

Forward & Up Wellness

No-Fuss Fall Meal Plan

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Welcome to your meal plan! On the next pages, you will find the customized plan created for fall, along with an itemized grocery list and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of my services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Pumpkin Pie Baked Oatmeal	 Pumpkin Pie Baked Oatmeal	 Pumpkin Pie Baked Oatmeal	 Apple Walnut Overnight Oats	 Apple Walnut Overnight Oats	 Apple & Turkey Breakfast Hash	 Apple & Turkey Breakfast Hash
Snack 1	 Apples & Almonds	 Apples & Almonds	 Apples & Almonds	 Spicy Turmeric Apple Smoothie	 Spicy Turmeric Apple Smoothie	 Spicy Turmeric Apple Smoothie	 Spicy Turmeric Apple Smoothie
Lunch	 One Pan Sausage with Parsnips & Apples	 One Pan Chicken, Squash & Brussels Sprouts Quinoa	 One Pan Chicken, Squash & Brussels Sprouts Quinoa	 One Pan Brussels Sprouts & Sausage with Honey…	 Beet & Carrot Turkey Bites with Kale	 Pumpkin Mac n' Cheese	 Salmon & Roasted Root Veggie Salad
Snack 2	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pumpkin Pie Protein Smoothie	 Pureed Pumpkin Hummus  Carrot Sticks	 Pureed Pumpkin Hummus  Carrot Sticks	 Pureed Pumpkin Hummus  Carrot Sticks	 Pureed Pumpkin Hummus  Carrot Sticks
Dinner	 One Pan Chicken, Squash & Brussels Sprouts  Quinoa	 One Pan Sausage with Parsnips & Apples	 One Pan Brussels Sprouts & Sausage with Honey…	 Beet & Carrot Turkey Bites with Kale	 Pumpkin Mac n' Cheese	Salmon & Roasted Root Veggie Salad	Pumpkin Mac n' Cheese

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Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	38%	Fat	38%	Fat	37%	Fat	50%	Fat	40%	Fat	36%	Fat	36%
Carbs	42%	Carbs	42%	Carbs	43%	Carbs	33%	Carbs	41%	Carbs	40%	Carbs	40%
Protein	20%	Protein	20%	Protein	20%	Protein	17%	Protein	19%	Protein	24%	Protein	24%
Calories	1810	**Calories**	1810	**Calories**	1980	**Calories**	2006	**Calories**	1633	**Calories**	1744	**Calories**	1744
Fat	78g	**Fat**	78g	**Fat**	85g	**Fat**	115g	**Fat**	75g	**Fat**	71g	**Fat**	71g
Saturated	18g	Saturated	18g	Saturated	19g	Saturated	21g	Saturated	8g	Saturated	10g	Saturated	10g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	16g	Polyunsaturated	16g	Polyunsaturated	17g	Polyunsaturated	29g	Polyunsaturated	24g	Polyunsaturated	13g	Polyunsaturated	13g
Monounsaturated	36g	Monounsaturated	36g	Monounsaturated	41g	Monounsaturated	50g	Monounsaturated	30g	Monounsaturated	37g	Monounsaturated	37g
Carbs	197g	**Carbs**	197g	**Carbs**	218g	**Carbs**	170g	**Carbs**	174g	**Carbs**	182g	**Carbs**	182g
Fiber	37g	Fiber	37g	Fiber	39g	Fiber	39g	Fiber	39g	Fiber	41g	Fiber	41g
Sugar	74g	Sugar	74g	Sugar	71g	Sugar	50g	Sugar	45g	Sugar	53g	Sugar	53g
Protein	95g	**Protein**	95g	**Protein**	100g	**Protein**	88g	**Protein**	80g	**Protein**	108g	**Protein**	108g
Cholesterol	274mg	Cholesterol	274mg	Cholesterol	274mg	Cholesterol	154mg	Cholesterol	88mg	Cholesterol	160mg	Cholesterol	160mg
Sodium	2085mg	Sodium	2085mg	Sodium	2060mg	Sodium	2291mg	Sodium	1222mg	Sodium	1037mg	Sodium	1037mg
Potassium	3574mg	Potassium	3574mg	Potassium	4263mg	Potassium	3521mg	Potassium	2588mg	Potassium	3791mg	Potassium	3791mg
Vitamin A	41041IU	Vitamin A	41041IU	Vitamin A	41359IU	Vitamin A	20826IU	Vitamin A	29731IU	Vitamin A	47010IU	Vitamin A	47010IU
Vitamin C	120mg	Vitamin C	120mg	Vitamin C	211mg	Vitamin C	171mg	Vitamin C	57mg	Vitamin C	99mg	Vitamin C	99mg
Calcium	1097mg	Calcium	1097mg	Calcium	1094mg	Calcium	1308mg	Calcium	1374mg	Calcium	1204mg	Calcium	1204mg
Iron	17mg	Iron	17mg	Iron	18mg	Iron	19mg	Iron	18mg	Iron	20mg	Iron	20mg
Vitamin D	183IU	Vitamin D	183IU	Vitamin D	183IU	Vitamin D	230IU	Vitamin D	205IU	Vitamin D	965IU	Vitamin D	965IU
Vitamin E	16mg	Vitamin E	16mg	Vitamin E	16mg	Vitamin E	8mg	Vitamin E	7mg	Vitamin E	12mg	Vitamin E	12mg
Vitamin K	217µg	Vitamin K	217µg	Vitamin K	314µg	Vitamin K	333µg	Vitamin K	177µg	Vitamin K	372µg	Vitamin K	372µg
Thiamine	1.3mg	Thiamine	1.3mg	Thiamine	1.5mg	Thiamine	1.2mg	Thiamine	11.2mg	Thiamine	11.3mg	Thiamine	11.3mg
Riboflavin	2.4mg	Riboflavin	2.4mg	Riboflavin	2.5mg	Riboflavin	1.5mg	Riboflavin	12.4mg	Riboflavin	12.7mg	Riboflavin	12.7mg
Niacin	19mg	Niacin	19mg	Niacin	21mg	Niacin	17mg	Niacin	73mg	Niacin	85mg	Niacin	85mg
Vitamin B6	2.2mg	Vitamin B6	2.2mg	Vitamin B6	2.9mg	Vitamin B6	2.2mg	Vitamin B6	12.7mg	Vitamin B6	14.0mg	Vitamin B6	14.0mg
Folate	321µg	Folate	321µg	Folate	328µg	Folate	357µg	Folate	277µg	Folate	402µg	Folate	402µg
Vitamin B12	2.4µg	Vitamin B12	2.4µg	Vitamin B12	2.4µg	Vitamin B12	2.7µg	Vitamin B12	52.7µg	Vitamin B12	59.4µg	Vitamin B12	59.4µg
Phosphorous	1629mg	Phosphorous	1629mg	Phosphorous	1720mg	Phosphorous	1343mg	Phosphorous	1049mg	Phosphorous	1399mg	Phosphorous	1399mg

Phosphorous	1029mg	Phosphorous	1029mg	Phosphorous	1720mg	Phosphorous	1345mg	Phosphorous	1049mg	Phosphorous	1397mg	Phosphorous	1397mg
Magnesium	555mg	Magnesium	555mg	Magnesium	585mg	Magnesium	428mg	Magnesium	364mg	Magnesium	430mg	Magnesium	430mg
Zinc	11mg	Zinc	11mg	Zinc	11mg	Zinc	10mg	Zinc	8mg	Zinc	8mg	Zinc	8mg
Selenium	67µg	Selenium	67µg	Selenium	67µg	Selenium	44µg	Selenium	42µg	Selenium	77µg	Selenium	77µg

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Fruits

- [ ] **9** Apple
- [ ] **3** Banana
- [ ] **1/4 cup** Lemon Juice

Breakfast

- [ ] **1/3 cup** Maple Syrup

Seeds, Nuts & Spices

- [ ] **3/4 cup** Almonds
- [ ] **1/3 cup** Chia Seeds
- [ ] **1 tsp** Cinnamon
- [ ] **1/2 tsp** Dried Thyme
- [ ] **3/4 tsp** Garlic Powder
- [ ] **2 tbsps** Ground Flax Seed
- [ ] **1 tbsp** Poultry Seasoning
- [ ] **1/4 cup** Pumpkin Seeds
- [ ] **1 1/3 tsps** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **1/4 cup** Turmeric
- [ ] **1/2 cup** Walnuts

Vegetables

- [ ] **3 cups** Baby Spinach
- [ ] **1 1/2** Beet
- [ ] **5 cups** Brussels Sprouts
- [ ] **2 1/2 cups** Butternut Squash
- [ ] **4 1/2** Carrot
- [ ] **2 cups** Cauliflower Rice
- [ ] **3** Garlic
- [ ] **3 cups** Kale Leaves
- [ ] **2 tbsps** Parsley
- [ ] **1 1/2** Parsnip
- [ ] **1/2 cup** Red Onion
- [ ] **1 tbsp** Rosemary
- [ ] **1** Sweet Potato
- [ ] **1 tbsp** Thyme
- [ ] **1/2** Yellow Onion
- [ ] **2** Yellow Potato

Boxed & Canned

- [ ] **1 1/2 cups** Brown Rice Macaroni
- [ ] **2 cups** Chickpeas
- [ ] **3/4 cup** Quinoa

Baking

- [ ] **2 1/4 tsps** Arrowroot Powder
- [ ] **1/3 tsp** Baking Powder
- [ ] **2 1/4 tsps** Honey
- [ ] **1/4 cup** Nutritional Yeast
- [ ] **2 cups** Oats
- [ ] **1 tbsp** Pumpkin Pie Spice
- [ ] **3 3/4 cups** Pureed Pumpkin
- [ ] **2 tsps** Vanilla Extract

Bread, Fish, Meat & Cheese

- [ ] **1 lb** Chicken Thighs
- [ ] **1 lb** Extra Lean Ground Turkey
- [ ] **1 lb** Pork Sausage
- [ ] **10 ozs** Salmon Fillet

Condiments & Oils

- [ ] **2 1/2 tbsps** Dijon Mustard
- [ ] **3/4 cup** Extra Virgin Olive Oil

Cold

- [ ] **1** Egg
- [ ] **10 cups** Unsweetened Almond Milk

Other

- [ ] **1 3/4 cups** Vanilla Protein Powder
- [ ] **1 1/3 cups** Water

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Pumpkin Pie Baked Oatmeal

3 servings
45 minutes

Ingredients

1 cup Pureed Pumpkin
1 Egg
1/4 cup Maple Syrup
1 1/2 tsps Pumpkin Pie Spice
1/2 tsp Vanilla Extract
1/3 tsp Baking Powder
1/4 tsp Sea Salt
1/2 cup Unsweetened Almond Milk
1 1/4 cups Oats (rolled or quick)
2 tbsps Ground Flax Seed
2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	312
Fat	9g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	50g
Fiber	7g
Sugar	19g
Protein	10g
Cholesterol	62mg
Sodium	318mg
Potassium	426mg
Vitamin A	12886IU
Vitamin C	4mg
Calcium	199mg
Iron	4mg
Vitamin D	30IU

Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage: Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free: Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins: Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Vitamin E	1mg
Vitamin K	14µg
Thiamine	0.2mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	32µg
Vitamin B12	0.2µg
Phosphorous	280mg
Magnesium	109mg
Zinc	2mg
Selenium	16µg

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Apple Walnut Overnight Oats

2 servings
8 hours

Ingredients

3/4 cup Oats
3/4 cup Unsweetened Almond Milk
1 tbsp Chia Seeds
1 1/2 tsps Maple Syrup
1/2 tsp Cinnamon
1/4 cup Water
1/2 Apple (cored and diced)
1/2 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	390
Fat	25g
Saturated	2g
Trans	0g
Polyunsaturated	15g
Monounsaturated	4g
Carbs	38g
Fiber	8g
Sugar	9g
Protein	10g
Cholesterol	0mg
Sodium	64mg
Potassium	361mg
Vitamin A	214IU
Vitamin C	3mg
Calcium	265mg
Iron	3mg
Vitamin D	38IU
Vitamin E	0mg
Vitamin K	3µg
Thiamine	0.3mg

Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
More Protein: Add hemp seeds or a spoonful of nut butter.
Warm it Up: Heat in the microwave for 30 to 60 seconds before eating.
No Maple Syrup: Use another sweetener instead.

Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	41µg
Vitamin B12	0µg
Phosphorous	234mg
Magnesium	117mg
Zinc	2mg
Selenium	10µg

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Apple & Turkey Breakfast Hash

2 servings
35 minutes

Ingredients

8 ozs Extra Lean Ground Turkey
1/2 tsp Cinnamon
1 tbsp Poultry Seasoning
1 1/2 tsps Extra Virgin Olive Oil
1/2 cup Red Onion (diced)
1 Garlic (cloves, minced)
1 cup Brussels Sprouts (trimmed and halved)
1 cup Butternut Squash (peeled and cubed)
1 Apple (cored and diced)

Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for five to seven minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	324
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	31g
Fiber	7g
Sugar	14g
Protein	24g
Cholesterol	84mg
Sodium	95mg
Potassium	838mg
Vitamin A	7965IU
Vitamin C	60mg
Calcium	122mg
Iron	3mg
Vitamin D	161U

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Ground Turkey: Use lentils instead of ground turkey.

Vitamin E	2mg
Vitamin K	101µg
Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	7mg
Vitamin B6	0.7mg
Folate	67µg
Vitamin B12	1.4µg
Phosphorous	300mg
Magnesium	72mg
Zinc	3mg
Selenium	23µg

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Apples & Almonds

1 serving
5 minutes

Ingredients

1 Apple (sliced)
1/4 cup Almonds

Directions

1. Core apple and cut it into slices. Serve with almonds.

Nutrition

Amount per serving	
Calories	302
Fat	18g
Saturated	1g
Trans	0g
Polyunsaturated	4g
Monounsaturated	11g
Carbs	33g
Fiber	9g
Sugar	20g
Protein	8g
Cholesterol	0mg
Sodium	2mg
Potassium	457mg
Vitamin A	99IU
Vitamin C	8mg
Calcium	107mg
Iron	2mg
Vitamin D	0IU
Vitamin E	9mg
Vitamin K	4µg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	21µg
Vitamin B12	0µg
Phosphorous	192mg
Magnesium	106mg
Zinc	1mg

Selenium	1µg

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Spicy Turmeric Apple Smoothie

1 serving
5 minutes

Ingredients

1 1/4 cups Unsweetened Almond Milk
1 Apple (small, cored, chopped)
1/2 cup Cauliflower Rice (or chopped florets)
1/4 cup Vanilla Protein Powder
1 tbsp Turmeric
1 tbsp Chia Seeds (plus more for garnish if desired)

Nutrition

Amount per serving	
Calories	316
Fat	8g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	41g
Fiber	12g
Sugar	20g
Protein	25g
Cholesterol	4mg
Sodium	253mg
Potassium	725mg
Vitamin A	722IU
Vitamin C	8mg
Calcium	781mg
Iron	7mg
Vitamin D	126IU
Vitamin E	1mg
Vitamin K	5µg
Thiamine	0.2mg
Riboflavin	0.6mg

Directions

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

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for two days.
More Flavor: Add ground ginger, cinnamon, or nutmeg.
No Cauliflower Rice: Use pumpkin puree or steamed sweet potato instead.

Niacin	1mg
Vitamin B6	0.2mg
Folate	15µg
Vitamin B12	0.6µg
Phosphorous	368mg
Magnesium	132mg
Zinc	2mg
Selenium	7µg

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One Pan Sausage with Parsnips & Apples

2 servings
25 minutes

Ingredients

1 1/2 Parsnip (large, peeled, chopped)
1/2 Yellow Onion (cut into wedges)
1 1/2 tsps Extra Virgin Olive Oil
1/4 tsp Dried Thyme
1/8 tsp Sea Salt
8 ozs Pork Sausage (sliced)
1/2 Apple (chopped)
1 tbsp Lemon Juice
2 tbsps Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	516
Fat	36g
Saturated	12g
Trans	0g
Polyunsaturated	5g
Monounsaturated	16g
Carbs	33g
Fiber	6g
Sugar	13g
Protein	16g
Cholesterol	66mg
Sodium	1196mg
Potassium	762mg
Vitamin A	434IU
Vitamin C	26mg
Calcium	79mg
Iron	3mg
Vitamin D	50IU
Vitamin E	2mg
Vitamin K	69µg

Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
3. Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
4. Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.
No Pork: Use chicken or turkey sausage instead.
Apple: Use a tart-sweet apple, like Empire or MacIntosh.

Thiamine	0.3mg
Riboflavin	0.2mg
Niacin	4mg
Vitamin B6	0.3mg
Folate	81µg
Vitamin B12	0.7µg
Phosphorous	228mg
Magnesium	54mg
Zinc	2mg
Selenium	2µg

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Pumpkin Pie Protein Smoothie

1 serving
10 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Pureed Pumpkin
1 Banana (frozen)
1/2 tsp Vanilla Extract
1/2 tsp Pumpkin Pie Spice
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	270
Fat	4g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	40g
Fiber	8g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	207mg
Potassium	841mg
Vitamin A	19642IU
Vitamin C	16mg
Calcium	609mg
Iron	3mg
Vitamin D	101IU
Vitamin E	1mg
Vitamin K	20µg
Thiamine	0.2mg
Riboflavin	0.7mg
Niacin	2mg
Vitamin B6	0.6mg

Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Pumpkin Pie Spice: Use cinnamon instead.

Toppings: Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up: To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Folate	47µg
Vitamin B12	0.6µg
Phosphorous	390mg
Magnesium	126mg
Zinc	2mg
Selenium	8µg

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Pureed Pumpkin Hummus

4 servings
10 minutes

Ingredients

1/2 cup Pureed Pumpkin
2 cups Chickpeas (cooked, drained and rinsed)
2 Garlic (clove)
1 1/2 tbsps Lemon Juice
1/4 cup Extra Virgin Olive Oil
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	268
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	26g
Fiber	7g
Sugar	5g
Protein	8g
Cholesterol	0mg
Sodium	303mg
Potassium	314mg
Vitamin A	4789IU
Vitamin C	5mg
Calcium	51mg
Iron	3mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	16µg
Thiamine	0.1mg
Riboflavin	0.1mg
Niacin	1mg

Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Vitamin B6	0.2mg
Folate	146µg
Vitamin B12	0µg
Phosphorous	151mg
Magnesium	47mg
Zinc	1mg
Selenium	3µg

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Carrot Sticks

4 servings
5 minutes

Ingredients

4 Carrot (medium)

Nutrition

Amount per serving	
Calories	25
Fat	0g
Saturated	0g
Trans	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	42mg
Potassium	195mg
Vitamin A	10191IU
Vitamin C	4mg
Calcium	20mg
Iron	0mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	8µg
Thiamine	0mg
Riboflavin	0mg
Niacin	1mg
Vitamin B6	0.1mg
Folate	12µg
Vitamin B12	0µg
Phosphorous	21mg
Magnesium	7mg
Zinc	0mg
Selenium	0µg

Directions

1. Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor: Season with salt.

Serve it With: Hummus, guacamole or your favorite dip.

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One Pan Chicken, Squash & Brussels Sprouts

3 servings
50 minutes

Ingredients

1 1/2 cups Butternut Squash (chopped into small cubes)
2 cups Brussels Sprouts (trimmed, halved)
1 lb Chicken Thighs (boneless, skinless)
1 tsp Extra Virgin Olive Oil
1 tbsp Rosemary (fresh, chopped)
1 tbsp Thyme (fresh, chopped)
1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	254
Fat	8g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	3g
Carbs	14g
Fiber	4g
Sugar	3g
Protein	32g
Cholesterol	142mg
Sodium	358mg
Potassium	849mg
Vitamin A	7974IU
Vitamin C	66mg
Calcium	74mg
Iron	3mg
Vitamin D	2IU
Vitamin E	2mg
Vitamin K	110µg

Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with oil, rosemary, thyme and sea salt.
2. Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Fresh Herbs: Use dried herbs instead, reducing the amount used by half.

Thiamine	0.3mg
Riboflavin	0.4mg
Niacin	10mg
Vitamin B6	0.9mg
Folate	62µg
Vitamin B12	0.9µg
Phosphorous	345mg
Magnesium	74mg
Zinc	3mg
Selenium	36µg

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Quinoa

3 servings
15 minutes

Ingredients

3/4 cup Quinoa (uncooked)
1 1/8 cups Water

Nutrition

Amount per serving	
Calories	156
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	27g
Fiber	3g
Sugar	0g
Protein	6g
Cholesterol	0mg
Sodium	4mg
Potassium	239mg
Vitamin A	6IU
Vitamin C	0mg
Calcium	29mg
Iron	2mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	0µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.2mg
Folate	78µg
Vitamin B12	0µg
Phosphorous	194mg
Magnesium	86mg
Zinc	1mg

Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: One serving is approximately 3/4 cup.

Selenium	4µg

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One Pan Brussels Sprouts & Sausage with Honey Mustard

2 servings
40 minutes

Ingredients

2 cups Brussels Sprouts (trimmed, halved)
2 Yellow Potato (quartered)
1 1/2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper
8 ozs Pork Sausage (scored)
1 1/4 tbsps Dijon Mustard
2 1/4 tsps Honey

Nutrition

Amount per serving	
Calories	686
Fat	43g
Saturated	13g
Trans	0g
Polyunsaturated	6g
Monounsaturated	21g
Carbs	54g
Fiber	8g
Sugar	10g
Protein	21g
Cholesterol	66mg
Sodium	1171mg
Potassium	1451mg
Vitamin A	752IU
Vitamin C	117mg
Calcium	76mg
Iron	4mg
Vitamin D	50IU
Vitamin E	2mg
Vitamin K	166µg

Directions

1. Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
2. Scatter the brussels sprouts and potatoes in an even layer on the baking sheet. Toss with 3/4 of the oil and season with salt and pepper. Add the sausage to the baking sheet. Place in the oven for 20 minutes.
3. Meanwhile, in a small bowl, whisk together the mustard, honey, and remaining oil.
4. Remove the baking sheet and drizzle the honey mustard dressing over everything. Return the baking sheet to the oven and bake for 15 minutes more, until everything is cooked through. Divide onto plates and enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.
Serving Size: One serving is approximately one cup of brussels sprouts, one yellow potato, and four ounces of sausage.
Gluten-Free: Use a gluten-free sausage.
More Flavor: Use a mix of dijon mustard and a grainy mustard.

Thiamine	0.5mg
Riboflavin	0.3mg
Niacin	6mg
Vitamin B6	1.0mg
Folate	88µg
Vitamin B12	0.7µg
Phosphorous	319mg
Magnesium	84mg
Zinc	2mg
Selenium	2µg

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Beet & Carrot Turkey Bites with Kale

2 servings
25 minutes

Ingredients

8 ozs Extra Lean Ground Turkey
1/2 Carrot (medium, peeled and grated)
1/2 Beet (medium, peeled and grated)
1/4 tsp Sea Salt
1/4 tsp Dried Thyme
1 1/2 tsps Dijon Mustard
2 tbsps Extra Virgin Olive Oil (divided)
1 tbsp Lemon Juice
3 cups Kale Leaves (chopped, massaged)

Nutrition

Amount per serving	
Calories	321
Fat	23g
Saturated	4g
Trans	0g
Polyunsaturated	5g
Monounsaturated	13g
Carbs	5g
Fiber	2g
Sugar	3g
Protein	23g
Cholesterol	84mg
Sodium	458mg
Potassium	475mg
Vitamin A	4158IU
Vitamin C	34mg
Calcium	115mg
Iron	2mg
Vitamin D	16IU

Directions

1. In a large mixing bowl, use your hands or a spatula to combine all the ingredients except the oil, lemon juice, and kale.
2. Divide the mixture and form patties about four inches wide. The patties will shrink after cooking.
3. Heat half of the oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about four to five minutes on each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
4. Meanwhile, add the remaining oil and lemon juice to the kale.
5. Transfer the burger patties a plate lined with paper towel and serve immediately over the kale. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze in an airtight container up to six months.
Serve it With: Salad, quinoa or sweet potato fries.
Serving Size: One serving is equal to about four small patties.

Vitamin E	2mg
Vitamin K	135µg
Thiamine	0.1mg
Riboflavin	0.3mg
Niacin	7mg
Vitamin B6	0.5mg
Folate	55µg
Vitamin B12	1.4µg
Phosphorous	250mg
Magnesium	41mg
Zinc	3mg
Selenium	22µg

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Pumpkin Mac n' Cheese

3 servings
20 minutes

Ingredients

1 1/2 cups Brown Rice Macaroni (dry)
3/4 cup Unsweetened Almond Milk
2 1/4 tsps Arrowroot Powder
3/4 tsp Garlic Powder
1/4 cup Nutritional Yeast
1 1/8 tsps Dijon Mustard
3/4 cup Pureed Pumpkin
2 1/4 tsps Maple Syrup
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	313
Fat	3g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	58g
Fiber	8g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	102mg
Potassium	518mg
Vitamin A	9657IU
Vitamin C	3mg
Calcium	142mg
Iron	3mg
Vitamin D	25IU
Vitamin E	1mg
Vitamin K	10µg

Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: One serving is approximately 1 1/2 cups.
Spice Lover: Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.
More Vegetables: Add wilted spinach, kale and/or sauteed mushrooms.

Thiamine	10.5mg
Riboflavin	11.2mg
Niacin	62mg
Vitamin B6	11.5mg
Folate	8µg
Vitamin B12	50.7µg
Phosphorous	25mg
Magnesium	20mg
Zinc	0mg
Selenium	0µg

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Salmon & Roasted Root Veggie Salad

2 servings
35 minutes

Ingredients

1 Sweet Potato (medium, peeled and diced)
1 Beet (medium, peeled, and diced)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
10 ozs Salmon Fillet
1 tbsp Lemon Juice
1 tsp Dijon Mustard
1/8 tsp Turmeric
3 cups Baby Spinach
2 tbsps Pumpkin Seeds

Nutrition

Amount per serving	
Calories	498
Fat	31g
Saturated	5g
Trans	0g
Polyunsaturated	6g
Monounsaturated	18g
Carbs	20g
Fiber	5g
Sugar	6g
Protein	37g
Cholesterol	72mg
Sodium	242mg
Potassium	1201mg
Vitamin A	13686IU
Vitamin C	19mg
Calcium	88mg
Iron	4mg
Vitamin D	798IU

Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
3. Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
4. Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
5. To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

Serving Size: One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

Additional Toppings: Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced cucumber, bell pepper, or hemp seeds.

No Salmon: Use chicken or tofu instead.

Vitamin E	5mg
Vitamin K	232µg
Thiamine	0.3mg
Riboflavin	0.5mg
Niacin	13mg
Vitamin B6	1.3mg
Folate	154µg
Vitamin B12	6.7µg
Phosphorous	534mg
Magnesium	152mg
Zinc	2mg
Selenium	44µg