



Plant-Based Menopause Support Program

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Plant-Based Menopause Support Program

HEAVY METAL FITNESS

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

The Plant-Based Menopause Support Meal Plan provides plant-based nutrition to maintain a healthy weight, protect bones and reduce hot flashes during menopause. It's a program designed for plant-based eaters experiencing menopause. The meal plan includes plant-based sources of calcium, magnesium, and protein, with phytoestrogens to reduce hot flashes.

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

CALCIUM & MAGNESIUM

During menopause, women are at an increased risk of osteoporosis due to the loss of estrogen. This plan includes foods high in bone-building minerals like calcium and magnesium. These nutrients will help to maintain healthy bones and prevent bone loss.

PHYTOESTROGENS

The level of estrogen in the body decreases in menopause causing the unpleasant side effect of hot flashes. Some research has found that phytoestrogens may help reduce hot flashes, which is why this plan incorporates many phytoestrogen-containing foods including tempeh, tofu, and edamame.

LOW GLYCEMIC FOODS

As you transition into menopause, you may experience sudden weight gain and have difficulty controlling your blood sugar. This can be due to insulin resistance. Eating the proper amount and type of carbohydrate can help balance insulin levels. This meal plan uses low glycemic foods and excludes added sugars to optimize blood sugars and help with weight management.

PROTEIN

During menopause, the natural decline in estrogen levels causes a loss of muscle mass and strength. Getting enough daily protein will help prevent muscle loss, balance your blood sugar, and maintain a healthy weight. This meal plan will help you reach your protein goals by providing 20% of your calories from protein.



HEALTHY FATS

Good quality fats are associated with a lower risk of both heart disease and breast cancer. This plan includes many sources of omega-6 and omega-3 fatty acids including avocado, extra virgin olive oil, and chia seeds.

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
Chocolate Zucchini Bread Smoothie



SNACK 1
Raspberry Chia Protein Pudding



LUNCH
Falafel Salad with Green Tahini Sauce



SNACK 2
Smashed Peacamole with Crackers



DINNER
Chili Lime Tempeh & Veggies

TUE



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Raspberry Chia Protein Pudding



LUNCH
Chili Lime Tempeh & Veggies



SNACK 2
Smashed Peacamole with Crackers



DINNER
Falafel Salad with Green Tahini Sauce

WED



BREAKFAST
Chocolate Zucchini Bread Smoothie



SNACK 1
Raspberry Chia Protein Pudding



LUNCH
Falafel Salad with Green Tahini Sauce



SNACK 2
Roasted Edamame



DINNER
Tempeh Buddha Bowl

THU



BREAKFAST
Berry Avocado Smoothie



SNACK 1
Raspberry Chia Protein Pudding



LUNCH
Tempeh Buddha Bowl



SNACK 2
Roasted Edamame



DINNER
Creamy Pasta with Kale

FRI



BREAKFAST
Chocolate Zucchini Bread Smoothie



SNACK 1
Clean Trail Mix



LUNCH
Creamy Pasta with Kale



SNACK 2
Roasted Edamame



DINNER
Tempeh Buddha Bowl

SAT



BREAKFAST
Brownie Protein Pancakes



SNACK 1
Clean Trail Mix



LUNCH
Rainbow Chopped Salad Jars



SNACK 2
Smashed Peacamole with Crackers



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

SUN



BREAKFAST
Brownie Protein Pancakes



SNACK 1
Clean Trail Mix



LUNCH
Rainbow Chopped Salad Jars



SNACK 2
Smashed Peacamole with Crackers



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

MON**FAT 46%** **CARBS 34%** **PROTEIN 20%**

Calories 1982 Cholesterol 6mg
 Fat 107g Sodium 2309mg
 Carbs 181g Vitamin A 12023IU
 Fiber 68g Vitamin C 278mg
 Sugar 29g Calcium 1717mg
 Protein 103g Iron 29mg

TUE**FAT 46%** **CARBS 35%** **PROTEIN 19%**

Calories 1963 Cholesterol 6mg
 Fat 105g Sodium 2193mg
 Carbs 184g Vitamin A 12063IU
 Fiber 68g Vitamin C 312mg
 Sugar 37g Calcium 1675mg
 Protein 100g Iron 28mg

WED**FAT 49%** **CARBS 29%** **PROTEIN 22%**

Calories 1841 Cholesterol 6mg
 Fat 105g Sodium 1928mg
 Carbs 142g Vitamin A 9803IU
 Fiber 58g Vitamin C 135mg
 Sugar 28g Calcium 1738mg
 Protein 109g Iron 27mg

THU**FAT 50%** **CARBS 28%** **PROTEIN 22%**

Calories 1853 Cholesterol 6mg
 Fat 110g Sodium 1425mg
 Carbs 141g Vitamin A 4001IU
 Fiber 52g Vitamin C 123mg
 Sugar 39g Calcium 1607mg
 Protein 108g Iron 23mg

FRI**FAT 51%** **CARBS 29%** **PROTEIN 20%**

Calories 1985 Cholesterol 4mg
 Fat 121g Sodium 1612mg
 Carbs 154g Vitamin A 3710IU
 Fiber 41g Vitamin C 78mg
 Sugar 29g Calcium 1280mg
 Protein 106g Iron 23mg

SAT**FAT 44%** **CARBS 38%** **PROTEIN 18%**

Calories 2071 Cholesterol 4mg
 Fat 105g Sodium 2550mg
 Carbs 208g Vitamin A 5608IU
 Fiber 49g Vitamin C 324mg
 Sugar 44g Calcium 1940mg
 Protein 99g Iron 23mg

SUN**FAT 44%** **CARBS 38%** **PROTEIN 18%**

Calories 2071 Cholesterol 4mg
 Fat 105g Sodium 2550mg
 Carbs 208g Vitamin A 5608IU
 Fiber 49g Vitamin C 324mg
 Sugar 44g Calcium 1940mg
 Protein 99g Iron 23mg



FRUITS

- 4 1/2 Avocado
- 1 1/2 Banana
- 2 1/2 Lemon
- 2 2/3 tbsps Lemon Juice
- 1/4 cup Lime Juice
- 1 1/2 cups Raspberries

BREAKFAST

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

SEEDS, NUTS & SPICES

- 1/2 cup Cashews
- 3/4 cup Chia Seeds
- 2 tps Chili Powder
- 1 1/2 cups Clean Trail Mix
- 2 tps Cumin
- 1 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/4 tsp Paprika
- 2 1/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Sesame Seeds
- 1/2 tsp Smoked Paprika
- 3 tbsps Sunflower Seeds

FROZEN

- 1 cup Frozen Berries
- 1/2 cup Frozen Cauliflower
- 3 cups Frozen Edamame

VEGETABLES

- 6 cups Arugula
- 4 cups Baby Spinach
- 1 cup Brussels Sprouts
- 1/2 head Cauliflower
- 4 cups Cauliflower Rice
- 2/3 cup Cherry Tomatoes
- 1 cup Fresh Peas
- 4 2/3 Garlic
- 1 Green Bell Pepper
- 2 2/3 cups Kale Leaves
- 2/3 cup Matchstick Carrots
- 2 cups Parsley
- 2 cups Purple Cabbage
- 1 Red Bell Pepper
- 2/3 Yellow Bell Pepper
- 1/2 Yellow Onion
- 2 1/2 Zucchini

BOXED & CANNED

- 4 ozs Chickpea Pasta
- 2 cups Chickpeas
- 2 cups Lentils
- 7 1/16 ozs Seed Crackers
- 1/4 cup Vegetable Broth

BAKING

- 1 tbsp Arrowroot Powder
- 1 tbsp Baking Powder
- 1 tbsp Cacao Nibs
- 3 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1 tbsp Cocoa Powder
- 1/4 cup Dark Chocolate Chips
- 2 tps Nutritional Yeast
- 3/4 cup Oats
- 1/4 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 1 1/8 lbs Tempeh
- 15 3/4 ozs Tofu

CONDIMENTS & OILS

- 2 tbsps Avocado Oil
- 1 1/2 tps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2/3 cup Tahini
- 3 tbsps Tamari

COLD

- 2 cups Plain Coconut Milk
- 6 cups Unsweetened Almond Milk

OTHER

- 1 1/4 cups Chocolate Protein Powder
- 1 cup Vanilla Protein Powder
- 1 1/4 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

Chocolate Zucchini Bread Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 Zucchini (chopped, frozen)
1/4 cup Chocolate Protein Powder
1/2 Banana (frozen)
1 tbsp Chia Seeds
1 tbsp Almond Butter
1 tbsp Cacao Powder
1 tsp Cacao Nibs (optional)

NUTRITION

AMOUNT PER SERVING

Calories	389	Cholesterol	4mg
Fat	19g	Sodium	209mg
Carbs	30g	Vitamin A	733IU
Fiber	12g	Vitamin C	23mg
Sugar	10g	Calcium	716mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Add all ingredients except the cacao nibs into a high-speed blender and blend until smooth.
- 02 Pour into a glass and top with cacao nibs (optional). Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead of almond butter and coconut milk or hemp seed milk instead of almond milk.

PROTEIN POWDER

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

Berry Avocado Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (unsweetened, from the box)
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/2 cup Frozen Berries
1/4 Avocado
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

NUTRITION

AMOUNT PER SERVING

Calories	370	Cholesterol	4mg
Fat	17g	Sodium	93mg
Carbs	33g	Vitamin A	773IU
Fiber	12g	Vitamin C	57mg
Sugar	18g	Calcium	674mg
Protein	25g	Iron	3mg

DIRECTIONS

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

NOTES

NO CHIA SEEDS

Use flax seeds instead.

NO AVOCADO

Use almond butter or sunflower seed butter instead.

ADDITIONAL TOPPINGS

Serve in a bowl and top with shredded coconut, granola, sliced banana or berries.

PROTEIN POWDER

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



Brownie Protein Pancakes

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Ground Flax Seed
1/3 cup Water
1/2 cup Chickpea Flour
1/2 cup Chocolate Protein Powder
1 tbsp Cocoa Powder
1 tbsp Baking Powder
1 cup Unsweetened Almond Milk (or water)
1/4 cup Dark Chocolate Chips
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	444	Cholesterol	4mg
Fat	19g	Sodium	866mg
Carbs	37g	Vitamin A	259IU
Fiber	6g	Vitamin C	0mg
Sugar	17g	Calcium	773mg
Protein	29g	Iron	4mg

DIRECTIONS

- 01 Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
- 02 In a medium sized bowl, combine the chickpea flour, protein powder, cocoa powder, and baking powder.
- 03 Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
- 04 Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
- 05 Plate the pancakes and enjoy!

NOTES

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

SAVE TIME

Make the pancake batter in a blender.

TOPPINGS

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

LEFTOVERS

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

NO CHICKPEA FLOUR

Try oat flour instead. Results may vary.



Raspberry Chia Protein Pudding

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Chia Seeds
2 cups Unsweetened Almond Milk
1/2 cup Vanilla Protein Powder
1 1/2 cups Raspberries (divided)
1/4 cup Unsweetened Coconut Flakes

NUTRITION

AMOUNT PER SERVING

Calories	234	Cholesterol	2mg
Fat	13g	Sodium	101mg
Carbs	18g	Vitamin A	265IU
Fiber	11g	Vitamin C	12mg
Sugar	2g	Calcium	428mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
- 02 In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

NUT-FREE

Use coconut milk instead of almond milk.

LIKES IT SWEET

Add a drizzle of maple syrup or honey.

PROTEIN POWDER

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

Clean Trail Mix

3 SERVINGS 2 MINUTES



INGREDIENTS

1 1/2 cups Clean Trail Mix

NUTRITION

AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	22g	Sodium	172mg
Carbs	34g	Vitamin A	14IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	59mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 02 Pour into bowl and snack away!

Falafel Salad with Green Tahini Sauce

3 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Oats (quick or traditional)
2 cups Lentils (cooked, drained and rinsed)
2 Garlic (cloves, minced)
1/2 tsp Sea Salt
2 cups Parsley (divided)
1 Lemon (juiced and divided)
2 tbsps Extra Virgin Olive Oil (divided)
1/4 cup Tahini
1/4 cup Water
4 cups Baby Spinach (or mixed greens)

NUTRITION

AMOUNT PER SERVING

Calories	459	Cholesterol	0mg
Fat	22g	Sodium	476mg
Carbs	50g	Vitamin A	7190IU
Fiber	17g	Vitamin C	74mg
Sugar	4g	Calcium	223mg
Protein	20g	Iron	11mg

DIRECTIONS

- 01 Preheat the oven to 420°F (216°C) and line a baking sheet with parchment paper.
- 02 Place your oats in a food processor and pulse into a fine powder. Ensure your lentils are very dry. Excess liquid will make the batter harder to work with. Add lentils, garlic, sea salt, half of the parsley, half of the lemon juice and half the olive oil. Pulse until well combined. Form the batter into small patties or balls and transfer them to the baking sheet. Bake in the oven for 20 to 25 minutes.
- 03 Meanwhile, rinse out the food processor container and dry it well. Then combine the remaining parsley, lemon juice and olive. Add the tahini, water and season with sea salt. Blend until smooth. Taste and adjust lemon juice and sea salt to taste.
- 04 Plate the baby spinach. Serve the baked falafels over top and drizzle with tahini dressing. Enjoy!

NOTES

SPEED IT UP

Skip making the tahini sauce and serve with hummus instead.

Rainbow Chopped Salad Jars

2 SERVINGS 15 MINUTES



INGREDIENTS

3 1/3 tbsps Tahini
1 1/3 Lemon (juiced)
1/3 tsp Sea Salt
1 1/3 tbsps Water
2 cups Chickpeas (cooked, from the can)
2/3 cup Cherry Tomatoes
2/3 cup Matchstick Carrots
2/3 Yellow Bell Pepper (chopped)
2 cups Purple Cabbage (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	0mg
Fat	18g	Sodium	494mg
Carbs	69g	Vitamin A	4579IU
Fiber	19g	Vitamin C	189mg
Sugar	16g	Calcium	252mg
Protein	22g	Iron	8mg

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

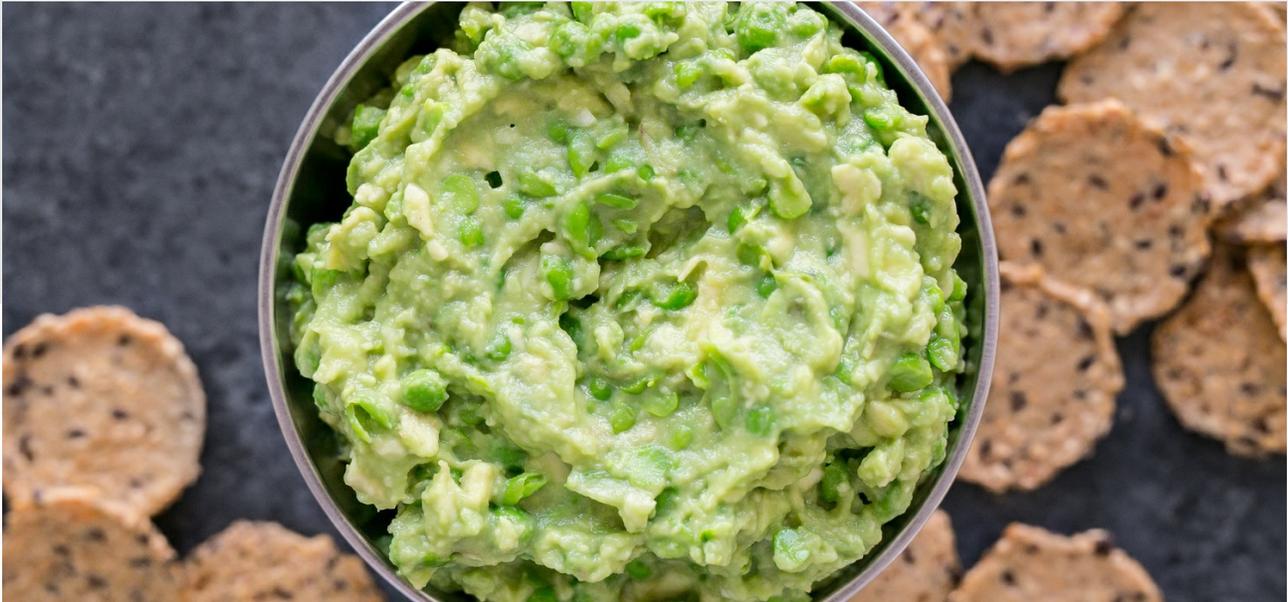
Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.

Smashed Peacamole with Crackers

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Fresh Peas
1 Avocado
1 Garlic (cloves, minced)
1/8 Lemon (juiced)
1/8 tsp Sea Salt (or more to taste)
3 1/2 ozs Seed Crackers

NUTRITION

AMOUNT PER SERVING

Calories	416	Cholesterol	0mg
Fat	23g	Sodium	450mg
Carbs	47g	Vitamin A	424IU
Fiber	17g	Vitamin C	26mg
Sugar	3g	Calcium	136mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 In a bowl, smash the peas with the back of a fork.
- 02 Add avocado and mash until well combined. Stir in garlic, lemon juice and sea salt to taste.
- 03 Transfer to a serving bowl and enjoy with crackers.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. To prevent it from turning brown, add a layer of plastic wrap within the container.

SERVING SIZE

There is approximately 1/3 cup of peacamole per serving.

LIKES IT SPICY

Add chili powder, red pepper flakes, jalapeno slices and/or cayenne pepper.

NO FRESH PEAS

Use frozen peas, corn or edamame instead.

NO LEMON JUICE

Use apple cider vinegar instead.

Roasted Edamame

3 SERVINGS 45 MINUTES



INGREDIENTS

3 cups Frozen Edamame
1 1/2 tbsps Extra Virgin Olive Oil
1/3 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	247	Cholesterol	0mg
Fat	15g	Sodium	304mg
Carbs	14g	Vitamin A	462IU
Fiber	8g	Vitamin C	9mg
Sugar	3g	Calcium	98mg
Protein	18g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

NOTES

LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Chili Lime Tempeh & Veggies

2 SERVINGS 1 HOUR 40 MINUTES



INGREDIENTS

2 tsp Chili Powder (divided)
2 tsp Cumin (divided)
1 tsp Garlic Powder (divided)
3/4 tsp Sea Salt (divided)
1/2 tsp Smoked Paprika
1/4 cup Lime Juice
1/4 cup Vegetable Broth
1 tsp Maple Syrup
9 ozs Tempeh (cut into thin pieces)
1 Red Bell Pepper (thinly sliced)
1 Green Bell Pepper (thinly sliced)
1/2 Yellow Onion (thinly sliced)
1 tbsp Water
1 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	484	Cholesterol	0mg
Fat	30g	Sodium	1073mg
Carbs	36g	Vitamin A	3411IU
Fiber	11g	Vitamin C	143mg
Sugar	10g	Calcium	214mg
Protein	30g	Iron	8mg

DIRECTIONS

- 01 In a shallow bowl or zipper-lock bag combine half of the chili powder, half of the cumin, half of the garlic powder, two-thirds of the salt and the paprika. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add the tempeh and gently toss to coat in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour, keep the tempeh in the fridge.
- 02 When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
- 03 Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
- 04 Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the tempeh pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
- 05 Divide between plates. Top with diced avocado and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add cayenne pepper or hot sauce for a spicy tempeh. Use avocado oil instead of water to roast the vegetables.

ADDITIONAL TOPPINGS

Lime wedges or cilantro.



SERVE IT WITH

Brown rice, quinoa, cauliflower rice or tortillas as a taco filling.



Tempeh Buddha Bowl

3 SERVINGS 30 MINUTES



INGREDIENTS

9 ozs Tempeh (sliced into strips)
2 tbsps Tamari
1/4 tsp Paprika
1 tbsps Avocado Oil
4 cups Cauliflower Rice
3 tbsps Tahini
1 tbsps Maple Syrup
2 tbsps Lemon Juice
3 tbsps Water
1/8 tsp Sea Salt
6 cups Arugula
1 Avocado (sliced)
3 tbsps Sunflower Seeds

NUTRITION

AMOUNT PER SERVING

Calories	512	Cholesterol	0mg
Fat	36g	Sodium	838mg
Carbs	30g	Vitamin A	1153IU
Fiber	10g	Vitamin C	17mg
Sugar	9g	Calcium	273mg
Protein	28g	Iron	5mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. In a small bowl, toss the tempeh with the tamari, paprika and avocado oil. Place the strips of tempeh on the baking sheet and bake for 20 to 23 minutes, flipping halfway through.
- 02 Heat a skillet over medium heat. Add the riced cauliflower. Sauté for 5 to 7 minutes, and then remove from heat.
- 03 In a small bowl, whisk together the tahini, maple syrup, lemon juice, water and sea salt.
- 04 Add the cauliflower rice to your bowl, and top with arugula, avocado, sunflower seeds and tempeh. Top with the tahini dressing and enjoy!

NOTES

LEFTOVERS

Refrigerate the ingredients and dressing separately in airtight containers for up to three days.

MORE FLAVOR

Add chili flakes to the cauliflower rice.

ADDITIONAL TOPPINGS

Add cooked sweet potato or other veggies if desired.

NO AVOCADO OIL

Use extra virgin olive oil or coconut oil.



Creamy Pasta with Kale

2 SERVINGS 40 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

NO KALE

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

LEFTOVERS

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

NO CHICKPEA PASTA

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



One Pan Tofu, Brussels Sprouts & Cauliflower

2 SERVINGS 45 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

MORE CARBS

Serve with rice or quinoa.

LEFTOVERS

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

VEGETABLE ALTERNATIVES

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

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 Raspberry Chia Protein Pudding.	Divide between containers and store in the fridge for snacks.
		Make the Falafel Salad with Green Tahini Sauce.	Pour sauce into a jar, divide salad between containers and store in the fridge.
		Make the Smashed Peacamole with Crackers.	Divide between containers and store in the fridge. Store crackers separately.
1 Mon		Make the Chocolate Zucchini Bread Smoothie.	
		Pack your meals if you are on-the-go.	Chocolate Zucchini Bread Smoothie, Raspberry Chia Protein Pudding, Falafel Salad with Green Tahini Sauce, and Smashed Peacamole with Crackers.
		Make Chili Lime Tempeh & Veggies for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Berry Avocado Smoothie for breakfast.	

2 Tue		Pack your meals if you are on-the-go.	Berry Avocado Smoothie, Raspberry Chia Protein Pudding, Chili Lime Tempeh & Veggies, and Smashed Peacamole with Crackers.
		Have Falafel Salad with Green Tahini Sauce for dinner.	
		Make Roasted Edamame snacks.	Divide between containers and store in the fridge.
3 Wed		Make the Chocolate Zucchini Bread Smoothie.	
		Pack your meals if you are on-the-go.	Chocolate Zucchini Bread Smoothie, Raspberry Chia Protein Pudding, Falafel Salad with Green Tahini Sauce, and Roasted Edamame.
		Make Tempeh Buddha Bowls for dinner.	Enjoy and store leftovers in the fridge.
4 Thu		Make Berry Avocado Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Berry Avocado Smoothie, Raspberry Chia Protein Pudding, Tempeh Buddha Bowl, and Roasted Edamame.
		Make Creamy Pasta with Kale for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Portion out Clean Trail Mix.	Store in airtight containers for snacks.
5 Fri		Make the Chocolate Zucchini Bread Smoothie for breakfast.	
		Pack your meals if you are on-the-go.	Chocolate Zucchini Bread Smoothie, Clean Trail Mix, Creamy Pasta with Kale, and Roasted Edamame.
		Enjoy leftover Tempeh Buddha Bowl for dinner.	Enjoy cold or reheat on the stove or in a microwave.
		Make the Smashed Peacamole with Crackers.	Divide between containers and store in the fridge. Store crackers separately.
		Make Rainbow Chopped Salad Jars.	Store in the fridge for lunches.
6 Sat		Make the Brownie Protein Pancakes for breakfast.	Enjoy and store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Clean Trail Mix, Rainbow Chopped Salad Jar, Smashed Peacamole with Crackers.
		Make One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Store leftovers in the fridge for dinner tomorrow.
7		Pack your meals if you are on-the-go.	Brownie Protein Pancakes, Clean Trail Mix, Rainbow Chopped Salad Jar, Smashed Peacamole with

Sun			Crackers.
		Shop and prep for next week.	
		Enjoy leftover One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Reheat on the stove or in the microwave.

WAIVER

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