

PHASE 1

HOLIDAY MEAL PLAN

**Feel the fall vibes and
immerse yourself in
healthy nutrition!**

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LET'S GET YOU STARTED!

1

Read the plan!

This is a 5 day plan, not a 7 day plan. That's because many of the meals here can be repeated! So move things around to suit you and your schedule!

2

Plan ahead!

Now that you've read through the meal plan, get planning! Grocery shop and prep items in advance to make your life easier.

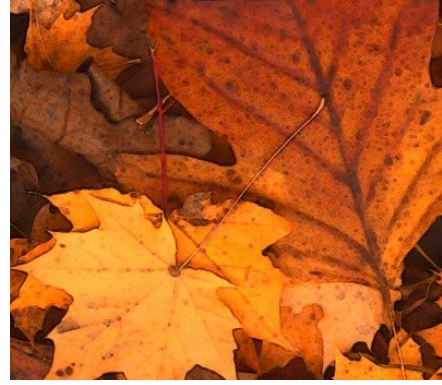
3

Sit down and eat!

Life is busy, but sitting down to eat is so important. Get out of the habit of standing or multi-tasking when eating. Enjoy your food. It tastes better when you slow down!

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5 DAY PLAN



MONDAY

Breakfast Pumpkin Spice Overnight Oats

Lunch Black Bean Burgers

Dinner Slow Cooker Minestrone

TUESDAY

Breakfast Green Smoothie

Lunch Fall Bento Box

Dinner Lemon Chicken Pasta

WEDNESDAY

Breakfast Everything Bagel Avocado Toast

Lunch Mojito Chicken & Rice Bowl

Dinner Ginger-Tahini Salmon and Vegetables

THURSDAY

Breakfast Pumpkin Spice Overnight Oats

Lunch Fall Bento Box

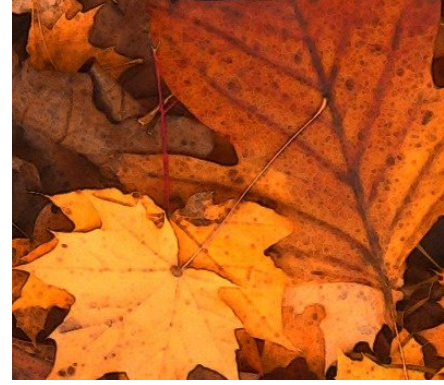
Dinner Easy Weeknight Stir Fry

FRIDAY

Breakfast Everything Bagel Avocado Toast

Lunch Tahini Tuna Salad

Dinner Spinach and Chicken Enchiladas



BREAKFAST RECIPES

PUMPKIN SPICE OVERNIGHT OATS

serves 1

INGREDIENTS

¼ cup rolled oats
¼ cup unsweetened almond milk (or cow's milk)
2 tablespoons pumpkin puree
½ tsp honey or agave
1 tsp. chia seeds
Pinch salt
¼ tsp. pumpkin pie spice
Toppings:
1 Tbsp. chopped pecans (or other nut)
Maple syrup

INSTRUCTIONS

Place all ingredients, except toppings, in a mason jar and stir to combine. Cover with lid and refrigerate overnight or for at least 6 hours. Remove lid, stir again, add toppings and enjoy.

ENJOY WITH

Fruit of your choice.

Green Smoothie

serves 1

INGREDIENTS

- 1 cup plain Greek yogurt (or plant-based yogurt)
- 1 cup fresh spinach
- ½ frozen banana
- ¼ avocado
- 2 pitted dates, chopped
- ¼ cup milk (or plant-based milk)

INSTRUCTIONS

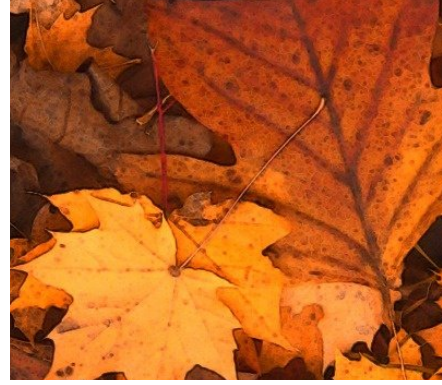
Place ingredients in a blender in order listed and puree until smooth.

ENJOY WITH

Big glass of water and a piece of whole grain toast topped with nut butter.



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BREAKFAST RECIPE

EVERYTHING BAGEL

AVOCADO TOAST

serves 1

INGREDIENTS

- ¼ avocado
- 2 teaspoons fresh lemon juice
- 1 slice crusty whole-grain bread, toasted
- 2 teaspoons everything bagel seasoning
- ¼ cup sprouts or baby lettuce
- Hot sauce, as desired

INSTRUCTIONS

Mash avocado with a fork in a small bowl. Stir in a pinch of kosher salt and 1 tsp. lemon juice.

Spread avocado over toast and sprinkle with bagel seasoning. Top with sprouts or greens and drizzle with lemon juice. Garnish with hot sauce, if desired.

For a boost of protein, top with a fried egg.

ENJOY WITH

Fruit of your choice, bell pepper strips and a big glass of water.



LUNCH RECIPE

BLACK BEAN BURGERS

serves 4, two mini burgers each

INGREDIENTS

- 2 tablespoons extra virgin olive oil, divided
- ¼ jalapeño, finely chopped
- 2 tablespoons finely chopped onion
- 1 medium carrot finely shredded
- 1 garlic clove, finely chopped
- 1 teaspoon chili powder
- ½ teaspoon salt
- 1 (15 ounce) can no-salt-added black beans, drained and rinsed
- 1 cup cooked quinoa
- ¼ cup chopped walnuts, toasted
- 1 large egg, beaten
- ¼ cup panko bread crumbs (or whole wheat bread crumbs)
- 8 small whole wheat dinner rolls, split and warmed



INSTRUCTIONS

Heat 1 tablespoon oil in a large, non-stick skillet. Add the jalapeño, onion and carrot to the pan and cook, stirring frequently, until softened, about 5 minutes. Add garlic, chili powder and salt and cook 1 additional minute. Add the black beans and cook, stirring often, for 5 minutes.

Transfer mixture to a large bowl and mash with the back of a fork until most beans are smashed. Stir in the quinoa, walnuts, egg and bread crumbs. Shape into 8 equal-sized patties (about a rounded ½ cup each).

Wipe out the large non-stick skillet. Heat the remaining oil in the pan over medium-high heat. Add the burgers and cook, undisturbed, for 5 minutes. Flip over, cover with a lid or foil and turn heat down to medium-low and cook for 7 minutes. (Note – If your skillet is on the small side, cook burgers in batches).

Serve on buns with your favorite toppings!

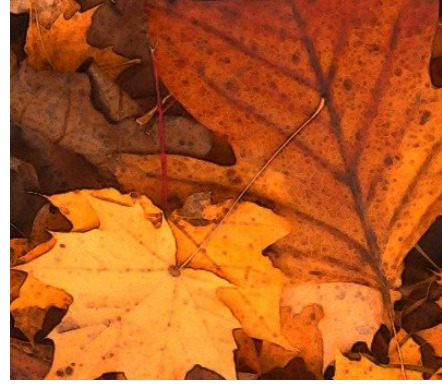
Freeze extra burgers to enjoy another time!

ENJOY WITH

Baked French fries and a big salad.

LUNCH RECIPES

FALL BENTO BOX



serves 1

INGREDIENTS

- 1/2 ounce pistachios or almonds
- 1/2 ounce sharp cheddar cheese
- 1 large hard-boiled egg
- 1 ounce whole grain crackers
- 1 cup sliced bell peppers
- 2 Tbsps. hummus
- 1 small apple, sliced
- 1 Tbsp. dried cranberries

INSTRUCTIONS

Place ingredients in portioned bento box or other container. Enjoy!

ENJOY WITH

A big glass of water.



MOJITO CHICKEN & RICE BOWL

serves 4

INGREDIENTS

- 2 Tbsp. water
- 2 tsps. Dijon mustard
- 1/4 cup fresh lime juice
- 1/4 cup coarsely chopped fresh mint
- 1 Tbsp. honey
- 1/4 tsp. kosher salt
- 1/8 tsp. black pepper
- 2 Tbsps. avocado oil
- 4 cups pulled rotisserie chicken
- 4 cups chopped romaine
- 1 (15-ounce) can unsalted black beans, drained and rinsed
- 1 1/3 cups cooked brown rice
- 1 ripe avocado
- 1 cup corn
- 1 pint tomatoes, halved

INSTRUCTIONS

Place the water, mustard, lime juice, mint, honey, salt, pepper and oil in a small food processor and blend until smooth.

Add the chicken to a large bowl and toss with half of the dressing. Reserve the remaining dressing for serving.

Divide romaine evenly among bowls or plates. Top with chicken, beans, rice, avocado, corn and tomatoes. Drizzle with remaining dressing.

ENJOY WITH

A big glass of water.

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LUNCH RECIPE

TAHINI TUNA SALAD



serves 2

INGREDIENTS

- 2 tsps. tahini
- 1 Tbsp extra virgin olive oil
- 1 Tbsp. lemon juice
- 1 Tbsp. water
- 1 5-ounce can chunk light tuna in water, drained
- 1 tsp. capers, rinsed & chopped
- 1 Tbsp. crumbled feta cheese
- 2 Tbsps. parsley
- 2 cups baby spinach

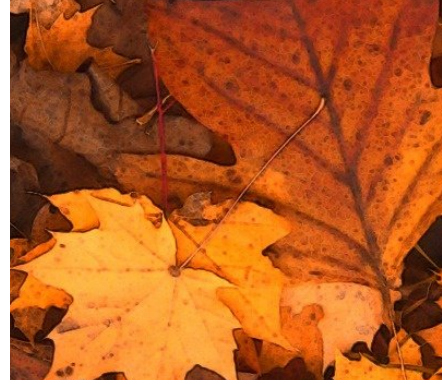
INSTRUCTIONS

Whisk tahini, lemon juice and water together in a bowl. Add tuna, olives, feta and parsley; stir to combine. Serve the tuna salad over 2 cups spinach. Season with black pepper, to taste.

ENJOY WITH

Fruit of your choice, whole grain crackers and a big glass of water.





DINNER RECIPE

SLOW COOKER MINISTRONE

serves 8

INGREDIENTS

- 4 large carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 small white onion, chopped
- 3 cloves garlic, minced
- 2 cups fresh green beans, trimmed and cut into 2-inch pieces
- 1 (15 ounce) can no-sodium-added red kidney beans, rinsed
- 1 (15 ounce) can no-sodium-added garbanzo beans, rinsed
- 2 (15 ounce) cans fire-roasted diced tomatoes, undrained
- 6 cups no-sodium-added vegetable broth
- 2 tablespoons Italian seasoning
- 1 teaspoon crushed red pepper
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper
- 4 cups baby spinach
- 4 ounces whole-wheat pasta elbows (about 1 cup)
- $\frac{1}{2}$ cup freshly grated Parmesan cheese
- $\frac{1}{4}$ cup prepared pesto, for serving

INSTRUCTIONS

Combine carrots, celery, onion, garlic, green beans, beans, tomatoes, broth, Italian seasoning, crushed red pepper, $\frac{1}{4}$ teaspoon salt, and pepper in a 6- to 8-qt. slow cooker. Cover and cook on Low for 6 to 8 hours.

Stir in spinach, pasta, and the remaining $\frac{1}{2}$ teaspoon salt. Cover and cook on Low until the pasta is tender, 15 to 20 minutes more. Serve immediately, Garnish with Parmesan and pesto.

ENJOY WITH

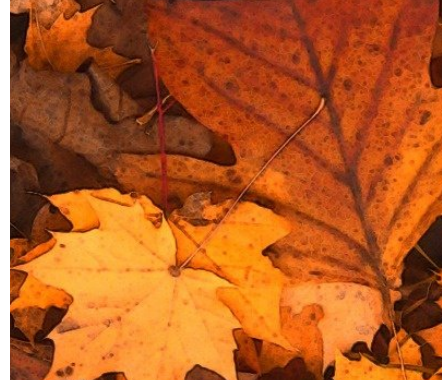
Crusty whole grain bread and sharp cheddar cheese slices.

Adapted from Eating Well

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DINNER RECIPES

LEMON CHICKEN PASTA



serves 4

INGREDIENTS

- 1 Tbsp. extra-virgin olive oil
- 4 cups spiralized zucchini (see Tip)
- 4 cups baby spinach
- 2 cups shredded skinless rotisserie chicken breast
- 1/4 tsp. salt
- 1/8 tsp. ground pepper
- 2 cups cooked whole-wheat spaghetti
- 1/2 cup grated Parmesan cheese
- 1 Tbsp. grated lemon zest
- 1/4 cup fresh lemon juice
- 1/4 cup panko breadcrumbs, toasted (see Tip)

INSTRUCTIONS

Heat oil in a large dutch oven over medium heat. Add zucchini; cook for 1 minute. Add spinach and chicken; cook for 1 more minute. Season with salt and pepper; remove from heat. Add cooked spaghetti, Parmesan, lemon zest, and lemon juice; toss to combine. Sprinkle with toasted panko and serve.

Tips

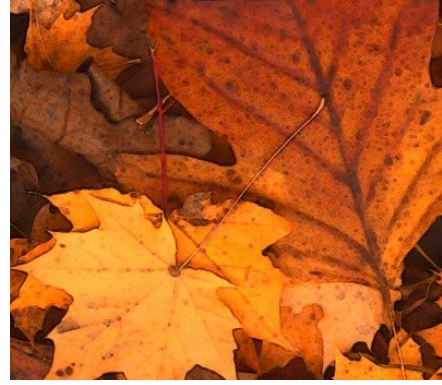
- Make your own zucchini noodles with a spiralizer; you'll need 1 small zucchini (about 2 oz.) for 1 cup of zoodles. Or look for a package of fresh zucchini noodles in the produce department.
- To toast panko breadcrumbs: Set a small skillet over medium heat. Add panko and cook, stirring often, until golden, about 2 minutes. For extra flavor, melt 1 tsp. butter in the pan before toasting the breadcrumbs. Note that you can do this step first, using the same pan you'll use to prepare the rest of the recipe.

ENJOY WITH

Sliced pears and apples and water, of course!

DINNER RECIPES

GINGER-TAHINI SALMON AND VEGETABLES



serves 4

INGREDIENTS

- 1 large sweet potato, cubed (about 12 oz.)
- 1 pound white button or cremini mushrooms, cut into 1-inch pieces (6 cups)
- 2 tablespoons olive oil, divided
- ½ teaspoon salt, divided
- 1 pound green beans, trimmed
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon plus 2 tsp. tahini
- 1 tablespoon plus 1 tsp. honey
- 1 ½ teaspoons finely grated fresh ginger
- 1 ¼ pounds salmon, cut into 4 portions
- 2 teaspoons rice vinegar
- 2 tablespoons chopped fresh chives



INSTRUCTIONS

Place a large rimmed baking sheet in the oven. Position one rack in the middle of the oven and another about 6 inches from the broiler. Preheat to 425 degrees F. Combine sweet potato, mushrooms, 1 Tbsp. oil, and 1/4 tsp. salt in a large bowl; toss to coat.

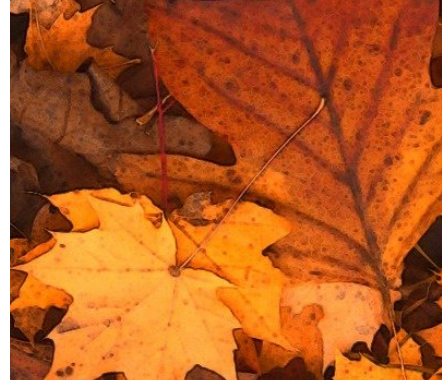
Remove the baking sheet from the oven. Spread the vegetable mixture in an even layer on the pan; roast, stirring once, until the sweet potatoes are starting to brown, about 20 minutes.

Meanwhile, toss green beans with the remaining 1 Tbsp. oil and 1/4 tsp. salt. Combine soy sauce, tahini, honey, and ginger in a small bowl.

Remove the pan from the oven. Move the mushrooms and sweet potatoes to one side and place the green beans on the other side. Place salmon in the middle, nestling it on top of the vegetables, if necessary. Spread half of the tahini sauce on top of the salmon. Roast until the salmon flakes, 8 to 10 minutes more. Turn broiler to high; move the pan to the top rack and broil until the salmon is glazed, about 3 minutes.

Stir vinegar into the remaining tahini sauce and drizzle it over the salmon and vegetables. Garnish with chives, if desired, and serve.

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DINNER RECIPE

EASY WEEKNIGHT STIR FRY

serves 4

INGREDIENTS

- 1 cup quinoa, rinsed
- 2 cups + 1 cup vegetable broth
- ¼ teaspoon kosher salt
- 2 teaspoons + 1 tablespoon vegetable oil
- 1 (14-oz) container extra firm tofu, drained, pressed and cubed
- 2 cups shredded carrots
- 3 cups broccoli florets
- 1 red bell pepper, seeded, stemmed and sliced thin
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced, peeled ginger
- 2 teaspoons honey
- 1 tablespoon corn starch
- 3 tablespoons rice vinegar

INSTRUCTIONS

In a medium pot, combine the quinoa, 2 cups vegetable broth and salt. Set pot over medium-high heat and bring to a boil. Reduce heat and simmer, stirring occasionally until cooked and all of the liquid is absorbed, about 15-20 minutes.

Set a non-stick wok or deep-sided pan over medium-high heat. Add 1 teaspoon of the vegetable oil. Once hot, add half of the tofu. Cook, stirring frequently until lightly golden, about 5 minutes. Remove tofu from the pan and keep warm. Add another teaspoon of vegetable oil and cook remaining tofu. Remove from the pan and combine with other cooked tofu and keep warm.

Add the remaining vegetable oil to the pan. Add the carrots, broccoli and red bell pepper and cook until vegetables are slightly softened, but still crunchy, about 3-4 minutes. Whisk together the remaining vegetable broth, soy sauce, ginger, honey, corn starch and vinegar; add to the pan and bring to boil, cooking until thickened, about 1 minute.

Add the tofu back to the pan and cook an additional 1-2 minutes. Season with salt to taste.

To serve, portion ½ cup quinoa on each plate and top with 1 cup stir fry mixture. Serve with optional sides such as crushed red peppers, thinly sliced scallions or toasted sesame seeds.

ENJOY WITH

Fruit of your choice and a big glass of water.

DINNER RECIPE

SPINACH & CHICKEN ENCHILADAS



serves 4

INGREDIENTS

- 1 tablespoon olive oil
- 1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
- 1 clove garlic, finely chopped
- 1 teaspoon chili powder
- 4 ounces Neufchatel cheese, cubed
- 1 tablespoon lime juice
- 1 (4.5 ounce) can chopped green chiles
- 2 cups shredded, cooked chicken breast
- 1 (15 ounce) can no-salt-added black beans, drained and rinsed
- 12 whole wheat or other whole grain tortillas, warmed
- 1 (16 ounce) jar "thick & chunky-style" salsa (mild, medium or hot)
- $\frac{3}{4}$ cup shredded Monterey Jack cheese

For serving

- shredded lettuce, diced avocado, plain Greek yogurt

INSTRUCTIONS

Preheat the oven to 350°F. Coat a large, glass baking pan with non-stick cooking spray.

To make the filling, heat the oil in a large skillet over medium-high heat. Add the spinach and cook, stirring occasionally, for 4-6 minutes, or until the spinach is softened and liquid is cooked off. Stir in the garlic and chili powder and cook 2 minutes. Stir in the Neufchatel cheese, lime juice and green chiles. Gently stir in chicken and black beans. Remove pan from the heat. Set aside.

Meanwhile, using a stick blender or a regular blender, puree the salsa into a sauce.

To prepare the enchiladas: Spoon about $\frac{1}{3}$ cup filling down the center of a tortilla. Roll up then place in the prepared pan, seam-side down. Repeat with remaining tortillas and chicken mixture, arranging enchiladas side-by-side in the pan. Pour the pureed sauce over the enchiladas, cover the pan with foil and bake 30 minutes. Remove foil, sprinkle top with cheese and bake 5 more minutes, until cheese is melted. Serve with toppings of your choice!

ENJOY WITH

Guacamole and bell pepper strips and water.

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FALL COOKING TIPS



buy in-season

Choose apples, cranberries, squash, pears, kale, Brussels sprouts and other seasonal produce to enjoy.



clean out your spice rack

Dried ground spices last only about 1-2 years and whole spices about 3. So use up or toss the old ones!



learn a new dish

Get out of the habit of always cooking the same things. Try new foods and new recipes to keep things fresh!