

MEAL PLAN

MONDAY	TUESDAY	WEDNESDAY
<p>BREAKFAST: 1 serving Kale & Mushroom Frittata (p. 78; save leftovers); top with 1 tbsp pesto (p. 78; save leftovers)</p> <p>OPTIONAL SNACK: 1 apple and 2 tbsp raw almond butter</p> <p>LUNCH: Pesto Cauliflower Pizza (p. 78; eat ½, save leftovers)</p> <p>OPTIONAL SNACK: 3 Apple Cinnamon Walnut Pancakes with 1 tbsp Almond Butter Spread (p. 80; save leftovers)</p> <p>DINNER: One-Pot Mediterranean Lemon Chicken & Rice (p. 77; save leftovers)</p>	<p>BREAKFAST: 1 serving Kale & Mushroom Frittata (leftovers, p. 78); top with 2 tbsp pico de gallo</p> <p>OPTIONAL SNACK: 1 pear and ¼ cup walnuts</p> <p>LUNCH: Pesto Cauliflower Pizza (leftovers, p. 78)</p> <p>OPTIONAL SNACK: ½ red bell pepper with 2 tbsp hummus</p> <p>DINNER: <i>Shrimp & Quinoa Bowl:</i> In 1 tbsp avocado oil, sauté 8 oz peeled and deveined shrimp, 2 cups baby kale, 2 cloves minced garlic and pinch each salt and pepper. Cook 2 minutes; turn shrimp and add 1 cup Multiuse Roasted Veg (p. 77; save leftovers) and 2 tbsp Lemon Oregano Vinaigrette (p. 75; save leftovers). Cook 2 minutes more. Serve over ½ cup cooked quinoa, warmed, and top with half of shrimp mixture (save leftovers).</p>	<p>BREAKFAST: <i>Apple Pear Quinoa Bowl:</i> Heat ½ cup cooked quinoa, ¼ cup almond milk and ½ of Sautéed Cinnamon Apples & Pears (p. 74; save leftovers); stirring together. Top with 2 tbsp almond butter.</p> <p>SNACK: 2 hard-boiled eggs</p> <p>LUNCH: One-Pot Mediterranean Lemon Chicken & Rice (leftovers, p. 77)</p> <p>OPTIONAL SNACK: ½ sliced cucumber and 2 tbsp pico de gallo</p> <p>DINNER: Shrimp mixture (leftovers), heated with 1 cup Multiuse Roasted Veg (leftovers, p. 77) and ½ cup cooked quinoa; top with 2 tbsp hummus and 1 tbsp hemp seeds</p>
<p>NUTRIENTS: Calories: 1,824, Fat: 112 g, Sat. Fat: 23 g, Carbs: 121 g, Fiber: 38 g, Sugars: 38 g, Protein: 104 g, Sodium: 2,248 mg, Cholesterol: 793 mg</p>	<p>NUTRIENTS: Calories: 1,614, Fat: 105 g, Sat. Fat: 23 g, Carbs: 102 g, Fiber: 27 g, Sugars: 35 g, Protein: 82 g, Sodium: 2,504 mg, Cholesterol: 696 mg</p>	<p>NUTRIENTS: Calories: 1,546, Fat: 75 g, Sat. Fat: 9 g, Carbs: 138 g, Fiber: 25 g, Sugars: 30 g, Protein: 88 g, Sodium: 1,731 mg, Cholesterol: 574 mg</p>

THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>BREAKFAST: 1 serving Kale & Mushroom Frittata (leftovers, p. 78); top with 1 tbsp pesto (leftovers, p. 78)</p> <p>SNACK: 3 Apple Cinnamon Walnut Pancakes with 1 tbsp Almond Butter Spread (leftovers, p. 80)</p> <p>LUNCH: <i>Tex-Mex Bowl:</i> Heat ½ cup cooked quinoa, ½ cup black beans and ½ cup Multiuse Roasted Veg (leftovers, p. 77). Sauté 1 chicken sausage; chop and add to bowl. Top with ¼ cup pico de gallo.</p> <p>OPTIONAL SNACK: ½ cucumber, sliced, with 2 tbsp hummus</p> <p>DINNER: One-Pot Mediterranean Lemon Chicken & Rice (leftovers, p. 77)</p>	<p>BREAKFAST: <i>Apple Pear Quinoa Bowl:</i> Heat ½ cup cooked quinoa, ¼ cup almond milk and ½ of Sautéed Cinnamon Apples & Pears (leftovers, p. 74), stirring together. Top with ¼ cup chopped walnuts.</p> <p>OPTIONAL SNACK: 2 hard-boiled eggs</p> <p>LUNCH: One-Pot Mediterranean Lemon Chicken & Rice (leftovers, p. 77)</p> <p>OPTIONAL SNACK: 1 apple and 2 tbsp almond butter</p> <p>DINNER: <i>Rainbow Bowl:</i> Heat 2 cups Multiuse Roasted Veg (leftovers, p. 77) and 1 sautéed chicken sausage, chopped; top with 1 tbsp pesto (leftovers, p. 78).</p>	<p>BREAKFAST: 1 serving Kale & Mushroom Frittata (leftovers, p. 78); top with 1 tbsp pesto (leftovers, p. 78)</p> <p>SNACK: 1 pear and ¼ cup chopped walnuts</p> <p>LUNCH: <i>Tex-Mex Bowl:</i> Heat ½ cup cooked quinoa, ½ cup black beans and ½ cup Multiuse Roasted Veg (leftovers, p. 77). Sauté 1 chicken sausage; chop and add to bowl. Top with ¼ cup pico de gallo.</p> <p>OPTIONAL SNACK: 1 red bell pepper with 2 tbsp hummus</p> <p>DINNER: <i>Hearty Veg & Chicken Bowl:</i> Heat 2 cups Multiuse Roasted Veg (leftovers, p. 77) and 1 chicken thigh (leftovers, p. 77). Top with 2 tbsp Lemon Oregano Vinaigrette (leftovers, p. 75) and 1 tbsp hemp seeds.</p>	<p>BREAKFAST: 6 Apple Cinnamon Walnut Pancakes topped with 2 tbsp Almond Butter Spread (leftovers, p. 80)</p> <p>OPTIONAL SNACK: 1 apple and 2 tbsp raw almond butter</p> <p>LUNCH: <i>Hearty Veg & Sausage Bowl:</i> Heat ½ cup cooked quinoa and 1 cup Multiuse Roasted Veg (leftovers, p. 77). Sauté 1 chicken sausage; chop and add to bowl. Top with 1 tbsp pesto (leftovers, p. 78).</p> <p>OPTIONAL SNACK: 2 hard-boiled eggs</p> <p>DINNER: <i>Kitchen Sink Bowl:</i> Toss together 1 cup Multiuse Roasted Veg (leftovers, p. 77), ½ cup black beans, 2 tbsp pico de gallo and 1 tbsp hemp seeds.</p>
<p>NUTRIENTS: Calories: 1,729, Fat: 86 g, Sat. Fat: 14 g, Carbs: 152 g, Fiber: 27 g, Sugars: 21 g, Protein: 93 g, Sodium: 2,580 mg, Cholesterol: 713 mg</p>	<p>NUTRIENTS: Calories: 1,833, Fat: 99 g, Sat. Fat: 15 g, Carbs: 166 g, Fiber: 30 g, Sugars: 53 g, Protein: 80 g, Sodium: 1,716 mg, Cholesterol: 554 mg</p>	<p>NUTRIENTS: Calories: 1,681, Fat: 101 g, Sat. Fat: 16 g, Carbs: 120 g, Fiber: 32 g, Sugars: 39 g, Protein: 82 g, Sodium: 2,311 mg, Cholesterol: 606 mg</p>	<p>NUTRIENTS: Calories: 2,075, Fat: 125 g, Sat. Fat: 15 g, Carbs: 164 g, Fiber: 42 g, Sugars: 50 g, Protein: 90 g, Sodium: 2,276 mg, Cholesterol: 667 mg</p>