

December Seasonal Meal Plan *part one*

Healthy Holiday

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

1 slice sausage and egg bake

Made with eggs, skim milk, breakfast sausage preferably plant-based or poultry, onions, kale, sweet potatoes, spices

1 banana

2-3 pecan pie energy bites

Made with pitted dates, pecans, salt and vanilla extract blended and rolled into balls

2 clementines

16oz mango, coconut mint smoothie

Blend together mango, vanilla nonfat Greek yogurt, lite coconut milk and mint leaves

¾ cup vanilla chia pudding

Chia seeds left overnight in almond milk, vanilla bean and maple syrup

Garnish with sliced banana, almonds and cranberries

1 small baked sweet potato with egg

Baked sweet potato topped with 1 egg, turkey bacon and avocado-lime drizzle blended avocado, lime juice, onion, garlic, cumin

1.5 cups winter fruit cup

Made with mandarin oranges, kiwi, mango, banana and pomegranate arils

Seasoned with sugar, sliced fresh ginger, vanilla bean, lemon

1 hard boiled egg

1-2 slices healthy gingerbread loaf made with applesauce, molasses, maple syrup, almond milk, egg, whole wheat flour, coconut oil

1 pear

Lunch

2-3oz peppery lean roast beef

Serve with 1.5 cups roasted balsamic onions, potatoes and kohlrabi

2 cups wild rice salad with citrus maple vinaigrette

Made with Brussels sprouts, wild rice, kale, onion and thyme

For the vinaigrette:
Made with shallots, garlic, orange zest, maple syrup, OJ, apple cider vinegar, oil, salt, pepper, cinnamon, Dijon mustard

Garnish with pomegranate arils and orange zest

1.5 cups cauliflower mac and cheese

Made with cauliflower, Dijon mustard, spices, cashew "cheddar" cheese store-bought or homemade

2 cups roasted beet salad

Made with kale, radishes, roasted beets, goat cheese, pistachios, green onion, chickpeas

For the dressing:
Made with olive oil, red wine vinegar, honey, Dijon mustard, salt and pepper

scallop and shrimp cocktail

1 cup cooked shrimp and scallops made with salt, lime juice, chili pepper, black pepper, onion, hot sauce

Serve with 1 cup salad made with Brussels sprouts, avocado, bacon and chestnut

For the salad dressing:
Made with lime juice, apple cider vinegar, honey, oil, black pepper and mustard

1.5 cups whole wheat winter pasta

Whole wheat spaghetti noodles with roasted parsnips, kale, pine nuts, diced tomatoes, celery, black olives, white wine

Garnish with nutritional yeast

Add chicken, fish or shrimp if desired

1-2 sausage-stuffed acorn squash halves

Acorn squash, cut in half and deseeded

For the filling:
Poultry sausage can also be plant-based, finely chopped apples, collard greens, mushrooms, onion, garlic, sage, thyme, nutmeg, allspice

Garnish with nutritional yeast

Foods in Season: mandarins/clementines, lemons, kiwi, beets, turnips, rutabagas, butternut squash, acorn squash, spaghetti squash, collard greens, kale, kohlrabi, cauliflower, Brussels sprouts, chestnuts, pomegranate, apple, avocado, bananas, broccoli, celery, cabbage, carrots, mango, potatoes, parsnips, pears, onion, sweet potatoes

December Seasonal Meal Plan *part two*

Healthy Holiday

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dinner

1-2 goat cheese, brown rice and lentil cabbage rolls

Cabbage rolls stuffed with brown rice, arugula, green lentils, oil, goat cheese, spices

Pour red sauce over top and on the bottom and nutritional yeast over the rolls before baking

2 cups holiday tortellini soup

Made with tortellini, kale, onion, garlic, bone broth, crushed tomatoes, spices and herbs

1 fillet salmon, brined and then baked in foil with olive oil, lemon, salt, pepper and fresh herbs. After baking, brush with caper-infused olive oil and extra lemon juice

1.5 cups roasted cauliflower with capers and chili peppers

slow cooker roasted chicken

Chicken roasted with lemons, bone broth, olive oil, salt, black pepper and rosemary

¾ cup steamed broccoli

½ cup roasted potatoes

1 palm-sized slice butternut squash tart

Whole grain flatbread layered with onions, garlic, thyme, butternut squash, egg, apple and Swiss cheese ½ oz per serving

mushroom-stuffed pork tenderloin

Pork tenderloin stuffed with mushrooms, garlic, and parsley sauteed and blended with olive oil

Serve with butternut squash-quinoa stuffing made with butternut squash, quinoa, seasonings, celery, kale, walnuts

1 fillet blackened cod

½ cup mashed sweet potatoes

½ cup sauteed kale

Snack

skinny peppermint mocha

1 cup almond milk

¼ tsp peppermint extract

½ tsp cacao powder

1 tsp maple syrup

Top with ¼ cup espresso, small dollop coconut creme, peppermint crumbles and dark chocolate chips

¾ cup roasted chestnuts with sea salt

¾ cup veggie dip made with nonfat Greek yogurt, parsley, chives, minced onion, lemon juice, worcestershire and other spices

Serve with 1.5 cups raw broccoli, carrots, cherry tomatoes and cauliflower

¾ cup apple crisp topping made with apples, cinnamon, ground ginger, grapeseed oil, nutmeg, oats and maple syrup, pecans

Serve with 1 scoop low fat frozen vanilla yogurt

½ cup orange salsa made with oranges, tomato, red onion, apple juice, orange zest, garlic, jalapenos, fresh ginger, cilantro

Serve with small handful of tortilla chips

2-3 mini pumpkin pie bites

Bottom crust: Made with graham crackers, coconut oil, chai spice

Filling: Made with pureed pumpkin, pumpkin pie spice, vanilla extract, maple syrup

Garnish with pecans and cinnamon

¾ cup collard greens and artichoke dip made with collard greens, artichoke, nutritional yeast, nonfat Greek yogurt, nonfat cottage cheese, part skim low moisture mozzarella

1 small handful of tortilla chips or cubed bread

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