

February Seasonal Meal Plan *part one*

one-pot meals

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

stovetop egg and bean bake, made in one skillet

¼ cup ground breakfast sausage, preferably lean turkey

1 cup vegetables, diced (carrot, garlic, winter squash, turnips)

¼ cup cannellini beans, drained

1-2 eggs, sunny side up

½ cup canned crushed tomatoes, preferably low sodium

Spices to taste (paprika, black pepper, chili, cumin)

1 piece toasted bread, optional, for dipping

banana French toast in a mug

1 slice day old bread, cubed

Liquid (poured over bread): ½ mashed banana, choice of milk, vanilla, cinnamon

Garnish with maple syrup and sliced banana

quiche in a mug

1-2 eggs

½ slice bread, chopped

2 Tbsp milk

1 asparagus spear, chopped

1oz shredded cheese

½ cup kale, chopped

Season to taste

apple cinnamon power bowl

½ cup oatmeal, cooked per instructions

1 apple, thinly sliced

1 Tbsp pomegranate seeds

1 Tbsp chopped pecans or walnuts

1 Tbsp maple syrup

Dash of cinnamon, nutmeg, and/or pumpkin spice

tangelo muffin in a mug

2 Tbsp coconut flour

½ tsp baking powder

Pinch salt

1 egg

Tangelo juice and zest to taste, more for a punch

½ tsp vanilla

1 tsp coconut oil

1 tsp maple syrup

grapefruit brulee, broiled or torched

½ grapefruit, cut in half

1 Tbsp sugar (white or brown)

Serve with oatmeal, if desired

1.5 cup breakfast mac and cheese bake with hash browns

Made with elbow pasta, milk, onion, shredded potato, broccoli, kale

Shredded cheese

Ground breakfast protein (beef/pork, turkey or plant-based, preferably a lean choice)

Lunch

shrimp stir fry

1 Tbsp sesame oil

5-6 jumbo shrimp

1 cup vegetables (juliened carrots, onion, leeks)

½ cup bok choy

½ cup rice noodles, cooked

Seasoned with favorite stir fry flavors (ginger, peanut sauce, soy sauce, chili sauce)

2 cups beef stew with root vegetables

Made with beef stew meat (or another lean cut)

Beef bone broth, low sodium

Seasonings: worcestershire sauce, tomato paste, paprika, black pepper, garlic

Root vegetables (carrot, onion, parsnips, turnips, potato)

microwave enchilada rice

¾ cup instant brown rice and quinoa mix, cooked in microwave first before other ingredients are added (reheat with the other ingredients)

¾ cup black beans, drained

2 Tbsp enchilada sauce

1/2 cup vegetables (onion, winter squash, finely diced)

1oz shredded cheese

Sliced avocado for garnish, if desired

1.5 cups winter squash and mushroom pilaf

Made with diced and cooked butternut squash, onion, arborio rice, mushrooms

Cooked in dry white wine, olive oil, garlic, thyme, salt, black pepper, low sodium vegetable broth

2 cups marinated cauliflower salad

Made with cauliflower florets, chickpeas, onion

Seasoned with dill, parsley, red pepper flakes, salt and black pepper

Marinated in olive oil, lemon zest and lemon juice

one sheet-pan shrimp and veggie roast

1 cup winter vegetables, cut in large chunks (onion, carrot, broccoli)

½ cup Brussels sprouts

Vegetables tossed in olive oil, lemon juice, Parmesan cheese, black pepper, basil, oregano

5-6 jumbo shrimp (added in later in the roasting process)

2 cups homemade chicken noodle soup

Chicken, skinless and boneless

Chicken bone broth, low sodium

Winter vegetables (carrot, leeks, parsnips, onion, celery)

Egg noodles

Season to taste

Foods in Season: broccoli, Brussels sprouts, cabbage, cauliflower, grapefruit, kale, leeks, lemons/limes, oranges, parsnips, rutabaga, tangelos, turnips, avocado, asparagus, apples, banana, bok choy, carrot, celery, mushrooms, pear, pomegranate, potatoes, onion, winter squash

February Seasonal Meal Plan *part two*

one-pot meals

(based on portions for one person)



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Dinner	<p>1.5 cups winter chili mac</p> <p>Made with roasted winter squash, olive oil, rigatoni pasta, garlic, kidney beans)</p> <p>Seasonings: nutmeg, oregano, chili powder, cinnamon, coriander, black pepper</p> <p>Shredded cheddar cheese and pepper jack for garnish</p>	<p>1.5 cup paella</p> <p>Choose 1-4 proteins: seafood, meat, poultry, chorizo</p> <p>Made with orzo pasta</p> <p>Vegetables (onion, frozen peas, celery)</p> <p>Lemon wedges for garnish</p>	<p>creamy lemon dill salmon with zoodles</p> <p>½ cup creamy sauce (cream, lemon zest dill, black pepper)</p> <p>1 fillet salmon, seared in the pan in sauce</p> <p>1.5 cup zoodles, hand-spiraled or store bought</p> <p>Extra dill for garnish</p>	<p>1 cup shepard's pie</p> <p>Choice of protein: lean ground beef, lean ground turkey or plant-based grounds</p> <p>Whipped potatoes</p> <p>Winter vegetables, finely diced (carrots, rutabaga, cauliflower, celery, mushrooms)</p>	<p>cheesy chicken and broccoli fettuccine</p> <p>6oz chicken breast, skinless and boneless</p> <p>Creamy sauce (made with shredded white cheese, milk, dijon mustard, dry white wine, additional spices/herbs)</p> <p>1 cup broccoli florets</p> <p>1 leek, sliced</p> <p>¾ cup fettuccine noodles</p> <p>Lemon zest for garnish</p>	<p>one-pan meatball bake</p> <p>7-9 meatballs, browned in olive oil (choose beef/pork, turkey or plant-based)</p> <p>¾ cup plain tomato puree, season to taste</p> <p>¼ onion, finely diced</p> <p>½ cup kale, chopped</p> <p>1-2oz fresh mozzarella, sliced thick, melted on top of skillet</p> <p>Serve with toasted garlic bread, if desired</p>	<p>poached salmon and asparagus in a citrus stock</p> <p>1 fillet salmon, seasoned and seared first</p> <p>½ an orange, cut in slices</p> <p>1 cup asparagus, trimmed and halved</p> <p>1 cup citrus stock (made with cornflour, garlic, fennel, chicken stock, OJ, maple syrup, additional herbs/spices to taste)</p> <p>Serve with ½ cup plain brown rice, if desired</p>
Snack	<p>1 square carrot apple cake, baked in a dish</p> <p>Made with flour, almond meal, rolled oats, mashed banana, grated apple, grated carrot, walnuts, flaxseed</p> <p>Seasoned with cinnamon, brown sugar, almond milk</p>	<p>¼ cup trail mix (mixed nuts, dark chocolate chips, dehydrated banana)</p>	<p>1 cup pear and cabbage slaw</p> <p>Made with thinly sliced cabbage, carrot, onion, leeks, firm pear</p> <p>Marinated in olive oil, honey, apple cider vinegar, lime juice, lemon juice, cayenne pepper and black pepper</p>	<p>avocado with toppings</p> <p>½ avocado</p> <p>1 Tbsp balsamic drizzle</p> <p>1oz goat cheese, crumbled</p> <p>Garnish with sliced leeks</p>	<p>chunky monkey popcorn</p> <p>Plain popcorn tossed in peanuts, coconut shreds, dehydrated banana, chocolate chips</p>	<p>banana bread in a mug</p> <p>1 banana, mashed</p> <p>1 egg</p> <p>1 Tbsp packed brown sugar</p> <p>¼ tsp salt</p> <p>¼ cup all-purpose flour</p> <p>½ tsp baking powder</p> <p>Cinnamon to taste</p>	<p>2 cups kale chips</p> <p>Baked kale chips seasoned with olive oil, garlic powder, sea salt</p>

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