



Project Beach Body Program, Week 1

TRACY KACZMARCZYK



Project Beach Body Program, Week 1

HEAVY METAL FITNESS

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

Week 1 of a 2-week program designed to get your body cleaned up from the inside out. With the lazy hazy days of summer just around the corner, it's time to prepare to look and feel your best. It includes a 5-day meal plan with one day per week to use up your leftovers as well as one free day.

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](http://www.heavymetalfitness.com).



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
Fully Loaded Toast



LUNCH
Cobb Salad Jar



SNACK 1
Grapes & Cashews



DINNER
Roasted Brussels Sprouts Caesar Salad



SNACK 2
Apple Slices with Cinnamon

TUE



BREAKFAST
Fully Loaded Toast



LUNCH
Roasted Brussels Sprouts Caesar Salad



SNACK 1
Sea Salted Coconut Kale Chips



DINNER
Spicy Shrimp Fried Rice



SNACK 2
Banana with Almond Butter

WED



BREAKFAST
Blueberry Zoats



LUNCH
Spicy Shrimp Fried Rice



SNACK 1
Dried Mango & Brazil Nuts



DINNER
Spaghetti in Cauliflower Alfredo Sauce



SNACK 2
Grapes & Cashews

THU



BREAKFAST
Blueberry Zoats



LUNCH
Spaghetti in Cauliflower Alfredo Sauce



SNACK 1
Dried Mango & Brazil Nuts



DINNER
Kale, Lentil & Sweet Potato Salad



SNACK 2
Apple Slices with Cinnamon

FRI



BREAKFAST
Raspberry Chia Breakfast Parfait



LUNCH
Kale, Lentil & Sweet Potato Salad



SNACK 1
Sea Salted Coconut Kale Chips



DINNER
One Pan Chicken, Golden Cauliflower & Carrot Fries



SNACK 2
Banana with Almond Butter

MON**FAT 56%** **CARBS 26%** **PROTEIN 18%**

Calories 1494 Cholesterol 453mg
 Fat 97g Sodium 802mg
 Carbs 101g Vitamin A 3957IU
 Fiber 24g Vitamin C 152mg
 Sugar 49g Calcium 375mg
 Protein 69g Iron 10mg

TUE**FAT 54%** **CARBS 26%** **PROTEIN 20%**

Calories 1606 Cholesterol 560mg
 Fat 100g Sodium 1759mg
 Carbs 111g Vitamin A 5227IU
 Fiber 28g Vitamin C 167mg
 Sugar 29g Calcium 503mg
 Protein 83g Iron 13mg

WED**FAT 34%** **CARBS 46%** **PROTEIN 20%**

Calories 1565 Cholesterol 335mg
 Fat 63g Sodium 877mg
 Carbs 188g Vitamin A 4827IU
 Fiber 24g Vitamin C 121mg
 Sugar 70g Calcium 492mg
 Protein 81g Iron 14mg

THU**FAT 27%** **CARBS 57%** **PROTEIN 16%**

Calories 1261 Cholesterol 67mg
 Fat 40g Sodium 334mg
 Carbs 190g Vitamin A 12939IU
 Fiber 32g Vitamin C 142mg
 Sugar 77g Calcium 495mg
 Protein 52g Iron 11mg

FRI**FAT 51%** **CARBS 32%** **PROTEIN 17%**

Calories 1415 Cholesterol 90mg
 Fat 83g Sodium 1172mg
 Carbs 120g Vitamin A 21944IU
 Fiber 36g Vitamin C 144mg
 Sugar 41g Calcium 811mg
 Protein 64g Iron 12mg



FRUITS

- 4 Apple
- 2 1/4 Avocado
- 5 Banana
- 1 cup Blueberries
- 4 cups Grapes
- 4 1/4 Lemon
- 1/2 cup Raspberries

BREAKFAST

- 1/2 cup Almond Butter
- 20 pieces Dried Unsweetened Mango
- 1 1/2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 cup Brazil Nuts
- 1 cup Cashews
- 1/4 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 1/2 tsps Chili Powder
- 2 tbsps Cinnamon
- 1 tsp Dried Thyme
- 1/4 cup Hemp Seeds
- 1 tsp Paprika
- 1/2 cup Pumpkin Seeds
- 2 tsps Red Pepper Flakes
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

FROZEN

- 1 cup Frozen Peas

VEGETABLES

- 3 cups Asparagus
- 1 cup Baby Spinach
- 5 cups Brussels Sprouts
- 2 Carrot
- 1 1/2 heads Cauliflower
- 2 1/4 cups Cherry Tomatoes
- 7 Garlic
- 5 stalks Green Onion
- 8 cups Kale Leaves
- 1/2 cup Radishes
- 1 Sweet Onion
- 2 Sweet Potato
- 1 tbsp Thyme
- 1/2 Yellow Onion
- 1 Zucchini

BOXED & CANNED

- 1 cup Brown Rice Spaghetti
- 2 cups Green Lentils
- 1 cup Quinoa

BAKING

- 1 cup Oats
- 1 tbsp Raw Honey

BREAD, FISH, MEAT & CHEESE

- 4 slices Bread
- 8 ozs Chicken Breast
- 12 ozs Chicken Breast, Cooked
- 1 lb Extra Lean Ground Chicken
- 1/2 cup Feta Cheese
- 1 lb Shrimp

CONDIMENTS & OILS

- 2 tbsps Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1/4 cup Dijon Mustard
- 1 cup Extra Virgin Olive Oil
- 2 tbsps Tamari

COLD

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

OTHER

- 3 1/2 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

Fully Loaded Toast

2 SERVINGS 25 MINUTES



INGREDIENTS

2 slices Bread (toasted)
1 Avocado (mashed)
1 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
2 Egg
1/4 cup Unsweetened Almond Milk
1 cup Cherry Tomatoes (halved)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	392	Cholesterol	186mg
Fat	29g	Sodium	230mg
Carbs	26g	Vitamin A	1101IU
Fiber	9g	Vitamin C	30mg
Sugar	6g	Calcium	120mg
Protein	11g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 450. Place halved cherry tomatoes on a piece of parchment paper and place in oven for 20 minutes or until roasted.
- 02 In the mean time, take a fork and mash your avocado in a bowl. Add lemon juice and season with sea salt and pepper. Mix well and set aside.
- 03 Put oil in frying pan and place over medium heat. Whisk egg and almond milk together in a small bowl and pour into pan. Scramble eggs until cooked.
- 04 Toast bread. Spread on avocado mix and add scrambled eggs on top. Finish with roasted cherry tomatoes and season with a bit of salt and pepper. Enjoy!

Blueberry Zoats

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Oats
1 cup Water
2 tbsps Unsweetened Almond Milk
1/2 Zucchini (grated)
1/2 cup Blueberries
1 tbsp Hemp Seeds
1 1/2 tsps Raw Honey
1 tsp Cinnamon

DIRECTIONS

- 01 Place oats and water in a saucepan over medium-low heat. Let oats cook for 5 - 10 minutes.
- 02 When oats start to thicken, stir in almond milk and zucchini. Stir until evenly mixed and remove from heat. Divide into portions and top with blueberries, hemp hearts, honey and sprinkle with cinnamon. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	154	Cholesterol	0mg
Fat	4g	Sodium	18mg
Carbs	26g	Vitamin A	154IU
Fiber	4g	Vitamin C	12mg
Sugar	9g	Calcium	77mg
Protein	5g	Iron	2mg

Raspberry Chia Breakfast Parfait

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
2 tbsps Chia Seeds
1 tsp Cinnamon
1 Banana (sliced)
1/2 cup Almonds (crushed)
2 tbsps Hemp Seeds
1/2 cup Raspberries

DIRECTIONS

- 01 Mix almond milk, chia seeds and cinnamon in a bowl. Let sit for 10 - 20 minutes or until the milk has become a thick jelly. Transfer into jars (depending on how many servings you are making).
- 02 Next add banana onto the milk/chia seed layer. Then add almonds followed by hemp hearts. Top with raspberries and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	408	Cholesterol	0mg
Fat	28g	Sodium	82mg
Carbs	32g	Vitamin A	303IU
Fiber	13g	Vitamin C	13mg
Sugar	10g	Calcium	419mg
Protein	14g	Iron	4mg

Cobb Salad Jar

2 SERVINGS 30 MINUTES



INGREDIENTS

1/4 Lemon (juiced)
1 tbsp Extra Virgin Olive Oil
1 tbsp Dijon Mustard
1 1/2 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)
1 cup Baby Spinach (chopped)
1/4 cup Cherry Tomatoes (halved)
1/4 Avocado (diced)
4 ozs Chicken Breast, Cooked
1 Egg (hardboiled and sliced)
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	299	Cholesterol	169mg
Fat	19g	Sodium	376mg
Carbs	8g	Vitamin A	1831IU
Fiber	2g	Vitamin C	12mg
Sugar	4g	Calcium	135mg
Protein	24g	Iron	1mg

DIRECTIONS

- 01 In a small bowl, mix together lemon juice, olive oil, mustard, maple syrup and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
- 02 Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
- 03 When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Grapes & Cashews

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes
1/2 cup Cashews

DIRECTIONS

- 01 Place grapes and cashews together in a bowl.
- 02 Happy munching!

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	0mg
Fat	16g	Sodium	7mg
Carbs	27g	Vitamin A	92IU
Fiber	2g	Vitamin C	4mg
Sugar	17g	Calcium	28mg
Protein	6g	Iron	2mg

Sea Salted Coconut Kale Chips

4 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Kale Leaves
2 tbsps Coconut Oil (melted)
1 tsp Sea Salt
1/2 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	69	Cholesterol	0mg
Fat	7g	Sodium	601mg
Carbs	1g	Vitamin A	1011IU
Fiber	1g	Vitamin C	22mg
Sugar	0g	Calcium	54mg
Protein	1g	Iron	0mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 02 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 03 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 04 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!

Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



INGREDIENTS

20 pieces Dried Unsweetened Mango
(large)

1 cup Brazil Nuts

DIRECTIONS

01 Divide dried mango and brazil nuts between bowls. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	339	Cholesterol	0mg
Fat	22g	Sodium	1mg
Carbs	36g	Vitamin A	1500IU
Fiber	4g	Vitamin C	12mg
Sugar	31g	Calcium	73mg
Protein	7g	Iron	1mg

Roasted Brussels Sprouts Caesar Salad

4 SERVINGS 1 HOUR



INGREDIENTS

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	446	Cholesterol	98mg
Fat	33g	Sodium	187mg
Carbs	14g	Vitamin A	831IU
Fiber	6g	Vitamin C	98mg
Sugar	3g	Calcium	68mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 02 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 03 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 04 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

NOTES

LEFTOVERS

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

SAVE TIME

Cook the ground chicken and make the roasted garlic dressing in advance.

NO EXTRA LEAN GROUND CHICKEN

Use any other type of ground meat instead.

VEGAN & VEGETARIAN

Use cooked lentils instead of ground meat.



Spicy Shrimp Fried Rice

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Quinoa (uncooked)
1 1/2 cups Water
1 lb Shrimp (cooked, peeled and patted dry)
Sea Salt & Black Pepper (to taste)
1 tsp Paprika
1/4 tsp Cayenne Pepper
1 1/2 tsps Chili Powder
2 Egg
1/2 Yellow Onion (diced)
1 cup Frozen Peas
2 Garlic (cloves, minced)
5 stalks Green Onion (chopped)
2 tbsps Extra Virgin Olive Oil (divided)
2 tsps Red Pepper Flakes
2 tbsps Tamari

NUTRITION

AMOUNT PER SERVING

Calories	402	Cholesterol	276mg
Fat	13g	Sodium	738mg
Carbs	37g	Vitamin A	2208IU
Fiber	6g	Vitamin C	7mg
Sugar	4g	Calcium	147mg
Protein	36g	Iron	5mg

DIRECTIONS

- 01 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 03 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 04 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 05 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.



Spaghetti in Cauliflower Alfredo Sauce

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Brown Rice Spaghetti
3 cups Asparagus (washed and trimmed)
1 head Cauliflower (cut into florets)
1 Sweet Onion (diced)
4 Garlic (cloves, minced and divided)
1 Lemon (juiced)
3/4 cup Unsweetened Almond Milk
1 tbsp Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
8 ozs Chicken Breast, Cooked

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	59mg
Fat	8g	Sodium	113mg
Carbs	62g	Vitamin A	873IU
Fiber	8g	Vitamin C	86mg
Sugar	9g	Calcium	167mg
Protein	27g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C).
- 02 Heat half your olive oil in a frying pan over medium-low heat. Saute onion for 5 minutes or until translucent. Add in half of your minced garlic cloves and stir for another minute. Remove from heat and set aside.
- 03 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork).
- 04 Place onion/garlic mix and cooked cauliflower in a blender. Add almond milk, lemon juice and season with salt and pepper to taste. Blend until a creamy consistency forms. (This may take some time. Add ¼ cup almond milk and blend again if mixture is too thick.)
- 05 Add trimmed asparagus to a large mixing bowl. Toss with remaining extra virgin olive oil and minced garlic. Season with salt and pepper. Lay asparagus in a single layer across a parchment-lined baking sheet. Bake in the oven for 12 minutes.
- 06 In the mean time, bring a large pot of water to a boil and add brown rice spaghetti. Cook for 7 - 8 minutes. Remove from heat, strain and run cold water over pasta to prevent from over-cooking/getting mushy.
- 07 Place pasta and asparagus into a large mixing bowl. Top with desired amount of cauliflower "alfredo" sauce and toss well. Plate pasta and top with sliced chicken breast (optional). Drizzle with a lemon wedge and season with a pinch of salt and pepper. Enjoy!

Kale, Lentil & Sweet Potato Salad

4 SERVINGS 45 MINUTES



INGREDIENTS

2 Sweet Potato (diced into 1 inch cubes)
1 tbsp Extra Virgin Olive Oil (divided)
1 tsp Cinnamon
Sea Salt & Black Pepper (to taste)
2 cups Green Lentils (cooked, drained and rinsed)
4 cups Kale Leaves
2 tbsps Balsamic Vinegar
1 tbsp Maple Syrup
1 tbsp Dijon Mustard
1 tbsp Thyme
1/4 cup Feta Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	259	Cholesterol	8mg
Fat	6g	Sodium	200mg
Carbs	40g	Vitamin A	10310IU
Fiber	11g	Vitamin C	24mg
Sugar	9g	Calcium	154mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Place chopped sweet potato in a mixing bowl and toss with half your extra virgin olive oil, cinnamon and season with a bit of salt and pepper. Place on a parchment-lined baking sheet and bake in the oven for 30 to 35 minutes or until golden.
- 02 In the meantime, drain lentils and rinse with cold water. Set aside.
- 03 Place remaining extra virgin olive oil in a frying pan and warm over medium heat. Add in kale leaves and saute just until wilted. Remove from heat immediately.
- 04 Prepare dressing by mixing balsamic vinegar, maple syrup, mustard and thyme. Mix well.
- 05 Combine sweet potatoes, lentils, wilted kale, feta cheese and dressing together in a large mixing bowl. Toss well and serve. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 2 cups of salad.

MORE FLAVOR

Add fresh herbs, chopped walnuts, or pumpkin seeds.

MAKE IT VEGAN

Omit the feta cheese.

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.

Apple Slices with Cinnamon

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple

1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	98	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	26g	Vitamin A	102IU
Fiber	5g	Vitamin C	8mg
Sugar	19g	Calcium	24mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Slice apple and cut out the core.

02 Sprinkle with cinnamon.

03 Enjoy!

Banana with Almond Butter

2 SERVINGS 2 MINUTES



INGREDIENTS

2 Banana
1/4 cup 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.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze chicken breast(s).	You'll be reminded later on in the week when to set it out to thaw.
		Make the Cobb Salad Jar.	Store in the fridge for lunch tomorrow.
1 Mon		Make Fully Loaded Toast for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Fully Loaded Toast, Cobb Salad Jar, and Grapes & Cashews.
		Make the Roasted Brussels Sprout Caesar Salad for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Apple Slices with Cinnamon for dessert or an after dinner snack.	
		Make Sea Salted Coconut Kale Chips.	Store in an airtight container for a snack tomorrow.

2 Tue		Make Fully Loaded Toast for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Fully Loaded Toast, Roasted Brussel Sprout Caesar Salad, and Sea Salted Coconut Kale Chips.
		Make Spicy Shrimp Fried Rice for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Banana with Almond Butter for dessert or an after dinner snack.	
3 Wed		Make the Blueberry Zoats for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Blueberry Zoats, Spicy Shrimp Fried Rice, and Dried Mango & Brazil Nuts.
		Make Spaghetti in Cauliflower Alfredo Sauce for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Grapes & Cashews for dessert or an after dinner snack.	
4 Thu		Make the Blueberry Zoats for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Blueberry Zoats, Spaghetti in Cauliflower Alfredo Sauce, and Dried Mango & Brazil Nuts.

		Make Kale, Lentil & Sweet Potato Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Apple Slices with Cinnamon as dessert or an after dinner snack.	
		Take the chicken breast out of the freezer.	Thaw in the fridge for tomorrow night.
		Make the Raspberry Chia Breakfast Parfait.	Store in a jar in the fridge for breakfast tomorrow.
5 Fri		Pack your meals if you are on-the-go.	Raspberry Chia Breakfast Parfait, Kale, Lentil & Sweet Potato Salad, and Sea Salted Coconut Kale Chips.
		Make the One Pan Chicken, Golden Cauliflower and Carrot Fries for dinner.	Enjoy!
		Enjoy Banana with Almond Butter for dessert or snack.	
6 Sat		Use up leftovers or try something new!	
7 Sun		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!

WAIVER

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of our services shall be used to diagnose or treat any health problem or disease. HMF cannot and does not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. HMF does not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

