



HealthyBodyHealthyLife  
with *Melissa Koerner*

## April 2022 Meal Planner

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# Welcome to the April 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.***





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## BREAKFAST RECIPES

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# Chicken & Apple Salad

### Ingredients (serves 6)

3 stalks celery  
2 green apples, sliced thin  
½ raw walnuts, chopped  
12 ounces mixed greens  
3-4 cups cooked chicken breast or thighs, chopped (I used leftovers from the Garlic Herb Chicken dinner recipe page 19)

### *Ranch Dressing:*

1 cup plain yogurt  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon parsley  
1 teaspoon chives  
1 teaspoon dill  
1 tablespoon lemon juice  
½ teaspoon sea salt



### Directions:

1. Place all salad ingredients in a bowl and toss to combine ingredients.
2. Make dressing by whisking all ingredients together in a bowl.
3. To serve, pour dressing over salad and toss to coat. Enjoy!

**Note:** Store dressing in glass container for up to 3 days.





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## BREAKFAST RECIPES

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# Egg & Veggie Patties

### Ingredients (serves 4)

4 eggs  
4 tablespoons almond flour  
1 large zucchini, shredded 4 large  
carrots, shredded  
1 medium red onion, shredded  
Sea salt and pepper to taste  
1-2 tablespoons coconut oil to coat the  
pan



### Directions:

1. Add coconut oil to cold pan (enough to evenly coat the pan). Turn heat up to medium-low heat.
2. Shred the zucchini, carrots and onion by hand or by using a food processor. Place in a bowl.
3. Beat the eggs with the almond flour, sea salt and pepper. Mix in the shredded zucchini, carrots and onion.
4. Spoon the mixture into the skillet in cakes that are about 4-6 inches in diameter. Cook until they hold together, flipping once like a standard pancake. Serve warm or cold. Enjoy!

**\*Note: You can substitute or add your favorite vegetables.**



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## BREAKFAST RECIPES

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# Tropical Smoothie

### Ingredients (serves 1)

- 12 ounces almond, coconut or cashew milk
- 1 banana, frozen or fresh
- ½ cup strawberries, frozen or fresh
- ½ cup mangoes, frozen
- 1 teaspoon chia seeds
- 1 teaspoon flax seeds
- 1 cup spinach
- 1 dash stevia to sweeten \*optional

### Directions:

1. Place all ingredients in a blender in the order listed. Blend on high until smooth. Enjoy!





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## BREAKFAST RECIPES

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# Sweet and Spicy Chicken & Cabbage Salad

### Ingredients (serves 4)

2 cups chicken, cooked and shredded  
4 cups cabbage, shredded  
2 carrots, chopped  
1 cucumber, sliced  
1 red pepper, sliced  
2 green onions, sliced

### *Almond Butter Dressing*

1/3 cup almond butter  
1 garlic clove, minced  
1/2 teaspoon ginger  
1/2 teaspoon red pepper flakes  
2 tablespoons apple cider vinegar  
2 tablespoons lime juice  
2 tablespoons coconut aminos  
2 tablespoons extra virgin olive oil  
Sea salt and pepper to taste



### Directions:

4. Combine dressing ingredients in a bowl. Stir until well mixed. Season with salt to taste.
5. Combine all salad ingredients in a salad bowl and toss.
6. Drizzle dressing on salad and toss again. Enjoy!

**Note:** You can substitute almond butter with sunflower butter. Store dressing in glass container for up to 5 days. Coconut aminos taste like soy sauce, but are a much healthier substitute.



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## LUNCH/DINNER RECIPES

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# Lime and Cilantro Chicken

### Ingredients (serves 4)

2 pounds boneless, skinless chicken thighs  
4 tablespoons olive oil  
4 garlic cloves, minced  
4 tablespoons cilantro, chopped fine  
2 tablespoons lime juice  
1 teaspoon red chili flakes  
1 teaspoon cumin  
Coconut oil or lard to coat the skillet  
Sea salt and pepper to taste



### Directions:

1. In a bowl, whisk together olive oil, garlic, cilantro, lime juice, red chili flakes, cumin, sea salt and pepper.
2. Place chicken in glass dish with tight fitting lid. Pour mixture over chicken and marinate in the fridge for 2 hours.
3. Preheat oven to 375 degrees.
4. Heat up coconut oil or fat in skillet and brown chicken on both sides for 2 to 3 minutes.
5. Place skillet in oven and bake for 15 to 25 minutes, or until chicken is fully cooked. Enjoy!



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## LUNCH/DINNER RECIPES

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# Melissa's Favorite Meatloaf

### Ingredients (serves 6-8)

#### *Meatloaf*

2 pounds grass-fed beef  
1 medium yellow onion, diced  
3 large carrots, chopped  
2 cloves garlic, minced  
2 eggs, whisked  
2 tablespoons almond flour  
1 teaspoon sea salt  
1 teaspoon oregano  
½ teaspoon black pepper  
Coconut oil to coat the baking dish



#### *Sauce*

2 cups tomato puree  
¼ cup tomato paste  
¼ cup coconut amino  
1 ½ tablespoons apple cider vinegar  
1 tablespoon dry mustard  
1 teaspoon sea salt  
1 teaspoon onion powder

### Directions:

1. Preheat oven to 375 degrees.
2. In a bowl, whisk together all sauce ingredients. Reserve 1 ½ cups.
3. Place onions, carrots, and garlic in food processor and process until coarsely chopped. Remove and place in a large mixing bowl. Add the meat, eggs, flour, salt, oregano, pepper, 1 ½ cup of sauce. Using your hands, thoroughly mix ingredients.
4. Place meatloaf mixture in baking dish coated with coconut oil. Bake for 30-45 minutes, until fully cooked.

**\*Note: Coconut aminos taste like soy sauce, but are a much healthier substitute.**





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## LUNCH/DINNER RECIPES

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# Spiced Chicken

### Ingredients (serves 6-8)

3 pounds chicken breasts  
4 cloves garlic, minced  
2 orange peppers, sliced  
1 large yellow onion, chopped  
½ cup melted butter, divided  
2 teaspoons fresh lemon juice  
2 tablespoons apple cider vinegar  
1 teaspoon sea salt  
1 teaspoon black pepper  
½ teaspoon oregano  
2 tablespoons paprika  
1 tablespoon ground cumin  
Coconut oil to coat the baking dish



### Directions:

1. Preheat oven to 375 degrees.
2. Combine ¼ cup butter, lemon juice, vinegar, and spices in a small bowl.
3. Rinse and dry chicken, and rub each piece with spice mixture.
4. Place onions, garlic and peppers in glass baking dish coated with coconut oil. Drizzle remaining butter over vegetables and sprinkle with salt and pepper. Place each piece of chicken on top of vegetables. Roast for 20 minutes, then flip chicken and mix vegetables. Continue cooking for an additional 20-25 minutes until chicken and vegetables are cooked through.



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## LUNCH/DINNER RECIPES

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# Chicken & Cauliflower “Rice” Bowl

### Ingredients (Serves 2-4)

8 ounces chicken cooked & chopped (I used leftovers from the Guacamole Stuffed Chicken page 20)

1 head cauliflower, stalk removed and cut into large chunks

2 eggs, lightly beaten

1 cup baby spinach

1 cup broccoli, chopped

1 small red onion, chopped

1 orange pepper, chopped

2 cups tomato puree

2 teaspoons dried oregano

2 teaspoons dried basil

1 teaspoon garlic powder

Sea salt and pepper to taste



### Directions:

1. Place cauliflower florets in a food processor and pulse until finely shredded into a rice-like substance (you'll want to do this in different batches).
2. Steam shredded cauliflower for 3 to 4 minutes. Drain, let cool and strain any excess water with a towel.
3. Meanwhile, cook the scrambled eggs until light and fluffy.
3. In a large bowl, combine the cooled cauliflower with the chicken, broccoli, onion, pepper, spices and tomato sauce. Add the scrambled eggs. Toss to combine. Enjoy!





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## LUNCH/DINNER RECIPES

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# Taco Salad

### Ingredients (serves 6)

- 1 tablespoon coconut oil
- 3 pounds ground grass-fed beef
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- ¼ cup tomato paste
- 5 tablespoons Mexican Seasoning
- 2 heads romaine lettuce, chopped
- 2 medium carrots, chopped
- 1 tomato, diced
- 2 radishes, sliced thin



### *Avocado Dressing*

- 1 avocado
- 6 tablespoons lime juice
- 1 tablespoon apple cider vinegar
- ½ teaspoon sea salt
- 1 cup extra-virgin olive oil

### Directions:

1. Add coconut oil to cold pan. Turn heat up to medium. Add the beef, onion and garlic. Cook until meat is fully brown, about 5 minutes. Add the tomato paste and Mexican Seasoning. Simmer for 15 minutes.
2. Make the dressing by combining all ingredients except the olive oil in a blender. Blend into smooth. With the blender running, slowly add olive oil.
3. In a large bowl, mix together the salad ingredients.
4. To serve, place salad mixture in a bowl, add a scoop of beef mixture and top with dressing. Enjoy!

**\*Note:** You can substitute chicken or ground turkey in place of the beef. Or for vegetarian option, replace the beef with quinoa, lentils or chickpeas. Store dressing in glass container for up to 5 days.



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## LUNCH/DINNER RECIPES

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# Turkey, Kale & Cauliflower Soup

### Ingredients (serves 4)

1 pound ground turkey or beef  
4 shallots, chopped  
3 carrots, sliced  
1 bell pepper, chopped  
15 ounces diced tomatoes  
5 cups chicken stock (sugar free)  
1 ½ cup cauliflower, minced  
4 cups kale, chopped  
2 tablespoons coconut oil  
Sea salt and pepper to taste



### Directions:

1. Melt the coconut oil in a large pot and heat over medium-high heat.
2. Add the shallots, carrots, cauliflower and bell pepper. Cook until soft.
3. Add the turkey and cooked until meat is fully cooked.
4. Add the chicken stock, tomatoes and kale.
5. Bring to a boil, then add kale and reduce to low heat. Cover and let simmer for 15 minutes. Enjoy!



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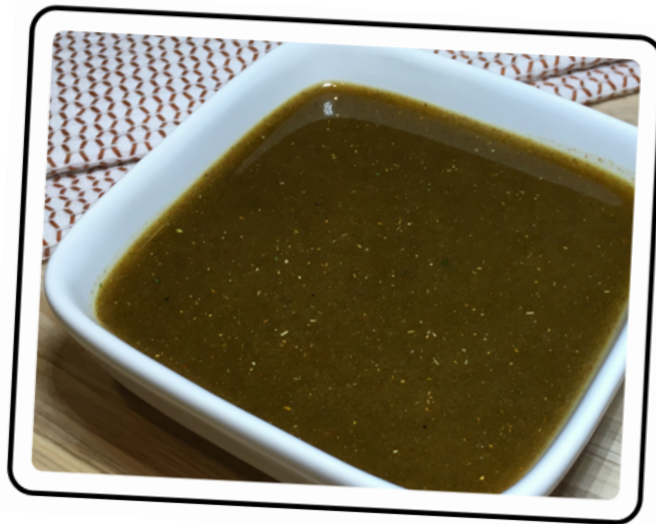
## DRESSING OF THE MONTH

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# Herb Garlic Dressing

### Ingredients (serves 10)

1 ½ cups extra-virgin olive oil  
¼ cup lemon juice  
2 garlic cloves (or 1 teaspoon garlic powder)  
1 teaspoon paprika  
½ teaspoon dried basil  
½ teaspoon dried thyme  
¼ teaspoon dried parsley  
Sea salt to taste



### Directions:

1. Measure half of the ingredients in a blender and blend until smooth, making sure garlic breaks down entirely.
2. Add remaining half of the ingredients into the blender and repeat. Enjoy!



# CREATE YOUR SHOPPING LIST

## Fruits & Vegetables


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


## Spices & Other Items
