



Plant-Based Low Fat Oil-Free Program

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Plant-Based Low Fat Oil-Free Program

HEAVY METAL FITNESS

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

This is a low fat meal plan with no added oils, meat, eggs, or dairy. Our Plant-Based Low Fat Oil-Free Program is a vegan nutrition plan with daily fat under 20% of total calories. Recipes are high in fiber and contain no soy products.

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

NO ADDED FATS

Daily fat is under 20% of total calories in this program. It comes from whole food sources rather than added oils. A low-fat diet is associated with improving lipid profile, reducing inflammation, and preventing diabetes in high-risk individuals. This meal plan provides healthy fats from chia seeds, cashews, hummus, coconut milk, and yogurt.

PLANT STEROLS

Plant sterols can help lower cholesterol by blocking the absorption of some of the cholesterol in food. This program contains naturally occurring plant sterols found in plant-based foods, such as fruits, vegetables, nuts, seeds, and legumes.

FIBER

Adequate dietary fiber intake is associated with several health benefits including better digestive health, reduced lipid levels, lower blood pressure, improved blood glucose control, weight loss, and reduced inflammation. This meal plan provides at least 40 grams of fiber daily from foods such as fruits, vegetables, oats, beans, lentils, and whole grains.

PROTEIN

Getting enough daily protein will help prevent muscle loss, balance your blood sugar, and maintain a healthy weight. This meal plan provides protein from foods such as lentils, chickpeas, freekeh, barley, and protein powder. These foods also contain a variety of vitamins and minerals.



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
Savory Golden Oats



SNACK 1
Coconut Yogurt with Strawberries



LUNCH
Lemon Maple Chickpea Salad



SNACK 2
Green Goddess Cashew Dip, Peach



DINNER
Penne with Red Lentil Bolognese Sauce,
Steamed Broccoli

TUE



BREAKFAST
Savory Golden Oats



SNACK 1
Coconut Yogurt with Strawberries



LUNCH
Lemon Maple Chickpea Salad



SNACK 2
Green Goddess Cashew Dip, Peach



DINNER
Penne with Red Lentil Bolognese Sauce,
Steamed Broccoli

WED



BREAKFAST
Savory Golden Oats



SNACK 1
Coconut Yogurt with Strawberries



LUNCH
Lemon Maple Chickpea Salad



SNACK 2
Green Goddess Cashew Dip, Peach



DINNER
Coconut Turmeric Cauliflower Bowls

THU



BREAKFAST
Blueberry Protein Smoothie, Banana



SNACK 1
Peaches & Cream Overnight Oats



LUNCH
Coconut Turmeric Cauliflower Bowls



SNACK 2
Oil-Free Hummus, Chopped Bell
Peppers



DINNER
Maple Turmeric Chickpeas & Freekeh

FRI



BREAKFAST
Blueberry Protein Smoothie, Banana



SNACK 1
Peaches & Cream Overnight Oats



LUNCH
Maple Turmeric Chickpeas & Freekeh



SNACK 2
Oil-Free Hummus, Chopped Bell
Peppers



DINNER
Peach & Lentil Freekeh Salad

SAT



BREAKFAST
Chickpea Breakfast Scramble



SNACK 1
Raspberry Overnight Oats



LUNCH
Peach & Lentil Freekeh Salad



SNACK 2
Oil-Free Hummus, Chopped Bell
Peppers



DINNER
Sweet & Sour Chickpea Bowl

SUN



BREAKFAST
Chickpea Breakfast Scramble



SNACK 1
Raspberry Overnight Oats



LUNCH
Peach & Lentil Freekeh Salad



SNACK 2
Oil-Free Hummus, Chopped Bell
Peppers



DINNER
Sweet & Sour Chickpea Bowl

MON

FAT 12% CARBS 72% PROTEIN 16%

Calories 1392
Fat 19g
Carbs 256g
Fiber 44g
Sugar 46g
Protein 57g

Cholesterol 0mg
Sodium 2864mg
Vitamin A 7615IU
Vitamin C 210mg
Calcium 606mg
Iron 20mg

TUE

FAT 12% CARBS 72% PROTEIN 16%

Calories 1392
Fat 19g
Carbs 256g
Fiber 44g
Sugar 46g
Protein 57g

Cholesterol 0mg
Sodium 2864mg
Vitamin A 7615IU
Vitamin C 210mg
Calcium 606mg
Iron 20mg

WED

FAT 14% CARBS 72% PROTEIN 14%

Calories 1275
Fat 21g
Carbs 237g
Fiber 36g
Sugar 46g
Protein 45g

Cholesterol 0mg
Sodium 2947mg
Vitamin A 6811IU
Vitamin C 195mg
Calcium 793mg
Iron 15mg

THU

FAT 18% CARBS 68% PROTEIN 14%

Calories 1460
Fat 31g
Carbs 258g
Fiber 40g
Sugar 63g
Protein 55g

Cholesterol 4mg
Sodium 1716mg
Vitamin A 5702IU
Vitamin C 265mg
Calcium 1236mg
Iron 11mg

FRI

FAT 18% CARBS 65% PROTEIN 17%

Calories 1254
Fat 26g
Carbs 218g
Fiber 45g
Sugar 60g
Protein 57g

Cholesterol 4mg
Sodium 1375mg
Vitamin A 6149IU
Vitamin C 207mg
Calcium 1037mg
Iron 13mg

SAT

FAT 15% CARBS 69% PROTEIN 16%

Calories 1263
Fat 22g
Carbs 227g
Fiber 54g
Sugar 33g
Protein 54g

Cholesterol 0mg
Sodium 1168mg
Vitamin A 3212IU
Vitamin C 208mg
Calcium 616mg
Iron 17mg

SUN

FAT 15% CARBS 69% PROTEIN 16%

Calories 1263
Fat 22g
Carbs 227g
Fiber 54g
Sugar 33g
Protein 54g

Cholesterol 0mg
Sodium 1168mg
Vitamin A 3212IU
Vitamin C 208mg
Calcium 616mg
Iron 17mg



FRUITS

- 2 Banana
- 1/2 cup Lemon Juice
- 4 3/4 Peach
- 1 cup Raspberries
- 3/4 cup Strawberries

BREAKFAST

- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 3 tbsps Cashews
- 2 tbsps Chia Seeds
- 1 1/2 tbsps Cinnamon
- 3/4 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 1/2 tps Onion Powder
- 1/2 tsp Oregano
- 1/16 tsp Red Pepper Flakes
- 1 1/8 tbsps Sea Salt
- 1 1/8 tbsps Turmeric

FROZEN

- 2 cups Frozen Blueberries

VEGETABLES

- 5 cups Baby Spinach
- 1/3 cup Basil Leaves
- 2 cups Broccoli
- 1/2 head Cauliflower
- 2 tbsps Cilantro
- 3/4 Cucumber
- 2 3/4 Garlic
- 1 Green Bell Pepper
- 1/3 stalk Green Onion
- 2 3/4 cups Kale Leaves
- 2/3 cup Mixed Greens
- 2/3 cup Parsley
- 3 1/2 tbsps Radishes
- 2 Red Bell Pepper
- 1/3 cup Red Onion
- 1 Yellow Bell Pepper
- 1/8 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 2/3 cups Brown Rice Penne
- 6 1/16 cups Chickpeas
- 1 1/16 cups Dry Red Lentils
- 1 1/4 cups Freekeh
- 1 cup Jasmine Rice
- 3/4 cup Lentils
- 3 tps Tomato Paste
- 7 1/8 cups Vegetable Broth

BAKING

- 3/4 tsp Arrowroot Powder
- 2 1/2 tbsps Nutritional Yeast
- 2 3/4 cups Oats
- 2 tbsps Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

CONDIMENTS & OILS

- 1 1/2 tbsps Apple Cider Vinegar
- 2 tps Balsamic Vinegar
- 1 tsp Coconut Aminos
- 1 tbsp Dijon Mustard
- 2 1/2 tps Rice Vinegar
- 3 1/2 tbsps Tahini
- 1/3 cup Tomato Sauce

COLD

- 1 2/3 fl ozs Pineapple Juice
- 1 cup Plain Coconut Milk
- 2 1/4 cups Unsweetened Almond Milk
- 2 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 2/3 cup Pearl Barley
- 1/2 cup Vanilla Protein Powder
- 5 1/3 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  30 Minute Coaching Call Twice a Month
-  Custom Calorie / Macro / Portion Guide
-  Access to Coaching Software & Mobile App
-  Optional Integration with MyFitnessPal & Fitbit
-  Daily App Check-ins & Personal Reminders
-  In-App Messaging & Feedback
-  Monthly Macro-Based Recipe Suggestions*
-  Optional Access to Meal Planning App for Recipe DIY*
-  Your Choice of 4 7-Day RD-Created Meal Plans*
-  Exclusive Resources to help you implement your habits

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Savory Golden Oats

3 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Vegetable Broth
1 1/2 cups Oats (rolled)
3/4 cup Dry Red Lentils
1 1/2 tsps Onion Powder
1 1/2 tsps Turmeric
3/4 tsp Garlic Powder
1/3 tsp Sea Salt
3 cups Baby Spinach
1 1/2 tsps Nutritional Yeast (optional)

NUTRITION

AMOUNT PER SERVING

Calories	389	Cholesterol	0mg
Fat	4g	Sodium	1635mg
Carbs	70g	Vitamin A	3865IU
Fiber	13g	Vitamin C	10mg
Sugar	4g	Calcium	84mg
Protein	21g	Iron	8mg

DIRECTIONS

- 01 Bring the vegetable broth to a gentle boil over medium-high heat.
- 02 Add the oats, lentils, onion powder, turmeric, garlic powder and salt. Stir to combine. Reduce the heat to medium-low and cook for 12 to 15 minutes, stirring often, until the lentils are tender.
- 03 Stir in the baby spinach and nutritional yeast, if using. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat with additional broth on the stove or in the microwave.

MORE FLAVOR

Add red pepper flakes, fresh ground black pepper or fresh garlic.

ADDITIONAL TOPPINGS

Fresh herbs, green onions, diced tomatoes or sesame seeds.

NO VEGETABLE BROTH

Use water instead and increase the sea salt to taste.

Blueberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	4mg
Fat	4g	Sodium	68mg
Carbs	23g	Vitamin A	2884IU
Fiber	7g	Vitamin C	12mg
Sugar	13g	Calcium	190mg
Protein	22g	Iron	2mg

DIRECTIONS

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

NOTES

NO BLUEBERRIES

Use any type of frozen berry instead.

NO PROTEIN POWDER

Use hemp seeds 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

NOTES

MORE PROTEIN

Dip in almond butter.

Chickpea Breakfast Scramble

2 SERVINGS 15 MINUTES



INGREDIENTS

2 2/3 tbsps Vegetable Broth
1 cup Chickpeas (cooked, rinsed)
1 1/3 tbsps Nutritional Yeast
2/3 tsp Turmeric
1/8 tsp Sea Salt
2/3 cup Mixed Greens
3 1/2 tbsps Radishes (sliced)
2 tsps Parsley (chopped)
1/3 stalk Green Onion (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	167	Cholesterol	0mg
Fat	2g	Sodium	285mg
Carbs	26g	Vitamin A	254IU
Fiber	8g	Vitamin C	6mg
Sugar	4g	Calcium	58mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 In a medium-sized pan, heat the vegetable broth over medium heat.
- 02 In a medium-sized bowl, add in the chickpeas and mash until they're soft. Add in the nutritional yeast, turmeric and sea salt and mix together until well combined.
- 03 Add the chickpea mixture into the pan and cook for about 10 minutes or until the scramble begins to turn golden. Continue to stir as it cooks.
- 04 Remove the chickpea scramble from the stove and let it cool. Divide the mixed greens, radishes, parsley and green onions onto plates. Top with the chickpea scramble and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately 1/2 cup each of chickpeas and salad.

Coconut Yogurt with Strawberries

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1 tbsp Cinnamon
3/4 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.

Peaches & Cream Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1/2 cup Oats (quick or traditional)
1/2 tsp Cinnamon
2 tbsps Chia Seeds
1 cup Unsweetened Coconut Yogurt
1 cup Unsweetened Almond Milk
1 tsp Vanilla Extract
1 tbsp Maple Syrup
1 Peach (medium, diced)

NUTRITION

AMOUNT PER SERVING

Calories	269	Cholesterol	0mg
Fat	10g	Sodium	108mg
Carbs	40g	Vitamin A	496IU
Fiber	8g	Vitamin C	5mg
Sugar	13g	Calcium	574mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 In a large bowl, combine the oats, cinnamon, and chia seeds. Stir to combine.
- 02 Add the coconut yogurt, almond milk, vanilla extract and maple syrup. Stir well and let stand to thicken, about 20 minutes.
- 03 Divide between jars or containers and top with fresh peaches. Refrigerate overnight, or for a few hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

NO COCONUT YOGURT

Use plain Greek yogurt instead.



Raspberry Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

3/4 cup Oats (rolled)
1 cup Unsweetened Almond Milk
2 tbsps Ground Flax Seed
1/2 tsp Cinnamon
1 cup Raspberries (fresh or frozen, thawed)

NUTRITION

AMOUNT PER SERVING

Calories	198	Cholesterol	0mg
Fat	6g	Sodium	83mg
Carbs	31g	Vitamin A	272IU
Fiber	9g	Vitamin C	16mg
Sugar	3g	Calcium	273mg
Protein	7g	Iron	2mg

DIRECTIONS

- 01 Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

NUT-FREE

Use a nut-free milk such as oat or soy.

NO ROLLED OATS

Use quick oats instead.

Lemon Maple Chickpea Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Lemon Juice
2 tbsps Maple Syrup
1 tbsps Dijon Mustard
1/2 tsp Sea Salt
1 Red Bell Pepper (chopped)
1 Zucchini (small, chopped)
1/4 cup Red Onion (finely chopped)
2 cups Chickpeas (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	249	Cholesterol	0mg
Fat	3g	Sodium	465mg
Carbs	46g	Vitamin A	1403IU
Fiber	10g	Vitamin C	71mg
Sugar	18g	Calcium	84mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 In a large mixing bowl, whisk the lemon juice, maple syrup, mustard and salt together.
- 02 Add the bell pepper, zucchini, red onion and chickpeas to the mixing bowl with the dressing. Fold everything together. Season with additional salt or lemon juice, if needed.
- 03 Divide between plates and enjoy! For best flavor, serve chilled.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add in baby arugula, chopped basil or parsley, fresh ground pepper or dried dill.

SERVE IT WITH

Enjoy alone or serve over leafy greens like baby spinach, mixed greens or romaine lettuce.

Green Goddess Cashew Dip

3 SERVINGS 35 MINUTES



INGREDIENTS

3 tbsps Cashews (raw, soaked for 30 minutes and drained)
1/4 cup Unsweetened Almond Milk
1/3 cup Basil Leaves (roughly chopped)
3 tbsps Parsley (roughly chopped)
2 tbsps Lemon Juice
3/4 Garlic (small clove, minced)
1 1/2 tbsps Red Onion (finely chopped)
1/8 tsp Sea Salt
3/4 Cucumber (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	71	Cholesterol	0mg
Fat	4g	Sodium	167mg
Carbs	7g	Vitamin A	721IU
Fiber	1g	Vitamin C	12mg
Sugar	2g	Calcium	71mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Add the soaked cashews, almond milk, basil, parsley, lemon juice, garlic, onion and salt to a food processor. Blend until creamy and smooth, about 3 minutes. Season with additional lemon juice or salt if needed.
- 02 Serve with cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Add extra lemon juice to leftover dip if needed to brighten up the flavor.

SERVING SIZE

One serving is approximately two tablespoons of dip and 1/4 of a cucumber.

MORE FLAVOR

Add other fresh herbs like cilantro, tarragon or chives.

NO ALMOND MILK

Use cashew milk or boxed coconut milk instead.

NO CUCUMBER

Serve with your favorite raw veggies or whole grain crackers instead.

Peach

1 SERVING 5 MINUTES



INGREDIENTS

1 Peach

DIRECTIONS

01 Wash and enjoy whole or sliced.

NUTRITION

AMOUNT PER SERVING

Calories	59	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	14g	Vitamin A	489IU
Fiber	2g	Vitamin C	10mg
Sugar	13g	Calcium	9mg
Protein	1g	Iron	0mg

Oil-Free Hummus

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 1/3 cups Chickpeas (cooked)
- 2/3 Garlic (clove, minced)
- 2 2/3 tbsps Lemon Juice
- 2/3 tsp Sea Salt
- 3 1/2 tbsps Tahini
- 2 2/3 tbsps Water (cold)

NUTRITION

AMOUNT PER SERVING

Calories	172	Cholesterol	0mg
Fat	9g	Sodium	413mg
Carbs	19g	Vitamin A	24IU
Fiber	5g	Vitamin C	5mg
Sugar	3g	Calcium	86mg
Protein	7g	Iron	3mg

DIRECTIONS

- 01 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 02 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 1/3 cup of hummus.

SERVE IT WITH

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

CONSISTENCY

If hummus is too thick, add additional cold water, one tablespoon at a time.

Chopped Bell Peppers

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Green Bell Pepper
- 1 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.

Penne with Red Lentil Bolognese Sauce

2 SERVINGS 40 MINUTES



INGREDIENTS

1/8 Yellow Onion (finely chopped)
1 1/3 Garlic (clove, minced)
1 1/3 tbsps Water
1/2 tsp Oregano
1/8 tsp Sea Salt
1/16 tsp Red Pepper Flakes
1/3 cup Dry Red Lentils (rinsed)
2 tsps Tomato Paste
1 cup Vegetable Broth
1/3 cup Tomato Sauce
2 tsps Balsamic Vinegar (divided)
1 2/3 cups Brown Rice Penne
2 tsps Nutritional Yeast (optional)

NUTRITION

AMOUNT PER SERVING

Calories	520	Cholesterol	0mg
Fat	4g	Sodium	542mg
Carbs	102g	Vitamin A	558IU
Fiber	12g	Vitamin C	5mg
Sugar	5g	Calcium	33mg
Protein	18g	Iron	5mg

DIRECTIONS

- 01 To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 02 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
- 03 Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
- 04 To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

ADDITIONAL TOPPINGS

Top with extra red pepper flakes or fresh oregano.

NO PENNE

Use your favorite noodles or spiralized vegetables instead.



Steamed Broccoli

2 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)

NUTRITION

AMOUNT PER SERVING

Calories	31	Cholesterol	0mg
Fat	0g	Sodium	30mg
Carbs	6g	Vitamin A	567IU
Fiber	2g	Vitamin C	81mg
Sugar	2g	Calcium	43mg
Protein	3g	Iron	1mg

DIRECTIONS

01 Set broccoli florets in a steamer over boiling water and cover. Steam for about 5 minutes, or until tender. Enjoy!

NOTES

MORE FLAVOUR

Toss in olive oil and season with your favourite spices.

SERVE IT WITH

Shredded Chicken or Ginger Steamed Cod Fillets.

Coconut Turmeric Cauliflower Bowls

2 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Jasmine Rice (dry, rinsed)
1 cup Plain Coconut Milk (from the carton)
1/2 tsp Turmeric
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/2 head Cauliflower (chopped into florets)
2 tbsps Unsweetened Shredded Coconut
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	434	Cholesterol	0mg
Fat	6g	Sodium	655mg
Carbs	89g	Vitamin A	321IU
Fiber	6g	Vitamin C	71mg
Sugar	7g	Calcium	263mg
Protein	9g	Iron	1mg

DIRECTIONS

- 01 Cook the jasmine rice according to the directions on the package.
- 02 While the rice cooks, heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
- 03 Once bubbles start to appear in the sauce, add the cauliflower florets and cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
- 04 Divide the rice between bowls. Top with the creamy cauliflower, shredded coconut and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add garlic powder or chilli flakes to the sauce.

ADDITIONAL TOPPINGS

Top with sesame seeds.



Maple Turmeric Chickpeas & Freekeh

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1/2 cup Freekeh (uncooked)
- 1 1/4 cups Water
- 1 1/2 cups Kale Leaves (stems removed, leaves torn)
- 1/3 cup Chickpeas (cooked)
- 1 1/2 tbsps Maple Syrup
- 3/4 tsp Turmeric
- 1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	248	Cholesterol	0mg
Fat	2g	Sodium	468mg
Carbs	54g	Vitamin A	766IU
Fiber	9g	Vitamin C	15mg
Sugar	11g	Calcium	107mg
Protein	9g	Iron	3mg

DIRECTIONS

- 01 Combine freekeh 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 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 Meanwhile, add kale to a pan with enough water to cover the leaves halfway. Cook over medium-high heat until lightly steamed, about 3 to 5 minutes. Drain and set aside.
- 03 In a mixing bowl, combine the cooked freekeh with the chickpeas, maple syrup, turmeric and sea salt. Divide the freekeh and kale onto plates or into containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 1 cup of maple turmeric chickpeas and freekeh, and 1/2 to 3/4 cup of steamed kale.

GLUTEN-FREE

Use quinoa instead of freekeh.

MORE FLAVOR

Cook with broth instead of water.

ADDITIONAL TOPPINGS

Top with red pepper flakes.

Peach & Lentil Freekeh Salad

3 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Freekeh (uncooked)
2 cups Water
3/4 Peach (pit removed, chopped)
3/4 cup Lentils (cooked)
1/3 cup Parsley (finely chopped)
1 1/2 tbsps Apple Cider Vinegar
3/4 tsp Cinnamon
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	228	Cholesterol	0mg
Fat	1g	Sodium	314mg
Carbs	49g	Vitamin A	768IU
Fiber	11g	Vitamin C	13mg
Sugar	4g	Calcium	64mg
Protein	11g	Iron	3mg

DIRECTIONS

- 01 Combine freekeh 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 it simmer for 20 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 02 In a large mixing bowl, combine the freekeh with the remaining ingredients. Adjust any seasonings as needed. Divide into bowls or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup of salad.

GLUTEN-FREE

Use quinoa instead of freekeh.

MORE FLAVOR

Cook with broth instead of water.

Sweet & Sour Chickpea Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2/3 cup Pearl Barley (uncooked, rinsed and drained)
1 1/3 cups Kale Leaves (stems removed, torn)
1 1/3 cups Chickpeas (cooked)
1 2/3 fl ozs Pineapple Juice (from the can or bottle)
1 1/3 tbsps Maple Syrup
2 1/2 tsps Rice Vinegar
1 tsp Tomato Paste
1 tsp Coconut Aminos
3/4 tsp Arrowroot Powder
1 1/2 tsps Water (warm)

NUTRITION

AMOUNT PER SERVING

Calories	472	Cholesterol	0mg
Fat	4g	Sodium	70mg
Carbs	96g	Vitamin A	759IU
Fiber	19g	Vitamin C	21mg
Sugar	17g	Calcium	125mg
Protein	17g	Iron	5mg

DIRECTIONS

- 01 Cook the barley according to the directions on the package.
- 02 Meanwhile in a large saucepan, lightly fry the kale and chickpeas for 1 to 2 minutes. Add the pineapple juice, maple syrup, rice vinegar, tomato paste and coconut aminos. Bring to a gentle simmer, then remove from heat.
- 03 In a small bowl, combine the arrowroot powder and water to create a slurry. Add to the sauce to thicken.
- 04 Once the barley is cooked, drain any excess liquid. Fluff with a fork to separate the grains before serving.
- 05 Divide the barley into bowls or containers if on-the-go. Top with the sweet and sour chickpeas and kale. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving equals approximately 2 cups of sweet and sour chickpeas with barley.

MEAL PREP

Prepare a batch of sweet and sour sauce separately and add to other meals throughout the week. Freeze the sauce for up to three months.

GLUTEN-FREE

Use buckwheat groats or quinoa instead of barley.

MORE FLAVOR

Cook the barley in broth instead of water. Add garlic powder and/or onion powder to the sauce.

LESS TIME

Soak the barley overnight to reduce cooking time, or use quinoa instead.



NO MAPLE SYRUP

Use brown sugar or your choice of sweetener instead and adjust accordingly for flavor.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

NO ARROWROOT POWDER

Use cornstarch or tapioca flour instead.

NO PINEAPPLE JUICE

Use pear juice instead.



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 Coconut Yogurt with Strawberries.	Divide between containers and store in the fridge for snacks.
		Make the Lemon Maple Chickpea Salad.	Divide between containers and store in the fridge for lunches
		Make the Green Goddess Cashew Dip.	Divide between containers and store in the fridge with sliced cucumbers for snacks.
1 Mon		Make Savoury Golden Oats.	Store leftovers in the fridge.
		Pack your meals if you are on-the-go.	Savoury Golden Oats, Coconut Yogurt with Strawberries, Lemon Maple Chickpea Salad, and Green Goddess Cashew Dip with a Peach.
		Make Penne with Red Lentil Bolognese Sauce and Steamed Broccoli for dinner.	Store leftovers in the fridge for lunch tomorrow.

2 Tue		Pack your meals if you are on-the-go.	Savoury Golden Oats, Coconut Yogurt with Strawberries, Lemon Maple Chickpea Salad, and Green Goddess Cashew Dip with a Peach.
		Have leftover Red Lentil Bolognese Sauce and Steamed Broccoli for dinner.	Reheat on the stove or in a microwave.
3 Wed		Pack your meals if you are on-the-go.	Savoury Golden Oats, Coconut Yogurt with Strawberries, Lemon Maple Chickpea Salad, and Green Goddess Cashew Dip with a Peach.
		Make Coconut Turmeric Cauliflower Bowls for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Oil-Free Hummus with Chopped Bell Peppers.	Divide between containers and store in the fridge for snacks.
		Make Peaches & Cream Overnight Oats.	Divide between containers and store in the fridge for snacks.
4 Thu		Make a Blueberry Protein Smoothie with a Banana for breakfast.	
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie with a Banana, Peaches & Cream Overnight Oats, Coconut Turmeric Cauliflower Bowls, and Oil-Free Hummus with Chopped Bell Peppers.

		Make Maple Turmeric Chickpeas & Freekeh for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make a Blueberry Protein Smoothie with a Banana for breakfast.	
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie with a Banana, Peaches & Cream Overnight Oats, Maple Turmeric Chickpeas & Freekeh, and Oil-Free Hummus with Chopped Bell Peppers.
		Make Peach & Lentil Freekeh Salad for dinner.	Enjoy and store leftovers in the fridge.
		Make Raspberry Overnight Oats.	Divide between containers and store in the fridge for snacks.
6 Sat		Make the Chickpea Breakfast Scramble for breakfast.	Enjoy and store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Chickpea Breakfast Scramble, Raspberry Overnight Oats, Peach & Lentil Freekeh Salad, and Oil-Free Hummus with Chopped Bell Peppers.
		Make Sweet & Sour Chickpea Bowls for dinner.	Store leftovers in the fridge for dinner tomorrow.

7 Sun		Pack your meals if you are on-the-go.	Chickpea Breakfast Scramble, Raspberry Overnight Oats, Peach & Lentil Freekeh Salad, and Oil-Free Hummus with Chopped Bell Peppers.
		Shop and prep for next week.	
		Enjoy leftover Sweet & Sour Chickpea Bowl for dinner.	Reheat on the stove or in the microwave.

WAIVER

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