



HealthyBodyHealthyLife
with *Melissa Koerner*

March 2022 Meal Planner

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HealthyBodyHealthyLife.com

Professional Advice Disclaimer

The nutrition, exercise, and health information and activities described in this book were developed by the author and are to be used as an adjunct to improved health, fitness, and weight-loss. These programs may not be appropriate for everyone. All individuals, especially those who suffer from any disease or are recovering from any injury, should consult their physicians regarding the advisability of undertaking any of the activities suggested in these programs. The author has been painstaking in her research. However, she is neither responsible nor liable for any harm or injury resulting from this program or the use of the exercises or exercise devices described herein.

Welcome to the March 2022 Meal Planner

In this document you'll find everything you need to create a healthy, simple and delicious meal plan for yourself and your family for the next month.

- On page 5 you'll find tips for prepping your meals each week.
- On page 6 you'll learn why it's so important to buy organic and some tips for food shopping.
- On page 7 you'll find a recipe for the Morning Cleansing Drink. This recipe is optional, but highly recommended
- On pages 8 - 19 you'll find all of your breakfast, lunch and dinner recipes and the salad dressing of the month.
- On page 20 you'll find "Create Your Shopping List" to make your weekly grocery shopping list.



How to Use the Monthly Meal Planner

It is important to note that your monthly meal planner is NOT meant to be followed strictly like a “diet.” In other words, you are not restricted to eat *only* what’s outlined in the meal plans.

Your monthly meal planner is designed to teach you how to make eating clean a lifestyle by slowly incorporating healthy recipes in your weekly meals - that’s why I only give you a few new recipes to rotate each month and not a new recipe to try every day! *You* get to decide how many of the suggested meals you want to make each week.

You have the flexibility to mix and match recipes from this month’s plan, previous months and upcoming months to plan out your weekly meals. The meals are also meant to be interchangeable. So, for example, you can make lunch recipes for dinner, breakfast recipes for lunch, dinner recipes for lunch etc.

I’ve deliberately created the meal planner to have a mix of plant-based and paleo recipes, so there’s something for every Metabolic Nutritional Type.

You’ll notice that none of the meals contain “sabotaging foods” like alcohol, sugar, processed dairy, soy and starches like corn, white potatoes, gluten-containing grains, and beans. These foods are not only common food allergens, but they also convert to sugar in the body contributing to *glycemic stress*, a condition that in the short-term, leads to constant carb/sugar cravings and munchies, emotional eating, nighttime snacking, fatigue, imbalanced hormones and an expanding waistline just to name a few. And in the long-term, eating too many sabotaging foods can lead to more serious health problems like *insulin resistance*, *diabetes*, and *obesity*.

These recipes are designed to help you maintain balanced blood sugar levels and reduce *chronic inflammation*. If you choose to eat any of the “sabotaging foods,” I suggest that you include them in the 20% of the “80/20 Rule.” You’ll notice that all of the recipes in the monthly meal plans are foods that would be included in the 80% category.



Tips for Weekly Meal Prep

There's a great saying: "If you fail to plan, you can plan to fail!" And this is especially true when it comes to maintaining healthy eating habits. The better you get at taking the time to prepare your meals each week, the more consistent you'll be at making better food choices because you'll develop the habit of always having healthy foods available.

There are a few ways you can approach using the meal planner. As I mentioned above, you get to decide how many healthy meals you're going to make and incorporate into your weekly plan. You can make one new recipe per week or make all of them—it's completely up to you!

Here are some tips for meal planning:

- **You can cook selected meals a few days per week or you can choose *one day each week to prepare all of your meals*.** This will take some time up front, but will save you the time and energy of having to think about the rest of the week (this is what I personally do.) In a little over an hour you can have an entire weeks worth of food ready to go! Once you develop the weekly habit of planning ahead and prepping your meals it alleviates a lot of the stress that comes with cooking. You'll also find that you make better food choices.
- **If prepping all of your meals in one sitting feels stressful, start by choosing one to four recipes to make each week.** Remember, the goal here is to slowly incorporate "clean" eating in your weekly meals. (One to four healthy meals per week is far better than none at all.)
- **If you don't have them already, I suggest buying Pyrex glass storage containers and baking dishes.** These are great because they come with covers, so you don't have to worry about using toxic plastic and aluminum wraps. Plus the covers make them easy to stack and the glass makes it easy to see exactly what's in the container and how much you have left to eat.
- **Most of the lunch and dinner recipes make more than one serving, so depending on how many people are eating, you may have leftovers.** If you have leftovers for more than four days, be sure to freeze them for the following week. You can also double some of the recipes as needed.
- **Feel free to be creative and substitute your own spices, vegetables and proteins to the recipes.** And if you have some ingredient substitutions or quick meal prep ideas please share them in the HBHL Support Community. We're all here to connect, share tips and exchange ideas. By the way, I LOVE it when you post pictures of the recipes you make! ☺



Why Buy Organic?

There's *no doubt* that healthy food is our best form of fuel and medicine. And to make sure that you're avoiding unnecessary and harmful toxins used to produce most conventional foods, buy local, organic foods as much as possible.

Here's some of the benefits of organic foods:

- Organic produce is grown without toxic pesticides, herbicides, fungicides, fertilizers and other harmful chemicals.
- Organic meats, poultry and eggs are produced without the use of hormones and antibiotics.
- Organic foods cannot intentionally contain GMOs.
- Organic foods are not irradiated.
- Organic foods are produced in ways that support a healthy environment.
- Organic foods have higher levels of cancer-protecting antioxidants.
- Organic foods are superior in protein quality.
- Organic foods are four times more nutritious than non-organic foods—people who eat organically on average eat about $\frac{1}{3}$ less.
- Switching to organic foods has shown to alleviate health problems like rheumatism, dental carries, colds/infection, allergies and heart problems.

Shopping Tips

- Buy foods that have the USDA certified organic label. This label ensures the food producer followed the strict guidelines outlined by the USDA's certification program. Some local farms may be producing foods organically, but they may not be able to afford the certification. Ask your local farmers questions about their practices. Most of them are more than happy to tell you.
- A quick way to identify organic produce is to look at the PLU sticker code. Organic fruits and vegetables start with the number 9.
- You can buy organic foods at local farmers' markets, local food shares, local food coops, local natural food stores and even online.



Remember, You Vote with Your Wallet

Together, we have tremendous influence on improving the quality of the food available—every time we buy food we are voting with our dollars. If we all buy organic foods over conventional foods, we are creating the demand needed to make the government, big food manufacturers and chemical companies raise their standards and provide the highest quality foods for us. And when we buy organic, we are not only doing ourselves, and our loved ones a favor, but we're also helping to improve the environment. (See your Clean Eating Success Guide for tips on how to prioritize and budget buying organic food.)



Morning Cleansing Drink

I drink this beverage first thing *every* morning before I eat. I highly recommend that you make it a part of your daily ritual too. This recipe helps detoxify the body, regulate digestion and boost the immune system.

It's important that you drink the cleansing drink on an *empty* stomach right after you get up and that you wait 45-60 minutes before you eat your first meal.

Ingredients (serves 1)

12 ounces filtered water
1 tbsp. bentonite clay water (here's a recommended brand: <http://amzn.to/21m2UyR>)
1-3 tsp psyllium husk powder (here's a recommended brand: <http://amzn.to/21m30Gx>)
1 tsp. unpasteurized apple cider vinegar (here's a recommended brand: <http://amzn.to/1MXc6jw>)
1 tsp. lemon juice
1/8 tsp. cayenne pepper
1 scoop Stevia *optional (here's a recommended brand: <http://amzn.to/1MXbUAJ>)

Directions:

1. Fill glass with 12 ounces of water.
2. Add remaining ingredients and mix well. Drink *immediately*.



IMPORTANT:** Psyllium is a pure dietary fiber that helps support healthy bowel movements. When added to water, psyllium swells and makes the drink thicken to a gel-like consistency. It's very important that you drink a minimum of 12 ounces of water with each serving and that you drink it *immediately*. Be sure to drink water throughout the rest of the day (ideally 50% of your body weight in ounces.) *If you don't drink adequate amounts of water, the psyllium can have a constipating effect.* It's a good idea to start with smaller amounts and gradually increase over several weeks. Bentonite clay water works like a magnet by grabbing chemicals, heavy metals, herbicides and other unwanted substances and removing them from the body. ***If you are taking medication, are under a doctors' care, and/or have specific medical conditions, consult your doctor before taking psyllium hulls and bentonite clay water.



BREAKFAST RECIPES

Cacao Steel Cut Oats

Ingredients (serves 2):

- 1 cup steel cut oats
- 1 1/2 cups nut milk or coconut milk, more as needed
- 2 tablespoons raw cacao powder
- 1-2 scoops Stevia or monk fruit (natural sweetener, Here's the brand I use and recommend:
<https://amzn.to/2L96zxy>)
- 2 tablespoons ground flaxseed
- 1/2 banana or 1/2 cup of berries, sliced



Directions:

1. Put oats, milk, cacao powder, sweetener and flax seed in a jar or glass container with a lid. Shake or stir well and refrigerate overnight.
2. In the morning, heat in a small pot over low heat, if desired, or eat cold. Add sliced banana or berries. Enjoy!

* Stevia is a natural sweetener that is a healthy alternative to sugar and other processed sweeteners. Research has shown that pure stevia does not contribute calories in the diet it has no effect on blood sugar or insulin like sugar does. It's 2-300 times sweeter than table sugar, so a little goes a long way!



BREAKFAST RECIPES

Egg Muffins

Ingredients (serves 2-3):

- 4 eggs, beaten
- 1/4 teaspoon sea salt and pepper
- 1 tsp basil
- 1 medium tomato, diced
- 2 tablespoons nut milk
- 2 cups spinach
- 2 cups mixed greens
- 1 avocado, peeled and sliced



Directions:

1. Preheat the oven to 350 degrees.
2. Place the eggs, salt, pepper, basil, tomatoes and milk in a bowl.
3. Place the spinach in a food processor and pulse until finely chopped. Add the spinach to the egg mix.
4. Pour the egg mix into greased muffin cups (makes roughly 4-6) and place in the oven. Bake for 15-20 minutes or until set.
5. To serve, place 1 cup of fresh greens on your plate and top with 2 egg muffins and some sliced avocado. Enjoy!



BREAKFAST RECIPES

Creamy Buckwheat Breakfast Bowl

Ingredients (serves 2):

- 1 cup buckwheat groats
- 2 cups nut milk or coconut milk, more as needed
- 1 teaspoon raw honey
- 2 teaspoons ground cinnamon
- 1 banana, sliced
- 1/2 cup sliced strawberries
- 2 tablespoons almond butter

Directions:

1. Bring 2 cups of milk to a boil. Add the buckwheat groats, honey and cinnamon. Cook until the liquid has evaporated and the buckwheat groats are tender. Season with a pinch of salt.
2. To serve, place half of the buckwheat groats in a bowl, adding more milk if needed. Swirl in 1 tablespoon of almond butter and top with fresh banana and strawberries. Enjoy!





BREAKFAST RECIPES

Mango Chia Pudding

Ingredients (serves 2-3):

$\frac{1}{4}$ cup chia seeds
 $1\frac{1}{2}$ cups nut milk or coconut milk, more as needed
1 teaspoon vanilla extract
1 mango, peeled and diced or 1 cup frozen
 $\frac{1}{2}$ teaspoon fresh grated ginger
 $\frac{1}{4}$ cup coconut flakes

Directions

1. In a bowl or glass jar, mix together the chia seeds, milk and vanilla. Let sit for at least 15 minutes or overnight (overnight is best).
2. Place the mango and ginger in a blender and blend until smooth, adding water if needed. To serve, place 2-3 tablespoons of the chia pudding in a cup. Add 2 tablespoons of mango puree and 1 tablespoon of coconut flakes. Repeat. Enjoy!





LUNCH/DINNER RECIPES

Arugula Chicken Salad

Ingredients (serves 2):

4 cups baby arugula
1 cup sugar snap peas, chopped
2 radishes, chopped
1 apple, peeled and sliced
1/4 cup toasted pecans
6 ounces cooked chicken breast, sliced
(vegetarian: use 1 1/2 cups cannellini beans)



Dressing:

2 tablespoons extra virgin olive oil 1 tablespoon apple cider vinegar 2 strawberries, pureed
1/2 teaspoon raw honey
1/2 teaspoon poppy seeds
1/4 teaspoon mustard powder salt and pepper, to taste

Directions:

1. Place all of the ingredients except the pecans and chicken in a bowl.
2. Mix together the dressing ingredients and pour over the salad. Top with chopped pecans and chicken. Enjoy!



LUNCH/DINNER RECIPES

Creamy Carrot Soup

Ingredients (serves 2):

- 1 tablespoon coconut oil
- 1/2 yellow onion, chopped
- 2 garlic cloves, minced
- 1/2" piece of fresh ginger, grated
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- 1/2 teaspoon paprika
- 3 medium carrots, coarsely chopped
- 3/4 cups cooked cannellini beans
- 2 cups vegetable stock, more as needed
- 1/2 cup nut milk or coconut milk
- sea salt and pepper, to taste
- 2 tablespoons cilantro, chopped
- 8 ounces cooked chicken breasts (vegan option: omit chicken)



Directions:

1. In a large soup pot, heat the coconut oil over medium heat, add the onion and cook until it starts to get tender, about 5-6 minutes.
2. Add the garlic, ginger and spices and cook one minute. Add the carrots, beans, broth and bring to a boil. Turn down to a simmer, cover and cook about 30-35 minutes or until carrots are very tender.
3. Stir in milk and warm through. Season with salt and pepper.
4. Puree with an immersion blender or transfer to a blender and carefully blend until smooth. Top each bowl with 1 tablespoon chopped cilantro and serve each bowl with 4 oz. chicken, if desired.



LUNCH/DINNER RECIPES

Broccoli Quinoa Salad

Ingredients (serves 2):

1 cup quinoa
2 1/2 cups broccoli, chopped into florets
2 cloves garlic, minced
1 tablespoon coconut oil
salt and pepper, to taste
1/4 cup dried cranberries
1/4 cup slivered almonds

Floret Pesto:

1/2 cup broccoli stems
1/4 cup broccoli florets
1 clove garlic, minced
2 tablespoons slivered almonds (nut allergy: use sunflower seeds)
pinch of sea salt
juice of 1/2 lemon
1/4 cup extra virgin olive oil



Directions:

1. Bring a pot of water to boil and cook the quinoa according to the package instructions.
2. In the meantime, sauté the broccoli and garlic in a pan with coconut oil over medium high heat until tender. Season to taste with salt and pepper.
3. To make the pesto, combine all the ingredients except the oil in a blender or food processor. Drizzle in the oil and pulse until a paste forms.
4. To serve, toss the quinoa rice, broccoli, cranberries and the floret pesto together in a bowl. Top with the slivered almonds. Enjoy!



LUNCH/DINNER RECIPES

Ginger Chicken & Zoodles

Ingredients (serves 2):

1 tablespoon olive oil
1 zucchini, spiralized
1 yellow squash, spiralized
sea salt and pepper, to taste
pinch red pepper flakes
8 ounces cooked chicken breast (vegetarian: use 2 portobello caps)
2 tablespoons fresh chopped parsley



Sesame Dressing:

3 tablespoons extra virgin olive oil 2 tablespoons
lemon juice
1/2" piece ginger, grated
1 clove garlic, minced
1 tablespoon sesame seeds sea salt and pepper, to taste

Directions:

1. Heat the oil in a saute pan over medium heat. To spiralize the zucchini and squash you can use either a spiralizer or a hand peeler. With the peeler, make long strokes down the vegetable to create noodles.
2. Add the zucchini and squash noodles to the saute pan and cook for 3-4 minutes or until slightly tender. Season with salt and pepper and a pinch of red pepper flakes. Take off the heat.
3. To make the dressing, whisk together all of the ingredients in a bowl. Add the noodles and chicken to the bowl and toss to combine. To serve, place half of the mix on your plate and top with fresh parsley. Enjoy!



LUNCH/DINNER RECIPES

Baked Chimichurri Chicken

Ingredients (serves 2):

4 chicken skinless thighs sea salt and pepper
2 sweet potatoes

Chimichurri Sauce:

1/2 cup parsley
1/2 cup mint
3 garlic cloves, peeled
1/4 teaspoon red pepper flakes
1/4 teaspoon sea salt
1 1/2 teaspoons lemon zest
1/4 cup lemon juice
1/4 cup extra virgin olive oil, more as needed



Directions:

1. Place all of the ingredients for the chimichurri in a food processor except the oil. Slowly pour the oil while pulsing to combine the ingredients. Place the chicken in a glass container and pour 3-4 tablespoons of chimichurri sauce over the chicken. Marinate in the refrigerator for 30 minutes.
2. Preheat the oven to 400 degrees.
3. Place the chicken in a baking pan and cook for 35-40 minutes or until cooked through. Take the 2 sweet potatoes and place in the oven on the rack. Cook until chicken is done and fork tender.
4. To serve, place 2 thighs on your plate and top with 1 tablespoon chimichurri and 1 sweet potato. Enjoy!



LUNCH/DINNER RECIPES

Hearty Vegetable Soup

Ingredients (serves 2):

1 tablespoon coconut oil
1/2 yellow onion, diced
1 garlic clove, peeled and minced
1/2 cup barley
3 cups vegetable stock
1/2 teaspoon ground thyme
1 bay leaf
1/2 small celery root, peeled and diced
2 parsnips, peeled and diced
sea salt and ground pepper, to taste
2 cups chopped spinach
2 tablespoons chopped parsley



Directions:

1. Heat the oil in a pot over medium heat. Add the onion and garlic and cook for 2-3 minutes. Add the barley, stock, thyme, bay leaf, celery root and parsnips. Cook for 30-40 minutes or until veggies are tender. Season with salt and pepper. In the last few minutes of cooking, add the spinach and cook until wilted.

2. To serve, place half of the soup in a bowl top with a tablespoon of parsley. Enjoy!



DRESSING OF THE MONTH

Creamy Ranch Dressing

Ingredients:

1/2 cup Paleo mayo (Primal Kitchen is a good brand)
1/2 cup coconut milk
1/2 tsp onion powder
1 tsp garlic powder
1 tsp dill
Salt and freshly ground pepper, to taste



Directions:

Whisk all ingredients together to combine. Season with salt and pepper to taste. Store in an airtight container in the refrigerator for up to a week.



CREATE YOUR SHOPPING LIST

Fruits & Vegetables

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Proteins & Fats (Meats, Eggs, Nuts & Seeds)

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Spices & Other Items

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