

January Seasonal Meal Plan

(3-5 ingredient meals)

(based on portions for one person) Foods in season: lemon, lime, orange, grapefruit, beets, turnips, celery, cabbage, kale, collard greens, cauliflower, butternut squash, acorn squash, sweet potato, onion, parsnip, apple, avocado, carrot, Brussel sprouts, mushroom, pomegranate



Breakfast

Lunch

Dinner

Snack

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>breakfast casserole</i></p> <p>1 cup portion of casserole (made with eggs, cheese, collard greens, butternut squash chunks, mushroom)</p>	<p><i>immune boost smoothie</i></p> <p>16oz smoothie (pomegranate juice, carrot, orange juice, beet, blood orange slices)</p>	<p>2 eggs, cooked to preference</p> <p>1 cup butternut squash hash (made with chopped butternut squash, breakfast turkey sausage, onion, celery)</p>	<p><i>winter spice oatmeal</i></p> <p>1 cup cooked oatmeal</p> <p>½ cup apple chunks, baked or fresh</p> <p>1 Tbsp dried cranberries</p> <p>1 Tbsp walnuts</p> <p>Pumpkin spice to taste</p>	<p><i>PB&J sweet potato toast</i></p> <p>1-2 slices sweet potato (½ inch thick like toast)</p> <p>1 banana, sliced</p> <p>2 Tbsp peanut butter</p> <p>2 Tbsp pomegranate seeds</p> <p>Drizzle of honey</p>	<p><i>oatmeal cottage cheese pancakes, 1 stack</i></p> <p>½ cup oatmeal</p> <p>½ cup nonfat cottage cheese</p> <p>4 egg whites</p> <p>Garnish: ½ cup apple chunks, baked or fresh</p> <p>Drizzle maple syrup</p>	<p>2 egg omelet (made with mushrooms, onion, kale)</p> <p>1-2 slices bacon or sausage</p>
<p><i>homemade beef hamburger helper</i></p> <p>4oz lean ground beef</p> <p>1 serving ramen noodles</p> <p>½ cup chopped vegetables (onion, celery)</p> <p>½ cup low sodium beef broth</p>	<p>2 cups winter salad (kale, mushroom, carrot, walnuts)</p> <p>1-Tbsp vinaigrette</p>	<p><i>bean burritos</i></p> <p>1 tortilla, flour or corn</p> <p>½ cup refried beans</p> <p>½ avocado, mashed with lime juice</p> <p>¼ cup shredded Mexican cheese blend</p>	<p>2 cups warm sweet potato salad (made with sweet potato, cooked quinoa, boiled and chopped Brussels sprouts, roasted parsnip chunks)</p> <p>1-2 Tbsp yogurt dressing</p>	<p><i>turkey cabbage sandwich</i></p> <p>2 slices whole grain bread</p> <p>2 Tbsp sliced cabbage, softened in mayo and chili powder</p> <p>2oz sliced turkey</p>	<p><i>pesto pasta salad, made ahead and served cold</i></p> <p>1.5 cups pasta salad (made with pesto, penne pasta, Asiago cheese, cooked kale, roasted parsnip chunks)</p>	<p>1 tuna steak (seasoned with lime juice and Old Bay seasoning)</p> <p>2/3 cup brown rice, cooked</p> <p>Sliced avocado garnish</p>
<p>6oz chicken breast, grilled with lemon, boneless and skinless</p> <p>1 cup roasted root vegetable medley (carrots, parsnips, turnips)</p>	<p><i>Chicken Kraut Pasta</i></p> <p>Skinless, boneless chicken breast (roasted, pan-seared or grilled)</p> <p>Sauerkraut</p> <p>Whole grain rotini pasta</p> <p>Carrot coins</p> <p>Greek yogurt (plain, nonfat) for garnish and creaminess if desired</p>	<p>1 fillet lemon butter flounder</p> <p>½ acorn squash, cored, baked with butter and brown sugar</p>	<p><i>chicken alfredo pasta bake</i></p> <p>½ cup penne pasta</p> <p>6oz chicken breast, diced</p> <p>½ cup cauliflower florets</p> <p>Shredded white cheese</p> <p>Tossed in alfredo sauce</p>	<p><i>slow cooker veggie pot pie</i></p> <p>1.5 cups pot pie (includes store-bought canned biscuits, cream of mushroom soup, diced carrots, celery and onion)</p>	<p><i>black bean chili</i></p> <p>1.5 cup of chili (made with black beans, sweet potato, onion, low-sodium vegetable broth, salsa)</p>	<p>6oz filet mignon</p> <p>1 small baked sweet potato</p> <p>1 cup roasted cauliflower and butternut squash puree</p> <p>Black pepper to taste</p>
<p>(dark chocolate pomegranate bites)</p> <p>2-4 bites (made with dark chocolate, coconut oil, pomegranate seeds, sea salt, touch of chili powder for heat)</p>	<p><i>winter bruschetta</i></p> <p>1-2 small slices of toasted baguette bread</p> <p>½ avocado, mashed</p> <p>1 Tbsp roasted red pepper, canned</p> <p>Garnish with goat cheese and balsamic glaze</p>	<p><i>chocolate covered citrus slices</i></p> <p>8-10 slices of citrus (orange, grapefruit)</p> <p>Dipped in a chocolate-coconut oil ganache</p> <p>Sea salt to taste</p>	<p>½ cup guacamole (avocado, onion, tomato)</p> <p>Juice of ½ lime (for garnish)</p> <p>Cilantro to taste</p>	<p><i>oven-baked beet chips</i></p> <p>1 cup beet chips (made with beets, olive oil)</p> <p>2 Tbsp Greek dip (Greek yogurt, garlic, lemon juice)</p>	<p>1.5 cups citrus medley (sliced orange, grapefruit, apple, pomegranate seeds)</p> <p>Drizzle of honey</p>	<p>½ avocado</p> <p>½ cup nonfat cottage cheese</p> <p>Black pepper to taste</p> <p>Turmeric to taste</p> <p>1 slice whole grain toast</p>