



# Vegetarian Summer Fresh Program

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# Vegetarian Summer Fresh Program

HEAVY METAL FITNESS

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

A vegetarian meal plan inspired by the best summer produce. This plan is entirely vegetarian and can be easily modified to be vegan. So many awesome summer-fresh flavors! Eat clean. Feel awesome.

This program was created by a Registered Dietician.

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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**  
Blueberry Detox Smoothie



**LUNCH**  
Grilled Corn, Nectarine & Quinoa Salad



**SNACK 1**  
Pistachios



**DINNER**  
Falafel Stuffed Peppers



**SNACK 2**  
Cherry Blueberry Coconut Popsicles

## TUE



**BREAKFAST**  
Blueberry Detox Smoothie



**LUNCH**  
Falafel Stuffed Peppers



**SNACK 1**  
Pistachios



**DINNER**  
Grilled Vegetable Beach Bowl



**SNACK 2**  
Cherry Blueberry Coconut Popsicles

## WED



**BREAKFAST**  
Acai Bowl



**LUNCH**  
Grilled Vegetable Beach Bowl



**SNACK 1**  
Roasted Edamame



**DINNER**  
Nectarine & Pesto Zoodles



**SNACK 2**  
Cherry Blueberry Coconut Popsicles

## THU



**BREAKFAST**  
Acai Bowl



**LUNCH**  
Nectarine & Pesto Zoodles



**SNACK 1**  
Roasted Edamame



**DINNER**  
Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

**SNACK 2**  
Peach Ice Cream

## FRI



**BREAKFAST**  
Acai Bowl



**LUNCH**  
Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette



**SNACK 1**  
Hummus Dippers



**DINNER**  
Portobello Veggie Burgers with Goat Cheese

**SNACK 2**  
Peach Ice Cream

## SAT



**BREAKFAST**  
Spinach, Tomato & Goat Cheese Scramble



**LUNCH**  
Portobello Veggie Burgers with Goat Cheese



**SNACK 1**  
Hummus Dippers



**DINNER**  
Roasted Plum, Arugula & Goat Cheese Flatbread

**SNACK 2**  
Peach Ice Cream

**MON****FAT 50%****CARBS 39%****PROTEIN 11%**

Calories 1437

Fat 85g

Carbs 151g

Fiber 34g

Sugar 54g

Protein 41g

Cholesterol 0mg

Sodium 1046mg

Vitamin A 7004IU

Vitamin C 131mg

Calcium 824mg

Iron 14mg

**TUE****FAT 53%****CARBS 36%****PROTEIN 11%**

Calories 1599

Fat 100g

Carbs 155g

Fiber 39g

Sugar 49g

Protein 45g

Cholesterol 0mg

Sodium 1217mg

Vitamin A 8631IU

Vitamin C 192mg

Calcium 893mg

Iron 16mg

**WED****FAT 52%****CARBS 36%****PROTEIN 12%**

Calories 1636

Fat 100g

Carbs 157g

Fiber 44g

Sugar 56g

Protein 51g

Cholesterol 0mg

Sodium 724mg

Vitamin A 6160IU

Vitamin C 204mg

Calcium 646mg

Iron 16mg

**THU****FAT 57%****CARBS 32%****PROTEIN 11%**

Calories 1890

Fat 127g

Carbs 161g

Fiber 46g

Sugar 75g

Protein 56g

Cholesterol 3mg

Sodium 760mg

Vitamin A 7084IU

Vitamin C 154mg

Calcium 714mg

Iron 17mg

**FRI****FAT 50%****CARBS 38%****PROTEIN 12%**

Calories 1633

Fat 97g

Carbs 166g

Fiber 45g

Sugar 68g

Protein 53g

Cholesterol 13mg

Sodium 761mg

Vitamin A 7721IU

Vitamin C 387mg

Calcium 647mg

Iron 16mg

**SAT****FAT 53%****CARBS 31%****PROTEIN 16%**

Calories 1442

Fat 90g

Carbs 116g

Fiber 28g

Sugar 32g

Protein 60g

Cholesterol 485mg

Sodium 1286mg

Vitamin A 8668IU

Vitamin C 405mg

Calcium 435mg

Iron 14mg



## FRUITS

- 1 Avocado
- 8 Banana
- 2 1/2 cups Blueberries
- 2 cups Cherries
- 2 Kiwi
- 2 1/2 Lemon
- 5 Nectarine
- 4 Peach
- 1 Plum
- 1 cup Strawberries

## BREAKFAST

- 1 cup Macadamia Nut Butter

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 2 tsps Black Pepper
- 1 cup Cashews
- 1/2 cup Chia Seeds
- 1 1/3 tsps Cinnamon
- 1/4 cup Ground Flax Seed
- 2 tsps Hemp Seeds
- 1 tsp Oregano
- 1/2 cup Pecans
- 2 cups Pistachios, In Shell
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Walnuts

## FROZEN

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

## VEGETABLES

- 1 cup Alfalfa Sprouts
- 1 cup Arugula
- 13 cups Baby Spinach
- 2 cups Basil Leaves
- 1 Carrot
- 4 stalks Celery
- 2 cups Cherry Tomatoes
- 1/2 cup Cilantro
- 2 ears Corn On The Cob
- 1/2 Cucumber
- 1/4 cup Fresh Dill
- 6 Garlic
- 4 cups Kale Leaves
- 1/2 cup Mint Leaves
- 2 cups Mixed Greens
- 1/2 cup Parsley
- 1 1/2 lbs Portobello Mushroom Caps
- 3 Red Bell Pepper
- 2 1/2 cups Red Onion
- 3 1/2 Yellow Bell Pepper
- 6 Zucchini

## BOXED & CANNED

- 1/2 cup Canned Coconut Milk
- 4 cups Chickpeas
- 1 cup Green Lentils
- 2 cups Lentils
- 1 1/2 cups Quinoa

## BAKING

- 1/4 cup Acai Powder
- 2 tsps Almond Flour
- 1/2 cup Oats
- 1 tbsp Raw Honey

## BREAD, FISH, MEAT & CHEESE

- 1 3/4 cups Goat Cheese
- 1 cup Hummus

## CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 3 tsps Balsamic Vinegar
- 1 tbsp Coconut Oil
- 1 3/4 cups Extra Virgin Olive Oil
- 1/3 cup Sun Dried Tomatoes
- 1/4 cup Tahini

## COLD

- 5 Egg
- 6 1/8 cups Unsweetened Almond Milk

## OTHER

- 2 2/3 cups Water



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-  **Access to Coaching Software & Mobile App**
-  **Optional Integration with MyFitnessPal & Fitbit**
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-  **Monthly Macro-Based Recipe Suggestions\***
-  **Optional Access to Meal Planning App for Recipe DIY\***
-  **Your Choice of 4 7-Day RD-Created Meal Plans\***
-  **Exclusive Resources to help you implement your habits**

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

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

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

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

 **Simple practices and daily accountability**

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

 **Personal coaching and detailed progress checking**

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

**GET LASTING RESULTS WITH COACHING & ACCOUNTABILITY**

# Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 cups Frozen Blueberries  
2 cups Baby Spinach  
2 Banana (peeled, chopped and frozen)  
2 tbsps Chia Seeds  
2 cups Unsweetened Almond Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	280	Cholesterol	0mg
Fat	8g	Sodium	187mg
Carbs	53g	Vitamin A	3459IU
Fiber	12g	Vitamin C	23mg
Sugar	28g	Calcium	566mg
Protein	6g	Iron	3mg

## DIRECTIONS

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

## NOTES

### MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

### STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

# Acai Bowl

6 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Oats  
1/2 cup Almonds (crushed)  
1 tbsp Coconut Oil  
1 tbsp Raw Honey  
4 Banana  
4 cups Frozen Berries  
2 cups Baby Spinach  
2 cups Unsweetened Almond Milk  
1/4 cup Ground Flax Seed  
1/4 cup Chia Seeds  
1/4 cup Acai Powder  
1 1/3 tbsps Cinnamon  
1 cup Strawberries (sliced)  
1 cup Blueberries  
2 Kiwi (sliced)  
1 Nectarine (chopped)  
2 tbsps Hemp Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	402	Cholesterol	0mg
Fat	17g	Sodium	64mg
Carbs	60g	Vitamin A	1275IU
Fiber	15g	Vitamin C	75mg
Sugar	30g	Calcium	316mg
Protein	10g	Iron	4mg

## DIRECTIONS

- 01 To make granola, toast oats and crushed almonds on the stovetop at medium-low heat for about 5 minutes. Add coconut oil and honey. Stir to coat evenly for additional 2-3 minutes. Remove from heat and set aside.
- 02 Place banana, frozen berries, spinach, almond milk, ground flax seed, chia seeds, acai powder and cinnamon into a blender. Blend well until smooth.
- 03 Divide into bowls and top with strawberries, blueberries, kiwi, nectarine, hemp seeds and granola. Enjoy!

## NOTES

### GET CREATIVE

Top your acai bowl with any other fruit, nuts, seeds, granola or nut butter.

### SMOOTHIE

Omit the chia seeds or add more almond milk for a thinner consistency. Leave out the toppings in step 3.

### VEGAN

Use maple syrup instead of honey.



# Spinach, Tomato & Goat Cheese Scramble

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
5 Egg (whisked)  
1 cup Cherry Tomatoes (halved)  
2 cups Baby Spinach  
1/4 tsp Sea Salt  
1/2 tsp Black Pepper  
1/4 cup Goat Cheese (crumbled)  
1/2 cup Basil Leaves (chopped)

## DIRECTIONS

01 Heat a large skillet over medium heat. Add olive oil.  
02 In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

## NUTRITION

### AMOUNT PER SERVING

Calories	268	Cholesterol	470mg
Fat	19g	Sodium	566mg
Carbs	6g	Vitamin A	4672IU
Fiber	2g	Vitamin C	21mg
Sugar	3g	Calcium	139mg
Protein	20g	Iron	4mg

# Grilled Corn, Nectarine & Quinoa Salad

4 SERVINGS 30 MINUTES



## INGREDIENTS

1/2 cup Quinoa (uncooked)  
1 cup Water  
2 ears Corn on the Cob (grilled or steamed and kernels removed)  
2 Nectarine (pitted and cubed)  
1/2 cup Red Onion (finely sliced)  
1/2 Cucumber (diced)  
1/2 cup Cilantro (chopped)  
1/2 cup Mint Leaves (chopped)  
1/2 Lemon (juiced)  
2 Garlic (cloves, minced)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	234	Cholesterol	0mg
Fat	9g	Sodium	6mg
Carbs	35g	Vitamin A	550IU
Fiber	4g	Vitamin C	13mg
Sugar	10g	Calcium	43mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Place quinoa in a saucepan with water and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside to cool.
- 02 Combine grilled corn, nectarine, red onion, cucumber, cilantro and mint in a large bowl. Add quinoa once cooled.
- 03 Prepare dressing by combining lemon juice, garlic, olive oil, sea salt and pepper.
- 04 Drizzle salad with desired amount of dressing and serve. Enjoy!

## NOTES

### MEAT LOVER

Grill up some chicken breast or grass-fed steak with your corn to serve alongside the salad.

### NO NECTARINES

Used sliced peaches or plums instead.

### SHORT ON TIME

Replace 1 ear of corn with about 1 cup of frozen or canned corn.

# Pistachios

4 SERVINGS 1 MINUTE



## INGREDIENTS

2 cups Pistachios, In Shell

## DIRECTIONS

01 Divide into bowls, peel and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	318	Cholesterol	0mg
Fat	26g	Sodium	216mg
Carbs	16g	Vitamin A	0IU
Fiber	6g	Vitamin C	0mg
Sugar	4g	Calcium	40mg
Protein	12g	Iron	2mg

# Roasted Edamame

2 SERVINGS 45 MINUTES



## INGREDIENTS

2 cups Frozen Edamame  
1 tbsp Extra Virgin Olive Oil  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	247	Cholesterol	0mg
Fat	15g	Sodium	304mg
Carbs	14g	Vitamin A	462IU
Fiber	8g	Vitamin C	9mg
Sugar	3g	Calcium	98mg
Protein	18g	Iron	4mg

## DIRECTIONS

- 01 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 02 Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
- 03 Remove from oven when edamame is golden brown and let cool. Enjoy!

## NOTES

### LESS TIME

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

# Hummus Dippers

4 SERVINGS 15 MINUTES



## INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

## NUTRITION

### AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	11g	Sodium	305mg
Carbs	15g	Vitamin A	2834IU
Fiber	5g	Vitamin C	87mg
Sugar	2g	Calcium	55mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## NOTES

### HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

### MIX IT UP

Substitute in different veggies like cucumber or zucchini.

# Falafel Stuffed Peppers

4 SERVINGS 1 HOUR 10 MINUTES



## INGREDIENTS

1 cup Cashews  
2 cups Chickpeas (cooked, drained and rinsed)  
2 Garlic (cloves, minced)  
2 tbsps Almond Flour  
1/2 cup Basil Leaves (chopped)  
1/2 cup Parsley (chopped)  
3 tbsps Extra Virgin Olive Oil  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
2 Red Bell Pepper  
1/4 cup Tahini  
2 tbsps Unsweetened Almond Milk  
1 Lemon (juiced)  
1/4 cup Fresh Dill  
2 tbsps Water

## NUTRITION

### AMOUNT PER SERVING

Calories	557	Cholesterol	0mg
Fat	38g	Sodium	632mg
Carbs	43g	Vitamin A	2876IU
Fiber	11g	Vitamin C	94mg
Sugar	9g	Calcium	172mg
Protein	17g	Iron	7mg

## DIRECTIONS

- 01 Preheat oven to 400°F (204°C).
- 02 Combine cashews, chickpeas, garlic, almond flour, basil, parsley, olive oil, sea salt and black pepper together in a food processor. Blend until you achieve a smooth consistency.
- 03 Slice bell peppers in half and carve out the seeds. Fill each half evenly with the falafel mixture. Place on a baking sheet lined with parchment paper. Bake in the oven for 50 minutes.
- 04 Meanwhile, create your tahini dill sauce by combining tahini, almond milk, lemon juice, dill and water in the food processor. Pulse until smooth. Transfer into a jar and set aside.
- 05 Remove peppers from the oven. Let cool for 5 minutes then drizzle with tahini dill sauce. Enjoy!



# Grilled Vegetable Beach Bowl

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Red Bell Pepper (sliced into quarters)
- 1 Zucchini (sliced into quarters)
- 1/3 cup Sun Dried Tomatoes
- 4 cups Kale Leaves (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Oregano
- 1 Avocado (peeled and sliced)
- 1 cup Alfalfa Sprouts

## NUTRITION

### AMOUNT PER SERVING

Calories	396	Cholesterol	0mg
Fat	24g	Sodium	177mg
Carbs	39g	Vitamin A	2177IU
Fiber	9g	Vitamin C	74mg
Sugar	5g	Calcium	112mg
Protein	10g	Iron	4mg

## DIRECTIONS

- 01 Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side.
- 03 While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper, garlic, apple cider vinegar and oregano in your blender or food processor. Add 1/2 cup warm water and blend until smooth.
- 04 Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
- 05 Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!

## NOTES

### NO GRILL

Roast vegetables in the oven at 425°F (218°C) for 20 to 30 minutes.

# Nectarine & Pesto Zoodles

4 SERVINGS 30 MINUTES



## INGREDIENTS

- 1 Garlic (clove)
- 1/2 cup Walnuts
- 1 cup Baby Spinach
- 1 cup Basil Leaves (plus extra for garnish)
- 1 Lemon (juiced)
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 1/2 cup Extra Virgin Olive Oil
- 3 Zucchini
- 1 cup Cherry Tomatoes (halved)
- 2 Nectarine (thinly sliced)
- 2 cups Chickpeas (cooked, drained and rinsed)

## NUTRITION

### AMOUNT PER SERVING

Calories	543	Cholesterol	0mg
Fat	40g	Sodium	174mg
Carbs	40g	Vitamin A	2127IU
Fiber	11g	Vitamin C	45mg
Sugar	15g	Calcium	117mg
Protein	13g	Iron	4mg

## DIRECTIONS

- 01 In a food processor, combine garlic, walnuts, spinach, basil, lemon juice, black pepper, sea salt and olive oil. Blend until a creamy pesto forms. Transfer to a jar and set aside.
- 02 Spiralize zucchini into noodles.
- 03 Mix together zucchini noodles, cherry tomatoes, nectarines and chickpeas. Chop the remaining basil leaves and toss well to mix.
- 04 Toss with desired amount of pesto and transfer into bowls. Enjoy!

## NOTES

### MEAT LOVER

Add diced chicken instead of chickpeas.

### NO NECTARINES

Used sliced peaches or plums instead.

# Grilled Cherry Salad with Goat Cheese & Balsamic Vinaigrette

4 SERVINGS 30 MINUTES



## INGREDIENTS

2 tbsps Balsamic Vinegar  
1/3 cup Extra Virgin Olive Oil  
1/4 tsp Sea Salt  
1/4 tsp Black Pepper  
2 cups Cherries (pitted and halved)  
4 cups Baby Spinach  
1 cup Blueberries  
1/3 cup Goat Cheese (crumbled)  
1 cup Green Lentils (cooked, drained and rinsed)  
1/2 cup Pecans (toasted)

## NUTRITION

### AMOUNT PER SERVING

Calories	399	Cholesterol	3mg
Fat	28g	Sodium	218mg
Carbs	32g	Vitamin A	2894IU
Fiber	8g	Vitamin C	18mg
Sugar	17g	Calcium	70mg
Protein	9g	Iron	3mg

## DIRECTIONS

- 01 Create your balsamic vinaigrette by combining balsamic vinegar, olive oil, sea salt and black pepper in a jar. Shake well and set aside.
- 02 Preheat grill with medium heat. Place your pitted and halved cherries in a bowl and add 2 tablespoons of the balsamic vinaigrette and toss well. Transfer cherries to a grill pan and grill until slightly charred (about 5 minutes).
- 03 Place baby spinach in a large salad bowl. Top with grilled cherries, blueberries, goat cheese, lentils and toasted pecans. Drizzle with desired amount of balsamic dressing and serve. Enjoy!

## NOTES

### MEAT LOVER

Grill up some chicken breast or grass-fed steak with your cherries to serve alongside the salad.

### SHORT ON TIME

Add the cherries to the salad raw and skip step 2.

### VEGAN

Skip the goat cheese.



# Portobello Veggie Burgers with Goat Cheese

4 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Red Onion (sliced)  
2 Zucchini (sliced into rounds)  
2 Yellow Bell Pepper (sliced into strips)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 1/2 lbs Portobello Mushroom Caps  
2 cups Lentils (cooked, drained and rinsed)  
1 cup Goat Cheese (or feta)  
2 cups Mixed Greens

## NUTRITION

### AMOUNT PER SERVING

Calories	363	Cholesterol	10mg
Fat	14g	Sodium	174mg
Carbs	44g	Vitamin A	392IU
Fiber	13g	Vitamin C	200mg
Sugar	9g	Calcium	93mg
Protein	22g	Iron	5mg

## DIRECTIONS

- 01 Preheat the grill to medium-high heat.
- 02 In a mixing bowl, combine red onion, zucchini and yellow pepper. Drizzle with olive oil and season with sea salt and black pepper to taste. Toss well. Transfer to a grilling basket and place on the grill. Grill for 15 minutes, or until slightly charred. Toss periodically.
- 03 Brush the insides of the portobello mushroom caps with olive oil. When there is about 5 minutes remaining for the vegetables, place the mushrooms caps face down on the grill and grill until slightly softened. Flip at the halfway point.
- 04 Remove grilled veggies and mushroom caps from the grill. Fill the inside of half the mushroom caps with grilled veggies. Top with lentils and mixed greens. Fill the other half of the portobello caps with goat cheese then place it on top to form the burger. Serve any leftover ingredients as a salad on the side. Enjoy!

## NOTES

### VEGAN

Skip the goat cheese and use pesto instead.

### MEAT LOVER

Top the grilled vegetables with thinly sliced grilled steak, chicken or bacon.

# Roasted Plum, Arugula & Goat Cheese Flatbread

2 SERVINGS 30 MINUTES



## INGREDIENTS

2 Brown Rice Tortilla  
2 tbsps Extra Virgin Olive Oil (divided)  
1/4 cup Goat Cheese (crumbled)  
1 Plum (finely sliced)  
1/2 Yellow Bell Pepper (finely diced)  
1 cup Arugula  
1 tsp Balsamic Vinegar

## NUTRITION

### AMOUNT PER SERVING

Calories	342	Cholesterol	5mg
Fat	19g	Sodium	241mg
Carbs	36g	Vitamin A	444IU
Fiber	4g	Vitamin C	90mg
Sugar	8g	Calcium	35mg
Protein	6g	Iron	1mg

## DIRECTIONS

- 01 Preheat your oven to 410°F (210°C). Line a baking sheet with parchment paper.
- 02 Lay your brown rice tortillas on the baking sheet. Take half of your olive oil and brush it on the tortillas. Top tortillas with plums and yellow paper and sprinkle on your crumbled goat cheese. Bake in the oven for 15 minutes or until tortilla is crispy and plums are slightly roasted.
- 03 Remove from oven and top with a handful of arugula and drizzle with balsamic vinegar and remaining olive oil. Enjoy!

## NOTES

### MEAT LOVER

Add diced chicken.

### VEGAN

Skip the goat cheese and add roasted chickpeas instead.

# Cherry Blueberry Coconut Popsicles

6 SERVINGS 4 HOURS



## INGREDIENTS

- 1/2 cup Frozen Cherries (roughly chopped)
- 1/2 cup Blueberries
- 1/2 cup Canned Coconut Milk

## NUTRITION

### AMOUNT PER SERVING

Calories	48	Cholesterol	0mg
Fat	4g	Sodium	5mg
Carbs	4g	Vitamin A	119IU
Fiber	1g	Vitamin C	1mg
Sugar	3g	Calcium	3mg
Protein	0g	Iron	0mg

## DIRECTIONS

- 01 If you do not have popsicle moulds, purchase 3oz cups and popsicle sticks from the dollar store. Insert each popsicle stick into the middle of a cherry to anchor it in each cup.
- 02 Add chopped cherries and blueberries to fill about 3/4 of the cup, around the stick. Fill remainder of cup with coconut milk.
- 03 Place in freezer for 4 hours or until completely frozen.
- 04 Once frozen, run under warm water for a few seconds to make it easier to remove from the cup or mould. Enjoy!

## NOTES

### MORE CREAMY

Blend all ingredients together in a food processor or blender and divide into cups.

### NO COCONUT MILK

Use almond milk or any other dairy milk alternative.

# Peach Ice Cream

6 SERVINGS 5 MINUTES



## INGREDIENTS

4 Peach (sliced and frozen)  
1 cup Macadamia Nut Butter

## NUTRITION

### AMOUNT PER SERVING

Calories	299	Cholesterol	0mg
Fat	27g	Sodium	0mg
Carbs	15g	Vitamin A	326IU
Fiber	4g	Vitamin C	7mg
Sugar	10g	Calcium	113mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Add frozen peaches and nut butter to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth.
- 02 Scoop into a bowl and enjoy immediately as soft serve. For firmer ice cream, place in an airtight freezer-safe container and freeze for at least 1 hour before scooping.

## NOTES

### HOMEMADE

Make your own macadamia nut butter by blending raw macadamia nuts in the food processor for about 5-8 minutes. Occasionally scrape down the sides. 1 cup of nuts will make 1/2 cup of nut butter.

### NUT ALLERGY

Use sunflower seed butter instead.

### MAKE IT SWEETER

Add 1 tbsp of honey or maple syrup when blending, or drizzle on top before serving

Day		Task	Notes
0 Sun		Grocery shop.	Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.
		Make the Grilled Corn, Nectarine, and Quinoa Salad.	Store in a container in the fridge for lunch tomorrow.
		Make the Cherry Blueberry Coconut Popsicles.	Store in the freezer for snacks.
1 Mon		Make the Blueberry Detox Smoothie.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Blueberry Detox Smoothie, Grilled Corn, Nectarine, and Quinoa Salad, and Pistachios.
		Make the Falafel Stuffed Peppers for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Cherry Blueberry Coconut Popsicles for dessert or an after dinner snack.	
	Make the Blueberry Detox Smoothie.	Pour into a glass or travel cup.	
	Pack your meals if you are on-the-go.	Blueberry Detox Smoothie, Falafel Stuffed Peppers,	

<b>2 Tue</b>			and Pistachios.
		Make the Grilled Vegetable Beach Bowl for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Make Roasted Edamame snacks.	Let cool, divide between containers and at room temperature.
		Enjoy Cherry Blueberry Coconut Popsicles for dessert or an after dinner snack.	
<b>3 Wed</b>		Make Acai Bowl for breakfast.	Divide leftover base between airtight containers and store in the fridge. Add toppings before serving for breakfast tomorrow and Friday.
		Pack your meals if you are on-the-go.	Acai Bowl, Grilled Vegetable Beach Bowl, and Roasted Edamame.
		Make Nectarine & Pesto Zoodles for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Cherry Blueberry Coconut Popsicles for dessert or an after dinner snack.	
		Pack your meals if you are on-the-go.	Acai Bowl, Nectarine & Pesto Zoodles, and Roasted Edamame.

<b>4 Thu</b>		Make Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Make Peach Ice Cream dessert or an after dinner snack.	Store leftovers in the freezer.
		Make the Hummus Dippers snacks.	Store in jars in the fridge.
<b>5 Fri</b>		Pack your meals if you are on-the-go.	Acai Bowl, Grilled Cherry Salad with Goat Cheese and Balsamic Vinaigrette, and Hummus Dippers.
		Make Portobello Veggie Burgers with Goat Cheese for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
Enjoy Peach Ice Cream for dessert or an after dinner snack.			
<b>6 Sat</b>		Make the Spinach, Tomato & Goat Cheese Scramble for breakfast.	Bon appetit!
		Pack your meals if you are on-the-go.	Spinach, Tomato & Goat Cheese Scramble, Portobello Veggie Burgers with Goat Cheese, and Hummus Dippers.
		Make Roasted Plum, Arugula & Goat Cheese Flatbread for dinner.	Enjoy!

		Enjoy Peach Ice Cream for dessert or an after dinner snack.	
<b>7 Sun</b>		Shop and prep for the week ahead.	Don't forget to set aside some time to meal plan and shop for next week!

## **WAIVER**

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