

# March Seasonal Meal Plan *part one*

## antioxidant boost

(based on portions for one person)



### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

## Breakfast

#### *breakfast tacos*

1 whole grain tortilla  
 1-2 eggs, scrambled  
 ½ cup arugula  
 ¼ avocado, sliced  
 1oz cheese, if desired  
 Serve with black bean and corn salsa (can use frozen plain corn).  
 Garnish with lime juice, onion and other seasonings.

#### *sweet potato bowl*

1 medium sweet potato, cooked in microwave or oven, then diced and mashed  
 Toppings:  
 1 Tbsp nut butter, melted  
 1 Tbsp crushed pecans  
 1 Tbsp dried cranberries, preferably without added sugar

#### *cocoa beet smoothie*

½ cup unsweetened milk (skim, almond or soy)  
 ¾ cup nonfat Greek yogurt  
 1 cup beets, cooked and diced  
 2-4 Tbsp cocoa powder, unsweetened  
 1 banana, frozen  
 1 Tbsp nut butter  
 ½ tsp cinnamon

#### *avocado breakfast sandwich*

1-2 slices whole grain toast  
 1 egg, cooked as desired  
 ½ avocado, mashed  
 1 slice Swiss cheese  
 Pinch black pepper  
 Serve with a grapefruit and kiwi fruit salad.

#### *peanut butter banana oatmeal*

1 cup oatmeal, cooked  
 1 banana, sliced  
 2 Tbsp peanut butter  
 1 Tbsp chia seeds

#### *apple, carrot, orange smoothie*

1 large carrot  
 1 apple  
 1 orange  
 ½ cup water  
 ½ cup ice  
 ½ tsp ginger  
 Pinch turmeric  
 Pinch cayenne pepper

#### *1.5 cups Brussels sprouts breakfast hash*

Made in a skillet with olive oil, chopped Brussels sprouts, onion, garlic, black pepper, red pepper  
 Over easy eggs (1-2 on top per serving)  
 Optional:  
 Bacon or breakfast sausage

## Lunch

#### *2 cups kale, chickpea and sweet potato soup*

Made with olive oil, onion, sweet potato cubes, Thai red curry paste, farro, vegetable broth, chickpeas, kale, cayenne pepper and other seasonings as desired  
 Serve with toasted bread.

#### *roasted broccoli and radish salad*

1 cup broccoli florets, roasted  
 ½ cup radishes, sliced and roasted  
 1 Tbsp golden raisins  
 ¾ cup red onions, diced  
 ¼ cup strawberries, chopped  
 Optional:  
 ½ cup diced cooked chicken, skinless and boneless  
 Dressing:  
 Combine lemon juice, olive oil, black pepper, Dijon mustard, garlic,

#### *warm/toasted prosciutto radish sandwich*

1-2 slices ciabatta bread  
 1-2oz prosciutto  
 ½ cup radishes, sliced  
 1-2oz goat cheese  
 Seasonings as desired  
 Serve with an apple.

#### *collard green wraps*

1-2 large collard green leaves (the wraps)  
 To stuff in each wrap:  
 2 Tbsp hummus  
 ¼ cup beets, shredded  
 ¼ cup carrot, shredded  
 ¼ of an avocado, sliced  
 ¼ cup cabbage, sliced and previously softened in salt  
 For the dipping sauce:  
 Mix together green curry paste, tahini, lemon juice and a dash of maple syrup

#### *quinoa fennel salad*

¾ cup cooked quinoa  
 ½ fennel bulb, sliced thin  
 1 leek, sliced thin  
 1 pear, chopped  
 1-2 stalks celery, sliced thin  
 ¼ cup blue cheese, crumbled  
 1-2 Tbsp balsamic glaze

#### *1.5 cups radicchio and leek risotto*

Made with leeks, Arborio rice, radicchio, Fontina cheese, Parmigiano Reggiano  
 Cooked in:  
 Dry white wine, broth, oil, butter, spices, balsamic vinegar  
 Garnish with Parmesan and lemon zest.

#### *single-serve roasted garlic and spinach white pizza*

8-inch round pizza crust (store bought or homemade)  
 ½ small head garlic, roasted  
 1 cup spinach, chopped  
 ¼ cup ricotta cheese  
 ½ cup mozzarella cheese, shredded or sliced  
 Add grilled chicken, if desired.  
 Garnish with chopped fresh basil, oregano, honey, black pepper.

**Foods in Season:** artichoke, beets, arugula, avocado, asparagus, broccoli, Brussels sprouts, cabbage, carrot, celery, collard greens, cucumber, fennel, kale, leeks, onion, potatoes, radish, radicchio, spinach, sweet potato, apple, banana, grapefruit, kiwi, lemon, lime, orange, pear, persimmon, strawberry, mushroom, peas

# March Seasonal Meal Plan *part two*

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### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

## Dinner

*½ cup roasted fennel slices and Parmesan*

Sliced fennel bulbs tossed in olive oil, salt and black pepper

Top with Parmesan cheese before baking.

Serve with roasted pork, sausage or chicken.

*shrimp pesto pasta*

Made with whole grain bow tie pasta, mushrooms, shrimp

For the sauce:  
In a food processor, blend pesto, kale, jarred sun-dried tomato, ground flaxseed

Garnish with Parmesan cheese.

*kiwi chicken kebabs, grilled or seared*

1-2 skewers of kiwi and chicken cubes, (previously marinated in garlic, lime juice, oil and salt)

For the basting sauce:  
Mix together honey and chipotle peppers in adobo sauce

Serve with black or wild rice.

Garnish with lime juice.

*1.5 cups tuna casserole*

Made with egg noodles, tuna in water, mushrooms, peas, onion, additional seasonings

Top with whole wheat breadcrumbs, shredded cheese, Parmesan cheese.

*miso tahini ramen*

Ramen noodles cooked in miso paste, tahini and broth

Add to bowl:  
Sliced mushrooms, celery, leeks, chicken, pork, beef or tofu

Serve with 1 soft boiled egg and sliced seaweed.

*baked salmon in foil dinner*

In each foil packet:  
Cooking spray

1 salmon fillet

3 asparagus spears, trimmed and halved

½ large carrot, chopped

Seasonings:  
Garlic, thyme, parsley, lemon

Serve with roasted potatoes.

*2-3 artichoke stuffed mushrooms*

For the mushrooms:  
Mushrooms, stems removed

For the stuffing:  
Cream cheese, sour cream, cooked or canned artichoke hearts, onion, seasonings, Parmesan cheese

Serve with a choice of protein such as steak, poultry or fish.

## Snack

*persimmon mascarpone slices*

1 persimmon, sliced

Mascarpone mix:  
3 Tbsp mascarpone (mixed with mint leaves, honey, lemon juice)

Toppings:  
1 Tbsp pistachios, shelled

1 Tbsp pomegranate seeds

*cucumber cream cheese spread*

Spread made with cucumber, sliced leeks, cream cheese, Worcestershire sauce

For dipping:  
Whole grain crackers, carrots, radishes, celery or pita bread

*½ cup walnut and pecan mix*

2 Tbsp candied ginger (store bought or homemade)

*½ cup strawberries, halved*

½ cup coconut yogurt (preferably Greek and nonfat)

Drizzle of honey if desired

*sweet potato crisps*

1 sweet potato, thinly sliced and tossed in olive oil, salt, black pepper and thyme

Dip, if desired:  
Plain nonfat Greek yogurt, lemon juice, dill, black pepper

*dark chocolate fondue with fruit*

Melt together dark chocolate (at least 70% cocoa), milk, heavy cream, vanilla

For dipping:  
Strawberries, banana, kiwi, oranges

*pear and brie sliders*

1 pear, sliced into discs

1 small slice brie for each pear slice

Garnish with pecans and black pepper.

Drizzle with honey.

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