



# Vegan For 1 Program

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# Vegan For 1 Program

## HEAVY METAL FITNESS

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

A delicious vegan meal plan optimized for one.

Our plant-based program designed for those cooking for one includes key nutrients like fiber, iron, zinc, and healthy fats.

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

### FIBER

Adequate fiber intake has several health benefits including better digestive health, lower blood pressure, and weight management. This meal plan provides up to 45 grams of fiber daily from foods such as fruits, vegetables, lentils, and whole grains. Soluble fiber found in oats and beans is incorporated into the program and has been shown to improve glycemic control and lower blood cholesterol.

### IRON

Iron is an important mineral that helps produce red blood cells and transports oxygen throughout the body. Iron is a common nutrient deficiency in vegan diets. This program incorporates iron-rich foods like lentils, chickpeas, edamame, and hemp seeds. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

### ZINC

Zinc is an essential mineral critical for immune function and also a potential nutrient deficiency in vegan diets. Even a mild to moderate zinc deficiency can impair immune function and increase the risk of respiratory infections. You can find zinc sources in this meal plan from whole grains, legumes, oats, nuts, and seeds.

### HEALTHY FATS

A vegan diet, when rich in high-quality plant foods such as whole grains, fruits, vegetables, and nuts, is associated with improved cardiovascular health and diabetes prevention. This meal plan provides nutrient-dense items, healthy plant-based fats, and naturally occurring plant sterols. Plant sterols can further help improve lipid profiles by blocking the absorption of some of the cholesterol in food.



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## **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**  
Orange Immunity Booster Smoothie



**LUNCH**  
Chickpea Waldorf Salad



**SNACK 1**  
Grapes & Almonds



**DINNER**  
Sweet Potato & Black Bean Salad



**SNACK 2**  
Brown Rice Chips with Salsa

## TUE



**BREAKFAST**  
Orange Immunity Booster Smoothie



**LUNCH**  
Sweet Potato & Black Bean Salad



**SNACK 1**  
Grapes & Almonds



**DINNER**  
Chickpea Waldorf Salad



**SNACK 2**  
Brown Rice Chips with Salsa

## WED



**BREAKFAST**  
Sweet Cherry Steel Cut Oats



**LUNCH**  
Chickpea Waldorf Salad



**SNACK 1**  
Brown Rice Chips with Salsa



**DINNER**  
Cream of Celery & Asparagus Soup



**SNACK 2**  
Chocolate Almond Butter Pudding

## THU



**BREAKFAST**  
Sweet Cherry Steel Cut Oats



**LUNCH**  
Sweet Potato & Black Bean Salad



**SNACK 1**  
Brown Rice Chips with Salsa



**DINNER**  
Creamy Edamame & Mushroom Pasta



**SNACK 2**  
Chocolate Almond Butter Pudding

## FRI



**BREAKFAST**  
Sweet Cherry Steel Cut Oats



**LUNCH**  
Creamy Edamame & Mushroom Pasta



**SNACK 1**  
Banana with Peanut Butter



**DINNER**  
Swiss Chard, Lentil & Rice Bowl



**SNACK 2**  
Chocolate Almond Butter Pudding

## SAT



**BREAKFAST**  
Sweet Cherry Steel Cut Oats



**LUNCH**  
Cream of Celery & Asparagus Soup



**SNACK 1**  
Banana with Peanut Butter



**DINNER**  
Swiss Chard, Lentil & Rice Bowl



**SNACK 2**  
Grapes & Almonds

**MON****FAT 34%**   **CARBS 54%**   **PROTEIN 12%**

Calories 1360      Cholesterol 0mg  
 Fat 55g            Sodium 1627mg  
 Carbs 192g        Vitamin A 34963IU  
 Fiber 45g         Vitamin C 156mg  
 Sugar 73g         Calcium 707mg  
 Protein 43g        Iron 15mg

**TUE****FAT 34%**   **CARBS 54%**   **PROTEIN 12%**

Calories 1360      Cholesterol 0mg  
 Fat 55g            Sodium 1627mg  
 Carbs 192g        Vitamin A 34963IU  
 Fiber 45g         Vitamin C 156mg  
 Sugar 73g         Calcium 707mg  
 Protein 43g        Iron 15mg

**WED****FAT 48%**   **CARBS 41%**   **PROTEIN 11%**

Calories 1520      Cholesterol 0mg  
 Fat 85g            Sodium 2200mg  
 Carbs 166g        Vitamin A 8733IU  
 Fiber 41g         Vitamin C 55mg  
 Sugar 53g         Calcium 537mg  
 Protein 46g        Iron 16mg

**THU****FAT 41%**   **CARBS 47%**   **PROTEIN 12%**

Calories 1576      Cholesterol 0mg  
 Fat 76g            Sodium 2534mg  
 Carbs 194g        Vitamin A 16875IU  
 Fiber 45g         Vitamin C 67mg  
 Sugar 43g         Calcium 769mg  
 Protein 51g        Iron 15mg

**FRI****FAT 45%**   **CARBS 43%**   **PROTEIN 12%**

Calories 1680      Cholesterol 0mg  
 Fat 90g            Sodium 1533mg  
 Carbs 191g        Vitamin A 9750IU  
 Fiber 42g         Vitamin C 63mg  
 Sugar 51g         Calcium 661mg  
 Protein 53g        Iron 15mg

**SAT****FAT 47%**   **CARBS 40%**   **PROTEIN 13%**

Calories 1414      Cholesterol 0mg  
 Fat 78g            Sodium 844mg  
 Carbs 151g        Vitamin A 9393IU  
 Fiber 31g         Vitamin C 55mg  
 Sugar 51g         Calcium 388mg  
 Protein 49g        Iron 17mg



## FRUITS

- 3/4 Apple
- 2 1/3 Avocado
- 3 Banana
- 3 3/4 cups Grapes
- 1/3 Lemon
- 2 Navel Orange

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1/4 cup Almond Butter
- 1/3 cup Maple Syrup
- 1 cup Steel Cut Oats

## SEEDS, NUTS & SPICES

- 3/4 cup Almonds
- 2/3 tsp Black Pepper
- 2/3 tsp Cinnamon
- 1 1/4 tsps Cumin
- 1 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 3/4 cup Hemp Seeds
- 2 tsps Onion Powder
- 1 tsp Paprika
- 2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric
- 1/3 cup Walnuts

## FROZEN

- 4 Brown Rice Tortilla
- 2 cups Frozen Cherries
- 1/2 cup Frozen Edamame
- 1/2 cup Frozen Peas

## VEGETABLES

- 1 1/2 cups Asparagus
- 7 cups Baby Spinach
- 4 1/2 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 3 1/2 Garlic
- 1 1/2 tsps Ginger
- 1 cup Mushrooms
- 1 cup Parsley
- 1/3 cup Red Onion
- 1 1/2 Sweet Potato
- 4 cups Swiss Chard
- 1/2 Yellow Onion

## BOXED & CANNED

- 1 1/2 cups Black Beans
- 1/4 cup Brown Rice
- 1/2 cup Brown Rice Macaroni
- 1 1/2 cups Chickpeas
- 1 cup Lentils
- 2 cups Salsa

## BAKING

- 2 tsps Almond Flour
- 1/2 tsp Arrowroot Powder
- 2 2/3 tsps Cocoa Powder
- 1 cup Pureed Pumpkin

## CONDIMENTS & OILS

- 2 tsps Apple Cider Vinegar
- 1 1/2 tsps Coconut Oil
- 2 1/4 tsps Dijon Mustard
- 3 1/2 tsps Extra Virgin Olive Oil
- 3 tsps Tahini

## COLD

- 2 1/3 cups Unsweetened Almond Milk

## OTHER

- 5 1/2 cups Water

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

**Behavior-Based Food Habits & Accountability**

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

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

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

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

**\$195/MONTH**

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

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

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

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

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

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

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

 **Simple practices and daily accountability**

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

 **Personal coaching and detailed progress checking**

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

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Orange Immunity Booster Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Pureed Pumpkin  
1 Banana (frozen)  
1/2 tsp Turmeric  
1/4 tsp Cinnamon  
1 1/2 tsps Ginger  
1 tbsp Ground Flax Seed  
3/4 cup Unsweetened Almond Milk  
2 Navel Orange (peeled and sectioned)  
1 tbsp Maple Syrup

## NUTRITION

### AMOUNT PER SERVING

Calories	221	Cholesterol	0mg
Fat	3g	Sodium	70mg
Carbs	50g	Vitamin A	19636...
Fiber	10g	Vitamin C	93mg
Sugar	29g	Calcium	284mg
Protein	5g	Iron	3mg

## DIRECTIONS

01 Place all ingredients into your blender and blend very well until creamy.  
Pour into glasses and enjoy!

## NOTES

### NO PUREED PUMPKIN

Use steamed sweet potato instead.

### MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

### NO MAPLE SYRUP

Sweeten with raw honey or soaked dates instead.

# Sweet Cherry Steel Cut Oats

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 cup Steel Cut Oats  
3 cups Water  
2 cups Frozen Cherries  
1/2 cup Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	316	Cholesterol	0mg
Fat	14g	Sodium	5mg
Carbs	41g	Vitamin A	676IU
Fiber	6g	Vitamin C	1mg
Sugar	8g	Calcium	56mg
Protein	11g	Iron	3mg

## DIRECTIONS

- 01 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 02 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 03 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

## NOTES

### NO CHERRIES

Any fruit will work.

# Chickpea Waldorf Salad

3 SERVINGS 15 MINUTES



## INGREDIENTS

1/3 Avocado (peeled and diced)  
1 1/2 tbsps Apple Cider Vinegar  
2 1/4 tsps Dijon Mustard  
2 1/4 tsps Extra Virgin Olive Oil  
1/3 tsp Sea Salt  
1/3 tsp Black Pepper  
2 1/4 tsps Water  
1 1/2 cups Chickpeas (cooked, drained and rinsed)  
1 1/2 stalks Celery (chopped)  
3/4 Apple (cored and diced)  
3/4 cup Grapes (halved)  
1/3 cup Red Onion (finely diced)  
3 tsps Parsley  
1/3 cup Walnuts (chopped)  
3 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	367	Cholesterol	0mg
Fat	19g	Sodium	388mg
Carbs	41g	Vitamin A	3332IU
Fiber	12g	Vitamin C	22mg
Sugar	14g	Calcium	114mg
Protein	12g	Iron	4mg

## DIRECTIONS

- 01 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 02 Combine chickpeas, celery, apple, grapes, onion, parsley and walnuts in a large bowl. Stir in the dressing and toss until evenly coated. Serve over baby spinach. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ON-THE-GO

Turn it into a mason jar salad by layering the spinach in the bottom of the jar and the waldorf mix on top.

### NUT-FREE

Use sunflower seeds instead of walnuts.

# Grapes & Almonds

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Grapes  
1/4 cup Almonds

## DIRECTIONS

- 01 Combine grapes and almonds together in a bowl.
- 02 Happy snacking!

## NUTRITION

### AMOUNT PER SERVING

Calories	269	Cholesterol	0mg
Fat	18g	Sodium	2mg
Carbs	23g	Vitamin A	93IU
Fiber	5g	Vitamin C	4mg
Sugar	17g	Calcium	109mg
Protein	8g	Iron	2mg

# Banana with Peanut Butter

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 Banana (peeled and sliced)  
1/4 cup All Natural Peanut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	34g	Vitamin A	76IU
Fiber	5g	Vitamin C	10mg
Sugar	18g	Calcium	22mg
Protein	8g	Iron	1mg

## DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

## NOTES

### NO PEANUT BUTTER

Use any nut or seed butter.

### MORE PROTEIN

Sprinkle with hemp seeds.

# Sweet Potato & Black Bean Salad

3 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 1/2 Sweet Potato (diced into 1/2 inch cubes)
- 2 1/4 tsps Extra Virgin Olive Oil
- 3/4 tsp Cumin
- 1/3 tsp Cinnamon
- 1/3 tsp Paprika
- 3 tbsps Tahini
- 1/3 Lemon (juiced)
- 1 1/2 Garlic (cloves, minced)
- 1 1/2 tbsps Unsweetened Almond Milk
- 1 1/2 cups Black Beans (cooked, drained and rinsed)
- 1 1/2 cups Cherry Tomatoes (halved)
- 3/4 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	315	Cholesterol	0mg
Fat	12g	Sodium	73mg
Carbs	42g	Vitamin A	11303IU
Fiber	13g	Vitamin C	35mg
Sugar	5g	Calcium	161mg
Protein	13g	Iron	5mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

## NOTES

### NO BLACK BEANS

Use lentils, chickpeas or quinoa instead.

### NO TAHINI

Use hummus instead.

### STORAGE

Refrigerate in air-tight container up to 3-5 days.



# 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.

# Creamy Edamame & Mushroom Pasta

2 SERVINGS 25 MINUTES



## INGREDIENTS

1/2 cup Brown Rice Macaroni  
1 tbsp Extra Virgin Olive Oil  
1 cup Mushrooms (sliced)  
1 cup Unsweetened Almond Milk  
2 tsps Onion Powder  
1 tsp Garlic Powder  
1/2 tsp Arrowroot Powder  
2 tsps Almond Flour  
1 tsp Sea Salt  
1/2 cup Frozen Peas  
1/2 cup Frozen Edamame  
2 cups Baby Spinach (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	330	Cholesterol	0mg
Fat	15g	Sodium	1320mg
Carbs	39g	Vitamin A	4018IU
Fiber	8g	Vitamin C	16mg
Sugar	4g	Calcium	316mg
Protein	14g	Iron	4mg

## DIRECTIONS

- 01 Bring a large pot of water to a boil and cook brown rice pasta as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 02 Meanwhile, heat olive oil in a large skillet over medium heat. Add mushrooms and cook until soft. Set mushrooms aside.
- 03 In the same saucepan over medium heat, add almond milk, onion powder, garlic powder, arrowroot powder, almond flour and salt. Bring to a boil, whisking occasionally.
- 04 Reduce heat and let simmer for 15 minutes, stirring occasionally until the sauce becomes thicker.
- 05 Add mushrooms, peas, edamame and spinach. When sauce is simmering again and spinach has wilted, add pasta and stir until well coated. Divide into bowls and enjoy!

## NOTES

### STORAGE

Best enjoyed immediately after cooking, but you can refrigerate in an air-tight container up to 3-4 days. Reheat in a skillet with a splash of almond milk.

### MORE PROTEIN

Serve with diced chicken breast, shrimp or add extra edamame.

### LIKES IT SPICY

Add red pepper flakes.

# 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.

# Brown Rice Chips with Salsa

4 SERVINGS 15 MINUTES



## INGREDIENTS

4 Brown Rice Tortilla  
2 cups Salsa

## NUTRITION

### AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	3g	Sodium	1094mg
Carbs	36g	Vitamin A	599IU
Fiber	5g	Vitamin C	2mg
Sugar	8g	Calcium	39mg
Protein	5g	Iron	1mg

## DIRECTIONS

- 01 Preheat oven to 415°F (213°C). Defrost brown rice tortillas and slice into 1/8's using a pizza cutter. Place on a baking sheet and bake for 6 minutes.
- 02 Remove chips from oven. Serve with salsa. Enjoy!

## NOTES

### FLAVOURED CHIPS

Flavour your chips by brushing them with a bit of olive oil and spices before baking. Sea salt, cumin and chili powder all work great!

### EXTRA MEXICAN FLAVOUR

Squeeze a lime wedge over the chips after baking.

### LOW FODMAP

Ensure the salsa is onion-free.

# Chocolate Almond Butter Pudding

3 SERVINGS 5 MINUTES



## INGREDIENTS

2 Avocado (peeled and pits removed)  
1/4 cup Maple Syrup  
1/2 cup Unsweetened Almond Milk  
2 2/3 tbsps Cocoa Powder  
1/4 cup Almond Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	427	Cholesterol	0mg
Fat	32g	Sodium	42mg
Carbs	36g	Vitamin A	279IU
Fiber	13g	Vitamin C	13mg
Sugar	18g	Calcium	197mg
Protein	8g	Iron	2mg

## DIRECTIONS

- 01 Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
- 02 Divide into small bowls, add your choice of toppings or enjoy as is!

## NOTES

### NO COCOA POWDER

Use cacao powder instead.

### NO ALMOND BUTTER

Use peanut butter or any type of nut butter.

### OPTIONAL TOPPINGS

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

### MORE FIBRE

Add ground flax seeds before blending.

Day	Task	Notes	
<p style="text-align: center;"><b>0 Sun</b></p>		<p>Grocery shop.</p>	<p>Grab the grocery list for the Vegan for 1 Program and get to it! Don't forget to adjust serving sizes if necessary and mark off any items you already have. Add any additional items to your list that you might need.</p>
		<p>Make Orange Immunity Booster Smoothies.</p>	<p>For breakfast on Monday and Tuesday. Combine all ingredients in a blender and blend very well until smooth. Divide into two mason jars, seal and store in the fridge.</p>
		<p>Make Chickpea Waldorf Salad.</p>	<p>Divide into containers and store in the fridge.</p>
		<p>Prepare Grapes &amp; Almonds snacks.</p>	<p>For snack on Monday and Tuesday. Divide into small containers or baggies and store in the fridge.</p>
		<p>Prepare Brown Rice Chips with Salsa.</p>	<p>Bake the brown rice chips and divide into airtight containers or baggies. Portion out the salsa into small containers. Store chips at room temperature and salsa in the fridge.</p>
	<p>Get started on the Sweet Potato &amp; Black Bean Salad.</p>	<p>For Monday night's dinner. Chop your sweet potato then drain and rinse your black beans. Store in</p>	

			separate airtight containers in the fridge.
<b>1 Mon</b>		Pack your meals if you are on-the-go.	Orange Immunity Booster Smoothie, Chickpea Waldorf Salad and Grapes & Almonds.
		Finish preparing Sweet Potato & Black Bean Salad.	Enjoy for dinner. Divide leftovers into containers for Tuesday and Thursday's lunch.
		Enjoy Brown Rice Chips with Salsa for a snack.	Tip: If brown rice tortilla chips have lost their crunch, reheat in the oven at 350 for 10 minutes to crisp them back up.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Orange Immunity Booster Smoothie, Sweet Potato & Black Bean Salad and Grapes & Almonds.
		Enjoy leftover Chickpea Waldorf Salad for dinner.	Tip: Add in extra grapes, celery, apple, red onion or parsley if needed to ensure you have enough leftover for tomorrow's lunch.
		Prepare your Sweet Cherry Steel Cut Oats.	For Wednesday, Thursday, Friday and Saturday morning's breakfast. Divide into containers or mason jars, seal and store in the fridge.  Tip: Jazz these up throughout the mornings by

			adding extra fruit, nuts, coconut flakes, almond milk or nut butter.
<b>3 Wed</b>		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Chickpea Waldorf Salad and Brown Rice Chips with Salsa.
		Make Cream of Celery & Asparagus Soup for dinner.	Divide leftovers into containers. Set aside a portion for Saturday's lunch and freeze the rest.
		Make Chocolate Almond Butter Pudding for snack.	Divide into bowls. Enjoy one for snack tonight, and set aside the others for snacks on Thursday and Friday.
<b>4 Thu</b>		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Sweet Potato & Black Bean Salad and Brown Rice Chips with Salsa.
		Make Creamy Edamame & Mushroom Pasta for dinner.	Enjoy and pack away leftovers for tomorrow's lunch.
		Enjoy leftover Chocolate Almond Butter Pudding for snack.	
		Divide peanut butter into small containers.	For Banana with Peanut Butter snacks on Friday and Saturday.

<b>5 Fri</b>		Pack your meals if you are on-the-go.	Sweet Cherry Steel Cut Oats, Creamy Edamame & Mushroom Pasta and Banana with Peanut Butter.
		Make Swiss Chard, Lentil & Rice Bowl for dinner. Enjoy Chocolate Almond Butter Pudding for snack.	Divide leftovers into a container for tomorrow.
<b>6 Sat</b>		Pack your meals if you are on the go.	Sweet Cherry Steel Cut Oats, Cream of Celery & Asparagus Soup and Banana with Peanut Butter.
		Enjoy leftover Swiss Chard, Lentil & Rice Bowl for dinner. Mix a bowl of Grapes & Almonds for a snack.	Enjoy! Nom nom nom.
<b>7 Sun</b>		Free day or eat-up-your-leftovers day.	Start your planning and meal prep for next week.

## **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.

