



# *Holiday Meal Plan*

PHASE 2

**VIRTUALPSF**



# Holiday Meal Plan

## PHASE 2

### NEW GOALS!

#### Hydrate

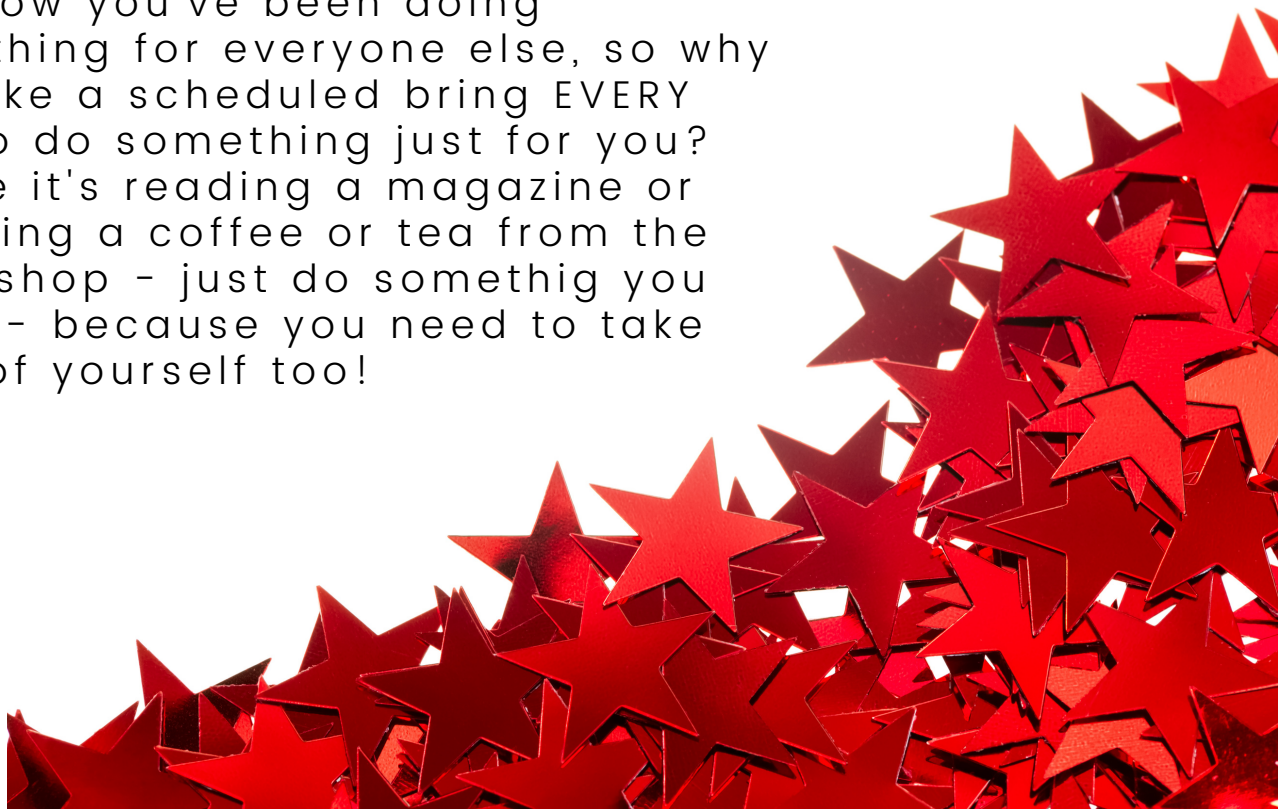
Staying hydrated in the summer is easy, but it's hard to remember to drink more water in the colder months. But you need stay hydrated now more than ever! So be sure to keep that water bottle handy and sip from it often!

#### Get active

It's tempting to skip your workout when the weather takes a turn for the worse, but we encourage you to stay active! Exercise is a proven mood booster and being strong and fit will help you get through all of the holiday madness.

#### You time

We know you've been doing everything for everyone else, so why not take a scheduled break EVERY DAY to do something just for you? Maybe it's reading a magazine or grabbing a coffee or tea from the local shop - just do something you enjoy - because you need to take care of yourself too!



# 5 Day Plan

## MONDAY

**Breakfast** Breakfast Burrito

**Lunch** Easy Veggie Stir Fry

**Dinner** Sheet Pan Chicken Fajita Bowls

## TUESDAY

**Breakfast** Yogurt & Pomegranate

**Lunch** Harvest Wrap

**Dinner** Apple Cider Spiced Taocs

## WEDNESDAY

**Breakfast** Breakfast Burrito

**Lunch** Mediterranean Snack Board

**Dinner** Crispy Tofu with Rice & Edamame

## THURSDAY

**Breakfast** Almond butter Toast with Blackberries

**Lunch** Easy Veggie Stir Fry

**Dinner** Lemon Caper Black Cod

## FRIDAY

**Breakfast** Scrambled Egg Tostada

**Lunch** Mediterranean Snack Board

**Dinner** Veggie Lentil Soup

# breakfast burrito

## BREAKFAST

SERVINGS: 4

## INGREDIENTS

6 large eggs  
¼ teaspoon ground cumin  
1/4 teaspoon kosher salt  
¼ teaspoon garlic powder  
1 tablespoon olive oil  
4 cups chopped baby spinach  
¼ cup shredded sharp cheddar cheese  
1 cup cooked black beans  
1 medium tomato, chopped  
4 8-inch whole-wheat tortillas

## DIRECTIONS

Whisk eggs, cumin, salt, and garlic powder in a medium bowl until well combined.

Heat oil in a large skillet over medium heat. Add spinach; cook until wilted, 1 to 2 minutes. Add the egg mixture; cook, stirring occasionally, until the eggs are just set, about 3 minutes.

Divide the egg mixture, cheese, beans, and tomato among the tortillas. Roll each tortilla snugly, tucking in the ends as you go. Wrap each in heavy-duty foil, label, and freeze.

To serve, unwrap one burrito, discard foil, and place on a microwave-safe plate. Cover with a paper towel and microwave on High until steaming hot throughout, 1 to 2 minutes. Serve with salsa, plain Greek yogurt and diced avocado.

Adapted from Eating Well





# easy veggie stir fry

## LUNCH

SERVINGS:1

## INGREDIENTS

1 tablespoon canola oil  
1 cup asparagus, cut into 1-inch pieces  
1 cup cabbage slaw mix  
1/2 cup cooked brown rice  
1 cup baby spinach  
2 tablespoons lite soy sauce  
2 tablespoons sriracha or other hot sauce

## DIRECTIONS

Heat the oil in a wok or dee-sided skillet over medium-high heat until just smoking.

Add asparagus and slaw mix and cook 1 minute. Add brown rice and cook an additional minute. Stir in spinach, then remove from heat and add the soy sauce and hot sauce.

## NOTES

- Any vegetable can replace asparagus in this recipe.
- You can replace brown rice with any other whole grain.
- Boost flavor by adding some minced garlic and minced fresh ginger when you add the spinach.



# sheet pan chicken fajita bowls

DINNER

SERVINGS: 4

## INGREDIENTS

2 tsps chili powder  
2 tsps ground cumin  
 $\frac{3}{4}$  tsps salt, divided  
 $\frac{1}{2}$  tsps garlic powder  
 $\frac{1}{2}$  tsp smoked paprika  
 $\frac{1}{4}$  tsp ground pepper  
2 Tbsps olive oil, divided  
1  $\frac{1}{4}$  pounds chicken tenders  
1 yellow onion, sliced  
1 red bell pepper, sliced  
1 green bell pepper, sliced  
4 cups chopped stemmed kale  
1 (15 oz) can black beans, rinsed  
 $\frac{1}{4}$  cup low-fat plain Greek yogurt  
1 Tbsp lime juice  
2 tsps water

## DIRECTIONS

Place a large rimmed baking sheet in the oven; preheat to 425 degrees F.

Combine chili powder, cumin,  $\frac{1}{2}$  tsp. salt, garlic powder, paprika, and ground pepper in a large bowl. Transfer 1 tsp. of the spice mixture to a medium bowl and set aside.

Whisk 1 Tbsp. oil into the remaining spice mixture in the large bowl. Add chicken, onion, and red and green bell peppers; toss to coat.

Remove the pan from the oven; coat with cooking spray. Spread the chicken mixture in an even layer on the pan. Roast for 15 minutes.

Meanwhile, combine kale and black beans with the remaining  $\frac{1}{4}$  tsp. salt and 1 Tbsp. olive oil in a large bowl; toss to coat. Remove the pan from the oven. Stir the chicken and vegetables. Spread kale and beans evenly over the top. Roast until the chicken is cooked through and the vegetables are tender, 5 to 7 minutes more. Meanwhile, add yogurt, lime juice, and water to the reserved spice mixture; stir to combine.

Divide the chicken and vegetable mixture among 4 bowls. Drizzle with the yogurt dressing and serve.



Adapted from Eating Well/Image from Eating Well

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# yogurt + pomegranate

## BREAKFAST

SERVINGS: 1

## INGREDIENTS

3/4 cup plain Greek yogurt (other other similar)  
2 tablespoons pomegranate arils  
1/4 cup toasted walnuts  
1/4 cup low-sugar granola  
1 teaspoon maple syrup

## DIRECTIONS

Place the yogurt in a bowl and top with pomegranate arils, walnuts and granola. Drizzle maple syrup over the top.

## NOTES

- For a fun twist, substitute pomegranate syrup for maple syrup.
- Any nut or seed can be used in place of walnuts.
- Choose a granola that has less than 5 grams of added sugar per serving.



# fall turkey wraps

LUNCH

SERVINGS: 1

## INGREDIENTS

1 (8-inch) whole wheat tortilla  
2 ounces roast turkey  
1 tablespoon crumbled goat cheese  
1 cup mixed greens  
1 tablespoon dried cranberries  
1/4 apple, thinly sliced  
1-2 thin slices red onion  
1 teaspoon balsamic vinegar

## DIRECTIONS

Warm tortilla a bit so that it's pliable for rolling. Top with turkey, goatcheese, greens, cranberries, apple and red onion. Drizzle with balsamic, roll up and enjoy.

## NOTES

- Any apple variety will work for this recipe.
- For a twist, swap blue cheese or feta cheese for goat cheese.
- Make it a meal by enjoying with a full piece of fruit and side salad.





# sheet pan chicken fajita bowls

DINNER

SERVINGS: 4

## INGREDIENTS

2 Tbsps chili powder  
1 tsp chipotle chili powder  
2 teaspoons ground cumin  
1 packed tsp brown sugar  
½ tsp kosher salt  
¼ tsp cracked black pepper  
1 pound boneless pork  
chops, thinly sliced into  
strips  
1 Tbsp avocado oil  
¼ cup dried apples, chopped  
¾ cup apple juice or apple  
cider  
¼ cup apple cider vinegar  
1 tablespoon hot sauce  
8 corn tortillas, warmed

### Garnish:

1 Granny Smith apple, thinly  
sliced into sticks (any  
variety will work)  
2-3 radishes, trimmed and  
thinly sliced  
½ cup fresh cilantro, roughly  
chopped  
¼ cup diced white onion or  
pickled red onions  
¼ cup crumbled queso  
fresco or feta cheese  
1 lime, quartered

## DIRECTIONS

Combine the chili powders, cumin, brown sugar, salt and black pepper in a large mixing bowl. Add the sliced pork and toss to coat. Cover and refrigerate for at least 1 hour and up to 24 hours before cooking.

When ready to cook, heat the oil in a large skillet over medium-high heat. When the oil looks wavy, add the pork and cook, stirring occasionally, to brown on all sides, 5 minutes. Add dried apples, cook one more minute. Remove pork from skillet and keep warm.

Add apple juice and vinegar to the skillet, stirring and scraping the bottom to release any bits stuck there. Continue to cook until liquid starts to thicken and reduce, about 5-6 minutes. Remove from heat and stir in hot sauce. Add cooked pork back to the skillet and stir to combine.

Portion pork among warmed tortillas and top with apple, radishes, cilantro, onion, cheese and a squeeze of fresh lime juice.



# mediterranean snack board

## LUNCH

SERVINGS:1

## INGREDIENTS

1/4 cup hummus  
1 ounce hard cheese (such as cheddar)  
1 cup grapes  
1 whole wheat pita, cut into triangles  
1/4 cup roasted chickpeas  
1 cup sliced veggies

## DIRECTIONS

Place everything on a plate and enjoy!

## NOTES

- Enjoy your favorite flavor of hummus.
- Substitute whole grain crackers for pita, if desired
- Buy roasted chickpeas at the store! I love Biena brand.
- Feel free to add more veggies and fruit to your plate!





# crispy tofu with rice & edamame

DINNER

SERVINGS: 4

## INGREDIENTS

1 cup water  
½ cup black rice  
3 tablespoons reduced-sodium soy sauce, divided  
extra-firm tofu  
3 teaspoons toasted sesame oil, divided  
½ teaspoon kosher salt plus a pinch, divided  
2 tablespoons cornstarch  
2 tablespoons lime juice  
2 tablespoons orange juice  
1 teaspoon packed brown sugar  
3 cups sliced shiitake mushroom caps  
3 tablespoons chopped red onion  
1 cup frozen shelled edamame, thawed  
½ cup chopped red bell pepper



## DIRECTIONS

Preheat oven to 400 degrees F.

Bring water and rice to a boil in a small saucepan. Reduce heat, cover and simmer gently until the rice is tender, about 30 minutes. Stir in 1 tablespoon soy sauce; cover to keep warm.

Meanwhile, cut tofu crosswise into 1/4-inch-thick slices. Place in a single layer on a large baking sheet lined with 3 layers of paper towels. Cover with another 2 to 3 layers of paper towels. Gently press on the tofu to remove excess liquid. Remove the tofu; discard the paper towels. Line the pan with parchment paper and return the tofu to it. Brush both sides of the tofu with 2 teaspoons sesame oil and season with 1/2 teaspoon salt. Dust both sides with cornstarch and rub it in. Bake the tofu, turning once, until lightly browned on both sides, about 30 minutes.

Whisk the remaining 2 tablespoons soy sauce, lime juice, orange juice and brown sugar in a small bowl. Heat the remaining 1 teaspoon oil in a medium skillet over medium heat. Add mushrooms and onion; cook, stirring often, until the onion is soft, 3 to 5 minutes. Add edamame, bell pepper and the remaining pinch of salt; cook, stirring, for 2 minutes more. Serve the vegetables and rice with the tofu, drizzled with the sauce.

# almond butter toast

## BREAKFAST

SERVINGS: 1

## INGREDIENTS

1 piece whole grain, crusty bread, toasted  
1 tablespoon almond butter  
2 toasted almonds, roughly chopped  
1/2 cup blackberries  
1/2 teaspoon honey

## DIRECTIONS

Spread the almond butter over the toast and top with chopped almonds and blackberries. Drizzle with honey.

## NOTES

- Any nut or seed butter can be used in place of almond butter
- Substitute other fruit such as apple slices or pear slices for blackberries, if desired.





# lemon caper black cod

## DINNER

SERVINGS: 4

## INGREDIENTS

1 pound baby potatoes,  
halved  
12 ounces precut broccoli  
florets  
4 tablespoons extra-virgin  
olive oil, divided  
½ teaspoon kosher salt,  
divided  
1 pound skin-on black cod  
(see Note)  
¼ teaspoon ground pepper  
2 tablespoons capers, rinsed  
and patted dry  
2 tablespoons lemon juice  
1 tablespoon Dijon mustard  
1 clove garlic, minced  
1 tablespoon chopped fresh  
thyme or 1/4 teaspoon dried  
3 tablespoons shredded  
Parmesan cheese



## DIRECTIONS

Preheat oven to 450degrees F. Coat a rimmed baking sheet with cooking spray.

Toss potatoes and broccoli with 1 tablespoon oil and 1/4 teaspoon salt in a large bowl. Transfer to the prepared baking sheet. Cook, stirring once, until tender, 20 to 25 minutes.

Meanwhile, pat cod dry and cut into 4 portions. Season with the remaining 1/4 teaspoon salt and pepper. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add capers and cook until golden brown, 1 to 2 minutes. Using a slotted spoon, transfer the capers to a paper towel, leaving the oil in the pan. Place the cod skin-side down in the pan. Cook, undisturbed, for 5 minutes. Flip and cook until the fish flakes easily with a fork, 3 to 4 minutes more.

Combine the remaining 2 tablespoons oil, lemon juice, mustard and garlic in a small bowl.

Toss the potatoes and broccoli with thyme. Serve the vegetables and cod drizzled with the lemon vinaigrette and garnished with the capers and Parmesan.

NOTE: If you can't find black cod, use cod, haddock or Chilean sea bass in it's place.

# scrambled egg toastada

## BREAKFAST

SERVINGS: 1

## INGREDIENTS

2 large eggs  
1 teaspoon olive oil  
1 corn tortilla, warmed  
1/4 diced avocado  
1 tablespoon crumbled feta cheese  
2 tablespoons salsa

## DIRECTIONS

Whisk eggs with a pinch of salt and black pepper in a small bowl.

Heat oil in a small skillet over medium heat and scramble eggs. Place eggs over warmed tortilla and top with avocado, feta cheese and salsa.





# veggie lentil soup

## DINNER

SERVINGS: 4-5

## INGREDIENTS

1 tablespoon extra virgin olive oil  
2 medium carrots, diced  
2 medium stalks celery, diced  
1/2 small onion, chopped  
1 garlic clove, minced  
1 tablespoon tomato paste  
1 (14.5 oz) can fire-roasted diced tomatoes  
1 cup dried green lentils, picked through and rinsed  
5 cups water or low-sodium vegetable broth  
3-4 sprigs fresh thyme (or 1/2 teaspoon dried thyme leaves)  
1 (10-oz) bag baby spinach  
1 teaspoon kosher salt  
1/2 teaspoon cracked black pepper  
1 tablespoon red wine vinegar or lemon juice

## DIRECTIONS

Heat the oil in a large Dutch oven or pot over medium heat. Add carrots, celery and onion and cook, stirring often, until softened, about 8-10 minutes. Add the garlic, cook 1 minute. Stir in the tomato paste and cook until brownish-red, about 2 minutes more. Add the tomatoes and their liquid, the lentils, water (or broth) and thyme. Bring to a simmer, partially cover with a lid and cook 30 minutes.

Remove 2 cups of the soup and purée in a blender until smooth, or use an immersion blender and purée for just a few seconds (leaving some texture). Return the blended soup to the pot and add the spinach and simmer for 1 to 2 minutes, or until the spinach softens. Season with salt and pepper and finish with lemon juice.



# Holiday Kitchen

## STAPLES

Keep these items stocked in your kitchen so that nourishing food is always available!

**Apples** - You can enjoy them as a quick snack or sliced them up and add them to your favorite, sandwich, wrap, breakfast bowl or salad!

**Leafy Greens** - Keeping a stash of washed, leafy greens on hand is smart! They're perfect for a quick salad, for tossing into soups or stir fries or added to tacos, scrambled eggs or omelets!

**Eggs** - A complete protein, eggs fill you up and are an easy add to so many meals. Scramble for breakfast sandwiches, hard boil for egg salad or fry and put on top of avocado toast.

**Canned beans** - Another great protein source! Shelf-stable and perfect for making quick, veggie tacos, bean soup or using as a topper for salad!

