

# November Meal Plan *part one*

## Good-for-You Comfort Foods



(based on portions for one person)

### Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1-2 energy boost muffins</b></p> <p>Made with oat bran, brown rice flour, grated carrot, eggs, cinnamon, ginger, allspice, baking powder, baking soda, olive oil, brown sugar, skim milk</p> <p>Add a dollop of icing made with low fat cream cheese, brown sugar, crystallized ginger</p> <p>Serve with 1 apple</p>	<p><b>½ cup nonfat cottage cheese</b></p> <p>Topped with toasted coconut, cranberries, apple, slivered almonds, dates and a drizzle of honey</p>	<p><b>16oz sweet potato pie smoothie</b></p> <p>Blend together cooked sweet potato (freeze ahead of time), banana, almond milk, pecan butter, plain nonfat Greek yogurt, vanilla, nutmeg, clove, cinnamon</p> <p>Drizzle with melted pecan butter</p>	<p><b>egg and hash browns</b></p> <p>1-2 eggs, cooked to preference</p> <p>1 cup breakfast hash browns made with roasted potatoes, Brussel sprouts, mushrooms, kale</p> <p>Garnish with herbs, spices</p>	<p><b>1-2 slices whole grain toast</b></p> <p>1-2 Tbsp cashew butter</p> <p>1 pear, sliced</p> <p>Drizzle of maple syrup</p>	<p><b>16oz cafe mocha protein shake</b></p> <p>Blend together frozen banana, chocolate protein powder, unsweetened cocoa powder, instant espresso powder, low fat vanilla Greek yogurt, almond milk</p> <p>Serve with 1 pear</p>	<p><b>apple pie oatmeal pancakes</b></p> <p>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</p> <p>Top with baked spiced apples</p>

### Lunch

<p><b>1.5 cups black bean and sweet potato chili</b></p> <p>Made with black beans, sweet potato, onion, low-sodium broth, tomato</p> <p>Add lean ground turkey, lean ground beef, or plant-based grounds, if desired</p>	<p><b>1.5 cups chicken pasta salad</b></p> <p>Made with low-sodium canned chicken, julienned cabbage, Brussel sprouts, whole grain pasta, cherry tomatoes, corn and avocado chunks</p> <p>For the dressing: Mix white wine vinegar, black pepper, Italian seasoning and olive oil</p>	<p><b>Parmesan-crust fish sticks and veggies</b></p> <p>For fish sticks: Cod filets battered in whole grain breadcrumbs, nutritional yeast, seasonings and egg whites</p> <p>Air fry or oven-bake</p> <p>For the lemon-caper sauce: Nonfat plain Greek yogurt, lemon juice, capers, chives, salt and pepper</p> <p>Serve with a roasted vegetable medley of sweet potato, parsnip and sauteed Swiss chard</p>	<p><b>1.5 cups pumpkin Pad Thai</b></p> <p>Made with brown rice, noodles, cabbage, edamame beans, peanuts, green onions and lime wedge (chicken is optional)</p> <p>For the sauce: Pumpkin puree, rice, vinegar, peanut butter, chili sauce, brown sugar</p>	<p><b>1.5 cups pumpkin ravioli with lemon-sage sauce</b></p> <p>For the ravioli: Filling is made with pureed cooked pumpkin, low-fat ricotta cheese, sage, egg, nutmeg and garlic, wrapped in wonton wrappers and boiled</p> <p>For the sauce: Olive oil, lemon juice and sage leaves</p> <p>Serve with steamed carrots and Brussel sprouts</p>	<p><b>2 cups bolognese with spaghetti squash</b></p> <p>Bolognese sauce can be made with lean ground poultry or plant-based grounds, onion, carrot, crushed tomatoes, and celery</p> <p>Season spaghetti squash innards with garlic, salt and pepper</p>	<p><b>1 fillet lomon-olive oil flounder (baked)</b></p> <p>½ acorn squash, cored, baked with butter and brown sugar</p> <p>¾ cup roasted Brussel sprouts</p>
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**Foods in Season:** pomegranate, persimmon, cranberry, apples, pears, sweet potatoes, Brussel sprouts, parsnips, turnips, beets, squash, kale, Swiss chard, mushrooms, collard greens, pumpkin, cabbage, kiwi

# November Meal Plan *part two*

## Good-for-You Comfort Foods



(based on portions for one person)

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1.5 cup healthy "garbage" plate</b></p> <p>Made with roasted potatoes, roasted root vegetables, steamed collard greens, onion, pinto beans and meat sauce</p> <p>Meat sauce can be made with lean beef, turkey or plant-based grounds</p>	<p><b>1.5 cups slow cooker veggie pot pie</b></p> <p>Made with store-bought canned biscuits, cream of mushroom soup labeled as "healthy", "low fat" or "reduced fat", diced carrots, parsnips, celery and onion</p> <p>Season to taste</p>	<p><b>1.5 cups turkey Swedish meatballs</b></p> <p>Made with egg noodles (preferably whole wheat), turkey meatballs, skim milk, egg, onion, seasonings</p> <p>Toss pasta with wilted kale and sauteed mushrooms</p>	<p><b>1-2 slices winter pizza</b></p> <p>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</p> <p>Garnish with a few dollops of a pomegranate and cranberry salsa, made with lime juice, cilantro, salt and pepper</p>	<p><b>1.5 cups homemade hamburger helper</b></p> <p>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</p>	<p><b>1-2 cabbage-wrapped enchiladas</b></p> <p>Fill cabbage wraps with your choice of rice, beans and/or lean ground turkey</p> <p>Add enchilada sauce and seasonings</p> <p>Top with more enchilada sauce and 1 oz queso fresco before baking</p>	<p><b>herb-roasted chicken and root vegetables</b></p> <p>1 chicken breast, boneless and skinless, roasted in oil and herbs</p> <p>¾ cup roasted medley of beets, turnips, potatoes and sweet potatoes</p> <p>¾ cup sauteed kale with garlic, red pepper and black pepper</p>

### Snack

<p><b>6oz Greek yogurt persimmon "creme brulee"</b></p> <p>(2%) low fat vanilla Greek yogurt instead of custard. Mix in cinnamon and other spices. Place in freezer for a few minutes to set</p> <p>Layer sliced persimmons on top of yogurt</p> <p>Sprinkle sugar on top of yogurt and sliced persimmons. Caramelize sugars with a torch</p>	<p><b>2 cups beet chips and kale chips</b></p> <p>Can be store-bought or homemade with oil and salt</p>	<p><b>2-4 cark chocolate pomegranate bites</b></p> <p>Bites made with dark chocolate, small amount of coconut oil, pomegranate seeds, sea salt, touch of chili powder for heat</p>	<p><b>fruit and dip</b></p> <p>1/2 cup marshmallow fluff and nonfat yogurt dip</p> <p>Dip with apple slices, kiwi chunks and banana slices</p>	<p><b>1.5 cups "cheesy" rosemary popcorn</b></p> <p>Popcorn tossed with nutritional yeast, rosemary, olive oil and salt</p>	<p><b>¾ cup sweet potato fries</b></p> <p>Oven-baked or air-fried</p> <p>Season with olive oil, salt, pepper and paprika</p> <p>Serve with ¼ cup favorite dipping sauce</p>	<p><b>¾ cup pumpkin "nice" cream</b></p> <p>Blend together frozen banana, pureed pumpkin, maple syrup, almond butter, lite coconut milk, cinnamon, nutmeg, ginger</p> <p>Garnish with dark chocolate or pecans, if desired</p>
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