



Plant-Based Immune Support Program

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Plant-Based Immune Support Program

HEAVY METAL FITNESS

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

Plant-Based Immune Support - A plant-based, anti-oxidant rich meal plan to support a healthy immune system. This program focuses on key nutrients that support the immune system including vitamin A, vitamin C, vitamin E, zinc and selenium. The meal plan is free from all animal products so nutrients are derived exclusively from plant sources.

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

VITAMIN C

Vitamin C is an essential micronutrient that supports various cellular functions of our immune system. A lack of vitamin C can make you more prone to getting sick. This plan provides an average of 500 mg per day of vitamin C from whole food sources like oranges, red bell peppers, broccoli, and mango.

ZINC

Zinc is an essential mineral critical for immune function. Even a mild to moderate zinc deficiency can impair immune function and increase the risk of respiratory infections. You can find zinc sources in this meal plan from whole grains, legumes, oats, nuts, and seeds.

VITAMIN A

Vitamin A is a fat-soluble antioxidant involved in the cellular immune response and provides enhanced defense against multiple infectious diseases. This meal plan is packed with vitamin A sources like sweet potato, mango, bell peppers, and dark leafy greens. These foods are paired with healthy fats to increase vitamin A absorption.

SELENIUM

Selenium is an essential mineral that is required for the function of almost every arm of the immune system. This program incorporates foods high in selenium like nuts, beans, and oats to help you reach your goal intake.



VITAMIN E

Vitamin E is a powerful antioxidant that helps the body fight off infection. Diets high in vitamin E improve cellular immunity by protecting against cell damage. This program incorporates vitamin E through a daily dose of nuts and nut butter.

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
High Fat Chocolate Smoothie



SNACK 1
Toasted Trail Mix, Chopped Bell Peppers



LUNCH
Hummus & Veggie Wrap



SNACK 2
Apple with Peanut Butter



DINNER
Tofu Cabbage Wraps with Peanut Sauce

TUE



BREAKFAST
High Fat Chocolate Smoothie



SNACK 1
Toasted Trail Mix, Chopped Bell Peppers



LUNCH
Tofu Cabbage Wraps with Peanut Sauce



SNACK 2
Apple with Peanut Butter



DINNER
Veggie Pita Pizza with Hummus

WED



BREAKFAST
High Fat Chocolate Smoothie



SNACK 1
Apple with Peanut Butter



LUNCH
Veggie Pita Pizza with Hummus



SNACK 2
Crackers & Hummus, Chopped Bell Peppers



DINNER
Crispy Tofu Meal Prep Bowls

THU



BREAKFAST
Blood Orange Tahini Overnight Oats



SNACK 1
Toasted Trail Mix, Chopped Bell Peppers



LUNCH
Crispy Tofu Meal Prep Bowls



SNACK 2
Apples & Almonds



DINNER
Roasted Veggie & Quinoa Bowl

FRI



BREAKFAST
Blood Orange Tahini Overnight Oats



SNACK 1
Toasted Trail Mix, Chopped Bell Peppers



LUNCH
Roasted Veggie & Quinoa Bowl



SNACK 2
Apples & Almonds



DINNER
One Pan Paprika Tofu & Veggies, Quinoa

SAT



BREAKFAST
Curried Tofu Scramble, Toast with Peanut Butter



SNACK 1
Apples & Almonds



LUNCH
Hummus & Veggie Wrap



SNACK 2
Crackers & Hummus, Chopped Bell Peppers



DINNER
One Pan Paprika Tofu & Veggies, Quinoa

SUN



BREAKFAST
Curried Tofu Scramble, Toast with Peanut Butter



SNACK 1
Apples & Almonds



LUNCH
Hummus & Veggie Wrap



SNACK 2
Crackers & Hummus, Chopped Bell Peppers



DINNER
Roasted Veggie & Quinoa Bowl

MON**FAT 53%** **CARBS 31%** **PROTEIN 16%**

Calories 2164 Cholesterol 4mg
 Fat 136g Sodium 1796mg
 Carbs 181g Vitamin A 17546IU
 Fiber 54g Vitamin C 355mg
 Sugar 85g Calcium 1049mg
 Protein 94g Iron 19mg

TUE**FAT 50%** **CARBS 33%** **PROTEIN 17%**

Calories 2141 Cholesterol 4mg
 Fat 129g Sodium 1807mg
 Carbs 190g Vitamin A 12612IU
 Fiber 49g Vitamin C 355mg
 Sugar 85g Calcium 929mg
 Protein 95g Iron 19mg

WED**FAT 47%** **CARBS 38%** **PROTEIN 15%**

Calories 2022 Cholesterol 4mg
 Fat 111g Sodium 1633mg
 Carbs 205g Vitamin A 16812IU
 Fiber 45g Vitamin C 315mg
 Sugar 68g Calcium 786mg
 Protein 78g Iron 16mg

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

Calories 2144 Cholesterol 0mg
 Fat 113g Sodium 1128mg
 Carbs 236g Vitamin A 21683IU
 Fiber 52g Vitamin C 380mg
 Sugar 90g Calcium 1307mg
 Protein 75g Iron 22mg

FRI**FAT 42%** **CARBS 44%** **PROTEIN 14%**

Calories 2067 Cholesterol 0mg
 Fat 103g Sodium 1422mg
 Carbs 240g Vitamin A 16512IU
 Fiber 52g Vitamin C 404mg
 Sugar 76g Calcium 1267mg
 Protein 75g Iron 23mg

SAT**FAT 45%** **CARBS 40%** **PROTEIN 15%**

Calories 2079 Cholesterol 0mg
 Fat 110g Sodium 2396mg
 Carbs 216g Vitamin A 10607IU
 Fiber 50g Vitamin C 357mg
 Sugar 53g Calcium 1298mg
 Protein 84g Iron 23mg

SUN**FAT 41%** **CARBS 44%** **PROTEIN 15%**

Calories 2101 Cholesterol 0mg
 Fat 101g Sodium 2398mg
 Carbs 244g Vitamin A 21921IU
 Fiber 53g Vitamin C 321mg
 Sugar 61g Calcium 1047mg
 Protein 80g Iron 23mg



FRUITS

- 7 Apple
- 2 1/4 Avocado
- 1 1/2 Banana
- 2 Blood Orange
- 1/4 cup Lemon Juice
- 1 1/3 tbsps Lime Juice
- 2/3 Mango

BREAKFAST

- 1 cup All Natural Peanut Butter
- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 2 cups Almonds
- 1/8 tsp Black Pepper
- 1 tbsp Chia Seeds
- 2/3 tsp Curry Powder
- 1/2 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1 1/2 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds

FROZEN

- 1/2 cup Frozen Edamame
- 1 cup Frozen Mango

VEGETABLES

- 2 cups Arugula
- 2 cups Baby Spinach
- 2 cups Broccoli
- 3 1/2 tbsps Cilantro
- 2 cups Coleslaw Mix
- 3/4 Cucumber
- 1 Garlic
- 2 cups Green Beans
- 1 3/4 Green Bell Pepper
- 1 1/3 cups Green Cabbage
- 4 1/3 Red Bell Pepper
- 1/2 cup Red Onion
- 15 leaves Romaine
- 2 Sweet Potato
- 2 1/4 Yellow Bell Pepper
- 1/3 Yellow Onion
- 2 Zucchini

BOXED & CANNED

- 1 cup Chickpeas
- 1 1/8 cups Quinoa
- 1 1/2 cups Vegetable Broth
- 5 1/4 ozs Whole Grain Crackers

BAKING

- 2 2/3 tbsps All Purpose Gluten Free Flour
- 1 1/3 tsps Arrowroot Powder
- 1 tbsp Cacao Nibs
- 3 tbsps Cacao Powder
- 2 tsps Coconut Sugar
- 2 tsps Nutritional Yeast
- 1 cup Oats
- 1/2 cup Raisins

BREAD, FISH, MEAT & CHEESE

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

CONDIMENTS & OILS

- 1/4 cup Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 tbsps Sesame Oil
- 3 tbsps Tahini
- 2 1/2 tbsps Tamari

COLD

- 1 1/4 cups Plain Coconut Milk

OTHER

- 3/4 cup Chocolate Protein Powder
- 4 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

High Fat Chocolate Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Water
- 3 leaves Romaine (roughly chopped)
- 1/2 Zucchini (chopped, frozen)
- 1/2 Avocado (frozen)
- 1/2 Banana (frozen)
- 1/4 cup Chocolate Protein Powder
- 1 tbsp Cacao Powder
- 1 tbsp All Natural Peanut Butter
- 1 tsp Cacao Nibs (optional, for topping)

NUTRITION

AMOUNT PER SERVING

Calories	476	Cholesterol	4mg
Fat	27g	Sodium	68mg
Carbs	36g	Vitamin A	7697IU
Fiber	15g	Vitamin C	36mg
Sugar	13g	Calcium	215mg
Protein	29g	Iron	3mg

DIRECTIONS

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

NOTES

NO ROMAINE

Use another green such as spinach.

NUT-FREE

Use sunflower seed butter instead of peanut butter, or omit completely.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.



Blood Orange Tahini Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

NUTRITION

AMOUNT PER SERVING

Calories	346	Cholesterol	0mg
Fat	12g	Sodium	35mg
Carbs	53g	Vitamin A	663IU
Fiber	9g	Vitamin C	83mg
Sugar	17g	Calcium	429mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to three days.

GLUTEN-FREE

Use certified gluten-free oats.

MORE FLAVOR

Add maple syrup or cinnamon.

HOT OR COLD

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

NO BLOOD ORANGES

Use regular navel oranges instead.

Curried Tofu Scramble

2 SERVINGS 25 MINUTES



INGREDIENTS

2 tsps Vegetable Broth
2/3 Red Bell Pepper (chopped)
1/3 Yellow Onion (chopped)
10 1/2 ozs Tofu (extra firm, drained and pressed to remove water)
2/3 tsp Curry Powder
2 tsps Nutritional Yeast
1/8 tsp Sea Salt
2 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	160	Cholesterol	0mg
Fat	8g	Sodium	233mg
Carbs	8g	Vitamin A	1728IU
Fiber	4g	Vitamin C	54mg
Sugar	5g	Calcium	467mg
Protein	18g	Iron	5mg

DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 02 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 03 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO VEGETABLE BROTH

Use avocado oil or extra virgin olive oil instead.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish.

Toast with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

NUTRITION

AMOUNT PER SERVING

Calories	412	Cholesterol	0mg
Fat	20g	Sodium	320mg
Carbs	43g	Vitamin A	0IU
Fiber	8g	Vitamin C	0mg
Sugar	9g	Calcium	100mg
Protein	18g	Iron	3mg

DIRECTIONS

01 Toast the bread slices, then spread on the peanut butter. Enjoy!

NOTES

TOPPING IDEAS

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds (raw)
1/4 tsp Sea Salt (omit if using salted nuts)
1 cup Raw Peanuts
1/2 cup Pumpkin Seeds
1/2 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	551	Cholesterol	0mg
Fat	42g	Sodium	162mg
Carbs	32g	Vitamin A	1IU
Fiber	11g	Vitamin C	0mg
Sugar	17g	Calcium	152mg
Protein	21g	Iron	6mg

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Chopped Bell Peppers

7 SERVINGS 5 MINUTES



INGREDIENTS

1 3/4 Yellow Bell Pepper

1 3/4 Green Bell Pepper

1 3/4 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	26	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	6g	Vitamin A	1135IU
Fiber	2g	Vitamin C	147mg
Sugar	2g	Calcium	10mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

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

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Apples & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (sliced)
1/4 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

Hummus & Veggie Wrap

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Whole Wheat Tortilla (large)
- 1/4 cup Hummus
- 2 leaves Romaine (large, whole)
- 1/4 Avocado (sliced)
- 1/4 Cucumber (sliced)
- 1/4 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Cholesterol	0mg
Fat	23g	Sodium	526mg
Carbs	39g	Vitamin A	5978IU
Fiber	13g	Vitamin C	47mg
Sugar	5g	Calcium	168mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

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!

Tofu Cabbage Wraps with Peanut Sauce

2 SERVINGS 50 MINUTES



INGREDIENTS

- 10 1/2 ozs Tofu (extra firm, drained)
- 2 tsps Avocado Oil
- 1 1/3 tsps Arrowroot Powder
- 2 tbsps Tamari (divided)
- 2 2/3 tbsps All Natural Peanut Butter
- 1 1/3 tbsps Lime Juice
- 2 tsps Coconut Sugar
- 1 1/3 tsps Sesame Oil
- 1 1/3 tbsps Water
- 2/3 Mango (diced)
- 2/3 Red Bell Pepper (chopped)
- 1 1/3 cups Green Cabbage (pulled apart into leaves)
- 3 1/2 tbsps Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	442	Cholesterol	0mg
Fat	27g	Sodium	1030mg
Carbs	36g	Vitamin A	2637IU
Fiber	7g	Vitamin C	117mg
Sugar	26g	Calcium	477mg
Protein	24g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 02 While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
- 03 Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cabbage leaf wraps.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

ADDITIONAL TOPPINGS

Add crushed peanuts and/or sesame seeds on top.

Veggie Pita Pizza with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 1/2 tps 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.

Crispy Tofu Meal Prep Bowls

2 SERVINGS 20 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

Calories	487	Cholesterol	0mg
Fat	30g	Sodium	315mg
Carbs	40g	Vitamin A	6821IU
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.

Roasted Veggie & Quinoa Bowl

3 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)
2 Sweet Potato (medium, cut into 1/2-inch cubes)
1 cup Chickpeas (cooked)
1/4 cup Lemon Juice (divided)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
2/3 cup Quinoa (uncooked)
1 1/2 cups Vegetable Broth
2 tbsps Tahini
2 tbsps Water (warm)
1 1/2 tbsps Maple Syrup
1 tbsp Pumpkin Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	432	Cholesterol	0mg
Fat	11g	Sodium	611mg
Carbs	72g	Vitamin A	12964...
Fiber	12g	Vitamin C	65mg
Sugar	14g	Calcium	159mg
Protein	16g	Iron	6mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 03 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 04 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 05 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to four days.

NO QUINOA

Use rice or cauliflower rice instead.

NO BROTH

Use water instead.

COOKED CHICKPEAS

Use cooked chickpeas from the can to save time.

MORE FLAVOR

Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.



One Pan Paprika Tofu & Veggies

2 SERVINGS 30 MINUTES



INGREDIENTS

1 Garlic (cloves, minced)
1 1/2 tsps Paprika
1/2 tsp Dried Thyme
1/2 tsp Sea Salt
1/8 tsp Black Pepper
1 1/2 tbsps Avocado Oil (divided)
8 ozs Tofu (firm, patted dry and cubed)
1/2 cup Red Onion (sliced)
1/2 Yellow Bell Pepper (roughly chopped)
2 cups Green Beans (trimmed and halved)

NUTRITION

AMOUNT PER SERVING

Calories	254	Cholesterol	0mg
Fat	17g	Sodium	605mg
Carbs	17g	Vitamin A	1644IU
Fiber	6g	Vitamin C	101mg
Sugar	6g	Calcium	381mg
Protein	14g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking sheet with foil.
- 02 In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
- 03 Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
- 04 Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
- 05 Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

NO TOFU

Use tempeh or chickpeas in the paprika mixture instead.



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!

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 Toasted Trail Mix.	Follow the directions to toast the nuts. Store in an airtight container once cool.
		Make Hummus & Veggie Wrap.	Store in the fridge for lunch tomorrow.
		Chop bell peppers for the week.	Divide between containers and store in the fridge.
		Portion out peanut butter and hummus for the week.	Divide between small containers and store in the fridge for snacks this week.
1 Mon		Make the High Fat Chocolate Smoothie.	Enjoy!
		Pack your meals if you are on-the-go.	High Fat Chocolate Smoothie, Toasted Trail Mix with Chopped Bell Peppers, Hummus & Veggie Wrap, and Apple with Peanut Butter.
		Make the Tofu Cabbage Wraps with Peanut Sauce for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

2 Tue		Make the High Fat Chocolate Smoothie.	Enjoy!
		Pack your meals if you are on-the-go.	High Fat Chocolate Smoothie, Toasted Trail Mix with Chopped Bell Peppers, Tofu Cabbage Wraps with Peanut Sauce, and Apple with Peanut Butter.
		Make Veggie Pita Pizza with Hummus for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
3 Wed		Make the High Fat Chocolate Smoothie.	Enjoy!
		Pack your meals if you are on-the-go.	High Fat Chocolate Smoothie, Toasted Trail Mix with Chopped Bell Peppers, Veggie Pita Pizza with Hummus, and Crackers & Hummus with Chopped Bell Peppers.
		Make the Crispy Tofu Meal Prep Bowls for Dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make the Blood Orange Tahini Overnight Oats.	Divide between containers and store in the fridge.
4 Thu		Pack your meals if you are on-the-go.	Blood Orange Tahini Overnight Oats, Toasted Trail Mix with Chopped Bell Peppers, Crispy Tofu Meal Prep Bowl, and Apple & Almonds.

		Make Roasted Veggie and Quinoa Bowls for dinner.	Enjoy and divide leftovers between containers in the fridge.
5 Fri		Pack your meals if you are on-the-go.	Blood Orange Tahini Overnight Oats, Toasted Trail Mix with Chopped Bell Peppers, Roasted Veggie and Quinoa Bowl, and Apple & Almonds.
		Make One Pan Paprika Tofu and Veggies with Quinoa for dinner.	Enjoy and store leftovers in the fridge for dinner tomorrow.
		Make Hummus & Veggie Wraps.	Store in the fridge for lunches this weekend.
6 Sat		Make Curried Tofu Scramble and Toast with Peanut Butter for breakfast.	Store leftover tofu scramble in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Curried Tofu Scramble and Toast with Peanut Butter, Apples & Almonds, Hummus & Veggie Wrap, and Crackers & Hummus with Chopped Bell Peppers.
		Enjoy leftover One Pan Paprika Tofu and Veggies with Quinoa for dinner.	Reheat on stovetop or in a microwave. Enjoy!
7 Sun		Pack your meals if you are on-the-go.	Curried Tofu Scramble and Toast with Peanut Butter, Apples & Almonds, Hummus & Veggie Wrap, and Crackers & Hummus with Chopped Bell Peppers.

		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy leftover Roasted Veggie and Quinoa Bowl for dinner.	Reheat on stovetop or in a microwave. Enjoy!

WAIVER

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