

# Fall + Winter Meal Plan

Lindsay Lives Well

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LLW Smoothie or breakfast option	LLW Smoothie or breakfast option	LLW Smoothie or breakfast option	LLW Smoothie or breakfast option	LLW Smoothie or breakfast option	Pumpkin Spice Pancakes	Open
Winter Radicchio Salad	Winter Radicchio Salad	Turkey Veggie Curry	Chicken Zoodle Soup	Coconut Shrimp Bowl w/ Peanut Sauce	Bison Burgers & Winter Slaw	LLW Smoothie
Turkey Veggie Curry	Chicken Zoodle Soup	Coconut Shrimp Bowl w/ Peanut Sauce	Bison Burgers & Winter Slaw	Shredded Chicken & Brussels Sprouts Bowl	Open	Shredded Chicken & Brussels Sprouts Bowl

Notes:

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## Day-by-Day Prep Instructions:

*Note: It's helpful to do your grocery shopping the weekend before you begin the meal plan. Take the shopping list with you to the store and make sure to add on smoothie ingredients, beverages, and snacks.*

**SUNDAY:** Make **Winter Radicchio Salad**. Optional to make **Turkey Veggie Curry**. This recipe will make extra chicken to go with **Chicken Zoodle Soup** on Tuesday.

### **Winter Radicchio Salad** - Makes 4 servings

#### Ingredients:

##### **Chicken:**

- 2 lbs. boneless, skinless chicken breasts or thighs (this chicken is for the Winter Radicchio Salad and to go with your Chicken Zoodle Soup later on in the week)
- ¼ cup balsamic vinegar
- 2 tsp. dried oregano
- 1 tsp. sea salt
- 1 tsp. black pepper

##### **Dressing:**

- 1 orange, juiced, or ¼ cup of orange juice
- ¼ cup olive oil
- 3 tbsp. balsamic vinegar
- ¼ tsp. sea salt
- ¼ tsp. black pepper

##### **Salad:**

- 1 radicchio, sliced into ½ inch strips
- 1 shallot, thinly sliced
- ¼ cup flat-leaf parsley leaves, chopped
- ½ cup walnuts
- 4 mandarin oranges, peeled and segmented

### Directions:

- 1) In an oven-safe baking dish combine the balsamic vinegar, oregano, salt and pepper. Mix well, then add the chicken. Turn to coat evenly and allow to marinate for 10-45 minutes.
- 2) Preheat the oven to 400 degrees F.
- 3) Place the chicken in the oven and cook for 30-35 minutes. An instant-read thermometer should read 165 degrees F and the chicken should no longer be pink in the middle. If you're using thick chicken breasts they may require another 10 minutes in the oven.
- 4) When the chicken is done cooking, save half of it to use for Chicken Zoodle Soup on Tuesday.
- 5) Combine orange juice, olive oil, balsamic vinegar, salt and pepper in a large bowl. Whisk to combine.
- 6) Add shallot to vinaigrette and let sit for 5 minutes to soften. Add radicchio and parsley, toss to coat.
- 7) Divide among plates and top each salad with 4 oz. of chicken, 1 mandarin orange, and 1/8 cup walnuts.

**MONDAY:** Make **Turkey Veggie Curry**. Optional to make **Chicken Zoodle Soup** for Tuesday.

### **Turkey Veggie Curry** – Makes 4 servings

#### Ingredients:

- 1 tbsp. coconut oil
- 1 lb. ground turkey (may also sub grass-fed beef, chicken or bison)
- ½ yellow onion, diced
- ½ purple cabbage, thinly sliced
- 5 carrots, shredded, or one 10-oz bag of pre-shredded carrots
- 2 tsp. curry powder
- 1 tsp. paprika
- 1 tsp. sea salt
- 2 limes

#### Directions:

- 1) Heat the coconut oil in a large skillet over medium-high heat for 2 minutes. Add the onions and cook until they're translucent, about 5 minutes.
- 2) Add the ground meat to the skillet. Break it up with a wooden spoon and stir-fry until the pink is gone.
- 3) Add the curry powder, paprika, and salt. Stir to incorporate.
- 4) Add the cabbage and carrots, cover, and cook for 2 minutes or until the veggies begin to soften.
- 5) Squeeze the lime juice over the meat & veggie mixture and stir thoroughly to combine. Taste and add more seasoning or lime juice if desired.

**TUESDAY:** Make **Chicken Zoodle Soup**. Optional to make **Peanut Sauce** for Wednesday night's dinner.

## Chicken Zoodle Soup – Makes 4-6 servings

### Ingredients:

- 1 tbsp. extra-virgin olive oil
- 1 onion, diced
- 1 cup celery, diced
- 1 cup carrots, diced
- 64 oz. bone broth or chicken broth
- 2 tsp. sea salt
- 1 tsp. dried basil
- 1 tsp. dried oregano
- ½ tsp. black pepper
- 1 lb. yellow squash or zucchini, spiralized into noodles\*
- 1 lb. leftover chicken from Sunday's meal prep

\*If you don't have a spiralizer, you can purchase pre-spiraled veggie noodles at many grocery stores. Another option is to use a vegetable peeler and press firmly into the squash to make long ribbons.

### Directions:

- 1) Heat the olive oil in a large, deep pot over medium-high heat for 2 minutes. Add the onion, celery and carrots and cook until they're softened, about 7 minutes.
- 2) Add the broth, salt, basil, oregano and pepper. Cover and bring to a boil. Once boiling, reduce the heat to low and simmer for 20 minutes.
- 3) Add the squash noodles and chicken, cook for 10 more minutes.
- 4) Remove from the heat and divide into soup bowls.

**WEDNESDAY:** Make **Coconut Shrimp Bowls**. Optional to make **Bison Burgers** or prep **Winter Slaw**, or wait until tomorrow.

## Coconut Shrimp Bowls – Makes 4 servings

### Ingredients:

- 1 lb. shrimp, peeled & deveined (thawed if frozen)
- 4 cups of cauliflower rice
- 1 head of broccoli, cut into florets, or 1 12-oz bag of broccoli florets
- 1 ½ tsp. sea salt, divided
- ½ tsp. black pepper
- 1 tbsp. coconut oil
- 2 tbsp. coconut milk
- Sesame seeds (garnish)

### Directions:

- 1) Fill a large sauté pan 2/3 full with water, add 1 tsp. of sea salt, and bring to a boil. While you are waiting for your pot of water to boil, fill a large bowl with cold water and ice cubes. Set aside.
- 2) When the water begins to boil, carefully place the broccoli florets in the boiling water. Blanch for 3-5 minutes, depending on the size of your florets.
- 3) Remove the broccoli with a slotted spoon and place immediately in the cold water to stop the cooking process. Let the broccoli sit in the ice bath for 30 seconds and then strain in a colander. Set aside.
- 4) In the same sauté pan add coconut oil, coconut milk, and cauliflower rice. Stir-fry over medium-high heat until the cauliflower is cooked, 4-6 minutes.
- 5) Add shrimp to the cauliflower rice and cook until no longer pink. Add broccoli to the pan and stir to incorporate and warm. Season with remaining ½ tsp. sea salt and black pepper. Taste and add more salt and pepper if desired.
- 6) Divide cauliflower, shrimp, broccoli mixture evenly into bowl. Top with **Peanut Sauce** before serving and optional sesame seeds.

## Peanut Sauce – Makes 8 servings

### Ingredients:

- 1 8-ounce jar of coconut aminos
- 4 tbsp. peanut butter
- 2 tbsp. rice wine vinegar
- 2 tsp. sesame oil
- 1 tsp. ginger powder

### Directions:

- 1) While you're blanching your broccoli, add coconut aminos to a small saucepan over medium heat. Simmer gently for 10-15 minutes, until the sauce begins to thicken.
- 2) Turn the heat down to low and add the peanut butter, rice vinegar, sesame oil and ginger powder. Whisk until smooth and well-combined.
- 3) Drizzle a spoonful of sauce over each coconut cauliflower bowl and store the rest in an air-tight container to use for **Shredded Chicken & Brussels Sprouts Bowl** later on in the week.

**THURSDAY:** Make **Bison Burgers & Winter Slaw**. Optional to make **Shredded Chicken & Brussels Sprouts** or wait until tomorrow. You can even pick one portion of the meal, the chicken or the brussels sprouts, to make ahead.

## Bison Burgers – Makes 4 servings

### Ingredients:

- 1 tbsp. cooking fat (coconut oil, olive oil, or ghee)
- 1 lb. ground bison (may sub grass-fed beef, chicken or turkey)
- 1 lime, juiced
- 2 tbsp. coconut aminos
- 1 tsp. minced garlic
- ½ tsp. dried oregano
- ½ tsp. sea salt
- Optional toppings: lettuce wraps, tomato, onions, ketchup, mustard, relish, etc.

### Directions:

- 1) Heat the oil in a large skillet over medium-high heat.
- 2) Combine the ground meat and remaining ingredients in a bowl and mix well with your hands. Shape into four patties.
- 3) Cook burgers for 5 minutes, then flip and cook for another 3 minutes. Top with your favorite condiments. I love the Primal Kitchen Ketchup & Mustard!

## Winter Slaw – Makes 4-6 servings

### Ingredients:

- 5 oz. baby spinach
- ½ purple cabbage, thinly sliced (leftover from Monday's dinner)
- 2 large carrots, shaved into ribbons with a veggie peeler
- ½ cup sunflower seeds

### Directions:

- 1) Combine the baby spinach, cabbage and carrots together in a large bowl. Pour half the dressing over the slaw and mix to thoroughly combine. Add more dressing if desired.
- 2) Top with sunflower seeds before serving.

## Tangy Winter Slaw Dressing – Makes 4-6 servings

### Ingredients:

- ¼ cup coconut aminos
- ¼ cup olive oil
- 2 tbsp. tahini
- 1 lemon, juiced
- 1 tbsp. honey
- 1 tbsp. apple cider vinegar
- ¼ tsp. sea salt
- ¼ tsp. black pepper

### Directions:

- 1) Whisk all ingredients in a small mason jar. Serve over salad and save leftovers in the refrigerator.

## FRIDAY: Make **Shredded Chicken & Brussels Sprouts Bowl**.

### Shredded Chicken – Makes 4 servings

#### Ingredients:

- 1 lb. chicken thighs
- 1 shallot, thinly sliced
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- 1 tbsp. coconut aminos
- ¼ tsp. sea salt
- ½ tsp. black pepper

#### Directions:

- 1) In an oven-safe baking dish combine the shallot, balsamic vinegar, olive oil, coconut aminos, salt and pepper. Mix well, then add the chicken. Turn to coat evenly and allow to marinate for 10-45 minutes.
- 2) Preheat the oven to 400 degrees F.
- 3) Bake the chicken for 40 minutes, or until an instant-read thermometer reads 165 degrees F and the chicken is no longer pink in the middle.
- 4) If you're cooking at the same time as your brussels sprouts, the chicken will take a bit longer than the veggies.
- 5) Allow the chicken to cool for 5 minutes and then shred with two forks or slice with a knife.

### Brussels Sprouts – Makes 4 servings

#### Ingredients:

- 1 lb. brussels sprouts, ends trimmed and sliced in half
- 1 tbsp. coconut oil
- ½ tsp. thyme
- ½ tsp. garlic powder
- ¼ tsp. sea salt
- ½ tsp. black pepper

#### Directions:

- 1) Preheat the oven to 400 degrees F.
- 2) Toss the brussels sprouts in a large bowl with melted coconut oil, thyme, garlic powder, salt and pepper. Spread evenly on a rimmed baking sheet lined with parchment paper or foil.
- 3) Bake for 30-35 minutes, or until the edges are brown and crispy.

#### To make bowls:

- 1) Layer a serving of brussels sprouts in the bottom of a bowl. Top with shredded chicken and spoonful of leftover **Peanut Sauce** from earlier in the week.

**Fall + Winter Meal Plan**  
*Lindsay Lives Well*  
EXTRA RECIPES

## BREAKFAST OPTIONS

### Cranberry Pumpkin Granola

Ingredients:

- 1 cup rolled oats
- 1 cup raw pumpkin seeds
- 1 cup raw pecans
- 1 cup raw walnuts
- 1 cup dried cranberries
- ½ cup unsweetened shredded coconut
- 1 tbsp. pumpkin pie spice
- 1 tsp. cinnamon
- ½ tsp. sea salt
- Pinch of cayenne
- ½ cup coconut oil
- ¼ cup pumpkin puree
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract

Directions:

- 1) Preheat oven to 325 degrees F. Grease 1 large or 2 regular-sized cookie sheets with coconut oil.
- 2) Mix the oats, pumpkin seeds, pecans, walnuts, cranberries, shredded coconut, pumpkin pie spice, cinnamon and sea salt in a large bowl.
- 3) In a small saucepan over medium-low heat, warm the coconut oil, pumpkin puree, maple syrup and vanilla extract and whisk until combined. Heat until the mixture begins to simmer, then remove from the heat.
- 4) Pour the warm mixture over the dry ingredients and mix with a wooden spoon until the wet ingredients are thoroughly incorporated into the dry ingredients.
- 5) Spread the mixture evenly onto your baking sheets.
- 6) Bake for 20 minutes, stirring at the halfway point. Keep a close eye on it after the 20-minute mark and remove from the oven once the granola is golden brown. This usually takes about 25 minutes. Let it cool completely and then store in an air-tight container.

## Pumpkin Spice Pancakes – Makes 2 servings

### Ingredients:

- 4 eggs
- ½ cup pumpkin puree
- 2 tbsp. coconut oil, melted
- 1 tsp. vanilla extract
- 2 tbsp. maple syrup
- 2 tbsp. coconut flour
- 1 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- ½ tsp. baking soda
- ¼ tsp. sea salt

### Directions:

- 1) Heat a large skillet over medium-high heat and grease with coconut oil.
- 2) In a large bowl whisk together the eggs, pumpkin puree, vanilla extract and maple syrup. Add in the coconut flour, pumpkin pie spice, cinnamon, baking soda and sea salt. If the batter is too dry, try adding some unsweetened almond or coconut milk to thin it out.
- 3) Spoon the batter onto the hot skillet to make pancakes of your desired size. When bubbles begin to appear, flip the pancakes and finish cooking on the other side.

## BOOSTED BEVERAGE

### Turmeric Latte – Makes 1 serving

### Ingredients:

- 1 cup unsweetened almond or coconut milk
- ½ tsp ground turmeric
- ¼ tsp vanilla extract
- ¼ tsp. ground cinnamon
- Pinch of nutmeg
- 1 scoop Vital Proteins Collagen Peptides (optional)
- 1 tsp raw honey or 2-3 drops liquid stevia (optional)

### Directions:

- 1) Add ingredients to a high-speed blender and blend until smooth, or whisk together by hand. Transfer to a medium sauce pan and heat. Taste and add more sweetener, if desired. Pour into a mug and add a sprinkle of cinnamon on top.

# SMOOTHIE RECIPES

## Chocolate Cherry Chia Smoothie – Makes 1 serving

### Ingredients:

- 1-2 cups unsweetened almond milk
- 1 scoop chocolate protein powder
- 2 tbsp. chia seeds
- 1 tbsp. cacao powder or cocoa powder
- ½ cup frozen cherries
- 1 cup baby spinach
- Ice (as desired)
- Cacao nibs (optional)

### Directions:

- 1) Add ingredients to high-speed blender, blend until smooth, top with optional cacao nibs, enjoy!

## Green Apple Pie Smoothie – Makes 1 serving

### Ingredients:

- 1-2 cups unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 tbsp. coconut oil
- 1 tbsp. chia seeds
- ½ green apple
- ½ large date
- 1 cup baby spinach
- Ice (as desired)

### Directions:

- 1) Add ingredients to high-speed blender, blend until smooth, enjoy!

## Oatmeal Raisin Cookie Smoothie – Makes 1 serving

### Ingredients:

- 1-2 cups unsweetened almond milk
- 1 scoop vanilla protein powder
- 1 tbsp. almond butter
- 1 tbsp. ground flax seeds
- 2 tbsp. raisins
- ¼ tsp. cinnamon
- ¼ tsp. nutmeg
- Ice (as desired)

### Directions:

- 1) Add ingredients to high-speed blender, blend until smooth, enjoy!

# HEALTHY SNACKS

- 1) Sea Snax seaweed with beef jerky.
- 2) Sliced pear wrapped in prosciutto.
- 3) Chomps beef stick with a mandarin orange.
- 4) Almond milk yogurt with frozen cherries.
- 5) Pumpkin Spice Protein Balls (see recipe below)

## Pumpkin Spice Protein Balls – Makes 12-18 balls

### Ingredients:

- 1½ cup rolled oats
- ½ cup vanilla vegan protein powder
- ½ cup ground flaxseed
- ½ cup chopped/crushed pecans
- 2 tsp. pumpkin pie spice
- 1 tsp. cinnamon
- ¼ tsp. sea salt
- ½ cup natural peanut butter
- ½ cup pumpkin puree
- 2 tbsp. maple syrup
- 1 tsp. vanilla extract
- ½ cup unsweetened almond milk

### Directions:

- 1) Add oats, protein powder, ground flaxseed, pecans, pumpkin pie spice, cinnamon, and sea salt to a large bowl.
- 2) Add in peanut butter, pumpkin puree, maple syrup, and vanilla . Stir to combine. Mixture should be slightly sticky but still crumbly.
- 3) Slowly add in almond milk 1 tablespoon at a time and using hands combine until it comes together in a sticky ball that holds together. If mixture is too dry, add in more liquid but not so much that it won't hold shape.
- 4) Roll into balls using hands.
- 5) Place in a container to set in the fridge for at least 30 minutes.
- 6) Store in fridge until ready to eat.