Sample Meal Plan
(3-5 ingredient meals)

(based on portions for one person) *Foods in season: lemon, lime, orange, grapefruit, beets, turnips, celery, cabbage, kale, collard greens, cauliflower, butternut squash, acorn squash, sweet potato, onion, parsnip, apple, avocado, carrot, Brussel sprouts, mushroom, pomegranate*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	*breakfast casserole* 6 whole eggs 1 cup shredded cheese of choice 40 grams spinach ½ cup chopped white onion 3 chopped bell peppers (various colors)	*immune boost smoothie* 16oz smoothie (pomegranate juice, carrot, orange juice, beet, blood orange slices)	2 eggs, cooked to preference 1 cup butternut squash hash (made with chopped butternut squash, breakfast turkey sausage, onion, celery)	*winter spice oatmeal* 1 cup cooked oatmeal ½ cup apple chunks, baked or fresh 1 Tbsp dried cranberries 1 Tbsp walnuts Pumpkin spice to taste	*PB&J sweet potato toast* 1-2 slices sweet potato (½ inch thick like toast) 1 banana, sliced 2 Tbsp peanut butter 2 Tbsp pomegranate seeds Drizzle of honey	*oatmeal cottage cheese pancakes, 1 stack* ½ cup oatmeal ½ cup nonfat cottage cheese 4 egg whites Garnish: ½ cup apple chunks, baked or fresh Drizzle maple syrup	2 egg omelet (made with mushrooms, onion, kale) 1-2 slices bacon or sausage
Lunch	*homemade beef hamburger helper* 4oz lean ground beef 1 serving ramen noodles ½ cup chopped vegetables (onion, celery) ½ cup low sodium beef broth	2 cups winter salad (kale, mushroom, carrot, walnuts) 1 Tbsp vinaigrette	*bean burritos* 1 tortilla, flour or corn ½ cup refried beans ½ avocado, mashed with lime juice ¼ cup shredded Mexican cheese blend	2 cups warm sweet potato salad (made with sweet potato, cooked quinoa, boiled and chopped Brussels sprouts, roasted parsnip chunks) 1-2 Tbsp yogurt dressing	*turkey cabbage sandwich* 2 slices whole grain bread 2 Tbsp sliced cabbage, softened in mayo and chili powder 2oz sliced turkey	*pesto pasta salad, made ahead and served cold* 1.5 cups pasta salad (made with pesto, penne pasta, Asiago cheese, cooked kale, roasted parsnip chunks)	1 tuna steak (seasoned with lime juice and Old Bay seasoning) 2/3 cup brown rice, cooked Sliced avocado garnish
Dinner	6oz chicken breast, grilled with lemon, boneless and skinless 1 cup roasted root vegetable medley (carrots, parsnips, turnips)	*Chicken Kraut Pasta* Skinless, boneless chicken breast (roasted, pan-seared or grilled) Sauerkraut Whole grain rotini pasta Carrot coins Greek yogurt (plain, nonfat) for garnish and creaminess if desired	1 fillet lemon butter flounder ½ acorn squash, cored, baked with butter and brown sugar	*chicken alfredo pasta bake* ½ cup penne pasta 6oz chicken breast, diced ½ cup cauliflower florets Shredded white cheese Tossed in alfredo sauce	*slow cooker veggie pot pie* 1.5 cups pot pie (includes store-bought canned biscuits, cream of mushroom soup, diced carrots, celery and onion)	*black bean chili* 1.5 cups of chili (made with black beans, sweet potato, onion, low-sodium vegetable broth, salsa)	6oz filet mignon 1 small baked sweet potato 1 cup roasted cauliflower and butternut squash puree Black pepper to taste
Snack	(dark chocolate pomegranate bites) 2-4 bites (made with dark chocolate, coconut oil, pomegranate seeds, sea salt, touch of chili powder for heat)	*winter bruschetta* 1-2 small slices of toasted baguette bread ½ avocado, mashed 1 Tbsp roasted red pepper, canned Garnish with goat cheese and balsamic glaze	*chocolate covered citrus slices* 8-10 slices of citrus (orange, grapefruit) Dipped in a chocolate-coconut oil ganache Sea salt to taste	½ cup guacamole (avocado, onion, tomato) Juice of ½ lime (for garnish) Cilantro to taste	*oven-baked beet chips* 1 cup beet chips (made with beets, olive oil) 2 Tbsp Greek dip (Greek yogurt, garlic, lemon juice)	1.5 cups citrus medley (sliced orange, grapefruit, apple, pomegranate seeds) Drizzle of honey	½ avocado ½ cup nonfat cottage cheese Black pepper to taste Turmeric to taste 1 slice whole grain toast