



Sugar-Free Diet

TRACY KACZMARCZYK



Sugar-Free Diet

HEAVY METAL FITNESS

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

A simple, delicious meal plan with zero added sugars! This Sugar-Free Diet is designed to help people kick their sugar habit without feeling deprived. It's free from all added sugars, including natural sweeteners like maple syrup and honey. Meals are packed with vegetables, legumes, and whole grains, making it the perfect 7-day detox for anyone new to sugar-free living.

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

WHOLE FOODS

Following a sugar-free diet is easier if you aim to eat whole foods. Processed foods are more likely to contain refined ingredients or added sugars which can cause certain hormone imbalances. This program focuses on whole foods including vegetables, fruits, lean meats, fish, whole, unprocessed grains, legumes, nuts, and seeds. The plan also includes a small amount of dairy from yogurt to provide bone-building nutrients.

COMPLEX CARBOHYDRATES

Eating the proper amount and type of carbohydrate is important when following a sugar-free diet to help balance insulin levels. This program uses high-fiber carbohydrate sources paired with healthy fats and high-quality protein to optimize blood sugar control. The plan avoids artificial sugars and provides up to 40 grams of fiber daily.

LOW GLYCEMIC FRUITS

This meal plan contains smoothie and snack options using low glycemic fruits such as apples and berries to provide a sweet taste without added sugars. These fruits provide a hint of sweetness while also providing fiber and beneficial phytonutrients.

HEALTHY FATS

Balanced meals and snacks with good fats increase satiety and stabilize blood sugars. Omega-3 and omega-9 fatty acids provide cardiovascular benefits and reduce inflammation. This program incorporates omega-3 fats, eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA) from fatty fish which are associated with



improved cognitive function. Omega-9 fats from foods such as nut butter and olive oil are combined with carbohydrates to reduce glycemic response.

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
Lemon Tart Smoothie



SNACK 1
Yogurt & Berries



LUNCH
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Crackers & Avocado



DINNER
Turkey Cranberry Squash Bowls

TUE



BREAKFAST
Lemon Tart Smoothie



SNACK 1
Yogurt & Berries



LUNCH
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Crackers & Avocado



DINNER
Turkey Cranberry Squash Bowls

WED



BREAKFAST
Lemon Tart Smoothie



SNACK 1
Apple Slices & Hummus



LUNCH
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Rice Cakes with Almond Butter



DINNER
One Pan Salmon, Kale & Cabbage

THU



BREAKFAST
Blueberry Protein Smoothie



SNACK 1
Apple Slices & Hummus



LUNCH
One Pan Salmon, Kale & Cabbage



SNACK 2
Rice Cakes with Almond Butter



DINNER
Swiss Chard, Lentil & Rice Bowl

FRI



BREAKFAST
Blueberry Protein Smoothie



SNACK 1
Apple with Almond Butter



LUNCH
Swiss Chard, Lentil & Rice Bowl



SNACK 2
Crackers & Hummus



DINNER
Spicy Sweet Potato, Turkey & Kale Bowl

SAT



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
Spicy Sweet Potato, Turkey & Kale Bowl



SNACK 2
Crackers & Hummus



DINNER
15 Minute Shrimp & Cabbage Stir Fry

SUN



BREAKFAST
Avocado Sweet Potato Toast with Poached Egg



SNACK 1
Apple with Almond Butter



LUNCH
15 Minute Shrimp & Cabbage Stir Fry



SNACK 2
Crackers & Hummus



DINNER
Slow Cooker Swedish Meatballs, Quinoa

MON

FAT 37% **CARBS 42%** **PROTEIN 21%**

Calories 1619 Cholesterol 122mg
Fat 71g Sodium 2303mg
Carbs 177g Vitamin A 7744IU
Fiber 41g Vitamin C 257mg
Sugar 59g Calcium 1598mg
Protein 90g Iron 15mg

TUE

FAT 37% **CARBS 42%** **PROTEIN 21%**

Calories 1619 Cholesterol 122mg
Fat 71g Sodium 2303mg
Carbs 177g Vitamin A 7744IU
Fiber 41g Vitamin C 257mg
Sugar 59g Calcium 1598mg
Protein 90g Iron 15mg

WED

FAT 47% **CARBS 35%** **PROTEIN 18%**

Calories 1611 Cholesterol 66mg
Fat 89g Sodium 1461mg
Carbs 148g Vitamin A 8034IU
Fiber 45g Vitamin C 296mg
Sugar 57g Calcium 1310mg
Protein 77g Iron 13mg

THU

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

Calories 1451 Cholesterol 66mg
Fat 74g Sodium 647mg
Carbs 137g Vitamin A 10111IU
Fiber 37g Vitamin C 181mg
Sugar 46g Calcium 640mg
Protein 74g Iron 13mg

FRI

FAT 41% **CARBS 40%** **PROTEIN 19%**

Calories 1508 Cholesterol 88mg
Fat 72g Sodium 1424mg
Carbs 157g Vitamin A 19715IU
Fiber 35g Vitamin C 86mg
Sugar 46g Calcium 580mg
Protein 73g Iron 14mg

SAT

FAT 47% **CARBS 30%** **PROTEIN 23%**

Calories 1821 Cholesterol 821mg
Fat 100g Sodium 1718mg
Carbs 141g Vitamin A 22577IU
Fiber 37g Vitamin C 204mg
Sugar 46g Calcium 794mg
Protein 107g Iron 14mg

SUN

FAT 45% **CARBS 32%** **PROTEIN 23%**

Calories 1924 Cholesterol 821mg
Fat 101g Sodium 1972mg
Carbs 158g Vitamin A 11292IU
Fiber 37g Vitamin C 175mg
Sugar 47g Calcium 704mg
Protein 113g Iron 15mg



FRUITS

- 5 Apple
- 1 1/2 Avocado
- 3 Banana
- 4 Lemon

BREAKFAST

- 2/3 cup Almond Butter
- 4 Plain Rice Cake

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 1/2 tsps Chili Powder
- 1/2 tsp Cumin
- 2 tsps Ground Flax Seed
- 1/2 tsp Onion Powder
- 1/2 tsp Paprika
- 1 1/2 tsps Poultry Seasoning
- 1/2 tsp Red Pepper Flakes
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Sesame Seeds

FROZEN

- 2 cups Frozen Berries
- 2 cups Frozen Blueberries
- 3 cups Frozen Cauliflower
- 1/4 cup Frozen Cranberries

VEGETABLES

- 2 cups Baby Spinach
- 1 Carrot
- 1/2 head Cauliflower
- 1 stalk Celery
- 1 Delicata Squash
- 1/4 cup Fresh Dill
- 5 1/2 Garlic
- 14 cups Green Cabbage
- 10 cups Kale Leaves
- 2 cups Microgreens
- 1 1/2 cups Mushrooms
- 1/4 cup Parsley
- 2 Sweet Potato
- 4 cups Swiss Chard
- 1 White Onion
- 1/2 Yellow Onion

BOXED & CANNED

- 1/4 cup Brown Rice
- 1/4 cup Canned Coconut Milk
- 2 1/8 cups Lentils
- 1/2 cup Quinoa
- 3 cups Vegetable Broth
- 8 3/4 ozs Whole Grain Crackers

BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Extra Lean Ground Turkey
- 1 1/4 cups Hummus
- 8 ozs Salmon Fillet
- 1 lb Shrimp

CONDIMENTS & OILS

- 2 1/2 tsps Apple Cider Vinegar
- 3 tsps Avocado Oil
- 1 tsp Balsamic Vinegar
- 1 1/2 tsps Coconut Aminos
- 1/3 cup Coconut Butter
- 3 tsps Coconut Oil
- 1 tsp Dijon Mustard
- 3 1/2 tsps Extra Virgin Olive Oil

COLD

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

OTHER

- 1 1/4 cups Vanilla Protein Powder
- 3 1/8 cups Water

SAVE **\$15** ON YOUR FIRST MONTH OF
NUTRITION COACHING

Behavior-Based Food Habits & Accountability

Discount for new nutrition clients only. Can only be used once. Mention this ad to your coach!

Using small, consistent actions, you can build the habits you need to look and feel better for life.

“I KNOW WHAT TO DO... BUT I HAVE A HARD TIME STAYING CONSISTENT.”

Sound familiar? You've probably tried multiple fad diets, endless cardio sessions, and 21-day quick-fix programs. And you've probably concluded that they simply don't work in the long run. Instead of the all-or-nothing approach, we use a sustainable, practice-based approach to build healthy habits into your life, one day at a time. Nutrition Coaching can help you redefine your relationship with food and empower your food choices. Whether you need food accountability or a supplement to your fitness training, we can help you identify the simple tasks that lead to lasting behavior change.

\$195/MONTH

No rules. No restrictions. Just good habits for life.

Here's what's in the Nutrition Coaching Program:

-  30 Minute Coaching Call Twice a Month
-  Custom Calorie / Macro / Portion Guide
-  Access to Coaching Software & Mobile App
-  Optional Integration with MyFitnessPal & Fitbit
-  Daily App Check-ins & Personal Reminders
-  In-App Messaging & Feedback
-  Monthly Macro-Based Recipe Suggestions*
-  Optional Access to Meal Planning App for Recipe DIY*
-  Your Choice of 4 7-Day RD-Created Meal Plans*
-  Exclusive Resources to help you implement your habits

 **Small yet powerful practices to improve everyday life**

Our focus will be on sustainable nutrition habits and small actions, supported with step-by-step guidance. We'll work together to create and practice healthy habits across every aspect of your life, from sleep and stress-management to movement and mindfulness. These new habits will help you feel more calm, confident, and prepared for each day—no matter what life throws at you.

 **Easy-to-use online platform paired with personal service**

You'll start by telling us about yourself, including your goals, health challenges, and daily routine. From there, we'll customize your program and start the coaching process via our easy-to-use mobile app. Bi-monthly phone calls will help you stay on track.

 **Simple practices and daily accountability**

Every day, you'll work on a simple nutrition or lifestyle practice. Each practice will be customized to help you get the results you want.

 **Personal coaching and detailed progress checking**

Your coach will check in with you to see how you're doing and to answer any questions you have. Also, you can message your coach in-app whenever you need.

GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY

Lemon Tart Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

1 Lemon (juiced)
1 Banana (frozen)
1 cup Frozen Cauliflower
2 tbsps Coconut Butter
1/4 cup Vanilla Protein Powder
1 1/2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	488	Cholesterol	4mg
Fat	26g	Sodium	323mg
Carbs	48g	Vitamin A	845IU
Fiber	15g	Vitamin C	85mg
Sugar	20g	Calcium	830mg
Protein	27g	Iron	3mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Enjoy!

NOTES

WHAT IS COCONUT BUTTER?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

NO PROTEIN POWDER

Use 1/4 cup hemp seeds per serving instead.

Blueberry Protein Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Vanilla Protein Powder
1 tbsp Ground Flax Seed
1 cup Frozen Blueberries
1 cup Baby Spinach
1 cup Water (cold)

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	4mg
Fat	4g	Sodium	68mg
Carbs	23g	Vitamin A	2884IU
Fiber	7g	Vitamin C	12mg
Sugar	13g	Calcium	190mg
Protein	22g	Iron	2mg

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO BLUEBERRIES

Use any type of frozen berry instead.

NO PROTEIN POWDER

Use hemp seeds instead

Avocado Sweet Potato Toast with Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

1 Sweet Potato (large)
4 Egg
1 Avocado
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	360	Cholesterol	372mg
Fat	24g	Sodium	185mg
Carbs	22g	Vitamin A	9908IU
Fiber	9g	Vitamin C	12mg
Sugar	4g	Calcium	88mg
Protein	16g	Iron	3mg

DIRECTIONS

- 01 Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
- 02 Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
- 03 While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
- 04 Poach, fry or hardboil the eggs.
- 05 Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

NOTES

ADD GREENS

Add a layer of baby spinach after you spread on the avocado.

GUACAMOLE LOVER

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

EGG-FREE

Skip the eggs and top with hemp seeds instead.

Yogurt & Berries

2 SERVINGS 5 MINUTES



INGREDIENTS

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

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

DAIRY-FREE

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

NO FROZEN BERRIES

Use any type of fresh fruit instead.

Apple Slices & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	240	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	34g	Vitamin A	112IU
Fiber	8g	Vitamin C	8mg
Sugar	19g	Calcium	40mg
Protein	5g	Iron	2mg

DIRECTIONS

01 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!

NOTES

NO APPLE

Use pear slices instead.

Apple with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
2 tbsps 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 apple and cut away the core.
- 02 Dip into almond butter.
- 03 Yummmmm.

Cauliflower, Kale & Lentil Detox Soup

3 SERVINGS 40 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
1 stalk Celery (diced)
1 Carrot (medium, peeled and diced)
2 Garlic (cloves, minced)
1/2 head Cauliflower (chopped into florets)
2 cups Kale Leaves (chopped)
3 cups Vegetable Broth
1 1/8 cups Lentils (cooked)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	187	Cholesterol	0mg
Fat	5g	Sodium	718mg
Carbs	27g	Vitamin A	4663IU
Fiber	10g	Vitamin C	65mg
Sugar	7g	Calcium	100mg
Protein	10g	Iron	4mg

DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

SERVING SIZE

One serving is equal to approximately 2 cups of soup.



Crackers & Avocado

2 SERVINGS 10 MINUTES



INGREDIENTS

3 1/2 ozs Whole Grain Crackers
1/2 Avocado
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	321	Cholesterol	0mg
Fat	18g	Sodium	445mg
Carbs	38g	Vitamin A	76IU
Fiber	5g	Vitamin C	5mg
Sugar	6g	Calcium	13mg
Protein	5g	Iron	2mg

DIRECTIONS

01 Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

NOTES

MAKE IT PALEO

Use grain-free flax crackers instead.

MORE PROTEIN

Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

Rice Cakes with Almond Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 Plain Rice Cake
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	262	Cholesterol	0mg
Fat	18g	Sodium	7mg
Carbs	21g	Vitamin A	0IU
Fiber	4g	Vitamin C	0mg
Sugar	2g	Calcium	110mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Spread almond butter across the rice cakes and enjoy!

NOTES

NO ALMOND BUTTER

Use any type of nut or seed butter instead.

LIKES IT SWEET

Add honey, jam, sliced bananas or berries.

Crackers & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 3/4 ozs Whole Grain Crackers
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	387	Cholesterol	0mg
Fat	21g	Sodium	703mg
Carbs	43g	Vitamin A	17IU
Fiber	5g	Vitamin C	0mg
Sugar	6g	Calcium	36mg
Protein	8g	Iron	3mg

DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

NOTES

CRACKERS

Choose whole grain or gluten-free crackers, rice crackers, sprouted grain, almond flour, or your own homemade crackers!

Turkey Cranberry Squash Bowls

2 SERVINGS 40 MINUTES



INGREDIENTS

1 Delicata Squash (small)
1 tbsp Extra Virgin Olive Oil
8 ozs Extra Lean Ground Turkey
1 1/2 tsps Poultry Seasoning
1/2 tsp Sea Salt
1/4 cup Frozen Cranberries (thawed, or use fresh)
2 cups Microgreens
1 tbsp Balsamic Vinegar

NUTRITION

AMOUNT PER SERVING

Calories	362	Cholesterol	84mg
Fat	17g	Sodium	677mg
Carbs	32g	Vitamin A	910IU
Fiber	6g	Vitamin C	47mg
Sugar	5g	Calcium	129mg
Protein	25g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Rinse the outside of the squash and slice in half lengthwise. Brush the flesh with a small amount of olive oil and place face-down on the baking sheet. Bake for 30 minutes.
- 03 Meanwhile, heat the remaining oil in a large skillet over medium heat. Add the turkey and saute until cooked through and browned. Break it up into tiny pieces as it cooks.
- 04 Once the turkey is cooked through, stir in the poultry seasoning, sea salt and cranberries. Turn the heat to the lowest setting to keep warm until your squash is cooked.
- 05 Remove squash from oven and stuff each half with the turkey/cranberry mix. Serve with microgreens and a drizzle of balsamic vinegar. Enjoy!

NOTES

VEGAN & VEGETARIAN

Use lentils or chickpeas instead of ground meat.

NO MICROGREENS

Use any leafy green like baby spinach, kale, or arugula.

LEFTOVERS

Keeps well in the fridge up to 3 days.

One Pan Salmon, Kale & Cabbage

2 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Green Cabbage (roughly chopped)
4 cups Kale Leaves (roughly chopped)
3 tbsps Avocado Oil
8 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
1/4 cup Fresh Dill (finely chopped)
2 tbsps Apple Cider Vinegar
1 tsp Dijon Mustard

NUTRITION

AMOUNT PER SERVING

Calories	434	Cholesterol	62mg
Fat	29g	Sodium	149mg
Carbs	18g	Vitamin A	2414IU
Fiber	8g	Vitamin C	138mg
Sugar	9g	Calcium	230mg
Protein	27g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking pan with foil.
- 02 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 03 Pat the salmon fillets dry and season with salt and pepper. Lay the salmon over the cabbage and kale. Bake together for 10 minutes, or until salmon is cooked through.
- 04 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 05 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

NOTES

NO AVOCADO OIL

Use olive oil instead.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

LEFTOVERS

Keep covered in the fridge up to two days.

Swiss Chard, Lentil & Rice Bowl

2 SERVINGS 1 HOUR



INGREDIENTS

1/4 cup Brown Rice (uncooked)
1/3 cup Water
1 1/2 tps Coconut Oil
4 cups Swiss Chard (washed, stems removed and chopped)
1/2 tsp Cumin
1/2 tsp Paprika
1 tbsp Extra Virgin Olive Oil
1/2 Garlic (clove, minced)
1 1/2 tps Apple Cider Vinegar
1 cup Lentils (cooked, drained and rinsed)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	309	Cholesterol	0mg
Fat	12g	Sodium	159mg
Carbs	41g	Vitamin A	470IU
Fiber	10g	Vitamin C	23mg
Sugar	3g	Calcium	70mg
Protein	12g	Iron	5mg

DIRECTIONS

- 01 Combine the rice and water in a medium sized pot and lightly salt the water. Bring to a boil over medium-high heat then reduce to a simmer. Cover the pot and let cook for 40 to 50 minutes or until rice is tender.
- 02 Heat a large skillet over medium heat and add the coconut oil. Add the swiss chard and saute just until wilted. Reduce the heat to low and stir in the cumin, paprika, olive oil, garlic, apple cider vinegar and lentils. Stir well until everything is well mixed. Add in the rice once it is cooked, and continue to saute. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately 1 1/4 cups.

SPEED IT UP

Use quinoa or brown rice pasta instead of brown rice.

NO SWISS CHARD

Use kale, spinach or collard greens instead.

Spicy Sweet Potato, Turkey & Kale Bowl

2 SERVINGS 25 MINUTES



INGREDIENTS

1 Sweet Potato (medium)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Chili Powder
1/4 tsp Cayenne Pepper (optional)
1 1/2 tsps Coconut Oil
1/2 White Onion (diced)
8 ozs Extra Lean Ground Turkey
1/4 tsp Sea Salt
1/4 tsp Black Pepper (optional)
4 cups Kale Leaves (finely diced)

NUTRITION

AMOUNT PER SERVING

Calories	319	Cholesterol	84mg
Fat	17g	Sodium	490mg
Carbs	19g	Vitamin A	12014IU
Fiber	5g	Vitamin C	43mg
Sugar	4g	Calcium	165mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a large baking sheet with parchment paper.
- 02 Wash and dice your sweet potato into half inch cubes. Toss in olive oil, chili powder and cayenne pepper. Spread across the baking sheet and bake in the oven for 20 minutes.
- 03 Meanwhile, heat a large skillet over medium heat. Add the coconut oil. Add the onion, ground turkey, sea salt and black pepper. Use a spatula to stir and break up the turkey as it cooks.
- 04 Once the turkey is cooked through, drain off any excess liquid and return to heat. Add the kale. Stir and saute just until wilted and remove from the heat immediately. Divide into bowls and top with the roasted sweet potato. Enjoy!

NOTES

SAVE TIME

Chop the sweet potato and onion in advance. Store in the fridge until ready to cook.

VEGAN & VEGETARIAN

Skip the ground meat and roast chickpeas on the baking sheet along with the sweet potatoes. Saute the onion on its own in step 3.

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.

Slow Cooker Swedish Meatballs

2 SERVINGS 4 HOURS 30 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Turkey
1/4 cup Parsley (chopped and divided)
1/2 tsp Onion Powder
1/3 tsp Sea Salt
1 1/2 cups Mushrooms (sliced)
1/2 White Onion (chopped)
1/4 cup Canned Coconut Milk
1 1/2 tbsps Coconut Aminos (or tamari)

NUTRITION

AMOUNT PER SERVING

Calories	266	Cholesterol	84mg
Fat	15g	Sodium	740mg
Carbs	9g	Vitamin A	723IU
Fiber	2g	Vitamin C	14mg
Sugar	5g	Calcium	46mg
Protein	24g	Iron	2mg

DIRECTIONS

- 01 In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
- 02 Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
- 03 Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
- 04 Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

NOTES

SERVE IT WITH

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

LEFTOVERS

Keeps well in the fridge up to 3 days. Freeze for longer.



Quinoa

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
3/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Cholesterol	0mg
Fat	3g	Sodium	4mg
Carbs	27g	Vitamin A	6IU
Fiber	3g	Vitamin C	0mg
Sugar	0g	Calcium	29mg
Protein	6g	Iron	2mg

DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Day	Task	Notes	
<p style="text-align: center;">0 Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the salmon, shrimp and 2/3 of the ground turkey.</p>	<p>You'll be reminded later on in the week when to set them out to thaw.</p>
		<p>Make the Cauliflower, Kale & Lentil Detox Soup.</p>	<p>Let cool and divide between containers. Store in the fridge for lunches.</p>
		<p>Prepare Yogurt & Berries.</p>	<p>Divide between small jars or containers for easy grab-and-go snacking.</p>
		<p>Optional: Portion smoothie ingredients into small ziploc bags so you can just add them to the blender with liquid for quick and easy mornings.</p>	<p>Store in the freezer.</p>
		<p>Portion out hummus, almond butter, crackers, and rice cakes.</p>	<p>Store in small containers for snacks this week.</p>
<p style="text-align: center;">1 Mon</p>		<p>Pack your meals if you are on-the-go.</p>	<p>Lemon Tart Smoothie, Yogurt & Berries, Cauliflower, Kale & Lentil Detox Soup, and Crackers & Avocado.</p>

		Make the Turkey Cranberry Squash Bowls for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
2 Tue		Pack your meals if you are on-the-go.	Lemon Tart Smoothie, Yogurt & Berries, Cauliflower, Kale & Lentil Detox Soup, and Crackers & Avocado.
		Reheat leftover Turkey Cranberry Squash Bowl for dinner.	Reheat in the microwave or toaster oven.
		Transfer the salmon from the freezer to the fridge to thaw.	For tomorrow night's dinner.
3 Wed		Pack your meals if you are on-the-go.	Lemon Tart Smoothie, Apple Slices & Hummus, Cauliflower, Kale & Lentil Detox Soup, and Rice Cakes & Almond Butter.
		Make One Pan Salmon, Kale and Cabbage for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
4 Thu		Make Blueberry Protein Smoothie for breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie, Apple Slices & Hummus, One Pan Salmon, Kale and Cabbage, and Rice Cakes & Almond Butter.

		Make the Swiss Chard, Lentil & Rice Bowl for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Take the ground turkey and the shrimp out of the freezer.	Thaw in the fridge for remaining recipes this week.
5 Fri		Make Blueberry Protein Smoothie for Breakfast.	Pour into a glass or a portable cup if you're on-the-go.
		Pack your meals if you are on-the-go.	Blueberry Protein Smoothie, Apple with Almond Butter, Swiss Chard, Lentil & Rice Bowl, and Crackers & Hummus.
		Make Spicy Sweet Potato, Turkey & Kale Bowl for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.
6 Sat		Make Avocado Sweet Potato Toast with Poached Egg for breakfast.	Enjoy one portion today, and store leftover ingredients in the fridge for tomorrow. Tip: You can hard boil the eggs if you are on-the-go.
		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, Spicy Sweet Potato, Turkey & Kale Bowl, and Crackers & Hummus.
		Make the 15 Minute Shrimp & Cabbage Stir Fry for dinner.	Transfer leftovers to a container and store in the fridge for lunch tomorrow.

7 Sun		Make Avocado Sweet Potato Toast with Poached Egg for breakfast.	Use the leftover ingredients you prepped yesterday.
		Pack your meals if you are on-the-go.	Avocado Sweet Potato Toast with Poached Egg, Apple with Almond Butter, 15 Minute Shrimp & Cabbage Stir Fry, and Crackers & Hummus.
		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!
		Make Swedish Meatballs with Quinoa for dinner.	Enjoy! Store any leftovers in the fridge for tomorrow's lunch, or freeze for later.

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.

