut or hemp seeds instead.

### CHIA WILL NOT GEL

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

# Veggie Pita Pizza with Hummus

2 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 cup Hummus
- 2 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.

# Apple

1 SERVING 2 MINUTES



## INGREDIENTS

1 Apple

## DIRECTIONS

01 Slice into wedges, or enjoy whole.

## NUTRITION

### AMOUNT PER SERVING

Calories	95	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	25g	Vitamin A	98IU
Fiber	4g	Vitamin C	8mg
Sugar	19g	Calcium	11mg
Protein	0g	Iron	0mg

# Almonds

3 SERVINGS 2 MINUTES



## INGREDIENTS

3/4 cup Almonds (raw)

## NUTRITION

### AMOUNT PER SERVING

Calories	207	Cholesterol	0mg
Fat	18g	Sodium	0mg
Carbs	8g	Vitamin A	1IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	96mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Place in a bowl and enjoy!

## NOTES

### LEFTOVERS

Store in an airtight container in the pantry.

### MORE FLAVOR

Roast, toast and/or season with salt.

# Mediterranean Buddha Bowl

2 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Quinoa (dry, uncooked)  
1/2 head Romaine Hearts (chopped)  
1/2 cup Chickpeas (cooked, from the can)  
1/2 Cup Cucumber (chopped)  
1/2 Red Bell Pepper (chopped)  
1/4 cup Red Onion (finely chopped)  
1/4 cup Hummus  
1/4 cup Pitted Kalamata Olives  
2 tbsps Extra Virgin Olive Oil  
1 1/2 tbsps Apple Cider Vinegar  
1/4 tsp Italian Seasoning  
1/16 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	466	Cholesterol	0mg
Fat	25g	Sodium	338mg
Carbs	51g	Vitamin A	1700IU
Fiber	10g	Vitamin C	43mg
Sugar	6g	Calcium	91mg
Protein	13g	Iron	6mg

## DIRECTIONS

- 01 Cook the quinoa according to the directions on the package, and set aside.
- 02 Divide the chopped romaine equally between serving bowls or plates. Top with equal amounts of quinoa, chickpeas, cucumber, red bell pepper, red onion, hummus and olives.
- 03 Add the olive oil, apple cider vinegar, Italian seasoning and sea salt to a jar. Seal and shake well to combine.
- 04 Drizzle the dressing over top of the assembled buddha bowls and serve immediately. Enjoy!

## NOTES

### LEFTOVERS

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

### NO HUMMUS

Use tzatziki instead.

### MORE PROTEIN

Top with crumbled feta cheese or cooked chicken breast.

### PREP AHEAD

All ingredients can be chopped and prepared in advance. Assemble bowls when ready to eat.

### MORE FLAVOUR

Serve with a lemon wedge and black pepper.

# Lemon Kale Salad with Chickpeas & Avocado

2 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Kale Leaves (stem removed, thinly sliced)  
2 tbsps Extra Virgin Olive Oil  
1 tbsp Lemon Juice  
1/4 tsp Sea Salt  
1 3/4 cups Chickpeas (cooked)  
1 Avocado (cubed)  
1/8 tsp Smoked Paprika  
2 tbsps Pumpkin Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	570	Cholesterol	0mg
Fat	36g	Sodium	336mg
Carbs	52g	Vitamin A	2278IU
Fiber	20g	Vitamin C	54mg
Sugar	8g	Calcium	195mg
Protein	18g	Iron	7mg

## DIRECTIONS

- 01 Add the kale leaves to a large bowl.
- 02 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 03 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

### MORE FLAVOR

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

### ADDITIONAL TOPPINGS

Add sliced onion, peppers or roasted vegetables such as sweet potato.

# Burrito Bowl with Quinoa Tofu Taco Filling

2 SERVINGS 35 MINUTES



## INGREDIENTS

1/4 cup Quinoa (uncooked)  
4 ozs Tofu (extra firm, crumbled)  
1 tbsp Extra Virgin Olive Oil  
1 1/4 tsps Chili Powder  
3/4 tsp Cumin  
1/2 tsp Oregano  
1/2 tsp Garlic Powder  
1/4 tsp Sea Salt  
1/2 cup Salsa (divided)  
1 1/2 tsps Lime Juice  
1/2 tsp Nutritional Yeast  
1 Red Bell Pepper (sliced)  
1/4 head Romaine Hearts (chopped)  
1/2 cup Black Beans (cooked)  
1 Avocado (diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	452	Cholesterol	0mg
Fat	27g	Sodium	823mg
Carbs	44g	Vitamin A	3130IU
Fiber	16g	Vitamin C	89mg
Sugar	7g	Calcium	237mg
Protein	17g	Iron	5mg

## DIRECTIONS

- 01 Cook quinoa according to package directions.
- 02 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 03 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 04 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 05 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 06 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

### ADDITIONAL TOPPING

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

# Crispy Tofu Meal Prep Bowls

3 SERVINGS 20 MINUTES



## INGREDIENTS

1/4 cup All Purpose Gluten-Free Flour  
Sea Salt & Black Pepper (to taste)  
12 ozs Tofu (firm, sliced and patted dry)  
1 1/2 tbsps Sesame Oil  
3 tbsps Avocado Oil  
1 1/2 tbsps Balsamic Vinegar  
2 1/4 tsps Tamari  
2 1/4 tsps Maple Syrup  
3 cups Baby Spinach  
3 cups Coleslaw Mix  
1 1/2 cups Frozen Mango (thawed)  
3/4 cup Frozen Edamame (thawed)  
2 1/4 tsps Sesame Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	487	Cholesterol	0mg
Fat	30g	Sodium	315mg
Carbs	40g	Vitamin A	682IU
Fiber	9g	Vitamin C	77mg
Sugar	20g	Calcium	450mg
Protein	20g	Iron	5mg

## DIRECTIONS

- 01 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
- 02 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 03 Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
- 04 Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to 3 to 4 days.

### SAVE TIME

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

### NO TOFU

Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.

# Spaghetti with Pesto & Roasted Tomatoes

2 SERVINGS 30 MINUTES



## INGREDIENTS

1/3 cup Cherry Tomatoes  
Sea Salt & Black Pepper (to taste)  
3/4 cup Baby Spinach  
1/3 cup Basil Leaves  
1/3 Lemon (juiced)  
1/3 cup Sunflower Seeds  
1 2/3 tbsps Extra Virgin Olive Oil  
1 1/4 tsps Tamari  
1/3 Garlic (clove, minced)  
1/3 cup Brown Rice Spaghetti

## NUTRITION

### AMOUNT PER SERVING

Calories	420	Cholesterol	0mg
Fat	25g	Sodium	214mg
Carbs	43g	Vitamin A	1824IU
Fiber	5g	Vitamin C	13mg
Sugar	2g	Calcium	50mg
Protein	9g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 420°F (216°C). Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in the oven for 30 minutes.
- 02 Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
- 03 Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 04 Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

## NOTES

### MORE PROTEIN

Add diced chicken.

### MAKE IT SPICY

Add red chilli flakes.

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 One Pan Tofu, Brussels Sprouts & Cauliflower.	Divide between containers and store in the fridge.
		Make Blueberry Chia Parfait.	Divide between containers and store in the fridge for snacks. Add toppings just before serving.
		Portion out almonds for the week.	Divide between small containers and store for snacks.
		Make Overnight Vanilla Protein Oats for breakfasts.	Divide between containers and store in the fridge. Add toppings just before serving.
1 Mon		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats, Apples & Almonds, One Pan Tofu, Brussels Sprouts & Cauliflower, and Blueberry Chia Parfait.
		Make Mediterranean Buddha Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats, Blueberry Chia Parfait, Mediterranean Buddha Bowl, and Apples & Almonds.

<b>Tue</b>		Enjoy leftover One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Reheat in the microwave, oven or in a pan.
		Make Veggie Pita Pizza with Hummus for snacks.	Divide between containers and store in the fridge. Reheat and add toppings just before serving.
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Overnight Vanilla Protein Oats, Apples & Almonds, One Pan Tofu, Brussels Sprouts & Cauliflower, and Veggie Pita Pizza with Hummus.
		Make Lemon Kale Salad with Chickpeas & Avocado for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow. Add the avocado just before serving
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Berry & Nut Breakfast Bowl, Veggie Pita Pizza with Hummus, Lemon Kale Salad with Chickpeas & Avocado, and Apple.
		Make Burrito Bowl with Quinoa Tofu Taco Filling for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out ingredients for Pita, Hummus & Red Pepper Snack Plate.	Divide between containers and store in the fridge.
<b>5 Fri</b>		Pack your meals if you are on-the-go.	Berry & Nut Breakfast Bowl, Pita, Hummus & Red Pepper Snack Plate, Burrito Bowl with Quinoa Tofu

			Taco Filling, and Almonds.
		Make Crispy Tofu Meal Prep Bowls for dinner.	Enjoy and store leftovers in the fridge.
<b>6 Sat</b>		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Almonds, Crispy Tofu Meal Prep Bowl, and Pita, Hummus & Red Pepper Snack Plate.
		Make Spaghetti with Pesto & Roasted Tomatoes for dinner.	Store leftovers in the fridge for lunch tomorrow.
<b>7 Sun</b>		Make Creamy Apple Pie Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Creamy Apple Pie Smoothie, Pita, Hummus & Red Pepper Snack Plate, Spaghetti with Pesto & Roasted Tomatoes, and Almonds.
		Shop and prep for next week.	
		Enjoy leftover Crispy Tofu Meal Prep Bowl for dinner.	Reheat in the microwave or in a pan.

## **WAIVER**

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