



**E.A. Stewart**  
SPICY RD NUTRITION

Spicy RD Nutrition Weekly  
Healthy Meal Plan No. 14

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EA Stewart

<https://www.eastewart.com>

Enjoy this week's healthy meal plan for the week of September 1, 2025!

## Breakfast

- Blueberry Baked Oatmeal

## Smoothie

- Berry Oat Smoothie

## Lunch

- Miso Broccoli Quinoa Salad

## Dinners

- Honey Garlic Shrimp Bowl
- Chicken Salad + Rotisserie Chicken
- Mediterranean White Bean Salad
- Chicken Salad on Zucchini Chips

## Dessert

- Peach Tart

## SHOPPING LIST ADDITIONS:

- Add a cooked rotisserie chicken to go with the chickpea salad.
- Add your favorite summer fresh fruit to enjoy with any of the dinners.

### Fruits

- 1/2 Banana
- 2 1/4 cups Blueberries
- 1/4 cup Champagne Grapes
- 2 cups Grape Tomatoes
- 3 Peach
- 1/3 cup Strawberries

### Breakfast

- 1/2 cup Maple Syrup

### Seeds, Nuts & Spices

- 2 tsps Cinnamon
- 1 tsp Ground Ginger
- 2 tsps Hemp Seeds
- 1 cup Pecans
- 2 tsps Pine Nuts
- 0 Salt And Pepper
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Sesame Seeds
- 1/4 cup Sunflower Seeds

### Frozen

- 2 cups Frozen Berries
- 2 cups Frozen Vegetable Mix
- 5 Ice Cubes

### Vegetables

- 2 cups Baby Arugula
- 2 tbsps Basil Leaves
- 3 cups Broccoli
- 1 Cucumber
- 1 cup Fresh Cilantro
- 2 tbsps Fresh Dill
- 2 Garlic
- 1 tsp Ginger
- 1/4 head Green Lettuce
- 2 stalks Green Onion
- 1 Red Bell Pepper
- 2 tbsps Red Onion
- 1 tsp Rosemary
- 1/2 Sweet Onion
- 1/2 Yellow Summer Squash
- 1/2 Zucchini

### Boxed & Canned

- 2 cups Chickpeas
- 1/2 cup Jasmine Rice
- 2/3 cup Quinoa
- 2 cups White Navy Beans

### Baking

- 2 cups Almond Flour
- 2 tsps Baking Powder
- 1 tbsp Brown Sugar
- 2 3/4 cups Oats
- 1 tsp Pure Vanilla Extract
- 1 tbsp Raw Honey
- 1 tbsp Vanilla Extract

### Bread, Fish, Meat & Cheese

- 4 ozs Cooked Chicken Breast
- 6 ozs Neufatchel Cheese
- 8 ozs Shrimp

### Condiments & Oils

- 1/4 cup Avocado Oil
- 2 tsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 1/3 cup Green Olives
- 2 tbsps Mayonnaise
- 1 tbsp Miso Paste
- 2 tbsps Rice Vinegar
- 2 tbsps Soy Sauce, Low Sodium
- 3 tbsps Sun Dried Tomatoes
- 1 tbsp Sunflower Seed Butter
- 1/4 cup White Balsamic Vinegar

### Cold

- 1 3/4 cups Cow's Milk, Whole
- 2 Egg
- 1 tbsp Egg Whites
- 1 1/8 cups Plain Greek Yogurt
- 1 cup Soy Milk

### Other

- 1/4 cup Vanilla Protein Powder



## Blended Blueberry Baked Oatmeal with Pecans

6 servings

45 minutes

### Ingredients

- 2 1/2 cups Oats (rolled)
- 1 3/4 cups Cow's Milk, Whole
- 1/2 cup Plain Greek Yogurt
- 2 Egg
- 1/4 cup Maple Syrup
- 2 tsps Cinnamon
- 2 tsps Baking Powder
- 1 tbsp Vanilla Extract
- 1/2 tsp Sea Salt
- 2 cups Blueberries
- 2/3 cup Pecans (chopped)

### Nutrition

Amount per serving	
Calories	358
Fat	15g
Saturated	3g
Carbs	46g
Fiber	6g
Sugar	18g
Protein	12g
Cholesterol	72mg
Sodium	430mg
Potassium	358mg
Vitamin A	345IU
Vitamin C	6mg
Calcium	272mg
Iron	2mg
Vitamin D	58IU
Magnesium	76mg

### Directions

- 1 Preheat the oven to 375°F (190°C) and grease a baking dish with oil.
- 2 Add the oats, milk, yogurt, egg, maple syrup, cinnamon, baking powder, vanilla, and salt to a blender. Blend on high until smooth.
- 3 Pour the oat mixture into the prepared baking dish. Top with blueberries and pecans. Bake for 35 to 40 minutes until cooked through or a toothpick inserted comes out clean.
- 4 Let cool slightly and then slice and serve. Enjoy!

### Notes

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

**Serving Size:** An 8 x 8-inch (20 x 20 cm) baking dish was used to make six servings. One serving is one slice.



## Berry Oat Smoothie

1 serving

5 minutes

### Ingredients

- 1 cup Soy Milk
- 1/4 cup Blueberries
- 1/2 Banana
- 1/3 cup Strawberries
- 5 Ice Cubes
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Oats
- 2 tsps Hemp Seeds
- 1 tbsp Sunflower Seed Butter

### Directions

1

Add all of the ingredients to a blender and blend until smooth. Serve and enjoy!

### Notes

**Leftovers:** Best enjoyed immediately.

**Serving Size:** One serving is approximately 1 1/2 cups.

### Nutrition

Amount per serving	
Calories	492
Fat	18g
Saturated	2g
Carbs	54g
Fiber	8g
Sugar	24g
Protein	34g
Cholesterol	4mg
Sodium	156mg
Potassium	978mg
Vitamin A	73IU
Vitamin C	37mg
Calcium	452mg
Iron	4mg
Vitamin D	0IU
Magnesium	233mg



## Miso Broccoli Quinoa Salad

4 servings

25 minutes

### Ingredients

2/3 cup Quinoa  
3 cups Broccoli (Chopped and steamed. Heads only for low FODMAP version.)  
3 tbsps Extra Virgin Olive Oil  
1 tbsp Miso Paste (White Miso)  
2 tbsps Rice Vinegar  
2 cups Baby Arugula  
1/4 cup Sunflower Seeds  
Sea Salt (To taste)

### Directions

- 1 Cook the quinoa in a medium pot, according to directions. Steam the broccoli in a separate pot on the stove, or in the microwave.
- 2 While quinoa and broccoli are cooking, make the dressing: In a small bowl, whisk together the olive oil, miso, and rice vinegar. Set aside.
- 3 In a large bowl, combine the cooked quinoa, steamed broccoli, arugula, and sunflower seeds. Add the dressing and the salt. Toss gently until combined.

### Nutrition

Amount per serving	
Calories	274
Fat	16g
Saturated	2g
Carbs	26g
Fiber	5g
Sugar	2g
Protein	8g
Cholesterol	0mg
Sodium	235mg
Potassium	481mg
Vitamin A	667IU
Vitamin C	63mg
Calcium	67mg
Iron	2mg
Vitamin D	0IU
Magnesium	85mg



## Honey Garlic Shrimp Meal Prep Bowls

2 servings

30 minutes

### Ingredients

- 1/2 cup Jasmine Rice (dry)
- 1 tbsp Raw Honey
- 2 tbsps Soy Sauce, Low Sodium
- 2 Garlic (clove, minced)
- 1 tsp Ginger (grated)
- 1 tbsp Extra Virgin Olive Oil (divided)
- 2 cups Frozen Vegetable Mix (thawed)
- 8 ozs Shrimp (large, peeled, deveined)
- 2 stalks Green Onion (chopped)
- 1 1/2 tsps Sesame Seeds (toasted)

### Nutrition

Amount per serving	
Calories	494
Fat	9g
Saturated	1g
Carbs	73g
Fiber	10g
Sugar	14g
Protein	33g
Cholesterol	183mg
Sodium	712mg
Potassium	703mg
Vitamin A	8265IU
Vitamin C	8mg
Calcium	156mg
Iron	3mg
Vitamin D	0IU
Magnesium	101mg

### Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, in a bowl, whisk together the honey, soy sauce, garlic, and ginger.
- 3 In a pan, heat half of the oil over medium heat. Add the mixed vegetables and sauté for four to five minutes until just tender. Remove the vegetables from the pan and set aside.
- 4 Heat the remaining oil in the same pan over medium-high heat. Add the shrimp in a single layer and sear for one to two minutes per side until cooked through. Add the prepared sauce and cook, stirring, for one minute until the sauce thickens.
- 5 Divide the rice, vegetables, and shrimp evenly between plates or containers. Garnish with green onions and sesame seeds. Enjoy!

### Notes

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

**Serving Size:** One serving is approximately eight shrimp, one cup of vegetables, and one cup of rice.

**More Flavor:** Add a splash of lime juice and chopped cilantro. Use fresh in-season vegetables.

**Frozen Vegetable Mix:** This recipe was made using a mix of broccoli, carrots, onions, red bell peppers, and mushrooms.



## Easiest Ever Vegan Chickpea Salad Recipe

4 servings

10 minutes

### Ingredients

- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup White Balsamic Vinegar
- 2 tsps Dijon Mustard
- Salt And Pepper (to taste)
- 2 cups Chickpeas (~13-14 ounce jar or can, rinsed and drained.)
- 2 cups Grape Tomatoes (sliced)
- 1/2 Sweet Onion (finely chopped)
- 1 cup Fresh Cilantro (chopped)

### Nutrition

Amount per serving	
Calories	362
Fat	20g
Saturated	3g
Carbs	37g
Fiber	9g
Sugar	14g
Protein	10g
Cholesterol	0mg
Sodium	113mg
Potassium	309mg
Vitamin A	923IU
Vitamin C	15mg
Calcium	92mg
Iron	4mg
Vitamin D	0IU
Magnesium	44mg

### Directions

- 1 Combine oil, vinegar, and mustard in a mason jar and shake well to combine, or whisk ingredients together in a glass bowl or liquid measuring cup. Season to taste with salt and pepper.
- 2 Rinse and drain chickpeas. Add to a large mixing or serving bowl.
- 3 Slice tomatoes, finely chop onion, and chop cilantro. Add to chickpeas.
- 4 Pour dressing on top of salad ingredients and stir well to combine.

### Notes

**Ingredient Swaps & Additions:** Chopped green, orange, yellow, or red pepper. English or Persian cucumbers. Chopped green onion. Chopped leafy greens. Crunchy celery. Any other chopped fresh vegetables you have on hand. Kalamata olives. Creamy avocado. Feta cheese or goat cheese. Other legumes likes lentils or cannellini beans.



## Mediterranean Chopped White Bean Salad

2 servings

20 minutes

### Ingredients

- 2 cups White Navy Beans (cooked)
- 1/4 head Green Lettuce (chopped)
- 1 Red Bell Pepper (medium, finely chopped)
- 1 Cucumber (small, finely chopped)
- 2 tbsps Red Onion (finely chopped)
- 2 tbsps Basil Leaves (chopped)
- 2 tbsps Fresh Dill (chopped)
- 3 tbsps Sun Dried Tomatoes (packed dry, not in oil, finely chopped)
- 1/3 cup Green Olives (chopped)
- 2 tbsps Pine Nuts (optional)

### Nutrition

Amount per serving	
Calories	394
Fat	10g
Saturated	1g
Carbs	63g
Fiber	23g
Sugar	8g
Protein	19g
Cholesterol	0mg
Sodium	177mg
Potassium	1313mg
Vitamin A	2547IU
Vitamin C	86mg
Calcium	190mg
Iron	7mg
Vitamin D	0IU
Magnesium	158mg

### Directions

1

Add all of the ingredients to a large bowl and toss well to combine. Divide evenly into bowls or plates and enjoy!

### Notes

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

**Serving Size:** One serving is approximately three cups.

**More Flavor:** Add salt and black pepper, oil, lemon juice, or extra fresh herbs. Add cooked brown rice or quinoa.



## Easy Low Carb Rosemary Pecan Chicken Salad on Zucchini Chips

2 servings

15 minutes

### Ingredients

4 ozs Cooked Chicken Breast  
1/4 cup Champagne Grapes  
1/4 cup Pecans (chopped)  
2 tbsps Plain Greek Yogurt  
2 tbsps Mayonnaise  
1 tsp Rosemary (fresh, finely chopped)  
Sea Salt & Black Pepper (to taste)  
1/2 Zucchini  
1/2 Yellow Summer Squash

### Nutrition

Amount per serving	
Calories	253
Fat	21g
Saturated	3g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	13g
Cholesterol	29mg
Sodium	717mg
Potassium	227mg
Vitamin A	203IU
Vitamin C	10mg
Calcium	54mg
Iron	1mg
Vitamin D	7IU
Magnesium	31mg

### Directions

- 1 Make the chicken salad by combining the chopped chicken, grapes, pecans, yogurt, mayonnaise, and rosemary in a medium mixing bowl. Season to taste with salt and pepper.
- 2 Slice zucchini and summer squash in to ~1/4 inch rounds-you will have ~20 rounds or "chips". Place squash chips on a serving dish and top with chicken salad. Serve immediately, or store in refrigerator until ready to serve.

### Notes

**Low FODMAP Version:** Use lactose free yogurt for low FODMAP version.

**Ingredient Substitution:** If you can't find Champagne grapes, chopped red or green grapes will work well too.



## Ginger Peach Tart w/ Berry Sauce

8 servings

25 minutes

### Ingredients

- 2 cups Almond Flour
- 1/4 cup Avocado Oil (divided)
- 1 tbsp Brown Sugar (or organic brown sugar)
- 1 tsp Ground Ginger (divided)
- 1/4 tsp Sea Salt
- 1 tbsp Egg Whites
- 2 cups Frozen Berries (or fresh)
- 3 tbsps Maple Syrup (divided)
- 6 ozs Neufatchel Cheese (or cream cheese)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Pure Vanilla Extract
- 3 Peach (fresh, de-pitted, skins removed (optional), thinly sliced)

### Nutrition

Amount per serving	
Calories	360
Fat	26g
Saturated	2g
Carbs	25g
Fiber	5g
Sugar	17g
Protein	11g
Cholesterol	2mg
Sodium	87mg
Potassium	188mg
Vitamin A	262IU
Vitamin C	15mg
Calcium	111mg

### Directions

- 1 Preheat oven to 350 degrees. Combine almond flour, 3 tablespoons coconut oil, sugar, salt, egg white, and 1/2 teaspoon ginger in a mixing bowl. Mix well, then press the mixture into a 10-inch tart pan that has been lightly coated with avocado oil.
- 2 Bake tart in oven for 10-15 minutes, or until lightly golden brown. When finished baking, cool slightly, then transfer to refrigerator for 20 minutes to cool completely.
- 3 While the crust is baking, make the berry sauce. Heat 1 tablespoon of avocado oil in a medium sauté pan. Add the berries and 1 tablespoon of maple syrup, and cook over medium heat, stirring frequently, for 2-3 minutes. Carefully place the warm berry mixture into a blender along with 1/2 teaspoon of ginger, and blend on high until smooth and pureed. Store sauce in the refrigerator until ready to use.
- 4 Combine Neufatchel/Cream cheese, Greek yogurt, 2 tablespoons maple syrup, and vanilla extract in a mixing bowl, and beat with a hand mixer until well combined. Store cheese/yogurt mixture in the refrigerator until ready to use.
- 5 To prepare tart: Spread cream cheese/yogurt mixture over tart crust, then arrange peach slices on top. Drizzle berry sauce on top to serve.

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Iron	2mg
Vitamin D	6IU
Magnesium	88mg