



Simple Balanced Diet

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Simple Balanced Diet

HEAVY METAL FITNESS

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

The Simple Balanced Program is an easy balanced eating plan for both beginners and seasoned cooks looking to simplify their routine and increase their intake of healthy foods. Eating a balanced diet and planning simple meals and snacks can help clients reach their health goals. This program helps teach balanced diet basics with a variety of delicious meals and easy-to-follow recipes. The plan is rich in whole grains, fruits, vegetables, lean proteins, and healthy fats. It limits sodium and added sugars. The meals included in this program support bone health and the immune system while also providing adequate iron intake.

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

MACRONUTRIENTS

An ideal diet meets food group needs with nutrient-dense options and comprises over 40% carbohydrates, 10% to 30% protein, and under 40% fat. This plan contains a variety of fresh fruits and vegetables, high-fiber whole grains and legumes, low-fat dairy, healthy fats, and lean proteins to provide adequate nutrition and fuel throughout the day.

BONE BUILDING NUTRIENTS

Calcium is a mineral that is essential for building healthy bones. Magnesium has a structural role in bone maintenance, influences bone-building cells, and modulates potential bone-damaging inflammation. This meal plan uses calcium-rich ingredients like fortified milk beverages, Greek yogurt, and chia seeds. Magnesium is incorporated from food sources like chickpeas and leafy greens.

IRON

Iron is an important mineral that helps produce red blood cells and transport oxygen throughout the body. Nutritional iron deficiency is common worldwide and can be prevented by including daily iron-rich foods. This meal plan provides iron sources like poultry, ground beef, and spinach.

IMMUNE SUPPORT

Zinc and selenium are essential minerals critical for immune function. Zinc can be found in this plan from



whole grains, legumes, nut butter, seeds, and meat. The plan provides over 80 mcg of selenium daily by incorporating eggs, beef, oats, and bananas. Vitamin C is an antioxidant that can help your body absorb more iron from iron-rich foods and prevent you from getting sick. This plan provides vitamin C from whole food sources like strawberries, broccoli, and bell pepper.

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
Strawberry Chocolate Overnight Oats



SNACK 1
Apple with Peanut Butter



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Almond Milk & Banana



DINNER
Chicken with Sweet Potato & Peppers

TUE



BREAKFAST
Strawberry Chocolate Overnight Oats



SNACK 1
Almond Milk & Banana



LUNCH
Chicken with Sweet Potato & Peppers



SNACK 2
Apple with Peanut Butter



DINNER
Turmeric Chickpea Sandwich

WED



BREAKFAST
Chickpea Shakshuka



SNACK 1
Yogurt with Granola & Banana



LUNCH
Turmeric Chickpea Sandwich



SNACK 2
Strawberry Banana Smoothie



DINNER
Roasted Chicken & Sweet Potato With Spinach

THU



BREAKFAST
Chickpea Shakshuka



SNACK 1
Strawberry Banana Smoothie



LUNCH
Roasted Chicken & Sweet Potato With Spinach



SNACK 2
Peanut Butter & Banana Sandwich



DINNER
Ground Beef & Pesto Veggies, Brown Rice

FRI



BREAKFAST
Chickpea Shakshuka



SNACK 1
Peanut Butter Banana Oat Smoothie



LUNCH
Ground Beef & Pesto Veggies, Brown Rice



SNACK 2
Greek Yogurt & Strawberries



DINNER
Salmon with Rice & Broccoli

SAT



BREAKFAST
Banana & Nut Chia Oats



SNACK 1
Granola, Yogurt & Berry Snack Box



LUNCH
Salmon with Rice & Broccoli



SNACK 2
Peanut Butter & Banana Sandwich



DINNER
Smashed Chickpea Spinach Salad

SUN



BREAKFAST
Banana & Nut Chia Oats



SNACK 1
Peanut Butter Banana Oat Smoothie



LUNCH
Smashed Chickpea Spinach Salad



SNACK 2
Granola, Yogurt & Berry Snack Box



DINNER
Salmon with Rice & Broccoli

MON

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

Calories 1715 Cholesterol 103mg
Fat 69g Sodium 926mg
Carbs 213g Vitamin A 14054IU
Fiber 39g Vitamin C 151mg
Sugar 74g Calcium 979mg
Protein 77g Iron 13mg

TUE

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

Calories 1715 Cholesterol 103mg
Fat 69g Sodium 926mg
Carbs 213g Vitamin A 14054IU
Fiber 39g Vitamin C 151mg
Sugar 74g Calcium 979mg
Protein 77g Iron 13mg

WED

FAT 29% **CARBS 48%** **PROTEIN 23%**

Calories 1904 Cholesterol 323mg
Fat 63g Sodium 1124mg
Carbs 231g Vitamin A 19421IU
Fiber 46g Vitamin C 156mg
Sugar 68g Calcium 1388mg
Protein 114g Iron 20mg

THU

FAT 33% **CARBS 43%** **PROTEIN 24%**

Calories 1833 Cholesterol 370mg
Fat 69g Sodium 898mg
Carbs 201g Vitamin A 17036IU
Fiber 38g Vitamin C 222mg
Sugar 49g Calcium 919mg
Protein 109g Iron 18mg

FRI

FAT 34% **CARBS 42%** **PROTEIN 24%**

Calories 1862 Cholesterol 371mg
Fat 72g Sodium 601mg
Carbs 197g Vitamin A 4741IU
Fiber 31g Vitamin C 253mg
Sugar 42g Calcium 834mg
Protein 116g Iron 16mg

SAT

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

Calories 1892 Cholesterol 121mg
Fat 74g Sodium 780mg
Carbs 210g Vitamin A 8386IU
Fiber 38g Vitamin C 225mg
Sugar 59g Calcium 1166mg
Protein 110g Iron 16mg

SUN

FAT 35% **CARBS 43%** **PROTEIN 22%**

Calories 1817 Cholesterol 121mg
Fat 74g Sodium 547mg
Carbs 202g Vitamin A 8673IU
Fiber 36g Vitamin C 230mg
Sugar 61g Calcium 1321mg
Protein 103g Iron 15mg



FRUITS

- 2 Apple
- 8 Banana
- 1 Lemon
- 5 1/2 cups Strawberries

BREAKFAST

- 3/4 cup All Natural Peanut Butter
- 1 1/2 cups Granola
- 2 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 2 tbsps Chia Seeds
- 1 tsp Garlic Powder
- 1 tbsp Harissa
- 2 tbsps Hemp Seeds
- 1/2 tsp Paprika
- 0 Sea Salt & Black Pepper
- 1/2 tsp Turmeric

VEGETABLES

- 10 cups Baby Spinach
- 5 cups Broccoli
- 1 Garlic
- 1/2 cup Microgreens
- 1 Red Bell Pepper
- 2 Sweet Potato
- 1 tsp Thyme
- 1 Tomato
- 1 Zucchini

BOXED & CANNED

- 1 1/4 cups Brown Rice
- 6 1/2 cups Chickpeas
- 3/4 cup Tomato Purée

BAKING

- 2 tbsps Cocoa Powder
- 2 cups Oats
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 8 ozs Lean Ground Beef
- 1 1/8 lbs Salmon Fillet
- 10 slices Whole Grain Bread

CONDIMENTS & OILS

- 3 3/4 tbsps Extra Virgin Olive Oil
- 1 tbsp Pesto
- 1/3 cup Vegan Mayonnaise

COLD

- 3 Egg
- 3 1/2 cups Plain Greek Yogurt
- 7 cups Unsweetened Almond Milk

OTHER

- 1 cup Water

Strawberry Chocolate Overnight Oats

2 SERVINGS 3 HOURS 5 MINUTES



INGREDIENTS

1 cup Oats (quick or rolled)
1 cup Unsweetened Almond Milk
2 tbsps Maple Syrup
2 tbsps Cocoa Powder
1 cup Strawberries (sliced or chopped)
1/2 cup Granola (optional)

NUTRITION

AMOUNT PER SERVING

Calories	404	Cholesterol	0mg
Fat	12g	Sodium	95mg
Carbs	66g	Vitamin A	264IU
Fiber	11g	Vitamin C	43mg
Sugar	22g	Calcium	309mg
Protein	12g	Iron	4mg

DIRECTIONS

- 01 Combine the oats, milk, maple syrup, and cocoa powder in a bowl. Stir well. Cover and refrigerate for at least three hours or overnight.
- 02 To serve, divide the oats between bowls or jars and top with the strawberries and granola (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Top with strawberries and granola just before serving.

SERVING SIZE

One serving is approximately equal to 3/4 cup of the oats.

NUT-FREE

Use a nut-free milk, like coconut milk or cow's milk.

MORE FLAVOR

Add cinnamon, vanilla, or a pinch of salt.

NO STRAWBERRIES

Use another berry or banana slices instead.

Chickpea Shakshuka

3 SERVINGS 15 MINUTES



INGREDIENTS

3 cups Chickpeas (cooked)
3/4 cup Tomato Purée
1 tbsp Harissa
1 1/2 cups Baby Spinach
3 Egg
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	368	Cholesterol	186mg
Fat	9g	Sodium	112mg
Carbs	51g	Vitamin A	2040IU
Fiber	14g	Vitamin C	13mg
Sugar	11g	Calcium	134mg
Protein	22g	Iron	7mg

DIRECTIONS

- 01 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 02 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 03 Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add onion and bell pepper.

ADDITIONAL TOPPINGS

Add feta cheese and fresh herbs.

Banana & Nut Chia Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1 cup Unsweetened Almond Milk
2 tbsps Oats (rolled)
2 tbsps Chia Seeds
2 tsps All Natural Peanut Butter
2 tsps Maple Syrup
1 tsp Vanilla Extract
1 Banana (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	289	Cholesterol	17mg
Fat	11g	Sodium	155mg
Carbs	34g	Vitamin A	912IU
Fiber	7g	Vitamin C	13mg
Sugar	15g	Calcium	567mg
Protein	16g	Iron	2mg

DIRECTIONS

- 01 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 02 Divide into containers and add the sliced banana. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to four days.

NUT-FREE

Use a nut-free milk such as oat or soy.

MORE FLAVOR

Add a pinch of cinnamon.

NO BANANA

Use mixed berries instead of banana.

MAKE IT VEGAN

Use a vegan yogurt.

CONSISTENCY

For a thicker consistency, add more chia seeds.

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.

Almond Milk & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 Banana

DIRECTIONS

01 Serve the almond milk with the banana. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	134	Cholesterol	0mg
Fat	3g	Sodium	162mg
Carbs	28g	Vitamin A	575IU
Fiber	4g	Vitamin C	10mg
Sugar	14g	Calcium	457mg
Protein	2g	Iron	1mg

Yogurt with Granola & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Greek Yogurt

1 Banana (sliced)

1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	485	Cholesterol	34mg
Fat	15g	Sodium	152mg
Carbs	61g	Vitamin A	1333IU
Fiber	7g	Vitamin C	26mg
Sugar	28g	Calcium	536mg
Protein	29g	Iron	3mg

DIRECTIONS

01 Add the yogurt, banana, and granola to a bowl, and enjoy!

NOTES

MORE FLAVOR

Add maple syrup or vanilla.

ADDITIONAL TOPPINGS

Nut butter, shredded coconut, chia seeds, and/or hemp seeds.

GLUTEN-FREE

Use gluten-free granola.

DAIRY-FREE

Use a dairy-free yogurt alternative.

Strawberry Banana Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Strawberries
1/2 Banana
2 tbsps Oats (quick or rolled)
1 cup Unsweetened Almond Milk
1 tbsp Hemp Seeds

NUTRITION

AMOUNT PER SERVING

Calories	221	Cholesterol	0mg
Fat	9g	Sodium	164mg
Carbs	33g	Vitamin A	555IU
Fiber	7g	Vitamin C	90mg
Sugar	15g	Calcium	489mg
Protein	7g	Iron	2mg

DIRECTIONS

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

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or soaked dates instead.

STORAGE

Refrigerate in a sealed mason jar up to 48 hours.

MORE PROTEIN

Add more hemp seeds, a scoop of protein powder, or a spoonful of nut butter.

MORE FIBRE

Add ground flax seeds.

Peanut Butter Banana Oat Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Oats (quick or traditional)
2 tbsps All Natural Peanut Butter
1 Banana
1/2 cup Unsweetened Almond Milk

NUTRITION

AMOUNT PER SERVING

Calories	389	Cholesterol	0mg
Fat	20g	Sodium	88mg
Carbs	48g	Vitamin A	325IU
Fiber	7g	Vitamin C	10mg
Sugar	18g	Calcium	258mg
Protein	12g	Iron	2mg

DIRECTIONS

01 Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

NOTES

NO BANANA

Sweeten with raw honey, maple syrup or a few soaked dates.

NO PEANUT BUTTER

Use any nut or seed butter.

STORAGE

Store in a mason jar with lid in the fridge up to 48 hours.

MORE PROTEIN

Add hemp seeds or a scoop of protein powder.

MORE FIBRE

Add ground flax seed.

Granola, Yogurt & Berry Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 cup Strawberries (sliced)
1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	335	Cholesterol	17mg
Fat	13g	Sodium	82mg
Carbs	39g	Vitamin A	650IU
Fiber	7g	Vitamin C	93mg
Sugar	18g	Calcium	304mg
Protein	18g	Iron	3mg

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

Turmeric Chickpea Sandwich

1 SERVING 10 MINUTES



INGREDIENTS

2/3 cup Chickpeas (cooked)
2 tbsps Vegan Mayonnaise
1/8 tsp Turmeric
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread
1/2 cup Baby Spinach
1/3 Tomato (medium, sliced)

NUTRITION

AMOUNT PER SERVING

Calories	589	Cholesterol	0mg
Fat	26g	Sodium	560mg
Carbs	70g	Vitamin A	1990IU
Fiber	15g	Vitamin C	12mg
Sugar	11g	Calcium	155mg
Protein	22g	Iron	6mg

DIRECTIONS

- 01 Use the back of a fork to smash the chickpeas. Stir in the mayonnaise, turmeric, salt and pepper until well combined.
- 02 Scoop the turmeric chickpea mixture onto the bread. Add the spinach and tomato. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

GLUTEN-FREE

Use gluten-free bread instead.

MORE FLAVOR

Add onion powder and minced garlic. Toast the bread.

ADDITIONAL TOPPINGS

Add cucumber, sliced green onions, diced celery, or red onion.

SAVE TIME

Blend the chickpeas, mayonnaise, turmeric, salt and pepper in a food processor to your desired consistency.

Peanut Butter & Banana Sandwich

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps All Natural Peanut Butter
2 slices Whole Grain Bread
1/2 Banana (sliced into rounds)

NUTRITION

AMOUNT PER SERVING

Calories	464	Cholesterol	0mg
Fat	20g	Sodium	321mg
Carbs	56g	Vitamin A	38IU
Fiber	9g	Vitamin C	5mg
Sugar	16g	Calcium	103mg
Protein	19g	Iron	3mg

DIRECTIONS

01 Spread the peanut butter onto the bread. Top with bananas. Close the sandwich and slice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day. Best enjoyed fresh.

MORE FLAVOR

Add a dash of cinnamon or drizzle of honey.

GLUTEN-FREE

Use gluten-free bread.

NUT-FREE

Use sunflower seed butter.

Greek Yogurt & Strawberries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt

1/2 cup Strawberries

NUTRITION

AMOUNT PER SERVING

Calories	113	Cholesterol	17mg
Fat	3g	Sodium	71mg
Carbs	12g	Vitamin A	634IU
Fiber	1g	Vitamin C	50mg
Sugar	7g	Calcium	261mg
Protein	11g	Iron	1mg

DIRECTIONS

01 Add the yogurt to a bowl and top with strawberries. Enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

MAKE IT VEGAN

Use coconut yogurt instead of Greek yogurt.

MORE FLAVOR

Add maple syrup or honey.

ADDITIONAL TOPPINGS

Top with coconut flakes, granola, nuts, and seeds.

Chicken with Sweet Potato & Peppers

2 SERVINGS 35 MINUTES



INGREDIENTS

- 10 ozs Chicken Breast
- 1 Sweet Potato (large, cut into small cubes)
- 1 Red Bell Pepper (large, chopped)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	301	Cholesterol	103mg
Fat	11g	Sodium	102mg
Carbs	17g	Vitamin A	11127IU
Fiber	3g	Vitamin C	78mg
Sugar	5g	Calcium	31mg
Protein	33g	Iron	1mg

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 02 Place the chicken, sweet potato cubes, and bell pepper on the prepared baking sheet. Drizzle with the oil and season with salt and pepper to taste. Toss the sweet potatoes and bell pepper to evenly coat in the seasoning.
- 03 Bake for about 30 minutes, stirring the potatoes and peppers halfway, or until the chicken is cooked through and vegetables are tender. Allow the chicken to rest for five to 10 minutes before slicing.
- 04 To serve, season with additional salt and pepper if needed then divide between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO BELL PEPPER

Use green beans, zucchini, broccoli, or cauliflower florets.

NO CHICKEN BREAST

Use chicken thighs instead.

Roasted Chicken & Sweet Potato With Spinach

2 SERVINGS 25 MINUTES



INGREDIENTS

1 Sweet Potato (medium, cut into cubes)
10 ozs Chicken Breast (skinless, boneless)
1 tsp Thyme (fresh)
1 tsp Garlic Powder
Sea Salt & Black Pepper (to taste)
3 cups Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	241	Cholesterol	103mg
Fat	4g	Sodium	136mg
Carbs	16g	Vitamin A	13503...
Fiber	3g	Vitamin C	15mg
Sugar	3g	Calcium	74mg
Protein	34g	Iron	2mg

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the sweet potatoes and chicken breast on the baking sheet. Season with thyme, garlic powder, salt, and pepper. Bake for 18 to 20 minutes or until the chicken is cooked through and the sweet potatoes are golden.
- 03 Divide the spinach between plates. Top with the sweet potatoes and chicken. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container in the fridge for up to three days.

MORE FLAVOR

Add za'atar and/or paprika to the chicken.

ADDITIONAL TOPPINGS

Add roasted bell pepper, zucchini, and/or your choice of dressing.

NO FRESH THYME

Use dried thyme or rosemary instead.

Ground Beef & Pesto Veggies

2 SERVINGS 20 MINUTES



INGREDIENTS

8 ozs Lean Ground Beef
Sea Salt & Black Pepper
1 Zucchini (medium, sliced)
2 cups Broccoli (chopped into florets)
1 tbsp Pesto

NUTRITION

AMOUNT PER SERVING

Calories	369	Cholesterol	81mg
Fat	26g	Sodium	160mg
Carbs	10g	Vitamin A	900IU
Fiber	3g	Vitamin C	99mg
Sugar	4g	Calcium	103mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 Heat a nonstick pan over medium heat. Add the beef, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed. Set aside.
- 02 In the same pan over medium heat, add the zucchini slices, broccoli florets, and pesto. Cook until tender, about five to eight minutes.
- 03 Divide the beef, zucchini, and broccoli into containers. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately four ounces of ground beef, one cup of broccoli, and one cup of zucchini.

MORE FLAVOR

Add your choice of herbs and spices.

ADDITIONAL TOPPINGS

Top with cheese, green onion, yogurt, or salsa.

MAKE IT VEGAN

Use crumbled tofu or tempeh instead of ground beef.

Brown Rice

2 SERVINGS 45 MINUTES



INGREDIENTS

1/2 cup Brown Rice (uncooked)
1 cup Water

NUTRITION

AMOUNT PER SERVING

Calories	170	Cholesterol	0mg
Fat	1g	Sodium	5mg
Carbs	35g	Vitamin A	0IU
Fiber	2g	Vitamin C	0mg
Sugar	0g	Calcium	16mg
Protein	3g	Iron	1mg

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Salmon with Rice & Broccoli

3 SERVINGS 30 MINUTES



INGREDIENTS

3/4 cup Brown Rice (dry)
1 1/8 lbs Salmon Fillet
Sea Salt & Black Pepper (to taste)
2 1/4 tsps Extra Virgin Olive Oil
3 cups Broccoli (cut into florets)

NUTRITION

AMOUNT PER SERVING

Calories	453	Cholesterol	87mg
Fat	13g	Sodium	165mg
Carbs	41g	Vitamin A	842IU
Fiber	4g	Vitamin C	81mg
Sugar	2g	Calcium	62mg
Protein	44g	Iron	2mg

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat the oil in a skillet or cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper to taste. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
- 03 Meanwhile, steam the broccoli by adding the florets to a steamer basket over boiling water. Cover with a lid and steam for about five minutes, or until tender.
- 04 To serve, divide the rice, salmon, and broccoli between plates. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season the salmon with dried herbs and spices to taste. Serve with lemon wedges or fresh herbs.

NO BROWN RICE

Use white rice, jasmine rice, quinoa, cauliflower rice, or couscous instead.

NO BROCCOLI

Use green beans, cauliflower, or carrots instead.

NO SALMON

Use trout, cod, or halibut instead.

Smashed Chickpea Spinach Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Chickpeas (cooked, rinsed)
2 tbsps Extra Virgin Olive Oil (divided)
1 Lemon (large, juiced, divided)
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
4 cups Baby Spinach
1/2 cup Microgreens

NUTRITION

AMOUNT PER SERVING

Calories	351	Cholesterol	0mg
Fat	17g	Sodium	57mg
Carbs	40g	Vitamin A	5944IU
Fiber	11g	Vitamin C	33mg
Sugar	8g	Calcium	130mg
Protein	13g	Iron	6mg

DIRECTIONS

- 01 In a bowl, add the chickpeas, half of the oil, half of the lemon juice, paprika, salt, and pepper. Mix to combine. With the back of a fork, lightly mash the chickpeas, leaving some whole.
- 02 Heat a pan over medium-low heat and add the chickpeas into the pan with the remaining liquid from the bowl. Stir in the minced garlic. Sauté for four to five minutes. Add a splash of water if needed.
- 03 To assemble, evenly divide the spinach, chickpeas, and microgreens into bowls. Drizzle the remaining oil and lemon juice on top. Season with salt and pepper. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Top with your favorite dressing. Sauté the spinach with the chickpeas.

ADDITIONAL TOPPINGS

Sliced avocado, feta cheese, fresh parsley, dill, cilantro.

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 chicken breasts into two portions and freeze one portion. Freeze the ground beef and salmon fillets.	This guide will remind you to thaw them later in the week.
		Make Strawberry Chocolate Overnight Oats.	Divide between containers and store in the fridge for breakfast.
		Portion Apple with Peanut Butter.	Store in a container for a snack.
		Portion Almond Milk & Banana.	Store for a snack.
1 Mon		Make Turmeric Chickpea Sandwich for lunch.	Pack in a container for lunch.
		Pack your meals if you are on-the-go.	Strawberry Chocolate Overnight Oats, Apple with Peanut Butter, Turmeric Chickpea Sandwich, Almond Milk & Banana.
		Make Chicken with Sweet Potato & Peppers for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion Almond Milk & Banana.	Store for a snack.

		Portion Apple with Peanut Butter.	Store in a container for a snack.
2 Tue		Pack your meals if you are on-the-go.	Strawberry Chocolate Overnight Oats, Almond Milk & Banana, Chicken with Sweet Potato & Peppers, Apple with Peanut Butter.
		Make Turmeric Chickpea Sandwich for dinner.	Enjoy!
		Portion Yogurt with Granola & Banana.	Store in the fridge for a snack tomorrow.
		Take chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
3 Wed		Make Chickpea Shakshuka.	Enjoy immediately or pack if you're on-the-go and store leftovers for breakfasts in the week.
		Make Strawberry Banana Smoothie.	Pour into a portable cup for a snack.
		Make Turmeric Chickpea Sandwich.	Pack in a container for lunch.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Yogurt with Granola & Banana, Turmeric Chickpea Sandwich, Strawberry Banana Smoothie.
		Make Roasted Chicken & Sweet Potato with Spinach for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the ground beef out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.

4 Thu		Make Strawberry Banana Smoothie.	Pour into a portable cup for a snack.
		Make Peanut Butter & Banana Sandwich.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Strawberry Banana Smoothie, Roasted Chicken & Sweet Potato with Spinach, Peanut Butter & Banana Sandwich.
		Make Ground Beef & Pesto Veggie with Brown Rice for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Portion out Greek Yogurt & Strawberries.	Store in a container for a snack tomorrow.
		Take the salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Chickpea Shakshuka, Peanut Butter Banana Oat Smoothie, Ground Beef & Pesto Veggie with Brown Rice, Greek Yogurt & Strawberries.
		Make Salmon with Rice & Broccoli for dinner.	Enjoy and store leftovers in the fridge.
		Make Banana & Nut Chia Oats.	Divide between containers and store in the fridge for breakfast.

		Portion out Granola, Yogurt & Berry Snack Box.	Store in a container for a snack tomorrow.
6 Sat		Make Peanut Butter & Banana Sandwich.	Pack in a container for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Granola, Yogurt & Berry Snack Box, Salmon with Rice & Broccoli, Peanut Butter & Banana Sandwich.
		Make Smashed Chickpea Spinach Salad for dinner.	Store leftovers in the fridge for lunch tomorrow.
		Portion out Granola, Yogurt & Berry Snack Box.	Store in a container for a snack tomorrow.
7 Sun		Make Peanut Butter Banana Oat Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Banana & Nut Chia Oats, Peanut Butter Banana Oat Smoothie, Smashed Chickpea Spinach Salad, Granola, Yogurt & Berry Snack Box.
		Shop and prep for next week.	
		Enjoy leftover Salmon with Rice & Broccoli for dinner.	Reheat in the microwave or in a pan.



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WAIVER

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