



# We Run This Year Program

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## HEAVY METAL FITNESS

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

Get ready for some fun because this is YOUR year! We've made you a delicious meal plan to hit the ground running in the new year, given you the recipes and your grocery list is all set to go. Now you just have to make the commitment! This will be a super fun week of fueling our bodies with healthy food and staying motivated to eat well.

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**  
Pumpkin Pie Overnight Oats



**LUNCH**  
Protein Packed Deviled Eggs



**SNACK 1**  
Dried Mango & Brazil Nuts



**DINNER**  
One Pan Mediterranean Trout



**SNACK 2**  
Popcorn

## TUE



**BREAKFAST**  
Pumpkin Pie Overnight Oats



**LUNCH**  
One Pan Mediterranean Trout



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Unstuffed Cabbage Rolls



**SNACK 2**  
Cashews & Clementines

## WED



**BREAKFAST**  
Spinach Quiche with Sweet Potato Crust



**LUNCH**  
Unstuffed Cabbage Rolls



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Rosemary Lemon Chicken Skillet



**SNACK 2**  
Almond Butter Apple Sandwiches

## THU



**BREAKFAST**  
Spinach Quiche with Sweet Potato Crust



**LUNCH**  
Rosemary Lemon Chicken Skillet



**SNACK 1**  
Dried Mango & Brazil Nuts



**DINNER**  
Slow Cooker Maple Mustard Chicken



**SNACK 2**  
Popcorn

## FRI



**BREAKFAST**  
Winter Berry Smoothie



**LUNCH**  
Slow Cooker Maple Mustard Chicken



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Sweet Potato & Black Bean Salad



**SNACK 2**  
Cashews & Clementines

## SAT



**BREAKFAST**  
Winter Berry Smoothie



**LUNCH**  
Sweet Potato & Black Bean Salad



**SNACK 1**  
Clean Trail Mix



**DINNER**  
Loaded Sweet Potato & Kale Quesadilla



**SNACK 2**  
Almond Butter Apple Sandwiches

**MON****FAT 48%**    **CARBS 30%**    **PROTEIN 22%**

Calories 1566                      Cholesterol 496mg  
 Fat 87g                              Sodium 1299mg  
 Carbs 123g                        Vitamin A 25287IU  
 Fiber 27g                         Vitamin C 62mg  
 Sugar 53g                        Calcium 721mg  
 Protein 87g                        Iron 16mg

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

Calories 1832                      Cholesterol 168mg  
 Fat 95g                              Sodium 1367mg  
 Carbs 166g                        Vitamin A 23478IU  
 Fiber 29g                         Vitamin C 198mg  
 Sugar 48g                        Calcium 806mg  
 Protein 93g                        Iron 20mg

**WED****FAT 45%**    **CARBS 33%**    **PROTEIN 22%**

Calories 1524                      Cholesterol 482mg  
 Fat 78g                              Sodium 1494mg  
 Carbs 130g                        Vitamin A 22422IU  
 Fiber 21g                         Vitamin C 130mg  
 Sugar 39g                        Calcium 481mg  
 Protein 86g                        Iron 14mg

**THU****FAT 42%**    **CARBS 29%**    **PROTEIN 29%**

Calories 1343                      Cholesterol 621mg  
 Fat 63g                              Sodium 1808mg  
 Carbs 98g                        Vitamin A 24590IU  
 Fiber 17g                         Vitamin C 74mg  
 Sugar 50g                        Calcium 351mg  
 Protein 98g                        Iron 11mg

**FRI****FAT 40%**    **CARBS 39%**    **PROTEIN 21%**

Calories 1511                      Cholesterol 213mg  
 Fat 69g                              Sodium 1128mg  
 Carbs 153g                        Vitamin A 16399IU  
 Fiber 31g                         Vitamin C 212mg  
 Sugar 50g                        Calcium 813mg  
 Protein 84g                        Iron 16mg

**SAT****FAT 45%**    **CARBS 45%**    **PROTEIN 10%**

Calories 1551                      Cholesterol 0mg  
 Fat 81g                              Sodium 626mg  
 Carbs 184g                        Vitamin A 25515IU  
 Fiber 36g                         Vitamin C 160mg  
 Sugar 53g                        Calcium 889mg  
 Protein 42g                        Iron 13mg



## FRUITS

- 4 Apple
- 1/2 Avocado
- 8 Clementines
- 3 Lemon
- 2 Navel Orange

## BREAKFAST

- 1/2 cup Almond Butter
- 20 pieces Dried Unsweetened Mango
- 1/3 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1 tsp Black Pepper
- 1 cup Brazil Nuts
- 1 cup Cashews
- 2 tbsps Chia Seeds
- 1/2 tsp Cinnamon
- 4 cups Clean Trail Mix
- 1 tsp Cumin
- 1 tsp Dried Basil
- 2 tbsps Ground Flax Seed
- 1/3 cup Hemp Seeds
- 2 tsps Paprika
- 1/2 cup Pecans
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

## FROZEN

- 2 Brown Rice Tortilla
- 3 cups Frozen Berries

## VEGETABLES

- 12 cups Baby Spinach
- 2 cups Basil Leaves
- 2 cups Cherry Tomatoes
- 1/2 Cucumber
- 11 Garlic
- 8 cups Green Beans
- 8 cups Green Cabbage
- 9 stalks Green Onion
- 3 cups Kale Leaves
- 1 cup Parsley
- 2 tbsps Rosemary
- 1/2 Sweet Onion
- 6 Sweet Potato
- 5 Tomato
- 1 Yellow Onion

## BOXED & CANNED

- 2 cups Black Beans
- 1/2 cup Brown Rice
- 3 cups Diced Tomatoes
- 8 cups Popcorn
- 1 can Tuna

## BAKING

- 2 cups Oats
- 1 tbsp Pumpkin Pie Spice
- 2 cups Pureed Pumpkin

## BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 2 lbs Chicken Thighs
- 1 lb Extra Lean Ground Beef
- 4 Rainbow Trout Fillet

## CONDIMENTS & OILS

- 1 1/2 cups Artichoke Hearts
- 1 tbsp Balsamic Vinegar
- 1 1/4 tbsps Coconut Oil
- 1/3 cup Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 1/4 cup Tahini

## COLD

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

## OTHER

- 3/4 cup 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**

# Pumpkin Pie Overnight Oats

4 SERVINGS 8 HOURS



## INGREDIENTS

2 cups Oats (quick or traditional)  
2 cups Unsweetened Almond Milk  
2 cups Pureed Pumpkin  
2 tbsps Chia Seeds  
1/4 cup Maple Syrup  
1 tbsp Pumpkin Pie Spice  
1/2 cup Pecans (toasted and chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	381	Cholesterol	0mg
Fat	15g	Sodium	92mg
Carbs	56g	Vitamin A	19325...
Fiber	11g	Vitamin C	6mg
Sugar	17g	Calcium	350mg
Protein	9g	Iron	5mg

## DIRECTIONS

- 01 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 02 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### NO PUMPKIN PIE SPICE

Use cinnamon instead.

### NO PECANS

Use any type of crushed nuts or hemp seeds instead.

# Spinach Quiche with Sweet Potato Crust

4 SERVINGS 50 MINUTES



## INGREDIENTS

1 Sweet Potato (sliced into thin rounds)  
3/4 tsp Coconut Oil  
7 Egg  
3 Garlic (cloves, minced)  
8 stalks Green Onion (chopped)  
4 cups Baby Spinach (chopped)  
1 Tomato (diced)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	182	Cholesterol	326mg
Fat	9g	Sodium	181mg
Carbs	11g	Vitamin A	9272IU
Fiber	2g	Vitamin C	18mg
Sugar	3g	Calcium	106mg
Protein	13g	Iron	3mg

## DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Grease a glass pie plate with a bit of coconut oil. Cover the base and sides of the plate with the sweet potato rounds. Layer the rounds until no glass is showing. Bake in the oven for 15 minutes.
- 02 Meanwhile, crack eggs into a mixing bowl and whisk well. Set aside.
- 03 Heat coconut oil in a skillet over medium heat. Add in minced garlic and green onions. Sautee for 3 to 5 minutes. Add in chopped spinach and saute just until wilted. Remove from heat.
- 04 Add spinach mix and diced tomatoes into the egg mix. Season with salt and pepper. Stir well.
- 05 Remove sweet potato crust from the oven. Pour egg mixture over top of the crust. Reduce the temperature of the oven to 375°F (191°C). Place quiche in the oven and bake for 30 to 40 minutes or until the top is golden brown.
- 06 Remove from oven and cut into slices. Enjoy!

# Winter Berry Smoothie

2 SERVINGS 10 MINUTES



## INGREDIENTS

1 1/2 cups Unsweetened Almond Milk  
1 tbsp Ground Flax Seed  
1 tbsp Hemp Seeds  
1 Navel Orange (peeled and sectioned)  
1 1/2 cups Frozen Berries  
2 cups Baby Spinach

## DIRECTIONS

01 Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)

## NUTRITION

### AMOUNT PER SERVING

Calories	168	Cholesterol	0mg
Fat	6g	Sodium	145mg
Carbs	27g	Vitamin A	3361IU
Fiber	8g	Vitamin C	80mg
Sugar	17g	Calcium	426mg
Protein	6g	Iron	3mg



# Protein Packed Deviled Eggs

2 SERVINGS 20 MINUTES



## INGREDIENTS

4 Egg (hard boiled)  
1 can Tuna (drained)  
1/2 Avocado  
1 stalk Green Onion (chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 tsp Paprika  
1/2 Cucumber (sliced)

## DIRECTIONS

- 01 Hard boil your eggs.
- 02 Once cool, peel the eggs and slice them in half. Remove the yolk and add it to a bowl. Add in the tuna, avocado and green onion. Season with sea salt and black pepper to taste. Mix and mash very well and then stuff the mixture back into the eggs. Sprinkle with paprika and enjoy with cucumber slices on the side.

## NUTRITION

### AMOUNT PER SERVING

Calories	309	Cholesterol	402mg
Fat	18g	Sodium	352mg
Carbs	8g	Vitamin A	1263IU
Fiber	4g	Vitamin C	8mg
Sugar	2g	Calcium	93mg
Protein	30g	Iron	4mg



# Dried Mango & Brazil Nuts

4 SERVINGS 3 MINUTES



## INGREDIENTS

20 pieces Dried Unsweetened Mango  
(large)

1 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

# Clean Trail Mix

4 SERVINGS 2 MINUTES



## INGREDIENTS

2 cups Clean Trail Mix

## NUTRITION

### AMOUNT PER SERVING

Calories	347	Cholesterol	0mg
Fat	22g	Sodium	172mg
Carbs	34g	Vitamin A	14IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	59mg
Protein	10g	Iron	2mg

## DIRECTIONS

- 01 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 02 Pour into bowl and snack away!

# One Pan Mediterranean Trout

4 SERVINGS 25 MINUTES



## INGREDIENTS

2 cups Basil Leaves  
1/2 Lemon (juiced)  
1 Garlic (clove)  
1/4 tsp Sea Salt  
1/4 cup Hemp Seeds  
1/4 cup Extra Virgin Olive Oil  
4 Rainbow Trout Fillet (about 5 oz. each)  
1 1/2 cups Artichoke Hearts  
1/2 cup Pitted Kalamata Olives  
4 Tomato (large, quartered)

## NUTRITION

### AMOUNT PER SERVING

Calories	427	Cholesterol	94mg
Fat	26g	Sodium	660mg
Carbs	10g	Vitamin A	3197IU
Fiber	6g	Vitamin C	36mg
Sugar	3g	Calcium	203mg
Protein	39g	Iron	5mg

## DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking sheet with parchment.
- 02 Make pesto by combining basil, lemon juice, garlic, sea salt, hemp seeds and olive oil together in a small food processor. Pulse until smooth.
- 03 Lay rainbow trout on baking sheet and arrange the artichokes, olives and tomatoes on the baking dish around the fillets. Top each piece of trout with a generous spoonful of pesto.
- 04 Bake for 15 minutes or until fish is cooked through. Divide onto plates and enjoy!

## NOTES

### NO TROUT

Use salmon fillets instead.

### MORE CARBS

Serve with rice or quinoa.

# Unstuffed Cabbage Rolls

4 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 cup Brown Rice (uncooked)  
3/4 cup Water  
1 tbsp Coconut Oil  
1 lb Extra Lean Ground Beef  
1 Yellow Onion (small, finely diced)  
8 cups Green Cabbage (finely sliced)  
3 cups Diced Tomatoes  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	410	Cholesterol	74mg
Fat	16g	Sodium	436mg
Carbs	37g	Vitamin A	942IU
Fiber	8g	Vitamin C	83mg
Sugar	13g	Calcium	134mg
Protein	28g	Iron	6mg

## DIRECTIONS

- 01 Combine the rice and water in a sauce 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 minutes or until rice is tender.
- 02 While the rice cooks, heat the coconut oil in a large stock pot over medium-high heat. Add the ground beef and onions and saute for about 5 to 7 minutes, or until beef is cooked through and browned. Drain off the fat.
- 03 Add the cabbage, diced tomatoes, sea salt and black pepper. Bring to a boil, then reduce to a simmer. Let simmer uncovered for 15 to 20 minutes, or until cabbage is tender.
- 04 Stir in the cooked rice until everything is well mixed. Let sit over low heat for another 5 minutes.
- 05 Divide into bowls and enjoy!

## NOTES

### NO BEEF

Any type of ground meat will work.

### VEGETARIAN & VEGAN

Use lentils instead of ground meat.

### LEFTOVERS

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

# Rosemary Lemon Chicken Skillet

4 SERVINGS 50 MINUTES



## INGREDIENTS

- 1 lb Chicken Breast (sliced in half)
- 2 tbsps Rosemary (chopped)
- 2 Lemon (divided, 1/2 sliced into rounds, 1/2 zested and juiced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 3 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 2 Sweet Potato (cubed)
- 4 cups Baby Spinach

## NUTRITION

### AMOUNT PER SERVING

Calories	298	Cholesterol	82mg
Fat	13g	Sodium	701mg
Carbs	17g	Vitamin A	12095...
Fiber	3g	Vitamin C	20mg
Sugar	3g	Calcium	63mg
Protein	28g	Iron	2mg

## DIRECTIONS

- 01 Make the chicken marinade by combining rosemary, lemon juice, lemon zest, half of your olive oil, garlic and salt in a bowl. Mix well. Add chicken breast halves and marinade to a zip loc bag and seal. Shake and set aside while you prep the rest.
- 02 Preheat oven to 425°F (218°C).
- 03 Heat remaining olive oil over medium-high heat in a large cast iron skillet. Add sweet potatoes and cook until potatoes soften (about 5 minutes) and remove from heat.
- 04 Arrange chicken breast halves and lemon slices over the sweet potatoes in the cast iron skillet. Pour the remaining marinade from the ziplock bag over the sweet potatoes. Bake uncovered for about 40 to 45 minutes, or until chicken and potatoes are fully cooked.
- 05 Remove from oven and plate sweet potato and chicken over a bed of spinach. Enjoy!

## NOTES

### VEGETARIAN

Use cauliflower steaks instead of chicken.

### LEFTOVERS

Store in the fridge for up to three days.

# Slow Cooker Maple Mustard Chicken

4 SERVINGS 4 HOURS



## INGREDIENTS

2 lbs Chicken Thighs (skinless, boneless)  
2 tbsps Maple Syrup  
1/3 cup Dijon Mustard  
1 tsp Dried Basil  
1 tsp Paprika  
1/2 tsp Sea Salt  
1/2 tsp Black Pepper  
8 cups Green Beans (washed and trimmed)  
1 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	414	Cholesterol	213mg
Fat	13g	Sodium	731mg
Carbs	21g	Vitamin A	1721IU
Fiber	6g	Vitamin C	24mg
Sugar	13g	Calcium	107mg
Protein	48g	Iron	4mg

## DIRECTIONS

- 01 Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
- 02 Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
- 03 Divide green beans between plates and top with maple mustard chicken. Enjoy!

## NOTES

### NO CHICKEN THIGHS

Use chicken breast or drumsticks instead.

### SAVE TIME

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

### MORE CARBS

Serve with rice, sweet potato or quinoa.

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

# Sweet Potato & Black Bean Salad

4 SERVINGS 25 MINUTES



## INGREDIENTS

2 Sweet Potato (diced into 1/2 inch cubes)  
1 tbsp Extra Virgin Olive Oil  
1 tsp Cumin  
1/2 tsp Cinnamon  
1/2 tsp Paprika  
1/4 cup Tahini  
1/2 Lemon (juiced)  
2 Garlic (cloves, minced)  
2 tbsps Unsweetened Almond Milk  
2 cups Black Beans (cooked, drained and rinsed)  
2 cups Cherry Tomatoes (halved)  
1 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.



# Loaded Sweet Potato & Kale Quesadilla

2 SERVINGS 20 MINUTES



## INGREDIENTS

1 Sweet Potato (medium, peeled)  
Sea Salt & Black Pepper (to taste)  
3 tbsps Extra Virgin Olive Oil  
1/2 Sweet Onion (medium, chopped)  
2 Garlic (cloves, minced)  
3 cups Kale Leaves (chopped)  
1 tbsp Balsamic Vinegar  
2 Brown Rice Tortilla

## NUTRITION

### AMOUNT PER SERVING

Calories	434	Cholesterol	0mg
Fat	23g	Sodium	232mg
Carbs	50g	Vitamin A	10738I...
Fiber	7g	Vitamin C	36mg
Sugar	11g	Calcium	124mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Line a baking sheet with parchment paper.
- 02 Chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Season with salt and pepper to taste.
- 03 Meanwhile, heat 1/3 of the olive oil in a pan over medium heat. Saute onions until soft, then add garlic and kale. Heat until kale is wilted.
- 04 In a small bowl, whisk together the balsamic vinegar, remaining olive oil, salt and pepper to taste. Drizzle about 1/2 the balsamic vinaigrette over the kale and stir until well coated.
- 05 Lay a brown rice tortilla on the baking sheet. Spread mashed sweet potato and top evenly with kale mixture. Cover with another tortilla and bake for 10 to 15 minutes or until golden brown and crispy.
- 06 Slice and serve with remaining balsamic vinaigrette.

## NOTES

### KEEP IT FLAT

Place another baking sheet over the quesadilla to keep the tortilla from curling in the oven.

### NO KALE

Use spinach or chopped collard greens instead.

### MORE PROTEIN

Add lentils or grilled chicken.



# Popcorn

4 SERVINGS 2 MINUTES



## INGREDIENTS

8 cups Popcorn

## DIRECTIONS

01 Pour into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	110	Cholesterol	0mg
Fat	6g	Sodium	194mg
Carbs	13g	Vitamin A	2IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	2mg
Protein	2g	Iron	1mg

# Cashews & Clementines

2 SERVINGS 5 MINUTES



## INGREDIENTS

1/2 cup Cashews  
4 Clementines

## DIRECTIONS

01 Divide into bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	267	Cholesterol	0mg
Fat	16g	Sodium	7mg
Carbs	29g	Vitamin A	0IU
Fiber	4g	Vitamin C	72mg
Sugar	15g	Calcium	60mg
Protein	7g	Iron	2mg

# Almond Butter Apple Sandwiches

2 SERVINGS 10 MINUTES



## INGREDIENTS

2 Apple  
1/4 cup 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 the top and bottom off of each apple and discard. Then slice the entire apple in half so you are left with two rounds. Now cut each half in half to make 8 rounds. Cut the center core out of each round.
- 02 Spread 1 tbsp of almond butter on one apple round. Set another round on top. Repeat, plate and enjoy!

## NOTES

### NUT-FREE

Use sunflower seed butter, tahini or pumpkin seed butter instead of nut butter.

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 chicken thighs.	You'll be reminded later on in the week when to set them out to thaw.
		Make the Pumpkin Pie Overnight Oats.	Divide between containers or jars and store in the fridge for breakfasts.
		Make the Protein Packed Deviled Eggs.	Store in a sealed container in the fridge for lunch tomorrow.
1 Mon		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, Protein Packed Deviled Eggs, Dried Mango & Brazil Nuts.
		Make the One Pan Mediterranean Trout for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Popcorn for an after dinner snack.	

<b>2 Tue</b>		Pack your meals if you are on-the-go.	Pumpkin Pie Overnight Oats, One Pan Mediterranean Trout, and Clean Trail Mix.
		Make the Unstuffed Cabbage Rolls for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Cashews & Clementines for dessert or as an after dinner snack.	
<b>3 Wed</b>		Make the Spinach Quiche with Sweet Potato Crust.	Store leftovers in the fridge for breakfast tomorrow.
		Pack your meals if you are on-the-go.	Spinach Quiche with Sweet Potato Crust, Unstuffed Cabbage Rolls, and Clean Trail Mix.
		Make Rosemary Lemon Chicken Skillet for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
		Enjoy Apple Almond Butter Sandwiches for dessert or an after dinner snack.	
		Take the chicken thighs out of the freezer.	Thaw in the fridge overnight for dinner tomorrow.
<b>4 Thu</b>		Start the Slow Cooker Maple Mustard Chicken.	Place chicken thighs, maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper in the slow cooker and cook on low for 6 to 8 hours, or on high for 4 hours.

		Pack your meals if you are on-the-go.	Spinach Quiche with Sweet Potato Crust, Rosemary Lemon Chicken Skillet, & Dried Mango & Brazil Nuts.
		Finish making the Slow Cooker Maple Mustard Chicken for dinner.	Cook the green beans. Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Popcorn as an after dinner snack.	
<b>5 Fri</b>		Make Winter Berry Smoothie for Breakfast.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Winter Berry Smoothie, Slow Cooker Maple Mustard Chicken, and Clean Trail Mix.
		Make the Sweet Potato & Black Bean Salad for dinner.	Store leftovers in a sealed container in the fridge for lunch tomorrow.
		Enjoy Cashews & Clementines for dessert or as an after dinner snack.	
<b>6 Sat</b>		Make Winter Berry Smoothie for Breakfast.	Pour into a glass or travel cup.
		Pack your meals if you are on-the-go.	Winter Berry Smoothie, Sweet Potato & Black Bean Salad, and Clean Trail Mix.
		Make Loaded Sweet Potato & Kale Quesadillas for dinner.	Enjoy!

		Enjoy Almond Butter Apple Sandwiches as dessert or as 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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