



Stress & Anxiety Support Program

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Stress & Anxiety Support Program

HEAVY METAL FITNESS

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

Stress & Anxiety Support - A high fiber, sugar-free meal plan packed with nutrients to support the body during times of stress. Nutrition plays an important role in managing anxiety by regulating neurotransmitters and blood sugar. This program is high in magnesium, vitamin B6, iron and fiber to offer extra support during times of stress.

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

MAGNESIUM

Research shows magnesium plays a role in migraines and depression. Emerging data suggests magnesium can help with chronic pain and anxiety. Many people do not reach their daily recommended intake of magnesium through diet, which is why this meal plan provides over 500 milligrams per day of magnesium from whole foods.

VITAMIN B6

Vitamin B6 is effective when combined with magnesium in adults with severe stress. Women who consume more vitamin B6 are less likely to experience anxiety. A low B6 status may also increase panic attacks. Getting enough vitamin B6 through diet can support the body during stress and reduce anxiety. This plan incorporates vitamin B6 from many foods including chickpeas, poultry, bananas, and squash.

IRON

Low iron is a known contributor to anxiety and depression. This plan contains great iron sources like beef, liver, and sausage. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

FIBER

Fiber is an important nutrient to reduce anxiety. It helps to balance blood sugar and feeds gut bacteria to produce short-chain fatty acids which can decrease anxiety. Fiber can be found in this plan from whole grains, legumes, seeds, and cruciferous vegetables.



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
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



SNACK 2
Cucumbers with Beef Liver Pate



DINNER
Spaghetti Squash, Turkey & Broccoli

TUE



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



SNACK 2
Cucumbers with Beef Liver Pate



DINNER
Spaghetti Squash, Turkey & Broccoli

WED



BREAKFAST
Coconut Chia Seed Yogurt, Banana



SNACK 1
Hard Boiled Eggs with Apricots



LUNCH
White Bean, Spinach & Tomato Salad, Lemon Garlic Tahini Dressing



SNACK 2
Tosted Trail Mix



DINNER
Ground Beef, Asparagus & Mashed Sweet Potatoes

THU



BREAKFAST
Warm Peas with Eggs, Avocado



SNACK 1
Cucumber Hummus Bites



LUNCH
White Bean, Spinach & Tomato Salad, Lemon Garlic Tahini Dressing



SNACK 2
Tosted Trail Mix



DINNER
Kale & White Bean Caesar Salad

FRI



BREAKFAST
Warm Peas with Eggs, Avocado



SNACK 1
Cucumber Hummus Bites



LUNCH
Ground Beef, Asparagus & Mashed Sweet Potatoes



SNACK 2
Tosted Trail Mix



DINNER
Pea & Basil Buckwheat Risotto

SAT



BREAKFAST
Chocolate Banana Cauliflower N'Oats



SNACK 1
Hard Boiled Eggs, Avocado



LUNCH
Kale & White Bean Caesar Salad



SNACK 2
Cucumber Hummus Bites



DINNER
Pea & Basil Buckwheat Risotto

SUN



BREAKFAST
Chocolate Banana Cauliflower N'Oats



SNACK 1
Hard Boiled Eggs



LUNCH
Kale & White Bean Caesar Salad



SNACK 2
Tosted Trail Mix



DINNER
Chickpea Flatbread Pizza, Steamed Asparagus

MON**FAT 48%** **CARBS 34%** **PROTEIN 18%**

Calories 1801 Cholesterol 440mg
 Fat 101g Sodium 2397mg
 Carbs 162g Vitamin A 22065IU
 Fiber 47g Vitamin C 191mg
 Sugar 49g Calcium 1301mg
 Protein 83g Iron 25mg

TUE**FAT 48%** **CARBS 34%** **PROTEIN 18%**

Calories 1801 Cholesterol 440mg
 Fat 101g Sodium 2397mg
 Carbs 162g Vitamin A 22065IU
 Fiber 47g Vitamin C 191mg
 Sugar 49g Calcium 1301mg
 Protein 83g Iron 25mg

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

Calories 1974 Cholesterol 260mg
 Fat 101g Sodium 959mg
 Carbs 203g Vitamin A 22860IU
 Fiber 63g Vitamin C 77mg
 Sugar 62g Calcium 1349mg
 Protein 87g Iron 28mg

THU**FAT 48%** **CARBS 34%** **PROTEIN 18%**

Calories 2090 Cholesterol 397mg
 Fat 116g Sodium 1602mg
 Carbs 189g Vitamin A 14330IU
 Fiber 73g Vitamin C 118mg
 Sugar 36g Calcium 807mg
 Protein 97g Iron 28mg

FRI**FAT 45%** **CARBS 35%** **PROTEIN 20%**

Calories 1818 Cholesterol 446mg
 Fat 95g Sodium 2278mg
 Carbs 168g Vitamin A 22752IU
 Fiber 50g Vitamin C 81mg
 Sugar 44g Calcium 476mg
 Protein 94g Iron 24mg

SAT**FAT 48%** **CARBS 35%** **PROTEIN 17%**

Calories 1605 Cholesterol 397mg
 Fat 90g Sodium 1976mg
 Carbs 149g Vitamin A 5298IU
 Fiber 53g Vitamin C 94mg
 Sugar 22g Calcium 881mg
 Protein 72g Iron 18mg

SUN**FAT 55%** **CARBS 26%** **PROTEIN 19%**

Calories 2093 Cholesterol 473mg
 Fat 133g Sodium 1667mg
 Carbs 142g Vitamin A 4995IU
 Fiber 51g Vitamin C 60mg
 Sugar 40g Calcium 1287mg
 Protein 101g Iron 23mg



FRUITS

- 2 Avocado
- 4 Banana
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 3/4 cup Strawberries

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1 1/4 cups Buckwheat Groats

SEEDS, NUTS & SPICES

- 1 cup Almonds
- 2/3 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tsp Cinnamon
- 1 1/2 tsps Dried Thyme
- 1/16 tsp Garlic Powder
- 1/2 cup Hemp Seeds
- 1/8 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1/16 tsp Red Pepper Flakes
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 3 cups Frozen Peas

VEGETABLES

- 4 1/2 cups Asparagus
- 6 cups Baby Spinach
- 2 1/16 cups Basil Leaves
- 2 cups Broccoli
- 2 cups Cauliflower Rice
- 3 stalks Celery
- 1 1/2 Cucumber
- 2 cups Fresh Peas
- 6 1/2 Garlic
- 6 cups Kale Leaves
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1/4 cup Shallot
- 1/2 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 3/4 Yellow Onion

BOXED & CANNED

- 3 cups Vegetable Broth
- 4 cups White Navy Beans

BAKING

- 2 tbsps Cacao Nibs
- 2 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1/3 cup Nutritional Yeast
- 1/2 cup Raisins

BREAD, FISH, MEAT & CHEESE

- 5 1/2 slices Bacon
- 4 1/16 ozs Beef Liver
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/4 cups Hummus
- 3 ozs Mozzarella Cheese
- 2 Whole Wheat Tortilla

CONDIMENTS & OILS

- 1 1/4 tbsps Avocado Oil
- 3 tbsps Coconut Oil
- 1 tsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 2/3 tbsps Tomato Sauce

COLD

- 11 Egg
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

OTHER

- 3/4 cup Dried Apricots
- 4 cups Water



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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

Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



INGREDIENTS

3 cups Unsweetened Coconut Yogurt
3/4 cup Chia Seeds
1 tbsp Cinnamon
3/4 cup Strawberries (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	368	Cholesterol	0mg
Fat	23g	Sodium	50mg
Carbs	37g	Vitamin A	12IU
Fiber	17g	Vitamin C	21mg
Sugar	3g	Calcium	799mg
Protein	9g	Iron	5mg

DIRECTIONS

- 01 Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
- 02 Top with strawberries and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

MORE FLAVOR

Add maple syrup, honey, monk fruit sweetener or cardamom.

ADDITIONAL TOPPINGS

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Banana

1 SERVING 1 MINUTE



INGREDIENTS

1 Banana

DIRECTIONS

01 Peel and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

NOTES

MORE PROTEIN

Dip in almond butter.

Warm Peas with Eggs

1 SERVING 15 MINUTES



INGREDIENTS

1/4 White Onion (diced)
1 1/2 tbsps Water
1 1/2 cups Frozen Peas
1/8 tsp Sea Salt
2 Egg

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	372mg
Fat	10g	Sodium	611mg
Carbs	38g	Vitamin A	558IU
Fiber	11g	Vitamin C	26mg
Sugar	12g	Calcium	122mg
Protein	25g	Iron	5mg

DIRECTIONS

- 01 In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
- 02 Add the peas and stir until warmed through. Season with salt.
- 03 Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
- 04 Remove from heat and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

MORE FLAVOR

Use broth or oil instead of water.

ADDITIONAL TOPPINGS

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

Avocado

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Avocado

DIRECTIONS

01 Cut avocado into slices or chunks. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	161	Cholesterol	0mg
Fat	15g	Sodium	7mg
Carbs	9g	Vitamin A	147IU
Fiber	7g	Vitamin C	10mg
Sugar	1g	Calcium	12mg
Protein	2g	Iron	1mg

NOTES

SERVE IT WITH

Salads, soups, chilli, on toast, or in a wrap with leftovers.

SAVOURY SNACK

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

SWEET SNACK

Top with maple syrup, honey, maple butter and/or cinnamon.

Chocolate Banana Cauliflower N'Oats

1 SERVING 20 MINUTES



INGREDIENTS

1 cup Cauliflower Rice
3/4 cup Unsweetened Almond Milk
1 1/2 tbsps Chia Seeds
1 tbspc Cacao Powder
2 tbsps All Natural Peanut Butter (divided)
1/8 tsp Sea Salt
1/2 Banana (sliced)
1 tbspc Cacao Nibs

NUTRITION

AMOUNT PER SERVING

Calories	457	Cholesterol	0mg
Fat	30g	Sodium	443mg
Carbs	38g	Vitamin A	412IU
Fiber	15g	Vitamin C	5mg
Sugar	13g	Calcium	491mg
Protein	16g	Iron	4mg

DIRECTIONS

- 01 In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
- 02 Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NUT-FREE

Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

MORE FLAVOR

Add cinnamon or maple syrup.

MORE PROTEIN

Add collagen or protein powder.

NO CACAO POWDER

Use cocoa powder instead.

NO BANANA

Top with berries instead.



Hard Boiled Eggs with Apricots

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
3/4 cup Dried Apricots

NUTRITION

AMOUNT PER SERVING

Calories	150	Cholesterol	186mg
Fat	5g	Sodium	74mg
Carbs	21g	Vitamin A	1441IU
Fiber	2g	Vitamin C	0mg
Sugar	18g	Calcium	46mg
Protein	7g	Iron	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Peel the eggs and serve with apricots. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

EASIER TO PEEL

Add salt to the water while boiling.

Cucumber Hummus Bites

3 SERVINGS 10 MINUTES



INGREDIENTS

3/4 Cucumber (large)
3/4 cup Hummus
1/3 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	158	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	12g	Vitamin A	95IU
Fiber	4g	Vitamin C	2mg
Sugar	2g	Calcium	43mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Slice cucumber into 1/4-inch thick rounds.
- 02 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

NOTES

MORE FLAVOUR

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Hard Boiled Eggs

2 SERVINGS 15 MINUTES



INGREDIENTS

4 Egg

NUTRITION

AMOUNT PER SERVING

Calories	143	Cholesterol	372mg
Fat	10g	Sodium	142mg
Carbs	1g	Vitamin A	540IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	56mg
Protein	13g	Iron	2mg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla (large)
1/2 cup Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Cholesterol	0mg
Fat	23g	Sodium	526mg
Carbs	39g	Vitamin A	5978IU
Fiber	13g	Vitamin C	47mg
Sugar	5g	Calcium	168mg
Protein	11g	Iron	4mg

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Cream of Celery & Asparagus Soup

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 tbsp Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 stalks Celery (chopped)
- 1 1/2 Garlic (cloves, minced)
- 2 cups Water
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 1/2 cups Asparagus (woody ends snapped off)
- 1/4 cup Hemp Seeds
- 2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	17g	Sodium	671mg
Carbs	12g	Vitamin A	3847IU
Fiber	5g	Vitamin C	17mg
Sugar	5g	Calcium	131mg
Protein	10g	Iron	6mg

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

White Bean, Spinach & Tomato Salad

2 SERVINGS 10 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/4 cup Shallot (diced)
2 Garlic (cloves, minced)
2 cups White Navy Beans (cooked, drained and rinsed)
4 cups Baby Spinach (chopped)
1 Tomato (medium, diced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	356	Cholesterol	0mg
Fat	8g	Sodium	74mg
Carbs	56g	Vitamin A	6458IU
Fiber	22g	Vitamin C	30mg
Sugar	3g	Calcium	201mg
Protein	18g	Iron	7mg

DIRECTIONS

- 01 Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
- 02 Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

NOTES

NO WHITE BEANS

Use chickpeas or lentils instead.

EXTRA FLAVOUR

Add avocado, lemon juice and/or feta cheese.

LEFTOVERS

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Lemon Garlic Tahini Dressing

2 SERVINGS 5 MINUTES



INGREDIENTS

2 tbsps Tahini
2 tbsps Water (warm)
2 tbsps Lemon Juice
1 Garlic (clove, small, minced)
1 1/2 tsps Nutritional Yeast
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	103	Cholesterol	0mg
Fat	8g	Sodium	172mg
Carbs	5g	Vitamin A	11IU
Fiber	2g	Vitamin C	6mg
Sugar	0g	Calcium	70mg
Protein	4g	Iron	2mg

DIRECTIONS

01 Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately two and a half tablespoons.

DRESSING CONSISTENCY

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

Cucumbers with Beef Liver Pate

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 slices Bacon
1/4 Yellow Onion (small, minced)
1 Garlic (cloves, minced)
4 1/16 ozs Beef Liver
1 1/2 tsps Dried Thyme
2 tbsps Coconut Oil (melted)
1/8 tsp Sea Salt
1/4 Cucumber (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	296	Cholesterol	170mg
Fat	23g	Sodium	346mg
Carbs	6g	Vitamin A	9666IU
Fiber	1g	Vitamin C	3mg
Sugar	2g	Calcium	32mg
Protein	15g	Iron	4mg

DIRECTIONS

- 01 In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
- 02 Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
- 03 Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
- 04 Spread onto cucumber slices and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

Each serving equals approximately 1/4 cup of beef pate.

MORE FLAVOR

Use fresh instead of dried herbs.

NO CUCUMBERS

Use carrot sticks or plantain chips instead.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds (raw)
1/4 tsp Sea Salt (omit if using salted nuts)
1 cup Raw Peanuts
1/2 cup Pumpkin Seeds
1/2 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	551	Cholesterol	0mg
Fat	42g	Sodium	162mg
Carbs	32g	Vitamin A	1IU
Fiber	11g	Vitamin C	0mg
Sugar	17g	Calcium	152mg
Protein	21g	Iron	6mg

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Spaghetti Squash, Turkey & Broccoli

2 SERVINGS 1 HOUR



INGREDIENTS

1/2 Spaghetti Squash (medium)
8 ozs Extra Lean Ground Turkey
1 cup Water
2 cups Broccoli (chopped into florets)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	278	Cholesterol	84mg
Fat	10g	Sodium	729mg
Carbs	20g	Vitamin A	1045IU
Fiber	6g	Vitamin C	93mg
Sugar	2g	Calcium	119mg
Protein	30g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
- 02 While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
- 03 In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
- 04 Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 cup of each ingredient.

MORE FLAVOR

Season the turkey with minced onion or garlic while it cooks.

ADDITIONAL TOPPINGS

Top with fresh parsley, cilantro or your favorite hot sauce.

MAKE IT VEGAN

Use chickpeas or lentils instead of ground turkey.

Ground Beef, Asparagus & Mashed Sweet Potatoes

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tsps Avocado Oil
- 8 ozs Extra Lean Ground Beef

NUTRITION

AMOUNT PER SERVING

Calories	341	Cholesterol	74mg
Fat	15g	Sodium	426mg
Carbs	25g	Vitamin A	1486IU
Fiber	6g	Vitamin C	10mg
Sugar	7g	Calcium	75mg
Protein	27g	Iron	6mg

DIRECTIONS

- 01 Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
- 02 In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
- 03 Add half the salt to the sweet potatoes and mash until creamy.
- 04 Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
- 05 Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

NOTES

NO SWEET POTATOES

Use regular potatoes, eddo, jicama or kohlrabi instead.

NO AVOCADO OIL

Use coconut oil, olive oil, ghee or butter instead.

STORAGE

Refrigerate in an airtight container up to 3 days.

SERVING SIZE

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

VEGAN & VEGETARIAN

Omit the ground beef and use cooked lentils instead.

EXTRA CREAMY POTATOES

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.



Kale & White Bean Caesar Salad

3 SERVINGS 25 MINUTES



INGREDIENTS

4 slices Bacon
1/4 cup Hemp Seeds
2 tbsps Water
1 tbsp Nutritional Yeast
1/2 Lemon (juiced)
1 Garlic (clove, peeled)
6 cups Kale Leaves (chopped)
2 cups White Navy Beans (cooked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	420	Cholesterol	25mg
Fat	22g	Sodium	312mg
Carbs	37g	Vitamin A	2037IU
Fiber	16g	Vitamin C	44mg
Sugar	1g	Calcium	207mg
Protein	22g	Iron	5mg

DIRECTIONS

- 01 Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
- 02 While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
- 03 Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
- 04 Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

NOTES

VEGAN AND VEGETARIAN

Omit the bacon, or use coconut bacon.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

Pea & Basil Buckwheat Risotto

4 SERVINGS 20 MINUTES



INGREDIENTS

1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
3 cups Vegetable Broth (divided)
2 cups Fresh Peas (or frozen, divided)
2 cups Basil Leaves (stems removed)
2 tbsps Nutritional Yeast
1/2 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	266	Cholesterol	0mg
Fat	2g	Sodium	808mg
Carbs	52g	Vitamin A	2067IU
Fiber	11g	Vitamin C	33mg
Sugar	5g	Calcium	72mg
Protein	14g	Iron	4mg

DIRECTIONS

- 01 In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
- 02 Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
- 03 When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 1 3/4 cup.

MORE FLAVOR

Add a splash of apple cider vinegar and/or your desired herbs and spices.

ADDITIONAL TOPPINGS

Top with red pepper flakes and/or a dollop of yogurt.

Chickpea Flatbread Pizza

1 SERVING 1 HOUR 20 MINUTES



INGREDIENTS

1/2 cup Chickpea Flour
1/2 cup Water
2 1/4 tsps Avocado Oil (divided)
1/8 tsp Sea Salt
2 2/3 tsps Tomato Sauce
1/8 tsp Oregano
1/16 tsp Garlic Powder
1/16 tsp Red Pepper Flakes
3 ozs Mozzarella Cheese (shredded)
1 tbsp Basil Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	495	Cholesterol	76mg
Fat	29g	Sodium	605mg
Carbs	29g	Vitamin A	992IU
Fiber	6g	Vitamin C	3mg
Sugar	6g	Calcium	349mg
Protein	26g	Iron	3mg

DIRECTIONS

- 01 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 02 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 03 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 04 Reduce the oven temperature to 350°F (176°C).
- 05 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 06 Slice and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

SERVING SIZE

One serving is equal to approximately three slices of pizza.

DAIRY-FREE

Use a dairy-free shredded cheese instead.

MORE FLAVOR

Add minced garlic and Italian seasoning to the tomato sauce.

ADDITIONAL TOPPINGS

Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.



Steamed Asparagus

1 SERVING 10 MINUTES



INGREDIENTS

1 cup Asparagus (woody ends trimmed, chopped in half)

NUTRITION

AMOUNT PER SERVING

Calories	27	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	5g	Vitamin A	1013IU
Fiber	3g	Vitamin C	8mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	3mg

DIRECTIONS

01 Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 5 days.

SERVING SIZE

One serving is equal to approximately one cup of cooked asparagus.

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.
		Make the Coconut Chia Seed Yogurt.	Combine the ingredients and divide between containers. Let stand for 30 minutes while you move on to other tasks. Top with strawberries and store in the fridge for breakfasts on Monday, Tuesday and Wednesday.
		Make Hard Boiled Eggs for snacks.	Follow directions to hard boil eggs for snacks on Monday, Tuesday, Wednesday, Saturday and Sunday.
		Make the Beef Liver Pate.	Follow the recipe directions to make pate. Divide between containers with cucumbers and store in the fridge for snacks.
		Make Cream of Celery & Asparagus Soup.	Follow recipe directions then divide into containers. Once cool, store in the refrigerator for lunch on Monday and Tuesday.
		Make Hummus & Veggie Wraps.	Store wraps in the fridge for lunch on Monday and Tuesday.

		Make the Toasted Trail Mix.	Follow the directions to toast the nuts. Store in an airtight container once cool.
1 Mon		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, Hummus & Veggie Wrap with Cream of Celery & Asparagus Soup, and Cucumbers with Beef Liver Pate.
		Make the Spaghetti Squash, Turkey & Broccoli for dinner.	Enjoy one serving and store leftovers in the fridge for dinner tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, Hummus & Veggie Wrap with Cream of Celery & Asparagus Soup, and Cucumbers with Beef Liver Pate.
		Enjoy leftover Spaghetti Squash, Turkey & Broccoli for dinner.	Reheat in the oven or in a microwave.
		Make White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing.	Divide between two containers and refrigerate for lunch Wednesday and Thursday.
3 Wed		Pack your meals if you are on-the-go.	Coconut Chia Seed Yogurt with Banana, Hard Boiled Eggs with Apricots, White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing, and Toasted Trail Mix.

		Make the Ground Beef, Asparagus & Mashed Sweet Potatoes for Dinner.	Enjoy one serving and store the leftover in the fridge for lunch on Friday.
		Make Cucumber Hummus Bites.	Store in the fridge for snacks over the next three days.
4 Thu		Make Warm Peas with Eggs and Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Warm Peas with Eggs and Avocado, Cucumber Hummus Bites, White Bean, Spinach & Tomato Salad with Lemon Garlic Tahini Dressing, and Toasted Trail Mix.
		Make Kale & White Bean Caesar Salad for dinner.	Enjoy one serving and divide leftovers between containers in the fridge for lunches this weekend.
5 Fri		Make Warm Peas with Eggs and Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Warm Peas with Eggs and Avocado, Cucumber Hummus Bites, Ground Beef, Asparagus & Mashed Sweet Potatoes, and Toasted Trail Mix.
		Make Pea & Basil Buckwheat Risotto for dinner.	Enjoy one serving and store the leftover in the fridge for dinner on Saturday.

6 Sat		Make Chocolate Banana Cauliflower N'Oats.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Banana Cauliflower N'Oats, Hard Boiled Eggs with Avocado, Kale & White Bean Caesar Salad, and Cucumber Hummus Bites.
		Enjoy leftover Pea & Basil Buckwheat Risotto for dinner.	Reheat on the stovetop or in a microwave.
7 Sun		Make Chocolate Banana Cauliflower N'Oats.	Enjoy!
		Pack your meals if you are on-the-go.	Chocolate Banana Cauliflower N'Oats, Hard Boiled Eggs, Kale & White Bean Caesar Salad, and Toasted Trail Mix.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Make Chickpea Flatbread Pizza with Steamed Asparagus for dinner.	Enjoy!

WAIVER

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