



Healthy Weekly Meal Plan No.
13

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Enjoy this week's healthy meal plan!

Breakfast

- Corn & Feta Breakfast Tacos

Smoothie

- Kiwi Lime Smoothie

Dinners

- Gluten-Free Vegetable Quiche
- Grilled Chicken with Avocado Peach Salsa
- Strawberry Arugula Salad with Chicken
- Kale & White Bean Salmon Salad

Easy Lunch

- Kale & Lentil Salad

Dessert

- Berry Coconut Frozen Yogurt

OPTIONAL SHOPPING LIST ADDITIONS

- Lettuce Greens
- Rice or quinoa (optional-to serve with the chicken)
- Add your favorite summer fresh fruit to enjoy with any of the dinners.

Fruits

- 1/2 Avocado
- 2 Kiwi
- 3/4 Lemon
- 1 tbsp Lemon Juice
- 2 Lime
- 2 tbsps Lime Juice
- 2 Peach
- 2 cups Strawberries
- 5 Strawberries

Seeds, Nuts & Spices

- 2 tbsps Almonds
- 2 Black Pepper
- 2 tbsps Chili Powder
- 1/4 tsp Dry Mustard Powder
- 1/4 tsp Salt
- 1 tsp Sea Salt
- 1 Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Slivered Almonds

Frozen

- 2 cups Frozen Berries

Vegetables

- 6 cups Arugula
- 1 3/4 cups Cherry Tomatoes
- 1 cup Chopped Fresh Asparagus*
- 1/3 cup Cilantro
- 2 stalks Green Onion
- 1/2 Jalapeno Pepper
- 5 cups Kale Leaves
- 1/2 Large Onion
- 1 cup Microgreens
- 2 tbsps Parsley
- 1/2 cup Radicchio
- 1/2 cup Red Onion

Boxed & Canned

- 1 cup Cannellini Beans
- 1/4 cup Corn
- 1/2 cup Lentils

Baking

- 3 tbsps Gluten Free Flour
- 1 Gluten Free Pie Crust

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Thighs
- 8 ozs Cooked Chicken Breast
- 2 Corn Tortilla
- 3 tbsps Feta Cheese
- 2 ozs Goat Cheese
- 1 1/2 cups Gruyere)
- 10 ozs Salmon Fillet

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil

Cold

- 1 tbsp Butter
- 3 Egg
- 4 Large Eggs
- 1 1/2 cups Milk*
- 1 cup Unsweetened Almond Milk
- 1/2 cup Unsweetened Coconut Yogurt

Other

- 1/4 cup Vanilla Protein Powder



Corn & Feta Breakfast Tacos

1 serving
15 minutes

Ingredients

- 3 Egg
- 3 tbsps Feta Cheese (crumbled)
- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Cherry Tomatoes (chopped)
- 1/4 cup Corn
- 2 stalks Green Onion (chopped, divided)
- Sea Salt & Black Pepper (to taste)
- 2 Corn Tortilla (small, warmed)
- 2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	527
Fat	27g
Saturated	9g
Carbs	43g
Fiber	4g
Sugar	5g
Protein	27g
Cholesterol	583mg
Sodium	545mg
Potassium	563mg
Vitamin A	3247IU
Vitamin C	26mg
Calcium	454mg
Iron	5mg
Vitamin D	128IU
Magnesium	49mg

Directions

- 1 In a bowl, whisk together the eggs and feta. Set aside.
- 2 Heat the oil in a pan over medium heat. Add the tomatoes, corn, and half of the green onion.
- 3 Sauté for three to five minutes or until the veggies have softened. Add the whisked eggs and feta and season with salt and pepper. Scramble until cooked to your desired doneness.
- 4 Divide the scramble evenly between the warmed tortillas and top with the remaining green onion and parsley. Enjoy!

Notes

Leftovers: Best enjoyed fresh.

More Flavor: Add garlic while sautéing the veggies.

Additional Toppings: Top with hot sauce or chili flakes.



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	209
Fat	4g
Saturated	0g
Carbs	26g
Fiber	6g
Sugar	13g
Protein	22g
Cholesterol	4mg
Sodium	204mg
Potassium	639mg
Vitamin A	641IU
Vitamin C	141mg
Calcium	618mg
Iron	1mg
Vitamin D	101IU
Magnesium	91mg

Directions

- 1 Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Best Gluten Free Quiche Recipe-Easy, Vegetarian

8 servings

1 hour

Ingredients

- 1 Gluten Free Pie Crust (i.e. Wholly Wholesome Gluten-Free)
- 1 1/2 cups Gruyere) (grated; or any other cheese see notes)
- 1 tbsp Butter (or olive oil)
- 1/2 Large Onion (finely chopped; omit for low FODMAP version)
- 1 cup Chopped Fresh Asparagus* (~ 14 spears cut into 1-in pieces; or other vegetables)
- 4 Large Eggs
- 1 1/2 cups Milk* (2% cow's milk)
- 3 tbsps Gluten Free Flour (sorghum or rice flour)
- 1/4 tsp Salt
- 1/4 tsp Dry Mustard Powder

Directions

- 1 Preheat the oven to 375 degrees F. Place unbaked pie crust on a baking sheet. Spread grated cheese on top of crust.
- 2 Heat a skillet over medium high heat. Add butter, onion, and asparagus. Saute for ~3 minutes, or until onion is translucent. Spread the sauted veggies on top of grated cheese. he
- 3 Blend the eggs, milk, flour, salt, and mustard, in a blender until well combined. Pour mixture over cheese and veggies.
- 4 Bake in oven for 40-45 minutes. Check quiche after 30 minutes. If crust is getting too brown, cover it with aluminum foil to finish baking. Quiche is ready when it's solid in the center when jiggled.

Nutrition

Amount per serving	
Calories	218
Fat	9g
Saturated	5g
Carbs	6g
Fiber	1g
Sugar	3g
Protein	8g
Cholesterol	30mg
Sodium	241mg
Potassium	125mg
Vitamin A	44IU
Vitamin C	2mg

Calcium	266mg
Iron	0mg
Vitamin D	0IU
Magnesium	15mg



Grilled Chicken with Peach & Avocado Salsa

2 servings

30 minutes

Ingredients

- 10 ozs Chicken Thighs (boneless, skinless)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Chili Powder
- 1/2 tsp Sea Salt (divided)
- 1/2 Avocado (medium, diced)
- 1/2 cup Cherry Tomatoes (chopped)
- 1 Peach (medium, chopped)
- 3 tbsps Red Onion (finely chopped)
- 1 Lime (medium, juiced)
- 2 tbsps Cilantro (finely chopped)

Nutrition

Amount per serving	
Calories	441
Fat	28g
Saturated	5g
Carbs	20g
Fiber	8g
Sugar	9g
Protein	31g
Cholesterol	133mg
Sodium	961mg
Potassium	1027mg
Vitamin A	3113IU
Vitamin C	23mg
Calcium	58mg
Iron	3mg
Vitamin D	1IU
Magnesium	73mg

Directions

- 1 Preheat the grill to medium heat. In a bowl, combine the chicken, oil, chili powder, and half of the salt.
- 2 Grill the chicken for seven to eight minutes per side or until cooked through. Let the chicken rest for five minutes before slicing.
- 3 Meanwhile, prepare the salsa by combining the avocado, cherry tomatoes, peach, onion, lime juice, cilantro, and the remaining salt.
- 4 Divide the chicken evenly onto plates and top with the salsa. Enjoy!

Notes

Leftovers: Refrigerate the salsa separately from the chicken in an airtight container for up to three days. Note that the avocado may brown slightly and is best enjoyed fresh.

Serving Size: One serving is approximately 3/4 cup of chicken and 3/4 cup of salsa.

More Flavor: Add minced garlic to the salsa.



Peach Salsa

2 servings

10 minutes

Ingredients

- 1 Peach (large, finely chopped)
- 1/4 cup Red Onion (finely diced)
- 1/2 Jalapeno Pepper (finely chopped)
- 3 tbsps Cilantro (finely chopped)
- 2 tbsps Lime Juice
- 1/4 tsp Sea Salt

Nutrition

Amount per serving	
Calories	42
Fat	0g
Saturated	0g
Carbs	11g
Fiber	2g
Sugar	8g
Protein	1g
Cholesterol	0mg
Sodium	297mg
Potassium	206mg
Vitamin A	391IU
Vitamin C	16mg
Calcium	13mg
Iron	0mg
Vitamin D	0IU
Magnesium	11mg

Directions

- 1 Combine all of the ingredients in a bowl and mix well. Serve, and enjoy!

Notes

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

Serving Size: One serving is equal to approximately 1/4 cup.

Serve it With: Tortilla chips, in salads or bowls, on burgers, on tacos, or with protein of choice.



Strawberry Arugula Salad with Chicken, Goat Cheese, Almonds, and Strawberry Lemon Vinaigrette

2 servings

10 minutes

Ingredients

2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
5 Strawberries (tops removed)
1/8 tsp Sea Salt
1 Black Pepper (to taste)
6 cups Arugula (or rocket, kale, or other leafy green)
2 cups Strawberries (sliced)
8 ozs Cooked Chicken Breast
2 ozs Goat Cheese (crumbled)
3 tbsps Slivered Almonds
1 cup Microgreens (optional for garnish)

Nutrition

Amount per serving	
Calories	509
Fat	29g
Saturated	7g
Carbs	21g
Fiber	6g
Sugar	12g
Protein	45g
Cholesterol	143mg
Sodium	341mg
Potassium	906mg
Vitamin A	1679IU
Vitamin C	112mg
Calcium	178mg
Iron	3mg
Vitamin D	1IU

Directions

- 1 Prepare the salad dressing by combining the olive oil, vinegar, lemon juice, strawberries, salt and pepper in a blender, and blend on high until smooth. Set aside, or store in refrigerator until ready to use.
- 2 To assemble the salads, place 3 cups each of arugula or other salad greens on two plates. Divide remaining ingredients in half and top greens with sliced strawberries, sliced chicken breast, goat cheese, and slivered almonds. Drizzle salad dressing evenly over each plate, and top each salad with 1/2 cup {optional} micro greens. Serve immediately.

Notes

Recipe Timing: Cook/Prep time assumes you already have pre-cooked chicken breast or a rotisserie chicken. Total time will be longer if you don't already have pre-cooked chicken.

Vegan Option: To make this recipe vegan, omit the goat cheese and chicken breast and add crumbled tofu, chickpeas, or your other favorite protein source.

Magnesium

89mg



Kale & White Bean Salad with Salmon

2 servings

20 minutes

Ingredients

- 10 ozs Salmon Fillet
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 3 cups Kale Leaves (chopped)
- 1/2 Lemon (medium, juiced)
- 1 cup Cannellini Beans (cooked)

Nutrition

Amount per serving	
Calories	369
Fat	14g
Saturated	2g
Carbs	23g
Fiber	7g
Sugar	2g
Protein	37g
Cholesterol	72mg
Sodium	467mg
Potassium	642mg
Vitamin A	1746IU
Vitamin C	34mg
Calcium	114mg
Iron	3mg
Vitamin D	798IU
Magnesium	54mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Place the salmon on the baking sheet, drizzle with half of the oil, and season with salt and pepper. Cook in the oven for 12 to 15 minutes, or until cooked through.
- 2 Meanwhile, add the kale, lemon juice, remaining oil, salt, and pepper to a bowl. Massage the kale with your hands until softened, then add the white beans.
- 3 Divide the kale and bean salad evenly between plates. Top with cooked salmon. Enjoy!

Notes

Leftovers: Refrigerate the salad and salmon separately in airtight containers for up to three days.

Serving Size: One serving is approximately two cups of salad and one piece of salmon.

More Flavor: Add avocado and cucumber to the salad.



Easy Lentil Salad with Kale, Cherry Tomatoes, Almonds and Lemon Vinaigrette

1 serving
10 minutes

Ingredients

- 2 cups Kale Leaves (chopped)
- 3/4 cup Cherry Tomatoes (halved)
- 1/2 cup Radicchio (chopped)
- 1/2 cup Lentils
- 2 tbsps Almonds (slivered)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juice)
- 1 Sea Salt (to taste)
- 1 Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	436
Fat	23g
Saturated	3g
Carbs	42g
Fiber	16g
Sugar	6g
Protein	18g
Cholesterol	0mg
Sodium	122mg
Potassium	834mg
Vitamin A	13945IU
Vitamin C	41mg
Calcium	243mg
Iron	7mg
Vitamin D	0IU
Magnesium	99mg

Directions

- 1 Place kale, cherry tomatoes, optional Radicchio, lentils, and almonds in a salad bowl. Top with olive oil, lemon juice, and salt and pepper to taste. Toss well, then serve.

Notes

Low FODMAP Option: Use canned, well-rinsed, and drained lentils.



Berry Coconut Frozen Yogurt

2 servings

30 minutes

Ingredients

2 cups Frozen Berries
1/2 cup Unsweetened Coconut Yogurt

Nutrition

Amount per serving	
Calories	108
Fat	2g
Saturated	2g
Carbs	23g
Fiber	6g
Sugar	15g
Protein	2g
Cholesterol	0mg
Sodium	12mg
Potassium	226mg
Vitamin A	0IU
Vitamin C	40mg
Calcium	151mg
Iron	2mg
Vitamin D	0IU
Magnesium	0mg

Directions

- 1 Add all of the ingredients to a food processor or high-speed blender and blend until a creamy consistency is reached. Occasionally, scrape down the sides and continue to blend if needed.
- 2 Divide into bowls right away for a soft serve style frozen yogurt or freeze for 20 to 30 minutes for a slightly firmer texture. Enjoy!

Notes

Leftovers: Freeze in an airtight container for up to one week.

Serving Size: One serving is approximately 2/3 cup.