



E.A. Stewart
SPICY RD NUTRITION

Spicy RD Nutrition Weekly
Healthy Meal Plan No. 15

EA Stewart

<https://www.eastewart.com>

Enjoy this week's healthy fall-inspired meal plan!

Breakfast

- Honey Protein Oats with Pear & Pumpkin Seeds

Smoothie

- Fresh Apple Smoothie

Quick & Easy Lunch

- Quick and Easy Vegan Tortilla Soup

Dinners

- Honey Mustard Fall Harvest Salad
- Sheet Pan Pork Chops with Apples & Green Beans
- Cauliflower Gnocchi with Turkey Sausage
- Salmon with Carrot Lentil Mash

Dessert

- One Bowl Chocolate Chip Pumpkin Bread

Fruits

- ☐ 3 Apple
- ☐ 1 Avocado
- ☐ 1 1/4 Pear

Breakfast

- ☐ 2/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 tsp Black Pepper
- ☐ 2 tsps Chili Powder
- ☐ 1 1/8 tsps Cinnamon
- ☐ 1 tsp Cumin
- ☐ 1/2 tsp Ground Cinnamon
- ☐ 1 1/16 cups Pumpkin Seeds
- ☐ 1 tbsp Sage
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Smoked Paprika

Frozen

- ☐ 2 cups Frozen Corn
- ☐ 1 package Trader Joe's Cauliflower Gnocchi

Vegetables

- ☐ 3 Carrot
- ☐ 1 stalk Celery
- ☐ 1 cup Chopped Cilantro
- ☐ 1 Garlic
- ☐ 8 ozs Green Beans
- ☐ 8 cups Kale Leaves
- ☐ 2 tsps Mint Leaves
- ☐ 1/3 cup Red Onion
- ☐ 4 Sliced Radishes
- ☐ 1 Sweet Onion
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 1 quart Chicken Or Vegetable Broth
- ☐ 1 3/4 cups Chickpeas
- ☐ 14 1/2 ozs Diced Tomatoes
- ☐ 1 cup Lentils

Baking

- ☐ 2 cups All Purpose Gluten-Free Flour
- ☐ 1 tsp Baking Powder
- ☐ 1 tsp Baking Soda
- ☐ 1/3 cup Gluten Free Oats
- ☐ 1/2 cup Oats
- ☐ 1 cup Organic Dark Chocolate Chips
- ☐ 2 tsps Psyllium Husk Powder
- ☐ 1 1/2 tsps Pumpkin Pie Spice
- ☐ 1/2 cup Pureed Pumpkin
- ☐ 1 1/2 tsps Raw Honey

Bread, Fish, Meat & Cheese

- ☐ 4 Corn Tortilla
- ☐ 2 tsps Parmigiano Reggiano
- ☐ 12 ozs Pork Chop
- ☐ 10 ozs Salmon Fillet
- ☐ 8 ozs Turkey Sausage

Condiments & Oils

- ☐ 1/2 cup Coconut Oil
- ☐ 2 tsps Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1/3 cup Honey Mustard Dressing
- ☐ 2 cups Tomato Sauce

Cold

- ☐ 2 Egg
- ☐ 1/4 cup Egg Whites
- ☐ 1 cup Milk

Other

- ☐ 1 cup Ice Cubes
- ☐ 1 1/4 cups Water



Honey Protein Oats with Pear & Pumpkin Seeds

1 serving

15 minutes

Ingredients

1/2 cup Oats (rolled)
1/16 tsp Sea Salt
1 cup Water (divided)
1/4 cup Egg Whites
1/8 tsp Cinnamon (optional)
1 1/2 tps Raw Honey (optional)
1/4 Pear (sliced)
1 tbsp Pumpkin Seeds

Nutrition

Amount per serving	
Calories	286
Fat	7g
Saturated	1g
Carbs	44g
Fiber	6g
Sugar	13g
Protein	15g
Cholesterol	0mg
Sodium	257mg
Potassium	364mg
Vitamin A	13IU
Vitamin C	2mg
Calcium	60mg
Iron	3mg
Vitamin D	0IU
Magnesium	118mg

Directions

- 1 In a small saucepan over medium heat, add the oats, salt, and 3/4 of the water. Bring to a simmer, then reduce the heat slightly and cook for four to five minutes, stirring frequently, until most of the water has been absorbed.
- 2 Add the egg whites, cinnamon (if using), honey (if using), the remaining water, and stir well. Cook, stirring constantly, for one to two minutes until the oats are fully cooked and the mixture is creamy.
- 3 Divide evenly between bowls and top with pears, pumpkin seeds, and a drizzle of honey, if desired. Enjoy!

Notes

Leftovers: Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

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

More Flavor: Top with sliced banana, berries, or a drizzle of nut butter.

Additional Toppings: Chopped nuts, hemp seeds, or shredded coconut.



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 tps Maple Syrup (or other natural sweetener)
- 1/2 tsp Ground Cinnamon (plus more for garnish)
- 1 cup Ice Cubes (optional)

Nutrition

Amount per serving	
Calories	383
Fat	10g
Saturated	5g
Carbs	65g
Fiber	8g
Sugar	40g
Protein	12g
Cholesterol	24mg
Sodium	110mg
Potassium	643mg
Vitamin A	98IU
Vitamin C	8mg
Calcium	324mg
Iron	1mg
Vitamin D	0IU
Magnesium	74mg

Directions

1

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?



Quick and Easy Vegan Tortilla Soup

4 servings

15 minutes

Ingredients

- 1 quart Chicken Or Vegetable Broth
- 14 1/2 ozs Diced Tomatoes
- 2 cups Black Beans (drained)
- 2 cups Frozen Corn
- 1 tsp Cumin (to taste)
- 1 tsp Chili Powder (to taste)
- 1/4 tsp Sea Salt (to taste)
- 1/8 tsp Black Pepper (to taste)
- 4 Corn Tortilla
- 1 tbsp Extra Virgin Olive Oil
- 1 Avocado (diced)
- 4 Sliced Radishes (sliced)
- 1 cup Pumpkin Seeds (optional)
- 1 cup Chopped Cilantro (optional)

Nutrition

Amount per serving	
Calories	536
Fat	25g
Saturated	4g
Carbs	64g
Fiber	19g
Sugar	6g
Protein	20g
Cholesterol	0mg
Sodium	331mg
Potassium	765mg
Vitamin A	450IU
Vitamin C	25mg
Calcium	159mg
Iron	8mg

Directions

- 1 Preheat oven to 400 degrees F.
- 2 While oven is heating, combine the broth, tomatoes, beans, corn, and seasonings in a medium to large stock or soup pot. * If use additional vegetables, add them in at this time. Heat on high until boiling, then lower temperature and bring to a simmer while chips are baking.
- 3 Line a baking tray with parchment paper. Brush 1 side of each corn tortilla with olive oil, then cut into strips. Lay tortilla strips on parchment paper and bake for ~ 7-8 minutes or until desired level of crispness. Remove chips from oven.
- 4 While tortilla chips are baking, prep optional toppings and place in individual serving bowls.
- 5 To serve: Divide chips into 4 serving bowls and ladle soup on top. Let everyone add their toppings as desired.

Notes

Low FODMAP Version: Use Low FODMAP vegetable broth. Use canned/rinsed/drained lentils or garbanzo beans in place of black beans. Limit corn kernels to 38 grams/serving. Add low FODMAP toppings as desired.

Easy Ingredient Swaps: Swap: Store bought chips for homemade; use any variety of beans; try fire roasted tomatoes for an extra spicy kick!

Vitamin D	0IU
Magnesium	101mg



Honey Mustard Fall Harvest Salad with Crunchy Chickpeas

4 servings

35 minutes

Ingredients

1 3/4 cups Chickpeas (cooked, patted dry)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
2 tsps Maple Syrup
1 1/2 tsps Smoked Paprika
1 tsp Chili Powder
8 cups Kale Leaves (finely chopped)
1/3 cup Honey Mustard Dressing
1/3 cup Red Onion (small, sliced)
1 Pear (large, sliced)

Nutrition

Amount per serving	
Calories	299
Fat	14g
Saturated	2g
Carbs	37g
Fiber	9g
Sugar	14g
Protein	8g
Cholesterol	6mg
Sodium	151mg
Potassium	470mg
Vitamin A	2688IU
Vitamin C	43mg
Calcium	159mg
Iron	3mg
Vitamin D	1IU
Magnesium	57mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 In a bowl, toss the chickpeas with the oil and season with salt and pepper. Transfer to the prepared baking sheet and bake for 20 to 25 minutes until crispy, shaking halfway through.
- 3 Meanwhile, in the same bowl, whisk together the maple syrup, smoked paprika, and chili powder. Add the chickpeas to the bowl and toss well to combine. Transfer back to the baking sheet and let cool for approximately five minutes so the spices can set.
- 4 Add the kale and dressing to a large bowl. Toss to coat very well. Add the onion, pear, and cooked chickpeas and toss gently to combine.
- 5 Divide the salad evenly between plates and enjoy!

Notes

Leftovers: For best results, refrigerate the chickpeas separately from the salad in an airtight container for up to two days. Reheat the chickpeas in the oven so they're crispy.

Serving Size: One serving is approximately 2 3/4 cups.

Make it Vegan: Use a plant-based dressing instead.

More Flavor: Add garlic powder to the chickpeas.

Additional Toppings: Bacon, crumbled blue cheese, and/or toasted nuts and seeds.



Insanely Addictive Sheet Pan Pork Chops

4 servings

40 minutes

Ingredients

- 2 tbsps Maple Syrup
- 2 tbsps Dijon Mustard
- 2 Apple (sliced)
- 1 Sweet Onion (sliced)
- 8 ozs Green Beans (ends trimmed)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt (plus additional to taste)
- 1/8 tsp Black Pepper
- 12 ozs Pork Chop (boneless)
- 1 tbsp Sage (chopped, plus additional for garnish)

Nutrition

Amount per serving	
Calories	323
Fat	15g
Saturated	4g
Carbs	28g
Fiber	4g
Sugar	21g
Protein	19g
Cholesterol	59mg
Sodium	570mg
Potassium	514mg
Vitamin A	85IU
Vitamin C	10mg
Calcium	70mg
Iron	1mg
Vitamin D	18IU
Magnesium	37mg

Directions

- 1 Preheat the oven to 400 degrees F, and line a large sheet pan with parchment paper or aluminum foil.
- 2 Use a whisk or fork to combine maple syrup and Dijon mustard together in a small bowl, and set aside.
- 3 Slice apples and onions, and trim ends off green beans, then lay them out on the sheet pan. Pour olive oil on top, and sprinkle with salt and pepper. Use clean hand to toss apples, onion, and green beans together, then spread them out on the pan in a single layer.
- 4 Place pork chops on sheet pan with apples and veggies. Brush maple Dijon glaze on top of pork chops, then turn them over, and brush the other sides. Sprinkle ground black pepper on top of pork chops if desired.
- 5 Place sheet pan in oven, and bake for 25 minutes, or longer if needed.
- 6 Chop sage while pork chops are cooking, and set aside.
- 7 Check pork chops with a meat thermometer to see if done (the internal temperature should be 145 degrees F). If done, remove pan from oven, and allow pork 3 minutes to "rest" before serving.
- 8 Serve 1 pork chop with 1/4 of the apples, onions, green beans, and a sprinkle of fresh chopped sage per plate. Enjoy!

Notes

Low FODMAP Option: Omit onions & apples. Sub w/ any combo of low FODMAP veggies such as potatoes, sweet potatoes, broccoli, carrots, brussels sprouts, bell

peppers, eggplant, fennel, parsnips, or zucchini.

Vegan/Vegatarian Option: Omit pork chops and substitute with "cauliflower steaks", tofu, or chickpeas.



One Pan Sausage Ragu Gnocchi (Gluten-Free)

2 servings

55 minutes

Ingredients

1 1/2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (medium, diced)
1 Carrot (small, diced)
1 stalk Celery (diced)
1 Garlic (clove, minced)
8 ozs Turkey Sausage (Italian, casing removed, crumbled)
2 cups Tomato Sauce
Sea Salt & Black Pepper (to taste)
1 package Trader Joe's Cauliflower Gnocchi
2 tbsps Parmigiano Reggiano (finely grated)

Nutrition

Amount per serving	
Calories	486
Fat	19g
Saturated	5g
Carbs	47g
Fiber	13g
Sugar	14g
Protein	30g
Cholesterol	91mg
Sodium	1338mg
Potassium	1221mg
Vitamin A	6386IU
Vitamin C	23mg
Calcium	207mg
Iron	6mg
Vitamin D	0IU

Directions

- 1 Heat the oil in a deep pan over medium heat. Add the onion, carrot, and celery, and cook for 10 minutes, stirring occasionally until softened.
- 2 Add the garlic and cook for another minute until fragrant. Add the sausage and cook for 10 minutes or until browned. Add the tomato sauce and season with salt and pepper.
- 3 Stir well, cover with a lid, and simmer on low heat for 20 minutes.
- 4 Add the gnocchi and cook covered for five to seven minutes or until cooked through, stirring frequently to prevent sticking. Add a splash of water if needed.
- 5 Divide evenly among bowls or plates, top with parmesan, and enjoy!

Notes

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

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

Additional Toppings: Add parsley.

Dairy-Free: Use a dairy-free cheese alternative or nutritional yeast instead of parmesan cheese.

Magnesium

65mg



Salmon with Carrot & Lentil Mash

2 servings

25 minutes

Ingredients

10 ozs Salmon Fillet
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
2 Carrot (medium, peeled, sliced)
1/4 cup Water
1 cup Lentils (cooked)
2 tbsps Mint Leaves (chopped)

Nutrition

Amount per serving	
Calories	446
Fat	21g
Saturated	3g
Carbs	26g
Fiber	10g
Sugar	5g
Protein	41g
Cholesterol	72mg
Sodium	156mg
Potassium	1090mg
Vitamin A	10496IU
Vitamin C	6mg
Calcium	59mg
Iron	4mg
Vitamin D	798IU
Magnesium	87mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Drizzle the salmon with half of the oil and season with salt and pepper. Place the salmon on the baking sheet and cook for 12 to 15 minutes or until cooked through.
- 2 Meanwhile, add the carrots and water to a pan. Cover with a lid and cook over medium heat for five to seven minutes or until softened. Add the lentils, salt, pepper, and the remaining oil. Stir and cook for two to three minutes just until warmed through.
- 3 Transfer the mixture to a food processor and blend for one minute, or until a puree forms. Add a splash of water to thin if needed.
- 4 Divide the carrot and lentil mash evenly between plates. Top with the salmon and mint leaves. Enjoy!

Notes

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

Serving Size: One serving is approximately one salmon fillet and one cup of mashed carrots and lentils.

Additional Toppings: Sesame seeds and chili flakes.



One Bowl Chocolate Chip Pumpkin Bread

12 servings

55 minutes

Ingredients

2 cups All Purpose Gluten-Free Flour
2 tsps Psyllium Husk Powder
1 1/2 tsps Pumpkin Pie Spice
1 tsp Cinnamon
1 tsp Baking Powder
1 tsp Baking Soda
1/2 tsp Sea Salt
1/2 cup Maple Syrup
1/2 cup Coconut Oil (or expeller pressed high-oleic organic sunflower oil or organic canola oil)
2 Egg
1 cup Organic Dark Chocolate Chips
1/2 cup Pureed Pumpkin

Nutrition

Amount per serving	
Calories	321
Fat	17g
Saturated	14g
Carbs	36g
Fiber	4g
Sugar	12g
Protein	4g
Cholesterol	31mg
Sodium	257mg
Potassium	21mg
Vitamin A	880IU
Vitamin C	0mg
Calcium	36mg
Iron	1mg

Directions

- 1 Pre-heat oven to 350 degrees F, and grease a 9-inch loaf pan.
- 2 Combine flour, psyllium husk powder, spices, baking powder, baking soda, and salt in a large mixing bowl. Stir well with a fork until ingredients are well combined.
- 3 Add pumpkin puree, maple syrup, oil, and eggs to dry ingredients, and stir with a fork or whisk until all ingredients are well combined.
- 4 Stir in chocolate chips and pour batter in to greased loaf pan. Bake in oven for 45 minutes to 1 hour*, checking pumpkin bread after 30 minutes, and topping with aluminum foil if needed to prevent top of bread from burning.
- 5 *Stick a toothpick, or long wooden stick in bread after 45 minutes to test for doneness. Continue baking if need be, until toothpick/stick pulls out cleanly. Remove bread from oven, and allow to cool for 15 minutes before slicing and serving.

Vitamin D	7IU
Magnesium	2mg