



Prenatal Diet

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Prenatal Diet

HEAVY METAL FITNESS

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

A higher-energy, nutrient-rich diet to support mothers-to-be - Our Prenatal Diet is filled with high-energy foods that tend to be well-tolerated by pregnant women. Plenty of protein and frequent meals balance blood sugar, which may reduce nausea. Plant-based protein is emphasized to help with common food aversions. This meal plan is high in iron to help prevent anemia during pregnancy. Foods are also high in calcium to protect bones. We have included plenty of fiber-rich foods to prevent constipation, which can cause significant discomfort during pregnancy.

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

IRON

Iron needs increase during pregnancy as iron supports the need for extra blood in the system and helps with the growth of the placenta and fetus. This plan adds in food sources such as beef, turkey, beans, oatmeal, and nut butter to help the increased demand for iron in the body. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

CALCIUM

During pregnancy, it is important to meet your daily calcium needs to support bone development. This plan helps you reach calcium requirements through foods like cheese, Greek yogurt, fortified milk beverages, salmon, and beans. To maximize the absorption of dietary calcium, the plan limits salt intake as salt increases calcium loss through the urine.

VITAMIN B12

Vitamin B12 is essential during pregnancy and a deficiency may increase the risk of birth defects such as neural tube defects and may contribute to preterm delivery. This plan helps you reach your vitamin B12 needs from salmon, beef, cheese, yogurt, and eggs.

ZINC

Adequate zinc is important during the first trimester when organs are formed, and in the last trimester as the



fetus receives zinc from the mother. Zinc may also play a role in assisting in immune system development. Zinc food sources in this plan include beef, pumpkin seeds, chickpeas, and oats.

FIBER

Fluctuating hormones in pregnancy may cause constipation. This program provides up to 50 grams of fiber daily from fruits, vegetables, legumes, and whole grains. Eating the proper amount and type of carbohydrate can also help prevent or treat gestational diabetes. This plan pairs high fiber foods with protein and fat to keep blood sugar and energy levels stable and prevent constipation.

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
Banana Coconut Steel Cut Oats



SNACK 1
Yogurt & Berries



LUNCH
Slow Cooker Black Bean Soup



SNACK 2
Peanut Butter & Jelly Banana Rolls



DINNER
Apple Turkey Burgers with Caramelized Onions & Brie

TUE



BREAKFAST
Banana Coconut Steel Cut Oats



SNACK 1
Yogurt & Berries



LUNCH
Apple Turkey Burgers with Caramelized Onions & Brie



SNACK 2
Peanut Butter & Jelly Banana Rolls



DINNER
Slow Cooker Hawaiian Beef

WED



BREAKFAST
Peanut Butter Banana Oat Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Slow Cooker Hawaiian Beef



SNACK 2
Peanut Butter & Jelly Banana Rolls



DINNER
Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

THU



BREAKFAST
Peanut Butter Banana Oat Smoothie



SNACK 1
Salt n' Vinegar Hard Boiled Eggs



LUNCH
Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato



SNACK 2
Brownie Batter Protein Balls



DINNER
Baked Salmon with Broccoli & Quinoa

FRI



BREAKFAST
Blueberry Beet Chia Pudding



SNACK 1
Trail Mix With Banana



LUNCH
Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato



SNACK 2
Brownie Batter Protein Balls



DINNER
Mexican Black Bean Omelette

SAT



BREAKFAST
Blueberry Beet Chia Pudding



SNACK 1
Trail Mix With Banana



LUNCH
Slow Cooker Black Bean Soup



SNACK 2
Brownie Batter Protein Balls



DINNER
Kale Greek Salad with Steak

SUN



BREAKFAST
Blueberry Beet Chia Pudding



SNACK 1
Trail Mix With Banana



LUNCH
Slow Cooker Black Bean Soup



SNACK 2
Brownie Batter Protein Balls



DINNER
Kale Greek Salad with Steak

MON**FAT 39%** **CARBS 44%** **PROTEIN 17%**

Calories 1969 Cholesterol 146mg
 Fat 88g Sodium 1270mg
 Carbs 222g Vitamin A 4482IU
 Fiber 43g Vitamin C 115mg
 Sugar 78g Calcium 829mg
 Protein 88g Iron 16mg

TUE**FAT 39%** **CARBS 42%** **PROTEIN 19%**

Calories 2078 Cholesterol 216mg
 Fat 93g Sodium 1834mg
 Carbs 221g Vitamin A 4931IU
 Fiber 32g Vitamin C 221mg
 Sugar 88g Calcium 774mg
 Protein 103g Iron 15mg

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

Calories 1938 Cholesterol 442mg
 Fat 91g Sodium 2056mg
 Carbs 214g Vitamin A 13790IU
 Fiber 36g Vitamin C 227mg
 Sugar 68g Calcium 647mg
 Protein 82g Iron 16mg

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

Calories 1846 Cholesterol 451mg
 Fat 93g Sodium 1645mg
 Carbs 168g Vitamin A 12110IU
 Fiber 36g Vitamin C 236mg
 Sugar 44g Calcium 735mg
 Protein 93g Iron 17mg

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

Calories 2019 Cholesterol 373mg
 Fat 113g Sodium 1194mg
 Carbs 195g Vitamin A 12488IU
 Fiber 52g Vitamin C 107mg
 Sugar 51g Calcium 1121mg
 Protein 70g Iron 21mg

SAT**FAT 50%** **CARBS 36%** **PROTEIN 14%**

Calories 1950 Cholesterol 77mg
 Fat 110g Sodium 1108mg
 Carbs 182g Vitamin A 5314IU
 Fiber 45g Vitamin C 106mg
 Sugar 52g Calcium 1036mg
 Protein 71g Iron 21mg

SUN**FAT 50%** **CARBS 36%** **PROTEIN 14%**

Calories 1950 Cholesterol 77mg
 Fat 110g Sodium 1108mg
 Carbs 182g Vitamin A 5314IU
 Fiber 45g Vitamin C 106mg
 Sugar 52g Calcium 1036mg
 Protein 71g Iron 21mg



FRUITS

- 1 Apple
- 1/4 Avocado
- 9 Banana
- 1 cup Blueberries
- 1 2/3 Lemon
- 1 Lime
- 3/4 cup Strawberries

BREAKFAST

- 2/3 cup All Natural Peanut Butter
- 2 3/4 tbsps Maple Syrup
- 3 1/2 tbsps Pumpkin Seed Butter
- 1/2 cup Steel Cut Oats

SEEDS, NUTS & SPICES

- 2/3 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 1/16 cups Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 cup Clean Trail Mix
- 1 1/2 tpsps Cumin
- 1 1/2 tpsps Curry Powder
- 1/4 tsp Dried Thyme
- 1 tsp Garam Masala
- 1/4 tsp Ground Sage
- 1/2 tsp Nutmeg
- 1/4 tsp Oregano
- 1 1/2 tpsps Paprika
- 1/4 cup Pecans
- 1 2/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 Brown Rice Tortilla
- 2 cups Frozen Berries

VEGETABLES

- 1 Beet
- 2 cups Broccoli
- 1/2 Carrot
- 1 stalk Celery
- 1/2 cup Cherry Tomatoes
- 1/2 Cucumber
- 5 1/2 Garlic
- 1/4 Green Bell Pepper
- 1/2 head Green Lettuce
- 10 cups Kale Leaves
- 1/4 cup Mushrooms
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Sweet Potato
- 1 1/2 Yellow Onion

BOXED & CANNED

- 4 3/4 cups Black Beans
- 1 3/4 cups Canned Coconut Milk
- 2 cups Chickpeas
- 3/4 cup Crushed Pineapple
- 1 1/2 cups Diced Tomatoes
- 3/4 cup Quinoa

BAKING

- 2 tpsps Cacao Powder
- 1/3 cup Dark Chocolate Chips
- 1/2 cup Oats
- 3 1/2 tpsps Pitted Dates
- 1/4 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 8 ozs Beef Brisket
- 6 ozs Beef Tenderloin
- 2 ozs Brie Cheese
- 8 ozs Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 5 ozs Salmon Fillet

CONDIMENTS & OILS

- 3 tpsps Apple Cider Vinegar
- 2 1/2 tpsps Coconut Oil
- 2 1/3 tpsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tpsps Red Wine Vinegar
- 1 tsp Tamari

COLD

- 6 Egg
- 2 cups Plain Greek Yogurt
- 4 1/8 cups Unsweetened Almond Milk

OTHER

- 1/3 cup Chocolate Protein Powder
- 3 1/8 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

Banana Coconut Steel Cut Oats

2 SERVINGS 25 MINUTES



INGREDIENTS

3/4 cup Canned Coconut Milk
3/4 cup Water
1/2 cup Steel Cut Oats (uncooked)
1 Banana (very ripe)
1/4 cup Pecans (toasted)
1/4 cup Unsweetened Coconut Flakes (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	534	Cholesterol	0mg
Fat	35g	Sodium	28mg
Carbs	51g	Vitamin A	45IU
Fiber	8g	Vitamin C	5mg
Sugar	11g	Calcium	38mg
Protein	8g	Iron	2mg

DIRECTIONS

- 01 In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
- 02 Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
- 03 Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

NOTES

MAKE IT SWEETER

Top with sliced banana or a drizzle of maple syrup.

ON-THE-GO

Pack the oats into mason jars and reheat before eating.

NO COCONUT MILK

Use unsweetened almond milk.

Peanut Butter Banana Oat Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Cholesterol	0mg
Fat	20g	Sodium	88mg
Carbs	48g	Vitamin A	325IU
Fiber	7g	Vitamin C	10mg
Sugar	18g	Calcium	258mg
Protein	12g	Iron	2mg

DIRECTIONS

01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.

Blueberry Beet Chia Pudding

4 SERVINGS 3 HOURS



INGREDIENTS

1 Beet (medium)
3 cups Unsweetened Almond Milk
1 cup Canned Coconut Milk
1 cup Blueberries (fresh or frozen)
1 tsp Cinnamon
2 tbsps Maple Syrup
1 cup Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	425	Cholesterol	0mg
Fat	29g	Sodium	153mg
Carbs	37g	Vitamin A	403IU
Fiber	15g	Vitamin C	5mg
Sugar	12g	Calcium	631mg
Protein	10g	Iron	5mg

DIRECTIONS

- 01 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 02 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 03 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 04 Remove chia pudding from fridge. Add desired toppings and enjoy!

NOTES

SAVE TIME

Buy canned beets. Make sure they are not pickled!

TOPPING IDEAS

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

Yogurt & Berries

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
2 cups Frozen Berries (thawed)

NUTRITION

AMOUNT PER SERVING

Calories	261	Cholesterol	34mg
Fat	5g	Sodium	140mg
Carbs	32g	Vitamin A	1250IU
Fiber	5g	Vitamin C	55mg
Sugar	21g	Calcium	526mg
Protein	23g	Iron	2mg

DIRECTIONS

01 Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

NOTES

DAIRY-FREE

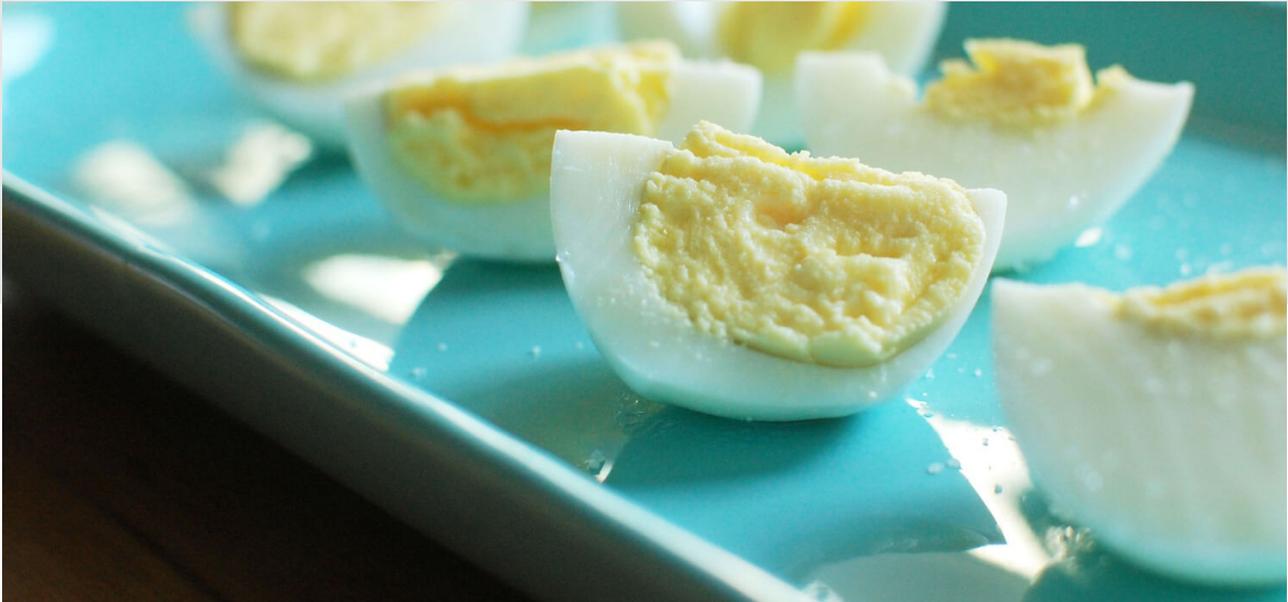
Use a dairy-free yogurt like coconut, almond or cashew.

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Salt n' Vinegar Hard Boiled Eggs

2 SERVINGS 35 MINUTES



INGREDIENTS

- 4 Egg
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Apple Cider Vinegar (divided)

NUTRITION

AMOUNT PER SERVING

Calories	146	Cholesterol	372mg
Fat	10g	Sodium	733mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	57mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
- 02 After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
- 03 When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Trail Mix With Banana

1 SERVING 5 MINUTES



INGREDIENTS

1/3 cup Clean Trail Mix
1 Banana

DIRECTIONS

01 Divide trail mix into bowls or containers, and serve with a banana on the side.
Happy snacking!

NUTRITION

AMOUNT PER SERVING

Calories	336	Cholesterol	0mg
Fat	15g	Sodium	116mg
Carbs	49g	Vitamin A	85IU
Fiber	3g	Vitamin C	11mg
Sugar	14g	Calcium	45mg
Protein	8g	Iron	2mg

Slow Cooker Black Bean Soup

3 SERVINGS 4 HOURS



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (finely diced)
1 stalk Celery (diced)
1/2 Carrot (large, chopped)
3 Garlic (cloves, minced)
1 1/2 tps Cumin
1/4 tsp Cayenne Pepper
3 cups Black Beans (cooked, drained and rinsed)
1 1/2 cups Diced Tomatoes
1 cup Water
1 Lime (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	6g	Sodium	45mg
Carbs	51g	Vitamin A	2352IU
Fiber	17g	Vitamin C	19mg
Sugar	6g	Calcium	108mg
Protein	17g	Iron	6mg

DIRECTIONS

- 01 Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
- 02 Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving equals approximately 1.5 cups.

TOPPINGS

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

STOVE TOP

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Peanut Butter & Jelly Banana Rolls

3 SERVINGS 1 HOUR



INGREDIENTS

3/4 cup Strawberries (halved)
2 1/4 tsps Maple Syrup
2 1/4 tsps Chia Seeds
3 Brown Rice Tortilla
3 Banana (peeled)
1/3 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	487	Cholesterol	0mg
Fat	21g	Sodium	178mg
Carbs	69g	Vitamin A	80IU
Fiber	9g	Vitamin C	31mg
Sugar	26g	Calcium	49mg
Protein	12g	Iron	2mg

DIRECTIONS

- 01 Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
- 02 Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
- 03 Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
- 04 Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

NOTES

NO STRAWBERRIES

Use any type of berry instead.

Brownie Batter Protein Balls

4 SERVINGS 40 MINUTES



INGREDIENTS

3 1/2 tbsps Pitted Dates (packed)
1 1/3 cups Black Beans (cooked)
1/3 cup Chocolate Protein Powder
3 1/2 tbsps Pumpkin Seed Butter
1/3 tsp Sea Salt
2 tsps Cacao Powder
1/3 cup Dark Chocolate Chips (optional)

NUTRITION

AMOUNT PER SERVING

Calories	342	Cholesterol	1mg
Fat	15g	Sodium	250mg
Carbs	33g	Vitamin A	4IU
Fiber	7g	Vitamin C	0mg
Sugar	15g	Calcium	58mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
- 03 Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
- 04 To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
- 05 Refrigerate at least 1 hour to set. Enjoy!

NOTES

SERVING SIZE

Nutrition information is calculated based on 3 balls per serving.

STORAGE

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

NO PUMPKIN SEED BUTTER

Use tahini, sunflower butter, almond butter or peanut butter instead.

PREFERRED PROTEIN POWDER

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Apple Turkey Burgers with Caramelized Onions & Brie

2 SERVINGS 45 MINUTES



INGREDIENTS

1 1/2 tps Coconut Oil
1 Yellow Onion (peeled and finely sliced)
1 Apple (green, divided)
8 ozs Extra Lean Ground Turkey
1 tsp Dijon Mustard
1/4 tsp Ground Sage
1/4 tsp Dried Thyme
1/2 tsp Sea Salt
1/8 tsp Black Pepper
2 ozs Brie Cheese
1/2 head Green Lettuce (separated into leaves and washed)

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	112mg
Fat	21g	Sodium	879mg
Carbs	19g	Vitamin A	755IU
Fiber	4g	Vitamin C	5mg
Sugar	14g	Calcium	108mg
Protein	28g	Iron	4mg

DIRECTIONS

- 01 Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
- 02 Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
- 03 In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
- 04 Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
- 05 Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

NOTES

BBQ LOVER

Grill your apple slices too.

NO GRILL

Cook burgers in the oven at 350 for 15 minutes per side.

MORE CARBS

Serve on a bed of brown rice or in a brown rice tortilla wrap.

LEFTOVERS

Can be frozen up to 6 months in an airtight container.



Slow Cooker Hawaiian Beef

2 SERVINGS 6 HOURS



INGREDIENTS

8 ozs Beef Brisket
1 1/2 Red Bell Pepper (sliced)
3/4 cup Crushed Pineapple (canned, packed in pineapple juice)
1/4 cup Red Onion (finely diced)
1 tbsp Apple Cider Vinegar
1 tbsp Tamari
1 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Water
1/2 cup Quinoa (dry)

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	70mg
Fat	11g	Sodium	609mg
Carbs	50g	Vitamin A	2801IU
Fiber	6g	Vitamin C	125mg
Sugar	16g	Calcium	53mg
Protein	32g	Iron	5mg

DIRECTIONS

- 01 Place beef in the slow cooker surrounded by sliced red peppers.
- 02 Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
- 03 Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
- 04 Slow cook on high for 3-4 hours, or low for 6-8 hours.
- 05 Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
- 06 To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

NOTES

MAKE IT PALEO

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

STORAGE

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

SAVE TIME

Cook the quinoa in advance and reheat before serving.



Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

3 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	489	Cholesterol	0mg
Fat	29g	Sodium	448mg
Carbs	46g	Vitamin A	10044...
Fiber	14g	Vitamin C	61mg
Sugar	8g	Calcium	230mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
- 02 Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
- 03 Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
- 04 Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

NOTES

SAVE TIME

Used pre-washed and sliced bagged kale.

NO KALE

Use spinach, romaine or any leafy green.

NO SWEET POTATO

Use diced carrot or beet instead.

MAKE IT AHEAD

The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.



Protein

13g Iron

5mg



Baked Salmon with Broccoli & Quinoa

1 SERVING 20 MINUTES



INGREDIENTS

5 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 cups Broccoli (sliced into small florets)
1 1/2 tsps Extra Virgin Olive Oil
1/4 cup Quinoa (uncooked)
1/3 cup Water
1/8 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	480	Cholesterol	78mg
Fat	19g	Sodium	126mg
Carbs	40g	Vitamin A	1197IU
Fiber	8g	Vitamin C	165mg
Sugar	3g	Calcium	132mg
Protein	39g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Mexican Black Bean Omelette

1 SERVING 15 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
2 Egg (whisked)
2 tbsps Unsweetened Almond Milk
1/4 Green Bell Pepper (finely diced)
1/2 cup Black Beans (cooked, drained and rinsed)
1/4 cup Mushrooms (diced)
3/4 tsp Chili Powder
1/2 tsp Nutmeg
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)
1/4 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	427	Cholesterol	372mg
Fat	25g	Sodium	227mg
Carbs	30g	Vitamin A	1952IU
Fiber	13g	Vitamin C	30mg
Sugar	2g	Calcium	157mg
Protein	23g	Iron	5mg

DIRECTIONS

- 01 Place coconut oil in a frying pan and place on medium-low heat.
- 02 Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
- 03 Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
- 04 Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Kale Greek Salad with Steak

2 SERVINGS 40 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (de-seeded and cut into slices)
1/4 cup Red Onion (finely sliced)
1/2 Cucumber (diced)
2 cups Kale Leaves (finely chopped)
1/2 cup Cherry Tomatoes (halved)
1/4 cup Pitted Kalamata Olives (diced)
1/4 cup Feta Cheese (crumbled)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Red Wine Vinegar
1/4 tsp Oregano
1/2 Lemon (juiced)
1/2 Garlic (clove, minced)
1/8 tsp Sea Salt
1/16 tsp Black Pepper
6 ozs Beef Tenderloin

NUTRITION

AMOUNT PER SERVING

Calories	529	Cholesterol	76mg
Fat	45g	Sodium	544mg
Carbs	12g	Vitamin A	2470IU
Fiber	3g	Vitamin C	71mg
Sugar	5g	Calcium	194mg
Protein	20g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
- 02 Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
- 03 Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
- 04 Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
- 05 Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
- 06 Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
- 07 Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

NOTES

VEGAN & VEGETARIANS

Skip the steak and add roasted chickpeas.



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 head out.
		Make the Yogurt & Berries.	Layer yogurt and berries into containers or sealed jars. Store in the fridge.
		Make the Salt n' Vinegar Hard Boiled Eggs.	Follow the recipe and divide between containers. Store in the fridge.
		Make chia jam for the Peanut Butter & Jelly Banana Rolls.	Store in the fridge for snacks Monday through Thursday.
		Make the Slow Cooker Black Bean Soup.	Follow the recipe, then divide between containers. Store enough in the fridge for lunch on Monday. Freeze remaining portions for later in the week.
1 Mon		Make the Banana Coconut Steel Cut Oats.	Follow the recipe and store the leftover portion in the fridge for breakfast on Tuesday.
		Pack your meals if you are on-the-go.	Banana Coconut Steel Cut Oats, Yogurt & Berries, Slow Cooker Black Bean Soup, and Peanut Butter & Jelly Banana Roll.

		Make Thai Turkey Burgers with Almond Carrot Slaw for dinner.	Store leftovers in an airtight container for lunch tomorrow.
2 Tue		Start the Slow Cooker Hawaiian Beef.	Add the ingredients to your slow cooker. Cook on high for 3 to 4 hours, or low for 6 to 8 hours.
		Pack your meals if you are on-the-go.	Banana Coconut Steel Cut Oats, Yogurt & Berries, Thai Turkey Burgers with Almond Carrot Slaw, and Peanut Butter & Jelly Banana Roll.
		Finish making the Slow Cooker Hawaiian Beef for dinner.	Cook the quinoa before serving. Store leftovers in the fridge for lunch on Wednesday.
3 Wed		Make your Peanut Butter Banana Oat Smoothie.	Divide between two containers and store the leftovers in fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Peanut Butter Banana Oat Smoothie, Salt 'n Vinegar Hard Boiled Eggs, Slow Cooker Hawaiian Beef, and Peanut Butter & Jelly Banana Roll.
		Make Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato for dinner.	Divide leftovers into containers and store in the fridge.
Make the Brownie Batter Protein Balls.		Follow the recipe to make the balls. Store an airtight container in the refrigerator or freezer.	

4 Thu		Pack your meals if you are on-the-go.	Peanut Butter Banana Oat Smoothie, Salt 'n Vinegar Hard Boiled Eggs, Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato, and Peanut Butter & Jelly Banana Roll.
		Make Baked Salmon with Broccoli & Quinoa for dinner. Make the Blueberry Beet Chia Pudding.	Enjoy! Divide between jars or containers and store in the fridge.
5 Fri		Pack your meals if you are on-the-go.	Blueberry Beet Chia Pudding, Trail Mix with Banana, Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato, and Brownie Batter Protein Balls.
		Make Mexican Black Bean Omelette for dinner. Take Slow Cooker Black Bean Soup out of the freezer.	Breakfast for dinner! Enjoy! Transfer enough servings for lunches on Saturday and Sunday into the fridge to thaw.
6 Sat		Pack your meals if you are on-the-go.	Blueberry Beet Chia Pudding, Trail Mix with Banana, Slow Cooker Black Bean Soup, and Brownie Batter Protein Balls.
		Make Kale Greek Salad with Steak for dinner.	Divide leftovers into containers and store in the fridge for dinner on Sunday.

7 Sun		Pack your meals if you are on-the-go.	Blueberry Beet Chia Pudding, Trail Mix with Banana, Slow Cooker Black Bean Soup, and Brownie Batter Protein Balls.
		Enjoy leftover Kale Greek Salad with Steak for dinner.	Bon appetit!

WAIVER

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