

October Seasonal Meal Plan *part one*

Vegetarian

(based on portions for one person)



Breakfast

Lunch

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<p><i>eggs in a sweet potato basket</i></p> <p>Similar to "egg in a hole" or "egg in a basket"</p> <p>1-2 slices sweet potato, cut lengthwise into ½-in slices, a center circle removed for the "hole" or "basket"</p> <p>Sweet potatoes should be roasted, precooked in the microwave or cooked in a pan</p> <p>1-2 eggs, placed and cooked in the center hole</p> <p>Add your favorite breakfast toppings, such as plant-based breakfast sausage, bell peppers, green leafies</p>	<p>½ cup uncooked oatmeal, then prepared in skim milk or water</p> <p>½ cup cranberry sauce, made from fresh cranberries</p> <p>1 Tbsp sliced almonds</p> <p>Dash of cinnamon</p>	<p><i>apple pie parfait</i></p> <p>Layered parfait with chia pudding layers, spiced baked apple layers, low fat yogurt layers and granola</p> <p>Garnish with maple syrup and spices</p>	<p><i>southwestern egg sandwich</i></p> <p>1 whole grain English muffin, toasted</p> <p>1-2 eggs, cooked to preference</p> <p>Add salsa, avocado, and hot chili peppers, if desired</p> <p>Serve with roasted breakfast potatoes</p>	<p>¾ cup nonfat Greek yogurt</p> <p>1oz dark chocolate shavings</p> <p>¾ cup blackberries</p>	<p><i>16oz carrot cake smoothie</i></p> <p>Blend together carrots, cauliflower, frozen pineapple, coconut flakes, vanilla protein powder, skim milk, banana, cinnamon, nutmeg, ground flaxseed</p> <p>Garnish with coconut shavings and spices</p>	<p><i>1 slice cheddar broccoli frittata</i></p> <p>Made with egg, skim milk, garlic, reduced fat cheddar cheese ½ oz per serving, shallots, broccoli, Swiss chard, seasonings</p> <p>1-2 figs on the side</p>
Lunch	<p><i>apple grilled cheese with butternut squash soup</i></p> <p>For the sandwich: 1-2 slices whole wheat bread</p> <p>½ apple, thinly sliced</p> <p>1/2 oz Gouda cheese</p> <p>For the soup: Blend together sauteed onion, fresh ginger, roasted butternut squash, lite coconut milk, seasonings turmeric, cayenne, pepper, lime juice</p> <p>Garnish with lite coconut milk and black pepper</p>	<p><i>1.5 cups pesto power lunch</i></p> <p>¾ cup uncooked millet, prepared per package instructions</p> <p>¾ cup canned lentils, rinsed and drained</p> <p>¾ cup pesto, store-bought or homemade</p> <p>¾ cup kale or Swiss chard, finely chopped</p> <p>½ cup roasted parsnip, rutabaga and turnip medley</p> <p>Additional herbs and spices to taste</p>	<p><i>2 cups warm squash salad</i></p> <p>Salad made with roasted and chopped butternut squash, Swiss chard</p> <p>Garlic-Dijon vinaigrette: Olive oil, garlic, lemon juice, apple cider vinegar, Dijon mustard, maple syrup and black pepper</p> <p>Garnish with walnuts and sliced avocado</p>	<p><i>cinnamon raisin pear sandwich</i></p> <p>2 slices cinnamon raisin bread</p> <p>1 small pear, sliced</p> <p>Slather with a nut butter and maple syrup mix</p> <p>Dash of cinnamon</p> <p>Add extra raisins, if desired</p>	<p><i>1.5 cups sweet potato and quinoa "shepherd's pie"</i></p> <p>Bottom layer: Quinoa, onion, garlic, kale, tomato, cumin, coriander, all spice, cayenne, chickpeas</p> <p>Top layer: Whipped sweet potatoes, seasonings and herbs</p>	<p><i>spaghetti squash lasagna</i></p> <p>Served in a roasted shell of ½ a spaghetti squash</p> <p>Filling is a mixture of shredded spaghetti squash innards, broccoli, low moisture part skim mozzarella, nutritional yeast, onions, garlic, Italian seasoning, tomato and tomato paste</p> <p>Serving size is 1-2 halves of the spaghetti squash</p>	<p><i>Greek grilled eggplant</i></p> <p>½ an eggplant, sliced and grilled in olive oil</p> <p>Season with black pepper, red pepper flakes and oregano</p> <p>Garnish with balsamic glaze</p> <p>Serve with a side salad or roasted potatoes</p>

Foods in Season: pears, apples, fig, pumpkin, butternut squash, spaghetti squash, parsnip, celery, rutabaga, beets, fingerling potatoes, Swiss chard, ginger, Jerusalem artichokes, blackberries, broccoli, Brussels sprouts, cabbage, cauliflower, cranberry, dates, grapes, leeks, bell pepper, shallots, sweet potatoes, turnip, kale

October Seasonal Meal Plan *part two*

Vegetarian

(based on portions for one person)



Dinner

Snack

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	<p>1.5 cups mushroom risotto</p> <p>Made with mushrooms, garlic, shallots, thyme, Arborio rice, leeks, white wine, frozen peas, butter, olive oil, bay leaf, vegetable broth</p> <p>Garnish with nutritional yeast, parsley, salt and pepper</p>	<p>roasted cauliflower steak</p> <p>½ head of medium cauliflower, sliced into thick "steak" slabs</p> <p>Baked in the oven with salt, pepper, paprika, oil, garlic powder, coriander</p> <p>Serve with roasted fingerling potatoes and sauteed green leafies Swiss chard or kale</p>	<p>1.5 cups parsnip and white bean soup</p> <p>For the soup: Made with shallot, garlic, parsnip, vegetable stock, milk and white beans</p> <p>For the Brussels sprout topping: Made with roasted and chopped Brussel sprouts crunchy texture, olive oil, lemon juice, salt and pepper</p> <p>Serve with bread</p>	<p>1.5 cups rice and bean casserole</p> <p>Casserole made with brown rice, pinto beans, black beans, corn, tomato paste, shallots, leeks, garlic, bell pepper</p> <p>Garnish with green onion or avocado slices</p>	<p>vegetarian orange "chicken"</p> <p>½ block firm tofu, well pressed to remove liquid and diced, browned in the pan this is the "chicken" that will be tossed in sauce</p> <p>For the orange sauce: Garlic, soy sauce, olive oil, OJ, rice vinegar, orange marmalade, fresh ginger and cornstarch</p> <p>Serve with rice and steamed vegetables</p>	<p>1.5 cups roasted root vegetable and goat cheese polenta</p> <p>Roasted root vegetables such as carrots, turnips, parsnips rutabaga and potatoes</p> <p>Polenta mixed with goat cheese, vegetable broth and seasonings</p>	<p>1 savory sweet potato burger</p> <p>1 hamburger-shaped bun of choice</p> <p>For the sweet potato patties: Mix cooked sweet potatoes with blended black beans, BBQ sauce, shallot, garlic, seasoning and breadcrumbs</p> <p>Garnish with burger toppings such as lettuce, tomato</p>
Snack	<p>Jerusalem artichoke dip</p> <p>¾ cup dip made with Jerusalem artichokes, low fat feta, chili flakes, olive oil, garlic, parsley</p> <p>1 cup bell pepper sticks, whole grain crackers or pita chips</p>	<p>2-4 goat cheese-stuffed dates</p> <p>Stuff dates with goat cheese</p> <p>Garnish with pine nuts, salt and black pepper</p>	<p>fruit and cheese plate</p> <p>1 Tbsp brie cheese</p> <p>1 pear, sliced</p> <p>¾ cup grapes</p> <p>Add nuts if desired</p>	<p>¾ cups beet chips store-bought or homemade</p>	<p>1 baked apple seasoned with sugar, cinnamon, nutmeg, pumpkin pie spice</p> <p>1 scoop frozen low fat vanilla yogurt</p>	<p>celery and nut butter</p> <p>2-3 stalks celery</p> <p>1-2 Tbsp nut butter</p> <p>Dash of cinnamon</p> <p>Garnish with thinly sliced apple if desired</p>	<p>pumpkin pie dip</p> <p>¾ cup pumpkin pie dip made with pureed pumpkin, instant vanilla pudding mix and pumpkin pie spice</p> <p>1 cup of graham crackers, sliced apples or pretzels</p>

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