



Healthy Weekly Meal Plan #11

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SPICY RD NUTRITION

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This week's fall-inspired meal plan includes five dinners, one smoothie, and one dessert. Enjoy!

Dinner Recipes

- Day 1: Lentil Turkey Lettuce Wraps + Sliced Apples with Cinnamon
- Day 2: Harissa Salmon with Butternut Squash + Quinoa or Rice
- Day 3: Eat the Rainbow Black Beans & Quinoa Salad + (Gluten-Free) Crackers with Guacamole
- Day 4: Roasted Squash Chickpea Pasta with Sage & Parmesan Cheese + Grapes
- Day 5: Chicken, Kale, & Sweet Potato Skillet with Greek Yogurt & Blueberries

Smoothie of the Week: Fresh Apple Pie Smoothie

Healthy Treat of the Week: Chocolate Almond Butter with Apple Slices

FRUITS

- 4 Apple
- 1/3 cup Blueberries
- 2 cups Grapes
- 1/4 cup Lime Juice

BREAKFAST

- 2 tbsps All Natural Peanut Butter
- 2 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 2 tpsps Cinnamon
- 1 tsp Dried Chives
- 1/2 tsp Dried Oregano
- 1/2 tsp Garlic Powder
- 1/2 tsp Ground Cinnamon
- 1/2 tsp Ground Cumin
- 1 tbsp Harissa
- 1/4 cup Pecans
- 1 cup Raw Almonds
- 1/4 cup Raw Peanuts
- 1/4 tsp Salt
- 1/3 tsp Sea Salt
- 0 Sea Salt & Black Pepper

VEGETABLES

- 1 Bell Pepper
- 5 cups Butternut Squash
- 1/2 cup Chopped Red Onion
- 1 cup Cilantro
- 1/2 bunch Cilantro
- 1/4 cup Cilantro Leaves
- 1 tbsp Fresh Ginger
- 1/3 cup Fresh Sage
- 2 stalks Green Onion
- 5 cups Kale Leaves
- 2 tbsps Parsley
- 1 Red Pepper
- 1 head Romaine
- 1 cup Sliced Grape Tomatoes
- 1/2 cup Sliced Green Onion
- 1/2 cup Sliced Radishes
- 1 Sweet Potato

BOXED & CANNED

- 1 can Black Beans
- 9 ozs Chickpea Pasta
- 1 cup Corn
- 2 ozs Gluten Free Crackers
- 1/2 cup Lentils
- 1/2 cup Quinoa
- 1 1/2 cups Uncooked Quinoa

BAKING

- 1 tbsp Cocoa Powder
- 1/3 cup Gluten Free Oats
- 2 tpsps Raw Honey

BREAD, FISH, MEAT & CHEESE

- 8 1/16 ozs Extra Lean Ground Chicken
- 1 lb Extra Lean Ground Turkey
- 1/3 cup Parmigiano Reggiano
- 12 ozs Salmon Fillet

CONDIMENTS & OILS

- 1 tbsp Coconut Oil
- 1 1/16 cups Extra Virgin Olive Oil
- 2 tpsps Garlic Oil
- 1/4 cup Gluten Free Tamari
- 2 tpsps Sesame Oil
- 1 tbsp Sunflower Oil
- 1/4 cup White Balsamic Vinegar
- 2 tpsps White Wine Vinegar

COLD

- 2 tbsps Guacamole
- 1 cup Milk
- 1/2 cup Plain Greek Yogurt

OTHER

- 0 Cumin Lime Dressing
- 1 cup Ice Cubes
- 1 cup Water

Healthy Lentil Turkey Lettuce Wraps

6 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Gluten Free Tamari
2 tbsps All Natural Peanut Butter
1 tbsp Maple Syrup
2 tsps White Wine Vinegar
2 tsps Sesame Oil
2 tsps Extra Virgin Olive Oil
1 lb Extra Lean Ground Turkey
1 Red Pepper (diced)
2 tsps Garlic Oil
1 tbsp Fresh Ginger (grated)
1/2 bunch Cilantro (divided)
1/2 cup Lentils (drained and rinsed)
2 stalks Green Onion (tops only)
1 head Romaine
1/4 cup Raw Peanuts (chopped)
1/4 cup Cilantro Leaves

NUTRITION

AMOUNT PER SERVING

Calories	253	Protein	20g
Fat	15g	Cholesterol	56mg
Saturated	3g	Sodium	727mg
Carbs	11g	Calcium	39mg
Fiber	3g	Iron	2mg
Sugar	5g	Vitamin D	11IU

DIRECTIONS

- 01 Make the hoisin sauce: Combine ingredients in a small bowl or jar, and stir with a whisk until well combined.
- 02 Remove the leaves from the cilantro and set aside. Chop stems & measure ~1/4 cup. Set aside.
- 03 Heat olive oil over medium heat in a large skillet. Add turkey and diced red pepper. Stir with a spoon or fork to break up turkey, and cook until meat is no longer pink.
- 04 Add garlic oil, grated ginger, chopped cilantro stems, lentils, hoisin sauce, and chopped green onions to turkey and pepper mixture. Stir well to combine, and cook for an additional 5 minutes to allow flavors to develop, and ingredients to heat through. Turn off heat, and allow to cool slightly.
- 05 While filling is cooling off, carefully remove the leaves from the lettuce. Scoop filling, dividing equally, into lettuce leaves. Top with chopped peanuts and cilantro leaves as desired.

NOTES

HOISIN SAUCE NOTE

This homemade hoisin sauce has been adapted to be low FODMAP. If you don't feel you need that option, feel free to use 1/3 cup of your own recipe or a store bought sauce.

Apple Slices with Cinnamon

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Apple

1 tsp Cinnamon

NUTRITION

AMOUNT PER SERVING

Calories	98	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	2mg
Carbs	26g	Calcium	24mg
Fiber	5g	Iron	0mg
Sugar	19g	Vitamin D	0IU

DIRECTIONS

01 Slice apple and cut out the core.

02 Sprinkle with cinnamon.

03 Enjoy!

Harissa Salmon with Butternut Squash & Quinoa

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, rinsed)
2 cups Butternut Squash (peeled, seeds removed and cubed)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 tbsp Harissa
2 tsps Raw Honey
12 ozs Salmon Fillet
2 tbsps Parsley (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	583	Protein	45g
Fat	24g	Cholesterol	87mg
Saturated	4g	Sodium	143mg
Carbs	50g	Calcium	108mg
Fiber	6g	Iron	4mg
Sugar	8g	Vitamin D	957IU

DIRECTIONS

- 01 Cook the quinoa according to the package directions.
- 02 Meanwhile, preheat the oven to 400°F (205°C). Place the squash on a baking sheet, drizzle with half of the oil, and season with salt and pepper. Transfer to the oven and cook for 15 minutes.
- 03 While the squash cooks, combine the harissa, honey, and remaining oil in a small bowl. Place the salmon on a separate baking sheet and season with salt and pepper. Rub the harissa mixture over the salmon.
- 04 Transfer the salmon to the oven and bake for 10 to 15 minutes or until flaky and cooked to your liking. The timing will depend on the thickness of your fillet(s).
- 05 Divide the salmon, quinoa, and squash evenly between plates. Garnish with the parsley and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately one piece of salmon, one cup of squash, and 3/4 cup of cooked quinoa.

Eat the Rainbow Black Beans and Quinoa Salad Recipe

6 SERVINGS 25 MINUTES



INGREDIENTS

1 1/2 cups Uncooked Quinoa
1/4 cup Lime Juice (from ~ 3 limes)
1/2 cup Extra Virgin Olive Oil
1/4 cup White Balsamic Vinegar
1/2 tsp Dried Oregano
1/2 tsp Ground Cumin
1/4 tsp Salt (or to taste)
1/8 tsp Black Pepper
1 can Black Beans (15-oz can)
1 cup Corn (frozen or fresh kernels)
1 Bell Pepper (red, orange, or yellow)
1 cup Cilantro
1/2 cup Chopped Red Onion
1/2 cup Sliced Radishes
1/2 cup Sliced Green Onion
1 cup Sliced Grape Tomatoes
Cumin Lime Dressing

NUTRITION

AMOUNT PER SERVING

Calories	378	Protein	8g
Fat	21g	Cholesterol	0mg
Saturated	3g	Sodium	113mg
Carbs	43g	Calcium	55mg

DIRECTIONS

- 01 Cook the quinoa according to package directions. Fluff with a fork when finished cooking.
- 02 Juice enough limes to make 1/4 cup of lime juice.
- 03 Combine lime juice with vinegar, olive oil, oregano, cumin, salt, and pepper in a large mason jar. Shake well to combine ingredients.
- 04 Prep the vegetables: Cut bell pepper into ~ 1/4 inch dice. Loosely chop the cilantro (ok to keep stems). Finely chop red onion. Thinly slice the radishes and cut in half. Slice the green portion of the green onions. Slice the tomatoes into bite-size pieces.
- 05 Rinse and drain the black beans.
- 06 Assemble the salad in a large serving bowl. Add warm quinoa to the bowl along with frozen or fresh (cooked) corn kernels. Add all the vegetables and the black beans. Stir well to combine all the ingredients.
- 07 Pour dressing on top and stir well. Season with additional salt and pepper if desired before serving.

NOTES

LOW FODMAP OPTION

Low FODMAP Option: Omit the red onion and add extra green onion tops. Swap the black beans for canned, rinsed, and drained lentils or chickpeas.

OPTIONAL FOR SERVING

Avocado slices, queso fresco, or any shredded cheese, tortilla chips, Greek yogurt, or light sour cream.

Fiber	6g	Iron	3mg
Sugar	6g	Vitamin D	0IU

MEAL PREP

You can make the dressing and cook the quinoa ahead of time. Store prepared salad in the refrigerator in a well-sealed container for up to three days.

Gluten Free Crackers & Guacamole

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Guacamole
2 ozs Gluten Free Crackers

NUTRITION

AMOUNT PER SERVING

Calories	319	Protein	5g
Fat	16g	Cholesterol	0mg
Saturated	2g	Sodium	544mg
Carbs	41g	Calcium	11mg
Fiber	4g	Iron	2mg
Sugar	7g	Vitamin D	0IU

DIRECTIONS

01 Add the ingredients to a bowl and enjoy!

NOTES

ADDITIONAL TOPPINGS

Black beans and/or shredded cheese.

GLUTEN-FREE

Use gluten-free crackers.

Roasted Squash Chickpea Pasta with Sage & Parmesan Cheese

4 SERVINGS 40 MINUTES



INGREDIENTS

3 cups Butternut Squash (peeled, seeds removed and cubed)
1/3 cup Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
9 ozs Chickpea Pasta
1 cup Water (reserved from cooking pasta)
1/3 cup Fresh Sage
4 cups Kale Leaves (finely shredded)
1/3 cup Parmigiano Reggiano (finely grated)
1/4 cup Pecans (toasted, finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	534	Protein	21g
Fat	32g	Cholesterol	8mg
Saturated	5g	Sodium	144mg
Carbs	52g	Calcium	305mg
Fiber	14g	Iron	8mg
Sugar	8g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the squash on the prepared baking sheet and drizzle with 1 1/2 tablespoons of the oil and season with salt and pepper. Transfer to the oven and cook for 25 to 30 minutes, tossing halfway through, until roasted and cooked through.
- 02 Meanwhile, cook the spaghetti according to the package directions. Once done, drain and reserve some of the pasta water.
- 03 Add the remaining oil to the pan. Add the sage and cook until crispy, stirring often, about one to two minutes. Remove the sage with a slotted spoon and set aside. Add the kale to the pan and cook until wilted, about two minutes.
- 04 Add the pasta to the pan, along with the reserved water, sage oil, and squash. Cook for a few minutes until a sauce forms, stirring frequently. Remove from the heat and stir in the parmesan cheese.
- 05 Divide the pasta evenly between serving plates and top with the sage and pecans. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Chili flakes.

MORE FLAVOR

Add a squeeze of lemon juice.

Grapes

2 SERVINGS 2 MINUTES



INGREDIENTS

2 cups Grapes

DIRECTIONS

01 Wash grapes, divide into bowls and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	62	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	2mg
Carbs	16g	Calcium	13mg
Fiber	1g	Iron	0mg
Sugar	15g	Vitamin D	0IU

Chicken, Kale & Sweet Potato Skillet

2 SERVINGS 20 MINUTES



INGREDIENTS

8 1/16 ozs Extra Lean Ground Chicken
1 tsp Dried Chives
1/2 tsp Garlic Powder
1/4 tsp Sea Salt (divided)
1 tbsp Coconut Oil
1 Sweet Potato (medium, peeled and diced)
1 cup Kale Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	285	Protein	21g
Fat	16g	Cholesterol	98mg
Saturated	8g	Sodium	405mg
Carbs	14g	Calcium	54mg
Fiber	2g	Iron	2mg
Sugar	3g	Vitamin D	0IU

DIRECTIONS

- 01 Heat a skillet or pan over medium heat. Add the chicken to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, season with the chives, garlic powder, and half of the salt. Transfer to a bowl and set aside.
- 02 Add the coconut oil to the pan. Add the sweet potatoes and cook for eight to 10 minutes, stirring often, until the sweet potatoes are tender and browned.
- 03 Add the kale and the cooked chicken to the pan with the sweet potatoes and continue to cook for one to two minutes until the kale has wilted and the chicken has warmed through. Season with the remaining salt.
- 04 Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately equal to two cups.

MORE FLAVOR

Add other dried herbs and spices to taste.

NO CHICKEN

Use turkey or pork instead.

NO COCONUT OIL

Use avocado oil or extra virgin olive oil instead.

NO CHIVES

Use another dried herb instead.

SWEET POTATO

One medium sweet potato is approximately equal to two cups diced.

Greek Yogurt & Blueberries

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1/3 cup Blueberries

NUTRITION

AMOUNT PER SERVING

Calories	119	Protein	11g
Fat	3g	Cholesterol	17mg
Saturated	2g	Sodium	71mg
Carbs	13g	Calcium	253mg
Fiber	1g	Iron	0mg
Sugar	8g	Vitamin D	50IU

DIRECTIONS

01 Add the yogurt and blueberries to a bowl and enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh with ingredients refrigerated separately.

MAKE IT VEGAN

Use dairy-free yogurt.

ADDITIONAL TOPPINGS

Nuts and seeds.

Fresh Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (medium to large; core removed, chopped)

1 cup Milk (dairy or non-dairy)

1/3 cup Gluten Free Oats (use certified gluten-free oats if needed)

2 tsps Maple Syrup (or other natural sweetener)

1/2 tsp Ground Cinnamon (plus more for garnish)

1 cup Ice Cubes

NUTRITION

AMOUNT PER SERVING

Calories	383	Protein	12g
Fat	10g	Cholesterol	24mg
Saturated	5g	Sodium	110mg
Carbs	65g	Calcium	324mg
Fiber	8g	Iron	1mg
Sugar	40g	Vitamin D	0IU

DIRECTIONS

- 01 Place all ingredients in a blender such as a Vitamix, and blend until desired consistency is achieved. Serve in a glass with additional cinnamon sprinkled on top.

NOTES

NUTRITION INFORMATION

Nutrition information for version with whole milk. This will change if you use a plant-based milk or low fat milk.

INGREDIENT SWAPS

For a plant based version with additional protein, choose unsweetened organic soymilk. Don't have maple sugar? Maple syrup works well too. Or, choose a natural low cal sweetener like erythritol, stevia, or monk fruit.

INGREDIENT ADDITIONS

Ginger and cardamom would also be tasty in this apple smoothie! For additional protein, fiber, and healthy fats you can add peanut butter, almond butter, chia seeds, hemp seeds, or walnuts. Any others you would add?

Mexican Chocolate Almond Butter

10 SERVINGS 5 MINUTES



INGREDIENTS

1 cup Raw Almonds
1 tbsp Cocoa Powder
1 tbsp Maple Syrup
1 tbsp Sunflower Oil (or almond oil, macadamia nut oil, etc)
1 tsp Cinnamon
1/8 tsp Sea Salt (or to taste)

NUTRITION

AMOUNT PER SERVING

Calories	102	Protein	3g
Fat	9g	Cholesterol	0mg
Saturated	1g	Sodium	30mg
Carbs	5g	Calcium	44mg
Fiber	2g	Iron	1mg
Sugar	2g	Vitamin D	0IU

DIRECTIONS

01 Combine all ingredients in a food processor. Process until smooth consistency is achieved, scraping down side periodically as needed. Store in refrigerator until ready to eat.

NOTES

NUTRITION

Gluten-free, vegan, and very low in sugar at less than 2 grams per serving.

SERVING IDEAS

Enjoy this almond butter as a snack to dip fruits in or add it to your morning oatmeal or parfait for a low-sugar treat!

Apple

1 SERVING 2 MINUTES



INGREDIENTS

1 Apple

DIRECTIONS

01 Slice into wedges, or enjoy whole.

NUTRITION

AMOUNT PER SERVING

Calories	95	Protein	0g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	2mg
Carbs	25g	Calcium	11mg
Fiber	4g	Iron	0mg
Sugar	19g	Vitamin D	0IU