



Postnatal Diet

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Postnatal Diet

HEAVY METAL FITNESS

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

An easy meal plan filled with make-ahead recipes for new mothers - Our Postnatal Diet is designed to make good nutrition as simple as possible during the hectic postpartum period. We have included meals that can be made in advance, are freezer-friendly, leave leftovers, and are easy to prepare. Recipes also contain plenty of galactagogues to promote lactation. Ingredients like oats and flax seeds not only boost milk supply, but add fiber to prevent postpartum constipation.

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

FIBER

Fluctuating postpartum hormone levels may cause constipation. This program provides up to 50 grams of fiber daily from fruits, vegetables, legumes, and whole grains. The plan pairs high fiber foods with protein and fat to keep blood sugar and energy levels stable and prevent constipation.

GALACTAGOGUES

In addition to eating a diet rich in whole foods with balanced meals, there is some evidence that foods containing natural galactagogues may boost milk supply. Galactagogues are included in this plan from oats, bananas, lentils, and flax seeds.

ANTI-INFLAMMATORY FOODS

Omega-3 fatty acids can play a role in preventing postpartum depression by reducing inflammation. This program incorporates omega-3 fats from salmon, nuts, and seeds. Polyphenols may help to reduce the inflammatory response and alleviate depressive symptoms. Polyphenols are added to the plan from apples, broccoli, carrots, flax seeds, oats, and cinnamon. The polyphenol curcumin in turmeric is also incorporated in the meal plan due to its role as an anti-inflammatory agent.

IRON

Iron needs increase when breastfeeding as iron stores supply the baby with iron for their proper development and thyroid function. This plan adds in food sources such as chicken, pumpkin seeds, lentils,



and nut butter to help the increased demand for iron in the body. These sources are paired with foods that have vitamin C to enhance [iron absorption](#).

IMMUNE SUPPORT

[Zinc](#), [vitamin A](#) and [vitamin C](#) are critical for immune function and the needs for these nutrients increase during the postpartum period, especially when [breastfeeding](#). This plan provides zinc from chicken, pumpkin seeds, oats, and almond butter. Vitamin A is found in sources like pumpkin, carrots, eggs, and tomatoes, and vitamin C from bell peppers, oranges, broccoli, and cauliflower.

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
Pumpkin Pie Baked Oatmeal



SNACK 1
Sea Salt & Garlic Crackers



LUNCH
Lentil Masala Soup



SNACK 2
Banana with Almond Butter



DINNER
Tomato & Eggplant Pasta Casserole

TUE



BREAKFAST
Pumpkin Pie Baked Oatmeal



SNACK 1
Sea Salt & Garlic Crackers



LUNCH
Lentil Masala Soup



SNACK 2
Apple with Almond Butter



DINNER
Tomato & Eggplant Pasta Casserole

WED



BREAKFAST
Pumpkin Pie Baked Oatmeal



SNACK 1
Sea Salt & Garlic Crackers



LUNCH
Lentil Masala Soup



SNACK 2
Banana with Almond Butter



DINNER
Slow Cooker Honey Garlic Chicken

THU



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Pumpkin Breakfast Cookies



LUNCH
Lentil Masala Soup



SNACK 2
Apple with Almond Butter



DINNER
Slow Cooker Honey Garlic Chicken

FRI



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Pumpkin Breakfast Cookies



LUNCH
Tomato & Eggplant Pasta Casserole



SNACK 2
Banana with Almond Butter



DINNER
One Pan Salmon with Rainbow Veggies

SAT



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Pumpkin Breakfast Cookies



LUNCH
Tomato & Eggplant Pasta Casserole



SNACK 2
Apple with Almond Butter



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries

SUN



BREAKFAST
Zucchini Bread Overnight Oats



SNACK 1
Pumpkin Breakfast Cookies



LUNCH
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Banana with Almond Butter



DINNER
One Pan Salmon with Rainbow Veggies

MON**FAT 37%** **CARBS 50%** **PROTEIN 13%**

Calories 1827 Cholesterol 62mg
 Fat 79g Sodium 2860mg
 Carbs 236g Vitamin A 16223IU
 Fiber 50g Vitamin C 76mg
 Sugar 56g Calcium 724mg
 Protein 62g Iron 22mg

TUE**FAT 38%** **CARBS 49%** **PROTEIN 13%**

Calories 1817 Cholesterol 62mg
 Fat 79g Sodium 2861mg
 Carbs 234g Vitamin A 16246IU
 Fiber 52g Vitamin C 74mg
 Sugar 60g Calcium 729mg
 Protein 61g Iron 22mg

WED**FAT 44%** **CARBS 36%** **PROTEIN 20%**

Calories 1848 Cholesterol 275mg
 Fat 93g Sodium 2837mg
 Carbs 174g Vitamin A 17019IU
 Fiber 40g Vitamin C 178mg
 Sugar 55g Calcium 713mg
 Protein 98g Iron 19mg

THU**FAT 39%** **CARBS 41%** **PROTEIN 20%**

Calories 1700 Cholesterol 236mg
 Fat 76g Sodium 2471mg
 Carbs 184g Vitamin A 9368IU
 Fiber 36g Vitamin C 188mg
 Sugar 75g Calcium 645mg
 Protein 90g Iron 16mg

FRI**FAT 35%** **CARBS 49%** **PROTEIN 16%**

Calories 1738 Cholesterol 101mg
 Fat 71g Sodium 1356mg
 Carbs 225g Vitamin A 8130IU
 Fiber 39g Vitamin C 342mg
 Sugar 74g Calcium 642mg
 Protein 72g Iron 16mg

SAT**FAT 37%** **CARBS 48%** **PROTEIN 15%**

Calories 1670 Cholesterol 105mg
 Fat 72g Sodium 1472mg
 Carbs 210g Vitamin A 16259IU
 Fiber 40g Vitamin C 119mg
 Sugar 73g Calcium 608mg
 Protein 66g Iron 16mg

SUN**FAT 44%** **CARBS 36%** **PROTEIN 20%**

Calories 1660 Cholesterol 183mg
 Fat 85g Sodium 711mg
 Carbs 157g Vitamin A 17670IU
 Fiber 30g Vitamin C 397mg
 Sugar 69g Calcium 609mg
 Protein 88g Iron 13mg



FRUITS

- 3 Apple
- 6 Banana
- 1/2 Navel Orange

BREAKFAST

- 1 cup Almond Butter
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 3/4 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1 1/2 tsps Chili Powder
- 1 1/2 tsps Cinnamon
- 1 tsp Dried Thyme
- 1 tbsp Garam Masala
- 1 3/4 tsps Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1/2 tsp Nutmeg
- 1/4 tsp Onion Powder
- 1 tbsp Oregano
- 1 cup Pumpkin Seeds
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 cup Sunflower Seeds
- 2 tsps Turmeric

VEGETABLES

- 1/2 cup Basil Leaves
- 5 cups Broccoli
- 2 1/2 Carrot
- 1/2 head Cauliflower
- 2 cups Cherry Tomatoes
- 1 cup Cilantro
- 1/2 Eggplant
- 5 1/2 Garlic
- 4 cups Kale Leaves
- 1 cup Red Onion
- 1 Yellow Bell Pepper
- 1 Zucchini

BOXED & CANNED

- 2 1/2 cups Brown Rice Penne
- 1 cup Canned Coconut Milk
- 3 cups Crushed Tomatoes
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Lentils
- 4 cups Vegetable Broth

BAKING

- 1/2 cup Almond Flour
- 1 1/8 tsps Baking Powder
- 3 1/3 cups Oats
- 1/2 cup Pitted Dates
- 1 1/2 tsps Pumpkin Pie Spice
- 1 1/3 cups Pureed Pumpkin
- 3 tsps Raw Honey
- 1/2 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 lb Chicken Thighs
- 10 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 1/2 tsps Coconut Aminos
- 1 1/2 tsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil

COLD

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

OTHER

- 3/4 cup 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

Pumpkin Pie Baked Oatmeal

3 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Pureed Pumpkin
1 Egg
1/4 cup Maple Syrup
1 1/2 tsps Pumpkin Pie Spice
1/2 tsp Vanilla Extract
1/3 tsp Baking Powder
1/4 tsp Sea Salt
1/2 cup Unsweetened Almond Milk
1 1/4 cups Oats (rolled or quick)
2 tbsps Ground Flax Seed
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 307 | Cholesterol | 62mg |
| Fat | 8g | Sodium | 319mg |
| Carbs | 51g | Vitamin A | 12885... |
| Fiber | 8g | Vitamin C | 4mg |
| Sugar | 19g | Calcium | 200mg |
| Protein | 10g | Iron | 4mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
- 02 In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
- 03 Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

NOTES

STORAGE

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

EGG-FREE

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

MUFFINS

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Zucchini Bread Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

1 1/2 cups Oats (quick or traditional)
1 1/2 cups Unsweetened Almond Milk
2 tbsps Ground Flax Seed
2 tbsps Maple Syrup
1/2 tsp Cinnamon
1 Zucchini (grated)
1/4 cup Hemp Seeds
2 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 286 | Cholesterol | 0mg |
| Fat | 9g | Sodium | 68mg |
| Carbs | 45g | Vitamin A | 325IU |
| Fiber | 7g | Vitamin C | 14mg |
| Sugar | 15g | Calcium | 221mg |
| Protein | 10g | Iron | 3mg |

DIRECTIONS

- 01 In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
- 02 Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Sea Salt & Garlic Crackers

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Sunflower Seeds
1/2 cup Pumpkin Seeds
1/2 cup Chia Seeds
1/2 cup Almond Flour
1/2 tsp Sea Salt
1 1/2 tsps Garlic Powder
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 372 | Cholesterol | 0mg |
| Fat | 29g | Sodium | 299mg |
| Carbs | 20g | Vitamin A | 1IU |
| Fiber | 11g | Vitamin C | 0mg |
| Sugar | 1g | Calcium | 189mg |
| Protein | 14g | Iron | 5mg |

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 03 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 04 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 05 Enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 1 week.

SERVE THEM WITH

Hummus, nut butter, cheese, on top of salad or soup.

Pumpkin Breakfast Cookies

4 SERVINGS 45 MINUTES



INGREDIENTS

2/3 cup Oats (quick or rolled)
3/4 tsp Ground Flax Seed
1 tsp Cinnamon
1/2 tsp Nutmeg
1/8 tsp Sea Salt
3/4 tsp Baking Powder
1/4 cup Pumpkin Seeds
1/4 cup Sunflower Seeds
1/2 cup Pitted Dates (chopped)
1/2 Egg
1/3 cup Pureed Pumpkin
2 tbsps Raw Honey
1 1/2 tps Coconut Oil (melted)
1/2 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.



Lentil Masala Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1/2 cup Red Onion (finely diced)
4 Garlic (cloves, minced)
1 tsp Turmeric
1 tbsp Garam Masala
1 tsp Sea Salt
1 cup Cilantro (finely diced)
4 cups Vegetable Broth
3 cups Diced Tomatoes
1 cup Dry Red Lentils
1 cup Canned Coconut Milk (full fat)
4 cups Kale Leaves (finely sliced)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 391 | Cholesterol | 0mg |
| Fat | 14g | Sodium | 1308mg |
| Carbs | 50g | Vitamin A | 2557IU |
| Fiber | 11g | Vitamin C | 42mg |
| Sugar | 9g | Calcium | 118mg |
| Protein | 17g | Iron | 6mg |

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 02 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 03 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

ADDITIONAL TOPPINGS

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Banana with Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 297 | Cholesterol | 0mg |
| Fat | 18g | Sodium | 3mg |
| Carbs | 33g | Vitamin A | 76IU |
| Fiber | 6g | Vitamin C | 10mg |
| Sugar | 16g | Calcium | 114mg |
| Protein | 8g | Iron | 1mg |

DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Bam.

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.

Tomato & Eggplant Pasta Casserole

4 SERVINGS 1 HOUR



INGREDIENTS

3 cups Crushed Tomatoes
1 cup Lentils (cooked, drained and rinsed)
1/4 cup Water
2 tbsps Extra Virgin Olive Oil
1/2 cup Basil Leaves (chopped)
1 tbsp Oregano
1/4 tsp Garlic Powder
1/4 tsp Onion Powder
1 tsp Sea Salt
1/2 tsp Black Pepper
2 1/2 cups Brown Rice Penne (dry)
1/2 Eggplant (large, sliced into 1/2 inch thick rounds)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 460 | Cholesterol | 0mg |
| Fat | 10g | Sodium | 931mg |
| Carbs | 82g | Vitamin A | 704IU |
| Fiber | 14g | Vitamin C | 20mg |
| Sugar | 11g | Calcium | 103mg |
| Protein | 13g | Iron | 6mg |

DIRECTIONS

- 01 Preheat oven to 450°F (232°C).
- 02 In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
- 03 Remove from oven and let cool for 5 minutes before serving. Enjoy!

NOTES

SERVE IT WITH

Arugula tossed in olive oil and lemon juice.

LIKES IT SPICY

Garnish with red chili flakes.

CHEESE LOVER

Serve with parmesan cheese.

MEAT LOVER

Swap out the lentils for cooked ground meat.

NO EGGPLANT

Use tomatoes or zucchini sliced into rounds to cover the top instead.



Slow Cooker Honey Garlic Chicken

2 SERVINGS 4 HOURS



INGREDIENTS

1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Raw Honey
1 1/2 Garlic (cloves, minced)
1 1/2 tsps Chili Powder
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1 lb Chicken Thighs (skinless, boneless)
3 cups Broccoli (chopped into florets)
1 1/2 tsps Coconut Oil (or organic butter)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 481 | Cholesterol | 213mg |
| Fat | 24g | Sodium | 908mg |
| Carbs | 20g | Vitamin A | 1500IU |
| Fiber | 4g | Vitamin C | 122mg |
| Sugar | 10g | Calcium | 92mg |
| Protein | 49g | Iron | 3mg |

DIRECTIONS

- 01 Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
- 02 Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
- 03 Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
- 04 Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

NOTES

NO CHICKEN THIGHS

Use chicken wings, drumsticks or breasts.

NO SLOW COOKER

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

MORE CARBS

Serve with rice, potato or quinoa.

One Pan Salmon with Rainbow Veggies

2 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Cherry Tomatoes
10 ozs Salmon Fillet
1 Yellow Bell Pepper (sliced)
2 cups Broccoli (chopped into small florets)
1/2 cup Red Onion (sliced into chunks)
2 tbsps Extra Virgin Olive Oil
1 1/2 tsps Coconut Aminos
1/2 Navel Orange (zested and juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 440 | Cholesterol | 78mg |
| Fat | 23g | Sodium | 171mg |
| Carbs | 27g | Vitamin A | 2138IU |
| Fiber | 6g | Vitamin C | 296mg |
| Sugar | 11g | Calcium | 109mg |
| Protein | 34g | Iron | 3mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
- 03 Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
- 04 Divide between plates and enjoy!

NOTES

MORE CARBS

Serve with rice or quinoa.

VEGAN

Use tofu steaks or roasted chickpeas instead of salmon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

One Pan Chicken, Golden Cauliflower & Carrot Fries

2 SERVINGS 40 MINUTES



INGREDIENTS

2 Carrot (medium)
1/2 head Cauliflower
3 tbsps Extra Virgin Olive Oil (divided three ways)
8 ozs Chicken Breast
1 tsp Dried Thyme
1 tsp Turmeric (powder)
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 382 | Cholesterol | 82mg |
| Fat | 24g | Sodium | 286mg |
| Carbs | 14g | Vitamin A | 10244... |
| Fiber | 5g | Vitamin C | 75mg |
| Sugar | 6g | Calcium | 70mg |
| Protein | 29g | Iron | 3mg |

DIRECTIONS

- 01 Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
- 02 Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
- 03 Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
- 04 Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
- 05 Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
- 06 Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
- 07 Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

NOTES

LOW FODMAP

Use zucchini instead of cauliflower.

| Day | | Task | Notes |
|----------|--|--|---|
| 0 Sun |  | Grocery shop. | Grab the grocery list for your meal plan and mark off any items you already have before you shop. |
| |  | Make and freeze the Slow Cooker Honey Garlic Chicken | In a large ziploc bag, combine the olive oil, honey, garlic, chili powder, sea salt, black pepper, and chicken thighs. Store in freezer for up to 2 months. |
| | | Make and freeze the Pumpkin Breakfast Cookies | Follow the recipe and let cool before transferring to an airtight container or ziploc bag. Store in the freezer. |
| | | Make Pumpkin Pie Baked Oatmeal | Cool, cover and store in the refrigerator for up to 4 days, or freeze in single portions. |
| | | Make the Sea Salt & Garlic Crackers | Follow the recipe, cool and store refrigerated in an airtight container for up to 1 week. Or, store in the freezer for up to 2 months. |
| | | Make the Lentil Masala Soup | Follow the recipe, then divide between containers. Store in the fridge up to 4 days or freeze as single portions. |
| | Freeze the salmon fillets and chicken breasts. | We'll remind you when to set them out to thaw. | |

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| 1 Mon |  | For breakfast, heat up a serving of Pumpkin Pie Baked Oatmeal | Reheat in toaster oven or microwave. |
| | | For lunch, heat up a serving of Lentil Masala Soup | Reheat in a small saucepan on the stove or in the microwave. |
| | | Today's snacks: Sea Salt & Garlic Crackers and Banana with Almond Butter | Enjoy! |
| |  | Make the Tomato & Eggplant Casserole | Store enough leftovers in an airtight container for dinner tomorrow. Freeze the remaining. |
| 2 Tue |  | For breakfast, heat up a serving of Pumpkin Pie Baked Oatmeal | Reheat in toaster oven or microwave. |
| | | For lunch, heat up a serving of Lentil Masala Soup | Reheat in a small saucepan or microwave. |
| | | Today's snacks: Sea Salt & Garlic Crackers and Apple with Almond Butter | Enjoy! |
| |  | Enjoy leftover Tomato & Eggplant Casserole for dinner. | Reheat in toaster oven or microwave. |
| | | Take the Slow Cooker Honey Garlic Chicken out of the freezer. | Place in the refrigerator to thaw for tomorrow. |

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| 3 Wed |  | For breakfast, heat up a serving of Pumpkin Pie Baked Oatmeal | Reheat in toaster oven or microwave. |
| | | Cook the Slow Cooker Honey Garlic Chicken | Dump the contents of the freezer bag into your slow cooker and cook on low for 6-8 hours or high for 4 hours. |
| | | For lunch, heat up a serving of Lentil Masala Soup | Reheat in a small saucepan or microwave. |
| | | Today's snacks: Sea Salt & Garlic Crackers and Banana with Almond Butter | Enjoy! |
| |  | Enjoy the Slow Cooker Honey Garlic Chicken for dinner. | Finish the recipe by steaming broccoli to serve. Divide leftovers into containers and store in the fridge. |
| | | Make the Zucchini Bread Overnight Oats. | Follow the recipe to make the overnight oats. Divide between jars or cover the bowl and store in the fridge. |
| | | Take Pumpkin Breakfast Cookies out of the freezer. | Transfer to the refrigerator for snacks. |
| 4 Thu |  | For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy. | Optional: Warm in microwave if you prefer hot oatmeal. |
| | | For lunch, heat up a serving of Lentil Masala Soup | Reheat in a small saucepan or microwave. |

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| | | Today's snacks: Pumpkin Breakfast Cookies and Apple with Almond Butter | Enjoy! |
| |  | Reheat Slow Cooker Honey Garlic Chicken for dinner. | Warm up on the stove or in the microwave. |
| | | Take leftover Tomato & Eggplant Casserole out of the freezer. | Transfer to the fridge for lunches. |
| | | Take salmon and chicken breasts out of the freezer. | Transfer to the fridge to thaw. |
| 5 Fri |  | For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy. | Optional: Warm in microwave if you prefer hot oatmeal. |
| | | For lunch, heat up a serving of Tomato & Eggplant Casserole | Reheat in a small saucepan or microwave. |
| | | Today's snacks: Pumpkin Breakfast Cookies and Banana with Almond Butter | Enjoy! |
| |  | Make One Pan Salmon and Rainbow Veggies for dinner. | Store leftovers in an airtight container in the fridge. |
| 6 Sat |  | For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy. | Optional: Warm in microwave if you prefer hot oatmeal. |
| | | For lunch, heat up a serving of Tomato & Eggplant | Reheat in a small saucepan or microwave. |

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| | | Casserole | |
| | | Today's snacks: Pumpkin Breakfast Cookies and Apple with Almond Butter | Enjoy! |
| |  | Make One Pan Chicken, Golden Cauliflower & Carrot Fries for dinner. | Divide leftovers into containers and store in the fridge. |
| 7 Sun | | For breakfast, top Zucchini Bread Overnight Oats with banana and enjoy. | Optional: Warm in microwave if you prefer hot oatmeal. |
| |  | For lunch, heat up leftover One Pan Chicken, Golden Cauliflower & Carrot Fries | Reheat in a toaster oven or microwave. |
| | | Today's snacks: Pumpkin Breakfast Cookies and Banana with Almond Butter | Enjoy! |
| |  | Enjoy leftover One Pan Salmon and Rainbow Veggies for dinner. | Reheat in toaster oven or microwave. |

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