

November Seasonal Meal Plan *part one*

Healthy Comfort Foods

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

1-2 energy boost muffins

Made with oat bran, brown rice flour, grated carrot, eggs, cinnamon, ginger, allspice, baking powder, baking soda, olive oil, brown sugar, skim milk

Add a dollop of icing made with low fat cream cheese, brown sugar, crystallized ginger

Serve with 1 apple

¾ cup nonfat cottage cheese

Topped with toasted coconut, cranberries, apple, slivered almonds, dates and a drizzle of honey

1 6oz sweet potato pie smoothie

Blend together cooked sweet potato freeze ahead of time, banana, almond milk, pecan butter, plain nonfat Greek yogurt, vanilla, nutmeg, clove, cinnamon

Drizzle with melted pecan butter

egg and hash browns

1-2 eggs, cooked to preference

1 cup breakfast hash browns made with roasted potatoes, Brussel sprouts, mushrooms, kale

Garnish with herbs, spices

1-2 slices whole grain toast

1-2 Tbsp cashew butter

1 pear, sliced

Drizzle of maple syrup

1 6oz cafe mocha protein shake

Blend together frozen banana, chocolate protein powder, unsweetened cocoa powder, instant espresso powder, low fat vanilla Greek yogurt, almond milk

Serve with 1 pear

apple pie oatmeal pancakes

Healthy pancake mix, preferably made with whole grains and oats. If homemade, mix together low fat buttermilk, instant oats, whole grain flour, baking soda, baking powder, spices

Top with baked spiced apples

Lunch

1.5 cup black bean and sweet potato chili

Made with black beans, sweet potato, onion, low-sodium broth, tomato

Add lean ground turkey, lean ground beef or plant-based grounds, if desired

1.5 cups chicken pasta salad

Made with low-sodium canned chicken, julienned cabbage, Brussel sprouts, whole grain pasta, cherry tomatoes, corn and avocado chunks

For the dressing: Mix white wine vinegar, black pepper, Italian seasoning and olive oil

Parmesan-crusted fish sticks and veggies

For the fish sticks:

Cod fillets battered in whole grain breadcrumbs, nutritional yeast, seasoning and egg whites

Air-fried or oven-baked is preferred

For the lemon-caper sauce: Nonfat plain Greek yogurt, lemon juice, capers, chives, salt and pepper

Serve with a roasted vegetable medley of sweet potato, parsnip and sauteed Swiss chard

1.5 cups pumpkin Pad Thai

Made with brown rice noodles, cabbage, edamame beans, peanuts, green onions and lime wedge chicken is optional

For the sauce: Pumpkin puree, rice vinegar, peanut butter, chili sauce, brown sugar

1.5 cups pumpkin ravioli with lemon-sage sauce

For the ravioli: Filling is made with pureed cooked pumpkin, ricotta cheese, sage, egg, nutmeg and garlic, wrapped in wonton wrappers and boiled

For the sauce: Olive oil, lemon juice and sage leaves

Serve with steamed carrots and Brussels sprouts

2 cups bolognese with spaghetti squash

Bolognese sauce can be made with lean ground poultry or plant-based grounds, onion, carrot, crushed tomatoes and celery

Season spaghetti squash innards with garlic, salt and pepper

1 fillet lemon olive oil flounder

½ acorn squash, cored, baked with butter and brown sugar

¾ cup roasted Brussel sprouts

Foods in Season: pomegranate, persimmon, cranberry, apples, pears, sweet potatoes, Brussels sprouts, parsnips, turnips, beets, squash, kale, Swiss chard, mushrooms, collard greens, pumpkin, cabbage, kiwi,

November Seasonal Meal Plan *part two*

Healthy Comfort Foods

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dinner

1.5 cup healthy "garbage" plate

Made with roasted potatoes, roasted root vegetables, steamed collard greens, onion, pinto beans and meat sauce

Meat sauce can be made with lean beef, turkey or plant-based grounds

1.5 cups slow cooker veggie pot pie

Made with store-bought canned biscuits, cream of mushroom soup labeled as "healthy", "low fat" or "reduced fat", diced carrots, parsnips, celery and onion

Season to taste

1.5 cups turkey Swedish meatballs

Made with egg noodles, turkey meatballs, skim milk, egg, onion, seasonings

Toss pasta with wilted kale and sauteed mushrooms

1-2 slices winter pizza

Whole grain yeast dough store-bought or homemade topped with a roasted garlic and sage pesto sauce, nutritional yeast, butternut squash, fontina cheese ½ oz per serving, kale

Garnish with a few dollops of a pomegranate and cranberry salsa made with lime juice, cilantro, salt and pepper

1.5 cups homemade hamburger helper

Made with lean ground beef could also use ground turkey or plant-based grounds, whole wheat macaroni noodles, low-sodium beef broth, carrots, parsnips, celery, mushrooms and turnips

1-2 cabbage-wrapped enchiladas

Fill cabbage wraps with your choice of rice, beans and/or lean ground turkey

Add enchilada sauce and seasonings

Top with more enchilada sauce and 1 oz queso fresco before baking

herb-roasted chicken and root vegetables

1 chicken breast, boneless and skinless, roasted in oil and herbs

¾ cup roasted medley of beets, turnips, potatoes and sweet potatoes

¾ cup sauteed kale with garlic, red pepper and black pepper

Snack

6oz Greek yogurt persimmon creme brulee

2% vanilla Greek yogurt instead of custard. Mix in cinnamon and other spices. Place in freezer for a few minutes to set

Layer sliced persimmons on top of yogurt

Sprinkle sugar on top of yogurt and sliced persimmons. Caramelize sugars with a torch

2 cups beet chips and kale chips

Can be store-bought or homemade with oil and salt

2-4 dark chocolate pomegranate bites

Bites made with dark chocolate, small amount of coconut oil, pomegranate seeds, sea salt, touch of chili powder for heat

fruit and dip

½ cup marshmallow fluff and nonfat yogurt dip

Dip with apple slices, kiwi chunks and banana slices

1.5 cups "cheesy" rosemary popcorn

Popcorn tossed with nutritional yeast, rosemary, olive oil and salt

¾ cup sweet potato fries

Oven-baked or air-fried is preferred

Season with olive oil, salt, pepper and paprika

Serve with ¼ cup favorite dipping sauce

¾ cup pumpkin "nice" cream

Blend together frozen banana, pureed pumpkin, maple syrup, almond butter, lite coconut milk, cinnamon, nutmeg, ginger

Garnish with dark chocolate or pecans, if desired

Foods in Season: pomegranate, persimmon, cranberry, apples, pears, sweet potatoes, Brussels sprouts, parsnips, turnips, beets, squash, kale, Swiss chard, mushrooms, collard greens, pumpkin, cabbage, kiwi,