

July Seasonal Meal Plan *part one*

Eating the Rainbow

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

rainbow pancake stack

4 medium pancakes, made with whole grain mix (like Kodiak), skim milk or unsweetened almond milk.

Layer the stack with 1 pancake and 2 Tbsp blackberries. Repeat a new layer, this time using gooseberries. Add a third layer using strawberries. Repeat a fourth layer using sliced peaches.

Garnish with drizzle of maple syrup and mint leaves

16oz sunshine smoothie

Blend together banana, nectarine, OJ, low fat vanilla yogurt, orange and honey

tomato and tomatillo toast

1-2 slices toast or toasted baguette bread

2-4 slices red tomato

2-4 slices tomatillo

2 Tbsp garlic mayo (made with light mayo, lemon juice and grated garlic)

Smear garlic mayo on toast and layer on the tomato and tomatillos

Garnish with chives and a drizzle of olive oil

Serve with 1.5 cups melon and cantaloupe balls

rainbow cottage cheese

¾ cup nonfat cottage cheese topped with crushed pistachios, sliced apricot, pitted cherries and a drizzle of honey

PB&J oatmeal

¾ cup cooked oats

2 Tbsp nut butter

½ cup raspberries

1 Tbsp dried goji berries

16oz purple smoothie

Blend together spinach, blueberries, blackberries, beets, water, ice, nonfat Greek yogurt, lemon juice

rainbow omelet

2 eggs cooked with diced red onion, carrot, arugula and tomato, sautéed in 1 Tbsp olive oil

Serve with 1-2 slices whole grain toast

Serve with 1 small peach

Lunch

2 cups taco beef with beet and zucchini spiralized noodles

Spiralize zucchini and raw, peeled beets so they look like zoodles

Heat zoodles in a skillet with lean ground beef, onion, garlic, tomatoes, and taco seasoning

Can substitute beef for ground turkey or plant-based grounds

spring rolls with savory apricot salad

For the spring rolls: Stuff rice paper wraps with raw veggies: carrot, radishes, avocado, beets, basil leaves, mint leaves

Serve with favorite dipping sauce (sweet and sour, chili garlic, soy sauce)

For the salad: Sliced apricot with olive oil, salt and fresh mint

(zucchini boats stuffed with chicken salad)

2-4 zucchini halves, cored and grilled

Spread 2-4oz chicken salad (made with low sodium canned chicken, light mayo, onion, dill, rosemary)

Garnish with parsley

colorful turkey sandwich with black olive spread

1-2 slices whole grain bread

3oz turkey breast

2-3 slices of beet, patted dry

¾ cup spinach, wilted in a light coating of olive oil

2 Tbsp black olive spread

For the black olive spread: Low fat cream cheese Black olives, chopped Seasoning to taste

Serve with 1 cup beet chips (store-bought or homemade)

rainbow hummus pinwheels

1-2 green spinach tortilla wraps

¾ cup hummus, smeared onto wrap

Stuff wrap with julienned carrots, thinly sliced cucumber, red onion slices, and tomato

Serve with 1 cup fresh strawberries, halved and drizzled with honey

2 cups southwest salad

Toss together black beans (drained), diced tomato, corn, avocado chunks, mango chunks, diced onion and lettuce

For the dressing: Blend together cilantro, lime juice, nonfat yogurt, garlic, green onion, avocado oil, honey, salt and black pepper

Add chicken or steak, if desired. This can also be a vegetarian meal.

1.5 cups primavera pasta

Rotini pasta tossed with sliced radishes, broccoli florets, zucchini chunks, carrot slices, onion, cherry tomatoes and black olives

Toss in fat-free ranch dressing (store-bought or homemade)

Add black pepper, red pepper and other dried seasonings as desired

Serve chilled

Foods in Season: apricot, blueberries, cantaloupe, cherries, kiwi, corn, mango, peach, strawberries, zucchini, watermelon, asparagus, carrot, cucumber, onion, green beans, lettuce, tomato, celery, melon, plum, raspberries, nectarine, currant, gooseberry, avocado, arugula, beets, broccoli, cabbage, eggplant, spinach, tomatillo, blackberries, oranges, figs

July Seasonal Meal Plan *part two*

Eating the Rainbow

(based on portions for one person)



Dinner

Snack

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	<p>1-2 shrimp skewers with 1.5 cups rainbow slaw</p> <p>4-5 shrimps per skewer, grilled or pan-seared, brushed with garlic butter</p> <p>For the slaw: Cabbage, julienned Beets, raw, julienned Carrots, julienned Celery, sliced Orange, sliced Currants</p> <p>Tossed in olive oil, cumin, lemon juice, cinnamon and red pepper</p>	<p>1.5 cups of one-pot basil and tomato pasta</p> <p>Throw in uncooked spaghetti noodles, crushed tomato, Swiss chard, onions, basil, garlic, seasoning into a pot of water or broth. Everything cooks at the same time.</p> <p>Garnish with nutritional yeast</p>	<p>apricot salsa quesadilla</p> <p>1-2 whole grain or carb-balance flour tortillas</p> <p>For the salsa: Mix together chopped tomatoes, apricot, tomatillos, corn, sauteed onion and oil. Heat through in a skillet.</p> <p>Can add chicken or steak</p> <p>Garnish with cilantro and a dollop of nonfat, plain Greek yogurt</p>	<p>2 cups wild rice soup</p> <p>Soup made with wild rice, corn, cannellini beans, Swiss chard, carrots, green onion, mushrooms, celery, miso paste, Dijon mustard, bone broth and fresh and/or dried seasoning</p> <p>Can add chicken if desired</p> <p>Serve with oyster crackers or bread</p>	<p>teriyaki salmon and grilled watermelon steak</p> <p>1 fillet salmon, pan-seared with a teriyaki glaze</p> <p>1 watermelon "plank" (a block of watermelon that is 6x4x2 inches), grilled in pan or on the grill</p> <p>Place cooked salmon on top of grilled watermelon plank</p> <p>Garnish with sesame seeds</p> <p>Serve with jasmine rice that is garnished with green onions and fresh herbs</p>	<p>grilled eggplant</p> <p>½ large eggplant, cut in discs, grilled with salt, pepper and olive oil</p> <p>Serve with couscous, garlic, lemon juice, olive oil, dried seasonings, fresh parsley</p> <p>Serve with sauteed or grilled tomato slices</p> <p>Garnish with mint leaves and sliced almonds</p>	<p>rainbow charcuterie board</p> <p>Red: roasted pepper, cherry tomatoes</p> <p>Orange: Carrot sticks Cantaloupe balls</p> <p>Yellow: Mango slices, Crackers</p> <p>Green: Broccoli florets, Kiwi</p> <p>Blue: 1 Tbsp blue cheese, Blueberries</p> <p>Purple: Dried beet chips Plum slices</p> <p>Dips: Hummus, Fat free thousand island</p> <p>Assemble items and dips onto a serving board</p>
Snack	<p>fig and cheese bites</p> <p>1-2 figs, halved</p> <p>1 Tbsp blue cheese</p> <p>Top mounds of blue cheese onto the halved figs</p> <p>Drizzle of balsamic vinegar</p>	<p>1 cup grilled carrots and ¼ cup smoked ketchup</p> <p>Roast carrots (preferably rainbow carrots) in olive oil, salt and pepper</p> <p>For the ketchup: In a food processor, blend sauteed onions, sauteed garlic, oil, roasted red pepper, vinegar, paprika, honey, salt</p>	<p>2 rainbow fruit skewers</p> <p>Following the colors of the rainbow, skewer on: cherries, cantaloupe, banana, kiwi, blueberries, blackberries</p> <p>½ cup dip made of lowfat vanilla yogurt and marshmallow fluff</p>	<p>celery and nut butter logs</p> <p>2-3 celery stalks, halved</p> <p>2-3 Tbsp nut butter</p> <p>¼ cup blueberries</p> <p>¼ cup raspberries</p> <p>Spoon nut butter into the cavity of the celery stalk. Top with a line of berries</p>	<p>chips and salsa</p> <p>1 handful of tortilla chips</p> <p>½ cup red salsa (tomato) or tomatillo salsa verde</p>	<p>hummus trio</p> <p>Spoon out 3 different types of hummus for dipping (can be store-bought or homemade): Roasted red pepper hummus, Avocado hummus, Beet hummus</p> <p>Serve with raw sliced carrots, cucumbers, radishes and celery</p>	<p>kiwi cherry "nice" cream</p> <p>Ahead of time, peel and slice kiwi and place in freezer. Remove pit of cherries and place in freezer.</p> <p>Once frozen, blend cherries, kiwi, lettuce, low fat yogurt and cinnamon together</p> <p>Garnish with mint leaves, fresh kiwi slices and fresh cherries</p>

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