








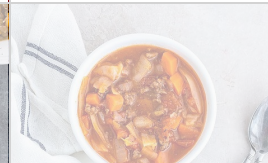




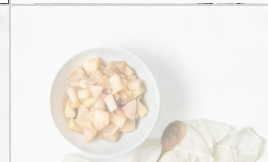






Welcome to Autumn Harvest Meal Plan

A meal plan with the best produce of the autumn season.

This meal plan incorporates a ton of delicious autumn produce so you can eat local foods, eat clean and feel awesome!

Please note that the dishes highlighted in grey are leftovers. You can make 2 portions for dinner for example to enjoy dinner leftovers for lunch the next day.



	Mon	Tue	Wed	Thu	Fri
Breakfast	 Cinnamon Pear Oatmeal	 Apple Cinnamon Porridge	 Pomegranate Avocado Toast	 Baked Broccoli & Feta Egg Cups	 Cabbage Egg Nests
Lunch		 Chicken Stew	 Lentil & Squash Stew	 Beef Cabbage Soup	 Cauliflower Shepherd's Pie
Snack 2	 Spiced Pears with Pomegranate	 Spiced Pears with Pomegranate	 Stewed Apples	 Stewed Apples	 Stewed Apples
Dinner	 Chicken Stew	 Lentil & Squash Stew	 Beef Cabbage Soup	 Cauliflower Shepherd's Pie	 Beef & Turnip Stew





Cinnamon Pear Oatmeal

1 serving

15 minutes

Ingredients

1/2 Pear (sliced)
325 milligrams Cinnamon
41 grams Oats (rolled)
237 milliliters Water
12 grams Pecans (roughly chopped, optional)
16 grams Almond Butter (optional)

Directions

- 1 Heat a small non-stick pan over medium heat. Once warm, add the pear and cinnamon. Cook, stirring often until softened and cooked through, about 5 to 7 minutes. Remove the pears and set aside.
- 2 Meanwhile, add the oats and water to a small saucepan and cook over medium heat, stirring often until gently boiling. Reduce the heat and simmer until cooked through, about 5 to 7 minutes.
- 3 Add the oats to a bowl and top with pears. Add the pecans and almond butter, if using. Enjoy!



Apple Cinnamon Porridge

1 serving

15 minutes

Ingredients

27 grams Oats (quick or rolled)
240 milliliters Unsweetened Almond Milk
1 Apple (small, peeled and finely chopped)
3 grams Cinnamon
20 grams Maple Syrup
16 grams Almond Butter (optional)

Directions

- 1 Add the oats, almond milk, apple and cinnamon to a medium-sized pot. Bring to a gentle boil over medium heat and cook for 8 to 10 minutes, or until apples are tender. Stir frequently.
- 2 When apples are tender and porridge has thickened remove from heat and stir in maple syrup. Transfer to a bowl and top with almond butter. Enjoy!



Pomegranate Avocado Toast

1 serving

5 minutes

Ingredients

1/2 Avocado (medium)
1/4 Lime (juiced)
Sea Salt & Black Pepper (to taste)
50 grams Sourdough Bread (toasted)
18 grams Pomegranate Seeds
9 grams Feta Cheese (crumbled)
600 milligrams Chili Flakes (optional)

Directions

- 1 In a bowl, add the avocado and lime juice. Mash the avocado with a fork and season with salt and pepper.
- 2 Spread the avocado on top of the toast. Top with pomegranate seeds and feta cheese. Sprinkle chili flakes on top, if using, and enjoy!



Baked Broccoli & Feta Egg Cups

1 serving

40 minutes

Ingredients

4 milliliters Coconut Oil
91 grams Broccoli (cut into florets)
1 1/2 Egg
15 milliliters Unsweetened Almond Milk
Sea Salt & Black Pepper (to taste)
550 milligrams Nutmeg
25 grams Feta Cheese (crumbled)

Directions

- 1 Preheat oven to 350°F (177°C). Grease ramekins with coconut oil and set aside.
- 2 Bring a medium sized pot of water to a boil. Add broccoli florets and cook until bright green (about 5 mins). Transfer cooked broccoli to a cutting board, dry with a paper towel and chop finely.
- 3 In a large bowl, whisk together eggs, almond milk, salt, pepper and nutmeg or any other spices you like. Next, stir in broccoli and feta. Mix well.
- 4 Place ramekins on a baking sheet. Pour broccoli and egg mixture into ramekins, dividing it evenly. Be sure to leave some space at the top as the eggs rise as they bake.
- 5 Bake for 30 minutes or until golden brown. Remove from oven. Enjoy them while they are hot! If you aren't eating them right away, let cool and store covered in fridge.



Cabbage Egg Nests

1 serving

15 minutes

Ingredients

3 milliliters Avocado Oil
178 grams Purple Cabbage (shredded)
2 Egg
750 milligrams Sea Salt

Directions

- 1 Heat a skillet over medium heat and add the avocado oil. Once the pan is hot, add the cabbage and cook for 3 to 4 minutes, until softened.
- 2 Make two spaces in the cabbage and crack the eggs into each space. Season with sea salt and cover with a lid. Cook for 3 to 4 minutes or until the whites are set and the yolks are cooked to your preference. Serve and enjoy!



Spiced Pears with Pomegranate

2 servings

10 minutes

Ingredients

1 1/2 Pear (peeled, cored, diced)
7 milliliters Lemon Juice
10 grams Maple Syrup
250 milligrams Cardamom
650 milligrams Cinnamon
18 grams Pomegranate Seeds

Directions

1

Combine all ingredients into a large mixing bowl. Mix well, then divide into cups. Enjoy!



Stewed Apples

3 servings

35 minutes

Ingredients

2 1/8 Apple (large, cored, chopped)

102 milliliters Water

3 grams Cinnamon

Directions

- 1 Add the chopped apples, water, and cinnamon to a large 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.
- 3 Remove from the heat and let the apples cool before transferring them, along with the liquid, to a glass container. Serve warm or refrigerate until ready to use. Enjoy!



Chicken Stew

2 servings

1 hour

Ingredients

10 milliliters Extra Virgin Olive Oil
227 grams Chicken Thighs (boneless, skinless, cubed)
Sea Salt & Black Pepper (to taste)
1/8 Yellow Onion (large, diced)
2/3 Carrot (large, peeled, chopped)
2/3 stalk Celery (chopped)
1 Garlic (cloves, minced)
2/3 Yellow Potato (large, peeled, cubed)
315 milliliters Chicken Broth, Low Sodium
1/3 Lemon (juiced)
7 grams All Purpose Gluten-Free Flour
26 milliliters Water
33 grams Green Beans (trimmed, chopped)
3 grams Parsley (fresh, finely chopped)

Directions

- 1 In a large pot or dutch oven, heat the oil over medium-low heat.
- 2 Add the chicken thighs, salt, and pepper. Cook for seven to eight minutes or until they are browned and cooked through. Remove and place onto a plate. Set aside.
- 3 Add the onion, carrots, celery, garlic, salt, and pepper to the pot. Sauté for four to five minutes or until the vegetables have softened. Add a splash of broth or water if needed so the vegetables don't burn.
- 4 Add the potatoes, chicken broth, lemon juice, and cooked chicken. Stir to combine.
- 5 Make a slurry by adding the flour to a cup or a bowl and mixing it with water until it is completely dissolved. Pour it into the pot and stir continuously for one to two minutes. This will help to thicken the stew.
- 6 Bring the stew to a boil then lower it to a simmer. Cover and simmer for 25 to 30 minutes or until the chicken is tender and the potatoes are cooked through. Stir occasionally.
- 7 Add the green beans and parsley and cook for another 10 minutes. Divide evenly between bowls and enjoy!



Lentil & Squash Stew

2 servings

45 minutes

Ingredients

713 milliliters Vegetable Broth (divided)
1/2 Yellow Onion (chopped)
2 Garlic (clove, minced)
500 milligrams Dried Thyme
3 grams Sea Salt
725 milligrams Black Pepper
1/2 Carrot (medium, peeled & chopped)
1/2 Yellow Potato (large, peeled and cut into small cubes)
210 grams Butternut Squash (peeled and cut into small cubes)
96 grams Dry Green Lentils

Directions

- 1 Add a splash of the broth to a large pot with the onions and garlic. Cook over medium heat for about five minutes or until the onions have softened. Add the thyme, salt, and pepper. Cook for another minute.
- 2 Add the carrot, potato, squash, and lentils. Stir to combine. Add the remaining broth and bring to a gentle boil. Cover with a lid and continue to cook for 20 minutes stirring occasionally.
- 3 Remove the lid and continue to cook for 10 to 15 minutes, stirring often until the stew has thickened.
- 4 Turn off the heat. Divide the stew between bowls and enjoy!



Beef Cabbage Soup

2 servings

1 hour

Ingredients

150 grams Lean Ground Beef
1/2 Yellow Onion (chopped)
1 1/2 Garlic (clove, minced)
3 grams Sea Salt
725 milligrams Black Pepper
16 grams Tomato Paste
710 milliliters Beef Broth (low sodium)
242 grams Diced Tomatoes (from the can, with the juice)
134 grams Green Cabbage (chopped)
1 Carrot (medium, chopped)

Directions

- 1 Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan.
- 2 Add the onion and cook for three to five minutes until softened. Stir in the garlic, salt, pepper and tomato paste and cook for another minute.
- 3 Add the broth and diced tomatoes and stir to combine then add the cabbage and carrots. Bring the soup to a gentle boil then reduce heat slight to simmer for 30 to 35 minutes or until the carrots and cabbage are tender.
- 4 Season with additional salt and pepper if needed then divide between bowls. Enjoy!



Cauliflower Shepherd's Pie

2 servings

50 minutes

Ingredients

1/2 head Cauliflower (chopped into florets)
15 milliliters Extra Virgin Olive Oil (divided)
1/2 Yellow Onion (diced)
1 Garlic (cloves, minced)
227 grams Extra Lean Ground Turkey
144 grams Mushrooms (sliced)
1 Carrot (diced)
1 stalk Celery (diced)
2 grams Italian Seasoning
750 milligrams Sea Salt

Directions

- 1 Preheat oven to 350°F (177°C).
- 2 Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
- 3 While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
- 4 Add the meat, and cook until browned.
- 5 Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
- 6 Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
- 7 Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
- 8 Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!



Beef & Turnip Stew

2 servings

50 minutes

Ingredients

10 milliliters Extra Virgin Olive Oil
2/3 White Onion (small, diced)
1 1/3 Carrot (large, chopped)
1 1/3 Turnip (medium, chopped)
302 grams Stewing Beef
1 gram Italian Seasoning
Sea Salt & Black Pepper (to taste)
631 milliliters Beef Broth
11 grams Cornstarch

Directions

1

Heat the oil in a pot over medium heat. Add the onion and stir for a couple of minutes, until fragrant. Add the carrots and turnip and stir for another couple of minutes. Then, add the beef and continue to cook for five minutes.

2

Add the Italian seasoning, salt, and pepper. Stir to mix, and then add the broth. Bring everything to a boil, then reduce the heat and cover with a lid. Simmer for 30 minutes or until everything is cooked through.

3

Add the cornstarch and stir well. Cook for another five minutes, or until the stew has thickened. Enjoy!