

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



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

breakfast casserole

1 cup portion of casserole (made with eggs, cheese, collard greens, butternut squash chunks, mushroom)

immune boost smoothie

16oz smoothie (pomegranate juice, carrot, orange juice, beet, blood orange slices)

2 eggs, cooked to preference

1 cup butternut squash hash (made with chopped butternut squash, breakfast turkey sausage, onion, celery)

winter spice oatmeal

1 cup cooked oatmeal

½ cup apple chunks, baked or fresh

1 Tbsp dried cranberries

1 Tbsp walnuts

Pumpkin spice to taste

PB&J sweet potato toast

1-2 slices sweet potato (½ inch thick like toast)

1 banana, sliced

2 Tbsp peanut butter

2 Tbsp pomegranate seeds

Drizzle of honey

oatmeal cottage cheese pancakes, 1 stack

½ cup oatmeal

½ cup nonfat cottage cheese

4 egg whites

Garnish: ½ cup apple chunks, baked or fresh

Drizzle maple syrup

2 egg omelet (made with mushrooms, onion, kale)

1-2 slices bacon or sausage

Lunch

homemade beef hamburger helper

4oz lean ground beef

1 serving ramen noodles

½ cup chopped vegetables (onion, celery)

½ cup low sodium beef broth

2 cups winter salad (kale, mushroom, carrot, walnuts)

1-Tbsp vinaigrette

bean burritos

1 tortilla, flour or corn

½ cup refried beans

½ avocado, mashed with lime juice

¼ cup shredded Mexican cheese blend

2 cups warm sweet potato salad (made with sweet potato, cooked quinoa, boiled and chopped Brussels sprouts, roasted parsnip chunks)

1-2 Tbsp yogurt dressing

turkey cabbage sandwich

2 slices whole grain bread

2 Tbsp sliced cabbage, softened in mayo and chili powder

2oz sliced turkey

pesto pasta salad, made ahead and served cold

1.5 cups pasta salad (made with pesto, penne pasta, Asiago cheese, cooked kale, roasted parsnip chunks)

1 tuna steak (seasoned with lime juice and Old Bay seasoning)

2/3 cup brown rice, cooked

Sliced avocado garnish

Dinner

6oz chicken breast, grilled with lemon, boneless and skinless

1 cup roasted root vegetable medley (carrots, parsnips, turnips)

cheesy cauliflower soup, pureed

2 cups soup (made with butter, chicken broth, onion, cauliflower, 5-cheese blend)

1 fillet lemon butter flounder

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

chicken alfredo pasta bake

½ cup penne pasta

6oz chicken breast, diced

½ cup cauliflower florets

Shredded white cheese

Tossed in alfredo sauce

slow cooker veggie pot pie

1.5 cups pot pie (includes store-bought canned biscuits, cream of mushroom soup, diced carrots, celery and onion)

black bean chili

1.5 cup of chili (made with black beans, sweet potato, onion, low-sodium vegetable broth, salsa)

6oz filet mignon

1 small baked sweet potato

1 cup roasted cauliflower and butternut squash puree

Black pepper to taste

Snack

(dark chocolate pomegranate bites)

2-4 bites (made with dark chocolate, coconut oil, pomegranate seeds, sea salt, touch of chili powder for heat)

winter bruschetta

1-2 small slices of toasted baguette bread

½ avocado, mashed

1 Tbsp roasted red pepper, canned

Garnish with goat cheese and balsamic glaze

chocolate covered citrus slices

8-10 slices of citrus (orange, grapefruit)

Dipped in a chocolate-coconut oil ganache

Sea salt to taste

½ cup guacamole (avocado, onion, tomato)

Juice of ½ lime (for garnish)

Cilantro to taste

oven-baked beet chips

1 cup beet chips (made with beets, olive oil)

2 Tbsp Greek dip (Greek yogurt, garlic, lemon juice)

1.5 cups citrus medley (sliced orange, grapefruit, apple, pomegranate seeds)

Drizzle of honey

½ avocado

½ cup nonfat cottage cheese

Black pepper to taste

Turmeric to taste

1 slice whole grain toast