



Plant-Based Stress & Anxiety Support Program

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Plant-Based Stress & Anxiety Support Program

HEAVY METAL FITNESS

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

A fresh and colorful meal plan packed with plant-based nutrients that help the body cope with stress - When it comes to coping with stress and anxiety, proper nutrition is key. This program has been designed to contain high amounts of nutrients that help individuals struggling with stress and anxiety including magnesium, vitamin B6, iron and fiber.

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

MAGNESIUM

Research shows magnesium plays a role in migraines and depression. Emerging data suggests magnesium can help with chronic pain and anxiety. Many people do not reach their daily recommended intake of magnesium through diet, which is why this meal plan provides over 500 milligrams per day of magnesium from whole foods.

VITAMIN B6

Vitamin B6 is effective when combined with magnesium in adults with severe stress. Women who consume more vitamin B6 are less likely to experience anxiety. A low B6 status may also increase panic attacks. Getting enough vitamin B6 through diet can support the body during stress and reduce anxiety. This plan incorporates vitamin B6 from many foods including chickpeas, nuts, bananas, and tofu.

IRON

Low iron is a known contributor to anxiety and depression. This plan contains good iron sources like tofu, lentils, and chia seeds. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

FIBER

Fiber is an important nutrient to reduce anxiety. It helps to balance blood sugar and feeds gut bacteria to produce short-chain fatty acids which can decrease anxiety. Fiber can be found in this plan from whole grains, legumes, seeds, and cruciferous vegetables.



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 Hemp Seed Breakfast Pudding



SNACK 1
Vegan Ranch Dressing, Cucumber Slices



LUNCH
Chickpea Tikka Masala with Couscous



SNACK 2
Pistachios



DINNER
Tofu, Broccoli & Brown Rice

TUE



BREAKFAST
Coconut Hemp Seed Breakfast Pudding



SNACK 1
Vegan Ranch Dressing, Cucumber Slices



LUNCH
Chickpea Tikka Masala with Couscous



SNACK 2
Pistachios



DINNER
Tofu, Broccoli & Brown Rice

WED



BREAKFAST
Coconut Hemp Seed Breakfast Pudding



SNACK 1
Vegan Ranch Dressing, Cucumber Slices



LUNCH
Tofu, Broccoli & Brown Rice



SNACK 2
Pistachios



DINNER
Spiced Cauliflower Rice Bowl

THU



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Banana Chia Crisps



LUNCH
Spiced Cauliflower Rice Bowl



SNACK 2
Vegan Ranch Dressing, Cucumber Slices



DINNER
Burrito Bowl with Quinoa Tofu Taco Filling

FRI



BREAKFAST
Chocolate Almond Butter Smoothie Bowl



SNACK 1
Banana Chia Crisps



LUNCH
Burrito Bowl with Quinoa Tofu Taco Filling



SNACK 2
Apple with Almond Butter



DINNER
Roasted Cauliflower Burrito Bowl

SAT



BREAKFAST
Breakfast Baked Potato with Sun Butter, Mushroom & Tofu Scramble



SNACK 1
Banana Chia Crisps



LUNCH
Roasted Cauliflower Burrito Bowl



SNACK 2
Apple with Almond Butter



DINNER
Mediterranean Buddha Bowl

SUN



BREAKFAST
Breakfast Baked Potato with Sun Butter, Mushroom & Tofu Scramble



SNACK 1
Banana Chia Crisps



LUNCH
Mediterranean Buddha Bowl



SNACK 2
Apple with Almond Butter



DINNER
Roasted Cauliflower Burrito Bowl

MON

FAT 49% CARBS 36% PROTEIN 15%

Calories 2097
Fat 121g
Carbs 198g
Fiber 48g
Sugar 33g
Protein 85g
Cholesterol 0mg
Sodium 3154mg
Vitamin A 4032IU
Vitamin C 291mg
Calcium 937mg
Iron 23mg

TUE

FAT 49% CARBS 36% PROTEIN 15%

Calories 2097
Fat 121g
Carbs 198g
Fiber 48g
Sugar 33g
Protein 85g
Cholesterol 0mg
Sodium 3154mg
Vitamin A 4032IU
Vitamin C 291mg
Calcium 937mg
Iron 23mg

WED

FAT 55% CARBS 32% PROTEIN 13%

Calories 2182
Fat 141g
Carbs 184g
Fiber 41g
Sugar 21g
Protein 75g
Cholesterol 0mg
Sodium 2468mg
Vitamin A 1744IU
Vitamin C 208mg
Calcium 894mg
Iron 19mg

THU

FAT 43% CARBS 43% PROTEIN 14%

Calories 2056
Fat 104g
Carbs 233g
Fiber 67g
Sugar 51g
Protein 77g
Cholesterol 4mg
Sodium 1655mg
Vitamin A 4973IU
Vitamin C 241mg
Calcium 1491mg
Iron 22mg

FRI

FAT 42% CARBS 43% PROTEIN 15%

Calories 1859
Fat 93g
Carbs 211g
Fiber 71g
Sugar 66g
Protein 76g
Cholesterol 4mg
Sodium 1268mg
Vitamin A 4730IU
Vitamin C 234mg
Calcium 1478mg
Iron 20mg

SAT

FAT 43% CARBS 44% PROTEIN 13%

Calories 1897
Fat 96g
Carbs 225g
Fiber 58g
Sugar 67g
Protein 65g
Cholesterol 0mg
Sodium 902mg
Vitamin A 21104IU
Vitamin C 152mg
Calcium 979mg
Iron 21mg

SUN

FAT 43% CARBS 44% PROTEIN 13%

Calories 1897
Fat 96g
Carbs 225g
Fiber 58g
Sugar 67g
Protein 65g
Cholesterol 0mg
Sodium 902mg
Vitamin A 21104IU
Vitamin C 152mg
Calcium 979mg
Iron 21mg



FRUITS

- 3 Apple
- 2 3/4 Avocado
- 8 Banana
- 1 tbsp Lemon Juice
- 2 1/4 tsps Lime Juice
- 1 1/4 cups Raspberries

BREAKFAST

- 1/2 cup Almond Butter
- 1/4 cup Granola

SEEDS, NUTS & SPICES

- 1/2 cup Cashews
- 1 1/3 cups Chia Seeds
- 2 tsps Chili Powder
- 1 1/2 tsps Cinnamon
- 1 2/3 tsps Cumin
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Garlic Powder
- 1/4 cup Ground Flax Seed
- 1 cup Hemp Seeds
- 1/4 tsp Italian Seasoning
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 1/2 tsp Paprika
- 1 1/2 cups Pistachios, In Shell
- 1 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 1/3 tsps Sesame Seeds
- 3/4 tsp Smoked Paprika
- 1/2 tsp Turmeric

FROZEN

- 1/2 cup Frozen Cauliflower

VEGETABLES

- 6 cups Broccoli
- 1 1/4 heads Cauliflower
- 2 tsps Chives
- 1/2 cup Cilantro
- 2 1/2 Cucumber
- 1 3/4 Garlic
- 1 tbsp Ginger
- 1/2 cup Oyster Mushrooms
- 2 tsps Parsley
- 2 1/2 Red Bell Pepper
- 1/4 cup Red Onion
- 3/4 head Romaine Hearts
- 2 Sweet Potato
- 1/2 tsp Thyme
- 1 Zucchini

BOXED & CANNED

- 1 2/3 cups Black Beans
- 1 2/3 cups Brown Rice
- 1 1/2 cups Canned Coconut Milk
- 2 1/2 cups Chickpeas
- 1/4 cup Couscous
- 3/4 cup Crushed Tomatoes
- 3/4 cup Quinoa
- 1/2 cup Salsa
- 1 cup Vegetable Broth

BAKING

- 1/4 cup Cacao Powder
- 1 tbsp Monk Fruit Sweetener
- 1 1/3 tsps Nutritional Yeast
- 1 tbsp Unsweetened Shredded Coconut
- 3/4 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1/4 cup Hummus
- 1 1/2 lbs Tofu

CONDIMENTS & OILS

- 2 tsps Apple Cider Vinegar
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Miso Paste
- 1/4 cup Pitted Kalamata Olives
- 1 tbsp Sesame Oil
- 1/4 cup Sunflower Seed Butter
- 3 1/2 tsps Tahini
- 3 tsps Tamari

COLD

- 2 cups Unsweetened Almond Milk

OTHER

- 1/2 cup Chocolate Protein Powder
- 2 2/3 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

Coconut Hemp Seed Breakfast Pudding

3 SERVINGS 3 HOURS



INGREDIENTS

1 1/2 cups Canned Coconut Milk (full fat)
1 tbsp Monk Fruit Sweetener
3/4 tsp Vanilla Extract
3/4 cup Hemp Seeds
1/4 cup Ground Flax Seed
1/4 cup Chia Seeds
1 tbsp Unsweetened Shredded Coconut
3/4 cup Raspberries

NUTRITION

AMOUNT PER SERVING

Calories	606	Cholesterol	0mg
Fat	51g	Sodium	33mg
Carbs	25g	Vitamin A	15IU
Fiber	11g	Vitamin C	8mg
Sugar	4g	Calcium	156mg
Protein	20g	Iron	5mg

DIRECTIONS

- 01 In a small mixing bowl, whisk the coconut milk, monk fruit sweetener and vanilla together. Stir in hemp seeds, ground flax seeds and chia seeds. Mix well.
- 02 Cover the coconut milk and seed mixture. Refrigerate until set. This will take at least 3 hours. You can also set it overnight.
- 03 Thin with additional coconut milk or water, if necessary. Top the pudding with the shredded coconut and raspberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is approximately 3/4 cup of hemp seed pudding.

ADDITIONAL TOPPINGS

Top with chopped nuts, cacao nibs or additional monk fruit sweetener.

NO RASPBERRIES

Use strawberries or blueberries instead.

Chocolate Almond Butter Smoothie Bowl

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/4 cup Chocolate Protein Powder
1/4 cup Frozen Cauliflower
1/2 Zucchini (chopped, frozen)
1 Banana (divided)
1 tbsp Almond Butter
2 tbsps Cacao Powder
1 tbsp Chia Seeds
1/4 cup Raspberries
2 tbsps Granola (for topping, optional)

NUTRITION

AMOUNT PER SERVING

Calories	561	Cholesterol	4mg
Fat	24g	Sodium	223mg
Carbs	59g	Vitamin A	788IU
Fiber	19g	Vitamin C	50mg
Sugar	22g	Calcium	755mg
Protein	33g	Iron	6mg

DIRECTIONS

- 01 Add almond milk, protein powder, cauliflower, zucchini, half the banana, almond butter, cacao powder and chia seeds into a high-speed blender and blend until smooth.
- 02 Pour into a bowl and top with remaining banana, raspberries and granola, if using. Serve and enjoy!

NOTES

NUT-FREE

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

MORE FLAVOR

Add cinnamon to your smoothie base.

PROTEIN POWDER

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

NO SMOOTHIE BOWL

Drink as a regular smoothie instead.

SMOOTHIE CONSISTENCY

For a creamier texture, use a frozen banana.

Breakfast Baked Potato with Sun Butter

2 SERVINGS 50 MINUTES



INGREDIENTS

2 Sweet Potato (medium)
1/4 cup Sunflower Seed Butter
2 Banana (sliced)
2 tbsps Hemp Seeds
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	471	Cholesterol	0mg
Fat	23g	Sodium	74mg
Carbs	62g	Vitamin A	18538...
Fiber	10g	Vitamin C	14mg
Sugar	23g	Calcium	79mg
Protein	12g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Pierce several holes in the sweet potato using a fork. Bake for at least 45 minutes or until tender.
- 03 Slice sweet potato open and top with sunflower seed butter, banana slices, hemp seeds and cinnamon. Enjoy!

NOTES

MORE TOPPINGS

Greek yogurt, any fruits on hand, hemp seeds, crushed nuts, chocolate chips, and/or our Strawberry Chia Jam.

NO SUNFLOWER SEED BUTTER

Use any nut or seed butter.

MEAL PREP

Bake several sweet potatoes at the start of the week. Reheat and add toppings just before serving.

Mushroom & Tofu Scramble

2 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Oyster Mushrooms (sliced)
2 2/3 tbsps Vegetable Broth (divided)
8 ozs Tofu (extra firm, drained, crumbled)
2 tps Nutritional Yeast
1/8 tsp Turmeric
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	114	Cholesterol	0mg
Fat	6g	Sodium	268mg
Carbs	4g	Vitamin A	54IU
Fiber	2g	Vitamin C	0mg
Sugar	1g	Calcium	323mg
Protein	14g	Iron	3mg

DIRECTIONS

- 01 Heat a large skillet over medium heat for 2 minutes. Add the mushrooms and sauté for 3 to 5 minutes, stirring often. Add half of the broth if they begin to stick. Transfer to a plate.
- 02 Add the remainder of the broth, crumbled tofu, nutritional yeast, turmeric and salt to the skillet. Stir and cook until the tofu is warmed through.
- 03 Return the mushrooms to the skillet and combine with the tofu. Divide onto plates or containers if on-the-go. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

Each serving equals approximately 1.5 cups.

MORE FLAVOR

Add your choice of spices and/or herbs.

ADDITIONAL TOPPINGS

Top with sliced green onions, spinach, mixed greens, peppers or avocado slices.

NO VEGETABLE BROTH

Use water instead.

Vegan Ranch Dressing

4 SERVINGS 10 MINUTES



INGREDIENTS

1/2 cup Cashews (raw)
1/4 cup Water
1 1/2 tps Nutritional Yeast
1/3 tsp Sea Salt
1 1/2 tps Apple Cider Vinegar
1 1/2 tps Tahini
1/2 tsp Garlic Powder
1/2 tsp Onion Powder
2 tps Parsley (finely chopped)
2 tps Chives (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	140	Cholesterol	0mg
Fat	11g	Sodium	236mg
Carbs	8g	Vitamin A	229IU
Fiber	1g	Vitamin C	3mg
Sugar	1g	Calcium	39mg
Protein	4g	Iron	2mg

DIRECTIONS

- 01 In a high-powered blender, combine everything except the parsley and chives. Blend until smooth and creamy and transfer into a jar.
- 02 Stir in the parsley and chives until well distributed. Cover and store in the fridge until ready to use. Enjoy!

NOTES

SERVING SIZE

One serving is equal to approximately two tablespoons of dressing.

SERVE IT WITH

Veggie sticks for dipping or on any of our burgers or salads.

LEFTOVERS

Keeps well in the fridge up to 4 to 5 days.

Cucumber Slices

4 SERVINGS 5 MINUTES



INGREDIENTS

2 Cucumber

NUTRITION

AMOUNT PER SERVING

Calories	23	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	5g	Vitamin A	158IU
Fiber	1g	Vitamin C	4mg
Sugar	3g	Calcium	24mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Slice the cucumber and enjoy!

NOTES

STORAGE

Cucumber can keep up to one week in the fridge if stored in water.

Banana Chia Crisps

4 SERVINGS 25 MINUTES



INGREDIENTS

4 Banana (medium, ripe)
1 cup Chia Seeds
1 1/3 tbsps Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	0mg
Fat	16g	Sodium	1mg
Carbs	49g	Vitamin A	83IU
Fiber	16g	Vitamin C	10mg
Sugar	14g	Calcium	300mg
Protein	9g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
- 03 Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
- 04 Remove from oven. Let cool and enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 5 days or freeze.

SERVING SIZE

One serving is equal to approximately 12 small crisps.

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.



Pistachios

3 SERVINGS 1 MINUTE



INGREDIENTS

1 1/2 cups Pistachios, In Shell

DIRECTIONS

01 Divide into bowls, peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Slice apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

Tofu, Broccoli & Brown Rice

3 SERVINGS 1 HOUR



INGREDIENTS

1 cup Brown Rice (uncooked, rinsed)
2 cups Water
4 cups Broccoli (chopped into florets)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 tbsps Tamari
2 tbsps Miso Paste (optional)
1 tbsp Sesame Oil
12 1/3 ozs Tofu (sliced into cubes)
3 tbsps Sesame Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	566	Cholesterol	0mg
Fat	27g	Sodium	1611mg
Carbs	62g	Vitamin A	757IU
Fiber	8g	Vitamin C	108mg
Sugar	5g	Calcium	499mg
Protein	25g	Iron	6mg

DIRECTIONS

- 01 In a small saucepan, bring the water to a boil and add the brown rice. Reduce heat to a gentle simmer, cover, and cook for 40 minutes.
- 02 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 03 Toss the broccoli florets with olive oil. Sprinkle with salt and pepper, and add to the baking sheet.
- 04 In a medium bowl, combine the tamari, miso, and sesame oil. Add the tofu and toss to coat. Add the tofu to the baking sheet with the broccoli. Bake in the oven for 30 minutes, turning at the halfway point.
- 05 Divide the rice between bowls or containers. Top with roasted broccoli and tofu, and a sprinkle of sesame seeds. Enjoy!

NOTES

NO TOFU

Use chicken, shrimp or chickpeas.

LEFTOVERS

Keeps well in the fridge for 3 to 4 days.

Spiced Cauliflower Rice Bowl

2 SERVINGS 40 MINUTES



INGREDIENTS

2/3 cup Brown Rice (dry, uncooked)
1/4 tsp Sea Salt
1/2 head Cauliflower (chopped into florets)
1/4 tsp Turmeric
1/2 tsp Paprika
1/2 tsp Thyme (dried)
2 tbsps Tahini
1 Garlic (clove, minced)
1 tbsp Lemon Juice
1 tbsp Water
1 Avocado (sliced)
1/4 cup Cilantro (chopped)
1 tsp Sesame Seeds (for topping)

NUTRITION

AMOUNT PER SERVING

Calories	529	Cholesterol	0mg
Fat	26g	Sodium	369mg
Carbs	68g	Vitamin A	585IU
Fiber	14g	Vitamin C	85mg
Sugar	4g	Calcium	136mg
Protein	13g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 03 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 04 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 05 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

ADDITIONAL TOPPINGS

Add protein to the dish such as baked tofu, chickpeas or grilled chicken.

NO BROWN RICE

Use jasmine rice, cauliflower rice, quinoa or millet instead.



Burrito Bowl with Quinoa Tofu Taco Filling

2 SERVINGS 35 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

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

ADDITIONAL TOPPINGS

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

Roasted Cauliflower Burrito Bowl

3 SERVINGS 35 MINUTES



INGREDIENTS

3/4 head Cauliflower (cut into florets)
1/3 tsp Cumin
3/4 tsp Chili Powder (divided)
3/4 tsp Smoked Paprika (divided)
1/8 tsp Sea Salt (divided)
1 1/8 cups Black Beans (cooked)
1/3 cup Water
3/4 Avocado
3/4 Garlic (clove, minced)
3/4 tsp Lime Juice
3 tbsps Cilantro (finely chopped, optional)

NUTRITION

AMOUNT PER SERVING

Calories	208	Cholesterol	0mg
Fat	8g	Sodium	217mg
Carbs	28g	Vitamin A	630IU
Fiber	12g	Vitamin C	77mg
Sugar	3g	Calcium	67mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
- 02 While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
- 03 In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
- 04 Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

MORE FLAVOR

Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

ADDITIONAL TOPPINGS

Serve with corn tortilla chips.



Mediterranean Buddha Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

LEFTOVERS

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

NO HUMMUS

Use tzatziki instead.

MORE PROTEIN

Top with crumbled feta cheese or cooked chicken breast.

PREP AHEAD

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

MORE FLAVOUR

Serve with a lemon wedge and black pepper.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make the Coconut Hemp Seed Breakfast Pudding.	Divide between containers in the fridge for breakfasts.
		Make the Vegan Ranch Dressing and Cucumber Slices.	Follow directions to make the dressing then divide into portions and store in the fridge with cucumber slices for easy snacking.
		Make Chickpea Tikka Masala with Couscous.	Once cool, divide between containers and store in the fridge.
1 Mon		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Vegan Ranch Dressing and Cucumber Slices, Chickpea Tikka Masala with Couscous, and Pistachios.
		Make Tofu, Broccoli & Brown Rice for dinner.	Enjoy and store leftover portions in the fridge.
2 Tue		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Vegan Ranch Dressing and Cucumber Slices, Chickpea Tikka Masala with Couscous, and Pistachios.

		Enjoy leftover Tofu, Broccoli & Brown Rice for dinner.	Reheat in a microwave or on the stove.
3 Wed		Pack your meals if you are on-the-go.	Coconut Hemp Seed Breakfast Pudding, Vegan Ranch Dressing and Cucumber Slices, Tofu, Broccoli & Brown Rice, and Pistachios.
		Make the Spiced Cauliflower Rice Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make the Banana Chia Crisps.	Divide between containers and store in the fridge.
4 Thu		Make the Chocolate Almond Butter Smoothie Bowl.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Almond Butter Smoothie Bowl, Banana Chia Crisps, Spiced Cauliflower Rice Bowl, and Vegan Ranch Dressing and Cucumber Slices.
		Make the Burrito Bowl with Quinoa Tofu Taco Filling for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
5 Fri		Make the Chocolate Almond Butter Smoothie Bowl.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Almond Butter Smoothie Bowl, Banana Chia Crisps, Burrito Bowl with Quinoa Tofu Taco

			Filling, and Apple with Almond Butter.
		Make the Roasted Cauliflower Burrito Bowls for dinner.	Enjoy and store leftovers servings in the fridge.
6 Sat		Make Breakfast Baked Potato with Sun Butter and Mushroom & Tofu Scramble for breakfast.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter and Mushroom & Tofu Scramble, Banana Chia Crisps, Roasted Cauliflower Burrito Bowls, and Apple with Almond Butter.
		Make the Mediterranean Buddha Bowl for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Breakfast Baked Potato with Sun Butter with Mushroom & Tofu Scramble, Banana Chia Crisps, Mediterranean Buddha Bowl, and Apple with Almond Butter.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week.
		Enjoy leftover Roasted Cauliflower Burrito Bowl for dinner.	Reheat on the stovetop or in a microwave.

WAIVER

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