

## Fall Inspired: 7-Day Meal Plan

Created by Lesley Nickleson, RD, IFNCP



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## 7-Day Fall-Inspired Meal Plan

**Welcome Fall... think oatmeals, soups and grounding foods.**

Jumpstart your healthy eating this 7-Day meal plan including **wholesome, nourishing meals!**

This plan is packed with **seasonal, nutrient-rich recipes**, complete with a **full shopping list** to make meal prep simple and stress-free.

Enjoy **delicious whole foods** that support your energy, digestion, and overall wellness, while embracing the flavors of the season.

Perfect for anyone looking to **reset, eat well, and feel their best.**

## Fall Inspired: 7-Day Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Oatmeal with Stewed Apples	Pumpkin Oatmeal	Greek Yogurt with Pear & Walnuts	Pumpkin Spice Smoothie	Broccoli & Pepper Egg Scramble	Arugula & Tomato Egg Muffins	Arugula & Tomato Egg Muffins
						Orange & Carrot Juice	Orange & Carrot Juice
Lunch	Chickpea & Sundried Tomato Wrap	Butternut Squash Chili	Cranberry Chicken Salad Pita	Cabbage & White Bean Soup	Cabbage & White Bean Soup	Roasted Veggie & Quinoa Bowl	Tomato, Kale & White Bean Soup
							Air Fryer Grilled Cheese
Dinner	Butternut Squash Chili	Maple Glazed Pork Chops with Veggies	Creamy Beef & Mushroom Gnocchi	Baked Herbes de Provence Chicken	Spinach & Artichoke Naan Pizza	Tomato, Kale & White Bean Soup	Eggplant Lasagna Rollups
				Roasted Delicata Squash with Cranberries & Goat...	Mixed Greens & Cherry Salad	Butternut Squash Grilled Cheese	Mixed Greens with Lemon & Olive Oil
Snack 3	Soft Pumpkin Cookies	Soft Pumpkin Cookies	Pumpkin Oat Energy Balls	Pumpkin Oat Energy Balls	Cranberry Orange Sorbet	Apple Cinnamon Yogurt Bowl	Apple Cinnamon Yogurt Bowl

# Fall Inspired: 7-Day Meal Plan

107 items

## Fruits

- ☐ 2 Apple
- ☐ 2/3 cup Cherries
- ☐ 1 1/3 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 2 Navel Orange
- ☐ 1/2 Pear

## Breakfast

- ☐ 2 tbsps Almond Butter
- ☐ 2/3 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1/2 cup Cashews
- ☐ 1 tbsps Chili Powder
- ☐ 1 1/16 tbsps Cinnamon
- ☐ 1 2/3 tbsps Cumin
- ☐ 1/4 cup Hemp Seeds
- ☐ 2 tps Herbes De Provence
- ☐ 1 tsp Italian Seasoning
- ☐ 1 3/4 tps Oregano
- ☐ 1/3 cup Pecans
- ☐ 1/4 cup Pumpkin Seeds
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsps Walnuts

## Frozen

- ☐ 1 1/8 cups Frozen Cranberries

## Vegetables

- ☐ 4 cups Arugula
- ☐ 6 cups Baby Spinach
- ☐ 2/3 cup Basil Leaves
- ☐ 2 1/2 cups Broccoli
- ☐ 1 1/2 cups Brussels Sprouts
- ☐ 10 cups Butternut Squash
- ☐ 2 Carrot
- ☐ 6 cups Coleslaw Mix
- ☐ 2/3 Cucumber
- ☐ 2 Delicata Squash
- ☐ 1 1/4 Eggplant
- ☐ 1 1/2 tbsps Fresh Dill
- ☐ 1/3 cup Fresh Sage
- ☐ 11 Garlic
- ☐ 8 cups Kale Leaves
- ☐ 1 Leeks
- ☐ 2 2/3 tbsps Microgreens
- ☐ 6 2/3 cups Mixed Greens
- ☐ 1 1/3 cups Mushrooms
- ☐ 3/4 cup Parsley
- ☐ 2 1/4 Red Bell Pepper
- ☐ 1 1/2 cups Red Onion
- ☐ 1 tbsps Rosemary
- ☐ 2 Sweet Potato
- ☐ 1 1/2 Tomato
- ☐ 4 1/2 Yellow Onion

## Boxed & Canned

- ☐ 2/3 cup Beef Broth
- ☐ 4 cups Black Beans
- ☐ 2 cups Chickpeas
- ☐ 3 cups Diced Tomatoes
- ☐ 2 1/3 cups Marinara Sauce
- ☐ 1 1/2 cups Quick Oats
- ☐ 2/3 cup Quinoa
- ☐ 2 tbsps Tomato Paste
- ☐ 4 cups Tomato Purée

## Bread, Fish, Meat & Cheese

- ☐ 151 grams Beef Tenderloin
- ☐ 128 grams Cheddar Cheese
- ☐ 227 grams Chicken Breast
- ☐ 170 grams Chicken Breast, Cooked
- ☐ 1/4 cup Cream Cheese, Regular
- ☐ 2 tbsps Feta Cheese
- ☐ 1 slice Gluten-Free Bread
- ☐ 2/3 cup Goat Cheese
- ☐ 57 grams Mini Whole Wheat Pita
- ☐ 113 grams Mozzarella Cheese
- ☐ 2 pieces Naan
- ☐ 2/3 cup Parmigiano Reggiano
- ☐ 20 grams Pecorino Romano Cheese
- ☐ 340 grams Pork Chop
- ☐ 1 3/4 cups Ricotta Cheese
- ☐ 198 grams Sourdough Bread
- ☐ 2 Whole Wheat Tortilla

## Condiments & Oils

- ☐ 3/4 cup Artichoke Hearts
- ☐ 1 1/2 tps Avocado Oil
- ☐ 1 1/3 tbsps Balsamic Vinegar
- ☐ 1 1/2 tbsps Coconut Aminos
- ☐ 1/4 cup Coconut Oil
- ☐ 2/3 tsp Dijon Mustard
- ☐ 1 1/8 cups Extra Virgin Olive Oil
- ☐ 1 1/2 tps Mayonnaise
- ☐ 1/4 cup Sun Dried Tomato Pesto
- ☐ 2 tbsps Tahini

## Cold

- ☐ 1 2/3 tbsps Butter
- ☐ 11 Egg
- ☐ 1/4 cup Orange Juice
- ☐ 2 1/16 cups Plain Greek Yogurt
- ☐ 166 grams Potato Gnocchi
- ☐ 3/4 cup Soy Milk

- ☐ **11 1/4 cups** Vegetable Broth
- ☐ **8 cups** Vegetable Broth, Low Sodium
- ☐ **10 cups** White Navy Beans

### Baking

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- ☐ **1 1/2 tsps** Arrowroot Powder
- ☐ **1 tsp** Baking Powder
- ☐ **1/2 cup** Coconut Sugar
- ☐ **1/4 cup** Dried Unsweetened Cranberries
- ☐ **3 3/4 tsps** Oats
- ☐ **2 3/4 tsps** Pitted Dates
- ☐ **1 1/4 tsps** Pumpkin Pie Spice
- ☐ **1 3/4 cups** Pureed Pumpkin
- ☐ **1 1/2 tsps** Raw Honey
- ☐ **1 cup** Spelt Flour
- ☐ **1 tsp** Vanilla Extract

- ☐ **2 1/3 cups** Unsweetened Almond Milk

### Other

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- ☐ **1/3 cup** Vanilla Protein Powder
- ☐ **4 1/3 cups** Water



# Oatmeal with Stewed Apples

6 ingredients · 35 minutes · 2 servings



## Directions

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1. Add the chopped apples, water, and cinnamon to a small pot. Mix to combine.
2. Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender. Remove from the heat and set aside.
3. In a small saucepan over low heat, combine the milk and maple syrup. When tiny bubbles begin to form, add the oats and cook for one to two minutes, stirring often.
4. Cover and remove from the heat. Let it sit for two to three minutes.
5. Divide the cooked oats and stewed apples into bowls. Enjoy!

## Notes

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### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat on the stovetop.

### Serving Size

One serving is approximately one cup of oatmeal with 1/2 cup of stewed apples.

### No Almond Milk

Use other milk of choice.

### Additional Toppings

Top with cinnamon, maple syrup, and/or crushed nuts.

## Ingredients

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- 1 Apple (large, chopped)
- 1/4 cup Water
- 1 tsp Cinnamon
- 2 cups Unsweetened Almond Milk
- 2 tps Maple Syrup
- 1 cup Quick Oats

# Pumpkin Oatmeal

6 ingredients · 10 minutes · 1 serving



## Directions

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1. In a small pot, bring the water and oats to a boil.
2. Reduce the heat to a simmer, stir in the pumpkin and maple syrup, and cover. Cook for three to five minutes or until the oats have absorbed the water and the oatmeal thickens.
3. Top the oatmeal with pumpkin spice and pumpkin seeds. Enjoy!

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate leftovers in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 1/2 cups of oatmeal.

### Additional Toppings

Yogurt, hemp seeds, pear, and/or dried cranberries.

## Ingredients

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- 1 cup Water
- 1/2 cup Quick Oats
- 1/2 cup Pureed Pumpkin
- 2 tsps Maple Syrup
- 1/4 tsp Pumpkin Pie Spice
- 1 tbsp Pumpkin Seeds

# Greek Yogurt with Pear & Walnuts

4 ingredients · 5 minutes · 1 serving



## Directions

1. Add the yogurt to a bowl. Top with pears, walnuts, and honey. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Chia seeds, hemp seeds, and/or flax seeds.

## Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 Pear (medium, ripe, sliced)
- 1 tbsp Walnuts (roasted, chopped)
- 1 1/2 tsps Raw Honey



# Pumpkin Spice Smoothie

8 ingredients · 10 minutes · 1 serving



## Directions

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1. Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

## Notes

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### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is equal to approximately 1 1/2 cup.

### Nut Free

Use pumpkin seed butter.

### More Protein

Add collagen or protein powder.

### More Fiber

Add frozen cauliflower, ground flax, and/or chia seeds.

### Soy-Free

Use any other milk alternative.

## Ingredients

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**3/4 cup** Soy Milk

**1/2 cup** Pureed Pumpkin

**2 tbsps** Hemp Seeds

**2 tbsps** Almond Butter

**1 tbsp** Maple Syrup

**1/2 tsp** Pumpkin Pie Spice

**1/4 tsp** Cinnamon (plus more for garnish)

**1/16 tsp** Sea Salt

# Broccoli & Pepper Egg Scramble

7 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat the oil in a nonstick pan over medium heat.
2. Add the broccoli, red pepper and onion to the pan and cook for 8 to 10 minutes or until the veggies are just tender. Add in the garlic and season with salt and pepper and cook for another minute.
3. Move the veggies to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the veggies into the egg once the eggs are cooked through. Season with additional salt if needed and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Chives, red pepper flakes, and/or hot sauce.

### Serve it With

Toast, fresh fruit, mixed greens or quinoa.

## Ingredients

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- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Broccoli (chopped)
- 1/4 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 1 Garlic (small clove, minced)
- Sea Salt & Black Pepper (to taste)
- 2 Egg (whisked)



# Arugula & Tomato Egg Muffins

8 ingredients · 30 minutes · 6 servings



## Directions

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1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tray with oil or use a silicone muffin tray.
2. In a non-stick skillet over medium-low heat, cook the arugula until just wilted, and then remove from heat.
3. In a medium-sized bowl, crack the eggs and then add the arugula, tomato, pecorino romano, parsley, almond milk and sea salt. Whisk everything together.
4. Pour the egg mixture into the prepared muffin tray until they are about 3/4 of the way filled.
5. Bake for 20 to 22 minutes. Remove from the oven, let cool and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to two egg cups.

### No Arugula

Use spinach instead.

### Dairy-Free

Omit the cheese or use nutritional yeast instead.

### Nut-Free

Use whole milk, coconut milk or oat milk instead of almond milk.

### More Flavor

Use sun dried tomatoes instead of regular tomato.

## Ingredients

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- 1 1/2 **tsps** Avocado Oil
- 4 **cups** Arugula
- 8 Egg
- 1 Tomato (chopped)
- 20 **grams** Pecorino Romano Cheese (shredded)
- 1/4 **cup** Parsley (chopped)
- 1/3 **cup** Unsweetened Almond Milk
- 1/4 **tsp** Sea Salt

# Orange & Carrot Juice

3 ingredients · 10 minutes · 3 servings



## Directions

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1. Add all of the ingredients to a blender and blend until smooth.
2. Place a nut-milk bag or a fine strainer over a large bowl and pour in the juice. Using clean hands, squeeze out all the liquid. Pour the strained juice into a glass pitcher and serve. Enjoy!

## Notes

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### Leftovers

Refrigerate in a glass pitcher for up to three days.

### Serving Size

One serving is approximately 1 1/3 cup.

### Save the Pulp

Freeze the pulp to use in smoothies or muffins.

## Ingredients

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- 2 Navel Orange (medium, peeled)
- 2 Carrot (medium, peeled, chopped)
- 3 cups Water



# Chickpea & Sundried Tomato Wrap

6 ingredients · 15 minutes · 2 servings



## Directions

1. In a bowl, combine the chickpeas, pesto, tomatoes, feta, and spinach.
2. Distribute the mixture evenly between the tortillas. Fold each tortilla tightly into wraps, and enjoy!

## Notes

### Leftovers

Best enjoyed fresh. Ingredients can be refrigerated separately in airtight containers for up to four days.

### Serving Size

One serving is equal to one wrap.

### More Flavor

Toast the wrap in a panini press or in a pan on the stovetop.

### Gluten-Free

Use a gluten-free tortilla.

### Dairy-Free

Omit the feta or use a plant-based substitute.

## Ingredients

- 1 cup** Chickpeas (cooked)
- 1/4 cup** Sun Dried Tomato Pesto
- 1/2** Tomato (large, diced)
- 2 tbsps** Feta Cheese (crumbled)
- 2 cups** Baby Spinach
- 2** Whole Wheat Tortilla

# Cranberry Chicken Salad Pita

8 ingredients · 15 minutes · 2 servings



## Directions

1. In a bowl, whisk together the mayonnaise, lemon juice, dill, salt, and pepper.
2. Add the chicken, cranberries, and red onion to the mayonnaise mixture and stir well. Taste and adjust the seasoning to your taste.
3. Cut the pitas in half and stuff them with the chicken mixture. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh. Make the chicken mixture ahead of time and refrigerate in an airtight container for up to two days. Stuff the pita(s) just before enjoying.

### Serving Size

One serving is equal to one stuffed mini pita.

### No Dill

Use parsley instead.

### Gluten-Free

Use a gluten-free pita.

### Mini Whole Wheat Pita

One mini whole wheat pita is 30 grams or one ounce.

## Ingredients

- 1 1/2 tsps** Mayonnaise
- 1/4** Lemon (medium, juiced)
- 1 1/2 tsps** Fresh Dill (chopped)
- Sea Salt & Black Pepper (to taste)
- 170 grams** Chicken Breast, Cooked (cubed)
- 1/4 cup** Dried Unsweetened Cranberries
- 2 tsps** Red Onion (diced)
- 57 grams** Mini Whole Wheat Pita

# Cabbage & White Bean Soup

8 ingredients · 30 minutes · 5 servings



## Directions

1. Heat a splash of broth in a large pot over medium-high heat. Add the leeks and coleslaw mix to the pot. Cook for five minutes and season with salt and pepper.
2. Add the remaining broth and bring to a boil. Reduce the heat and add the tomato paste and rosemary. Simmer for seven to 10 minutes.
3. Stir in the beans and cook for another five minutes or until everything is heated through.
4. Garnish with parsley (optional) and divide evenly between bowls. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add cooked protein of choice. Use shredded green cabbage and matchstick carrots instead of coleslaw mix.

## Ingredients

**8 1/4 cups** Vegetable Broth (divided)

**1** Leeks (medium, sliced)

**6 cups** Coleslaw Mix

Sea Salt & Black Pepper (to taste)

**2 tbsps** Tomato Paste

**1 tbsp** Rosemary (fresh, finely chopped)

**2 cups** White Navy Beans (drained, rinsed)

**1/2 cup** Parsley (chopped, optional)



# Roasted Veggie & Quinoa Bowl

12 ingredients · 40 minutes · 3 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
3. While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
4. While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
5. To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

## Notes

### Leftovers

Store in the fridge for up to four days.

### Serving Size

One serving equals approximately 2 1/2 cups of veggies and quinoa.

### No Quinoa

Use rice or cauliflower rice instead.

### No Broth

Use water instead.

### Cooked Chickpeas

Use cooked chickpeas from the can to save time.

### More Flavor

Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.

## Ingredients

- 2 cups** Broccoli (chopped into florets)
- 2** Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup** Chickpeas (cooked)
- 1/4 cup** Lemon Juice (divided)
- 1 tsp** Italian Seasoning
- 1/4 tsp** Sea Salt
- 2/3 cup** Quinoa (uncooked)
- 1 1/2 cups** Vegetable Broth
- 2 tbsps** Tahini
- 2 tbsps** Water (warm)
- 1 1/2 tbsps** Maple Syrup
- 1 tbsp** Pumpkin Seeds (optional)



# Tomato, Kale & White Bean Soup

9 ingredients · 35 minutes · 6 servings



## Directions

1. Heat the oil in a pot over medium heat. Add the onion and sauté for about five minutes. Add the garlic and cumin and sauté for another minute.
2. Add the beans, tomato purée, and broth to the pot. Stir and season with salt and pepper. Cover the pot with a lid and simmer on low heat for 20 minutes.
3. Remove the lid, use a potato masher and mash some of the beans in the pot. Alternatively, blend some of the soup with a hand blender. Stir and add the kale leaves. Simmer uncovered for another five minutes.
4. Divide the soup evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to two months.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add bell pepper, mushrooms, and/or lemon juice.

### Additional Toppings

Top with chopped parsley.

## Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 3** Yellow Onion (small, diced)
- 6** Garlic (clove, minced)
- 1 tbsp** Cumin
- 6 cups** White Navy Beans (cooked)
- 3 cups** Tomato Purée
- 6 cups** Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)
- 6 cups** Kale Leaves (chopped)

# Air Fryer Grilled Cheese

3 ingredients · 10 minutes · 1 serving



## Directions

1. Divide bread in half & Spread the butter onto one side of each half. With the buttered sides facing out, place the cheese between the bread.
2. Set the temperature on the air fryer to 400°F (205°C).
3. Add the sandwich half to the air fryer basket. Bake for five minutes, flipping the sandwich pieces halfway through.
4. Carefully transfer to a plate and enjoy!

## Notes

### Leftovers

Sandwich is best enjoyed immediately.

### Dairy-Free

Use dairy-free butter and cheese alternatives.

### Additional Toppings

Serve with favorite dipping sauce.

### No Gluten-Free Bread

Use bread of choice instead.

### No Cheddar Cheese

Use another cheese like mozzarella, provolone, or Havarti.

## Ingredients

**1 tsp** Butter

**1 slice** Gluten-Free Bread

**14 grams** Cheddar Cheese (sliced or grated, low fat)

# Butternut Squash Chili

10 ingredients · 40 minutes · 6 servings



## Directions

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1. Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
2. Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
3. Season with salt to taste and divide into bowls, serve and enjoy!

## Notes

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### Leftovers

Refrigerate in a sealed container for up to four days, or freeze for up to two months.

### Serving Size

One serving is equal to about 1 1/2 cups of chili.

### More Flavor

Add more spice such as cayenne.

## Ingredients

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- 2 tbsps** Extra Virgin Olive Oil
- 8 cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1 cup** Red Onion (chopped)
- 2** Red Bell Pepper (chopped)
- 1 tsp** Cumin
- 1 tbsp** Chili Powder
- 1 1/2 tps** Sea Salt
- 4 cups** Black Beans (drained, rinsed)
- 1 1/2 cups** Vegetable Broth
- 3 cups** Diced Tomatoes



# Maple Glazed Pork Chops with Veggies

8 ingredients · 35 minutes · 2 servings



## Directions

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1. Preheat the oven to 425°F (220°C).
2. Place the squash and brussels sprouts on a sheet pan(s) and drizzle with half of the oil and half of the salt. Transfer to the oven and bake for 15 minutes and then add the sage and return to the oven for five minutes or until browned on one side and the sage is crispy.
3. Meanwhile, season the pork chop(s) with the remaining salt. Heat a large skillet over medium heat and add the remaining oil.
4. Once the skillet is hot, add the pork and sear on both sides, about four minutes per side. Timing will depend on the thickness of your pork chop. Remove the pork and set aside on a plate.
5. Reduce the heat to medium-low and add the maple syrup and coconut aminos. Bring to a low boil and simmer until thickened, about two minutes. Turn off the heat. Return the pork to the skillet and coat in the sauce.
6. Divide the pork and veggies onto plates and drizzle any remaining sauce over top. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is about 1 1/2 cups of veggies with a pork chop.

### More Flavor

Add chili flakes, garlic, and/or shallot to the pork chops when cooking.

## Ingredients

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- 1 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)
- 1 1/2 cups Brussels Sprouts (trimmed, halved)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1/4 tsp Sea Salt (divided)
- 2 tbsps Fresh Sage
- 340 grams Pork Chop (boneless)
- 1/4 cup Maple Syrup
- 1 1/2 tbsps Coconut Aminos



# Creamy Beef & Mushroom Gnocchi

10 ingredients · 20 minutes · 2 servings



## Directions

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1. Cook the gnocchi according to the package directions.
2. Heat half the oil in a large skillet over medium heat. Cook the beef for about five minutes or until cooked through. Set aside.
3. Heat the remaining oil, in the same skillet, over medium-high heat. Cook the onions and the mushrooms for five to eight minutes, or until the vegetables are just tender.
4. Add the arrowroot powder and cook, stirring for another minute. Add the broth and the yogurt. Stir until the sauce thickens slightly.
5. Add the cooked gnocchi and the cooked beef. Toss gently to combine. Top with parmesan cheese and microgreens. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately 1 1/3 cups.

### More Flavor

Add garlic, parsley, Worcestershire sauce, and/or white wine.

### Dairy-Free

Use coconut cream instead of yogurt. Use plant-based cheese instead.

## Ingredients

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**166 grams** Potato Gnocchi  
**2 tsps** Extra Virgin Olive Oil (divided)  
**151 grams** Beef Tenderloin (thinly sliced)  
**1/3** Yellow Onion (medium, chopped)  
**1 1/3 cups** Mushrooms (thinly sliced)  
**1 1/2 tsps** Arrowroot Powder  
**2/3 cup** Beef Broth  
**1 tsp** Plain Greek Yogurt  
**1 1/3 tbsps** Parmigiano Reggiano (finely grated)  
**2 2/3 tbsps** Microgreens

# Baked Herbes de Provence Chicken

4 ingredients · 25 minutes · 2 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Spread the oil and Herbes de Provence onto the chicken breast. Add the sliced garlic on top. Cook the chicken in the oven for 25 to 30 minutes or until cooked through. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### More Flavor

Add honey, maple syrup, minced garlic, and/or shallots to make a marinade.

## Ingredients

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**1 tsp** Extra Virgin Olive Oil

**2 tsps** Herbes de Provence

**1** Garlic (clove, large, thinly sliced)

**227 grams** Chicken Breast (boneless)



# Roasted Delicata Squash with Cranberries & Goat Cheese

8 ingredients · 45 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the squash to a bowl along with the cranberries, oil, maple syrup, cinnamon, and sea salt.
3. Add the squash to the baking sheet and spread out into an even layer. Bake for 25 to 30 minutes or until the squash is fork tender. Remove from the oven and transfer to a serving bowl.
4. Top with goat cheese and pumpkin seeds. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately one cup.

### Make it Vegan

Omit the cheese entirely or use a dairy-free alternative.

### Additional Toppings

Fresh herbs like parsley, rosemary, or sage.

### No Frozen Cranberries

Use fresh instead.

## Ingredients

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**1** Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)

**1/2 cup** Frozen Cranberries (defrosted)

**1 tbsp** Extra Virgin Olive Oil

**1 tbsp** Maple Syrup

**1 tsp** Cinnamon

**1/4 tsp** Sea Salt

**1/4 cup** Goat Cheese

**2 tbsps** Pumpkin Seeds

# Spinach & Artichoke Naan Pizza

8 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Heat the oil in a pan over medium heat. Add the garlic and cook for one to two minutes. Add the spinach and season with salt and pepper. Cook until wilted and remove from the pan.
3. Add the spinach and artichokes to a bowl and mix to combine.
4. In a separate bowl, combine the mozzarella cheese and cream cheese until well combined. Season with salt and pepper.
5. Spread the cheese mixture evenly onto the naan. Top with the spinach and artichoke mixture. Place the pizzas on the prepared baking sheet. Cook in the oven for 12 to 14 minutes or until the cheese is melted and the naan is golden. Slice once slightly cooled and enjoy!

## Notes

### Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to one naan pizza.

### Naan

One piece of naan is 3.2 oz or 90 grams.

### More Flavor

Add cooked protein of choice. Top with green onions and/or fresh basil.

### Gluten-Free

Use a brown rice tortilla instead of naan and adjust the baking time accordingly.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Garlic (clove, minced)
- 4 **cups** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 3/4 **cup** Artichoke Hearts (from the jar, drained and coarsely chopped)
- 113 **grams** Mozzarella Cheese (grated)
- 1/4 **cup** Cream Cheese, Regular (softened)
- 2 **pieces** Naan



# Mixed Greens & Cherry Salad

10 ingredients · 15 minutes · 2 servings



## Directions

1. In a small jar or bowl, whisk together the oil, mustard, vinegar, salt, and pepper. Set aside.
2. In a large salad bowl, combine the greens, cucumber, red onion, and cherries.
3. Drizzle the dressing over top and toss to combine. Garnish with pecans and goat cheese and toss gently to combine. Divide onto plates and enjoy!

## Notes

### Leftovers

Refrigerate the salad and dressing separately in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### Make it Vegan

Use dairy-free soft cheese or omit.

## Ingredients

- 2 **2/3 tbsps** Extra Virgin Olive Oil
- 2/3 tsp** Dijon Mustard
- 1 **1/3 tbsps** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)
- 2 **2/3 cups** Mixed Greens
- 2/3** Cucumber (medium, sliced)
- 1/3 cup** Red Onion (thinly sliced)
- 2/3 cup** Cherries (pitted, halved)
- 1/3 cup** Pecans (roughly chopped)
- 1/3 cup** Goat Cheese (crumbled)

# Butternut Squash Grilled Cheese

7 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (220°C).
2. Place the squash slices on a baking sheet. Drizzle with half of the oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes, flipping halfway, until cooked through.
3. Heat a pan over medium-low heat and add the remaining oil. Once hot, add the sage and fry until crispy. Remove and set aside.
4. Spread the butter on the outside of both slices of bread. Add the squash slices, cheddar and sage to the middle. Close the sandwich.
5. In the same pan, over medium-low heat, place the sandwich in the pan and cook for about four minutes per side or until browned on both sides. Remove, slice it in half, and enjoy!

## Notes

### Leftovers

Best enjoyed fresh. Cook the squash ahead of time to save on time.

### Serving Size

One serving is one sandwich.

### More Flavor

Season the squash with smoked paprika.

### Gluten-Free

Use gluten-free bread instead.

### No Butter

Spread mayonnaise on each outside slice of bread instead.

### Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

## Ingredients

**2 cups** Butternut Squash (peeled and cut into thin slices)

**1 1/3 tbsps** Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

**1/4 cup** Fresh Sage

**1 1/3 tbsps** Butter (softened)

**198 grams** Sourdough Bread (sliced)

**113 grams** Cheddar Cheese (grated)

# Eggplant Lasagna Rollups

10 ingredients · 1 hour · 6 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Sprinkle the eggplant with salt and let it sit for 15 minutes. Then pat dry thoroughly.
3. Place on the prepared baking sheet and cook in the oven for 13 to 15 minutes. Remove from the oven and lower the oven temperature to 375°F (190°C).
4. In a bowl, mix the ricotta, lemon juice, half of the parmesan, basil, oregano, oil, salt, and pepper.
5. Spread 3/4 of the marinara sauce into a baking dish. Scoop about two tablespoons of the ricotta filling onto the larger part of an eggplant slice. Roll to close and place the seam-side down in the baking dish. Repeat until all of the eggplant and ricotta is used up.
6. Top with the remaining marinara and the remaining parmesan. Bake for 15 to 20 minutes or until warmed through. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately three rolls and 1/3 cup of sauce. One large eggplant yields approximately 15 slices. An 8.5 x 11-inch (22 x 28 cm) casserole dish was used to make four servings.

### Make it Vegan

Use blended tofu instead of ricotta.

### Additional Toppings

Chopped basil.

## Ingredients

- 1 1/4 Eggplant (large, finely sliced lengthwise)
- 1 1/4 **tsps** Sea Salt
- 1 3/4 **cups** Ricotta Cheese
- 2/3 Lemon (juiced)
- 2/3 **cup** Parmigiano Reggiano (finely grated, divided)
- 2/3 **cup** Basil Leaves (chopped)
- 1 3/4 **tsps** Oregano (dried)
- 3 2/3 **tbsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 1/3 **cups** Marinara Sauce (divided)



# Mixed Greens with Lemon & Olive Oil

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Add all ingredients to a bowl and toss well. Divide into bowls and enjoy!

## Notes

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### On-the-Go

Keep dressing in a separate container on the side. Add just before serving.

### No Mixed Greens

Use spinach, kale or romaine instead.

## Ingredients

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**4 cups** Mixed Greens

**2 tbsps** Extra Virgin Olive Oil

**1/2** Lemon (juiced)

**2 tbsps** Hemp Seeds

# Soft Pumpkin Cookies

9 ingredients · 25 minutes · 6 servings



## Directions

---

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, use a hand mixer to cream the oil and sugar together. Add the egg, pureed pumpkin, and vanilla extract and beat until creamy.
3. In another bowl, combine the flour, pumpkin pie spice, baking powder, and salt. Add the wet ingredients to the dry ingredients and stir until combined.
4. Place about two tablespoons of dough per cookie onto the baking sheet and slightly flatten, leaving space between cookies.
5. Bake for eight to ten minutes. Let the cookies cool for about five minutes. Enjoy!

## Notes

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### Leftovers

Store in an airtight container on the counter for up to three days. Freeze for up to three months.

### Serving Size

One serving is two cookies.

### More Flavor

Add chocolate chips.

## Ingredients

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**1/4 cup** Coconut Oil (softened)

**1/2 cup** Coconut Sugar

**1** Egg

**1/2 cup** Pureed Pumpkin

**1 tsp** Vanilla Extract

**1 cup** Spelt Flour

**1 tbsp** Pumpkin Pie Spice

**1 tsp** Baking Powder

**1/4 tsp** Sea Salt

# Pumpkin Oat Energy Balls

6 ingredients · 10 minutes · 5 servings



## Directions

---

1. Add all of the ingredients except for the water to a food processor. Process until you get a smooth texture with a few chunks of dates and nuts. Add the water if necessary to help the mixture stick together.
2. Use a one inch cookie scoop or a teaspoon to scoop out the mixture and roll it into balls. Continue until all of the mixture is used.
3. Store in the refrigerator for at least 30 minutes to set. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to one week.

### Serving Size

One serving is two energy balls.

### More Flavor

Add pumpkin spice.

### Additional Toppings

Roll the energy balls in chopped pecans or shredded coconut.

## Ingredients

---

**3 3/4 tbsps** Pureed Pumpkin

**1/2 cup** Cashews (raw)

**2 3/4 tbsps** Pitted Dates

**1/3 tsp** Cinnamon

**3 3/4 tbsps** Oats (rolled)

**1 1/2 tps** Water



# Cranberry Orange Sorbet

3 ingredients · 40 minutes · 1 serving



## Directions

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1. In a food processor, blend together the cranberries, orange juice, and maple syrup until smooth.
2. Transfer the mixture into a container and freeze for at least 30 minutes. Scoop into serving bowls and enjoy!

## Notes

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### Leftovers

Store leftovers in an airtight container in the freezer for up to one month. Thaw fifteen minutes before serving. Once frozen, the sorbet may take on a coarser, flakier texture (like granita). This is perfectly normal, but if you'd like it to be smoother, simply re-blend in the food processor for thirty seconds before serving.

### Serving Size

One serving is equal to approximately 1/2 cup.

### More Flavor

Add fresh mint.

## Ingredients

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**2/3 cup** Frozen Cranberries

**1/4 cup** Orange Juice

**2 1/4 tps** Maple Syrup

# Apple Cinnamon Yogurt Bowl

4 ingredients · 10 minutes · 2 servings



## Directions

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1. In a small saucepan over medium-low heat, add the coconut oil. Once melted, add the apple and cinnamon and sauté for eight to 10 minutes, or until softened to your liking, stirring often.
2. Divide the yogurt into bowls and top with the cooked apples and chopped pecans. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Dairy-Free

Use dairy-free yogurt instead.

### Nut-Free

Omit the pecans and use pumpkin seeds or granola instead.

### Additional Toppings

Top with a drizzle of honey or maple syrup.

## Ingredients

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1 Apple (large, peeled and cut into small cubes)

1/2 tsp Cinnamon

1/3 cup Vanilla Protein Powder

1 cup Plain Greek Yogurt