



# Low Sulfur Diet

TRACY KACZMARCZYK



# Low Sulfur Diet

## HEAVY METAL FITNESS

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

This Low Sulfur meal plan is a nutritious and colorful sulfur elimination program to support clients with sulfur sensitivity. Following a low sulfur diet for at least one week can help establish the diagnosis of sulfur sensitivity. This balanced plan focuses on eliminating high sulfur foods to help your client identify exactly which foods are responsible for their symptoms.

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

#### **FIBER**

Fiber has several health benefits, including improving digestive health and lowering C-reactive protein (CRP), a substance in the blood that indicates inflammation. Following a low sulfur diet can result in a decreased fiber intake due to the elimination of legumes and most grains. This meal plan provides up to 40 grams of fiber daily from low sulfur fruits, vegetables, seeds, and rice.

#### **ANTIOXIDANTS**

A low sulfur diet may be poor in natural antioxidants contained in several sulfur-rich foods. To prevent this, the plan provides essential fat-soluble antioxidants like vitamin A and vitamin E from seeds and oils, carotenoids from carrots and sweet potatoes, and polyphenols found in apples, strawberries, and blueberries.

#### **IMMUNE SUPPORT**

The minerals zinc and selenium are critical for immune function. This plan provides zinc from salmon and pumpkin seeds and selenium from chicken, yogurt, and rice. Vitamin C found in foods like bell pepper, lemon, and strawberries, is incorporated into the plan to support the immune system.

#### **CALCIUM**

Calcium is an essential mineral for building healthy bones and is a potential nutrient deficiency on a low sulfur diet as calcium-rich foods like dairy, soy, and several plant-based beverages are avoided. This meal plan uses ingredients like fortified coconut milk, coconut yogurt, and seeds to help boost calcium intake.



----

### **GROCERY LIST TIPS**

Included is a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

### **SHOPPING TIPS**

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

### **RECIPE TIPS**

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

### **HOW TO USE**

All of these recipes have been selected based on your health needs, but you don't need to make them all at once. Start by adding a couple of new recipes into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

### **LEFTOVERS**

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!



## MON



**BREAKFAST**  
Blueberry Coconut Rice Porridge



**SNACK 1**  
Cherries & Pumpkin Seeds



**LUNCH**  
One Pan Chicken, Carrots & Zucchini



**SNACK 2**  
Strawberry Banana Chia Pudding



**DINNER**  
Salmon & Roasted Sweet Potato

## TUE



**BREAKFAST**  
Blueberry Coconut Rice Porridge



**SNACK 1**  
Strawberry Banana Chia Pudding



**LUNCH**  
Salmon & Roasted Sweet Potato



**SNACK 2**  
Cherry Yogurt Bowl



**DINNER**  
One Pan Chicken, Carrots & Zucchini

## WED



**BREAKFAST**  
Cherry & Strawberry Flaxseed Pudding



**SNACK 1**  
Cherries & Pumpkin Seeds



**LUNCH**  
One Pan Chicken, Carrots & Zucchini



**SNACK 2**  
Coconut Yogurt Banana Boat



**DINNER**  
Chicken & Zucchini Noodles with  
Pumpkin Seed Pesto

## THU



**BREAKFAST**  
Cherry & Strawberry Flaxseed Pudding



**SNACK 1**  
Coconut Yogurt Banana Boat



**LUNCH**  
Chicken & Zucchini Noodles with  
Pumpkin Seed Pesto



**SNACK 2**  
Creamy Sweet Potato Toast



**DINNER**  
One Pan Salmon, Zucchini & Bell  
Peppers, Turmeric Chili Rice

## FRI



**BREAKFAST**  
Blueberry Coconut Chia Pudding



**SNACK 1**  
Creamy Sweet Potato Toast



**LUNCH**  
One Pan Salmon, Zucchini & Bell  
Peppers, Turmeric Chili Rice



**SNACK 2**  
Banana Cinnamon Smoothie



**DINNER**  
Pesto Chicken Zucchini Boats

## SAT



**BREAKFAST**  
Blueberry Coconut Chia Pudding



**SNACK 1**  
Apple & Creamy Sunflower Dip



**LUNCH**  
Pesto Chicken Zucchini Boats



**SNACK 2**  
Cherry Yogurt Bowl



**DINNER**  
One Pan Eggplant, Mushroom & Tomato  
Drumsticks

## SUN



**BREAKFAST**  
Blueberry Coconut Chia Pudding



**SNACK 1**  
Banana Cinnamon Smoothie



**LUNCH**  
One Pan Eggplant, Mushroom & Tomato  
Drumsticks



**SNACK 2**  
Apple & Creamy Sunflower Dip



**DINNER**  
Pesto Chicken Zucchini Boats

## MON

**FAT 47%**    **CARBS 28%**    **PROTEIN 25%**

Calories 1789            Cholesterol 298mg  
Fat 96g                    Sodium 523mg  
Carbs 127g                Vitamin A 17017IU  
Fiber 21g                 Vitamin C 66mg  
Sugar 48g                 Calcium 587mg  
Protein 112g              Iron 8mg

## TUE

**FAT 47%**    **CARBS 29%**    **PROTEIN 24%**

Calories 1728            Cholesterol 298mg  
Fat 91g                    Sodium 561mg  
Carbs 128g                Vitamin A 16962IU  
Fiber 26g                 Vitamin C 60mg  
Sugar 39g                 Calcium 1052mg  
Protein 106g              Iron 7mg

## WED

**FAT 57%**    **CARBS 23%**    **PROTEIN 20%**

Calories 1874            Cholesterol 316mg  
Fat 123g                   Sodium 1035mg  
Carbs 109g                Vitamin A 9049IU  
Fiber 25g                 Vitamin C 105mg  
Sugar 60g                 Calcium 677mg  
Protein 96g                Iron 12mg

## THU

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

Calories 1734            Cholesterol 179mg  
Fat 99g                    Sodium 1241mg  
Carbs 141g                Vitamin A 13697IU  
Fiber 26g                 Vitamin C 174mg  
Sugar 47g                 Calcium 705mg  
Protein 85g                Iron 11mg

## FRI

**FAT 50%**    **CARBS 29%**    **PROTEIN 21%**

Calories 1840            Cholesterol 183mg  
Fat 105g                   Sodium 989mg  
Carbs 137g                Vitamin A 13531IU  
Fiber 31g                 Vitamin C 157mg  
Sugar 40g                 Calcium 591mg  
Protein 100g              Iron 11mg

## SAT

**FAT 56%**    **CARBS 25%**    **PROTEIN 19%**

Calories 1843            Cholesterol 316mg  
Fat 117g                   Sodium 793mg  
Carbs 120g                Vitamin A 3552IU  
Fiber 40g                 Vitamin C 87mg  
Sugar 63g                 Calcium 940mg  
Protein 89g                Iron 12mg

## SUN

**FAT 52%**    **CARBS 26%**    **PROTEIN 22%**

Calories 1911            Cholesterol 320mg  
Fat 113g                   Sodium 798mg  
Carbs 127g                Vitamin A 3580IU  
Fiber 40g                 Vitamin C 92mg  
Sugar 66g                 Calcium 676mg  
Protein 108g              Iron 12mg



## FRUITS

- 2 Apple
- 4 1/2 Banana
- 2 1/8 cups Blueberries
- 3 1/2 cups Cherries
- 1 Lemon
- 1 cup Strawberries

## SEEDS, NUTS & SPICES

- 1 cup Chia Seeds
- 3/4 tsp Chili Powder
- 1 3/4 tsps Cinnamon
- 2/3 cup Ground Flax Seed
- 3 tsps Italian Seasoning
- 1 1/2 tsps Paprika
- 2/3 cup Pumpkin Seeds
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

## FROZEN

- 4 Ice Cubes

## VEGETABLES

- 2 1/2 cups Basil Leaves
- 2 Carrot
- 8 Cremini Mushrooms
- 1 Eggplant
- 3 tsps Fresh Dill
- 1 Red Bell Pepper
- 2 Sweet Potato
- 7 1/2 Zucchini

## BOXED & CANNED

- 2 1/2 cups Canned Coconut Milk
- 1 1/2 cups Diced Tomatoes
- 1 cup Jasmine Rice

## BAKING

- 1 1/8 tsps Raw Honey
- 3 tsps Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 2 1/2 lbs Chicken Drumsticks
- 1 1/4 lbs Chicken Thighs
- 1 1/3 lbs Salmon Fillet

## CONDIMENTS & OILS

- 2/3 cup Avocado Oil
- 1/3 cup Extra Virgin Olive Oil
- 3 tsps Sun Dried Tomatoes
- 2/3 cup Sunflower Seed Butter

## COLD

- 1 3/4 cups Plain Coconut Milk
- 3 cups Unsweetened Coconut Yogurt

## OTHER

- 3/4 cup Vanilla Protein Powder
- 3 1/2 cups Water

# Blueberry Coconut Rice Porridge

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (dry, rinsed)  
1 1/2 cups Water  
1 cup Canned Coconut Milk (full fat)  
2/3 cup Blueberries (fresh or frozen)  
2 tsps Raw Honey

## NUTRITION

### AMOUNT PER SERVING

Calories	420	Cholesterol	0mg
Fat	21g	Sodium	34mg
Carbs	54g	Vitamin A	27IU
Fiber	2g	Vitamin C	5mg
Sugar	12g	Calcium	26mg
Protein	5g	Iron	0mg

## DIRECTIONS

- 01 Add the rice and water to a small pot over high heat. Once boiling, turn the heat down to a low simmer, add the coconut milk and cover. Cook covered for 12 minutes or until the rice is a creamy porridge texture.
- 02 Add the blueberries and serve. Drizzle the honey over top of the porridge. Enjoy!

## NOTES

### LEFTOVERS

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

### SERVING SIZE

One serving is approximately 1 1/4 cup of porridge.

### ADDITIONAL TOPPINGS

Yogurt, nuts, and/or seeds.

# Cherry & Strawberry Flaxseed Pudding

2 SERVINGS 1 HOUR 5 MINUTES



## INGREDIENTS

1/2 cup Ground Flax Seed  
3/4 cup Plain Coconut Milk  
1 1/2 tps Raw Honey  
3/4 tsp Cinnamon  
1/2 cup Strawberries (sliced)  
1/2 cup Cherries (pitted)

## NUTRITION

### AMOUNT PER SERVING

Calories	223	Cholesterol	0mg
Fat	11g	Sodium	14mg
Carbs	25g	Vitamin A	219IU
Fiber	8g	Vitamin C	24mg
Sugar	13g	Calcium	230mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 Combine all of the ingredients except for the strawberries and cherries in a large container and mix well. Refrigerate for at least one hour or until the ground flax has set.
- 02 Stir well, and divide into cups or containers if on-the-go. Top with the strawberries and cherries. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days. Add the fruit just before serving.

### SERVING SIZE

One serving is equal to approximately 1/2 cup of flax seed pudding.

### ADDITIONAL TOPPINGS

Top with nuts, seeds, and/or shredded coconut.



# Blueberry Coconut Chia Pudding

3 SERVINGS 35 MINUTES



## INGREDIENTS

1 1/2 cups Canned Coconut Milk  
1 1/2 cups Blueberries (plus extra for garnish)  
1 1/2 tsps Vanilla Extract  
1/3 cup Chia Seeds  
3 tbsps Unsweetened Shredded Coconut (plus extra for garnish)

## NUTRITION

### AMOUNT PER SERVING

Calories	407	Cholesterol	0mg
Fat	32g	Sodium	36mg
Carbs	25g	Vitamin A	40IU
Fiber	10g	Vitamin C	7mg
Sugar	9g	Calcium	163mg
Protein	6g	Iron	2mg

## DIRECTIONS

- 01 Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
- 02 Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
- 03 Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days.

### SERVING SIZE

One serving is equal to approximately 1 1/3 cups of chia pudding.

### LIKES IT SWEETER

Add maple syrup or honey.

### MORE FLAVOR

Add cardamom.

# Cherries & Pumpkin Seeds

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Cherries  
1/4 cup Pumpkin Seeds

## NUTRITION

### AMOUNT PER SERVING

Calories	277	Cholesterol	0mg
Fat	16g	Sodium	2mg
Carbs	28g	Vitamin A	104IU
Fiber	5g	Vitamin C	11mg
Sugar	20g	Calcium	35mg
Protein	11g	Iron	3mg

## DIRECTIONS

01 Serve the cherries with the pumpkin seeds and enjoy!

## NOTES

### LEFTOVERS

Store cherries and pumpkin seeds separately until ready to serve.

### NO PUMPKIN SEEDS

Use another nut or seed instead.

# Coconut Yogurt Banana Boat

1 SERVING 5 MINUTES



## INGREDIENTS

1 Banana (sliced in half lengthwise)  
1/2 cup Unsweetened Coconut Yogurt  
2 tbsps Sunflower Seed Butter  
1 tsp Ground Flax Seed  
1/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	371	Cholesterol	0mg
Fat	22g	Sodium	27mg
Carbs	42g	Vitamin A	94IU
Fiber	7g	Vitamin C	11mg
Sugar	18g	Calcium	286mg
Protein	8g	Iron	2mg

## DIRECTIONS

01 Place the banana on a plate or into a bowl and top with coconut yogurt, sunflower seed butter, ground flax, and cinnamon. Enjoy!

## NOTES

### LEFTOVERS

Best enjoyed immediately.

### ADDITIONAL TOPPINGS

Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

### NO SUNFLOWER SEED BUTTER

Use other nut or seed butter instead.

### MORE PROTEIN

Use plain Greek yogurt or mix protein powder into the yogurt.

# Creamy Sweet Potato Toast

1 SERVING 15 MINUTES



## INGREDIENTS

- 1/2 Sweet Potato (large)
- 2 tbsps Sunflower Seed Butter
- 1 tbsp Unsweetened Coconut Yogurt

## NUTRITION

### AMOUNT PER SERVING

Calories	260	Cholesterol	0mg
Fat	18g	Sodium	40mg
Carbs	21g	Vitamin A	9238IU
Fiber	4g	Vitamin C	2mg
Sugar	6g	Calcium	71mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 Trim the pointy ends off of the sweet potato then cut it half lengthwise into 1/4 inch slices to create long toast-like pieces.
- 02 Place the sweet potato slices into the toaster and toast twice or until golden brown. Or set your oven to broil and bake on a sheet for three to six minutes per side, or until golden brown.
- 03 Once the sweet potato has cooled slightly, add the sunflower seed butter to each slice. Top with coconut yogurt. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate leftover slices separate from the toppings in an airtight container for up to three days. To reheat, toast each slice until warm, or set the oven to broil for roughly three minutes per side.

### ADDITIONAL TOPPINGS

Add hemp seeds, flax seeds, or chia seeds on top.

# Apple & Creamy Sunflower Dip

1 SERVING 5 MINUTES



## INGREDIENTS

3 tbsps Unsweetened Coconut Yogurt  
1 tbsp Sunflower Seed Butter  
1 Apple (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	214	Cholesterol	0mg
Fat	10g	Sodium	12mg
Carbs	31g	Vitamin A	107IU
Fiber	6g	Vitamin C	9mg
Sugar	21g	Calcium	115mg
Protein	3g	Iron	1mg

## DIRECTIONS

01 In a small bowl combine the yogurt and sunflower seed butter. Serve with the apple slices for dipping. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the dip in an airtight container for up to three days. Slice the apple just before serving.

### MORE FLAVOR

Add vanilla extract, cinnamon, or sweetener of choice to the dip.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO SUNFLOWER SEED BUTTER

Use another nut or seed butter instead.

# Banana Cinnamon Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1/4 cup Vanilla Protein Powder  
1 tbsp Ground Flax Seed  
1 tbsp Chia Seeds  
1 Banana (frozen)  
2 Ice Cubes  
1 cup Water  
1/4 tsp Cinnamon

## NUTRITION

### AMOUNT PER SERVING

Calories	284	Cholesterol	4mg
Fat	7g	Sodium	45mg
Carbs	36g	Vitamin A	77IU
Fiber	10g	Vitamin C	10mg
Sugar	14g	Calcium	236mg
Protein	24g	Iron	2mg

## DIRECTIONS

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

## NOTES

### NO PROTEIN POWDER

Use hemp seeds with vanilla extract instead.

### LEFTOVERS

Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

### MAKE IT GREEN

Add spinach.

# One Pan Chicken, Carrots & Zucchini

3 SERVINGS 40 MINUTES



## INGREDIENTS

- 1 1/2 Zucchini (large, cut into sticks)
- 2 Carrot (large, cut into sticks)
- 1/4 cup Extra Virgin Olive Oil (divided)
- 3 tbsps Italian Seasoning
- 1 1/2 lbs Chicken Drumsticks

## NUTRITION

### AMOUNT PER SERVING

Calories	558	Cholesterol	209mg
Fat	39g	Sodium	277mg
Carbs	7g	Vitamin A	7094IU
Fiber	2g	Vitamin C	20mg
Sugar	4g	Calcium	47mg
Protein	43g	Iron	2mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 On one side of the baking sheet, add the zucchini and carrot sticks. Toss with half of the oil and 1/4 of the Italian seasoning. Spread out into an even layer.
- 03 On the other side of the baking sheet, add the drumsticks. Rub the remaining oil and Italian seasoning all over the chicken. Spread them out into an even layer.
- 04 Bake for 30 minutes or until the chicken is cooked through. Flip the chicken and vegetables halfway. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two chicken drumsticks and one cup of vegetables.

### MORE FLAVOR

Drizzle lemon juice on top or hot sauce.

# Strawberry Banana Chia Pudding

2 SERVINGS 3 HOURS



## INGREDIENTS

- 1 cup Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Chia Seeds
- 1/2 cup Strawberries (chopped)
- 1/2 Banana (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	233	Cholesterol	2mg
Fat	10g	Sodium	41mg
Carbs	24g	Vitamin A	273IU
Fiber	10g	Vitamin C	24mg
Sugar	9g	Calcium	443mg
Protein	14g	Iron	2mg

## DIRECTIONS

- 01 Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
- 02 To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

### MORE FLAVOR

Add cinnamon or liquid sweetener of choice.

### ADDITIONAL TOPPINGS

Add other fresh berries or chopped fruit.

### MORE PROTEIN

Top with a dollop of greek yogurt.

### PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



# Cherry Yogurt Bowl

1 SERVING 5 MINUTES



## INGREDIENTS

3/4 cup Unsweetened Coconut Yogurt  
1 1/2 tbsps Chia Seeds  
1/2 cup Cherries (pits removed)

## NUTRITION

### AMOUNT PER SERVING

Calories	216	Cholesterol	0mg
Fat	11g	Sodium	40mg
Carbs	29g	Vitamin A	49IU
Fiber	10g	Vitamin C	5mg
Sugar	11g	Calcium	500mg
Protein	5g	Iron	2mg

## DIRECTIONS

01 Add the coconut yogurt to a bowl and stir in the chia seeds. Top with sliced cherries and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days. Add chia seeds just before serving.

### ADDITIONAL TOPPINGS

Chopped nuts, seeds, a drizzle of honey, cinnamon, granola, other chopped fruit.

### NO COCONUT YOGURT

Use Greek yogurt instead.

### NO CHIA SEEDS

Use ground flaxseeds or hemp seeds instead.

# Salmon & Roasted Sweet Potato

2 SERVINGS 35 MINUTES



## INGREDIENTS

1 Sweet Potato (large, peeled, cut into fries)  
1 tsp Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
12 ozs Salmon Fillet  
1 tbsp Fresh Dill  
1/2 Lemon (sliced into wedges, for serving)

## NUTRITION

### AMOUNT PER SERVING

Calories	301	Cholesterol	87mg
Fat	10g	Sodium	169mg
Carbs	14g	Vitamin A	9519IU
Fiber	2g	Vitamin C	6mg
Sugar	3g	Calcium	36mg
Protein	39g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Place the sweet potatoes onto the baking sheet. Toss with oil and season with salt and pepper. Bake in the oven for 15 minutes.
- 03 Remove the baking sheet from the oven and place the salmon on it. Season with salt and pepper.
- 04 Bake in the oven for another 15 to 20 minutes or until everything is cooked through. Top with dill and serve with lemon wedges. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to one salmon fillet and about one cup of sweet potato.

### MORE FLAVOR

Add paprika, bell pepper, and/or zucchini.

# Chicken & Zucchini Noodles with Pumpkin Seed Pesto

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 cup Basil Leaves (packed)
- 1/4 cup Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 1 tbsp Pumpkin Seeds
- 8 ozs Chicken Thighs (boneless, skinless, sliced)
- 2 Zucchini (medium, spiralized)

## NUTRITION

### AMOUNT PER SERVING

Calories	445	Cholesterol	107mg
Fat	35g	Sodium	715mg
Carbs	7g	Vitamin A	1538IU
Fiber	3g	Vitamin C	39mg
Sugar	5g	Calcium	79mg
Protein	27g	Iron	3mg

## DIRECTIONS

- 01 Prepare the pesto by blending the basil, oil, half of the salt, and pumpkin seeds in a small food processor or blender. Set aside.
- 02 Season the chicken with the remaining salt. Heat a large non-stick pan over medium-high heat, and cook the chicken for five to seven minutes, or until cooked through. Set aside.
- 03 Reduce the heat to low and sauté the zucchini noodles in the same pan for four minutes or until tender-crisp. Remove from the heat, add the pesto and cooked chicken, and toss until well coated.
- 04 Divide evenly between plates and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately two cups.

### MORE FLAVOR

Add garlic and parmesan cheese to the pesto.

# One Pan Salmon, Zucchini & Bell Peppers

2 SERVINGS 35 MINUTES



## INGREDIENTS

- 1 Red Bell Pepper (medium, sliced)
- 1 Zucchini (medium, sliced into strips)
- 1 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1 tbsp Fresh Dill
- 1/2 Lemon (sliced into wedges, to serve)

## NUTRITION

### AMOUNT PER SERVING

Calories	240	Cholesterol	72mg
Fat	9g	Sodium	121mg
Carbs	7g	Vitamin A	2311IU
Fiber	2g	Vitamin C	98mg
Sugar	5g	Calcium	34mg
Protein	33g	Iron	1mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Add the bell peppers and zucchini to the baking sheet. Toss with oil and season with salt and pepper. Bake in the oven for 15 minutes.
- 03 Add the salmon to the baking sheet and season all over with salt and pepper. Bake in the oven for another 15 to 20 minutes or until everything is cooked through.
- 04 Transfer the salmon fillets to a serving dish. Top with bell peppers and zucchini. Top with fresh dill and serve with lemon. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to one salmon fillet and approximately one cup of zucchini and bell peppers.

### MORE FLAVOR

Add broccoli, cauliflower, green beans, or serve over your grain of choice.

# Turmeric Chili Rice

2 SERVINGS 15 MINUTES



## INGREDIENTS

1/2 cup Jasmine Rice (dry)  
1/2 tsp Turmeric  
3/4 tsp Chili Powder  
1/4 tsp Sea Salt  
1 1/2 tsps Extra Virgin Olive Oil

## NUTRITION

### AMOUNT PER SERVING

Calories	195	Cholesterol	0mg
Fat	4g	Sodium	324mg
Carbs	39g	Vitamin A	297IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	5mg
Protein	3g	Iron	1mg

## DIRECTIONS

- 01 Cook the rice according to the directions on the package.
- 02 Once the rice has cooked, stir in turmeric, chili powder, sea salt and olive oil. Mix well.
- 03 Divide into bowls and enjoy!

## NOTES

### NO JASMINE RICE

Use any type of rice or quinoa instead.

### NO OLIVE OIL

Use butter or coconut oil instead.

# Pesto Chicken Zucchini Boats

3 SERVINGS 40 MINUTES



## INGREDIENTS

3 Zucchini (medium, sliced in half lengthwise)  
1 1/2 cups Basil Leaves  
1/3 cup Avocado Oil  
1/3 tsp Sea Salt  
1 1/2 tbsps Pumpkin Seeds  
12 ozs Chicken Thighs (boneless, skinless, sliced)  
3 tbsps Sun Dried Tomatoes (drained, chopped)  
Sea Salt & Black Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	454	Cholesterol	107mg
Fat	35g	Sodium	423mg
Carbs	9g	Vitamin A	1568IU
Fiber	3g	Vitamin C	40mg
Sugar	6g	Calcium	82mg
Protein	27g	Iron	3mg

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Scoop out the middle flesh from the center of each zucchini half. Place the zucchini on the baking sheet, cut side up. Chop the flesh and set it aside.
- 03 Prepare the basil pesto by blending the basil, oil, salt, and pumpkin seeds in a food processor or blender. Set aside.
- 04 Toss the chicken with the pesto, sun dried tomatoes, and zucchini flesh. Season with salt and pepper and mix well to coat.
- 05 Spoon the pesto chicken mixture evenly into zucchini boats and bake for 25 to 30 minutes, or until the zucchini is fork-tender and the chicken is cooked through. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is equal to two boats.

### MORE FLAVOR

Add garlic and parmesan cheese to the pesto.

# One Pan Eggplant, Mushroom & Tomato Drumsticks

2 SERVINGS 40 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil (divided)  
Sea Salt & Black Pepper (to taste)  
1 lb Chicken Drumsticks  
1 Eggplant (Japanese, medium, chopped)  
8 Cremini Mushrooms (sliced)  
1 1/2 tsp Paprika  
1 1/2 cups Diced Tomatoes (from the can, with juices)  
1 tbsp Fresh Dill

## NUTRITION

### AMOUNT PER SERVING

Calories	552	Cholesterol	209mg
Fat	29g	Sodium	282mg
Carbs	26g	Vitamin A	1788IU
Fiber	11g	Vitamin C	26mg
Sugar	16g	Calcium	80mg
Protein	48g	Iron	4mg

## DIRECTIONS

- 01 Heat half of the oil in a large skillet over medium-high heat. Season the chicken all over with salt and pepper. Add the chicken to the skillet and brown on all sides for about five to seven minutes. It won't be cooked through. Transfer the chicken to a plate.
- 02 In the same skillet, add the remaining oil and eggplant. Sauté for about five minutes then add the mushrooms. Stir and cook for another five minutes.
- 03 Add the paprika and diced tomatoes to the pan. Bring to a simmer, then reduce the heat to low. Season the mixture with salt and pepper.
- 04 Add the drumsticks to the pan, cover with a lid, and cook for 20 minutes or until everything is cooked through. Top with fresh dill and enjoy!

## NOTES

### LEFTOVERS




Refrigerate in an airtight container for up to three days.

### SERVING SIZE






One serving is equal to approximately two chicken drumsticks and one cup of sauce.

### MORE FLAVOR





Add bell pepper and/or carrots.


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 and chicken drumsticks into two portions and freeze one portion of each. Divide the chicken thighs into two portions and freeze both portions.	This guide will remind you to thaw them later in the week.
		Make Blueberry Coconut Rice Porridge.	Divide between containers and store in the fridge for breakfast.
		Portion Cherries & Pumpkin Seeds.	Store in a container in the fridge for a snack.
		Make One Pan Chicken, Carrots & Zucchini.	Divide between containers and store in the fridge for meals.
		Make Strawberry Banana Chia Pudding.	Divide between containers and store in the fridge for snacks.
1 Mon		Pack your meals if you are on-the-go.	Blueberry Coconut Rice Porridge, Cherries & Pumpkin Seeds, One Pan Chicken, Carrots & Zucchini, Strawberry Banana Chia Pudding.



		Make Salmon & Roasted Sweet Potato for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Cherry Yogurt Bowl.	Store in a container in the fridge for a snack.
<b>2 Tue</b>		Pack your meals if you are on-the-go.	Blueberry Coconut Rice Porridge, Strawberry Banana Chia Pudding, Salmon & Roasted Sweet Potato, Cherry Yogurt Bowl.
		Enjoy One Pan Chicken, Carrots & Zucchini for dinner.	Reheat in the microwave or in the oven.
		Portion Cherries & Pumpkin Seeds.	Store in a container in the fridge for a snack.
		Make the Cherry & Strawberry Flaxseed Pudding.	Divide between containers and store in the fridge for breakfast.
	Take one portion of chicken thighs out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.	
<b>3 Wed</b>		Make the Coconut Yogurt Banana Boat.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Cherry & Strawberry Flaxseed Pudding, Cherries & Pumpkin Seeds, One Pan Chicken, Carrots & Zucchini, Coconut Yogurt Banana Boat.
		Make Chicken & Zucchini Noodles with Pumpkin Seed Pesto for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.

		Take one portion of salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>4 Thu</b>		Make the Coconut Yogurt Banana Boat.	Store in a container in the fridge for a snack.
		Make the Creamy Sweet Potato Toast.	Store in a container in the fridge for a snack.
		Pack your meals if you are on-the-go.	Cherry & Strawberry Flaxseed Pudding, Coconut Yogurt Banana Boat, Chicken & Zucchini Noodles with Pumpkin Seed Pesto, Creamy Sweet Potato Toast.
		Make One Pan Salmon, Zucchini & Bell Peppers with Turmeric Chili Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Make Blueberry Coconut Chia Pudding.	Divide between containers and store in the fridge for breakfast.
		Take the remaining portion of chicken thighs out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>5 Fri</b>		Make the Creamy Sweet Potato Toast.	Store in a container in the fridge for a snack.
		Make the Banana Cinnamon Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Blueberry Coconut Chia Pudding, Creamy Sweet Potato Toast, One Pan Salmon, Zucchini & Bell Peppers with Turmeric Chili Rice, Banana Cinnamon

			Smoothie.
		Make Pesto Chicken Zucchini Boats for dinner.	Enjoy and store leftovers in the fridge.
		Make Apple & Creamy Sunflower Dip.	Divide between containers and store in the fridge for snacks.
		Portion Cherry Yogurt Bowl.	Store in a container for a snack.
		Take the chicken drumsticks out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
<b>6 Sat</b>		Pack your meals if you are on-the-go.	Blueberry Coconut Chia Pudding, Apple & Creamy Sunflower Dip, Pesto Chicken Zucchini Boats, Cherry Yogurt Bowl.
		Make One Pan Eggplant, Mushroom & Tomato Drumsticks for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Make Apple & Creamy Sunflower Dip.	Divide between containers and store in the fridge for snacks.
<b>7 Sun</b>		Make Banana Cinnamon Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Blueberry Coconut Chia Pudding, Banana Cinnamon Smoothie, One Pan Eggplant, Mushroom & Tomato Drumsticks, Apple & Creamy Sunflower Dip.

		Shop and prep for next week.	
		Enjoy leftover Pesto Chicken Zucchini Boats for dinner.	Reheat in the microwave or oven.

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**

## **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.

