



Plant-Based One Pan Meal Program

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Plant-Based One Pan Meal Program

HEAVY METAL FITNESS

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

The Plant-Based One-Pan Meal Plan is filled with plant-based, nutritious, flavorful, easy one pan meals designed to help make life less busy. Our Plant-Based One Pan Meal Program makes meal preparation and cleanup a breeze. Since all the ingredients cook together, you end up with flavorful meals that often taste even better as leftovers. The meals included in this program provide your protein, vegetables, and starch in one dish and are packed with nutrients to support bone health, the immune system, inflammation, and a healthy gut.

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

BONE BUILDING NUTRIENTS

Calcium and magnesium are essential to building healthy bones. This meal plan uses calcium-rich ingredients like coconut yogurt, fortified milk beverages, almond butter, and tofu to help you achieve a calcium intake of over 1,000 mg per day. Over 500 mg of magnesium is incorporated daily from food sources like chia seeds, almonds, pumpkin seeds, spinach, and banana. Protein is an essential nutrient for bone health and makes up to 20% of the daily calories in this plan.

IMMUNE SUPPORT

The mineral zinc is critical for immune function and is found in pumpkin seeds, oats, and chickpeas. Vitamin A is an essential fat-soluble antioxidant that reduces oxidative stress in cells and is useful in the treatment of inflammatory diseases. This meal plan contains vitamin A sources like sweet potato, peppers, and broccoli. Vitamin C supports the immune system and is found in strawberries, Brussels sprouts, tomatoes, and cauliflower.

ANTI-INFLAMMATORY FOODS

Polyphenols may help to control oxidative stress and the inflammatory response. This plan includes polyphenols found in strawberries, walnuts, almonds, spinach, tofu, and tempeh. The polyphenol curcumin in turmeric is incorporated in the meal plan for its role as an anti-inflammatory agent. Curcumin is effective in treating chronic conditions like rheumatoid arthritis, inflammatory bowel disease, and Alzheimer's disease.



GUT HEALTH

Fiber modulates the gut microbiome to create a healthy intestinal environment. The plan provides up to 50 grams of fiber daily from foods such as fruits, vegetables, oats, lentils, legumes, nuts, and seeds. This meal plan combines probiotics and prebiotics like yogurt with fruit to bring good bacteria into the gut and support digestive health.

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
Coconut Yogurt Chia Pudding



SNACK 1
Sunflower Seed Butter & Strawberry Sandwich



LUNCH
Mushroom & Edamame Stir Fry



SNACK 2
Toasted Trail Mix



DINNER
Thai Cauliflower & Sweet Potato Curry

TUE



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Toasted Trail Mix



LUNCH
Thai Cauliflower & Sweet Potato Curry



SNACK 2
Sunflower Seed Butter & Strawberry Sandwich



DINNER
Mushroom & Edamame Stir Fry

WED



BREAKFAST
Coconut Yogurt Chia Pudding



SNACK 1
Pear & Walnuts



LUNCH
Mushroom & Edamame Stir Fry



SNACK 2
Toasted Trail Mix



DINNER
One Pan Tempeh & Veggies

THU



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Roasted Edamame



LUNCH
One Pan Tempeh & Veggies



SNACK 2
Pear & Walnuts



DINNER
Chickpea Tikka Masala with Couscous

FRI



BREAKFAST
Strawberry Almond Protein Smoothie



SNACK 1
Pear & Walnuts



LUNCH
Chickpea Tikka Masala with Couscous



SNACK 2
Roasted Edamame



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

SAT



BREAKFAST
Savory Golden Oats



SNACK 1
Almond, Chia & Banana Toast



LUNCH
One Pan Tofu, Brussels Sprouts & Cauliflower



SNACK 2
Roasted Edamame



DINNER
Japanese Eggplant & Tofu Stir Fry

SUN



BREAKFAST
Savory Golden Oats



SNACK 1
Pear & Walnuts



LUNCH
Japanese Eggplant & Tofu Stir Fry



SNACK 2
Almond, Chia & Banana Toast



DINNER
One Pan Tofu, Brussels Sprouts & Cauliflower

MON

FAT 51% **CARBS 33%** **PROTEIN 16%**

Calories 1920 Cholesterol 0mg
Fat 117g Sodium 2104mg
Carbs 167g Vitamin A 7573IU
Fiber 51g Vitamin C 164mg
Sugar 51g Calcium 1100mg
Protein 80g Iron 22mg

TUE

FAT 51% **CARBS 33%** **PROTEIN 16%**

Calories 1920 Cholesterol 0mg
Fat 117g Sodium 2104mg
Carbs 167g Vitamin A 7573IU
Fiber 51g Vitamin C 164mg
Sugar 51g Calcium 1100mg
Protein 80g Iron 22mg

WED

FAT 51% **CARBS 30%** **PROTEIN 19%**

Calories 1963 Cholesterol 0mg
Fat 119g Sodium 2487mg
Carbs 158g Vitamin A 2877IU
Fiber 53g Vitamin C 234mg
Sugar 62g Calcium 1274mg
Protein 99g Iron 24mg

THU

FAT 35% **CARBS 43%** **PROTEIN 22%**

Calories 1861 Cholesterol 4mg
Fat 77g Sodium 2771mg
Carbs 212g Vitamin A 5762IU
Fiber 57g Vitamin C 480mg
Sugar 73g Calcium 1380mg
Protein 110g Iron 22mg

FRI

FAT 38% **CARBS 41%** **PROTEIN 21%**

Calories 1832 Cholesterol 4mg
Fat 84g Sodium 2173mg
Carbs 201g Vitamin A 4438IU
Fiber 57g Vitamin C 430mg
Sugar 71g Calcium 1851mg
Protein 103g Iron 22mg

SAT

FAT 40% **CARBS 41%** **PROTEIN 19%**

Calories 1884 Cholesterol 0mg
Fat 89g Sodium 3118mg
Carbs 206g Vitamin A 5456IU
Fiber 58g Vitamin C 187mg
Sugar 57g Calcium 1449mg
Protein 95g Iron 25mg

SUN

FAT 41% **CARBS 43%** **PROTEIN 16%**

Calories 1935 Cholesterol 0mg
Fat 94g Sodium 2816mg
Carbs 223g Vitamin A 5039IU
Fiber 58g Vitamin C 186mg
Sugar 72g Calcium 1396mg
Protein 82g Iron 22mg



FRUITS

- 4 Banana
- 1 1/2 tbsps Lime Juice
- 4 Pear
- 3 1/2 cups Strawberries

BREAKFAST

- 3/4 cup Almond Butter
- 1 1/2 tpsps Maple Syrup

SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 2/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1/2 tsp Cumin
- 1 1/2 tpsps Curry Powder
- 1 tsp Garam Masala
- 1/2 tsp Garlic Powder
- 2 tpsps Ground Flax Seed
- 1 tsp Onion Powder
- 1 tsp Oregano
- 1/3 cup Pumpkin Seeds
- 3/4 cup Raw Peanuts
- 2 1/16 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 2/3 tpsps Sesame Seeds
- 1 tsp Turmeric
- 1 cup Walnuts

FROZEN

- 6 1/2 cups Frozen Edamame
- 1 1/2 cups Frozen Strawberries

VEGETABLES

- 2 cups Baby Spinach
- 4 cups Broccoli
- 1 1/2 cups Brussels Sprouts
- 1 1/2 heads Cauliflower
- 3 cups Cauliflower Rice
- 2 tpsps Cilantro
- 15 Cremini Mushrooms
- 2 Eggplant
- 8 1/2 Garlic
- 3 tpsps Ginger
- 1 1/2 cups Kale Leaves
- 1 1/2 Red Bell Pepper
- 1 Red Hot Chili Pepper
- 1/2 Sweet Potato
- 1/3 cup Thai Basil
- 1 Yellow Onion

BOXED & CANNED

- 1/2 cup Canned Coconut Milk
- 2 cups Chickpeas
- 1/4 cup Couscous
- 3/4 cup Crushed Tomatoes
- 3/4 cup Dry Red Lentils
- 5 3/4 cups Vegetable Broth

BAKING

- 1 1/2 tpsps Arrowroot Powder
- 1 tsp Nutritional Yeast
- 1 cup Oats
- 1/3 cup Raisins

BREAD, FISH, MEAT & CHEESE

- 8 slices Gluten Free Bread
- 9 ozs Tempeh
- 1 3/4 lbs Tofu

CONDIMENTS & OILS

- 3 1/2 tpsps Avocado Oil
- 1/4 cup Balsamic Vinegar
- 2 tpsps Dijon Mustard
- 2 tpsps Extra Virgin Olive Oil
- 2 1/4 tpsps Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 1/3 cup Tamari
- 1 tpsps Thai Red Curry Paste

COLD

- 3 1/4 cups Unsweetened Almond Milk
- 1 1/2 cups Unsweetened Coconut Yogurt

OTHER

- 1/2 cup Vanilla Protein Powder
- 2 tpsps Water



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Behavior-Based Food Habits & Accountability

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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

Coconut Yogurt Chia Pudding

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 cups Unsweetened Coconut Yogurt
1/2 cup Chia Seeds
3/4 cup Unsweetened Almond Milk
1 1/2 cups Frozen Strawberries
1/4 cup Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	425	Cholesterol	0mg
Fat	29g	Sodium	69mg
Carbs	36g	Vitamin A	175IU
Fiber	15g	Vitamin C	46mg
Sugar	7g	Calcium	662mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 In a medium-sized bowl, add the yogurt, chia seeds, almond milk, and strawberries and stir well to combine.
- 02 Place in the fridge for 25 to 30 minutes, until thickened.
- 03 Remove from the fridge and stir in the almond butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to about 1 cup of chia pudding.

NUT-FREE

Use tahini and coconut milk instead of almond butter and almond milk.

MORE FLAVOR

Add a pinch of cinnamon or vanilla.

LIKES IT SWEETER

Add a drizzle of honey or maple syrup.

NO COCONUT YOGURT

Use regular yogurt or Greek yogurt.

Strawberry Almond Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Vanilla Protein Powder
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	474	Cholesterol	4mg
Fat	20g	Sodium	244mg
Carbs	53g	Vitamin A	726IU
Fiber	13g	Vitamin C	137mg
Sugar	26g	Calcium	809mg
Protein	29g	Iron	3mg

DIRECTIONS

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

NOTES

NUT-FREE

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

NO ALMOND MILK

Use coconut milk or cashew milk instead.

SMOOTHIE CONSISTENCY

If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

MORE FIBER

Add in some chopped leafy greens like spinach or kale.

PROTEIN POWDER

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

Savory Golden Oats

2 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Vegetable Broth
1 cup Oats (rolled)
1/2 cup Dry Red Lentils
1 tsp Onion Powder
1 tsp Turmeric
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
2 cups Baby Spinach
1 tsp 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.



Sunflower Seed Butter & Strawberry Sandwich

2 SERVINGS 5 MINUTES



INGREDIENTS

4 slices Gluten-Free Bread
1/4 cup Sunflower Seed Butter
1/2 cup Strawberries (stems removed, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	363	Cholesterol	0mg
Fat	22g	Sodium	256mg
Carbs	35g	Vitamin A	21IU
Fiber	5g	Vitamin C	22mg
Sugar	10g	Calcium	56mg
Protein	9g	Iron	2mg

DIRECTIONS

01 Toast the bread (optional). Spread the sunflower seed butter onto the bread and top with sliced strawberries. Close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Maple syrup, honey, hemp seeds, chia seeds or crushed nuts.

Pear & Walnuts

1 SERVING 5 MINUTES



INGREDIENTS

1 Pear
1/4 cup Walnuts

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

01 Slice the pear and serve with walnuts. Enjoy!

NOTES

NUT-FREE

Use sunflower seeds instead of walnuts.

MORE FLAVOR

Season the pear with cinnamon.

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.

Almond, Chia & Banana Toast

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Almond Butter
2 slices Gluten-Free Bread (toasted)
1 tbsp Chia Seeds
1/4 tsp Cinnamon
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	513	Cholesterol	0mg
Fat	26g	Sodium	258mg
Carbs	63g	Vitamin A	78IU
Fiber	12g	Vitamin C	10mg
Sugar	21g	Calcium	218mg
Protein	13g	Iron	3mg

DIRECTIONS

01 Spread the almond butter on top of the toast and top with the chia seeds, cinnamon and banana slices. Enjoy!

NOTES

NUT-FREE

Use sunflower seed butter instead.

NO CHIA SEEDS

Use hemp seeds instead.

NO ALMOND BUTTER

Use another nut butter instead.

Mushroom & Edamame Stir Fry

3 SERVINGS 20 MINUTES



INGREDIENTS

2 1/4 tps Sesame Oil
15 Cremini Mushrooms (sliced)
3/4 Yellow Onion (small, sliced)
1 1/2 cups Kale Leaves (finely chopped)
3 cups Frozen Edamame (thawed)
3 tbsps Vegetable Broth
3 tbsps Tamari
1 1/2 tbsps Ginger (fresh, finely grated)
3 Garlic (clove, minced)
3 cups Cauliflower Rice

NUTRITION

AMOUNT PER SERVING

Calories	291	Cholesterol	0mg
Fat	12g	Sodium	1088mg
Carbs	27g	Vitamin A	1000IU
Fiber	12g	Vitamin C	22mg
Sugar	10g	Calcium	166mg
Protein	26g	Iron	6mg

DIRECTIONS

- 01 Heat the sesame oil in a large pan or skillet over medium-high heat.
- 02 Add the mushrooms and onions to the pan and cook for 5 to 8 minutes or until the mushrooms and onions have started to brown.
- 03 Add the kale and stir to combine. Continue to cook until kale has wilted. Add in the edamame and cook for 2 to 3 minutes or until the edamame has warmed through.
- 04 Meanwhile, in a small bowl combine the vegetable broth, tamari, ginger and garlic.
- 05 Add the ginger and garlic sauce to the pan. Stir to combine and cook, stirring often, for 2 to 3 minutes more. Season the stir fry with additional tamari or sea salt if needed.
- 06 To serve, divide the cauliflower rice between plates and top with the mushroom and edamame stir fry. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add rice vinegar, honey or red pepper flakes to the sauce.

ADDITIONAL TOPPINGS

Asian-style hot sauce or sesame seeds.

NO CAULIFLOWER RICE

Use white rice, brown rice or quinoa instead.

NO KALE

Use spinach or Swiss chard instead.



Toasted Trail Mix

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 cup Almonds (raw)
1/8 tsp Sea Salt (omit if using salted nuts)
3/4 cup Raw Peanuts
1/3 cup Pumpkin Seeds
1/3 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.

Thai Cauliflower & Sweet Potato Curry

2 SERVINGS 35 MINUTES



INGREDIENTS

1/4 Yellow Onion (chopped)
1 1/2 Garlic (clove, minced)
1 1/2 tsps Ginger (fresh, grated or minced)
2 tbsps Water
1 tbsp Thai Red Curry Paste
3/4 cup Vegetable Broth
1/2 cup Canned Coconut Milk (full fat)
1/4 cup Dry Red Lentils
1/2 head Cauliflower (small, chopped into florets)
1/2 Sweet Potato (medium-sized, peeled and cut into cubes)
2 tbsps Cilantro (chopped, optional for garnish)

NUTRITION

AMOUNT PER SERVING

Calories	290	Cholesterol	0mg
Fat	12g	Sodium	529mg
Carbs	37g	Vitamin A	6376IU
Fiber	8g	Vitamin C	74mg
Sugar	7g	Calcium	64mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Heat a large pot over medium heat. Add the onion, garlic, ginger and water and cook until the onions are just tender and water has evaporated, about 3 to 5 minutes.
- 02 Add the curry paste and stir to combine with the onion mixture. Stir in the broth and coconut milk. Add in the lentils and cook for 8 to 10 minutes until the lentils are just tender, stirring often.
- 03 Add the cauliflower and sweet potato to the pot. Stir to combine then cover with a lid and reduce the heat to medium-low. Cook for 15 to 20 minutes or until the vegetables are tender, stirring often.
- 04 Season with additional salt if needed and divide between bowls. Top with cilantro, if using, and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 2 cups of curry.

MORE FLAVOR

Stir in lime juice and serve with extra lime wedges and cilantro. For a spicier curry, add more curry paste or serve with hot sauce.

SERVE IT WITH

Serve with brown or jasmine rice, quinoa, rice noodles or cauliflower rice.

One Pan Tempeh & Veggies

2 SERVINGS 50 MINUTES



INGREDIENTS

1/4 cup Balsamic Vinegar
2 tbsps Dijon Mustard
2 tbsps Vegetable Broth
2 Garlic (clove, minced)
1 tsp Oregano
3/4 tsp Sea Salt
9 ozs Tempeh (cut into thin strips)
2 cups Broccoli (cut into florets)
1/2 cup Frozen Edamame (thawed)
1/4 head Cauliflower (cut into florets)
1/2 Red Bell Pepper (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	398	Cholesterol	0mg
Fat	16g	Sodium	1166mg
Carbs	32g	Vitamin A	1656IU
Fiber	7g	Vitamin C	158mg
Sugar	10g	Calcium	249mg
Protein	35g	Iron	6mg

DIRECTIONS

- 01 Combine the balsamic vinegar, Dijon mustard, vegetable broth, garlic, oregano, and sea salt in a zipper-lock bag. Add the tempeh and marinate for at least 20 minutes.
- 02 Meanwhile, add the broccoli, edamame, cauliflower, and bell pepper to a large bowl.
- 03 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 04 Transfer the marinated tempeh to one side of the baking sheet, arranging in a single, evenly spaced layer.
- 05 Pour about half of the marinade on the vegetables and toss to coat. Transfer them to the other side of the baking sheet. Bake for about 24 to 26 minutes, turning the tempeh and stirring the vegetables halfway through. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Fresh herbs or green onion.

SERVE IT WITH

Brown rice, quinoa or cauliflower rice.

VEGETABLES

Use carrots, zucchini, Brussels sprouts, green beans, asparagus, or eggplant instead.

NO VEGETABLE BROTH

Use water instead.



Chickpea Tikka Masala with Couscous

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Ginger (grated)
1 1/2 tsp Curry Powder
1/2 tsp Cumin
1 tsp Garam Masala
2 cups Chickpeas
2 cups Broccoli (chopped into florets)
1 Red Bell Pepper (stem and seeds removed, chopped)
3/4 cup Crushed Tomatoes
3/4 cup Vegetable Broth
1/2 tsp Sea Salt
1/4 cup Couscous (dry, uncooked)

NUTRITION

AMOUNT PER SERVING

Calories	444	Cholesterol	0mg
Fat	6g	Sodium	1055m...
Carbs	82g	Vitamin A	2873IU
Fiber	21g	Vitamin C	168mg
Sugar	16g	Calcium	179mg
Protein	23g	Iron	8mg

DIRECTIONS

- 01 In a large pot over medium heat, stir the ginger, curry powder, cumin and garam masala for one to two minutes, or until fragrant.
- 02 Add the chickpeas, broccoli, red bell pepper, crushed tomatoes, vegetable broth and salt. Lower the heat and let simmer. Cook for about 30 minutes or until veggies are soft.
- 03 Stir in the couscous, remove from heat and cover with a lid for about 10 minutes, or until tender.
- 04 If needed, add more broth or water to reach your desired consistency and adjust salt. Stir thoroughly before serving. Enjoy!

NOTES

GLUTEN-FREE

Omit the couscous and serve with quinoa or brown rice instead.

STORAGE

Refrigerate in an airtight container up to 5 days.

MAKE IT CREAMY

Add coconut milk.



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.

Japanese Eggplant & Tofu Stir Fry

2 SERVINGS 20 MINUTES



INGREDIENTS

- 2 tbsps Avocado Oil (divided)
- 2 Eggplant (Japanese, large, cut into 3-inch pieces)
- 5 2/3 ozs Tofu (extra firm, drained and crumbled)
- 2 Garlic (cloves, thinly sliced)
- 2 tsps Sesame Seeds
- 1/3 cup Thai Basil (roughly chopped)
- 1 Red Hot Chili Pepper (chopped)
- 1 1/2 tbsps Lime Juice
- 2 tsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	366	Cholesterol	0mg
Fat	21g	Sodium	353mg
Carbs	38g	Vitamin A	719IU
Fiber	18g	Vitamin C	50mg
Sugar	21g	Calcium	329mg
Protein	15g	Iron	4mg

DIRECTIONS

- 01 In a skillet over medium heat, add half of the avocado oil then the eggplant. Cook until slightly browned, about 6 to 8 minutes. Remove and set aside on a plate.
- 02 In the same skillet, add the remaining avocado oil and then the tofu. Cook for about 2 to 3 minutes. Add the garlic and sesame seeds and cook for 1 minute more. Add the basil, chili pepper, lime juice, tamari and the cooked eggplant. Cook for another 1 to 2 minutes or until everything is combined and warm.
- 03 Divide between plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is roughly 1 cup of eggplant and tofu.

LIKE IT SWEET

Add a touch of maple syrup or honey.

NO LIME JUICE

Use rice vinegar instead.

ADDITIONAL TOPPINGS

Serve over top of rice, cauliflower rice or quinoa.

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 Chia Pudding.	Divide between containers and store in the fridge for breakfast this week.
		Make Sunflower Seed Butter & Strawberry Sandwich.	Divide between containers and store in the fridge for snacks this week.
		Make Mushroom & Edamame Stir Fry.	Divide between containers and store in the fridge.
		Make Toasted Trail Mix.	Divide between containers and store in the fridge for snacks this week.
		Optional: Portion smoothie ingredients into small ziploc bags so you can just add them to the blender with liquid for quick and easy mornings.	Store in the freezer.
1 Mon		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Sunflower Seed Butter & Strawberry Sandwich, Mushroom & Edamame Stir Fry, and Toasted Trail Mix.

		Make Thai Cauliflower & Sweet Potato Curry for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Toasted Trail Mix, Thai Cauliflower & Sweet Potato Curry, and Sunflower Seed Butter & Strawberry Sandwich.
		Enjoy leftover Mushroom & Edamame Stir Fry for dinner.	Reheat in the oven or microwave.
3 Wed		Pack your meals if you are on-the-go.	Coconut Yogurt Chia Pudding, Pear & Walnuts, Mushroom & Edamame Stir Fry, and Toasted Trail Mix.
		Make One Pan Tempeh & Veggies for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Roasted Edamame.	Divide between containers and store in the fridge for snacks this week.
4 Thu		Make Strawberry Almond Protein 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.	Strawberry Almond Protein Smoothie, Roasted Edamame, One Pan Tempeh & Veggies, and Pear & Walnuts.

		Make Chickpea Tikka Masala with Couscous for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make Strawberry Almond Protein 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.	Strawberry Almond Protein Smoothie, Pear & Walnuts, Chickpea Tikka Masala with Couscous, and Roasted Edamame.
		Make One Pan Tofu, Brussels Sprouts & Cauliflower for dinner.	Enjoy and store leftovers in the fridge.
		Make Savoury Golden Oats.	Divide between containers and store in the fridge for breakfast this week. Reheat with additional broth on the stove or in the microwave when ready to serve.
6 Sat		Pack your meals if you are on-the-go.	Savoury Golden Oats, Almond, Chia & Banana Toast, One Pan Tofu, Brussels Sprouts & Cauliflower, and Roasted Edamame.
		Make Japanese Eggplant & Tofu Stir Fry for dinner.	Store leftovers in the fridge for lunch tomorrow.
7		Pack your meals if you are on-the-go.	Savoury Golden Oats, Pear & Walnuts, Japanese Eggplant & Tofu Stir, and Almond, Chia & Banana Toast.

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

WAIVER

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