



Quick n' Easy Program

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Quick n' Easy Program

HEAVY METAL FITNESS

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

A quick and easy plan for the hustlers. Whether you are running short on time, trying to save some money or new to this whole eating clean thing - this is the plan for you. All recipes take 30 minutes or less.

This program was created by a Registered Dietician.

GROCERY LIST TIPS

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

SHOPPING TIPS

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

RECIPE TIPS

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

HOW TO USE

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).



LEFTOVERS

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



MON



BREAKFAST
Blueberry Overnight Oats



LUNCH
Avocado Egg Salad Collard Wraps



SNACK 1
Celery with Sunflower Seed Butter



DINNER
Cream of Broccoli Soup



SNACK 2
Cashews & Clementines

TUE



BREAKFAST
Blueberry Overnight Oats



LUNCH
Cream of Broccoli Soup



SNACK 1
Cashews & Clementines



DINNER
Chickpea, Avocado & Feta Salad



SNACK 2
Celery with Sunflower Seed Butter

WED



BREAKFAST
Lucky Green Smoothie



LUNCH
Chickpea, Avocado & Feta Salad



SNACK 1
Popcorn



DINNER
Chicken, Spinach & Mushroom Pasta



SNACK 2
Strawberry Ice Cream

THU



BREAKFAST
Lucky Green Smoothie



LUNCH
Chicken, Spinach & Mushroom Pasta



SNACK 1
Popcorn



DINNER
Spinach, Tomato & Goat Cheese Pizza



SNACK 2
Strawberry Ice Cream

FRI



BREAKFAST
Spinach & Goat Cheese Omelette



LUNCH
Spinach, Tomato & Goat Cheese Pizza



SNACK 1
Almond Butter Apple Sandwiches



DINNER
Fish Tacos with Pineapple Salsa



SNACK 2
Maple Roasted Almonds

SAT



BREAKFAST
Spinach & Goat Cheese Omelette



LUNCH
Fish Tacos with Pineapple Salsa



SNACK 1
Almond Butter Apple Sandwiches



DINNER
Grilled Portobello Mushroom Pizzas



SNACK 2
Maple Roasted Almonds

MON**FAT 52%****CARBS 34%****PROTEIN 14%**

Calories 1574

Fat 96g

Carbs 142g

Fiber 39g

Sugar 44g

Protein 59g

Cholesterol 279mg

Sodium 1035mg

Vitamin A 8352IU

Vitamin C 219mg

Calcium 764mg

Iron 16mg

TUE**FAT 47%****CARBS 39%****PROTEIN 14%**

Calories 1550

Fat 87g

Carbs 160g

Fiber 41g

Sugar 48g

Protein 56g

Cholesterol 8mg

Sodium 952mg

Vitamin A 6373IU

Vitamin C 209mg

Calcium 729mg

Iron 17mg

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

Calories 1153

Fat 50g

Carbs 145g

Fiber 26g

Sugar 45g

Protein 47g

Cholesterol 67mg

Sodium 528mg

Vitamin A 6802IU

Vitamin C 150mg

Calcium 279mg

Iron 10mg

THU**FAT 49%****CARBS 39%****PROTEIN 12%**

Calories 1459

Fat 83g

Carbs 149g

Fiber 22g

Sugar 44g

Protein 47g

Cholesterol 64mg

Sodium 817mg

Vitamin A 9507IU

Vitamin C 153mg

Calcium 252mg

Iron 10mg

FRI**FAT 59%****CARBS 27%****PROTEIN 14%**

Calories 1848

Fat 126g

Carbs 130g

Fiber 33g

Sugar 42g

Protein 68g

Cholesterol 602mg

Sodium 2062mg

Vitamin A 9971IU

Vitamin C 116mg

Calcium 511mg

Iron 11mg

SAT**FAT 53%****CARBS 30%****PROTEIN 17%**

Calories 1410

Fat 87g

Carbs 111g

Fiber 30g

Sugar 45g

Protein 65g

Cholesterol 602mg

Sodium 1751mg

Vitamin A 8314IU

Vitamin C 116mg

Calcium 480mg

Iron 9mg



FRUITS

- 4 Apple
- 4 Avocado
- 4 Banana
- 1 cup Blueberries
- 8 Clementines
- 3 1/4 Lemon
- 6 Lime
- 1/2 cup Pineapple

BREAKFAST

- 1/2 cup Almond Butter
- 3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 2 1/2 tsps Black Pepper
- 2 cups Cashews
- 2 tbsps Chia Seeds
- 2 tsps Cinnamon
- 1 tsp Dried Basil
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Red Pepper Flakes
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Slivered Almonds
- 2/3 cup Walnuts

FROZEN

- 8 Brown Rice Tortilla
- 3 cups Frozen Mango
- 2 cups Frozen Strawberries

VEGETABLES

- 18 cups Baby Spinach
- 1 cup Basil Leaves
- 5 cups Broccoli
- 1 Carrot
- 11 stalks Celery
- 2 cups Cherry Tomatoes
- 2 cups Collard Greens
- 1/2 Cucumber
- 6 Garlic
- 6 1/2 stalks Green Onion
- 1 Jalapeno Pepper
- 1/4 cup Parsley
- 2 cups Portobello Mushroom
- 6 ozs Portobello Mushroom Caps
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 1/2 Sweet Onion
- 1 Tomato

BOXED & CANNED

- 1 1/2 cups Brown Rice Penne
- 2 cups Chickpeas
- 2 cups Green Lentils
- 8 cups Popcorn
- 1 cup Salsa

BAKING

- 1 1/2 cups Oats

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast, Cooked
- 1/4 cup Feta Cheese
- 1 3/4 cups Goat Cheese
- 2 Tilapia Fillet

CONDIMENTS & OILS

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

COLD

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

OTHER

- 13 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

Blueberry Overnight Oats

4 SERVINGS 8 HOURS



INGREDIENTS

- 1 1/2 cups Oats
- 1 1/2 cups Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 1/2 cup Water
- 1 cup Blueberries
- 1 cup Slivered Almonds

NUTRITION

AMOUNT PER SERVING

Calories	414	Cholesterol	0mg
Fat	23g	Sodium	64mg
Carbs	43g	Vitamin A	209IU
Fiber	10g	Vitamin C	4mg
Sugar	12g	Calcium	330mg
Protein	14g	Iron	4mg

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 02 Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

Lucky Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Frozen Mango
2 Lime (juiced)
2 cups Baby Spinach (packed)
2 tbsps Ground Flax Seed
1/4 cup Hemp Seeds
3 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	238	Cholesterol	0mg
Fat	13g	Sodium	35mg
Carbs	27g	Vitamin A	4176IU
Fiber	5g	Vitamin C	67mg
Sugar	18g	Calcium	115mg
Protein	10g	Iron	3mg

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

NO MANGO

Add frozen pineapple or banana instead.

MORE PROTEIN

Add a scoop of your favorite clean protein powder.

Spinach & Goat Cheese Omelette

2 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
6 Egg
1/2 tsp Sea Salt
1 tsp Black Pepper
2 cups Baby Spinach
1/2 cup Goat Cheese (crumbled)
1/2 cup Salsa

NUTRITION

AMOUNT PER SERVING

Calories	344	Cholesterol	568mg
Fat	24g	Sodium	1419mg
Carbs	8g	Vitamin A	3931IU
Fiber	2g	Vitamin C	10mg
Sugar	4g	Calcium	160mg
Protein	25g	Iron	4mg

DIRECTIONS

- 01 Heat coconut oil in medium-sized frying pan over medium heat.
- 02 In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy. Divide into portions.
- 03 Pour 1 portion of the egg mixture into the frying pan and let cook until almost set. Place some spinach and goat cheese on one half of the omelette and then fold the other half over on top. Remove from heat and transfer onto a plate. Top with salsa.
- 04 Repeat with remaining ingredients. Enjoy!

NOTES

NO GOAT CHEESE

Use feta cheese instead

Avocado Egg Salad Collard Wraps

2 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Collard Greens (washed and stems cut off)
3 Egg (hard boiled and chopped)
1 Avocado (peeled and pits removed)
1/4 Lemon (juiced)
2 1/2 stalks Green Onion (chopped)
1 tbsp Dijon Mustard
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	292	Cholesterol	279mg
Fat	22g	Sodium	204mg
Carbs	12g	Vitamin A	2959IU
Fiber	8g	Vitamin C	27mg
Sugar	2g	Calcium	146mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 In a mixing bowl, combine chopped eggs, avocado, lemon juice, green onions, dijon mustard and season with sea salt and pepper to taste. Mash with fork until creamy.
- 02 Wrap up in collard greens and enjoy!

NOTES

MORE CARBS

Wrap in a brown rice tortilla.

MAKE IT SPICY

Add clean hot sauce.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

NO CELERY
Use cucumber instead

Cashews & Clementines

2 SERVINGS 5 MINUTES



INGREDIENTS

1/2 cup Cashews
4 Clementines

DIRECTIONS

01 Divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	267	Cholesterol	0mg
Fat	16g	Sodium	7mg
Carbs	29g	Vitamin A	0IU
Fiber	4g	Vitamin C	72mg
Sugar	15g	Calcium	60mg
Protein	7g	Iron	2mg

Popcorn

4 SERVINGS 2 MINUTES



INGREDIENTS

8 cups Popcorn

DIRECTIONS

01 Pour into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	110	Cholesterol	0mg
Fat	6g	Sodium	194mg
Carbs	13g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	2mg
Protein	2g	Iron	1mg

Almond Butter Apple Sandwiches

2 SERVINGS 10 MINUTES



INGREDIENTS

2 Apple
1/4 cup 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 the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 02 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

NOTES

NUT-FREE

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

Cream of Broccoli Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

NUTRITION

AMOUNT PER SERVING

Calories	392	Cholesterol	0mg
Fat	17g	Sodium	695mg
Carbs	48g	Vitamin A	4808IU
Fiber	14g	Vitamin C	113mg
Sugar	11g	Calcium	176mg
Protein	19g	Iron	7mg

DIRECTIONS

- 01 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 02 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 03 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately 3 to 3.5 cups of soup, depending on how much liquid simmers off.

Chickpea, Avocado & Feta Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

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

Chicken, Spinach & Mushroom Pasta

4 SERVINGS 25 MINUTES



INGREDIENTS

1/4 cup Extra Virgin Olive Oil (divided)
1 1/2 tsps Tamari
2 cups Portobello Mushroom (diced)
2 cups Baby Spinach
4 Garlic (cloves, minced)
1/2 tsp Red Pepper Flakes
1 1/2 cups Brown Rice Penne (uncooked)
Sea Salt & Black Pepper (to taste)
8 ozs Chicken Breast, Cooked (sliced)
1 Lemon (cut into wedges)

NUTRITION

AMOUNT PER SERVING

Calories	393	Cholesterol	59mg
Fat	17g	Sodium	175mg
Carbs	38g	Vitamin A	1519IU
Fiber	4g	Vitamin C	10mg
Sugar	2g	Calcium	27mg
Protein	23g	Iron	2mg

DIRECTIONS

- 01 In a frying pan, add one quarter of your olive oil and all the tamari. Place over medium heat. Add mushrooms and saute for 5 minutes. Then add spinach and stir just until spinach is wilted. Remove from heat and set aside.
- 02 Heat remaining olive oil, garlic, red pepper flakes and salt in a separate skillet over medium-low heat. Stir frequently for about 5 minutes or until garlic is golden. Remove pan from heat.
- 03 Fill a large pot with water and bring to a boil. Add penne. Cook for 7 - 10 minutes. Remove from heat and dump pasta into a strainer. Immediately run cold water over the pasta to prevent it from cooking any further.
- 04 Add pasta to a large bowl. Pour in desired amount of oil and garlic mixture, then toss in mushrooms and spinach. Sprinkle with salt and pepper to taste. Mix well.
- 05 Plate pasta and top with strips of baked chicken (optional). Squeeze a lemon wedge on top of the pasta. Enjoy!

Spinach, Tomato & Goat Cheese Pizza

4 SERVINGS 20 MINUTES



INGREDIENTS

2/3 cup Walnuts
1/2 cup Extra Virgin Olive Oil
1 Lemon (juiced)
4 cups Baby Spinach (divided)
1 cup Basil Leaves
1/4 tsp Sea Salt
1/2 tsp Black Pepper
4 Brown Rice Tortilla
1 cup Cherry Tomatoes (halved)
1/2 cup Goat Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	574	Cholesterol	5mg
Fat	46g	Sodium	410mg
Carbs	34g	Vitamin A	3685IU
Fiber	6g	Vitamin C	20mg
Sugar	5g	Calcium	84mg
Protein	10g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 02 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 03 Take the remaining baby spinach and finely chop.
- 04 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 05 Place on baking sheet and bake in the oven for 10 minutes.
- 06 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

NOTES

MORE PROTEIN

Add diced chicken, lentils or chickpeas.

Fish Tacos with Pineapple Salsa

4 SERVINGS 30 MINUTES



INGREDIENTS

4 Brown Rice Tortilla (thawed)
2 Tilapia Fillet
1 1/2 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 Lemon (juiced)
1 cup Baby Spinach
1/2 cup Pineapple (diced)
1/2 cup Red Onion (finely diced)
1 Jalapeno Pepper (deseeded and chopped)
1 Garlic (clove, minced)
1 Red Bell Pepper (diced)
1 Lime (juiced)
2 Avocado (peeled and mashed)
1 Tomato (diced)

NUTRITION

AMOUNT PER SERVING

Calories	421	Cholesterol	29mg
Fat	20g	Sodium	228mg
Carbs	45g	Vitamin A	2253IU
Fiber	12g	Vitamin C	78mg
Sugar	8g	Calcium	40mg
Protein	18g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 02 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 03 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 04 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 05 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!



Grilled Portobello Mushroom Pizzas

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/2 Sweet Onion (diced)
1 Garlic (cloves, minced)
1 cup Cherry Tomatoes
2 1/4 tsps Balsamic Vinegar
1 cup Baby Spinach
Sea Salt & Black Pepper (to taste)
6 ozs Portobello Mushroom Caps
1/4 cup Goat Cheese (crumbled)

NUTRITION

AMOUNT PER SERVING

Calories	136	Cholesterol	5mg
Fat	7g	Sodium	99mg
Carbs	15g	Vitamin A	2028IU
Fiber	3g	Vitamin C	20mg
Sugar	8g	Calcium	53mg
Protein	7g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 420°F (216°C).
- 02 Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
- 03 Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
- 04 Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with goat cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
- 05 Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!



Strawberry Ice Cream

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Banana (sliced and frozen)
1 cup Frozen Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	144	Cholesterol	0mg
Fat	1g	Sodium	3mg
Carbs	37g	Vitamin A	125IU
Fiber	5g	Vitamin C	56mg
Sugar	19g	Calcium	24mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Add frozen bananas and strawberries to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
- 02 Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

NOTES

MORE CREAMY

Add 2 tbsp coconut milk.

MORE SCOOPABLE

Add 1 tbsp vodka to prevent hard freeze.

MAKE IT CHUNKY

Set aside 1/4 cup of the strawberries before blending and add them to the processor after blending. Pulse until roughly chopped.

Maple Roasted Almonds

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds
1 tbsp Maple Syrup
1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	18g	Sodium	1mg
Carbs	12g	Vitamin A	3IU
Fiber	5g	Vitamin C	0mg
Sugar	5g	Calcium	108mg
Protein	8g	Iron	1mg

DIRECTIONS

- 01 Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
- 02 Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Day	Task	Notes	
0 Sun		Grocery shop.	Grab the grocery list for the Quick n' Easy Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.
		Freeze your white fish.	To preserve freshness. We'll remind you when to thaw it out later in the week.
		Get started on Blueberry Overnight Oats.	For breakfast on Monday and Tuesday. Follow the recipe and combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a container. Stir well to mix. Cover and place in the fridge overnight or for 8 hours.
		Make Avocado Egg Salad Collard Wraps.	For Monday's lunch. Store in an airtight container in the fridge.
		Prepare Celery with Sunflower Seed Butter.	For snack on Monday and Tuesday. Wash and slice celery into sticks and portion into individual baggies or containers. Portion out sunflower seed butter into small containers. Store both in the fridge.

		Get started on Cream of Broccoli Soup.	For tomorrow's dinner. Wash and slice your sweet onion, carrot, celery and broccoli and transfer to a large bowl. Cover and store in the fridge for tomorrow.
1 Mon		Finish preparing your Blueberry Overnight Oats.	Divide into jars. Add blueberries and slivered almonds. Seal and store in the fridge.
		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Avocado Egg Salad Collard Wraps and Celery with Sunflower Seed Butter.
		Finish preparing Cream of Broccoli Soup.	Enjoy for dinner. Set aside enough for tomorrow's lunch and freeze any leftovers.
		Enjoy Cashews & Clementines for snack.	
2 Tue		Pack your meals if you are on-the-go.	Blueberry Overnight Oats, Cream of Broccoli Soup and Cashews & Clementines.
		Make Chickpea, Avocado & Feta Salad for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Enjoy Celery with Sunflower Seed Butter for a snack.	
		Divide Organic Popcorn into baggies.	For snacks on Wednesday and Thursday.

		Optional: Cook up chicken breasts for tomorrow night's Chicken, Spinach & Mushroom Pasta.	Grill them or bake in the oven at 350 for 30 minutes (or until cooked through). Let cool then store in the fridge.
3 Wed		Make your Lucky Green Smoothie.	Add all ingredients to a blender and blend until smooth. Divide into glasses or mason jars.
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Chickpea, Avocado & Feta Salad and Organic Popcorn.
		Make Chicken, Spinach & Mushroom Pasta for dinner.	Divide leftovers into containers for tomorrow's lunch.
		Make Strawberry Ice Cream for snack.	Make enough for tonight and tomorrow. Divide into snack-sized containers and store in the freezer.
4 Thu		Make your Lucky Green Smoothie.	Add all ingredients to a blender and blend until smooth and creamy. Divide into glasses or mason jars.
		Pack your meals if you are on-the-go.	Lucky Green Smoothie, Chicken, Spinach & Mushroom Pasta and Organic Popcorn.
		Make Spinach, Tomato & Goat Cheese Pizza for dinner.	Enjoy and pack away leftovers for tomorrow's lunch.
		Set out Strawberry Ice Cream to thaw.	Let thaw on the countertop for 15 - 30 minutes, then enjoy!

		Transfer your white fish to the fridge to thaw.	For tomorrow night's dinner.
		Portion out almond butter for Almond Butter Apple Sandwiches.	Divide almond butter into small containers for snacks on Friday and Saturday.
5 Fri		Make your Spinach & Goat Cheese Omelette for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Spinach & Goat Cheese Omelette, Spinach, Tomato & Goat Cheese Pizza and Almond Butter Apple Sandwiches. Tip: Pack a small knife and assemble Almond Butter Apple Sandwiches just before eating, otherwise they will brown.
		Make Fish Tacos with Pineapple Salsa for dinner.	Store leftovers deconstructed in covered containers the fridge.
		Make and enjoy Maple Roasted Almonds for snack.	Divide leftovers into containers for tomorrow's snack.
6 Sat		Make your Spinach & Goat Cheese Omelette for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Spinach & Goat Cheese Omelette, Fish Tacos with Pineapple Salsa and Almond Butter Apple Sandwich.

		Make Grilled Portobello Mushroom Pizzas for dinner.	Enjoy!
		Enjoy Maple Roasted Almonds for snack.	Nom nom nom.
7 Sun		Free day or eat-up-your-leftovers day.	Don't forget to start your planning and meal prep for next week!

WAIVER

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