



Whole Food Plant Based Diet

TRACY KACZMARCZYK



Whole Food Plant Based Diet

HEAVY METAL FITNESS

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

A plant-based meal plan offering balanced nutrition without the use of animal products. The Whole Food Plant Based Diet is a completely animal product-free approach to healthy eating that maximizes whole grains, vegetables and legumes, while minimizing refined sugars and oils. This plan provides adequate protein from a variety of plant-based sources including grains, legumes, nuts and seeds. Fats are provided by whole food sources like avocados, nuts/seeds, and high-quality oils.

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

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 plant-based diets. This program provides at least 18 milligrams of iron daily from foods like lentils, chickpeas, tofu, 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 plant-based 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, nuts, and seeds.

FIBER

Fiber has several health benefits including improving digestive health, blood pressure, and weight management. This meal plan provides up to 60 grams of fiber daily from foods such as fruits, vegetables, lentils, and whole grains. Soluble fiber has been shown to improve glycemic control and lower blood cholesterol. It is found incorporated into the program from black beans, sweet potato, broccoli, and apples.



HEALTHY FAT

A plant-based 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.

PREBIOTICS & PROBIOTICS

Probiotics and prebiotics bring good bacteria back into the gut. [Probiotics](#) are live bacteria that can help boost your immune system and fight off bad bacteria. [Prebiotics](#) support digestive health by feeding the good bacteria. This meal plan combines foods like [tempeh](#) with [onions and garlic](#) to exert synergistic effects on health.

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
Protein-Packed Avocado Toast



SNACK 1
Blackberries & Pistachios



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Apple Slices & Hummus



DINNER
Broccoli Almond Protein Salad

TUE



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Baby Carrots & Hummus



LUNCH
Broccoli Almond Protein Salad



SNACK 2
Banana with Almond Butter



DINNER
Peanut Butter Curry Chickpea Stew

WED



BREAKFAST
Hummus Toast with Avocado



SNACK 1
Blackberries & Pistachios



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Apple Slices & Hummus



DINNER
Sweet Potato Black Bean Quinoa Bake

THU



BREAKFAST
Gut Healing Green Smoothie



SNACK 1
Baby Carrots & Hummus



LUNCH
Sweet Potato Black Bean Quinoa Bake



SNACK 2
Grapes & Walnuts



DINNER
Peanut Butter Curry Chickpea Stew

FRI



BREAKFAST
Protein-Packed Avocado Toast



SNACK 1
Banana with Almond Butter



LUNCH
Marinated Mixed Bean Salad



SNACK 2
Pistachios



DINNER
Lentil, Sweet Potato & Arugula Salad

SAT



BREAKFAST
Tofu Veggie Scramble



SNACK 1
Grapes & Walnuts



LUNCH
Lentil, Sweet Potato & Arugula Salad



SNACK 2
Baby Carrots & Hummus



DINNER
Balsamic Roasted Tempeh Bowls

SUN



BREAKFAST
Tofu Veggie Scramble



SNACK 1
Pistachios



LUNCH
Balsamic Roasted Tempeh Bowls



SNACK 2
Banana with Almond Butter



DINNER
Swiss Chard, Lentil & Rice Bowl

MON**FAT 46%** **CARBS 40%** **PROTEIN 14%**

Calories 1768 Cholesterol 0mg
 Fat 96g Sodium 1120mg
 Carbs 184g Vitamin A 2352IU
 Fiber 63g Vitamin C 154mg
 Sugar 45g Calcium 524mg
 Protein 67g Iron 18mg

TUE**FAT 46%** **CARBS 40%** **PROTEIN 14%**

Calories 1704 Cholesterol 0mg
 Fat 93g Sodium 1676mg
 Carbs 182g Vitamin A 26381IU
 Fiber 50g Vitamin C 192mg
 Sugar 71g Calcium 820mg
 Protein 64g Iron 19mg

WED**FAT 44%** **CARBS 43%** **PROTEIN 13%**

Calories 1825 Cholesterol 0mg
 Fat 95g Sodium 1504mg
 Carbs 208g Vitamin A 11832IU
 Fiber 62g Vitamin C 97mg
 Sugar 40g Calcium 390mg
 Protein 60g Iron 19mg

THU**FAT 41%** **CARBS 46%** **PROTEIN 13%**

Calories 1602 Cholesterol 0mg
 Fat 78g Sodium 1784mg
 Carbs 197g Vitamin A 35846IU
 Fiber 48g Vitamin C 132mg
 Sugar 68g Calcium 615mg
 Protein 54g Iron 19mg

FRI**FAT 46%** **CARBS 40%** **PROTEIN 14%**

Calories 1828 Cholesterol 0mg
 Fat 99g Sodium 844mg
 Carbs 193g Vitamin A 10285IU
 Fiber 56g Vitamin C 42mg
 Sugar 37g Calcium 497mg
 Protein 68g Iron 18mg

SAT**FAT 45%** **CARBS 38%** **PROTEIN 17%**

Calories 1421 Cholesterol 0mg
 Fat 75g Sodium 524mg
 Carbs 140g Vitamin A 40733IU
 Fiber 32g Vitamin C 125mg
 Sugar 45g Calcium 792mg
 Protein 65g Iron 19mg

SUN**FAT 48%** **CARBS 35%** **PROTEIN 17%**

Calories 1604 Cholesterol 0mg
 Fat 90g Sodium 480mg
 Carbs 150g Vitamin A 18440IU
 Fiber 34g Vitamin C 139mg
 Sugar 38g Calcium 744mg
 Protein 74g Iron 18mg



FRUITS

- 2 Apple
- 2 1/3 Avocado
- 4 Banana
- 2 cups Blackberries
- 2 cups Grapes
- 1 Lemon
- 3/4 Lime

BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 tbsp Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 cup Almonds
- 1 tbsp Chia Seeds
- 1 tsp Chili Powder
- 1/2 tsp Cinnamon
- 1/2 tsp Coriander
- 1 3/4 tsps Cumin
- 1/3 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1 1/16 tbsps Italian Seasoning
- 1/4 tsp Paprika
- 1/2 cup Pistachios
- 1 cup Pistachios, In Shell
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sunflower Seeds
- 1 3/4 tsps Turmeric
- 1/2 cup Walnuts

FROZEN

- 1 cup Frozen Edamame

VEGETABLES

- 2 cups Arugula
- 2 1/4 cups Baby Carrots
- 1 cup Baby Spinach
- 2 cups Broccoli
- 3 Carrot
- 2 tbsps Cilantro
- 5 1/2 Garlic
- 1 1/2 tsps Ginger
- 1 1/2 cups Green Beans
- 3 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/3 cups Mushrooms
- 1 3/4 Red Bell Pepper
- 1/3 cup Red Onion
- 2 Sweet Potato
- 2 cups Swiss Chard
- 1 Yellow Onion
- 1 1/2 Zucchini

BOXED & CANNED

- 2/3 cup Black Beans
- 2 tbsps Brown Rice
- 2 cups Chickpeas
- 1 1/2 cups Lentils
- 3 cups Mixed Beans
- 3/4 cup Quinoa
- 1 2/3 cups Vegetable Broth
- 1 cup White Navy Beans

BAKING

- 1 tbsp Nutritional Yeast
- 2 tbsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 4 slices Bread
- 1 3/4 cups Hummus
- 2 slices Rye Bread
- 5 3/4 ozs Tempeh
- 7 3/4 ozs Tofu

CONDIMENTS & OILS

- 1 3/4 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1 1/3 tbsps Balsamic Vinegar
- 2 1/4 tsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/2 tsps Rice Vinegar
- 1 1/2 tsps Sesame Oil
- 2 tbsps Tahini
- 1 1/2 tsps Tamari

COLD

- 1/2 cup Unsweetened Almond Milk

OTHER

- 3 3/4 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

Protein-Packed Avocado Toast

1 SERVING 15 MINUTES



INGREDIENTS

1/2 Avocado
1/2 cup White Navy Beans (cooked)
1/8 Lemon (juiced)
1/8 tsp Sea Salt
2 slices Bread
2 tbsps Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	555	Cholesterol	0mg
Fat	30g	Sodium	558mg
Carbs	59g	Vitamin A	149IU
Fiber	20g	Vitamin C	13mg
Sugar	6g	Calcium	119mg
Protein	19g	Iron	5mg

DIRECTIONS

- 01 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 02 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!

NOTES

NO WHITE BEANS

Use chickpeas instead.

LIKES IT SPICY

Add hot sauce or chili flakes into the avocado bean mixture.

Gut Healing Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/4 cups Water (cold)
1 cup Kale Leaves
1/4 Avocado (peeled and pit removed)
1/2 Banana (frozen)
1 1/2 tsps Chia Seeds
1 tbsp Ground Flax Seed
2 tsps Hemp Seeds
1 tbsp Raw Honey

NUTRITION

AMOUNT PER SERVING

Calories	376	Cholesterol	0mg
Fat	22g	Sodium	22mg
Carbs	42g	Vitamin A	1124IU
Fiber	10g	Vitamin C	30mg
Sugar	24g	Calcium	149mg
Protein	11g	Iron	3mg

DIRECTIONS

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

NOTES

NO KALE

Use spinach instead.

NO HONEY

Use maple syrup, dates or extra banana to sweeten instead.

LIKES IT CREAMY

Use almond milk instead of water for extra creaminess.

STORAGE

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Hummus Toast with Avocado

1 SERVING 10 MINUTES



INGREDIENTS

2 slices Rye Bread (toasted)
1/2 cup Hummus
1/2 Avocado (sliced or mashed)
2 tbsps Sunflower Seeds
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	675	Cholesterol	0mg
Fat	46g	Sodium	833mg
Carbs	55g	Vitamin A	180IU
Fiber	18g	Vitamin C	10mg
Sugar	4g	Calcium	118mg
Protein	19g	Iron	6mg

DIRECTIONS

01 Spread hummus over toast and top with avocado slices, sunflower seeds, salt and pepper. Enjoy!

NOTES

NO SUNFLOWER SEEDS

Use hemp seeds, sesame seeds or pumpkin seeds instead.

Tofu Veggie Scramble

2 SERVINGS 15 MINUTES



INGREDIENTS

7 3/4 ozs Tofu (firm)
1 tbsp Avocado Oil
1/2 Yellow Onion (medium, diced)
2 Garlic (cloves, minced)
1 Red Bell Pepper (sliced)
1 cup Baby Spinach (chopped)
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	206	Cholesterol	0mg
Fat	13g	Sodium	33mg
Carbs	11g	Vitamin A	3270IU
Fiber	5g	Vitamin C	81mg
Sugar	6g	Calcium	348mg
Protein	15g	Iron	5mg

DIRECTIONS

- 01 Place the tofu in a small bowl and mash with a fork to the point where it is broken apart but chunks still remain. The texture should be similar to scrambled eggs.
- 02 In a non-stick pan, heat the avocado oil over medium heat. Add the onions, garlic and bell pepper. Saute for 4 to 5 minutes, or until onions are translucent.
- 03 Add the tofu, spinach, nutritional yeast and turmeric to the pan. Mix well and cook until the spinach wilts and the tofu is heated through.
- 04 Season with sea salt and black pepper taste. Enjoy!

NOTES

MORE CARBS

Serve with toast or brown rice.

LIKES IT SPICY

Serve with hot sauce, cayenne pepper or chili flakes.

LEFTOVERS

Store in the fridge up to 3 to 4 days.

Blackberries & Pistachios

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Blackberries
1/2 cup Pistachios (shelled)

NUTRITION

AMOUNT PER SERVING

Calories	234	Cholesterol	0mg
Fat	15g	Sodium	2mg
Carbs	22g	Vitamin A	467IU
Fiber	11g	Vitamin C	32mg
Sugar	9g	Calcium	74mg
Protein	8g	Iron	2mg

DIRECTIONS

01 Divide blackberries into bowls. Top with shelled pistachios. Enjoy!

NOTES

MAKE THEM LAST

Do not wash blackberries until ready to eat. Once you wash the berries they spoil a lot faster.

Baby Carrots & Hummus

3 SERVINGS 5 MINUTES



INGREDIENTS

2 1/4 cups Baby Carrots
3/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	190	Cholesterol	0mg
Fat	11g	Sodium	359mg
Carbs	20g	Vitamin A	17264I...
Fiber	6g	Vitamin C	9mg
Sugar	6g	Calcium	89mg
Protein	5g	Iron	3mg

DIRECTIONS

01 Divide carrots between bowls. Serve with hummus on the side for dipping.
Enjoy!

NOTES

NO BABY CARROTS

Use celery sticks, cucumber slices or sliced bell peppers instead..

LIKE IT SPICY

Top with a pinch of cayenne pepper or chili powder.

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.

Marinated Mixed Bean Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Green Beans (fresh or frozen)
3 cups Mixed Beans (cooked)
3 tbsps Extra Virgin Olive Oil
1 1/2 tbsps Apple Cider Vinegar
2 1/4 tsps Italian Seasoning
3/4 Garlic (clove, minced)
3/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	365	Cholesterol	0mg
Fat	15g	Sodium	6mg
Carbs	45g	Vitamin A	346IU
Fiber	13g	Vitamin C	13mg
Sugar	3g	Calcium	83mg
Protein	16g	Iron	5mg

DIRECTIONS

- 01 Bring a medium-sized pot of salted water to a boil. Drop in the green beans and simmer for 3 to 5 minutes. Drain and rinse with cold water until cool.
- 02 Combine all ingredients together in a large mixing bowl. Toss well and enjoy right away, or let marinate in the fridge overnight for more flavour.

NOTES

NO MIXED BEANS

Use equal parts chickpeas, kidney beans, white beans, lima beans, pinto beans, romano beans, or any combination of beans.

LEFTOVERS

Keeps well covered in the fridge up to 4 to 5 days.

Apple Slices & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

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

DIRECTIONS

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

NOTES

NO APPLE

Use pear slices instead.

Grapes & Walnuts

2 SERVINGS 3 MINUTES



INGREDIENTS

2 cups Grapes (washed)
1/2 cup Walnuts

NUTRITION

AMOUNT PER SERVING

Calories	258	Cholesterol	0mg
Fat	20g	Sodium	2mg
Carbs	20g	Vitamin A	92IU
Fiber	3g	Vitamin C	4mg
Sugar	16g	Calcium	42mg
Protein	5g	Iron	1mg

DIRECTIONS

01 Wash grapes and divide into bowls or baggies. Mix in walnuts and enjoy!

NOTES

NO WALNUTS

Mix in any other seed or nut. Pumpkin seeds, cashews and pistachios are all delicious!

Pistachios

2 SERVINGS 1 MINUTE



INGREDIENTS

1 cup 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

Broccoli Almond Protein Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into small florets)
1 cup Frozen Edamame (shelled)
2 stalks Green Onion (sliced)
1/4 cup Almonds (chopped)
2 tbsps Almond Butter
1 1/2 tsps Rice Vinegar
1 1/2 tsps Tamari (or Coconut Aminos)
1 1/2 tsps Maple Syrup
1 1/2 tsps Sesame Oil
1/2 Garlic (clove, minced)
1 tbsp Water

NUTRITION

AMOUNT PER SERVING

Calories	374	Cholesterol	0mg
Fat	25g	Sodium	290mg
Carbs	24g	Vitamin A	1278IU
Fiber	11g	Vitamin C	88mg
Sugar	8g	Calcium	208mg
Protein	19g	Iron	4mg

DIRECTIONS

- 01 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 02 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 03 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 3 days.

Peanut Butter Curry Chickpea Stew

2 SERVINGS 45 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
1/2 Yellow Onion (medium, diced)
1 Garlic (cloves, minced)
1 1/2 tsps Ginger (grated)
1/2 tsp Cumin
1/2 tsp Coriander
1/2 tsp Cinnamon
1 1/2 tsps Turmeric
2 tbsps Water
2 tbsps All Natural Peanut Butter
1 cup Vegetable Broth
1/2 cup Unsweetened Almond Milk
1/2 tsp Sea Salt
1/2 Red Bell Pepper (sliced)
1/2 Zucchini (sliced)
1 Carrot (medium, peeled and sliced)
2 cups Chickpeas (cooked)
1/2 Lime (juiced)
2 tbsps Cilantro (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	467	Cholesterol	0mg
Fat	17g	Sodium	1002m...
Carbs	63g	Vitamin A	6639IU
Fiber	17g	Vitamin C	55mg

DIRECTIONS

- 01 Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
- 02 Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the peanut butter.
- 03 Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
- 04 Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
- 05 Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

NOTES

LEFTOVERS

Store in the fridge up to 4 days or freeze.

SERVING SIZE

One serving is approximately 2 cups.



Sugar	17g	Calcium	260mg
Protein	21g	Iron	8mg



Sweet Potato Black Bean Quinoa Bake

2 SERVINGS 55 MINUTES



INGREDIENTS

1 Sweet Potato (small, peeled and chopped)
2/3 cup Black Beans (cooked, from the can)
1/3 cup Quinoa (dry, uncooked)
1/3 Red Bell Pepper (chopped)
1 stalk Green Onion (chopped)
1 tsp Chili Powder
1 tsp Cumin (ground)
1/3 tsp Garlic Powder
1/16 tsp Sea Salt
2/3 cup Vegetable Broth
1/3 Lime (juiced)
1/3 Avocado (diced)

NUTRITION

AMOUNT PER SERVING

Calories	311	Cholesterol	0mg
Fat	8g	Sodium	399mg
Carbs	52g	Vitamin A	10727I...
Fiber	12g	Vitamin C	34mg
Sugar	5g	Calcium	75mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Preheat oven to 375°F (190°C).
- 02 In a large baking dish, add the sweet potatoes, black beans, quinoa, pepper, onion, chili powder, cumin, garlic and sea salt. Stir well to combine and then add the broth.
- 03 Cover the baking dish with foil and bake for 40 minutes or until the broth has absorbed completely, the quinoa is fluffy and the sweet potatoes are tender. Remove from the oven.
- 04 Let the quinoa bake sit for 5 minutes before dividing between plates. Top each plate with lime juice and avocado. Enjoy!

NOTES

BAKING DISH

Use a 9x13-inch dish for six servings.

NO GREEN ONION

Use a white or red onion instead.

NO RED BELL PEPPER

Use a green or yellow bell pepper instead.

LEFTOVERS

Keeps well in the fridge for up to four days.

MORE FLAVOR

Top with chopped cilantro, shredded cheese, salsa and/or sour cream.

Lentil, Sweet Potato & Arugula Salad

2 SERVINGS 35 MINUTES



INGREDIENTS

1 Sweet Potato (medium, diced)
3/4 tsp Extra Virgin Olive Oil
2 tbsps Tahini
2 tbsps Water
1 1/2 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)
2 cups Arugula
1 cup Lentils (cooked)

NUTRITION

AMOUNT PER SERVING

Calories	293	Cholesterol	0mg
Fat	10g	Sodium	61mg
Carbs	40g	Vitamin A	9714IU
Fiber	11g	Vitamin C	6mg
Sugar	8g	Calcium	141mg
Protein	13g	Iron	5mg

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, stirring at the halfway point.
- 03 Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
- 04 Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

NOTES

NO LENTILS

Use chickpeas or ground meat instead.

NO TAHINI

Use sunflower seed butter instead.

NO ARUGULA

Use baby spinach, kale or mixed greens instead.

LIKES IT SPICY

Add cajun spice or hot sauce into the tahini dressing.

Balsamic Roasted Tempeh Bowls

2 SERVINGS 1 HOUR



INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil
1 1/3 tbsps Balsamic Vinegar
1 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 tsp Italian Seasoning
6 ozs Tempeh
1/3 cup Red Onion (medium, sliced)
2 Carrot (medium, peeled and chopped)
1 1/3 cups Mushrooms (quartered)
1 Zucchini (sliced)
1/2 cup Quinoa (dry)
3/4 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	474	Cholesterol	0mg
Fat	21g	Sodium	69mg
Carbs	49g	Vitamin A	10393...
Fiber	7g	Vitamin C	25mg
Sugar	9g	Calcium	172mg
Protein	27g	Iron	5mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
- 03 Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
- 04 While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
- 05 To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

NOTES

LEFTOVERS

Keeps well in the fridge up to 4 days.

Swiss Chard, Lentil & Rice Bowl

1 SERVING 1 HOUR



INGREDIENTS

2 tbsps Brown Rice (uncooked)
3 tbsps Water
3/4 tsp Coconut Oil
2 cups Swiss Chard (washed, stems removed and chopped)
1/4 tsp Cumin
1/4 tsp Paprika
1 1/2 tpsps Extra Virgin Olive Oil
1/4 Garlic (clove, minced)
3/4 tsp Apple Cider Vinegar
1/2 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.

Day		Task	Notes
0 Sun		Grocery shop.	Grab the grocery list for your meal plan and mark off any items you already have before you head out.
		Portion out Blackberries & Pistachios, Baby Carrots, Apples, Hummus, Grapes & Walnuts, and almond butter for snacks this week.	Store in small containers or ziploc bags in the fridge.
		Make Marinated Mixed Bean Salad.	Divide between containers and store in the fridge.
		Make Broccoli Almond Protein Salad.	Divide between containers and store in the fridge.
1 Mon		Make Protein-Packed Avocado Toast for breakfast.	Follow the simple recipe and enjoy!
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Blackberries & Pistachios, Marinated Mixed Bean Salad, and Apple Slices & Hummus.
		Enjoy the Broccoli Almond Protein Salad.	Bon appetit!
		Make the Gut Healing Green Smoothie for breakfast.	Follow recipe and enjoy!

2 Tue		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Baby Carrots & Hummus, Broccoli Almond Protein Salad, and Banana with Almond Butter.
		Make Peanut Butter Curry Chickpea Stew for dinner.	Store leftovers in an airtight container in the fridge.
3 Wed		Make Hummus Toast with Avocado for breakfast.	Enjoy!
		Pack your meals if you are on-the-go.	Hummus Toast with Avocado, Blackberries & Pistachios, Marinated Mixed Bean Salad, and Apple Slices & Hummus.
		Make the Sweet Potato Black Bean Quinoa Bake for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
4 Thu		Make the Gut Healing Green Smoothie for breakfast.	Follow recipe and enjoy!
		Pack your meals if you are on-the-go.	Gut Healing Green Smoothie, Baby Carrots & Hummus, Sweet Potato Black Bean Quinoa Bake and Grapes & Walnuts.
		Enjoy leftover Peanut Butter Curry Chickpea Stew for dinner.	Reheat on the stove and enjoy!

5 Fri		Make Protein-Packed Avocado Toast for breakfast.	Follow the simple recipe and enjoy!
		Pack your meals if you are on-the-go.	Protein-Packed Avocado Toast, Grapes & Walnuts, Marinated Mixed Bean Salad, and Pistachios.
		Make the Lentil, Sweet Potato, Arugula Salad for dinner.	Divide into portions. Store leftovers in an airtight container in the fridge for lunch tomorrow.
6 Sat		Make Avocado Tofu Veggie Scramble for breakfast.	Divide into portions. Store leftovers in an airtight container in the fridge for tomorrow.
		Pack your meals if you are on-the-go.	Tofu Veggie Scramble, Grapes & Walnuts, Lentil Sweet Potato, Arugula Salad, and Baby Carrots & Hummus.
		Make Balsamic Tempeh Bowls for dinner.	Store leftovers in an airtight container in the fridge for lunch tomorrow.
7 Sun		Pack your meals if you are on-the-go.	Tofu Veggie Scramble, Pistachios, Balsamic Tempeh Bowl, and Banana with Almond Butter.
		Make the Swiss Chard, Lentil, and Brown Rice bowl for dinner.	Enjoy!
		Prep for the week ahead!	Don't forget to set aside time today to plan, shop, and prep for next week's meals.

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.

