

Seasonal Meal Plan *part one*



Superfoods

(based on portions for one person)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<p>2 slices banana, cranberry, coconut bread (made with dried cranberries, banana, unsweetened coconut flakes, flour, sugar, cinnamon, eggs)</p> <p>2 Tbsp nectarine chia seed jelly</p> <p>1 hardboiled egg</p>	<p><i>breakfast cantaloupe bowl with kefir</i></p> <p>½ cantaloupe, sliced in half and deseeded</p> <p>¼ cup low fat kefir, poured into the hole</p> <p>2 Tbsp granola</p> <p>Garnish with blackberries, pomegranate arils and raspberries</p>	<p><i>egg in the basket avocado</i></p> <p>1 avocado, sliced in half</p> <p>2 eggs, cooked to preference and placed in the hole of each avocado half</p> <p>2 Tbsp diced tomatoes</p> <p>2 Tbsp "everything bagel" seasoning</p> <p>Garnish with hot sauce or hot peppers, if desired</p>	<p><i>chocolate peanut butter overnight oats</i></p> <p>½ cup oats, cooked overnight in plain low fat kefir</p> <p>1 Tbsp ground flaxseed</p> <p>1 Tbsp cacao nibs</p> <p>2 Tbsp peanut butter</p> <p>Pinch of cinnamon</p> <p>Serve with 1 apple</p>	<p><i>PB&J sweet potato toast</i></p> <p>1-2 slices sweet potato ½ inch thick like toast</p> <p>1 banana, sliced</p> <p>2 Tbsp peanut butter</p> <p>2 Tbsp pomegranate arils</p> <p>Drizzle of honey</p>	<p><i>16oz berry kefir smoothie</i></p> <p>Smoothie made with low fat kefir, elderberry juice or syrup, kale, plums, banana and blackberries</p>	<p>1 egg, made into an omelet with sauteed kale and bell pepper</p> <p>3oz smoked salmon</p> <p>1 Tbsp low fat cream cheese</p> <p>½ of an "everything bagel," toasted</p> <p>1 slice of tomato</p> <p>1 cup raspberries and blackberries on the side</p>
Lunch	<p><i>grilled shrimp po' boy with rainbow cabbage slaw</i></p> <p>1 sandwich bun, preferably sourdough</p> <p>4-5 jumbo grilled shrimp</p> <p>1-2 slices of tomato</p> <p>1-2 Tbsp sweet pickle mayo relish, lite mayo, Dijon, capers, hot sauce, black pepper</p> <p>For the slaw: Red cabbage, white cabbage, edamame, tomatoes, green onions, broccoli with vinegarbased dressing</p>	<p>½ cup tofu, grilled and seasoned</p> <p>½ cup steamed jasmine rice with herbs</p> <p>¾ cup kimchi vegetable soup made with onion, Brussels sprouts, garlic, ginger, stock, kimchi</p> <p>1 small peach</p>	<p><i>tuna and white bean wraps</i></p> <p>1-2 spinach tortilla wraps</p> <p>Wraps filled with canned tuna, mashed white beans, diced tomatoes, cabbage, fresh parsley and fresh basil</p> <p>Serve with cucumber sticks and lite ranch dressing dip</p>	<p>1.5 cups egg and edamame bowl</p> <p>Edamame beans, soft boiled eggs and roasted potatoes</p> <p>Add seasoning and fresh herbs to taste</p>	<p><i>2 cups quinoa power salad</i></p> <p>Salad made with kale, roasted sweet potatoes, onions, roasted cauliflower, cucumber, quinoa, sunflower seeds</p> <p>For the dressing: Apple cider vinegar, olive oil, Dijon mustard, maple syrup, chia seeds</p> <p>Choose a protein: chicken, tuna, shrimp or beans/ chickpeas</p>	<p><i>2/3 cup yellow lentil curry with turmeric</i></p> <p>1 roti flatbread</p> <p>¾ cup roasted vegetable medley broccoli, cauliflower and eggplant</p> <p>½ cup cooked wild rice</p>	<p><i>black bean burger</i></p> <p>1 whole wheat bun</p> <p>1oz blue cheese</p> <p>Sliced onion, pickles, lettuce and tomatoes</p> <p>1 black bean patty can use store-bought or homemade</p> <p>Serve with a kale side salad with pomegranate arils, sliced peaches and cucumber in a vinaigrette</p>

Foods in Season: figs, grapes, apples, pears, elderberries, radicchio, corn, zucchini, red cabbage, white cabbage, napa cabbage, cauliflower, blackberries, broccoli, cantaloupe, cucumber, eggplant, escarole, fennel, garlic, kale, pumpkin, potatoes, tomatoes, raspberries, peach, nectarine, plum, melon, cranberries, pomegranate, bellpepper, eggplant, artichoke, sweet potato, celery root, parsnip

Seasonal Meal Plan *part two*



Superfoods

(based on portions for one person)

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Dinner

<p>2-3 artichoke stuffed mushrooms</p> <p>For the mushrooms: Mushrooms, stems removed</p> <p>For the stuffing:</p> <p>Low fat cream cheese, cooked artichoke hearts, onion, seasonings, nutritional yeast</p> <p>Serve with a choice of protein such as steak, poultry or fish</p>	<p>salmon tacos</p> <p>1-2 whole grain tortillas</p> <p>1 fillet salmon, cooked and seasoned with taco seasoning, shredded</p> <p>Top with corn, julienned radicchio, tomatoes and onion</p> <p>1 Tbsp plain nonfat Greek yogurt in place of sour cream</p>	<p>1.5 cups green tea farfalle pasta</p> <p>Farfalle pasta with sauteed zucchini, raisins, pistachios and matcha green tea powder</p> <p>Garnish with black pepper and olive oil</p> <p>Add chicken or chickpeas if desired</p>	<p>superfood pizza</p> <p>Can use regular pizza dough or cauliflower pizza dough</p> <p>Top with crushed tomatoes, mushrooms, black olives, roasted garlic, kale, roasted red pepper, seasonings to taste, olive oil</p> <p>Sprinkle with feta cheese, fresh mozzarella or goat cheese</p>	<p>chicken inestrone soup</p> <p>Made with bone broth, cubed chicken, garlic, cannellini beans, tomatoes, zucchini, whole grain pasta, carrots, edamame, seasonings</p> <p>Serve with crusty bread</p>	<p>beef stir fry</p> <p>Lean beef strips stir fried with broccoli, onion, bell peppers, cauliflower, water chestnut and sesame seeds</p> <p>Flavor with garlic, ginger, soy sauce and hot chiles if desired</p> <p>Serve over rice noodles</p>	<p>1.5 cups pumpkin lasagna</p> <p>Lasagna noodles layered with pumpkin puree, ricotta, part-skim mozzarella, seasonings such as nutmeg and cayenne</p> <p>This can be a vegetarian lasagna or made with lean ground meat</p>
--	---	---	--	--	--	---

Snack

<p>½ cup fresh guacamole made with avocado, lime juice, tomatoes and onion</p> <p>1 small handful blue tortilla chips</p>	<p>¾ cup pomegranate arils store-bought may be more convenient</p>	<p>¼ cup pumpkin seeds, seasoned if desired</p>	<p>¼ cup dark chocolate acai store-bought</p>	<p>1 hardboiled egg, pinch of salt if desired</p> <p>1 cup tomato slices, pinch of salt if desired</p>	<p>¼ cup mixed nuts</p> <p>1 Tbsp dried goji berries</p>	<p>1 serving seaweed snack store-bought</p>
---	--	---	---	--	--	---

Foods in Season: *figs, grapes, apples, pears, elderberries, radicchio, corn, zucchini, red cabbage, white cabbage, napa cabbage, cauliflower, blackberries, broccoli, cantaloupe, cucumber, eggplant, escarole, fennel, garlic, kale, pumpkin, potatoes, tomatoes, raspberries, peach, nectarine, plum, melon, cranberries, pomegranate, bellpepper, eggplant, artichoke, sweet potato, celery root, parsnip*