



Sugar-Free Paleo Diet

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Sugar-Free Paleo Diet

HEAVY METAL FITNESS

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

Sugar-Free Paleo Diet - A paleo meal plan free from added sweeteners. Our Sugar-Free Paleo Diet places an emphasis on whole foods and avoids common food sensitivities including dairy, grains, soy, and legumes. It incorporates a wide variety of colorful fruits and vegetables for natural sweetness and is perfect for those who love to prep their meals ahead. The plan is fully customizable and has room for an extra meal or snack if needed.

This program was created by a Registered Dietician using sugar-free foods compliant with the Paleo Diet guidelines and with the following key considerations:

FIBER

Eating the proper amount and type of carbohydrate is important when following a paleo diet which is lower-carbohydrate. This program is grain-free, gluten-free, and sugar-free to optimize blood sugars and energy levels. Adequate dietary fiber intake is associated with several health benefits including better digestive health and reduced inflammation. The plan provides up to 35 grams of fiber daily from vegetables, nuts, and seeds. Soluble fiber found in foods like avocado, sweet potato, and broccolini has been shown to lower blood cholesterol and generates short-chain fatty acids which have anti-inflammatory effects.

HIGH-QUALITY PROTEIN

Getting enough daily protein will help with weight management and preventing muscle loss. This meal plan provides high-quality protein sources such as chicken, turkey, beef, eggs, and fish. These complete proteins are highly digestible and provide an adequate amount of amino acids. Protein is distributed between every meal and snack to help with building muscle strength and hypertrophy.

HEALTHY FATS

Following a Paleolithic diet can improve your lipid profile. This high-fat plan is rich in monounsaturated fat from olive oil, avocado, nuts, and seeds, and medium-chain fatty acids from coconut oil. These foods can help reduce the growth of some fungal pathogens in the gut and are beneficial for the immune system and inflammatory responses. Omega-3 fatty acids found in plant-based oils, nuts, and fatty fish provide



cardiovascular benefits and reduce inflammation.

BONE HEALTH

Calcium is a mineral that is essential for building healthy bones and a potential nutrient deficiency in paleo diets. Magnesium has a structural role in bone maintenance and influences bone-building cells. Calcium is incorporated in this program from almond butter, broccolini, tahini, and kale. This plan provides magnesium from avocado, chicken, apples, beef, and ground flax seeds.

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
Kale & Red Pepper Frittata, Crispy
Roasted Sweet Potato



SNACK 1
Dried Mango & Brazil Nuts



LUNCH
Chicken, Carrots & Broccoli



SNACK 2
Banana with Almond Butter



DINNER
Parchment Baked Haddock with
Veggies, Oven Baked Potato Wedges

TUE



BREAKFAST
Kale & Red Pepper Frittata, Crispy
Roasted Sweet Potato



SNACK 1
Dried Mango & Brazil Nuts



LUNCH
Chicken, Carrots & Broccoli



SNACK 2
Banana with Almond Butter



DINNER
Parchment Baked Haddock with
Veggies, Oven Baked Potato Wedges

WED



BREAKFAST
Kale & Red Pepper Frittata, Crispy
Roasted Sweet Potato



SNACK 1
Dried Mango & Brazil Nuts



LUNCH
Chicken, Carrots & Broccoli



SNACK 2
Carrots & Guacamole



DINNER
Beef Burrito Bowl with Cauliflower Rice

THU



BREAKFAST
Apple Turkey Sausage Patties with
Sauteed Greens, Fried Plantains



SNACK 1
Banana with Almond Butter



LUNCH
Beef Burrito Bowl with Cauliflower Rice



SNACK 2
Carrots & Guacamole



DINNER
Pan Fried Turmeric Ginger Tilapia,
Roasted Veggies

FRI



BREAKFAST
Apple Turkey Sausage Patties with
Sauteed Greens, Fried Plantains



SNACK 1
Banana with Almond Butter



LUNCH
BLT Salad Bowls



SNACK 2
Baba Ganoush, Chopped Bell Peppers



DINNER
Pan Fried Turmeric Ginger Tilapia,
Roasted Veggies

SAT



BREAKFAST
Grain-Free Coconut Almond Porridge,
Banana



SNACK 1
Apple with Almond Butter



LUNCH
BLT Salad Bowls



SNACK 2
Baba Ganoush, Chopped Bell Peppers



DINNER
One Pan Crispy Chicken with Potatoes &
Greens

SUN



BREAKFAST
Grain-Free Coconut Almond Porridge,
Banana



SNACK 1
Apple with Almond Butter



LUNCH
BLT Salad Bowls



SNACK 2
Baba Ganoush, Chopped Bell Peppers



DINNER
One Pan Crispy Chicken with Potatoes &
Greens

MON**FAT 40%** **CARBS 36%** **PROTEIN 24%**

Calories 1660 Cholesterol 558mg
 Fat 79g Sodium 1776mg
 Carbs 158g Vitamin A 41314IU
 Fiber 31g Vitamin C 275mg
 Sugar 67g Calcium 754mg
 Protein 104g Iron 12mg

TUE**FAT 40%** **CARBS 36%** **PROTEIN 24%**

Calories 1660 Cholesterol 558mg
 Fat 79g Sodium 1776mg
 Carbs 158g Vitamin A 41314IU
 Fiber 31g Vitamin C 275mg
 Sugar 67g Calcium 754mg
 Protein 104g Iron 12mg

WED**FAT 52%** **CARBS 27%** **PROTEIN 21%**

Calories 1595 Cholesterol 528mg
 Fat 97g Sodium 2263mg
 Carbs 115g Vitamin A 58552IU
 Fiber 38g Vitamin C 190mg
 Sugar 54g Calcium 686mg
 Protein 88g Iron 14mg

THU**FAT 52%** **CARBS 29%** **PROTEIN 19%**

Calories 1848 Cholesterol 216mg
 Fat 113g Sodium 2517mg
 Carbs 142g Vitamin A 33923IU
 Fiber 36g Vitamin C 123mg
 Sugar 65g Calcium 440mg
 Protein 92g Iron 15mg

FRI**FAT 58%** **CARBS 26%** **PROTEIN 16%**

Calories 1877 Cholesterol 365mg
 Fat 127g Sodium 1810mg
 Carbs 127g Vitamin A 16449IU
 Fiber 27g Vitamin C 262mg
 Sugar 64g Calcium 454mg
 Protein 82g Iron 11mg

SAT**FAT 61%** **CARBS 26%** **PROTEIN 13%**

Calories 1836 Cholesterol 334mg
 Fat 130g Sodium 1065mg
 Carbs 127g Vitamin A 4946IU
 Fiber 36g Vitamin C 245mg
 Sugar 48g Calcium 795mg
 Protein 61g Iron 8mg

SUN**FAT 61%** **CARBS 26%** **PROTEIN 13%**

Calories 1836 Cholesterol 334mg
 Fat 130g Sodium 1065mg
 Carbs 127g Vitamin A 4946IU
 Fiber 36g Vitamin C 245mg
 Sugar 48g Calcium 795mg
 Protein 61g Iron 8mg



FRUITS

- 2 1/2 Apple
- 2 3/4 Avocado
- 6 Banana
- 2 Lemon
- 2 Lime
- 1 Plantain

BREAKFAST

- 3/4 cup Almond Butter
- 15 pieces Dried Unsweetened Mango

SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 3/4 cup Brazil Nuts
- 1/2 tsp Chili Powder
- 1 1/4 tsps Cinnamon
- 1 1/2 tsps Coriander
- 2 tsps Cumin
- 2 tsps Ground Flax Seed
- 2 tsps Italian Seasoning
- 2 tsps Oregano
- 1 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Turmeric

VEGETABLES

- 6 cups Arugula
- 4 cups Baby Spinach
- 1 1/2 bunches Broccolini
- 8 Carrot
- 2 cups Cauliflower Rice
- 2 1/4 cups Cherry Tomatoes
- 1 Eggplant
- 1 tbsp Fresh Dill
- 3 Garlic
- 1 tbsp Ginger
- 3 cups Green Beans
- 3/4 Green Bell Pepper
- 3 stalks Green Onion
- 3 1/2 cups Kale Leaves
- 2 cups Mini Potatoes
- 1 cup Mushrooms
- 2 tsps Parsley
- 2 1/2 Red Bell Pepper
- 1 tbsp Rosemary
- 2 Russet Potato
- 2 1/4 Sweet Potato
- 3/4 Yellow Bell Pepper
- 1/2 Yellow Onion
- 1 Zucchini

BAKING

- 1/2 cup Almond Flour
- 1/2 cup Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 6 slices Bacon
- 12 ozs Chicken Breast
- 8 ozs Chicken Thighs With Skin
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 2 Haddock Fillet
- 2 Tilapia Fillet

CONDIMENTS & OILS

- 1/2 tsp Apple Cider Vinegar
- 3 tsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 2 1/2 tsps Coconut Oil
- 2/3 cup Extra Virgin Olive Oil
- 2 tsps Tahini

COLD

- 9 Egg
- 2 cups Unsweetened Almond Milk

OTHER

- 1 1/2 tsps Water

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“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

Kale & Red Pepper Frittata

3 SERVINGS 30 MINUTES



INGREDIENTS

6 Egg
1/3 cup Unsweetened Almond Milk
1/3 tsp Sea Salt
1/3 tsp Black Pepper
2 1/4 tsps Extra Virgin Olive Oil
1 1/2 cups Kale Leaves (chopped)
3/4 Red Bell Pepper (chopped)
3/4 cup Cherry Tomatoes (halved)

NUTRITION

AMOUNT PER SERVING

Calories	195	Cholesterol	372mg
Fat	14g	Sodium	466mg
Carbs	5g	Vitamin A	235IU
Fiber	2g	Vitamin C	53mg
Sugar	3g	Calcium	147mg
Protein	14g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
- 03 Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
- 04 Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 05 Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

NOTES

NO KALE

Use spinach instead.

NO RED BELL PEPPER

Use a bell pepper of another color instead.

LEFTOVERS

Keep in the fridge for up to 3 days.

Crispy Roasted Sweet Potato

3 SERVINGS 35 MINUTES



INGREDIENTS

2 1/4 Sweet Potato (medium, diced into 1/2 inch pieces)

1 1/8 tsps Extra Virgin Olive Oil

1/8 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	99	Cholesterol	0mg
Fat	2g	Sodium	201mg
Carbs	20g	Vitamin A	13832...
Fiber	3g	Vitamin C	2mg
Sugar	4g	Calcium	29mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 02 Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
- 03 Remove from oven and season with sea salt. Enjoy!

NOTES

LIKES IT SPICY

Toss in our Cajun Spice or chili powder after baking.

Apple Turkey Sausage Patties with Sauteed Greens

2 SERVINGS 30 MINUTES



INGREDIENTS

8 ozs Extra Lean Ground Turkey
1/2 Apple
1 1/2 tsps Ginger (peeled and grated)
1 1/2 tsps Italian Seasoning
1/2 tsp Apple Cider Vinegar
1/4 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil (divided)
4 cups Baby Spinach
1 1/2 tsps Water

NUTRITION

AMOUNT PER SERVING

Calories	268	Cholesterol	84mg
Fat	17g	Sodium	421mg
Carbs	9g	Vitamin A	5733IU
Fiber	2g	Vitamin C	19mg
Sugar	5g	Calcium	87mg
Protein	23g	Iron	3mg

DIRECTIONS

- 01 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 02 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 03 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 04 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 05 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

NOTES

SERVING SIZE

There are approximately three thin patties per serving.

LEFTOVERS

Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

BEST FLAVOR

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

NO SPINACH

Use another leafy green like kale, Swiss chard or collard greens.



NO GROUND TURKEY

Use ground chicken, lamb, beef, pork or bison instead.



Fried Plantains

2 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Plantain (large)
- 2 tbsps Coconut Oil
- 1/4 tsp Cinnamon
- 1/8 tsp Sea Salt (or to taste)

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	14g	Sodium	153mg
Carbs	43g	Vitamin A	1522IU
Fiber	2g	Vitamin C	25mg
Sugar	24g	Calcium	7mg
Protein	2g	Iron	1mg

DIRECTIONS

- 01 Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
- 02 Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
- 03 Sprinkle with cinnamon and sea salt before serving. Enjoy!

NOTES

LIKES IT SPICY

Add chili flakes instead of cinnamon.

PLANTAIN TIP

The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.

Grain-Free Coconut Almond Porridge

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/4 cup Almond Flour
1/4 cup Unsweetened Shredded Coconut
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	353	Cholesterol	0mg
Fat	31g	Sodium	127mg
Carbs	15g	Vitamin A	378IU
Fiber	9g	Vitamin C	0mg
Sugar	2g	Calcium	421mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 02 Divide into bowls and enjoy!

NOTES

NO RICE MILK

Use an alternative milk of your choice.

LIKES IT SWEET

Add raisins, dates, maple syrup, honey or your sweetener of choice.

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup of porridge.

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.

Dried Mango & Brazil Nuts

3 SERVINGS 3 MINUTES



INGREDIENTS

15 pieces Dried Unsweetened Mango
(large)

3/4 cup Brazil Nuts

DIRECTIONS

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

NUTRITION

AMOUNT PER SERVING

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

Banana with Almond Butter

1 SERVING 2 MINUTES



INGREDIENTS

1 Banana
2 tbsps Almond Butter

NUTRITION

AMOUNT PER SERVING

Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	114mg
Protein	8g	Iron	1mg

DIRECTIONS

- 01 Slice banana.
- 02 Dip in almond butter.
- 03 Bam.

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.

Chicken, Carrots & Broccoli

3 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 bunches Broccoli (trimmed)
3 Carrot (large, sliced into rounds)
1 1/2 tbsps Extra Virgin Olive Oil
12 ozs Chicken Breast (boneless, skinless)

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	82mg
Fat	11g	Sodium	215mg
Carbs	13g	Vitamin A	20129...
Fiber	8g	Vitamin C	84mg
Sugar	4g	Calcium	284mg
Protein	34g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Place the broccoli and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
- 03 Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
- 04 Remove the chicken and shred into pieces using two forks.
- 05 Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

NOTES

NO BROCCOLINI

Use regular broccoli or cauliflower instead.

BLT Salad Bowls

3 SERVINGS 15 MINUTES



INGREDIENTS

3 Egg
6 slices Bacon
6 cups Arugula
1 1/2 cups Cherry Tomatoes (halved)
3/4 Avocado (sliced)
3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	515	Cholesterol	223mg
Fat	47g	Sodium	510mg
Carbs	9g	Vitamin A	1934IU
Fiber	5g	Vitamin C	21mg
Sugar	4g	Calcium	109mg
Protein	17g	Iron	2mg

DIRECTIONS

- 01 Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
- 02 While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
- 03 To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

NOTES

LEFTOVERS

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

VEGAN

Use smokey tempeh slices instead of bacon and omit the egg.

MORE CARBS

Serve with toast or quinoa.

Carrots & Guacamole

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Carrot (medium)
1 Avocado
1 Lime (juiced)
1/4 tsp Sea Salt (or more to taste)

NUTRITION

AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	15g	Sodium	387mg
Carbs	22g	Vitamin A	20539...
Fiber	10g	Vitamin C	24mg
Sugar	7g	Calcium	55mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Peel and slice carrots into sticks.
- 02 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 03 Dip the carrots into the guac & enjoy!

NOTES

LEFTOVERS

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

SPICE IT UP

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Baba Ganoush

4 SERVINGS 20 MINUTES



INGREDIENTS

1 Eggplant (medium, trimmed, sliced into 1/4 inch strips)
3 tbsps Avocado Oil
2 tbsps Tahini
2 tbsps Parsley (fresh, chopped)
1 Lemon (juiced)
1/4 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	175	Cholesterol	0mg
Fat	15g	Sodium	160mg
Carbs	11g	Vitamin A	197IU
Fiber	5g	Vitamin C	10mg
Sugar	5g	Calcium	48mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
- 02 Wrap the eggplant in the foil and let rest for 5 minutes.
- 03 Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
- 04 Transfer to a bowl and enjoy!

NOTES

NO PARSLEY

Use cilantro or basil instead. Can also omit completely.

NO AVOCADO OIL

Use olive oil instead.

NO LEMON

Use apple cider vinegar to taste.

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

SERVE IT WITH

Crackers, veggie sticks, with burgers or on salad.

Chopped Bell Peppers

3 SERVINGS 5 MINUTES



INGREDIENTS

3/4 Yellow Bell Pepper

3/4 Green Bell Pepper

3/4 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	26	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	6g	Vitamin A	1135IU
Fiber	2g	Vitamin C	147mg
Sugar	2g	Calcium	10mg
Protein	1g	Iron	0mg

DIRECTIONS

01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Parchment Baked Haddock with Veggies

2 SERVINGS 35 MINUTES



INGREDIENTS

- 2 cups Green Beans (trimmed)
- 1 Red Bell Pepper (thinly sliced)
- 3 stalks Green Onion (green parts only, chopped)
- 2 Haddock Fillet (5 ounces each)
- 1 tbsp Extra Virgin Olive Oil
- 1 Lemon (zested and juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tbsp Fresh Dill

NUTRITION

AMOUNT PER SERVING

Calories	260	Cholesterol	104mg
Fat	8g	Sodium	718mg
Carbs	14g	Vitamin A	3408IU
Fiber	4g	Vitamin C	100mg
Sugar	7g	Calcium	75mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
- 02 Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
- 03 Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
- 04 Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
- 05 Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
- 06 To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

NOTES

NO HADDOCK

Use cod fillets instead.

SAFETY FIRST

The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

LEFTOVERS

Keeps well in the fridge for 2 to 3 days.

FILLET SIZE

Each haddock fillet is equal to 150 grams or 5.3 ounces.



Oven Baked Potato Wedges

2 SERVINGS 40 MINUTES



INGREDIENTS

- 2 Russet Potato (medium, cut into wedges)
- 1 1/2 tps Extra Virgin Olive Oil
- 1/2 tsp Italian Seasoning
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	195	Cholesterol	0mg
Fat	4g	Sodium	172mg
Carbs	37g	Vitamin A	18IU
Fiber	4g	Vitamin C	14mg
Sugar	2g	Calcium	32mg
Protein	5g	Iron	2mg

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
- 02 Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
- 03 Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
- 04 Serve immediately and enjoy!

NOTES

MORE FLAVOR

Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

NO OLIVE OIL

Use avocado oil instead.

LEFTOVERS

Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.

Beef Burrito Bowl with Cauliflower Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (small, finely diced)
- 8 ozs Extra Lean Ground Beef
- 1 1/2 tsps Cumin (ground)
- 1 1/2 tsps Coriander (ground)
- 1 1/2 tsps Oregano (dried)
- 3/4 tsp Sea Salt (divided)
- 1/2 Lime (juiced)
- 2 cups Cauliflower Rice
- 1 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	471	Cholesterol	74mg
Fat	33g	Sodium	993mg
Carbs	19g	Vitamin A	201IU
Fiber	11g	Vitamin C	15mg
Sugar	5g	Calcium	98mg
Protein	28g	Iron	6mg

DIRECTIONS

- 01 In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
- 02 Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
- 03 When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
- 04 Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
- 05 Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

NOTES

OPTIONAL TOPPINGS

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Pan Fried Turmeric Ginger Tilapia

2 SERVINGS 45 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 Lime (juiced)
1 1/2 tsps Ginger (peeled and grated)
1 Garlic (cloves, minced)
1 tsp Turmeric (ground)
1/2 tsp Cumin (ground)
1/2 tsp Chili Powder
1/8 tsp Sea Salt
2 Tilapia Fillet (about 6 oz. each)
1 1/2 tsps Coconut Oil

NUTRITION

AMOUNT PER SERVING

Calories	216	Cholesterol	58mg
Fat	12g	Sodium	229mg
Carbs	3g	Vitamin A	210IU
Fiber	1g	Vitamin C	4mg
Sugar	0g	Calcium	26mg
Protein	24g	Iron	2mg

DIRECTIONS

- 01 In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
- 02 Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
- 03 Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
- 04 Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

NOTES

EXTRA FLAVOUR

Serve with lemon, lime or orange wedges.

LIKES IT SPICY

Add cayenne pepper to the marinade to taste.

NO TILAPIA

Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughly. Cooking times may vary depending on the thickness of the fillet.

MEAL PREP

Combine the marinade and fish together in a bag and freeze for up to three months. Thaw before cooking.

Roasted Veggies

2 SERVINGS 40 MINUTES



INGREDIENTS

- 1 Carrot (medium, chopped)
- 1 Zucchini (medium, chopped)
- 1 cup Mushrooms (chopped)
- 1 cup Green Beans (trimmed)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 tbs Balsamic Vinegar
- 1/2 tsp Oregano (dried)
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	93	Cholesterol	0mg
Fat	4g	Sodium	331mg
Carbs	13g	Vitamin A	5642IU
Fiber	4g	Vitamin C	26mg
Sugar	8g	Calcium	53mg
Protein	4g	Iron	1mg

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
- 03 Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
- 04 Remove from oven and transfer to a bowl. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

NO MUSHROOMS

Swap in bell peppers or broccoli instead.

EVEN COOKING

Chop your vegetables to be approximately the same size to ensure even cooking.

One Pan Crispy Chicken with Potatoes & Greens

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Thighs with Skin
2 cups Mini Potatoes (halved)
1/8 tsp Sea Salt
1 tbsp Rosemary (chopped)
2 cups Kale Leaves (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	375	Cholesterol	111mg
Fat	19g	Sodium	260mg
Carbs	28g	Vitamin A	1127IU
Fiber	4g	Vitamin C	49mg
Sugar	1g	Calcium	82mg
Protein	22g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C).
- 02 Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
- 03 After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
- 04 Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
- 05 Divide the chicken, potatoes and kale onto plates and enjoy!

NOTES

NO ROSEMARY

Use thyme or another herb instead.

NO KALE

Use another green such as Swiss chard or spinach.

LEFTOVERS

Store in an airtight container in the fridge up to 3 days.

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Freeze the tilapia and chicken thighs.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Kale & Red Pepper Frittata and Crispy Roasted Sweet Potatoes.	Once cooled, divide the frittata and roasted sweet potatoes into containers and refrigerate so you have breakfast ready for Monday to Wednesday.
		Make the Chicken, Carrots & Broccolini.	Divide between containers and refrigerate for lunches.
		Make the Dried Mango & Brazil Nuts snacks.	Divide servings between containers and store on the counter for snacks.
		Optional: Portion out almond butter for the week.	Divide between small containers for easier grab-and-go snacking.
1 Mon		Pack your meals if you are on-the-go.	Kale & Red Pepper Frittata with Crispy Roasted Sweet Potatoes, Dried Mango & Brazil Nuts, Chicken, Carrots & Broccolini, and Banana with Almond Butter.

		Make the Parchment Baked Haddock with Veggies and Oven Baked Potato Wedges for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow night.
2 Tue		Pack your meals if you are on-the-go.	Kale & Red Pepper Frittata with Crispy Roasted Sweet Potatoes, Dried Mango & Brazil Nuts, Chicken, Carrots & Broccolini, and Banana with Almond Butter.
		Enjoy the leftover Parchment Baked Haddock with Veggies and Oven Baked Potato Wedges for dinner.	Eat cold or reheat in the microwave, toaster oven or skillet.
		Make the Carrots & Guacamole snacks.	Keep the carrots separate from the guacamole or fill the bottom of a tall container with guacamole and stick the carrot sticks into it for easy dipping.
3 Wed		Pack your meals if you are on-the-go.	Kale & Red Pepper Frittata with Crispy Roasted Sweet Potatoes, Dried Mango & Brazil Nuts, Chicken, Carrots & Broccolini, and Carrots & Guacamole.
		Make the Beef Burrito Bowl with Cauliflower Rice for dinner.	Transfer leftovers to a container and refrigerate for lunch tomorrow.
		Prep the Apple Turkey Sausage Patties for breakfast tomorrow.	Make the patties and place them on a covered plate or in a sealed flat container in the fridge to cook for breakfast tomorrow.
		Take the tilapia out of the freezer.	Thaw in the fridge for dinner tomorrow.

4 Thu		Make the Apple Turkey Sausage Patties with Sauteed Greens and Fried Plantains for breakfast.	Place the leftovers in a sealed container in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Apple Turkey Sausage Patties with Sauteed Greens and Fried Plantains, Banana and Almond Butter, Beef Burrito Bowl with Cauliflower Rice, and Carrots & Guacamole.
		Make the Pan Fried Turmeric Tilapia with Roasted Veggies for dinner.	Store leftovers in an airtight container in the fridge for dinner tomorrow.
		Make the Baba Ganoush and Chopped Bell Pepper snacks.	First, make the Baba Ganoush, then assemble snacks. You can either keep the sliced bell peppers separate or fill the bottom of a tall container with Baba Ganoush and stick the sliced peppers into it for easy dipping.
		Make the BLT Salad Bowls.	Cook the bacon and hard boil the eggs, then assemble salad in separate containers for lunch Friday to Sunday.
5 Fri		Pack your meals if you are on-the-go.	Apple Turkey Sausage Patties with Sauteed Greens and Fried Plantains, Apple with Almond Butter, BLT Salad Bowls, Baba Ganoush with Chopped Bell Peppers.
		Enjoy the leftover Pan Fried Turmeric Tilapia with Roasted Veggies for dinner.	Eat cold or reheat in the microwave or toaster oven.

		Take the chicken thighs out of the freezer.	Thaw in the fridge for tomorrow night.
6 Sat		Make the Grain-Free Coconut Almond Porridge with Banana for breakfast.	Top with the banana or enjoy it on the side.
		Pack your meals if you are on-the-go.	Grain-Free Coconut Almond Porridge with Banana, Apple with Almond Butter, BLT Salad Bowl, and Baba Ganoush with Chopped Bell Pepper.
		Make the One Pan Crispy Chicken with Potatoes & Greens for dinner.	Store leftovers in the fridge for dinner tomorrow night.
7 Sun		Make the Grain-Free Coconut Almond Porridge with Banana for breakfast.	Top with the banana or enjoy it on the side.
		Pack your meals if you are on-the-go.	Grain-Free Coconut Almond Porridge with Banana, Apple with Almond Butter, BLT Salad Bowl, and Baba Ganoush with Chopped Bell Pepper.
		Shop and prep for the week ahead.	Set aside some time to plan and shop for next week!
		Enjoy the leftover One Pan Crispy Chicken with Potatoes & Greens for dinner.	Reheat in the microwave, toaster oven, or a skillet.

WAIVER

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