



Cancer Support Program

TRACY KACZMARCZYK



Cancer Support Program

HEAVY METAL FITNESS

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

This Cancer Support Program is an immune-supportive diet plan designed to minimize nutrition-related side effects during cancer treatment. Cancer treatments often come with side effects that make cooking and eating a challenge. This approachable plan contains simple meals and snacks to help clients increase calorie and protein intake. It provides the proper nutrients and foods to mitigate nutrition-related side effects, help the body rebuild tissue, and boost energy and strength.

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

ANTIOXIDANTS

Antioxidants support your body's ability to fight and heal from disease and protect the body from the damaging effects of free radicals. Colorful varieties of fruits and vegetables such as apples, artichokes, berries, leafy greens, and pinto beans are particularly good sources and are included daily in this plan. Nut butter, seeds, and avocados are antioxidant-rich foods added to provide healthy fats and additional calories, which can help with low appetite from cancer treatment.

SUGAR-FREE & HIGH FIBER FOODS

This program limits added sugars and contains higher fiber foods such as whole grains, fruits, vegetables, nuts, and legumes to help you feel fuller and prevent constipation, a common treatment side effect. Nutrient-dense grains provide complex carbohydrates for energy and B vitamins which have been associated with the reduction of cancer symptoms.

IMMUNE SUPPORT

Cancer and cancer treatment can weaken your immune system and make you more prone to infection. Foods containing protein, iron, zinc, and vitamins A and C can help surgery wounds heal more quickly and repair and rebuild damaged tissue. Lean protein sources such as chicken breast and salmon and plant-based options like beans and hummus are incorporated into the plan and paired with fruits and vegetables to foster a healthy immune system. Probiotic foods like kefir and sauerkraut are included to create a beneficial gut microbiome.



MANAGING SIDE EFFECTS

Treatment side effects can get in the way of getting enough food and fluids. Moistened foods with sauces and broths are added to this plan to help with dry mouth, along with fluids like tea and smoothies to prevent dehydration. It can be easier to eat soft, mild foods, such as hummus, kefir, scrambled eggs, pasta, oats and soups, and well-cooked meats and vegetables if you have mouth sores or pain. To prevent nausea, meals and snacks are scheduled every few hours, as an empty stomach can worsen nausea. Chamomile, mint, ginger, and lemon teas are added to soothe digestion and ease nausea and vomiting.

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
Blackberry Kefir Chia Pudding



SNACK 1
Crackers & Hummus



LUNCH
Lemon Artichoke Pasta



SNACK 2
Basic Protein Porridge



DINNER
Chicken, Kale & Pinto Bean Soup



SNACK 3
Cinnamon Mint Tea

TUE



BREAKFAST
Blackberry Kefir Chia Pudding



SNACK 1
Eggs & Sauerkraut



LUNCH
Chicken, Kale & Pinto Bean Soup



SNACK 2
Peanut Butter Toast & Fruit Snack Box



DINNER
Lemon Artichoke Pasta



SNACK 3
Lemon Ginger Tea

WED



BREAKFAST
Scrambled Eggs & Pinto Beans on Toast



SNACK 1
Blackberry Kefir Smoothie



LUNCH
Avocado & Hummus Cucumber Sandwich



SNACK 2
Apple with Peanut Butter



DINNER
Poached Salmon, Artichokes & Sweet Potato



SNACK 3
Fresh Mint Tea

THU



BREAKFAST
Scrambled Eggs & Pinto Beans on Toast



SNACK 1
Crackers, Apple & Kefir



LUNCH
Poached Salmon, Artichokes & Sweet Potato



SNACK 2
Basic Protein Porridge



DINNER
Creamy Chicken & Pinto Bean Spaghetti



SNACK 3
Chamomile Tea

FRI



BREAKFAST
Blueberry Coconut Kefir Oatmeal



SNACK 1
Cucumber, Blackberries & Hummus Snack Box



LUNCH
Creamy Chicken & Pinto Bean Spaghetti



SNACK 2
Crackers, Apple & Kefir



DINNER
Avocado & Hummus Cucumber Sandwich



SNACK 3
Ginger Mint Tea

SAT



BREAKFAST
Blueberry Coconut Kefir Oatmeal



SNACK 1
Apple with Peanut Butter



LUNCH
Chicken, Kale & Pinto Bean Soup



SNACK 2
Eggs, Hummus & Crackers



DINNER
Salmon, Spinach & Sauerkraut with Brown Rice



SNACK 3
Chamomile Tea

SUN



BREAKFAST
Blueberry Coconut Kefir Oatmeal



SNACK 1
Eggs, Hummus & Crackers



LUNCH
Salmon, Spinach & Sauerkraut with Brown Rice



SNACK 2
Blackberry Kefir Smoothie



DINNER
Chicken, Kale & Pinto Bean Soup



SNACK 3
Cinnamon Mint Tea

MON

FAT 39% **CARBS 41%** **PROTEIN 20%**

Calories 1817 Cholesterol 153mg
Fat 80g Sodium 1865mg
Carbs 189g Vitamin A 3288IU
Fiber 64g Vitamin C 68mg
Sugar 32g Calcium 1161mg
Protein 93g Iron 15mg

TUE

FAT 42% **CARBS 40%** **PROTEIN 18%**

Calories 1905 Cholesterol 521mg
Fat 92g Sodium 1740mg
Carbs 196g Vitamin A 3967IU
Fiber 66g Vitamin C 105mg
Sugar 59g Calcium 1097mg
Protein 87g Iron 16mg

WED

FAT 36% **CARBS 38%** **PROTEIN 26%**

Calories 2064 Cholesterol 492mg
Fat 86g Sodium 2140mg
Carbs 200g Vitamin A 14484IU
Fiber 50g Vitamin C 82mg
Sugar 75g Calcium 1243mg
Protein 140g Iron 16mg

THU

FAT 23% **CARBS 46%** **PROTEIN 31%**

Calories 1837 Cholesterol 586mg
Fat 48g Sodium 1523mg
Carbs 212g Vitamin A 15524IU
Fiber 38g Vitamin C 43mg
Sugar 52g Calcium 911mg
Protein 142g Iron 13mg

FRI

FAT 31% **CARBS 50%** **PROTEIN 19%**

Calories 1968 Cholesterol 114mg
Fat 71g Sodium 1749mg
Carbs 253g Vitamin A 6847IU
Fiber 48g Vitamin C 61mg
Sugar 70g Calcium 1118mg
Protein 94g Iron 15mg

SAT

FAT 38% **CARBS 38%** **PROTEIN 24%**

Calories 1958 Cholesterol 547mg
Fat 84g Sodium 1652mg
Carbs 191g Vitamin A 8031IU
Fiber 32g Vitamin C 64mg
Sugar 53g Calcium 673mg
Protein 119g Iron 15mg

SUN

FAT 33% **CARBS 38%** **PROTEIN 29%**

Calories 2082 Cholesterol 565mg
Fat 77g Sodium 1945mg
Carbs 201g Vitamin A 9080IU
Fiber 42g Vitamin C 91mg
Sugar 64g Calcium 1442mg
Protein 153g Iron 16mg



FRUITS

- 5 Apple
- 1 Avocado
- 3 1/8 cups Blackberries
- 1 2/3 cups Blueberries
- 1 3/4 Lemon

BREAKFAST

- 1/3 cup All Natural Peanut Butter
- 2 cups Chamomile Tea

SEEDS, NUTS & SPICES

- 3/4 cup Chia Seeds
- 1 tbsp Cinnamon
- 2 servings Cinnamon Stick
- 1/2 tsp Coriander
- 1/2 tsp Garlic Powder
- 2 tbsps Hemp Seeds
- 2 tsps Oregano
- 1 tsp Paprika
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

VEGETABLES

- 7 cups Baby Spinach
- 1 tbsp Basil Leaves
- 3/4 Cucumber
- 6 Garlic
- 3 tbsps Ginger
- 3 stalks Green Onion
- 4 cups Kale Leaves
- 1/2 cup Mint Leaves
- 3 tbsps Parsley
- 1 Sweet Potato
- 1 Yellow Onion

BOXED & CANNED

- 1/2 cup Brown Rice
- 4 ozs Brown Rice Fettuccine
- 1/2 cup Brown Rice Spaghetti
- 4 cups Pinto Beans
- 1 2/3 cups Quick Oats
- 7 cups Vegetable Broth, Low Sodium
- 7 3/4 ozs Whole Grain Crackers

BAKING

- 1 1/2 tbsps Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 1 1/2 lbs Chicken Breast
- 1 1/2 lbs Salmon Fillet
- 7 slices Whole Grain Bread

CONDIMENTS & OILS

- 3 cups Artichoke Hearts
- 3 tbsps Avocado Oil
- 3/4 cup Sauerkraut

COLD

- 1/3 cup Butter
- 10 Egg
- 2 cups Hummus
- 8 1/3 cups Plain Kefir

OTHER

- 1 cup Vanilla Protein Powder
- 9 3/4 cups Water

Blackberry Kefir Chia Pudding

2 SERVINGS 35 MINUTES



INGREDIENTS

2/3 cup Chia Seeds
1 1/3 cups Plain Kefir
1 tsp Cinnamon
2/3 cup Blackberries

NUTRITION

AMOUNT PER SERVING

Calories	419	Cholesterol	6mg
Fat	21g	Sodium	123mg
Carbs	44g	Vitamin A	439IU
Fiber	25g	Vitamin C	12mg
Sugar	14g	Calcium	703mg
Protein	19g	Iron	5mg

DIRECTIONS

- 01 In a small bowl, add all of the ingredients except for the blackberries. Mix well and transfer to a small container. Refrigerate for at least 30 minutes.
- 02 Garnish with the blackberries. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

MAKE IT VEGAN

Use coconut yogurt or coconut kefir.

MORE FLAVOR

Add maple syrup.

ADDITIONAL TOPPINGS

Pumpkin seeds and/or hemp seeds.

Scrambled Eggs & Pinto Beans on Toast

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Butter (divided)
1/2 cup Pinto Beans (cooked)
1/4 tsp Garlic Powder
1/4 tsp Turmeric
1/4 tsp Coriander
Sea Salt & Black Pepper (to taste)
2 Egg (whisked)
1 slice Whole Grain Bread (toasted)

NUTRITION

AMOUNT PER SERVING

Calories	432	Cholesterol	387mg
Fat	18g	Sodium	302mg
Carbs	42g	Vitamin A	717IU
Fiber	11g	Vitamin C	1mg
Sugar	3g	Calcium	144mg
Protein	26g	Iron	5mg

DIRECTIONS

- 01 Heat a nonstick pan over medium heat and melt 1/3 of the butter. Add the beans, garlic, turmeric, and coriander. Stir to combine and cook until just starting to brown and get crispy, about five minutes. Season with salt and pepper, and then remove and set aside.
- 02 In the same skillet, add half of the remaining butter. Add the whisked eggs into the pan and season with salt and pepper. Stir the eggs frequently until cooked through.
- 03 Place the toast on a plate and spread the remaining butter on top. Add the eggs and beans. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days. Toast the bread just before serving.

ADDITIONAL TOPPINGS

Hot sauce, fresh cilantro, and/or parsley.

GLUTEN-FREE

Use gluten-free bread.

DAIRY-FREE

Use extra virgin olive oil or plant-based butter.

Blueberry Coconut Kefir Oatmeal

3 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Quick Oats
1 1/2 tbsps Chia Seeds
1 1/2 tsps Cinnamon
2 cups Plain Kefir
1 1/8 cups Blueberries (fresh or frozen)
1 1/2 tbsps Unsweetened Shredded Coconut

NUTRITION

AMOUNT PER SERVING

Calories	275	Cholesterol	6mg
Fat	7g	Sodium	118mg
Carbs	42g	Vitamin A	367IU
Fiber	7g	Vitamin C	7mg
Sugar	17g	Calcium	336mg
Protein	13g	Iron	2mg

DIRECTIONS

01 In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four to five days.

SERVING SIZE

One serving is equal to approximately one and a half cups.

GLUTEN-FREE

Use gluten-free oats.

DAIRY-FREE

Use coconut yogurt instead of kefir.

ADDITIONAL TOPPINGS

Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.

Crackers & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

1 3/4 ozs Whole Grain Crackers
1/4 cup Hummus

DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	387	Cholesterol	0mg
Fat	21g	Sodium	703mg
Carbs	43g	Vitamin A	17IU
Fiber	5g	Vitamin C	0mg
Sugar	6g	Calcium	36mg
Protein	8g	Iron	3mg

Eggs & Sauerkraut

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg
1/2 Avocado (small)
1/3 cup Sauerkraut

NUTRITION

AMOUNT PER SERVING

Calories	313	Cholesterol	372mg
Fat	24g	Sodium	462mg
Carbs	11g	Vitamin A	695IU
Fiber	8g	Vitamin C	17mg
Sugar	2g	Calcium	82mg
Protein	15g	Iron	3mg

DIRECTIONS

- 01 Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and slice.
- 02 Serve the eggs with avocado and sauerkraut. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVE IT WITH

Toast, tomatoes, olives, or fresh fruit.

Blackberry Kefir Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Kefir
1 cup Blackberries (fresh or frozen)
1/4 cup Vanilla Protein Powder
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	411	Cholesterol	18mg
Fat	10g	Sodium	295mg
Carbs	42g	Vitamin A	1058IU
Fiber	9g	Vitamin C	34mg
Sugar	33g	Calcium	764mg
Protein	42g	Iron	2mg

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FIBER

Add a handful of baby spinach or kale.

DAIRY-FREE

Use coconut milk kefir.

Crackers, Apple & Kefir

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (sliced)
1 oz Whole Grain Crackers
1 cup Plain Kefir

NUTRITION

AMOUNT PER SERVING

Calories	370	Cholesterol	10mg
Fat	9g	Sodium	423mg
Carbs	61g	Vitamin A	599IU
Fiber	5g	Vitamin C	11mg
Sugar	39g	Calcium	416mg
Protein	14g	Iron	1mg

DIRECTIONS

01 Add the apple slices and crackers to a plate or sealable container and pour the kefir into a glass. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

MORE FLAVOR

Use flavored kefir.

Cucumber, Blackberries & Hummus Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/4 Cucumber (medium, sliced)
1/2 cup Blackberries
1/4 cup Hummus

NUTRITION

AMOUNT PER SERVING

Calories	188	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	19g	Vitamin A	247IU
Fiber	8g	Vitamin C	17mg
Sugar	5g	Calcium	62mg
Protein	6g	Iron	2mg

DIRECTIONS

01 Arrange the cucumber, blackberries and hummus into a container. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO BLACKBERRIES

Use other berries like strawberries, raspberries, or blueberries.

Apple with Peanut Butter

1 SERVING 3 MINUTES



INGREDIENTS

1 Apple
2 tbsps All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Cholesterol	0mg
Fat	17g	Sodium	7mg
Carbs	32g	Vitamin A	98IU
Fiber	6g	Vitamin C	8mg
Sugar	22g	Calcium	27mg
Protein	8g	Iron	1mg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Eggs, Hummus & Crackers

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg
1/4 cup Hummus
2 ozs Whole Grain Crackers

NUTRITION

AMOUNT PER SERVING

Calories	562	Cholesterol	372mg
Fat	32g	Sodium	905mg
Carbs	48g	Vitamin A	557IU
Fiber	5g	Vitamin C	0mg
Sugar	8g	Calcium	93mg
Protein	21g	Iron	5mg

DIRECTIONS

- 01 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and cut the eggs in half.
- 03 Arrange the eggs, hummus, and crackers into a container, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Season the eggs with salt, pepper and/or chili flakes.

Lemon Artichoke Pasta

2 SERVINGS 15 MINUTES



INGREDIENTS

4 ozs Brown Rice Fettuccine (dry)
1/4 cup Butter (divided)
2 cups Artichoke Hearts (from the can, drained, chopped)
1/2 Lemon (juice and zested)
1 tbsp Basil Leaves (chopped)
1 tbsp Parsley (chopped)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	463	Cholesterol	61mg
Fat	25g	Sodium	782mg
Carbs	52g	Vitamin A	1640IU
Fiber	13g	Vitamin C	28mg
Sugar	7g	Calcium	93mg
Protein	9g	Iron	2mg

DIRECTIONS

- 01 Cook the fettuccine according to package directions and set aside.
- 02 Meanwhile, melt half the butter in a non-stick skillet over medium-high heat. Add the artichoke, lemon zest, and lemon juice. Lower to a simmer and cook for five to eight minutes, or until the liquid has reduced by half.
- 03 Stir in the remaining butter, basil, parsley, salt, and pepper. Add the fettuccini and gently toss until well coated. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups.

DAIRY-FREE

Use vegan butter or your choice of cooking oil.

MORE FLAVOR

Add garlic and white cooking wine.

ADDITIONAL TOPPING

Add parmesan, nutritional yeast, pine nuts, red pepper flakes, or more fresh herbs.

Avocado & Hummus Cucumber Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Hummus
1/4 Avocado
1 tbsp Parsley (finely chopped)
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread (toasted)
1/2 cup Baby Spinach
1/4 Cucumber (small, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	607	Cholesterol	0mg
Fat	33g	Sodium	858mg
Carbs	62g	Vitamin A	1907IU
Fiber	17g	Vitamin C	16mg
Sugar	8g	Calcium	180mg
Protein	23g	Iron	6mg

DIRECTIONS

- 01 In a large bowl, add the hummus and avocado. Mash well until everything is combined. Add the parsley and season with salt and pepper to taste. Mix well once more.
- 02 Spread the hummus and avocado mixture on one slice of toast, top with spinach, cucumber, and the second slice of toast. Repeat for each sandwich.
- 03 Slice the sandwich in half and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add microgreens and/or fresh herbs. Use a wrap instead of bread.

Basic Protein Porridge

1 SERVING 5 MINUTES



INGREDIENTS

1 1/2 cups Water
1/3 cup Quick Oats
1/4 cup Vanilla Protein Powder
1/4 tsp Cinnamon (optional)

NUTRITION

AMOUNT PER SERVING

Calories	189	Cholesterol	4mg
Fat	2g	Sodium	47mg
Carbs	20g	Vitamin A	2IU
Fiber	4g	Vitamin C	0mg
Sugar	0g	Calcium	170mg
Protein	23g	Iron	1mg

DIRECTIONS

- 01 Bring the water to a boil in a small saucepan. Add the quick oats and cook for one minute, or until cooked to your liking.
- 02 Stir in the protein powder and cinnamon until well combined. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

ADDITIONAL TOPPINGS

Add nuts, fresh or dried fruit, shredded coconut, bee pollen, nut butter, or hemp seeds.

Peanut Butter Toast & Fruit Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

- 1 tbsp All Natural Peanut Butter
- 1 slice Whole Grain Bread (toasted)
- 1/2 cup Blueberries
- 1 Apple (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	343	Cholesterol	0mg
Fat	11g	Sodium	163mg
Carbs	57g	Vitamin A	138IU
Fiber	10g	Vitamin C	16mg
Sugar	31g	Calcium	65mg
Protein	10g	Iron	2mg

DIRECTIONS

- 01 Spread the peanut butter on top of the toasted bread and cut it in half.
- 02 Arrange the peanut butter toast, blueberries, and apple in a container and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

NO BLUEBERRIES

Use another berry or fresh fruit instead.

GLUTEN-FREE

Use gluten-free bread.

NO PEANUT BUTTER

Use another nut or seed butter.

Chicken, Kale & Pinto Bean Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

2 tbsps Avocado Oil
1 Yellow Onion (large, chopped)
Sea Salt & Black Pepper (to taste)
1 lb Chicken Breast (boneless, chopped small)
4 Garlic (clove, chopped)
2 tsp Oregano (dried)
2 cups Pinto Beans (cooked)
4 cups Kale Leaves (finely chopped)
5 cups Vegetable Broth, Low Sodium
1/2 Lemon (juiced)

NUTRITION

AMOUNT PER SERVING

Calories	357	Cholesterol	82mg
Fat	11g	Sodium	203mg
Carbs	30g	Vitamin A	1054IU
Fiber	10g	Vitamin C	27mg
Sugar	5g	Calcium	122mg
Protein	34g	Iron	4mg

DIRECTIONS

- 01 In a large pot, heat the oil over medium high heat. Add the onions and cook for three to five minutes, or until softened. Season with salt and pepper.
- 02 Add the chicken and garlic and cook for three to five minutes or until cooked through. Season with oregano, salt, and pepper and cook for another minute.
- 03 Add the beans, kale, and broth to the pot and bring to a boil. Reduce the heat and simmer for eight to ten minutes or until the kale is completely wilted and the flavors combined.
- 04 Add the lemon juice and season with salt and pepper. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

SERVING SIZE

One serving is equal to approximately two cups.

MORE FLAVOR

Use homemade bone broth. Add more vegetables like celery, carrots, and squash.

Poached Salmon, Artichokes & Sweet Potato

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Vegetable Broth, Low Sodium
1 Sweet Potato (large, diced)
2 Garlic (clove, chopped)
12 ozs Salmon Fillet (skinless)
1 cup Artichoke Hearts (marinated, halved)
3 stalks Green Onion (sliced)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	325	Cholesterol	87mg
Fat	8g	Sodium	671mg
Carbs	22g	Vitamin A	10568...
Fiber	7g	Vitamin C	22mg
Sugar	9g	Calcium	91mg
Protein	41g	Iron	2mg

DIRECTIONS

- 01 In a deep pan with a lid, bring the broth to a boil. Add the potatoes and garlic. Cover and simmer for five minutes.
- 02 Add the salmon, artichokes, and green onions. Cover and continue cooking for three to five minutes or until the salmon is fully cooked. Remove from the heat and stir in the lemon juice. Season with salt and pepper.
- 03 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups of vegetables and broth with salmon.

MORE FLAVOR

Add leeks and fresh tarragon. Use other root vegetables instead of sweet potatoes.

Creamy Chicken & Pinto Bean Spaghetti

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast
1 tbsp Butter (melted, divided)
Sea Salt & Black Pepper (to taste)
1 tsp Paprika
1/2 cup Brown Rice Spaghetti
1 cup Pinto Beans (cooked)
1/2 cup Water (reserved from cooking pasta)
2 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	519	Cholesterol	98mg
Fat	11g	Sodium	78mg
Carbs	67g	Vitamin A	359IU
Fiber	11g	Vitamin C	9mg
Sugar	1g	Calcium	85mg
Protein	38g	Iron	4mg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Place the chicken breast on the baking sheet. Brush with half of the butter and season with salt, pepper, and paprika. Bake in the oven for 20 to 25 minutes or until cooked through.
- 03 Meanwhile, cook the pasta according to the package directions. Reserve pasta water and drain.
- 04 Add the remaining butter to a pan over medium-high heat. Add the spaghetti, pinto beans, and reserved pasta water. Stir and simmer for two to three minutes.
- 05 Add the spinach, toss, and continue to cook for another minute. Season the pasta with salt and pepper, if needed. Serve the pasta with the chicken, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup of pasta and one chicken breast. 1/2 cup of dry spaghetti is equal to 128 grams or 4.5 ounces.

MORE FLAVOR

Add garlic and onion powder to the pasta.

ADDITIONAL TOPPINGS

Top with chopped parsley and parmesan cheese.

Salmon, Spinach & Sauerkraut with Brown Rice

2 SERVINGS 25 MINUTES



INGREDIENTS

1/2 cup Brown Rice (dry, rinsed)
1 tbsp Avocado Oil
12 ozs Salmon Fillet
Sea Salt & Black Pepper (to taste)
4 cups Baby Spinach
1/2 cup Sauerkraut

NUTRITION

AMOUNT PER SERVING

Calories	475	Cholesterol	87mg
Fat	17g	Sodium	417mg
Carbs	39g	Vitamin A	5908IU
Fiber	4g	Vitamin C	22mg
Sugar	1g	Calcium	90mg
Protein	43g	Iron	3mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat the oil in a cast-iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through. Remove from the pan leaving the oil behind.
- 03 Turn the heat down to low and add the spinach. Cook until wilted, stirring often for about one to two minutes.
- 04 Divide the rice, salmon, spinach, and sauerkraut onto plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is 1/2 cup of cooked rice 1/2 cup spinach, 1/4 cup of sauerkraut with salmon.

MORE FLAVOR

Add red chilli flakes, shallots and/or garlic to the spinach. Squeeze fresh lemon on the salmon once it has cooked.

ADDITIONAL TOPPING

Sesame seeds, hemp seeds, chopped green onions, and/or hot sauce.

Cinnamon Mint Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
2 tbsps Mint Leaves
1 serving Cinnamon Stick

NUTRITION

AMOUNT PER SERVING

Calories	2	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	0g	Vitamin A	136IU
Fiber	7g	Vitamin C	1mg
Sugar	0g	Calcium	37mg
Protein	0g	Iron	0mg

DIRECTIONS

01 Bring water to a boil and pour into a glass. Add the mint leaves and cinnamon. Steep for four to five minutes before drinking. Remove the mint and cinnamon stick if preferred. Enjoy!

NOTES

LEFTOVERS

Best enjoyed right away.

SERVING SIZE

One serving is 1 1/4 cups.

NO MINT LEAVES

Use a peppermint or spearmint tea bag.

Lemon Ginger Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
1 1/2 tbsps Ginger (peeled, sliced)
1/4 Lemon

NUTRITION

AMOUNT PER SERVING

Calories	10	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	2g	Vitamin A	1IU
Fiber	0g	Vitamin C	5mg
Sugar	0g	Calcium	32mg
Protein	0g	Iron	0mg

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

Fresh Mint Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
2 tbsps Mint Leaves (stems removed)

NUTRITION

AMOUNT PER SERVING

Calories	2	Cholesterol	0mg
Fat	0g	Sodium	7mg
Carbs	0g	Vitamin A	136IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	37mg
Protein	0g	Iron	0mg

DIRECTIONS

01 Bring the water to a boil in a pot. Add the mint leaves and let them steep for 3 to 5 minutes, or to your desired strength. Remove the leaves if preferred and divide into mugs. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 1 3/4 cup.

MORE FLAVOR

Add ginger, green tea, lemon, chocolate extract, honey or your sweetener of choice.

NO MINT LEAVES

Use peppermint or spearmint leaves instead.

ENJOY IT COLD

Add ice cubes.

Chamomile Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Chamomile Tea (brewed)

NUTRITION

AMOUNT PER SERVING

Calories	2	Cholesterol	0mg
Fat	0g	Sodium	2mg
Carbs	0g	Vitamin A	47IU
Fiber	0g	Vitamin C	0mg
Sugar	0g	Calcium	5mg
Protein	0g	Iron	0mg

DIRECTIONS

01 Pour tea into a mug and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

LIKE IT SWEET

Add sweetener of choice to taste.

MORE FLAVOR

Add milk of choice to taste.

Ginger Mint Tea

1 SERVING 10 MINUTES



INGREDIENTS

- 1 1/4 cups Water
- 1 1/2 tbsps Ginger (peeled, sliced)
- 2 tbsps Mint Leaves (stems removed)

NUTRITION

AMOUNT PER SERVING

Calories	9	Cholesterol	0mg
Fat	0g	Sodium	8mg
Carbs	2g	Vitamin A	136IU
Fiber	0g	Vitamin C	1mg
Sugar	0g	Calcium	39mg
Protein	0g	Iron	0mg

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 02 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR





Add lemon, green tea, chocolate extract, honey or your sweetener of choice.




ENJOY IT COLD




Add ice cubes.




NO MINT LEAVES

Use spearmint leaves instead.

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.
		Divide the salmon fillets into two portions and freeze both portions. Divide the chicken breasts into two portions and freeze one portion.	This guide will remind you to thaw them later in the week.
		Make Blackberry Kefir Chia Pudding.	Divide between containers and store in the fridge for breakfast.
		Portion Crackers & Hummus.	Store in a container for a snack.
		Make Lemon Artichoke Pasta.	Divide between containers and store in the fridge for meals.
		Make Basic Protein Porridge.	Store in a container for a snack.
1 Mon		Pack your meals if you are on-the-go.	Blackberry Kefir Chia Pudding, Crackers & Hummus, Lemon Artichoke Pasta, Basic Protein Porridge.
		Make Chicken, Kale & Pinto Bean Soup for dinner.	Divide between containers. Freeze half the portions for later in the week and store half in the fridge.

		Make Cinnamon Mint Tea.	Enjoy.
		Portion Eggs & Sauerkraut.	Store in a container for a snack.
		Portion Peanut Butter Toast & Fruit Snack Box.	Store in a container for a snack.
2 Tue		Pack your meals if you are on-the-go.	Blackberry Kefir Chia Pudding, Eggs & Sauerkraut, Chicken, Kale & Pinto Bean Soup, Peanut Butter Toast & Fruit Snack Box.
		Enjoy Lemon Artichoke Pasta for dinner.	Reheat in the microwave or in a pan.
		Make Lemon Ginger Tea.	Enjoy.
		Make Avocado & Hummus Cucumber Sandwich.	Store in a container for lunch tomorrow.
		Portion Apple with Peanut Butter.	Store in a container for a snack.
	Take one portion of salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.	
3 Wed		Make Scrambled Eggs & Pinto Beans on Toast.	Enjoy immediately or pack if you're on-the-go.
		Make Blackberry Kefir Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Scrambled Eggs & Pinto Beans on Toast, Blackberry Kefir Smoothie, Avocado & Hummus Cucumber

			Sandwich, Apple with Peanut Butter.
		Make Poached Salmon, Artichokes & Sweet Potato for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Fresh Mint Tea.	Enjoy.
		Portion Crackers, Apple & Kefir.	Store in a container and portable cup for a snack.
		Make Basic Protein Porridge.	Store in a container for a snack.
		Take portion of chicken breast out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
4 Thu		Make Scrambled Eggs & Pinto Beans on Toast.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Scrambled Eggs & Pinto Beans on Toast, Crackers, Apple & Kefir, Poached Salmon, Artichokes & Sweet Potato, Basic Protein Porridge.
		Make Creamy Chicken & Pinto Bean Spaghetti for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Chamomile Tea.	Enjoy.
		Make Blueberry Coconut Kefir Oatmeal.	Divide between containers and store in the fridge for breakfast.

		Portion Cucumber, Blackberries & Hummus Snack Box.	Store in a container for a snack.
		Portion Crackers, Apple & Kefir.	Store in a container and portable cup for a snack.
5 Fri		Pack your meals if you are on-the-go.	Blueberry Coconut Kefir Oatmeal, Cucumber, Blackberries & Hummus Snack Box, Creamy Chicken & Pinto Bean Spaghetti, Crackers, Apple & Kefir.
		Make Avocado & Hummus Cucumber Sandwich for dinner.	Enjoy.
		Make Ginger Mint Tea.	Enjoy.
		Portion Apple with Peanut Butter.	Store in a container for a snack.
		Portion Eggs, Hummus & Crackers.	Store in a container for a snack.
		Take one portion of Chicken, Kale & Pinto Bean Soup out of the freezer.	Thaw in the fridge for lunch tomorrow.
		Take the remaining portion of salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Pack your meals if you are on-the-go.	Blueberry Coconut Kefir Oatmeal, Apple with Peanut Butter, Chicken, Kale & Pinto Bean Soup, Eggs, Hummus & Crackers.

		Make Salmon, Spinach & Sauerkraut with Brown Rice for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Chamomile Tea.	Enjoy.
		Take the remaining portion of Chicken, Kale & Pinto Bean Soup out of the freezer.	Thaw in the fridge for dinner tomorrow.
		Portion Eggs, Hummus & Crackers.	Store in a container for a snack.
7 Sun		Make Blackberry Kefir Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Blueberry Coconut Kefir Oatmeal, Eggs, Hummus & Crackers, Salmon, Spinach & Sauerkraut with Brown Rice, Blackberry Kefir Smoothie.
		Shop and prep for next week.	
		Enjoy leftover Chicken, Kale & Pinto Bean Soup for dinner.	Reheat in the microwave or in a pot.
		Make Cinnamon Mint Tea.	Enjoy.

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-  Your Choice of 4 7-Day RD-Created Meal Plans*
-  Exclusive Resources to help you implement your habits

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