



## Plant-Based Fall Meal Plan

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*Kelsie White Nutrition*

REGISTERED DIETITIAN NUTRITIONIST

Kelsie White

<https://thehealthykels.com/>

## Fruits

- 5 1/2 Apple
- 1/2 Avocado
- 4 Banana
- 6 Pear

## Breakfast

- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

- 3/4 cup Almonds
- 1/2 tsp Cardamom
- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 1/2 tsp Cumin
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 1/2 tsps Garlic Powder
- 1 tbsp Ground Flax Seed
- 1 tsp Paprika
- 1/4 cup Pecans
- 1/3 cup Pumpkin Seeds
- 2 1/16 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Walnuts

## Vegetables

- 6 cups Baby Spinach
- 2 cups Brussels Sprouts
- 5 cups Butternut Squash
- 3 Garlic
- 1 1/2 tbsps Ginger
- 14 cups Kale Leaves
- 1/3 cup Parsley
- 1/2 Red Bell Pepper
- 1 Sweet Potato
- 1 tbsp Thyme
- 1 1/2 Yellow Onion
- 4 Yellow Potato

## Boxed & Canned

- 3 1/2 cups Canned Coconut Milk
- 2 cups Chickpeas
- 1 1/4 cups Fire Roasted Diced Tomatoes
- 3 cups Green Lentils
- 1/2 cup Quinoa
- 2 cups Vegetable Broth, Low Sodium

## Baking

- 1/3 cup Dried Unsweetened Cranberries
- 3 1/2 cups Oats
- 1 1/8 tbsps Pumpkin Pie Spice
- 4 3/4 cups Pureed Pumpkin
- 2 tsps Vanilla Extract

## Bread, Fish, Meat & Cheese

- 3 1/2 ozs Sourdough Bread
- 7 ozs Tofu

## Condiments & Oils

- 2 1/4 tsps Balsamic Vinegar
- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini

## Cold

- 5 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

## Other

- 1 3/4 cups Vanilla Protein Powder
- 6 1/2 cups Water



## Pumpkin Pie Overnight Oats

2 servings

8 hours

### Ingredients

- 1 cup Oats (quick or traditional)
- 1 cup Unsweetened Almond Milk
- 1 cup Pureed Pumpkin
- 1 tbsp Chia Seeds
- 2 tbsps Maple Syrup
- 1 1/2 tsps Pumpkin Pie Spice
- 1/4 cup Pecans (toasted and chopped)

### Nutrition

Amount per serving	
Calories	381
Fat	15g
Carbs	56g
Fiber	11g
Sugar	17g
Protein	9g
Cholesterol	0mg
Sodium	92mg

### Directions

- 1 In a large bowl, combine the oats, almond milk, pumpkin puree, chia seeds, maple syrup and pumpkin pie spice. Mix well. Cover and store in the fridge overnight or until set.
- 2 Once set, divide into jars and top with toasted pecans. Enjoy cold or warm in the microwave for a minute before eating.

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**No Pumpkin Pie Spice:** Use cinnamon instead.

**No Pecans:** Use any type of crushed nuts or hemp seeds instead.





## Apple Crisp Yogurt Bowls

3 servings  
20 minutes

### Ingredients

- 1 1/2 Apple (cored, chopped)
- 1 1/2 cups Oats (rolled)
- 3 tbsps Maple Syrup
- 1 1/2 tsps Cinnamon
- 3 cups Unsweetened Coconut Yogurt

### Nutrition

Amount per serving	
Calories	366
Fat	10g
Carbs	66g
Fiber	10g
Sugar	23g
Protein	7g
Cholesterol	0mg
Sodium	55mg

### Directions

- 1 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 2 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

### Notes

**Leftovers:** Refrigerate separately in an airtight container for up to three days.

**Serving Size:** One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

**Additional Toppings:** Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.



## Roasted Butternut Squash Harvest Bowl

3 servings  
40 minutes

### Ingredients

3 cups Butternut Squash (diced into cubes)  
1 1/2 tbsps Extra Virgin Olive Oil (divided)  
1/2 cup Quinoa (uncooked)  
1 cup Water  
6 cups Kale Leaves (finely chopped)  
2 1/4 tsps Balsamic Vinegar  
Sea Salt & Black Pepper (to taste)  
1/3 cup Pumpkin Seeds  
1/3 cup Dried Unsweetened Cranberries

### Nutrition

Amount per serving	
Calories	394
Fat	18g
Carbs	52g
Fiber	8g
Sugar	14g
Protein	12g
Cholesterol	0mg
Sodium	33mg

### Directions

- 1 Preheat oven to 420°F (216°C) and line a baking sheet with parchment paper. Toss the butternut squash in half the olive oil and spread across the sheet. Bake in the oven for 20 to 25 minutes, or until lightly browned.
- 2 Combine the quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes, or until all water is absorbed. Fluff with a fork and set aside.
- 3 Heat remaining olive oil in a large skillet over medium-low heat. Add kale and saute until wilted (about 3 to 5 minutes). Turn off the heat.
- 4 Add the quinoa, roasted butternut squash and balsamic vinegar to the skillet then toss until well mixed. Season with sea salt and black pepper to taste.
- 5 Divide into bowls and top with pumpkin seeds and dried cranberries. Enjoy!

### Notes

**No Butternut Squash:** Use sweet potato, carrots or beets instead.

**Save Time:** Use frozen bagged butternut squash.

**Leftovers:** Keeps well in the fridge up to 3 - 4 days.

**Extra Flavour:** Toss the butternut squash in cinnamon before roasting.



## 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.





## Creamy Potato, Lentil & Kale Casserole

4 servings

1 hour

### Ingredients

- 3 Yellow Potato (thinly sliced)
- 2 cups Green Lentils (cooked, drained)
- 3 cups Kale Leaves (stems removed, leaves torn)
- 2 cups Canned Coconut Milk (full fat)
- 1 1/2 cups Pureed Pumpkin
- 1 1/2 tsps Garlic Powder
- 1 tbsp Thyme (stems removed)
- 1 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	491
Fat	22g
Carbs	60g
Fiber	15g
Sugar	8g
Protein	15g
Cholesterol	0mg
Sodium	646mg

### Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.
- 3 In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.
- 4 Divide onto plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to five days. Freeze for up to two months.

**Serving Size:** A 10 x 13-inch dish was used for 8 servings.



## Roasted Butternut Squash Soup with Crispy Kale

2 servings  
1 hour 30 minutes

### Ingredients

- 2 cups Butternut Squash
- 1/2 tsp Cinnamon (plus extra for garnish)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Apple (peeled, cored and sliced)
- 1/2 Yellow Onion (diced)
- 1 1/2 tsps Ginger (grated)
- 2 cups Vegetable Broth, Low Sodium
- 1/2 tsp Sea Salt (divided)
- 2 cups Kale Leaves (cut into large pieces)

### Nutrition

Amount per serving	
Calories	201
Fat	7g
Carbs	35g
Fiber	7g
Sugar	17g
Protein	3g
Cholesterol	0mg
Sodium	720mg

### Directions

- 1 Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
- 2 Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
- 3 Place a large pot over medium heat and add half of the oil. Add the apples, onion, and ginger and saute for about five minutes or until soft.
- 4 Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale.
- 5 Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining oil and salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
- 6 Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

### Notes

**Leftovers:** Refrigerate for up to four days. Freeze for up to three months.

**More Protein:** Blend in cooked red lentils.





## Chickpea & Potato Curry

3 servings  
20 minutes

### Ingredients

- 1/2 cup Water
- 1 Yellow Onion (medium, chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Ginger (fresh, grated or minced)
- 1 tbsp Curry Powder
- 2 tsp Garam Masala
- 1 1/2 tsp Chili Powder
- 1/2 tsp Sea Salt
- 2 cups Chickpeas (cooked, rinsed)
- 1 Yellow Potato (medium, peeled, diced)
- 1 1/2 cups Canned Coconut Milk
- 2 cups Baby Spinach

### Nutrition

Amount per serving	
Calories	489
Fat	25g
Carbs	55g
Fiber	14g
Sugar	11g
Protein	15g
Cholesterol	0mg
Sodium	497mg

### Directions

- 1 Heat the water in a pot over medium heat. Add onions, garlic, and ginger and cook for three to five minutes or until the onions begin to soften. Add the curry powder, garam masala, chili powder, and salt and continue to cook for another minute until fragrant.
- 2 Add the chickpeas and the potato to the pot and stir to combine. Add the coconut milk and cook for 10 to 12 minutes, stirring often to prevent sticking, until the potatoes are tender. If the potato is diced larger, it will take longer to cook.
- 3 Stir in the spinach until wilted and season with additional salt if needed. Divide between bowls and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days. Reheat with additional water or vegetable broth to thin if necessary.

**Serving Size:** One serving is approximately one cup of curry.

**More Flavor:** For a sweeter curry, add maple syrup or honey to taste. For a spicier curry, add red pepper flakes or cayenne pepper to taste. Use vegetable broth instead of water.

**Additional Toppings:** Fresh cilantro or lime wedges.

**No Chickpeas:** Use cooked lentils instead.



## Lentil, Roasted Sweet Potato & Brussels Sprouts Salad

2 servings

30 minutes

### Ingredients

- 1 Sweet Potato (medium. sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 1 1/2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Tahini
- 1 1/2 tsps Maple Syrup
- 2 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 cup Green Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

### Nutrition

Amount per serving	
Calories	355
Fat	12g
Carbs	50g
Fiber	16g
Sugar	10g
Protein	17g
Cholesterol	0mg
Sodium	199mg

### Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

### Notes

**No Brussels Sprouts:** Use broccoli instead.

**No Lentils:** Use chickpeas, tempeh, or tofu instead.