



Kelsie White Nutrition

REGISTERED DIETITIAN NUTRITIONIST

Fall Meal Plan

Kelsie White

<https://thehealthykels.com/>

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
- 3 tsps 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



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 tsp 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
Carbs	38g
Fiber	8g
Sugar	9g
Protein	10g
Cholesterol	0mg
Sodium	64mg

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.



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 tsps Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	516
Fat	36g
Carbs	33g
Fiber	6g
Sugar	13g
Protein	16g
Cholesterol	66mg
Sodium	1196mg

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.



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
Carbs	40g
Fiber	8g
Sugar	19g
Protein	23g
Cholesterol	4mg
Sodium	207mg

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.



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
Carbs	14g
Fiber	4g
Sugar	3g
Protein	32g
Cholesterol	142mg
Sodium	358mg

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.



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 tps Honey

Nutrition

Amount per serving	
Calories	686
Fat	43g
Carbs	54g
Fiber	8g
Sugar	10g
Protein	21g
Cholesterol	66mg
Sodium	1171mg

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.



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 tps 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
Carbs	5g
Fiber	2g
Sugar	3g
Protein	23g
Cholesterol	84mg
Sodium	458mg

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.



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
Carbs	58g
Fiber	8g
Sugar	5g
Protein	13g
Cholesterol	0mg
Sodium	102mg

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.



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	514
Fat	33g
Carbs	20g
Fiber	5g
Sugar	6g
Protein	34g
Cholesterol	78mg
Sodium	194mg

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.