



Women's Hormone Balancing Diet

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Women's Hormone Balancing Diet

HEAVY METAL FITNESS

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

A diet to balance sex hormones, adrenals, and thyroid for optimal fertility and vitality - Our Women's Hormone Balancing Diet contains key ingredients to promote healthy sex hormone production and detoxification, adrenal health, and thyroid function. Recipes include the adaptogens maca and schisandra, as well as foods that support liver and gut health. Focus is on indole-3-carbinol, omega-3s, iodine, probiotics, and fiber, as well as regular meals and plenty of protein for balanced blood sugar.

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

ADRENAL SUPPORT

Adrenal glands produce hormones that help regulate metabolism, the immune system, blood pressure, response to stress, and other essential functions. This program incorporates medicinal plants such as Schisandra Berry and Maca Root to help regulate hormones. Omega-3 fats can assist with stress reduction through cortisol concentrations. These healthy fats are found in the program from salmon, halibut, tuna, and chia seeds.

THYROID SUPPORT

The thyroid gland controls metabolism and regulates heart rate, breathing, body weight, muscle strength, body temperature, menstrual cycles, and even cholesterol levels. Iodine is required for thyroid hormone synthesis, and selenium plays an essential role in the metabolism of thyroid hormones. Iodine is found in foods from the sea, like nori and fish. This program provides up to 140 micrograms of selenium per day from eggs, chicken, and fish. There is a strong relationship between magnesium and thyroid hormone production. Magnesium is included in this plan from chocolate, almonds, and leafy greens.

LIVER SUPPORT

The liver is a key organ for regulating hormone balance, chemical levels in the blood, glucose and protein balance, making immune factors, and breaking down and excreting harmful substances. Indoles, including indole-3-Carbinol, is essential to liver support and can be found in cruciferous vegetables like broccoli, cabbage, cauliflower, kale, and Brussels sprouts. This program uses antioxidants from beetroot, berries, and



grapefruit which help protect the liver from damage.

INTESTINAL SUPPORT

Illness and physical stress from exercise can impact gut microbiota. This program incorporates prebiotics and probiotics to bring good bacteria back into the gut. Probiotics found in fermented foods and cultured dairy products are live bacteria that can help boost your immune system and fight off bad bacteria. Prebiotics found in certain fruits, vegetables and legumes, support digestive health by feeding the good bacteria. This program combines foods like sauerkraut with garlic and apples to exert synergistic effects on health. The plan also provides over 30 grams of fiber daily to support better digestive health and reduced inflammation.

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
Chocolate Cauliflower Shake



SNACK 1
Protein Packed Deviled Eggs



LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad



SNACK 2
Grapefruit



DINNER
Egg Roll in a Bowl

TUE



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Protein Packed Deviled Eggs



LUNCH
Egg Roll in a Bowl



SNACK 2
Grapefruit



DINNER
Roasted Sweet Potato & Brussels Sprouts Salad

WED



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Avocado Toast with a Poached Egg



LUNCH
Roasted Sweet Potato & Brussels Sprouts Salad



SNACK 2
Grapefruit



DINNER
15 Minute Halibut with Dill Pesto

THU



BREAKFAST
Chocolate Cauliflower Shake



SNACK 1
Avocado Toast with a Poached Egg



LUNCH
15 Minute Halibut with Dill Pesto



SNACK 2
Apple Slices & Nori Crisps



DINNER
Sausage & Sauerkraut Skillet

FRI



BREAKFAST
Berry Beet Smoothie Bowl



SNACK 1
Avocado Toast with a Poached Egg



LUNCH
Sausage & Sauerkraut Skillet



SNACK 2
Apple Slices & Nori Crisps



DINNER
Baked Salmon with Broccoli & Quinoa

SAT



BREAKFAST
Berry Beet Smoothie Bowl



SNACK 1
Bloat-Fighting Tropical Smoothie



LUNCH
Baked Salmon with Broccoli & Quinoa



SNACK 2
Apple Slices & Nori Crisps



DINNER
Kale Caesar Salad with Blackened Chicken

SUN



BREAKFAST
Berry Beet Smoothie Bowl



SNACK 1
Bloat-Fighting Tropical Smoothie



LUNCH
Kale Caesar Salad with Blackened Chicken



SNACK 2
Apple Slices & Nori Crisps



DINNER
Baked Salmon with Broccoli & Quinoa

MON**FAT 39%** **CARBS 36%** **PROTEIN 25%**

Calories 1602 Cholesterol 483mg
 Fat 72g Sodium 1452mg
 Carbs 150g Vitamin A 24905IU
 Fiber 46g Vitamin C 316mg
 Sugar 60g Calcium 1125mg
 Protein 106g Iron 20mg

TUE**FAT 39%** **CARBS 36%** **PROTEIN 25%**

Calories 1602 Cholesterol 483mg
 Fat 72g Sodium 1452mg
 Carbs 150g Vitamin A 24905IU
 Fiber 46g Vitamin C 316mg
 Sugar 60g Calcium 1125mg
 Protein 106g Iron 20mg

WED**FAT 40%** **CARBS 37%** **PROTEIN 23%**

Calories 1526 Cholesterol 259mg
 Fat 70g Sodium 1074mg
 Carbs 148g Vitamin A 20378IU
 Fiber 47g Vitamin C 293mg
 Sugar 52g Calcium 1091mg
 Protein 91g Iron 17mg

THU**FAT 43%** **CARBS 34%** **PROTEIN 23%**

Calories 1466 Cholesterol 344mg
 Fat 73g Sodium 2164mg
 Carbs 130g Vitamin A 5591IU
 Fiber 40g Vitamin C 150mg
 Sugar 58g Calcium 1015mg
 Protein 86g Iron 16mg

FRI**FAT 38%** **CARBS 42%** **PROTEIN 20%**

Calories 1306 Cholesterol 349mg
 Fat 58g Sodium 2032mg
 Carbs 143g Vitamin A 5984IU
 Fiber 34g Vitamin C 259mg
 Sugar 62g Calcium 611mg
 Protein 66g Iron 14mg

SAT**FAT 35%** **CARBS 41%** **PROTEIN 24%**

Calories 1244 Cholesterol 160mg
 Fat 51g Sodium 726mg
 Carbs 132g Vitamin A 7087IU
 Fiber 30g Vitamin C 344mg
 Sugar 61g Calcium 669mg
 Protein 77g Iron 12mg

SUN**FAT 35%** **CARBS 41%** **PROTEIN 24%**

Calories 1244 Cholesterol 160mg
 Fat 51g Sodium 726mg
 Carbs 132g Vitamin A 7087IU
 Fiber 30g Vitamin C 344mg
 Sugar 61g Calcium 669mg
 Protein 77g Iron 12mg



FRUITS

- 5 Apple
- 2 Avocado
- 4 Banana
- 3 Grapefruit
- 1 1/8 Lemon
- 1 cup Papaya
- 1 cup Pineapple

BREAKFAST

- 1/4 cup Almond Butter
- 2 1/4 tps Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/2 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1/2 tsp Cumin
- 1 1/2 tps Paprika
- 2 tbsps Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 2/3 tbsps Slivered Almonds

FROZEN

- 4 cups Frozen Cauliflower
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries

VEGETABLES

- 7 cups Baby Spinach
- 1 cup Bean Sprouts
- 1 1/2 Beet
- 6 cups Broccoli
- 3 cups Brussels Sprouts
- 1/4 cup Cherry Tomatoes
- 3 cups Coleslaw Mix
- 1 1/2 Cucumber
- 2 tbsps Fresh Dill
- 4 Garlic
- 1 1/2 tps Ginger
- 3 1/2 stalks Green Onion
- 2 cups Kale Leaves
- 1/2 cup Mint Leaves
- 4 cups Mixed Greens
- 1/2 cup Parsley
- 1/4 cup Radishes
- 1 1/2 Sweet Potato
- 2 cups Swiss Chard
- 1 1/2 tps Thyme
- 1 Yellow Onion

BOXED & CANNED

- 1 1/2 cups Lentils
- 3/4 cup Quinoa
- 1 can Tuna

BAKING

- 1/2 cup Cacao Powder
- 1 1/2 tbsps Pitted Dates

BREAD, FISH, MEAT & CHEESE

- 3 slices Bread
- 8 ozs Chicken Breast
- 5 ozs Chicken Sausage
- 10 ozs Halibut Fillet
- 8 ozs Lean Ground Pork
- 15 ozs Salmon Fillet

CONDIMENTS & OILS

- 3 tbsps Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tbsps Coconut Aminos
- 2 1/4 tps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Sauerkraut
- 3 tbsps Tahini

COLD

- 7 Egg
- 5 1/2 cups Unsweetened Almond Milk

OTHER

- 1 cup Chocolate Protein Powder
- 5 Ice Cubes
- 2 tbsps Maca Powder
- 8 Nori Sheets
- 1 1/2 tps Schisandra Berry Powder
- 2 1/3 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

Chocolate Cauliflower Shake

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Cauliflower
2 Banana (frozen)
2 tbsps Almond Butter
1/4 cup Cacao Powder
1/2 cup Chocolate Protein Powder
2 cups Unsweetened Almond Milk
1 tsp Maca Powder

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 449 | Cholesterol | 4mg |
| Fat | 16g | Sodium | 235mg |
| Carbs | 50g | Vitamin A | 593IU |
| Fiber | 17g | Vitamin C | 67mg |
| Sugar | 20g | Calcium | 695mg |
| Protein | 31g | Iron | 4mg |

DIRECTIONS

01 In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

NOTES

MAKE IT MOCHA

Replace half of the almond milk with chilled coffee.

LIKES IT SWEETER

Add pitted medjool dates.

NO MACA POWDER

Leave it out or use cinnamon instead.

Berry Beet Smoothie Bowl

3 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 Beet (medium, peeled and diced)
1 1/2 cups Frozen Mango
1 1/2 cups Frozen Raspberries
1 1/2 tbsps Pitted Dates
1 1/2 tsps Schisandra Berry Powder
1 1/2 cups Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 136 | Cholesterol | 0mg |
| Fat | 2g | Sodium | 116mg |
| Carbs | 29g | Vitamin A | 1208IU |
| Fiber | 6g | Vitamin C | 44mg |
| Sugar | 22g | Calcium | 263mg |
| Protein | 3g | Iron | 1mg |

DIRECTIONS

- 01 In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
- 02 Transfer to a bowl and add toppings. Enjoy!

NOTES

TOPPING IDEAS

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

NO SCHISANDRA BERRY POWDER

Leave it out, or use acai powder instead.

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 |

Avocado Toast with a Poached Egg

1 SERVING 15 MINUTES



INGREDIENTS

1 slice Bread
1/2 Avocado
Sea Salt & Black Pepper (to taste)
1 Egg
1 tbsp Apple Cider Vinegar
1/8 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 313 | Cholesterol | 186mg |
| Fat | 22g | Sodium | 501mg |
| Carbs | 21g | Vitamin A | 417IU |
| Fiber | 8g | Vitamin C | 10mg |
| Sugar | 3g | Calcium | 56mg |
| Protein | 10g | Iron | 2mg |

DIRECTIONS

- 01 Toast bread.
- 02 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 03 Crack your egg into a bowl.
- 04 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 05 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Bloat-Fighting Tropical Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Papaya (chopped)
1/2 cup Pineapple (chopped)
1/2 Cucumber (chopped)
2 1/2 Ice Cubes
1/4 cup Mint Leaves
1/2 cup Baby Spinach
1 tbsp Chia Seeds
1/2 cup Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 162 | Cholesterol | 0mg |
| Fat | 5g | Sodium | 26mg |
| Carbs | 30g | Vitamin A | 1884IU |
| Fiber | 7g | Vitamin C | 93mg |
| Sugar | 16g | Calcium | 158mg |
| Protein | 4g | Iron | 3mg |

DIRECTIONS

01 Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LIKES IT SWEET

Add raw honey.

MORE PROTEIN

Add hemp seeds or a scoop of vanilla protein powder.

NO PAPAYA

Use extra pineapple or other fruit like mango or oranges.

Roasted Sweet Potato & Brussels Sprouts Salad

3 SERVINGS 30 MINUTES



INGREDIENTS

- 1 1/2 Sweet Potato (medium. sliced into 1 inch cubes)
- 3 cups Brussels Sprouts (washed and halved)
- 2 1/4 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Tahini
- 2 1/4 tpsps Maple Syrup
- 3 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 1/2 cups Lentils (cooked, drained and rinsed)
- 6 cups Baby Spinach (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|----------|
| Calories | 355 | Cholesterol | 0mg |
| Fat | 12g | Sodium | 199mg |
| Carbs | 50g | Vitamin A | 15576... |
| Fiber | 16g | Vitamin C | 95mg |
| Sugar | 10g | Calcium | 205mg |
| Protein | 17g | Iron | 8mg |

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 02 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 03 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 04 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 05 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

NOTES

NO BRUSSELS SPROUTS

Use broccoli instead.

NO LENTILS

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Grapefruit

1 SERVING 5 MINUTES



INGREDIENTS

1 Grapefruit

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 82 | Cholesterol | 0mg |
| Fat | 0g | Sodium | 0mg |
| Carbs | 21g | Vitamin A | 2373IU |
| Fiber | 3g | Vitamin C | 88mg |
| Sugar | 18g | Calcium | 31mg |
| Protein | 2g | Iron | 0mg |

DIRECTIONS

01 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

NOTES

CUT THE FLAVOUR

Sprinkle with a pinch of sea salt.

Apple Slices & Nori Crisps

2 SERVINGS 5 MINUTES



INGREDIENTS

4 Nori Sheets
1/3 tsp Extra Virgin Olive Oil
2 Apple (medium)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|-------|
| Calories | 112 | Cholesterol | 0mg |
| Fat | 1g | Sodium | 8mg |
| Carbs | 27g | Vitamin A | 898IU |
| Fiber | 6g | Vitamin C | 14mg |
| Sugar | 19g | Calcium | 31mg |
| Protein | 2g | Iron | 1mg |

DIRECTIONS

- 01 Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
- 02 Slice apples and divide onto plates with nori crisps. Enjoy!

NOTES

SAVE TIME
Buy pre-toasted nori sheets.

Egg Roll in a Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

- 1 tbsp Avocado Oil
- 1/2 Yellow Onion (medium, diced)
- 2 1/2 stalks Green Onion (diced)
- 2 Garlic (cloves, minced)
- 1 1/2 tsps Ginger (peeled and grated)
- 8 ozs Lean Ground Pork
- 3 cups Coleslaw Mix
- 1 cup Bean Sprouts
- 2 tsps Coconut Aminos

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 407 | Cholesterol | 77mg |
| Fat | 26g | Sodium | 666mg |
| Carbs | 21g | Vitamin A | 5100IU |
| Fiber | 6g | Vitamin C | 58mg |
| Sugar | 10g | Calcium | 101mg |
| Protein | 26g | Iron | 4mg |

DIRECTIONS

- 01 Heat the avocado oil in a pan over medium-high heat. Add the yellow onion, green onion, garlic, and ginger. Cook for 3 to 5 minutes, stirring frequently, until soft.
- 02 Add the pork and break it up as it cooks. Cook for about 7 to 10 minutes, or until cooked through.
- 03 Stir in the coleslaw mix, bean sprouts, and coconut aminos. Stir for 5 minutes, or until veggies have softened. Transfer to bowls and enjoy!

NOTES

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MEAT-FREE

Replace the ground meat with scrambled eggs or tofu.

15 Minute Halibut with Dill Pesto

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Parsley (packed)
2 tbsps Fresh Dill (packed)
2 2/3 tbsps Slivered Almonds
1 1/2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juiced)
1/2 Garlic (clove)
Sea Salt & Black Pepper
10 ozs Halibut Fillet
3/4 tsp Coconut Oil
4 cups Mixed Greens (or Arugula)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 327 | Cholesterol | 69mg |
| Fat | 20g | Sodium | 139mg |
| Carbs | 6g | Vitamin A | 1419IU |
| Fiber | 3g | Vitamin C | 33mg |
| Sugar | 1g | Calcium | 104mg |
| Protein | 31g | Iron | 3mg |

DIRECTIONS

- 01 In a food processor, combine the parsley, dill, slivered almonds, olive oil, lemon juice and garlic. Season with sea salt and black pepper to taste and blend well until a thick paste forms. Transfer to a bowl and set aside.
- 02 Season halibut with sea salt and black pepper. Heat coconut oil in a cast iron skillet over medium-high heat. Cook fish for 3 to 4 minutes per side, or until golden. Fish should flake with a fork when finished.
- 03 Divide mixed greens between plates. Set halibut on the greens and top with a large dollop of pesto. Enjoy!

NOTES

NUT FREE

Use pumpkin seeds or sunflower seeds instead.

SAVE TIME

Blend up the pesto in advance.

MORE CARBS

Serve it with rice, quinoa or roasted mini potatoes.

Sausage & Sauerkraut Skillet

2 SERVINGS 40 MINUTES



INGREDIENTS

5 ozs Chicken Sausage
1 1/2 tsps Coconut Oil
1/2 Yellow Onion (diced)
1 Apple (peeled, cored and diced)
1 Garlic (cloves, minced)
2 cups Swiss Chard (washed, stems removed and chopped)
1 cup Sauerkraut (liquid drained off)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 265 | Cholesterol | 85mg |
| Fat | 14g | Sodium | 1281mg |
| Carbs | 26g | Vitamin A | 2264IU |
| Fiber | 6g | Vitamin C | 26mg |
| Sugar | 15g | Calcium | 129mg |
| Protein | 12g | Iron | 6mg |

DIRECTIONS

- 01 Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
- 02 Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
- 03 Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

NOTES

LEFTOVERS

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

VEGAN AND VEGETARIAN

Skip the sausage and use cooked lentils instead.

NO SWISS CHARD

Use kale or spinach instead.

Baked Salmon with Broccoli & Quinoa

3 SERVINGS 20 MINUTES



INGREDIENTS

15 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
6 cups Broccoli (sliced into small florets)
1 1/2 tbsps Extra Virgin Olive Oil
3/4 cup Quinoa (uncooked)
1 1/8 cups Water
1/3 Lemon (sliced into wedges)

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 480 | Cholesterol | 78mg |
| Fat | 19g | Sodium | 126mg |
| Carbs | 40g | Vitamin A | 1197IU |
| Fiber | 8g | Vitamin C | 165mg |
| Sugar | 3g | Calcium | 132mg |
| Protein | 39g | Iron | 4mg |

DIRECTIONS

- 01 Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
- 02 Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
- 03 Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
- 04 While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
- 05 Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

NOTES

LEFTOVERS

Store covered in the fridge up to 2 days.

SPEED IT UP

Cook the quinoa ahead of time.

VEGAN

Use tofu steaks instead of salmon fillets.

Kale Caesar Salad with Blackened Chicken

2 SERVINGS 50 MINUTES



INGREDIENTS

1/2 Garlic (entire bulb)
8 ozs Chicken Breast
1 tsp Paprika
1/4 tsp Sea Salt
1/4 tsp Cayenne Pepper
1/2 tsp Cumin
1 1/2 tsps Thyme
1/2 tsp Black Pepper
2 1/2 tbsps Extra Virgin Olive Oil
1/4 Lemon (juiced)
1 tbsp Dijon Mustard
2 cups Kale Leaves
1/4 cup Radishes (thinly sliced)
1/4 cup Cherry Tomatoes (halved)
2 tbsps Pumpkin Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|----------|-----|-------------|--------|
| Calories | 354 | Cholesterol | 82mg |
| Fat | 24g | Sodium | 450mg |
| Carbs | 6g | Vitamin A | 1900IU |
| Fiber | 3g | Vitamin C | 28mg |
| Sugar | 1g | Calcium | 85mg |
| Protein | 29g | Iron | 3mg |

DIRECTIONS

- 01 Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
- 02 Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
- 03 In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
- 04 Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
- 05 Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
- 06 Add kale leaves, radishes, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
- 07 Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

NOTES

VEGETARIAN

Swap the chicken for roasted chickpeas.

| Day | | Task | Notes |
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| 0 Sun |  | Grocery shop. | Grab the grocery list for your meal plan and mark off any items you already have before you head out. |
| |  | Make smoothie packs for your Chocolate Cauliflower Shakes and Berry Beet Smoothie Bowls. | For each recipe, portion out all ingredients, except the almond milk, into single-serving baggies or containers. Store in the freezer. |
| | | Make the Protein Packed Deviled Eggs. | Follow the recipe and divide between containers. Store in the fridge. |
| | | Make the Roasted Sweet Potato & Brussels Sprout Salad. | Follow the recipe, divide between containers and store in the fridge. Store the tahini dressing separately in a small jar and add before serving. |
| 1 Mon |  | Make your Chocolate Cauliflower Shake. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Pack your meals if you are on-the-go. | Chocolate Cauliflower Shake, Protein Packed Deviled Eggs, Roasted Sweet Potato & Brussels Sprout Salad, and Grapefruit |
| |  | Make Egg Roll in a Bowl for dinner. | Store leftovers in a container for tomorrow's lunch. |

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| 2 Tue |  | Make your Chocolate Cauliflower Shake. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Pack your meals if you are on-the-go. | Chocolate Cauliflower Shake, Protein Packed Devilled Eggs, Egg Roll in a Bowl and Grapefruit |
| |  | Enjoy leftover Roasted Sweet Potato & Brussels Sprout Salad for dinner. | Add dressing and enjoy! |
| | | Prep your Avocado Toast with Poached Egg snack. | If you will be on-the-go, hard boil eggs for the next 3 days to save time in constructing you avocado toast. |
| 3 Wed |  | Make your Chocolate Cauliflower Shake. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Pack your meals if you are on-the-go. | Chocolate Cauliflower Shake, Avocado Toast with Poached Egg, Roasted Sweet Potato & Brussels Sprout Salad, and Grapefruit |
| |  | Make 15 Minute Halibut with Dill Pesto for dinner. | Divide leftovers into containers and store in the fridge. |
| 4 Thu |  | Make your Chocolate Cauliflower Shake. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Pack your meals if you are on-the-go. | Chocolate Cauliflower Shake, Avocado Toast with Poached Egg, 15 Minute Halibut with Dill Pesto and |

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| | | | Apple Slices & Nori Crisps. |
| |  | Make the Sausage & Sauerkraut Skillet for dinner. | Divide leftovers into containers and store in the fridge. |
| 5 Fri |  | Make your Berry Beet Smoothie Bowl. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Pack your meals if you are on-the-go. | Berry Beet Smoothie Bowl, Avocado Toast with Poached Egg, Sausage & Sauerkraut Skillet, and Apple Slices & Nori Crisps. |
| |  | Make Baked Salmon with Broccoli & Quinoa for dinner. | Divide leftovers into containers and store in the fridge. |
| 6 Sat |  | Make your Berry Beet Smoothie Bowl. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Make the Bloat-Fighting Tropical Smoothie. | Add ingredients to your blender and blend until smooth. Pour into a jar or travel cup. |
| | | Pack your meals if you are on-the-go. | Berry Beet Smoothie Bowl, Bloat-Fighting Tropical Smoothie, Baked Salmon with Broccoli & Quinoa, and Apple Slices & Nori Crisps. |

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| |  | Make Kale Caesar Salad with Blackened Chicken for dinner. | Divide leftovers into containers and store in the fridge. |
| 7 Sun |  | Make your Berry Beet Smoothie Bowl. | Add the contents of smoothie pack to your blender along with the almond milk. Blend until smooth. |
| | | Make the Bloat-Fighting Tropical Smoothie. | Add ingredients to your blender and blend until smooth. Pour into a jar or travel cup. |
| | | Pack your meals if you are on-the-go. | Berry Beet Smoothie Bowl, Bloat-Fighting Tropical Smoothie, Kale Caesar Salad with Blackened Chicken, and Apple Slices & Nori Crisps. |
| |  | Enjoy leftover Baked Salmon with Broccoli & Quinoa for dinner. | Bon appetit! |

WAIVER

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