

August Seasonal Meal Plan *part one*

Plant-Based

Plant-based means “plant-forward,” where plants are the star of the meal, but animal foods are still consumed!

(based on portions for one person)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<p>1.5 cups potato and egg skillet</p> <p>Made with egg, tomatoes, hashbrown potatoes, okra, eggplant, bell pepper</p> <p>Garnish with green onions</p> <p>Serve with toast if desired</p>	<p>½ cup maple quinoa granola made with oats, uncooked quinoa, almonds, goji berries, chia seeds, cinnamon, vanilla, molasses and egg white</p> <p>¾ cup pea protein yogurt, low fat if available store-bought</p> <p>Top with chopped apples and sliced pears</p>	<p>apple lemon oatmeal</p> <p>½ cup cooked oatmeal, cooked in almond milk</p> <p>½ cup blended apple lemon mix blend apple, lemon juice, dates, walnuts and cinnamon in a food processor</p> <p>Garnish with extra apple slices, lemon and walnuts</p>	<p>1.5 cups breakfast beans</p> <p>Made with soaked fava beans cooked in onion, garlic, lemon juice, cumin, salt</p> <p>Top with an egg, chopped tomatoes and roasted chopped eggplant</p>	<p>1-2 slices whole grain toast</p> <p>2 Tbsp nut butter</p> <p>4 slices strawberries add on top of toast</p> <p>1 Tbsp chia seeds</p> <p>Drizzle of honey</p>	<p>stuffed acorn squash</p> <p>½ acorn squash stuffed with onion, garlic and breakfast sausage turkey or plant-based</p> <p>Top with 2 eggs</p>	<p>2 pieces French toast</p> <p>Top with raspberries, blackberries, peach slices, lemon zest and maple syrup</p>
Lunch	<p>1.5 cups chicken egg roll in a bowl</p> <p>Made with cubed chicken, cabbage, julienned carrots, sesame oil, garlic, green onion, soy sauce</p>	<p>2 cups panzanella salad</p> <p>Made with ciabatta bread, tomato, olive oil, garlic, basil, green olives</p> <p>Garnish with sliced avocado</p>	<p>2 cups pear and summer squash salad</p> <p>Salad made with roasted and chopped summer squash, sliced pears, pecans, spinach</p> <p>For the dressing: Olive oil, balsamic vinegar, honey, garlic, mustard, salt and black pepper</p> <p>Garnish with dried cranberries</p>	<p>gourmet grilled cheese with veggie apple slaw</p> <p>1-2 slices artisan bread</p> <p>2 Tbsp caramelized onions</p> <p>1oz mozzarella cheese, low moisture, part skim</p> <p>Garnish with rosemary and thyme</p> <p>2/3 cup veggie apple slaw made with cabbage, apples, carrots, celery, maple syrup, Dijon mustard, white wine vinegar, salt</p>	<p>roasted chickpea gyro</p> <p>1 pita</p> <p>½ cup chickpeas tossed in oil, paprika, black pepper, cayenne pepper and salt, roasted until lightly browned</p> <p>Fill pita with chickpea mix, tzatziki and onion</p> <p>Serve with a side of plums and figs</p>	<p>1.5 cups ahi tuna rice bowl</p> <p>Made with black rice, ahi tuna, cabbage, lettuce, radish, cucumber, carrot and sprouts</p> <p>Toss in your favorite sauce sweet and sour, ginger soy, sweet chili</p> <p>Garnish with sesame seeds</p>	<p>2-3 black bean sweet potato street tacos</p> <p>2-3 street taco tortillas</p> <p>¼ cup black beans</p> <p>¼ cup sweet potatoes, roasted and chopped can use pre-chopped frozen</p> <p>2 Tbsp corn</p> <p>2 Tbsp avocado, mashed</p> <p>Garnish with lime juice</p>

Foods in Season: strawberries, blackberries, raspberries, peach, nectarine, plums, figs, grapes, melon, apple, pear, onion, green beans, summer squash, corn, tomatoes, eggplant, bell pepper, hot pepper, cucumber, acorn squash, okra

August Seasonal Meal Plan *part two*

Plant-Based

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(based on portions for one person)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dinner

<p>1.5 cups slow cooker chili</p> <p>Made with tri-color beans, corn, celery, tomatoes, onion, garlic, bell pepper, seasoning</p> <p>Can add lean ground beef, chicken or turkey</p> <p>Garnish with tortilla chip strips and hot peppers if desired</p>	<p>pan-roasted pork tenderloin and peppers</p> <p>¼ pound pork tenderloin, pan seared</p> <p>1 cup sauteed bell pepper mix made with olive oil, thyme, garlic and bell peppers</p> <p>Can substitute with chicken breast</p>	<p>ratatouille eggplant Parmesan</p> <p>1 eggplant, sliced into discs, crusted and baked with Parmesan</p> <p>Serve with spaghetti noodles and a ratatouille-inspired chunky sauce tomatoes, zucchini, bell peppers</p>	<p>jerk chicken dinner</p> <p>2 pieces jerk chicken</p> <p>½ cup mango and hot pepper salsa</p> <p>1 small handful tortilla chips</p> <p>½ cup rice, cooked in lite coconut milk and garnished with lime juice and fresh herbs</p>	<p>1.5 cups pene, tomato and mushroom pasta</p> <p>Penne pasta with mushrooms, crushed tomatoes, onion, white wine, garlic, fresh thyme, cream</p> <p>Garnish with nutritional yeast and parsley</p>	<p>BBQ sandwich</p> <p>1 pretzel bun</p> <p>½ cup pulled BBQ chicken or plant-based meat alternative</p> <p>Add other sandwich toppings as desired such as okra giardiniera</p> <p>1 corn on the cob add butter or other flavoring as desired</p>	<p>honey garlic salmon in foil</p> <p>1 fillet salmon place in foil with honey, garlic, cayenne, lemon juice, red pepper, Dijon mustard</p> <p>1 cup herb-roasted Parmesan acorn squash, sliced</p>
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Snack

<p>1 cup grapes and pear slices</p>	<p>¼ cup mixed nuts</p> <p>2 Tbsp dark chocolate chips</p>	<p>½ cup pico de gallo store-bought or homemade</p> <p>1 small handful of tortilla chips</p>	<p>1 cup fresh fruit raspberries, peaches and nectarine</p>	<p>¾ cup seasoned edamame cooked edamame with salt or other dry spices</p> <p>Can use store-bought</p>	<p>1 scoop low fat frozen yogurt</p> <p>Top with strawberries and blueberries</p> <p>Drizzle agave</p>	<p>1 apple</p> <p>2 Tbsp nut butter</p>
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