



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

Midwinter Weekly Meal Plan

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EA Stewart

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Enjoy this week's healthy meal plan! All of the recipes are gluten-free, with an emphasis on seasonal, anti-inflammatory ingredients.

## Breakfast

- Blender Chocolate Banana Bread Baked Oats: Serve with optional Greek yogurt or cottage cheese.

## Smoothie

- Spiced Pomegranate Lemon Lassi

## Lunch

- Pressure Cooker Minestrone

## Dinners

- Grapefruit Salad: Serve with rotisserie chicken.
- Lentil Cauliflower Salad
- Easy Shakshuka: Serve with a gluten-free baguette and fresh seasonal fruit.
- Miso Glazed Salmon with Sweet Potato & Broccoli

## Dessert

- Chocolate Chip Chickpea Cookies

### Fruits

- 1 Avocado
- 1 1/2 Banana
- 1 Grapefruit
- 1 Grapefruit Juice
- 1/2 Lemon
- 1/2 Lemon Juice
- 3/4 Navel Orange
- 3/4 cup Pomegranate Seeds

### Breakfast

- 1/3 cup Maple Syrup

### Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1/8 tsp Cardamom
- 3/4 tsp Cinnamon
- 1/2 tsp Crushed Red Pepper
- 1 tsp Fennel Seed
- 3 tbsps Ground Flaxseed
- 1/8 tsp Ground Ginger
- 1/2 cup Hazelnuts
- 1 tbsp Italian Seasoning
- 1 tbsp Moroccan Spice Blend
- 1 Pinch Sea Salt
- 1 tsp Pine Nuts
- 1 cup Raw Pecans
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tps Smoked Paprika

### Frozen

- 2 cups Frozen Vegetable Mix

### Vegetables

- 8 cups Arugula
- 4 cups Baby Arugula
- 4 cups Broccoli
- 1 head Cauliflower
- 2 tbsps Cilantro
- 1 cup Fresh Mint
- 2 tbsps Fresh Oregano
- 4 Garlic
- 2 Garlic Clove
- 2 cups Kale Leaves
- 2 cups Radicchio
- 1 Sweet Potato
- 1 Yellow Onion

### Boxed & Canned

- 2 cups Cannellini Beans
- 1 3/4 lbs Crushed Tomatoes
- 3 cups Diced Tomatoes
- 1/2 cup Dry Green Lentils
- 3 1/2 cups Garbanzo Beans
- 1/2 cup Lentil Macaroni
- 4 cups Vegetable Broth

### Baking

- 1 1/2 tps Baking Powder
- 1 cup Dark Chocolate Chips
- 2 tps Honey
- 1 cup Oats
- 1/2 cup Pitted Dates
- 1 tsp Pure Vanilla Extract
- 2 tps Raw Honey
- 1 1/4 tps Vanilla Extract

### Bread, Fish, Meat & Cheese

- 10 ozs Salmon Fillet

### Condiments & Oils

- 1/2 tsp Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1 1/2 tps Miso Paste
- 1 1/2 tps Rice Vinegar
- 1/4 cup Tahini
- 1 tbsp Tamari
- 1 tbsp White Balsamic Vinegar

### Cold

- 1 Egg
- 6 Eggs
- 1/2 cup Plain Greek Yogurt
- 1 cup Unsweetened Almond Milk

### Other

- 1/2 cup Ice Cubes



## Blended Chocolate Banana Bread Baked Oats

2 servings

35 minutes

### Ingredients

- 1/2 tsp Coconut Oil
- 1 cup Oats (rolled)
- 1/2 cup Unsweetened Almond Milk
- 1 1/2 Banana (divided)
- 2 tbsps Maple Syrup
- 1 Egg
- 1/2 tsp Baking Powder
- 1 1/4 tpsps Vanilla Extract
- 1/2 tsp Cinnamon
- 1/8 tsp Sea Salt
- 2 tbsps Dark Chocolate Chips

### Nutrition

Amount per serving	
Calories	437
Fat	12g
Saturated	7g
Carbs	71g
Fiber	7g
Sugar	31g
Protein	11g
Cholesterol	93mg
Sodium	351mg
Potassium	556mg
Vitamin A	318IU
Vitamin C	8mg
Calcium	247mg
Iron	3mg
Vitamin D	46IU
Magnesium	92mg

### Directions

- 1 Preheat the oven to 350°F (175°C). Grease the ramekins with coconut oil.
- 2 In a blender, combine the oats, milk, 2/3 of the banana, maple syrup, egg, baking powder, vanilla, cinnamon, and salt. Blend on high for one minute until very smooth.
- 3 Divide the oat mixture evenly between ramekins. Top with the remaining banana and chocolate chips. Bake for 25 to 27 minutes until cooked through and a toothpick inserted in the center comes out clean. Let cool slightly and enjoy!

### Notes

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

**Serving Size:** Two 8-ounce (120 mL) ramekins were used to make two servings. One serving is one ramekin.

**Additional Toppings:** Nut or seed butter.



## Spiced Pomegranate Lemon Lassi

1 serving  
10 minutes

### Ingredients

- 3/4 cup Pomegranate Seeds (plus extra for garnish)
- 1/2 cup Unsweetened Almond Milk
- 1/2 cup Plain Greek Yogurt
- 1/2 Lemon Juice
- 2 tsps Raw Honey
- 1/4 tsp Cinnamon
- 1/8 tsp Cardamom
- 1/8 tsp Ground Ginger
- 1 Pinch Sea Salt
- 1 tsp Pine Nuts (for garnish)
- 1/2 cup Ice Cubes (for serving)

### Nutrition

Amount per serving	
Calories	251
Fat	7g
Saturated	2g
Carbs	39g
Fiber	6g
Sugar	28g
Protein	13g
Cholesterol	17mg
Sodium	151mg
Potassium	291mg
Vitamin A	877IU
Vitamin C	19mg
Calcium	498mg
Iron	1mg
Vitamin D	100IU
Magnesium	17mg

### Directions

- 1 Combine all pomegranate arils, almond, or other, milk, lemon juice, spices, and sea salt in a blender, and blend until smooth.
- 2 Pour over ice, garnish with extra pomegranate arils and pine nuts, and serve.

### Notes

**Vegan Option:** Swap honey with maple syrup and a non-dairy yogurt in place of the Greek Yogurt. Use a non-dairy milk of your choice.

**Low FODMAP Option:** Swap honey with maple syrup. Make with lactose free milk or low FODMAP dairy free milk, and with lactose free yogurt {i.e. Green Valley Organic}.



## Refreshing Grapefruit Salad w/ Avocado, Hazelnuts, & Honey Mint Dressing

4 servings

15 minutes

### Ingredients

3 tbsps Extra Virgin Olive Oil  
 1 tbsp White Balsamic Vinegar  
 1/2 cup Fresh Mint (lightly packed; for honey mint dressing)  
 2 tsps Honey  
 1 Grapefruit Juice (reserved from cutting up grapefruit)  
 Sea Salt & Black Pepper (to taste)  
 4 cups Baby Arugula  
 2 cups Radicchio (chopped)  
 1 Grapefruit (large; cut into sections; reserve juice for dressing)  
 1 Avocado (large; cut into 12 slices)  
 1/2 cup Hazelnuts (toasted & chopped)  
 1/2 cup Fresh Mint (lightly torn; for grapefruit salad)

### Nutrition

Amount per serving	
Calories	468
Fat	41g
Saturated	5g
Carbs	26g
Fiber	10g
Sugar	13g
Protein	6g
Cholesterol	0mg
Sodium	20mg
Potassium	923mg
Vitamin A	640IU
Vitamin C	46mg

### Directions

- 1 Prep the Salad: Remove skin from grapefruit, slice into circles, then cut into triangular segments. Reserve any juice when cutting up the grapefruit for the dressing. Add arugula, chopped radicchio, and 1/2 of the sectioned grapefruit to a salad bowl.
- 2 Make the Dressing: Add olive oil, vinegar, mint, honey, and grapefruit juice to a blender. Blend on high until ingredients are well combined. Pour into a small bowl or jar and season to taste with salt and pepper.
- 3 Assemble the Salad: Divide arugula, radicchio, and grapefruit salad mix between 4 plates. Toast hazelnuts in a skillet over medium heat, stirring constantly for ~ 2 minutes. Remove from pan and sprinkle on top of salads. Slice avocado into ~ 12 slices and divide amongst salads. Place remaining grapefruit sections on salads, along with lightly torn mint. Serve.

### Notes

**Low FODMAP Option:** Swap grapefruit with oranges (cara cara oranges are delicious and add a hint of tart grapefruit flavor). Use 1/2 avocado for 4 servings (1/8 per each serving). Swap honey for maple syrup.

**Ingredient Swaps:** Swap arugula with any variety of leafy greens. Red cabbage is a nourishing stand in for the radicchio. No grapefruit? Try blood oranges or cara cara oranges instead. Swap the honey with maple syrup for a vegan version. Use any favorite variety of nuts in place of the hazelnuts.

**Make it an Entree:** Makes 2 entree size servings, or double the recipe for 4 entree size servings.

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Calcium	93mg
Iron	2mg
Vitamin D	0IU
Magnesium	52mg



## Lentil & Cauliflower Salad with Orange Tahini Dressing

4 servings

40 minutes

### Ingredients

- 1/2 cup Dry Green Lentils (rinsed)
- 1 head Cauliflower (medium, cut into florets)
- 1 tbsp Moroccan Spice Blend
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Tahini
- 1/2 Navel Orange (large, zested, juiced)
- 1/2 Lemon (juiced)
- 8 cups Arugula
- 1/2 cup Pitted Dates (chopped)

### Nutrition

Amount per serving	
Calories	282
Fat	9g
Saturated	1g
Carbs	44g
Fiber	9g
Sugar	17g
Protein	13g
Cholesterol	0mg
Sodium	254mg
Potassium	967mg
Vitamin A	1014IU
Vitamin C	91mg
Calcium	184mg
Iron	8mg
Vitamin D	0IU
Magnesium	77mg

### Directions

- 1 Cook the lentils according to the package directions. Once cooked, drain and rinse under cold water and set aside.
- 2 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 3 Toss the cauliflower with the Moroccan spice blend, salt, and pepper until well coated. Arrange the cauliflower on the prepared baking sheet and bake for 25 to 30 minutes until cooked and browned slightly, tossing halfway.
- 4 In a small bowl, whisk together the tahini, orange juice and zest, lemon juice, salt, and pepper.
- 5 Place the arugula on a platter and top with the cooked lentils, cauliflower, and dates. Drizzle the tahini dressing over the top. Divide evenly into bowls or plates, and enjoy!

### Notes

**Leftovers:** Best served fresh.

**Serving Size:** One serving is approximately four cups of salad.

**More Flavor:** Add a squeeze of honey to the tahini dressing.

**Additional Toppings:** Fresh herbs such as mint and/or parsley.



## Easy Shakshuka with Chickpeas

4 servings

25 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Yellow Onion (small onion, peeled & finely chopped)
- 2 Garlic Clove (peeled & minced)
- 2 1/2 cups Garbanzo Beans (or 1 15-ounce can)
- 2 tsp Smoked Paprika
- 1 tsp Fennel Seed
- 1/2 tsp Crushed Red Pepper ( or additional to taste)
- 1 3/4 lbs Crushed Tomatoes
- 1/2 tsp Sea Salt
- 1/8 tsp Black Pepper (or to taste)
- 6 Eggs (large)
- 2 tbsps Fresh Oregano (or to taste)

### Nutrition

Amount per serving	
Calories	331
Fat	13g
Saturated	3g
Carbs	34g
Fiber	10g
Sugar	8g
Protein	19g
Cholesterol	279mg
Sodium	425mg
Potassium	520mg
Vitamin A	1042IU
Vitamin C	2mg
Calcium	139mg

### Directions

- 1 Pre-heat oven to 350 degrees F. Heat a 12-inch oven proof skillet (cast iron works well) over medium heat. Add olive oil to the skillet, then add the chopped onions. Saute over medium heat for 2 minutes, then stir in the garlic.
- 2 Add chickpeas to the skillet, along with paprika, fennel seed, and crushed red peppers. Stir well to combine ingredients and saute for 1 minute.
- 3 Pour crushed tomatoes into the skillet, stir to combine with other ingredients, and simmer on low heat for 5 minutes. Season to taste with salt and pepper.
- 4 Spread tomato chickpea mixture evenly across the skillet, and carefully crack the eggs, one at a time, over mixture. Transfer skillet to the oven and bake for ~ 8-10 minutes or until eggs are cooked to desired doneness.
- 5 Divide into 4 servings and top with fresh oregano and feta cheese if desired. Serve with fresh, crusty gluten free bread if desired-it's delicious dipped in the Spicy Shakshuka sauce! NOTES

### Notes

**Optional Ingredients for Serving:** Top with feta cheese if desired, and serve with gluten free bread for dipping in the sauce.

**Serving Suggestions::** This makes a delicious 1 dish meal, or also goes well with a side salad and/or fresh fruit-I love it with sliced oranges topped with cinnamon!

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Iron	6mg
Vitamin D	62IU
Magnesium	68mg



## Miso Glazed Salmon, Sweet Potato & Broccoli

2 servings

2 hours 35 minutes

### Ingredients

- 1 1/2 tbsps Miso Paste
- 1 tbsp Tamari
- 1 1/2 tsps Rice Vinegar
- 1/4 Navel Orange (juiced and zested)
- 10 ozs Salmon Fillet
- 1 Sweet Potato (large, sliced)
- 1 tbsp Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 4 cups Broccoli (chopped)
- 2 tbsps Cilantro (finely chopped)

### Nutrition

Amount per serving	
Calories	400
Fat	15g
Saturated	2g
Carbs	31g
Fiber	8g
Sugar	9g
Protein	40g
Cholesterol	72mg
Sodium	1332mg
Potassium	1368mg
Vitamin A	10696IU
Vitamin C	175mg
Calcium	128mg
Iron	3mg
Vitamin D	798IU
Magnesium	103mg

### Directions

- 1 In a small bowl, whisk together the miso, tamari, vinegar, orange juice, and orange zest. Pour half into a shallow baking dish and reserve the other half.
- 2 Place the salmon in the baking dish and toss to coat. Transfer it to the fridge to marinate for two hours.
- 3 Preheat the oven to 425°F (220°C) and remove the salmon from the fridge. Place the sweet potato on a large baking sheet, drizzle with half the oil, and season with salt and pepper. Transfer to the oven and cook for 10 minutes.
- 4 Remove the baking sheet from the oven and make space for the salmon and broccoli. Place the salmon and broccoli on the baking sheet. Drizzle the remaining oil on the broccoli. Return to the oven and cook for 12 to 14 minutes, until everything is cooked through.
- 5 Pour the remaining miso sauce over the broccoli and salmon. Divide the salmon, broccoli, and sweet potato evenly onto plates. Garnish with cilantro and enjoy!

### Notes

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

**Serving Size:** One serving is approximately two cups of sweet potato, one cup of broccoli, and one salmon fillet.

**Additional Toppings:** Sesame seeds.

**Miso Paste:** This recipe was developed and tested using white miso.

**Lower Sodium:** Use a low-sodium tamari and reduce the amount of miso.



## Pressure Cooker Minestrone

4 servings

20 minutes

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 4 Garlic (clove, minced)
- 2 cups Frozen Vegetable Mix
- 1 tbsp Italian Seasoning
- 3 cups Diced Tomatoes (from the can, with juices)
- 1/2 cup Lentil Macaroni (dry, uncooked)
- 4 cups Vegetable Broth
- 2 cups Cannellini Beans (cooked)
- 2 cups Kale Leaves (chopped)

### Nutrition

Amount per serving	
Calories	322
Fat	8g
Saturated	1g
Carbs	49g
Fiber	13g
Sugar	10g
Protein	13g
Cholesterol	0mg
Sodium	1068mg
Potassium	336mg
Vitamin A	5673IU
Vitamin C	33mg
Calcium	117mg
Iron	5mg
Vitamin D	0IU
Magnesium	26mg

### Directions

- 1 Turn the pressure cooker to "sauté" mode. Once hot, add the oil, garlic, and vegetables. Sauté for two to three minutes.
- 2 Add the Italian seasoning, tomatoes, macaroni, broth, and beans. Mix well.
- 3 Close the lid and set to "sealing". Press manual/pressure cooker and cook for three minutes on high pressure.
- 4 Once the cooking time is complete, release the pressure manually. Carefully open the lid. Stir in the kale and let it stand for five minutes or until wilted.
- 5 Divide into bowls and enjoy!

### Notes

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

**Serving Size:** One serving is equal to approximately two cups.

**More Flavor:** Use fresh seasonal vegetables. Use your favorite beans or legumes.

**Additional Toppings:** Basil, parmesan cheese, or pesto.



## Chocolate Chip Chickpea Cookies

15 servings

20 minutes

### Ingredients

- 1 cup Raw Pecans
- 1 cup Garbanzo Beans (canned, rinsed, and drained)
- 3/4 cup Dark Chocolate Chips (ideally 70% or more cacao)
- 1/4 cup Maple Syrup
- 3 tbsps Ground Flaxseed
- 1 tsp Pure Vanilla Extract
- 1 tsp Baking Powder
- 1/4 tsp Sea Salt (optional topping)

### Nutrition

Amount per serving	
Calories	158
Fat	10g
Saturated	4g
Carbs	14g
Fiber	2g
Sugar	10g
Protein	3g
Cholesterol	0mg
Sodium	74mg
Potassium	70mg
Vitamin A	7IU
Vitamin C	0mg
Calcium	36mg
Iron	1mg
Vitamin D	0IU
Magnesium	14mg

### Directions

- 1 Preheat the oven to 350 degrees F. Combine the pecans, rinsed garbanzo beans, maple syrup, ground flaxseed, vanilla, baking powder, and sea salt in a food processor, and process until smooth. Scrape the bowl as needed. This may take up to 8 minutes.
- 2 Add the chocolate chips directly to the food processor bowl and stir to combine. Form the dough into 15 1-inch balls and place on parchment lined baking sheet. Press lightly on dough with the back of a spoon. Bake for ~10-12 minutes.
- 3 Remove to cool for about 5 minutes. Sprinkle with sea salt, if desired, before serving.