



Project Beach Body Program, Week 2

TRACY KACZMARCZYK



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HEAVY METAL FITNESS

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

Week 2 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
Baked Strawberry Rhubarb Oatmeal



LUNCH
Chickpea, Avocado & Feta Salad



SNACK 1
Guacamole with Brown Rice Chips



DINNER
Roasted Vegetable Quinoa Salad



SNACK 2
Clean Trail Mix

TUE



BREAKFAST
Baked Strawberry Rhubarb Oatmeal



LUNCH
Roasted Vegetable Quinoa Salad



SNACK 1
Clean Trail Mix



DINNER
Sausage, Broccoli & Cabbage Stir Fry



SNACK 2
Maple Almond Popcorn

WED



BREAKFAST
Tomato, Kale & Feta Breakfast Pizza



LUNCH
Sausage, Broccoli & Cabbage Stir Fry



SNACK 1
Banana with Almond Butter



DINNER
Creamy Roasted Tomato Soup



SNACK 2
Maple Almond Popcorn

THU



BREAKFAST
Tomato, Kale & Feta Breakfast Pizza



LUNCH
Creamy Roasted Tomato Soup



SNACK 1
Guacamole with Brown Rice Chips



DINNER
Asian Turkey Lettuce Wraps



SNACK 2
Clean Trail Mix

FRI



BREAKFAST
Tropical Ginger Smoothie



LUNCH
Asian Turkey Lettuce Wraps



SNACK 1
Clean Trail Mix



DINNER
15 Minute Shrimp & Cabbage Stir Fry



SNACK 2
Banana with Almond Butter

MON**FAT 42%** **CARBS 45%** **PROTEIN 13%**

Calories 1541 Cholesterol 102mg
 Fat 74g Sodium 704mg
 Carbs 181g Vitamin A 8891IU
 Fiber 32g Vitamin C 142mg
 Sugar 32g Calcium 523mg
 Protein 53g Iron 12mg

TUE**FAT 45%** **CARBS 39%** **PROTEIN 16%**

Calories 1452 Cholesterol 179mg
 Fat 76g Sodium 1290mg
 Carbs 151g Vitamin A 9009IU
 Fiber 23g Vitamin C 235mg
 Sugar 35g Calcium 673mg
 Protein 61g Iron 16mg

WED**FAT 51%** **CARBS 33%** **PROTEIN 16%**

Calories 1089 Cholesterol 372mg
 Fat 66g Sodium 1593mg
 Carbs 96g Vitamin A 6769IU
 Fiber 22g Vitamin C 194mg
 Sugar 39g Calcium 709mg
 Protein 47g Iron 13mg

THU**FAT 50%** **CARBS 29%** **PROTEIN 21%**

Calories 1421 Cholesterol 455mg
 Fat 82g Sodium 1891mg
 Carbs 107g Vitamin A 8505IU
 Fiber 17g Vitamin C 84mg
 Sugar 18g Calcium 476mg
 Protein 78g Iron 11mg

FRI**FAT 45%** **CARBS 28%** **PROTEIN 27%**

Calories 1707 Cholesterol 533mg
 Fat 90g Sodium 1399mg
 Carbs 129g Vitamin A 9243IU
 Fiber 24g Vitamin C 241mg
 Sugar 48g Calcium 742mg
 Protein 121g Iron 13mg



FRUITS

- 2 1/2 Avocado
- 4 Banana
- 1/2 cup Blueberries
- 2 Lemon
- 3 1/2 Lime
- 1 1/2 cups Pineapple
- 2 cups Strawberries

BREAKFAST

- 1/2 cup Almond Butter
- 1/4 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 1/4 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1 1/3 tbsps Cinnamon
- 4 cups Clean Trail Mix
- 2 tbsps Ground Flax Seed
- 2 tsps Italian Seasoning
- 1 tsp Oregano
- 1/3 cup Pecans
- 1/4 cup Raw Peanuts
- 1 1/2 tsps Red Pepper Flakes
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds

FROZEN

- 4 Brown Rice Tortilla

VEGETABLES

- 2 cups Arugula
- 4 1/2 cups Baby Spinach
- 1/2 cup Basil Leaves
- 2 heads Boston Lettuce
- 4 cups Broccoli
- 1 cup Cherry Tomatoes
- 1/4 Cucumber
- 12 Garlic
- 2 tbsps Ginger
- 8 cups Green Cabbage
- 5 stalks Green Onion
- 1 cup Kale Leaves
- 3 Leeks
- 1 cup Matchstick Carrots
- 1/4 cup Mint Leaves
- 2 tbsps Parsley
- 4 cups Purple Cabbage
- 1 Red Bell Pepper
- 1 cup Red Onion
- 1 cup Rhubarb
- 2 Sweet Onion
- 1 Sweet Potato
- 1 tbsp Thyme
- 8 Tomato
- 1 White Onion
- 1 Yellow Onion

BOXED & CANNED

- 1 cup Chickpeas
- 4 cups Popcorn
- 1/2 cup Quinoa
- 2 cups Vegetable Broth

BAKING

- 1 1/2 cups Oats

BREAD, FISH, MEAT & CHEESE

- 10 ozs Chicken Sausage
- 2 lbs Extra Lean Ground Turkey
- 2/3 cup Feta Cheese
- 10 ozs Salmon Fillet
- 1 lb Shrimp

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 3 1/2 tbsps Coconut Oil
- 2 1/4 tbsps Extra Virgin Olive Oil
- 2 tbsps Tamari

COLD

- 7 Egg
- 2 cups Unsweetened Almond Milk

OTHER

- 8 Ice Cubes
- 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

Baked Strawberry Rhubarb Oatmeal

4 SERVINGS 50 MINUTES



INGREDIENTS

2 cups Strawberries (sliced)
1 cup Rhubarb (diced)
3 tbsps Maple Syrup (divided)
3/4 cup Unsweetened Almond Milk
1 Egg
1 1/2 cups Oats
2 tps Cinnamon
1/3 cup Pecans (chopped)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Place strawberries, rhubarb and half your maple syrup in a mixing bowl. Toss well and spread across the bottom of a lightly greased square baking pan.
- 02 In another mixing bowl, whisk together the milk, egg and remaining maple syrup. Stir in the oats and cinnamon. Stir until well mixed.
- 03 Pour the oat mixture evenly across the strawberry and rhubarb in the pan. Sprinkle chopped pecans across the top and bake in the oven for 40 minutes. Enjoy while it's hot!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 267 | Cholesterol | 47mg |
| Fat | 10g | Sodium | 54mg |
| Carbs | 40g | Vitamin A | 209IU |
| Fiber | 7g | Vitamin C | 45mg |
| Sugar | 14g | Calcium | 179mg |
| Protein | 7g | Iron | 2mg |



Tomato, Kale & Feta Breakfast Pizza

4 SERVINGS 50 MINUTES



INGREDIENTS

6 Egg
1/4 cup Unsweetened Almond Milk
1 cup Kale Leaves (chopped)
Sea Salt & Black Pepper (to taste)
1/4 cup Feta Cheese (crumbled)
1 Tomato (sliced into rounds)
1 1/2 tsps Coconut Oil

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Place eggs in a large mixing bowl and beat with a fork. Then add almond milk, feta cheese, and kale. Stir until evenly mixed.
- 02 Lightly grease cast iron skillet or glass dish with coconut oil and fill with egg mixture. Set sliced tomato on top of egg mixture. Season with salt and pepper. Bake in the oven for 40 minutes.
- 03 Remove from oven and slice into servings with a pizza cutter. Serve with leftover kale and tomatoes on the side. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 155 | Cholesterol | 287mg |
| Fat | 11g | Sodium | 238mg |
| Carbs | 2g | Vitamin A | 1144IU |
| Fiber | 1g | Vitamin C | 9mg |
| Sugar | 0g | Calcium | 131mg |
| Protein | 11g | Iron | 2mg |

Tropical Ginger Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Pineapple (diced)
2 tbsps Ground Flax Seed
1 tbsp Ginger (peeled and grated)
4 cups Baby Spinach
1 cup Water
8 Ice Cubes
1/2 cup Blueberries

DIRECTIONS

- 01 Place all ingredients EXCEPT blueberries into the blender. Blend for a minute or until smooth.
- 02 Pour 3/4 of the mix into a glass (or a mason jar if you are on-the-go), leaving some space at the top.
- 03 Add blueberries to leftover mix and blend again for about 30 seconds. Spoon the blueberry mix on top of the green mix. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 134 | Cholesterol | 0mg |
| Fat | 3g | Sodium | 52mg |
| Carbs | 26g | Vitamin A | 5718IU |
| Fiber | 6g | Vitamin C | 80mg |
| Sugar | 16g | Calcium | 100mg |
| Protein | 4g | Iron | 2mg |



Chickpea, Avocado & Feta Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked, drained and rinsed)
1/4 Cucumber (diced)
2 stalks Green Onion (chopped)
2 tbsps Parsley (chopped)
1/2 Lime (juiced)
2 tbsps Feta Cheese (crumbled)
3/4 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/2 Avocado (diced)

DIRECTIONS

01 Combine all ingredients except avocado together in a large mixing bowl. Mix well with a spatula. Top with avocado when ready to serve. Enjoy!

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 268 | Cholesterol | 8mg |
| Fat | 13g | Sodium | 121mg |
| Carbs | 30g | Vitamin A | 980IU |
| Fiber | 10g | Vitamin C | 17mg |
| Sugar | 6g | Calcium | 111mg |
| Protein | 10g | Iron | 3mg |



Guacamole with Brown Rice Chips

2 SERVINGS 15 MINUTES



INGREDIENTS

2 Brown Rice Tortilla
1 Avocado
1/2 cup Cherry Tomatoes (cut into quarters)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 02 Place avocado in a bowl and mash it well with a fork. Add lime juice and cherry tomatoes. Season with salt and pepper and stir well. Transfer guacamole to a bowl and enjoy with some brown rice chips.

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 323 | Cholesterol | 0mg |
| Fat | 17g | Sodium | 179mg |
| Carbs | 39g | Vitamin A | 468IU |
| Fiber | 10g | Vitamin C | 22mg |
| Sugar | 5g | Calcium | 19mg |
| Protein | 5g | Iron | 1mg |

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.

Roasted Vegetable Quinoa Salad

4 SERVINGS 1 HOUR



INGREDIENTS

10 ozs Salmon Fillet (oven baked)
1 Sweet Potato (diced into 1 inch cubes)
1 Red Bell Pepper (diced)
1 cup Red Onion (diced)
3 Leeks (chopped)
2 Garlic (cloves, peeled and halved)
1 tbsp Extra Virgin Olive Oil
1 tsp Red Pepper Flakes
1/2 cup Quinoa (uncooked)
1 cup Water
2 cups Arugula
1/4 cup Mint Leaves
1/4 cup Feta Cheese (crumbled)
1 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 336 | Cholesterol | 47mg |
| Fat | 12g | Sodium | 178mg |
| Carbs | 38g | Vitamin A | 7220IU |
| Fiber | 5g | Vitamin C | 57mg |
| Sugar | 7g | Calcium | 155mg |
| Protein | 21g | Iron | 4mg |

DIRECTIONS

- 01 If you are using salmon, cook your fillets up ahead of time in the oven seasoned with a bit of oil, salt, pepper and lemon juice.
- 02 Preheat oven to 415°F (213°C). Combine sweet potato, red bell pepper, red onion, leeks and garlic cloves in a large mixing bowl. Toss well with red pepper flakes and olive oil. Place veggies on a foil-lined baking sheet and cook for about 30 minutes or until golden. (Note: Veggies can also be done on the barbecue in a grilling basket.)
- 03 In the mean time, add quinoa and water to a small sauce pan. Bring to a boil over medium-high heat. Cover pot and reduce heat to a simmer. Let simmer for 12 minutes. Remove from heat and fluff with fork.
- 04 When your veggies are finished roasting, put them in a large mixing bowl. Add quinoa, mint, feta and arugula. Sprinkle with lemon juice and season with salt and pepper. Serve alone or with an oven-baked salmon fillet on the side. Enjoy!



Sausage, Broccoli & Cabbage Stir Fry

4 SERVINGS 25 MINUTES



INGREDIENTS

- 10 ozs Chicken Sausage
- 1 Yellow Onion (small, diced)
- 1 Garlic (clove, minced)
- 4 cups Broccoli (chopped into small florets)
- 4 cups Purple Cabbage (finely sliced)
- 2 tsps Italian Seasoning

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 224 | Cholesterol | 85mg |
| Fat | 11g | Sodium | 788mg |
| Carbs | 21g | Vitamin A | 1560IU |
| Fiber | 5g | Vitamin C | 132mg |
| Sugar | 9g | Calcium | 165mg |
| Protein | 14g | Iron | 6mg |

DIRECTIONS

- 01 Remove casings from the sausage and discard. Heat a large skillet over medium-high heat. Add the sausage meat, onion, and garlic. Saute for about 5 to 10 minutes, or until fragrant.
- 02 Add the broccoli, cabbage and italian seasoning. Cover and cook for 10 to 15 minutes, stirring occasionally, until the vegetables are wilted and the sausage is cooked through. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

NO SAUSAGE

Use ground meat instead.

MAKE IT QUICK

Use bagged coleslaw mix to save time on slicing cabbage.

Creamy Roasted Tomato Soup

4 SERVINGS 1 HOUR



INGREDIENTS

7 Tomato (sliced into quarters)
2 Sweet Onion (coarsley chopped)
4 Garlic (cloves, peeled)
1 tbsp Extra Virgin Olive Oil
2 cups Vegetable Broth
1 tbsp Thyme
1 tsp Oregano
1/8 tsp Cayenne Pepper
1 tbsp Apple Cider Vinegar
1/2 cup Basil Leaves (chopped)
1 cup Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
1/2 cup Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 135 | Cholesterol | 0mg |
| Fat | 5g | Sodium | 466mg |
| Carbs | 22g | Vitamin A | 3983IU |
| Fiber | 4g | Vitamin C | 43mg |
| Sugar | 9g | Calcium | 184mg |
| Protein | 5g | Iron | 2mg |

DIRECTIONS

- 01 Preheat the oven to 410°F (210°C). Toss your tomatoes, onion and garlic cloves in olive oil and season with sea salt and pepper. Place on large parchment-lined baking sheet and bake for 40 to 50 minutes.
- 02 In the mean time, add your vegetable broth, thyme, oregano, cayenne pepper, basil leaves and apple cider vinegar to a large stock pot. When your veggies are done roasting also add them to your stock pot. Stir in almond milk.
- 03 Transfer mixture to blender and blend in batches until pureed. Ensure you leave a place for the steam to escape to avoid the lid bursting off during blending.
- 04 Transfer pureed soup back to stock pot and warm through over low heat. Serve topped with chopped spinach and a slice of bread for dipping.

NOTES

LEFTOVERS

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



Asian Turkey Lettuce Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1 White Onion (diced)
- 1 tbsp Ginger (peeled and grated)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 Garlic (cloves, minced)
- 2 lbs Extra Lean Ground Turkey
- 2 tbsps Tamari
- 2 heads Boston Lettuce (peeled apart into leaves and washed)
- 3 stalks Green Onion (chopped)
- 1 cup Matchstick Carrots
- 1/4 cup Raw Peanuts (chopped)
- 1 Lime (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 461 | Cholesterol | 168mg |
| Fat | 27g | Sodium | 836mg |
| Carbs | 10g | Vitamin A | 2896IU |
| Fiber | 2g | Vitamin C | 9mg |
| Sugar | 4g | Calcium | 83mg |
| Protein | 47g | Iron | 4mg |

DIRECTIONS

- 01 Heat coconut oil in a large skillet over medium heat. Add in the onions, ginger, sea salt and pepper and saute for about 5 minutes or until the onion is translucent. Add in the garlic and saute for another minute.
- 02 Add in the ground turkey and break it up as it cooks. Once it is cooked through and browned, add in the tamari. Continue to saute until it is absorbed. Remove from heat.
- 03 Spoon the turkey mixture into the centre of a lettuce leaf and top with green onion, carrots and peanuts. Squeeze a lime wedge overtop, wrap and enjoy!

NOTES

NO GROUND TURKEY

Use any type of ground meat.

VEGAN AND VEGETARIAN

Use lentils instead of ground meat.

NUT-FREE

Garnish with sesame seeds instead of peanuts.

LIKES IT SPICY

Add hot sauce or chili flakes.

15 Minute Shrimp & Cabbage Stir Fry

2 SERVINGS 15 MINUTES



INGREDIENTS

2 tbsps Coconut Oil (divided)
1 lb Shrimp (raw, peeled and deveined)
3 Garlic (cloves, minced)
1 Lemon (juiced)
1/2 tsp Red Pepper Flakes
8 cups Green Cabbage (finely sliced)
Sea Salt & Black Pepper (to taste)
2 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 468 | Cholesterol | 365mg |
| Fat | 20g | Sodium | 336mg |
| Carbs | 26g | Vitamin A | 539IU |
| Fiber | 10g | Vitamin C | 141mg |
| Sugar | 12g | Calcium | 386mg |
| Protein | 52g | Iron | 4mg |

DIRECTIONS

- 01 Heat half the coconut oil in a large skillet over medium heat. Add the shrimp, minced garlic, lemon juice and red pepper flakes. Saute until shrimp is pink and cooked through (about 2 to 3 minutes). Transfer the shrimp and juices into a bowl and cover to keep warm. Set aside.
- 02 Place the skillet back over medium heat and add the remaining coconut oil. Add the green cabbage and season with sea salt and black pepper to taste. Saute for about 8 to 10 minutes, stirring occasionally. The cabbage is done when it is softened and starting to brown.
- 03 Add the shrimp and marinade back into the skillet and mix well. Divide onto plates and garnish with sesame seeds. Add extra red pepper flakes or hot sauce if you like it spicy. Enjoy!

NOTES

MORE CARBS

Serve with brown rice or quinoa.

LEFTOVERS

Store in an airtight container in the fridge up to 2 days.

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!

Maple Almond Popcorn

4 SERVINGS 15 MINUTES



INGREDIENTS

4 cups Popcorn
1 cup Almonds
1 tbsp Maple Syrup
2 tsps Cinnamon

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 278 | Cholesterol | 0mg |
| Fat | 21g | Sodium | 98mg |
| Carbs | 18g | Vitamin A | 6IU |
| Fiber | 6g | Vitamin C | 0mg |
| Sugar | 5g | Calcium | 115mg |
| Protein | 9g | Iron | 2mg |

DIRECTIONS

- 01 Place almonds in a small frying pan over medium heat for about 4 minutes, stirring occasionally to toast. Turn heat down to low and add maple syrup and cinnamon. Stir for about 3 minutes to ensure almonds are well coated. Remove from heat and spread across a piece of wax paper and let cool. Break apart into single pieces.
- 02 Divide popcorn and maple almonds into bowls. Enjoy!

| 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 the ground turkey and the shrimp. | You'll be reminded later on in the week when to set them out to thaw. |
| | | Make the Baked Strawberry Rhubarb Oatmeal. | Divide between containers and store in the fridge for breakfasts. |
| | | Make the Chickpea, Avocado & Feta Salad. | Store in a sealed containers in the fridge for lunch tomorrow. |
| | | Make Guacamole with Brown Rice Chips. | For tomorrow's snack. Store guacamole in the fridge, and chips on the counter. |
| 1 Mon |  | Pack your meals if you are on-the-go. | Baked Strawberry Rhubarb Oatmeal, Chickpea, Avocado & Feta Salad, and Guacamole with Brown Rice Chips. |
| |  | Make the Roasted Vegetable Quinoa Salad for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |

| | | | |
|------------------|---|--|--|
| | | Enjoy Clean Trail Mix for dessert or an after dinner snack. | |
| 2 Tue |  | Pack your meals if you are on-the-go. | Baked Strawberry Rhubarb Oatmeal, Roasted Vegetable Quinoa Salad, and Clean Trail Mix. |
| |  | Make the Sausage, Broccoli, and Cabbage Stir Fry for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Enjoy Maple Almond Popcorn for dessert or an after dinner snack. | |
| 3 Wed |  | Make the Tomato, Kale & Feta Breakfast Pizza. | Store leftovers in an airtight container in the fridge for breakfast tomorrow. |
| | | Pack your meals if you are on-the-go. | Tomato, Kale & Feta Breakfast Pizza, Sausage, Broccoli, and Cabbage Stir Fry, and Banana with Almond Butter. |
| |  | Make Creamy Roasted Tomato Soup for dinner. | Store leftovers in an airtight container in the fridge for lunch tomorrow. |
| | | Enjoy Maple Almond Popcorn for dessert or an after dinner snack. | |
| | | Take the ground turkey out of the freezer. | Thaw in the fridge for tomorrow night. |

| | | | |
|------------------|---|---|---|
| 4 Thu |  | Pack your meals if you are on-the-go. | Tomato, Kale & Feta Breakfast Pizza, Creamy Roasted Tomato Soup, and Guacamole with Brown Rice Chips. |
| |  | Make Asian Turkey Lettuce Wraps for dinner. | Store leftovers in a sealed container in the fridge for lunch tomorrow. |
| | | Enjoy Clean Trail Mix as dessert or an after dinner snack. | |
| | | Take the shrimp out of the freezer. | Thaw in the fridge for tomorrow night. |
| 5 Fri |  | Make Tropical Ginger Smoothie for Breakfast. | Pour into a glass or a portable cup if on-the-go. |
| | | Pack your meals if you are on-the-go. | Tropical Ginger Smoothie, Asian Turkey Lettuce Wraps, and Clean Trail Mix. |
| |  | Make the 15 Minute Shrimp & Cabbage Stir Fry for dinner. | Enjoy! |
| | | Enjoy Banana with Almond Butter for dessert, or as a snack. | |
| 6 Sat |  | Use up leftovers or try something new! | |

| | | | |
|--------------------------------|---|--|---|
| <p>7 Sun</p> |  | <p>Shop and prep for the week ahead.</p> | <p>Don't forget to set aside some time to meal plan and shop for next week!</p> |
|--------------------------------|---|--|---|

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.

