



Post-Summer Detox Program

TRACY KACZMARCZYK



Post-Summer Detox Program

HEAVY METAL FITNESS

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

A meal plan to help you get back on track after an awesome summer (but you can use it any time of year!). We challenge you to eat clean for 6 days. This is a family-friendly meal plan so get the whole family on board! We'll supply you with the complete meal plan, recipes and grocery list. Modify it to suit your needs and commit to the challenge. Are you in? Let's do this!

This program was created by a Registered Dietician.

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
Apple Cinnamon Overnight Oats



LUNCH
Tuna & Edamame Detox Salad



SNACK 1
Hummus Dippers



DINNER
Roasted Butternut Squash Soup with Kale Chips



SNACK 2
Nectarine

TUE



BREAKFAST
Apple Cinnamon Overnight Oats



LUNCH
Roasted Butternut Squash Soup with Kale Chips



SNACK 1
Hummus Dippers



DINNER
Portobello BLT



SNACK 2
Nectarine

WED



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Portobello BLT



SNACK 1
Clean Trail Mix



DINNER
Greek Chicken Burgers



SNACK 2
Banana Sushi

THU



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Greek Chicken Burgers



SNACK 1
Clean Trail Mix



DINNER
Zucchini Caprese Salad



SNACK 2
Banana Sushi

FRI



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Zucchini Caprese Salad



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Honey Garlic Chicken Thighs



SNACK 2
Cantaloupe

SAT



BREAKFAST
Pumpkin Breakfast Cookies



LUNCH
Honey Garlic Chicken Thighs



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Greek Chicken Burgers



SNACK 2
Cantaloupe

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

Calories 1116 Cholesterol 30mg
 Fat 59g Sodium 2665mg
 Carbs 120g Vitamin A 23988IU
 Fiber 30g Vitamin C 188mg
 Sugar 43g Calcium 675mg
 Protein 46g Iron 11mg

TUE**FAT 57%** **CARBS 33%** **PROTEIN 10%**

Calories 1347 Cholesterol 37mg
 Fat 90g Sodium 2690mg
 Carbs 120g Vitamin A 21711IU
 Fiber 28g Vitamin C 179mg
 Sugar 41g Calcium 540mg
 Protein 36g Iron 9mg

WED**FAT 58%** **CARBS 28%** **PROTEIN 14%**

Calories 1656 Cholesterol 136mg
 Fat 114g Sodium 1118mg
 Carbs 126g Vitamin A 9313IU
 Fiber 21g Vitamin C 71mg
 Sugar 40g Calcium 434mg
 Protein 61g Iron 12mg

THU**FAT 51%** **CARBS 34%** **PROTEIN 15%**

Calories 1320 Cholesterol 117mg
 Fat 81g Sodium 719mg
 Carbs 120g Vitamin A 8711IU
 Fiber 17g Vitamin C 79mg
 Sugar 44g Calcium 503mg
 Protein 52g Iron 11mg

FRI**FAT 42%** **CARBS 37%** **PROTEIN 21%**

Calories 1396 Cholesterol 254mg
 Fat 69g Sodium 1873mg
 Carbs 134g Vitamin A 18487IU
 Fiber 22g Vitamin C 150mg
 Sugar 72g Calcium 414mg
 Protein 77g Iron 15mg

SAT**FAT 43%** **CARBS 34%** **PROTEIN 23%**

Calories 1522 Cholesterol 312mg
 Fat 77g Sodium 2110mg
 Carbs 137g Vitamin A 19980IU
 Fiber 24g Vitamin C 154mg
 Sugar 70g Calcium 448mg
 Protein 92g Iron 17mg



FRUITS

- 3 Apple
- 1 Avocado
- 4 Banana
- 2 Cantaloupe
- 2 Lemon
- 4 Nectarine

BREAKFAST

- 1/4 cup Almond Butter
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1 1/8 tsps Black Pepper
- 2 tbsps Chia Seeds
- 2 tbsps Chili Powder
- 1 1/3 tbsps Cinnamon
- 2 cups Clean Trail Mix
- 1 1/2 tsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 1/4 tsps Nutmeg
- 1/2 cup Pumpkin Seeds
- 1 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Slivered Almonds
- 3/4 cup Sunflower Seeds
- 1 cup Walnuts

FROZEN

- 1/2 cup Frozen Edamame

VEGETABLES

- 1/4 cup Alfalfa Sprouts
- 2 cups Arugula
- 6 cups Asparagus
- 4 cups Baby Spinach
- 1 1/2 cups Basil Leaves
- 4 cups Butternut Squash
- 2 Carrot
- 12 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 3/4 Cucumber
- 1/2 head Endive
- 8 Garlic
- 1 tbsp Ginger
- 6 cups Kale Leaves
- 4 cups Mixed Greens
- 12 ozs Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Sweet Onion
- 2 Tomato
- 1 Yellow Bell Pepper
- 2 Zucchini

BOXED & CANNED

- 1 cup Quinoa
- 1 can Tuna
- 4 cups Vegetable Broth

BAKING

- 1 cup Almond Flour
- 1 1/2 tsps Baking Powder
- 2 3/4 cups Oats
- 1 cup Pitted Dates
- 3/4 cup Pureed Pumpkin
- 1/2 cup Raw Honey
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 8 slices Bacon
- 2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Feta Cheese
- 1 cup Hummus
- 3 1/2 ozs Small Bocconcini

CONDIMENTS & OILS

- 2 tbsps Balsamic Vinegar
- 1/2 cup Black Olives
- 1 tbsp Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Sunflower Seed Butter

COLD

- 1 Egg
- 1 1/2 cups Unsweetened Almond Milk

OTHER

- 2 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

Apple Cinnamon Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 cups Oats (quick oats work best)
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon
- 1/4 tsp Nutmeg
- 1/2 tsp Vanilla Extract
- 1/2 cup Water
- 1 Apple (cored and diced)
- 1 cup Walnuts (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	393	Cholesterol	0mg
Fat	25g	Sodium	65mg
Carbs	38g	Vitamin A	214IU
Fiber	8g	Vitamin C	3mg
Sugar	9g	Calcium	265mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 03 Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

NOTES

MORE PROTEIN

Add hemp seeds or a spoonful of nut butter.

WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating.

NO MAPLE SYRUP

Use honey to sweeten instead.

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Pumpkin Breakfast Cookies

8 SERVINGS 45 MINUTES



INGREDIENTS

1 1/4 cups Oats (quick or rolled)
1 1/2 tsps Ground Flax Seed
2 tsps Cinnamon
1 tsp Nutmeg
1/4 tsp Sea Salt
1 1/2 tsps Baking Powder
1/2 cup Pumpkin Seeds
1/2 cup Sunflower Seeds
1 cup Pitted Dates (chopped)
1 Egg
3/4 cup Pureed Pumpkin
1/4 cup Raw Honey
1 tbsp Coconut Oil (melted)
1 Carrot (grated)

NUTRITION

AMOUNT PER SERVING

Calories	255	Cholesterol	23mg
Fat	11g	Sodium	183mg
Carbs	38g	Vitamin A	4887IU
Fiber	6g	Vitamin C	2mg
Sugar	21g	Calcium	95mg
Protein	7g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 03 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 04 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 05 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 06 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

NOTES

LEFTOVERS

Freeze in the freezer-safe bag or container for up to one month.

MAKE IT SWEETER

Add in a handful of dark chocolate chips.

VEGAN

Use maple syrup instead of honey and a chia egg instead of an egg.



Tuna & Edamame Detox Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Balsamic Vinegar
1 1/2 tsps Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1 can Tuna (drained and flaked)
1/2 cup Frozen Edamame (thawed)
1/4 Cucumber (diced)
1/2 head Endive (julienned)
2 cups Kale Leaves (chopped)
1/4 cup Alfalfa Sprouts
2 tbsps Slivered Almonds

DIRECTIONS

- 01 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 02 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

NOTES

NO TUNA

Use diced grilled chicken instead.

VEGANS AND VEGETARIANS

Use 1 can of cooked lentils instead of tuna.

NUT-FREE

Replace almonds with sunflower or pumpkin seeds.

NUTRITION

AMOUNT PER SERVING

Calories	273	Cholesterol	30mg
Fat	15g	Sodium	436mg
Carbs	13g	Vitamin A	3999IU
Fiber	8g	Vitamin C	32mg
Sugar	3g	Calcium	190mg
Protein	25g	Iron	4mg

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

Clean Trail Mix

4 SERVINGS 2 MINUTES



INGREDIENTS

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!

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

NUTRITION

AMOUNT PER SERVING

Calories	209	Cholesterol	0mg
Fat	18g	Sodium	65mg
Carbs	10g	Vitamin A	376IU
Fiber	3g	Vitamin C	3mg
Sugar	4g	Calcium	52mg
Protein	6g	Iron	1mg

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY
Use cucumber instead

Roasted Butternut Squash Soup with Kale Chips

4 SERVINGS 1 HOUR 30 MINUTES



INGREDIENTS

4 cups Butternut Squash
1 tsp Cinnamon (plus extra for garnish)
2 tbsps Extra Virgin Olive Oil (divided)
2 Apple (peeled, cored and sliced)
1 Sweet Onion (diced)
1 tbsps Ginger (grated)
4 cups Vegetable Broth
2 tsps Sea Salt (divided)
4 cups Kale Leaves (cut into large pieces)

NUTRITION

AMOUNT PER SERVING

Calories	218	Cholesterol	0mg
Fat	8g	Sodium	1859mg
Carbs	39g	Vitamin A	16470...
Fiber	7g	Vitamin C	58mg
Sugar	18g	Calcium	156mg
Protein	3g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 02 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 03 Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
- 04 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
- 05 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 06 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

NOTES

LEFTOVERS

Refrigerate for up to four days. Freeze for up to three months.

MORE PROTEIN

Blend in a 1 can of cooked red lentils or top with some shredded chicken breast



Portobello BLT

4 SERVINGS 30 MINUTES



INGREDIENTS

8 slices Bacon
12 ozs Portobello Mushroom Caps
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
1/4 cup Sunflower Seeds
1 cup Basil Leaves (chopped)
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
2 cups Arugula
1 Avocado (peeled and sliced)
2 Tomato (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	504	Cholesterol	37mg
Fat	46g	Sodium	461mg
Carbs	13g	Vitamin A	1722IU
Fiber	6g	Vitamin C	23mg
Sugar	1g	Calcium	55mg
Protein	15g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Add the bacon. Bake in the oven for 8 minutes. Flip and let cook for another 8 to 9 minutes or until bacon is crispy. Remove and wrap in paper towel.
- 02 Brush the inside of your portobello mushroom caps with a splash of olive oil and season with sea salt and black pepper to taste. Place them on a baking sheet in the oven for 10 minutes. Remove from oven.
- 03 Use a food processor or blender to create your pesto by combining garlic, sunflower seeds, basil, lemon juice and extra virgin olive oil. Season with a pinch of sea salt and black pepper and blend until a creamy consistency forms. Transfer to a jar and set aside.
- 04 Add a handful of arugula to each mushroom cap. Top with sliced avocado, tomato and bacon. Drizzle with pesto. Enjoy!

NOTES

SAVE TIME

Forget the pesto and skip step 3.

Greek Chicken Burgers

6 SERVINGS 45 MINUTES



INGREDIENTS

- 1 1/2 tsps Extra Virgin Olive Oil
- 1 Red Bell Pepper (diced and divided)
- 1/2 cup Red Onion (diced and divided)
- 4 cups Baby Spinach
- 1 cup Almond Flour
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Black Olives (chopped and divided)
- 1/2 cup Feta Cheese (crumbled and divided)
- 1/2 Cucumber (diced)
- Sea Salt & Black Pepper (to taste)
- 4 cups Mixed Greens

NUTRITION

AMOUNT PER SERVING

Calories	294	Cholesterol	76mg
Fat	21g	Sodium	299mg
Carbs	10g	Vitamin A	2613IU
Fiber	4g	Vitamin C	35mg
Sugar	3g	Calcium	158mg
Protein	21g	Iron	3mg

DIRECTIONS

- 01 Heat olive oil in a large skillet over medium heat.
- 02 Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- 03 Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- 04 Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- 05 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- 06 Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

NOTES

ADDED TOUCH

Serve with homemade tzatziki.

WRAP IT UP

Serve in a lettuce wrap or brown rice tortilla.

GET CREATIVE

These also work well as meatballs or sliders.



Zucchini Caprese Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 Zucchini
1 1/2 cups Cherry Tomatoes (halved)
1 Lemon (juiced)
1 1/2 tbsps Balsamic Vinegar
2 tbsps Extra Virgin Olive Oil
1 Garlic (clove, minced)
3 1/2 ozs Small Bocconcini (halved)
1/2 cup Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	168	Cholesterol	18mg
Fat	13g	Sodium	62mg
Carbs	7g	Vitamin A	1120IU
Fiber	2g	Vitamin C	31mg
Sugar	5g	Calcium	124mg
Protein	6g	Iron	1mg

DIRECTIONS

- 01 Use a spiralizer to spiralize your zucchini into ribbons. Then slice the ribbons so that they are about 5 inches in length. If you do not have a spiralizer, use a peeling knife and take full strokes along the zucchini to create long ribbons.
- 02 Combine the zucchini ribbons and cherry tomatoes in a large bowl.
- 03 In a jar, combine the lemon, vinegar, olive oil and garlic. Put lid on and shake well.
- 04 Pour the dressing over the zucchini noodles and tomatoes and toss well. Place in the fridge and let marinade for at least 10 minutes.
- 05 When ready to serve, transfer to a serving bowl and sprinkle the bocconcini balls and basil over top. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

MAKE IT A MEAL

Serve with a grilled chicken breast for some added protein.

Honey Garlic Chicken Thighs

4 SERVINGS 30 MINUTES



INGREDIENTS

1/4 cup Extra Virgin Olive Oil
1/4 cup Raw Honey
6 Garlic (cloves, minced)
2 tbsps Chili Powder
2 tsps Sea Salt
1 tsp Black Pepper
2 lbs Chicken Thighs
6 cups Asparagus (woody ends snapped off)
1 cup Quinoa (uncooked)
1 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	670	Cholesterol	213mg
Fat	26g	Sodium	1519mg
Carbs	56g	Vitamin A	2770IU
Fiber	9g	Vitamin C	13mg
Sugar	20g	Calcium	118mg
Protein	56g	Iron	9mg

DIRECTIONS

- 01 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 02 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 03 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 04 Preheat your grill over medium heat.
- 05 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken breast or chicken wings. Grill time will vary.

NO ASPARAGUS

Use any grilled vegetable.



Nectarine

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Nectarine

NUTRITION

AMOUNT PER SERVING

Calories	62	Cholesterol	0mg
Fat	0g	Sodium	0mg
Carbs	15g	Vitamin A	471IU
Fiber	2g	Vitamin C	8mg
Sugar	11g	Calcium	9mg
Protein	2g	Iron	0mg

DIRECTIONS

01 Wash and enjoy!

NOTES

MAKE IT A SWEET

Drizzle with a bit of raw honey or maple syrup.

Banana Sushi

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (peeled)
2 tbsps Almond Butter
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	256	Cholesterol	0mg
Fat	14g	Sodium	3mg
Carbs	31g	Vitamin A	77IU
Fiber	5g	Vitamin C	10mg
Sugar	15g	Calcium	67mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 Spread almond butter onto banana.
- 02 Sprinkle hemp seeds over top.
- 03 Slice and enjoy!

NOTES

NO HEMP SEEDS

Use sunflower seeds instead.

Cantaloupe

2 SERVINGS 5 MINUTES



INGREDIENTS

1 Cantaloupe (chopped and cubed)

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	94	Cholesterol	0mg
Fat	1g	Sodium	44mg
Carbs	23g	Vitamin A	9334IU
Fiber	2g	Vitamin C	101mg
Sugar	22g	Calcium	25mg
Protein	2g	Iron	1mg

NOTES

EXTRA SWEETNESS

Drizzle with a bit of raw honey.

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab the grocery list for the Post-Summer Detox Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.</p>
		<p>Freeze chicken thighs for later on in the week.</p>	<p>After grocery shopping, freeze your chicken thighs to preserve freshness. You won't be needing these until later on in the week. We'll remind you when to set them out.</p>
		<p>Make Apple Cinnamon Overnight Oats.</p>	<p>Divide into mason jars, seal and store in the fridge for Monday and Tuesday breakfast.</p>
		<p>Make Tuna & Edamame Detox Salad.</p>	<p>Divide into containers with the dressing in a separate container. Store in the fridge. (Note: You can also make these up as mason jar salads with the dressing on the bottom and filling the rest of the jar with the salad mix. Shake well before eating.)</p>
	<p>Make Hummus Dippers.</p>	<p>Slice veggies into sticks. Fill the bottom of a mason jar with hummus and fill the rest of the jar with veggie sticks, standing them up vertically. (For snack</p>	

			Monday and Tuesday.)
		Optional Time Saver: Prep or make Roasted Butternut Squash Soup with Kale Chips.	You can choose to make the whole recipe now or make up parts of it in advance to save you time tomorrow, like roasting the butternut squash and/or making the kale chips.
		Make Pumpkin Breakfast Cookies.	Let cool and then store in baggies in the freezer.
1 Mon		Pack your meals if you are on-the-go.	Apple Cinnamon Overnight Oats, Tuna & Edamame Detox Salad and Hummus Dippers.
		Finish making Roasted Butternut Squash Soup with Kale Chips.	Enjoy for dinner and pack away a portion for your lunch tomorrow.
		Optional Time Saver: Cook bacon and pesto for tomorrow's Portobello BLTs.	Store the bacon in an airtight container and the pesto in a mason jar, both in the fridge.
		Enjoy Nectarine for snack.	Wash and enjoy! Or slice into wedges.
2 Tue		Don't forget to pack your lunch!	Apple Cinnamon Overnight Oats, Roasted Butternut Squash with Kale Chips and Hummus Dippers.
		Finish making Portobello BLTs.	Pack away a portion for your lunch tomorrow. (Tip: To mix things up, chop leftover ingredients and assemble on arugula for a BLT salad drizzled with

			pesto.)
		Divide Clean Trail Mix into snack-size baggies for your snack on Wednesday and Thursday.	Store sealed at room temp.
		Optional Time Saver: Chop veggies for Greek Chicken Burgers for tomorrow night's dinner.	Dice red pepper, red onion, black olives, cucumber and feta cheese. Store in the fridge covered in small bowls.
		Enjoy Nectarine for snack.	Wash and enjoy! Or slice into wedges.
3 Wed		Pack breakfast, lunch and snacks.	Pumpkin Breakfast Cookies, Portobello BLT and Clean Trail Mix.
		Finish making Greek Chicken Burgers for dinner.	Store leftovers in the fridge.
		Prepare your Celery with Sunflower Seed Butter for snack.	Wash and slice celery into sticks and divide into baggies. Add sunflower seed butter to small containers on the side. Prepare enough for your snack on Thursday and Friday.
		Prepare Banana Sushi for snack.	Enjoy!
4 Thu		Pack your breakfast, lunch and snacks if you are on-the-go.	Pumpkin Breakfast Cookies, Greek Chicken Burgers and Clean Trail Mix.

		Make Zucchini Caprese Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Set out chicken thighs to thaw and prepare the marinade for Honey Garlic Chicken Thighs.	Combine olive oil, honey, garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Add it to a large zip lock bag with the chicken thighs and shake well. Store in the fridge.
		Prepare Banana Sushi for snack tonight.	Enjoy!
5 Fri		Don't forget to pack your lunch!	Pumpkin Breakfast Cookies, Zucchini Caprese Salad and Celery with Sunflower Seed Butter.
		Make Honey Garlic Chicken Thighs for dinner.	Set aside leftovers for your lunch tomorrow.
		Slice enough Cantaloupe for your snack tonight and tomorrow.	Divide into bowls and enjoy! Store leftovers in the fridge.
6 Sat		Pack your lunch if you are on-the-go.	Pumpkin Breakfast Cookies, Honey Garlic Chicken Thighs and Celery with Sunflower Seed Butter.
		Enjoy leftover Greek Chicken Burgers for dinner.	Bon appetit!
		Enjoy Cantaloupe for snack.	Nom nom nom.

7 Sun		Free day or Eat Up Your Leftovers Day	Start your meal prep for next week and let's keep this ball rolling!
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