

May Seasonal Meal Plan *part one*

anti-inflammatory

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

2-3 egg whites, made into an omelet with sauteed Swiss chard

3oz smoked salmon

½ everything bagel, toasted

1 slice of tomato

1 cup raspberries and blackberries on the side

strawberry mango smoothie

1 cup strawberries, preferably frozen ahead

¾ cup mango, preferably frozen ahead

¾ cup unsweetened almond milk

¾ cup carrots

Splash OJ

Add extra ice if needed.

1-2 slices whole grain toast

½ avocado, mashed

1 hard boiled egg, sliced

1 Tbsp pine nuts

Season with black pepper, minced onion, paprika, and sesame seeds.

Hot sauce if desired

rhubarb and plum parfait

Boil rhubarb in sugar, water and lemon (allow to cool)

Layer nonfat vanilla yogurt, plum slices, strawberries, and softened rhubarb in a glass.

Garnish with crushed gingersnap cookie crumbs.

1.5 cups apricot, blueberry, pistachio granola

Granola made with oats, chia seeds, ginger, maple syrup

Mixed with apricot chunks, blueberries and crushed pistachios

Serve with nonfat, plain Greek yogurt if desired

1-2 slices zucchini bread

1 peach, sliced and drizzled with honey and cinnamon

1-2 waffles (whole wheat store-bought [think Kashi or Kodiak] or homemade using whole grain flour or a whole grain mix like Kodiak. Use skim milk or almond milk in the mix if needed. Try adding sweet potato, chia seeds and/or turmeric to the batter)

Top with blueberries, blackberries and a drizzle of peanut butter

Lunch

1.5 cups spring pea soup

Blended soup made with leeks, spring peas, onion, bone broth, salt, black pepper

Garnish with chives.

Serve with bread or croutons.

Asian shredded beef in lettuce cups

2-3 large lettuce leaves

6oz shredded beef, marinated and cooked to taste (choose from Asian zing sauce, sweet and sour sauce, soy sauce, chili pepper)

¼ cup carrots, julienned

1 Tbsp radishes, sliced

¼ cup water chestnuts, drained

savory dashi oats

¾ cup oats, sauteed in oil, garlic and onion. Then, cook in water and dashi seasoning.

½ cup sliced radish and cucumbers, marinated in rice wine vinegar

¼ cup peanuts, roasted, salted and chopped

Drizzle hot sauce as desired.

Swiss chard Buddha bowl

½ cup sweet potato, cooked and diced (can use frozen or fresh, preferably roasted ahead of time)

½ cup chickpeas (preferably seasoned and roasted ahead)

¼ cup Swiss chard, steamed and cooled

½ cup farro, cooked & cooled

Add seasonings such as paprika, cayenne and cumin.

Garnish with spicy tahini sauce (a blend of tahini, jalapeno pepper, olive oil, lemon juice and garlic)

Drizzle with maple syrup and extra lemon juice.

Serve cold.

caprese wrap

1-2 whole wheat tortillas

2-4oz sliced turkey

½ tomato, sliced

1 oz fresh mozzarella, part skim

6-8 basil leaves

2 Tbsp balsamic glaze with 1-2 Tbsp olive oil (add to wrap or use as dipping sauce)

Serve toasted or cold.

taco salad

2 cups lettuce, shredded

½ cup lean ground turkey, plant-based grounds or beans

½ cup tomato, diced

2 Tbsp red onion

¼ avocado, diced

¼ cup corn (plain frozen, thawed)

¼ cup bell pepper, diced

2 Tbsp salsa

1-2 Tbsp nonfat plain Greek yogurt

Mediterranean farro salad

¾ cups cooked farro

1 cup arugula

½ cup cherry tomatoes, halved

¼ cup bell pepper, diced

2 Tbsp walnuts

2 Tbsp olives (black or green)

1 Tbsp feta cheese

Greek salad dressing made with lemon juice, oregano, salt, pepper and olive oil

Foods in Season: apricots, artichoke, asparagus, cherries, lettuce, mangoes, okra, pineapple, radish, rhubarb, spring peas, strawberries, Swiss chard, zucchini, blueberries, raspberries, blackberries, avocado, bell peppers, tomatoes, peaches, plums

May Seasonal Meal Plan *part two*

anti-inflammatory

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dinner

1.5 cups Louisiana gumbo

Made with okra, butternut squash (can use frozen and cubed), celery, onion, peppers, zucchini, beans and tomatoes

Seasoned with red wine vinegar, black pepper and other spices

Can add an animal protein if desired

Serve over brown rice

rhubarb-apricot BBQ chicken

Chicken breasts, wings and/or thighs tossed in a sweet rhubarb-apricot sticky sauce. Grilled.

Serve with quinoa and grilled asparagus.

1.5 cups pea and pancetta pasta

Made with your choice of pasta.

Add peas, pancetta, parsley, mint, chives, garlic, nutritional yeast and olive oil.

Add steamed Swiss chard for extra nutrition.

1-2 stuffed bell peppers

Made with lean turkey grounds or plant-based grounds.

Stuffed with a mix of your protein of choice, quinoa, black beans, spices, celery, diced tomato

aloha burger

Can use beef, turkey or a vegetarian burger patty.

1-2 slices grilled pineapple

1-2 lettuce leaves

1 Tbsp thousand island dressing

1 Tbsp teriyaki sauce

1 slice Swiss cheese

1-2 rings of raw onion, sliced

Sesame seed bun, toasted

Serve with a mango, pineapple and lettuce side salad.

1 cup Swiss chard artichoke bake

Similar to spinach artichoke dip.

Made with Swiss chard, artichoke hearts, ricotta, nutritional yeast, garlic and other seasoning.

Serve with crusty bread, naan, pita bread or whole grain crackers for dipping.

2.5 cups zoodles and meatballs

Zucchini zoodles tossed in red spaghetti sauce

Season with Italian-inspired herbs and spices

Use turkey meatballs or plant-based meatballs

1 Tbsp nutritional yeast

Snack

2 Tbsp dark chocolate acai berries (store-bought)

2 Tbsp almonds

2 Tbsp walnuts

1 Tbsp dried cranberries

stuffed cherry tomatoes

8-10 cherry tomatoes

½ cup nonfat cottage cheese (mixed with chopped basil and black pepper; enough for stuffing)

superfruit antioxidant medley

1 cup mix of blueberries, cherries, mango chunks and pineapple

Drizzle with honey if desired

½ cup dark chocolate pretzels

½ cup cherries

¼ cup tuna in water (made into a dip with mustard, dill, onion powder, chili powder)

Garnish with sliced green onion

½ cup crackers (whole wheat, multigrain or sesame seed)

½ cup bell peppers, sliced

rhubarb slush or popsicle

Frozen drink or popsicle made with pink lemonade concentrate, boiled/softened rhubarb, sugar, lemon juice, lime juice, soda water

½ cup guacamole

Made of avocado, tomato, onion, cilantro

Serve with tortilla chips

Foods in Season: apricots, artichoke, asparagus, cherries, lettuce, mangoes, okra, pineapple, radish, rhubarb, spring peas, strawberries, Swiss chard, zucchini, blueberries, raspberries, blackberries, avocado, bell peppers, tomatoes, peaches, plums