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Nutrition + Lifestyle

Healthier Holidays Week 1: Meal Planner

- Friday or Saturday: use a blank template to plan which meals you'll cook at home (and enjoy leftovers for lunch)?
- Plan which meals will you eat at a restaurant or away from home.
- Determine your proteins for the week. Cook/prepare on Saturday/Sunday and Wednesday.
- On Sunday: make extra portions to enjoy through Wednesday/Thursday. Plan to cook again on Wednesday night.
- How long does food last in the refrigerator? Check out www.stilltasty.com.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PREP/COOK DAY			COOK EXTRA	THANKSGIVING	COOK OR DINE OUT	SHOPPING DAY
Breakfast	Cranberry Orange Smoothie	Easy Green Smoothie	Peppermint Brownie Smoothie	Easy Green Smoothie	Cranberry Orange Smoothie	Blackberry Mint Smoothie	Avo Toast or Smoothie of Choice
Snack #1	¼ cup cashews	¼ cup walnuts	¼ cup almonds	Carrot sticks with 2 TB almond butter	¼ cup raw pistachios	¼ cup pumpkin seeds	¼ cup of walnuts
Lunch	Salad greens and non starchy vegetables with lean protein; homemade dressing of choice	Cauliflower Soup and salad with leftover salmon or other protein	Leftover Cauliflower Soup or Creamy Mushroom Soup and salad with lean protein.	Creamy Mushroom Soup and salad with lean protein.	Add Pumpkin Soup to the Thanksgiving menu. Fill up on veggie dishes and lean protein (turkey or baked tofu). Use Cashew Cream to garnish fresh berries or dessert.	Salad greens with lean protein.	Leftovers of soup or salad/protein or Smoothie
Snack #2	Red pepper strips with tahini dip	¼ cup Spiced Seed Mix	Sliced carrots with tahini dip	¼ cup Spiced Seed Mix		Spiced Seed Mix	Jicama sticks with Tahini Dip
Dinner and prep for the next day	Prep/chop veggies Prepare proteins for salads (chicken, tofu, eggs, shrimp) Make dressing(s) Make soup(s) Prep protein for salads Dinner: Cauliflower Soup or Dijon Salmon and Asparagus	Veggie frittata served with large green salad topped with ¼ Spiced Seed Mix or raw nuts	Leftover Veggie Frittata, sliced and served with salad greens and dressing. Serve with side of roasted or steamed veggies if desired. Or prepare soup of choice.	Thai Pumpkin Soup served with salad and dressing. Or "Emergency" meal of organic rotisserie chicken with roasted or steamed veggies and salad greens.		Thanksgiving leftovers — fill up on a large salad and roasted veggies.	Mediterranean Halibut with steamed veggies and/or salad.