

# April Seasonal Meal Plan *part one*

## hunger-busters

(based on portions for one person)



### Sunday

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Saturday

## Breakfast

*loaded avocado toast*

1-2 slices whole grain toast

½ avocado, slices or mashed

1 hard boiled egg

½ cup sauteed mushrooms

"Everything bagel" seasoning to taste

1-2 bran muffins (homemade or store bought)

1 pat butter

1 Tbsp fruit preserves

1 Tbsp chia seeds, for garnish

1 cup fruit medley (chopped strawberries, cherries, kiwi)

*chocolate peanut butter oatmeal*

½ cup dry oatmeal, then cooked in skim milk

1-2 Tbsp peanut butter

1 Tbsp chia seeds

2 Tbsp dark chocolate chips

*breakfast bean quesadilla*

1 whole grain tortilla

½ cup black beans, drained

1 egg, scrambled

½ cup watercress, wilted

Dip in salsa and/or plain, nonfat Greek yogurt

¾ cup Greek yogurt, nonfat

½ cup cherries, pitted

½ kiwi, chopped

1 Tbsp sliced almonds

Drizzle of honey

*savory cottage cheese breakfast bowl*

¾ cup cottage cheese, nonfat

1 soft boiled egg

1oz smoked salmon

1 Tbsp spring onion, sliced

"Everything bagel" seasoning to taste

*1 cup strawberry rhubarb breakfast oatmeal crisp*

Made with strawberries and chopped rhubarb

Crisp made with old fashioned oats, whole wheat pastry flour, butter, buttermilk, coconut sugar

Garnished with strawberry slices, sliced almonds, dollop of coconut yogurt

## Lunch

*pineapple avocado salad*

Made with chopped pineapple, avocado, lime juice, chili flakes, oil, chopped onion

Serve with 1-2 grilled shrimp skewers and ¾ cup cooked quinoa

*tuna salad sandwich*

1-2 slices whole grain bread

½ cup tuna salad made with tuna, julienned carrots, celery, mayo, spices, green peas

*bistro lunch box*

1 hard boiled egg

½ cup snap peas, raw

½ cup chicken, skinless and boneless, cubes

1 slice whole grain bread

1-4 green olives

1 Tbsp ranch dressing

Lemon wedge

*1.5 cups pea and lemon pasta salad*

Made with shell pasta, peas, cooked fava beans, spring onion, cooked artichoke

Garnish with lemon juice, herbs and seasonings to taste

*2 cups spring vegetable stew*

Made with fava beans, peas, green onion, cubed potato, fennel, bacon, salt, black pepper, olive oil

Serve with crusty bread

*spinach artichoke grilled cheese sandwich*

1-2 slices focaccia bread

Mix together chopped spinach, softened artichoke hearts, nutritional yeast, mayo, garlic, red pepper, black pepper, low fat cream cheese

Serve with 1 cup strawberry and orange medley

*1 cup Egyptian fava beans*

Pasty mash made with fava beans, garlic, cumin, lemon juice, chili peppers, oil, parsley, spring onion

Serve with pita bread, olives, cucumbers and tomatoes (if available)

**Foods in Season:** Foods in season: asparagus, artichoke, snap peas, fava beans, carrots, leeks, fennel, spring onion, rhubarb, radish, grapefruit, strawberries, cherries, kiwi, avocado, watercress, oranges, papaya, shallots, chives, pineapple, kiwi, lemon/lime, mushrooms, bok choy

# April Seasonal Meal Plan *part two*

## hunger-busters

(based on portions for one person)



### Dinner

### Snack

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dinner</b>	<p><i>Parmesan-baked artichoke hearts</i></p> <p>Made in a roasting pan with artichoke, lemon juice, garlic, olive oil, Parmesan, breadcrumbs</p> <p>Serve with choice of protein (beef, poultry, fava beans)</p>	<p><i>beef stir fry</i></p> <p>Made with rice, steak strips, stir fry vegetables (carrots, mushrooms, bok choy, snap peas)</p> <p>Garnish with sesame seeds and sliced spring onions</p> <p>Add spicy peppers or spicy sauce if desired</p>	<p><i>carrot tart with ricotta</i></p> <p>1 whole grain pita bread, ~6in diameter</p> <p>Smearred with ricotta, part skim</p> <p>Topped with sliced carrots, watercress, chives, honey, lemon juice, lemon zest, thyme, olive oil, spices</p>	<p><i>honey orange-glazed salmon</i></p> <p>1 fillet salmon</p> <p>Glaze made with butter, orange juice, honey, soy sauce, garlic, black pepper</p> <p>Garnish with orange slices</p> <p>Serve with a brown rice/ quinoa medley</p> <p>Add a side of roasted vegetables (carrots, leeks, asparagus)</p>	<p><i>1.5 cups turkey chili</i></p> <p>Made with beans, ground turkey, shallots, canned tomatoes, seasoning</p> <p>Garnish with sour cream, spring onions</p> <p>Add a side of cornbread, if desired</p>	<p><i>unstuffed beef cabbage rolls</i></p> <p>Made in Dutch oven with ground beef, chopped cabbage, crushed tomatoes, tomato sauce, garlic, salt, black pepper</p> <p>Serve with rice</p>	<p><i>1.5 cups caramelized shallot pasta</i></p> <p>Made with olive oil, shallots, black pepper, red pepper flakes, anchovies, tomato paste, spaghetti noodles, fresh parsley</p>
<b>Snack</b>	<p><i>¼ cup spicy roasted cashews</i></p> <p>Cashews tossed in olive oil, rosemary, paprika, black pepper and salt. Then roasted in oven.</p>	<p><i>protein snack pack</i></p> <p>¼ of an avocado, cubed</p> <p>1-2 oz chicken or turkey, skinless and boneless, cubed</p> <p>1 Tbsp nuts</p> <p>*Can also use store bought protein snack packs</p>	<p><i>¼ cup hummus (homemade or store bought)</i></p> <p>¼ cup radishes, sliced</p> <p>¼ cup celery stalks</p> <p>¼ cup baby carrots</p>	<p><i>1-2 small avocado brownies</i></p> <p>Made with avocado, instant coffee, dark chocolate, maple syrup, cocoa powder, almond flour</p>	<p><i>gingered grapefruit and pineapple topping with frozen yogurt</i></p> <p>For the topping/crumble: Mix together grapefruit segments, chopped pineapple, sugar, cinnamon, fresh ginger, fresh basil, oats, flour, butter, macadamia nuts. Then bake to create a crispy topping.</p> <p>1-2 scoops vanilla frozen yogurt, low fat</p>	<p><i>1 cup roasted snap peas</i></p> <p>Snap peas roasted in olive oil, salt, black pepper, thyme, garlic.</p> <p>*Can also try store bought snap pea crisps</p>	<p><i>2-3 pineapple coconut energy balls</i></p> <p>Made with dates, rolled oats, pineapple chunks, ground flaxseed, unsweetened coconut flakes</p> <p>Blended in a food processor and rolled into balls</p>

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