



# FIVE-DAY FALL MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACKS
DAY 1	<b>Spinach Mushroom Scramble</b> Whole wheat toast (1 slice) 1 tsp margarine  300 cal 15g carbs	1 oz Sliced turkey Thinly sliced cucumber and arugula in a 6" pita pocket LF Milk (8 oz) Pear (1)  300 cal 45g carbs	<b>Lemon Herbed Pork Tenderloin</b> (2 oz) Roast acorn squash (w/ 1 tsp olive oil) Steamed green beans Small <b>Baked Apple</b>  450 cal 45g carbs	1 cup veggies spears (carrots, celery) ¼ cup <b>Ranch Dip</b> Light fruit yogurt (6 oz)  150 cal 20g carbs
DAY 2	Cottage cheese (¼ cup) Whole grain toast (2 slices) Sprinkle of cinnamon or a few sliced strawberries  300 cal 30g carbs	Fall Salad with <b>Pork Tenderloin</b> (2 oz) Mixed greens (2 cups) ½ cup sliced red grapes 2 Tbsp crumbled feta cheese 2 Tbsp citrus salad dressing  300 cal 20g carbs	<b>Honey Mustard Roast Chicken</b> <b>Brussel sprouts</b> (1 cup) Brown rice (½ cup) Red grapes (½ cup)  450 cal 45g carbs	2 Deviled eggs halves Fruit n' Nut Mix (1 Tbsp dried fruit with 1 Tbsp chopped nuts)  150 cal 10g carbs
DAY 3	<b>Baked Apple</b> 1 cup non-fat plain Greek yogurt 1 Tbsp chopped nuts  300 cal 40g carbs	<b>Honey Mustard Chicken</b> (2 oz) sandwich Thin-sliced bread (2 slices) Green and red pepper slices Large plum  300 cal 30g carbs	3 oz Baked Salmon <b>Grilled Veggie Medley</b> Small baked potato (½) 1 tsp margarine Dove dark chocolate (2 small pieces)  450 cal 40g carbs	Turkey roll-up (roll 1 oz slice of deli meat around a carrot or celery stick) 3 small multi-grain crackers w/ 2 tsp nut butter  150 cal 10g carbs
DAY 4	Open faced peanut butter sandwich (1 Tbsp) Sliced ½ banana 1 Piece whole wheat toast LF Milk (8 oz)  350 cal 45g carbs	Tuna salad-lettuce wraps Baked pita chips, (7 chips) Fresh apple (small)  300 cal 30g carbs	3 oz Roast Chicken <b>Sweet Potato Spears</b> Kale salad with lemon vinaigrette <b>Spiralized Zucchini with Grape Tomatoes</b> Roasted Pear  400 cal 35g carbs	Carrot sticks and 2 Tbsp guacamole ½ cup milk and 2 Small Gingersnap cookies*  150 cal 20g carbs
DAY 5	<b>Apple Oatmeal</b> Yogurt or Milk  300 cal 60g carbs	Tomato Soup (1 cup)* Open faced toasted cheese sandwich 1 oz Sliced cheddar 1 sliced whole wheat toast  300 cal 30g carbs	<b>Tuscan Vegetable Bean Soup</b> (2 cups) Italian bread (1 oz slice) Mixed green salad with olive oil dressing <b>Crustless Pumpkin Pie</b> 400 cal 60g carbs	LF string cheese snack stick (2-50 cal/each) Navel orange (medium)  200 cal 15g carbs

\*calories are approximations  
LF – low fat; w/ - with; carbs- carbohydrates)



# RECIPES

## SPINACH AND MUSHROOM SCRAMBLE

MAKES 2 SERVINGS

1 SERVING = 162 calories, 2g carbs, 14g protein, 11g fat

2 large eggs

2 large egg whites

1 tsp butter or canola oil

½-1 cup thinly sliced mushrooms

½-1 cup baby spinach chopped

2 Tbsp shredded cheese (*try cheddar or provolone*)

Salt and pepper to taste

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*In a small bowl, whisk the eggs and egg whites together. Add a pinch of salt and pepper. In a small non-stick skillet, heat the butter or oil over medium-high heat and sauté the mushrooms for 3-4 minutes until tender. Add spinach and cook until wilted. Reduce heat to medium. Add egg mixture and cook until eggs are thickened. Stir in cheese.*





# RECIPES

## LEMON HERBED PORK TENDERLOIN

MAKES 2 SERVINGS

4oz SERVING = 200 calories, 0g carbs, 31g protein, 9g fat

8 oz pork tenderloin

1 Tbsp olive oil

½ cup lemon juice as well as the zest

1 tsp chopped fresh rosemary

1 tsp chopped fresh thyme

1 minced garlic clove

⅛ tsp salt

⅛ tsp black pepper

Cooking spray

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*Combine olive oil, lemon juice and zest, herbs and spices in a sealed plastic bag. Add meat, turning to coat and refrigerate for at least one hour. Preheat grill to medium-high. Remove pork from bag and discard marinade. Place meat on hot grill coated with cooking spray. Grill about 15 minutes turning occasionally. Let stand for 5 minutes.*



# RECIPES

## BAKED APPLE MAKES 1 SERVING 150 calories, 33g carbs

1 medium crisp apple (*such as Granny Smith*)

1 Tbsp raisins

1 Tbsp chopped nuts (*walnuts or pecans*)

2 tsp brown sugar

¼ tsp ground cinnamon

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***Preheat the oven to 350°F. Using a small paring knife cut out the inner core while keeping the bottom intact to make a well. In a small bowl combine raisins, nuts, sugar and cinnamon. Using a small spoon, fill the apple cavity. Bake for about 25 minutes or until apple feels tender.***



# RECIPES

## ONE PAN HONEY MUSTARD CHICKEN AND VEGGIES MAKES 4 SERVINGS

1 SERVING = 275 calories, 18g carbs

¼ cup whole grain mustard

¼ cup Dijon mustard

¼ cup honey

3 garlic cloves, minced

¼ tsp salt

¼ tsp pepper

4 chicken breasts (*skinless, boneless*)

1 lb brussel sprouts (*or broccoli, cauliflower, butternut squash, peppers*)

1 Tbsp olive oil

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***Mix together the mustards, honey, garlic, salt and pepper in a zip-lock bag. Add the chicken and let marinate for at least an hour. Preheat oven to 375°F. Cover a sheet pan with foil (for easy clean-up). Split the brussel sprouts in half and toss with olive oil and a little salt if desired. Place the chicken on one half of the pan and the veggies on the other. While baking, stir the veggies occasionally. Cook for about 30-40 minutes.***





# RECIPES

## GRILLED VEGGIE MEDLEY

**MAKES 8 LARGE SERVINGS = 90 calories, 12g carbs**

1 large onion

1 eggplant, peeled

6 cups fresh broccoli crowns

1 red pepper, large

1 green pepper, large

1 lb asparagus

1 zucchini squash

8 oz mushrooms

2 Tbsp olive oil

Seasonings: Salt, pepper, fresh or dried thyme, rosemary, basil, oregano, garlic powder, and onion powder

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*Cut all veggies into similarly sized chunky pieces. Toss in olive oil. Season with salt, pepper and herbs as desired. Preheat grill to medium high heat (or set oven temp to 425°F). Place foil on grill (or on sheet pan) and spray with a non-stick spray. Grill or roast veggies until tender, stirring occasionally.*



# RECIPES

## APPLE OATMEAL

MAKES 4 SERVINGS

1 SERVING = 280 calories, 60g carbs

4 crisp apples

1 cup steel cut oats

4 cups water

2 Tbsp brown sugar

½ tsp ground cinnamon

¼ tsp salt

½ cup nonfat plain Greek yogurt

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*Grate two of the apples. Heat a large saucepan over medium heat. Add the dry oats to toast lightly for about 2 minutes while stirring. Add water and shredded apples. Bring to a boil. Reduce heat and cook, stirring frequently for 10 minutes. Meanwhile, chop the 2 remaining apples. Stir into the oatmeal along with the brown sugar, cinnamon, and salt and cook another 15-20 minutes until oatmeal is thick and apples are soft. Top each serving with 2 Tbsp Greek yogurt (or ¼ cup milk).*





# RECIPES

## GREEK YOGURT RANCH DIP

MAKES 1 CUP

SERVING SIZE ¼ CUP = 34 calories, 2.6g carbs, 6g protein

8 oz fat-free plain Greek yogurt

2 finely chopped scallions and/or some fresh  
chopped chives

¾ tsp onion powder

¾ tsp garlic powder

½ tsp dried dill (or 1 Tbsp fresh dill)

¼ tsp kosher salt

¼ tsp Worcestershire sauce

⅛ tsp cayenne pepper

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*In a small bowl, whisk all the ingredients together. Garnish with some more chopped scallions, chives or parsley. Refrigerate for at least an hour.*



# RECIPES

## SPIRALIZED ZUCCHINI AND GRAPE TOMATOES MAKES 4 SERVINGS

1 SERVING = 40 calories, 7g carbs

1 large zucchini cut into spirals (*this can often be found in the produce section of your market*)

1 Tbsp olive oil

2 cloves garlic, finely chopped

1 cup grape tomatoes (*whole or split in half*)

Fresh basil (*at least 4-6 large leaves chopped*)

Season as desired (*salt, black pepper, oregano, crushed red pepper flakes*)

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***Heat oil in a large non-stick pan. Add garlic and cook until golden. It takes less than a minute. Add the tomatoes and spices. Reduce heat to low and simmer until tomatoes soften. Increase heat to medium-high and add the zucchini and squash. Cook for about 2 minutes. Adjust seasonings and serve.***



# RECIPES

## ROASTED SWEET POTATO SPEARS

ONE MEDIUM SWEET POTATO SERVES 2

SERVING SIZE ½ POTATO = 80 calories, 14g carbs

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*Preheat oven to 400 degrees. Slice a medium sweet potato and into spears (like steak fries). Toss in a teaspoon of olive oil, and herbs (such as a pinch of salt, pepper, thyme, cayenne pepper and garlic powder). Roast about 30 minutes or until tender.*





# RECIPES

## TUSCAN VEGETABLE BEAN SOUP

**MAKES 4 LARGE SERVINGS (2 CUPS EACH)**  
**1 CUP = 200 calories, 30g carbs**

2 (15 oz) cans cannellini beans;  
drained and rinsed

1 Tbsp olive oil

½ onion, large; diced (*about 1 cup*)

2 carrots, diced

2 stalks celery, diced

2 small zucchini, chopped

1 Tbsp fresh thyme leaves  
(*or 1 tsp dried*)

2 tsp fresh sage, chopped  
(*or ½ tsp dried*)

½ tsp salt

¼ tsp pepper

32 oz vegetable broth

1 can (14.5 oz) diced tomatoes

2 cups chopped kale or baby  
spinach

⅓ cup grated parmesan cheese

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*In a small bowl, mash one can of the bean with a masher using a fork. Set aside. Heat the oil in a large soup pot over medium heat. Add the onion, celery, carrots, zucchini, herbs, salt and pepper and cook about 5 minutes (stirring occasionally). Add the broth, tomatoes with juice, and bring to a boil. Add the mashed beans and another can of the whole (drained) beans. Cook for another 10 minutes to let flavors blend. Add the spinach or kale and cooked until wilted, about 3-5 minutes. Serve with Parmesan if desired.*



# RECIPES

## CRUSTLESS PUMPKIN PIE

MAKES 8 SERVINGS

1 SERVING = 150 calories, 29g carbs

Nonstick cooking spray

$\frac{3}{4}$  cup sugar

1 tsp ground cinnamon

$\frac{1}{2}$  tsp salt

$\frac{1}{2}$  tsp ground ginger

$\frac{1}{4}$  tsp ground cloves

2 large eggs

*(beat before adding to mixture)*

1 can (15 oz) pumpkin

1 can (15 oz) fat free  
evaporated milk

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***Preheat oven to 325°F. Spray a 9" glass pie plate with nonstick spray. Whisk all ingredients together in a bowl and pour into the pie plate. Bake for 55-60 minutes or until a knife inserted in the center comes out clean. Cool for about 2 hours. Serve immediately or refrigerate.***