

Sample Meal Plan

(3-5 ingredient meals)

(based on portions for one person) Foods in season: lemon, lime, orange, grapefruit, beets, turnips, celery, cabbage, kale, collard greens, cauliflower, butternut squash, acorn squash, sweet potato, onion, parsnip, apple, avocado, carrot, Brussel sprouts, mushroom, pomegranate



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<i>breakfast casserole</i> 6 whole eggs 1 cup shredded cheese of choice 40 grams spinach ½ cup chopped white onion 3 chopped bell peppers (various colors)	<i>immune boost smoothie</i> 16oz smoothie (pomegranate juice, carrot, orange juice, beet, blood orange slices)	2 eggs, cooked to preference 1 cup butternut squash hash (made with chopped butternut squash, breakfast turkey sausage, onion, celery)	<i>winter spice oatmeal</i> 1 cup cooked oatmeal ½ cup apple chunks, baked or fresh 1 Tbsp dried cranberries 1 Tbsp walnuts Pumpkin spice to taste	<i>PB&J sweet potato toast</i> 1-2 slices sweet potato (½ inch thick like toast) 1 banana, sliced 2 Tbsp peanut butter 2 Tbsp pomegranate seeds Drizzle of honey	<i>oatmeal cottage cheese pancakes, 1 stack</i> ½ cup oatmeal ½ cup nonfat cottage cheese 4 egg whites Garnish: ½ cup apple chunks, baked or fresh Drizzle maple syrup	2 egg omelet (made with mushrooms, onion, kale) 1-2 slices bacon or sausage
Lunch	<i>homemade beef hamburger helper</i> 4oz lean ground beef 1 serving ramen noodles ½ cup chopped vegetables (onion, celery) ½ cup low sodium beef broth	2 cups winter salad (kale, mushroom, carrot, walnuts) 1 Tbsp vinaigrette	<i>bean burritos</i> 1 tortilla, flour or corn ½ cup refried beans ½ avocado, mashed with lime juice ¼ cup shredded Mexican cheese blend	2 cups warm sweet potato salad (made with sweet potato, cooked quinoa, boiled and chopped Brussels sprouts, roasted parsnip chunks) 1-2 Tbsp yogurt dressing	<i>turkey cabbage sandwich</i> 2 slices whole grain bread 2 Tbsp sliced cabbage, softened in mayo and chili powder 2oz sliced turkey	<i>pesto pasta salad, made ahead and served cold</i> 1.5 cups pasta salad (made with pesto, penne pasta, Asiago cheese, cooked kale, roasted parsnip chunks)	1 tuna steak (seasoned with lime juice and Old Bay seasoning) 2/3 cup brown rice, cooked Sliced avocado garnish
Dinner	6oz chicken breast, grilled with lemon, boneless and skinless 1 cup roasted root vegetable medley (carrots, parsnips, turnips)	<i>Chicken Kraut Pasta</i> Skinless, boneless chicken breast (roasted, pan-seared or grilled) Sauerkraut Whole grain rotini pasta Carrot coins Greek yogurt (plain, nonfat) for garnish and creaminess if desired	1 fillet lemon butter flounder ½ acorn squash, cored, baked with butter and brown sugar	<i>chicken alfredo pasta bake</i> ½ cup penne pasta 6oz chicken breast, diced ½ cup cauliflower florets Shredded white cheese Tossed in alfredo sauce	<i>slow cooker veggie pot pie</i> 1.5 cups pot pie (includes store-bought canned biscuits, cream of mushroom soup, diced carrots, celery and onion)	<i>black bean chili</i> 1.5 cups of chili (made with black beans, sweet potato, onion, low-sodium vegetable broth, salsa)	6oz filet mignon 1 small baked sweet potato 1 cup roasted cauliflower and butternut squash puree Black pepper to taste
Snack	(dark chocolate pomegranate bites) 2-4 bites (made with dark chocolate, coconut oil, pomegranate seeds, sea salt, touch of chili powder for heat)	<i>winter bruschetta</i> 1-2 small slices of toasted baguette bread ½ avocado, mashed 1 Tbsp roasted red pepper, canned Garnish with goat cheese and balsamic glaze	<i>chocolate covered citrus slices</i> 8-10 slices of citrus (orange, grapefruit) Dipped in a chocolate-coconut oil ganache Sea salt to taste	½ cup guacamole (avocado, onion, tomato) Juice of ½ lime (for garnish) Cilantro to taste	<i>oven-baked beet chips</i> 1 cup beet chips (made with beets, olive oil) 2 Tbsp Greek dip (Greek yogurt, garlic, lemon juice)	1.5 cups citrus medley (sliced orange, grapefruit, apple, pomegranate seeds) Drizzle of honey	½ avocado ½ cup nonfat cottage cheese Black pepper to taste Turmeric to taste 1 slice whole grain toast