

NOVEMBER MEAL PLAN

Brigid Titgemeier, MS, RDN, LD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Chocolate Cashew Avocado Mousse	Very Berry Shake	Chocolate Cashew Avocado Mousse	Very Berry Shake	Chocolate Cashew Avocado Mousse	Very Berry Shake	Chocolate Cashew Avocado Mousse
SNACK	2 hard boiled eggs	Pear with 2 tbsp almond butter	2 hard boiled eggs	Flavored pumpkin seeds	2 hard boiled eggs	Pear with 2 tbsp almond butter	2 hard boiled eggs
LUNCH	Grass-fed Sloppy Joes with Non-Breaded Zucchini Bites	Chicken and Wild Rice Soup	Hearty Butternut Squash Kale Salad	Hearty Butternut Squash Kale Salad	Chicken and Wild Rice Soup	Hearty Butternut Squash Kale Salad with Non-Breaded Zucchini Bites	Chicken and Wild Rice Soup
SNACK	GF Crackers with Hummus	Flavored Pumpkin Seeds	GF Crackers with Hummus	Celery with Almond Butter	GF Crackers with Hummus	Flavored Pumpkin Seeds	Celery with Hummus
DINNER	Hearty Butternut Squash Kale Salad	Grass-fed Sloppy Joes with Non-Breaded Zucchini Bites	Chicken and Wild Rice Soup	Grass-fed Sloppy Joes with Non-Breaded Zucchini Bites	Hearty Butternut Squash Kale Salad	Chicken and Wild Rice Soup	Night out!

SHOPPING LIST

<i>Perishable (mostly)</i>		<i>Non-Perishable (mostly)</i>	
<p><i>Vegetables</i></p> <ul style="list-style-type: none"> Carrots, diced Garlic Romaine lettuce Zucchini Leeks Celery Curly kale Yellow onion Tomato sauce Butternut squash Yellow bell pepper Red cabbage, shredded 	<ul style="list-style-type: none"> 4 medium 1 head 6 leaves 2 medium 2 medium 1 stalk 1 head 1/2 medium 1 16 oz jar 1 cup 1 medium 3 cups 	<p><i>Misc.</i></p> <ul style="list-style-type: none"> Vanilla extract Medjool dates Tomato paste Dijon mustard Garlic powder Onion powder Dry sherry Chives Dried basil Tamari soy sauce Sea salt or himalayan salt Black pepper Cacao powder 	<ul style="list-style-type: none"> 1 4 fl oz bottle 5 medium size 1 4 oz can 1 4 oz jar
<p><i>Fruit</i></p> <ul style="list-style-type: none"> Mixed berries, frozen Pomegranate seeds Lemon Pear 	<ul style="list-style-type: none"> 3 cups 1 cup 1/2 lemon 2 medium 	<p><i>Healthy Fats & Oils</i></p> <ul style="list-style-type: none"> Avocado Grass-fed ghee Full-fat coconut cream/milk Extra virgin olive oil 	<ul style="list-style-type: none"> 3 medium 8 oz jar 1 14 fl oz can 1 16.9 fl oz
<p><i>Dairy Alternatives</i></p> <ul style="list-style-type: none"> Nut milk (any kind), unsweetened 	<ul style="list-style-type: none"> Half gallon 	<p><i>Gluten-free Grains</i></p> <ul style="list-style-type: none"> Wild rice Gluten-free crackers 	<ul style="list-style-type: none"> 1 12 oz bag 1 8 oz bag
<p><i>Meats, Fish & Eggs</i></p> <ul style="list-style-type: none"> Grass-fed beef* Chicken breast, bone less & skinless* Low sodium chicken broth* Eggs* Grass-fed collagen protein powder <p><i>*Best to buy organic meats & eggs.</i></p>	<ul style="list-style-type: none"> 1 lb 2 1/2 lb 16 fl oz 1 dozen 10 oz 	<p><i>Nuts, Seeds & Beans</i></p> <ul style="list-style-type: none"> Almond butter Cashew butter Shredded coconut, unsweetened Almond flour Chia seeds Flavored pumpkin seeds Hummus 	<ul style="list-style-type: none"> 1 16 oz jar 1 8 oz jar 1 8 oz box 1 8 oz bag 1 8 oz bag 1 8 oz bag 1 8 oz bag 1 8 oz container

CHOCOLATE AVOCADO MOUSSE

Ingredients

- 2 avocado
- ½ cup cacao powder
- 4 tbsp collagen protein powder
- ½ cup almond butter
- ¾ cup shredded coconut
- ¼ cup almond milk
- ¾ tsp himalayan salt
- 1 tsp vanilla extract
- 2 medjool dates



Meal Prep Tip:

Pre-portion the avocado mousse in individual size mason jars that you can pack for breakfast throughout the week!

Instructions

1. Place all of the ingredients in the food processor and process until creamy and smooth.
2. Scoop the avocado mousse into a glass bowl and chill in the refrigerator for a few hours before serving.
3. Top with shredded coconut flakes, pomegranate seeds and/or cacao nibs (optional).

Nutrition Information:

Total Servings: 6; Calories: 307; Total Fat: 22g; Sodium: 310mg; Carbs: 23g; Fiber: 9g; Total Sugar: 7g; Added Sugar: 0 g; Protein: 12g

VERY BERRY SHAKE

Ingredients

- 1 cup nut milk, unsweetened
- ¼ cup full-fat coconut cream/milk
- 1 tbsp chia seeds
- 1 tsp cacao powder
- 1 tbsp cashew butter
- 2 tbsp collagen protein
- 1 cup frozen mixed berries



Meal Prep Tip:
Prep the smoothie one to two days in advance or the morning that you will drink it.

Instructions

1. Combine all ingredients in a high-powered blender.
2. Blend ingredients for about 45 seconds or until smooth.
3. Optional toppings: cacao nibs or shredded coconut

Nutrition Information:

Total Servings: 1; Calories: 383; Total Fat: 26g; Sodium: 223mg; Carbs: 24g; Fiber: 9g; Total Sugar: 10g; Added Sugar: 0g; Protein: 21g

GRASS-FED SLOPPY JOES

Ingredients

- 1 tbsp extra virgin olive oil
- 1 lb grass-fed ground beef
- 1/2 cup yellow onion, diced
- 1/2 cup carrots, diced
- 1 cup tomato sauce (no added sugar)
- 3 medjool dates
- 1 tbsp tomato paste
- 2 tsp dijon mustard
- 1 garlic clove, minced
- 1/2 tsp himalayan salt
- 1/2 tsp black pepper
- 6 lettuce wraps



Meal Prep Tip:

Make sloppy joe recipe during your meal prep and pre-portion all sloppy joe lettuce wraps into leftover containers.

Instructions

1. In a medium skillet over medium heat, add 1 tbsp extra virgin olive oil, onions and carrots. Cook for 1-2 minutes.
2. Add grass-fed beef and cook until brown, draining any excess liquid.
3. In a food processor, combine dates with tomato sauce and pulse until smooth.
4. Stir the tomato sauce mixture, mustard, garlic, salt and pepper into the skillet; mix thoroughly.
5. Reduce heat and simmer for 30 minutes.

Nutrition Information: Total Servings: 3 Calories: 352; Total Fat: 20g; Sodium: 550mg; Carbs: 30g; Fiber: 5g; Total Sugar: 23g; Added Sugars: 0g; Protein: 16g

NON-BREADED ZUCCHINI BITES

Ingredients

- 2 zucchini, sliced into 1 cm rounds
- 3 eggs
- 2/3 cup almond flour
- 5 tbsp grass-fed ghee, melted
- 1 tsp garlic powder
- 1 tsp onion powder
- 3/4 tsp himalayan salt



Meal Prep Tip:
Make zucchini bites as part of meal prep and store leftovers in containers.

Instructions

1. Preheat oven to 400 degrees F.
2. Arrange three medium size bowls on the counter and add whisked eggs to the first bowl, almond flour and spices to the second and melted ghee to the third bowl.
3. Dip the zucchini in the eggs, followed by the almond flour mixture and finally the ghee.
4. Place zucchini on a baking sheet. Bake for 20-25 minutes or until crispy.

Nutrition Information: Total Servings: 6 Calories: 229; Total Fat: 21g; Sodium: 332mg; Carbs: 5g; Fiber: 2g; Total Sugar: 2g; Added Sugars: 0g; Protein: 6g

CHICKEN & WILD RICE SOUP

Ingredients

- 3 tbsp grass-fed ghee
- 3 carrots, finely diced
- 2 leeks, white and light green parts, finely diced
- 2 celery ribs, finely diced
- 2 quarts low sodium chicken broth
- 1 ½ lb chicken breast, skinless
- ¾ cup wild rice, uncooked
- Dash himalayan salt
- 3 tbsp dry sherry
- ¼ cup minced chives
- ¾ cup full-fat coconut milk



Meal Prep Tip:

Make a pot of this soup during your meal prep and heat it up as the week goes on. If you have a lot of leftovers you can also always freeze in order to preserve.

Instructions

1. Heat ghee in a soup pot over medium heat.
2. Add the chicken, carrots, leeks and celery. Cook for about 5 minutes until vegetables are soft.
3. Reduce the heat to low and add the chicken broth, wild rice, and salt.
4. Reduce heat to simmer for about 45 minutes, until the rice is tender and the chicken is cooked.
5. Stir the coconut milk and dry sherry into the soup.
6. Season with salt.
7. Serve soup garnished with chives.

Nutrition Information:

Total Servings: 6; Calories: 318; Total Fat: 16g; Sodium: 332mg; Carbs: 22g; Fiber: 3g; Total Sugar: 4g; Added sugar: 0g; Protein: 18g

HEARTY BUTTERNUT KALE SALAD

Ingredients

Salad

- 1 head curly kale
- 1/2 avocado
- 1 cup butternut squash
- 1 cup pomegranate seeds
- 1 yellow bell pepper
- 3 cups red cabbage
- 1 lb chicken breast or tenders
- 1/4 cup extra virgin olive oil
- 1 tsp basil

Dressing

- 1/2 cup nut milk
- 1/2 cup extra virgin olive oil
- 2 cloves of garlic, minced
- 1/4 cup almond butter
- Juice from 1/2 lemon
- 1 tbsp tamari gluten-free soy sauce
- Dash of himalayan salt
- Dash of black pepper



Meal Prep Tip:

Prepare the kale salad during meal prep, mixing all ingredients together in one bowl. Store dressing in a mason jar container and pour on top of the salad prior to each meal.

Instructions

1. Preheat oven to 400 F.
2. Cut butternut squash in half, length wise and remove seeds.
3. Place butternut squash on baking sheet so that the inside is facing up and top both sides with salt and pepper.
4. Bake squash in the oven for 50-60 minutes.
5. Add kale leaves to a medium size salad bowl.
6. Add avocado to the bowl and massage avocado into the kale using your hands.
7. Top the kale with red cabbage, pomegranate seeds, and yellow bell pepper.
8. Make the dressing in a food processor, adding nut milk, extra virgin olive oil, garlic, almond butter, lemon, salt and pepper and pulsing until smooth.
9. When the butternut squash is done baking, remove from the oven and allow to cool.
10. Reduce oven temperature to 350 F for the chicken.
11. Place the chicken in the oven and bake for 25 minutes, flipping the chicken halfway through.
12. Cut the butternut squash into small cubes and add to the kale salad.
13. Once the chicken is done baking, cut into small pieces and add to the salad bowl.
14. Store dressing in a mason jar and pour on salad before serving.

Nutrition Information for Salad: Total Servings: 6; Calories: 216; Total Fat: 13g; Sodium: 47mg; Carbs: 13g; Fiber: 4; Total Sugar: 6g; Added Sugar: 0g; Protein: 13g

Nutrition Information for Dressing: Total Servings: 8; Calories: 177; Total Fat: 18g; Sodium: 134mg; Carbs: 2g; Fiber: 1; Total Sugar: 1g; Added Sugar: 0g; Protein: 2g