



E.A. Stewart
SPICY RD NUTRITION

Weekly Meal Plan-Late Summer
2026

EA Stewart

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Enjoy this week's healthy meal plan! If you're shopping off the list, remember to add a store-bought rotisserie chicken and lots of your favorite summer fruit to serve with your dinners. Cheers!

Fruits

- ☐ 1 3/4 Avocado
- ☐ 2 Avocados
- ☐ 1 squeeze Fresh Lemon Juice
- ☐ 1/4 cup Fresh Lime Juice
- ☐ 2 Lime
- ☐ 1 cup Raspberries

Breakfast

- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tbsps Chia Seeds
- ☐ 1 tsp Cinnamon
- ☐ 1/4 teaspoon Ground Black Pepper
- ☐ 1 tbsp Ground Flax Seed
- ☐ 2 2/3 tbsps Hemp Seeds
- ☐ 1/4 cup Pine Nuts
- ☐ 1/4 tsp Salt
- ☐ 1/4 teaspoon Salt
- ☐ 1/8 tsp Sea Salt
- ☐ 2 Sea Salt & Black Pepper
- ☐ 1 tbsp Taco Seasoning
- ☐ 1/4 cup Walnuts

Frozen

- ☐ 1 Brown Rice Tortilla
- ☐ 1 serving Frozen Banana

Vegetables

- ☐ 1/2 cup Basil Leaves
- ☐ 3 cups Cherry Tomatoes
- ☐ 1 cup Cilantro
- ☐ 1/4 cup Cucumber
- ☐ 2 cups Fresh Cilantro
- ☐ 4 ears Fresh Corn Cobs
- ☐ 1 Jalapeno
- ☐ 1 cup Leafy Greens
- ☐ 1/4 cup Microgreens
- ☐ 2 Orange Bell Pepper
- ☐ 2 tbsps Red Onion
- ☐ 2 cups Shredded Zucchini
- ☐ 1/2 Yellow Onion

Boxed & Canned

- ☐ 7 1/2 ozs Chickpeas
- ☐ 8 ozs Lentil Pasta
- ☐ 3/4 cup Unsweetened Soy Milk

Baking

- ☐ 1/2 tsp Baking Soda
- ☐ 2/3 cup Dark Chocolate Chips
- ☐ 1 cup Oats
- ☐ 1 cup Sorghum Flour
- ☐ 1/2 cup Tapioca Starch
- ☐ 1/3 cup Unsweetened Cocoa Powder
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 8 Corn Tortilla
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 2 slices Gluten-Free Bread
- ☐ 1/4 cup Ricotta Cheese
- ☐ 4 ozs Smoked Salmon

Condiments & Oils

- ☐ 3/4 cup Avocado Oil
- ☐ 1 cup Diced Red Onions
- ☐ 1 2/3 tbsps Extra Virgin Olive Oil
- ☐ 0 Hot Sauce
- ☐ 2 tbsps White Balsamic Vinegar

Cold

- ☐ 1 cup Crumbled Queso Fresco
- ☐ 2 Large Eggs
- ☐ 1/2 cup Low Fat Cottage Cheese
- ☐ 1 1/4 cups Plain Kefir

Other

- ☐ 1 scoop Chocolate Protein Powder



Kefir Overnight Oats with Raspberries

2 servings

8 hours

Ingredients

1 cup Oats (rolled)
2 tbsps Hemp Seeds
2 tbsps Chia Seeds
1 1/4 cups Plain Kefir
2 tps Maple Syrup
1 tsp Cinnamon
1/8 tsp Sea Salt
1 cup Raspberries

Nutrition

Amount per serving	
Calories	405
Fat	13g
Saturated	2g
Carbs	57g
Fiber	13g
Sugar	18g
Protein	19g
Cholesterol	6mg
Sodium	260mg
Potassium	786mg
Vitamin A	337IU
Vitamin C	18mg
Calcium	390mg
Iron	4mg
Vitamin D	63IU
Magnesium	142mg

Directions

- 1 In a bowl, mix together the oats, hemp seeds, chia seeds, kefir, maple syrup, cinnamon, and salt.
- 2 Divide evenly into jars or containers. Refrigerate for at least two hours or overnight for best results.
- 3 Top with the raspberries when ready to eat. Enjoy!

Notes

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

Serving Size: One serving is approximately one cup.

More Flavor: Add vanilla extract.

Additional Toppings: Almonds, pumpkin seeds, and/or nut butter.



Chocolate Banana Cheesecake Smoothie

1 serving

5 minutes

Ingredients

1 serving Frozen Banana
1/2 cup Low Fat Cottage Cheese
1/4 cup Walnuts
2 tbsps Unsweetened Cocoa Powder
1 tbsp Ground Flax Seed
1 scoop Chocolate Protein Powder
3/4 cup Unsweetened Soy Milk

Nutrition

Amount per serving	
Calories	667
Fat	32g
Saturated	6g
Carbs	63g
Fiber	13g
Sugar	26g
Protein	45g
Cholesterol	35mg
Sodium	583mg
Potassium	1177mg
Vitamin A	281IU
Vitamin C	27mg
Calcium	677mg
Iron	4mg
Vitamin D	0IU
Magnesium	240mg

Directions

1

Place all the ingredients in a high-speed blender and blend until smooth. Pour into a glass to serve.

Notes

Ingredient Recommendations & Swaps: • Use regular unsweetened cocoa powder or a high-flavanol brand, like CocoaVia. • I used Scoops Chocolate Peanut Butter protein powder, but you can use any favorite chocolate or vanilla protein. • Swap the soy milk for regular milk if desired. You can also use any plant-based milk, but the protein content will be lower.



Smoked Salmon Sandwich

1 serving

10 minutes

Ingredients

2 slices Gluten-Free Bread (i.e. Happy Campers Buckwheat Molasses)
1/4 Avocado (large; peeled, pitted & sliced)
1 cup Leafy Greens (i.e. arugula, baby spinach, kale, etc.)
4 ozs Smoked Salmon
2 tbsps Red Onion (chopped)
2 tsps Hemp Seeds
1 squeeze Fresh Lemon Juice

Nutrition

Amount per serving	
Calories	417
Fat	20g
Saturated	3g
Carbs	32g
Fiber	7g
Sugar	7g
Protein	28g
Cholesterol	26mg
Sodium	1027mg
Potassium	687mg
Vitamin A	648IU
Vitamin C	10mg
Calcium	90mg
Iron	2mg
Vitamin D	776IU
Magnesium	109mg

Directions

- 1 Toast the bread.
- 2 Slice the avocado and layer on top of toasted bread slices, then top with smoked salmon.
- 3 Top avocado toast with leafy greens, chopped onion, and hemp seeds. Add a squeeze of fresh lemon juice before serving.

Notes

Recipe Variations: Swap the avocado with another source of fat. Cream cheese is a natural go-to with smoked salmon. Add any favorite leafy greens, e.g. baby kale, microgreens, Swiss chard, Spring lettuce mix, beet greens, watercress, or Romaine lettuce. Fresh herbs like basil, cilantro, or parsley can also be used in place of the leafy greens.

More Variations: Capers are a popular pairing with smoked salmon. Try different seeds in place of the hemp seeds. Pumpkin, sesame, sunflower, chia, or poppy seeds would all be just as nutritious and equally delicious.

Low FODMAP Version: Omit avocado and drizzle a little extra virgin olive oil or avocado oil on your toast. Chopped red onion can be swapped with sliced green onion tops or chives.



Gluten Free Pasta Salad with Tomatoes, Basil, & Fresh Ricotta

4 servings

20 minutes

Ingredients

- 8 ozs Lentil Pasta
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Basil Leaves (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1/4 cup Ricotta Cheese
- 1/4 cup Pine Nuts
- 1 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	327
Fat	13g
Saturated	2g
Carbs	37g
Fiber	4g
Sugar	2g
Protein	19g
Cholesterol	7mg
Sodium	16mg
Potassium	641mg
Vitamin A	717IU
Vitamin C	6mg
Calcium	65mg
Iron	4mg
Vitamin D	0IU
Magnesium	29mg

Directions

- 1 Cook the pasta according to directions, and drain.
- 2 While the pasta is cooking, slice the tomatoes in half and chop the basil and put both in a large bowl.
- 3 Add the cooked pasta to the bowl with the tomatoes and basil, then stir in the olive oil, ricotta cheese, and pine nuts. Season to taste with salt and pepper.
- 4 Serve immediately, or keep in the refrigerator until ready to serve.

Notes

Recipe Variations: Feel free to substitute with any cheese, herbs/green leafy veggies, and nuts or seeds you have on hand. You may also add chickpeas, grilled chicken, or crumbled tofu for an added protein boost.



Turkey Bell Pepper Tacos

4 servings

20 minutes

Ingredients

2 tsps Extra Virgin Olive Oil
1/2 Yellow Onion (diced)
1 lb Extra Lean Ground Turkey
2 Orange Bell Pepper (medium, chopped)
1 tbsp Taco Seasoning
2 Lime (juiced, plus extra for serving)
8 Corn Tortilla (small, warmed)
1 Avocado (medium, sliced)
1 cup Cilantro
1 cup Diced Red Onions
Hot Sauce (Optional, to taste)

Nutrition

Amount per serving	
Calories	481
Fat	20g
Saturated	4g
Carbs	50g
Fiber	8g
Sugar	5g
Protein	27g
Cholesterol	84mg
Sodium	278mg
Potassium	749mg
Vitamin A	623IU
Vitamin C	187mg
Calcium	274mg
Iron	4mg
Vitamin D	16IU
Magnesium	52mg

Directions

- 1 Heat the oil in a pan over medium heat. Add the yellow onions and sauté for two to three minutes.
- 2 Add the ground turkey, breaking it up as it cooks. Cook for five to six minutes, then add the bell pepper and taco seasoning. Stir and cook for another five minutes.
- 3 To assemble, divide the chicken mixture between tortillas. Top with sliced avocado, cilantro, chopped red onion, lime juice, and (optional) hot sauce. Enjoy!

Notes

Leftovers: Refrigerate the chicken in an airtight container for up to three days. Assemble tacos just before serving.

Serving Size: One serving is equal to two tacos.

More Flavor: Add beans to the chicken mixture.

No Pickled Red Onion: Omit or use sliced red onion instead.



Easy Avocado Corn Salad with Tomato and Cilantro

10 servings

15 minutes

Ingredients

4 ears Fresh Corn Cobs (husk removed)
2 cups Cherry Tomatoes (or grape tomatoes)
2 Avocados
2 cups Fresh Cilantro (loosely packed)
1 cup Crumbled Queso Fresco (or feta cheese)
1 Jalapeno (optional, to taste)
1/4 cup Fresh Lime Juice
1/4 cup Avocado Oil
2 tbsps White Balsamic Vinegar
1/4 teaspoon Salt (or, to taste)
1/4 teaspoon Ground Black Pepper (or, to taste)

Nutrition

Amount per serving	
Calories	137
Fat	9g
Saturated	2g
Carbs	11g
Fiber	1g
Sugar	3g
Protein	4g
Cholesterol	9mg
Sodium	105mg
Potassium	188mg
Vitamin A	266IU
Vitamin C	8mg
Calcium	83mg
Iron	0mg

Directions

- 1 Remove the husk from the corn cobs. Place them on a microwave safe dish. Microwave for about 2 minutes. Carefully turn over the hot corn and microwave for an additional 2 minutes. Allow to cool. Carefully scrape the corn kernels off the cob with a knife.
- 2 While the corn is cooking, cut the cherry (or grape) tomatoes in half. Remove the skin and pit from the avocado and cut into chunks. Lightly chop the cilantro.
- 3 Combine the corn kernel, tomatoes, avocado, and cilantro in a large mixing or serving bowl. Add the crumbled queso fresco. Add optional jalapeno to taste, if desired.
- 4 Make the dressing. Mix the lime juice, avocado oil, white balsamic vinegar, salt, and pepper in a mason jar and shake well to combine the ingredients.
- 5 Pour the dressing over the other ingredients and toss to combine.
- 6 Add any additional ingredients if desired (see notes).

Notes

Optional Add-Ins: -Grilled or rotisserie chicken-mix it into the corn salad for a main dish entree. -Black beans -Diced red onion -Cooked quinoa -Tortilla chips for serving.

Storage: Store in a well-sealed container in the refrigerator for up to 3 days. If you want to meal prep this salad ahead of time, prep everything but the avocado. Stir it in right before serving to keep the avocado from browning.

Vitamin D	0IU
Magnesium	8mg



Avocado Chickpea Smash

1 serving

5 minutes

Ingredients

1/2 Avocado
7 1/2 ozs Chickpeas
1 Sea Salt & Black Pepper (to taste)
1/4 cup Microgreens (optional)
1/4 cup Cucumber (optional)
1 Brown Rice Tortilla

Nutrition

Amount per serving	
Calories	668
Fat	23g
Saturated	3g
Carbs	95g
Fiber	26g
Sugar	15g
Protein	24g
Cholesterol	0mg
Sodium	192mg
Potassium	1107mg
Vitamin A	205IU
Vitamin C	18mg
Calcium	122mg
Iron	8mg
Vitamin D	0IU
Magnesium	131mg

Directions

- 1 Combine the avocado, chickpeas, salt and pepper in a small bowl and mash to desired consistency with a fork or potato masher.
- 2 Spread smashed avocado mixture on top of bread, tortilla/wrap, or spoon in to the empty avocado skin.
- 3 Top with veggies of choice and serve.

Notes

Recipe Variations: Enjoy this avocado mash as a dip for gluten-free chips or as a spread on bread or for a wrap. Seife foods makes delicious gluten free and grain free tortillas. You can also just serve it with your favorite veggies!



Double Chocolate Gluten Free Zucchini Muffins

12 servings

30 minutes

Ingredients

2 Large Eggs
1/2 cup Avocado Oil
1/2 cup Maple Syrup
1 tsp Vanilla Extract
2 cups Shredded Zucchini (pressed and drained)
1 cup Sorghum Flour (or brown rice flour)
1/2 cup Tapioca Starch
1/4 cup Unsweetened Cocoa Powder (i.e., CocoaVia)
1/2 tsp Baking Soda
1/4 tsp Salt
2/3 cup Dark Chocolate Chips

Directions

- 1 Pre-heat your oven to 350 F. Line a 12 cup muffin tin with paper or silicon liners.
- 2 Combine eggs, oil, maple syrup, and vanilla extract in a mixing bowl. Whisk or stir well to combine the ingredients. Then add the zucchini and stir.
- 3 Add the sorghum and tapioca flours along with baking soda and salt to the wet ingredients. Stir well with a fork. Then add the chocolate chips and stir.
- 4 Divide the batter (it will be thick) equally into the 12 lined muffin tins. Bake for 20-25 minutes or until a toothpick inserted into the muffins comes clean.
- 5 Allow to cool for 10 minutes. Enjoy!

Nutrition

Amount per serving	
Calories	259
Fat	14g
Saturated	6g
Carbs	30g
Fiber	2g
Sugar	15g
Protein	3g
Cholesterol	0mg
Sodium	104mg
Potassium	93mg
Vitamin A	0IU
Vitamin C	0mg
Calcium	18mg
Iron	1mg

Vitamin D	0IU
Magnesium	12mg