



Fall Meal Plan

Created by WBW by Kendra



Fall Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Apple Walnut Overnight Oats	Apple Walnut Overnight Oats	Apple & Turkey Breakfast Hash	Apple & Turkey Breakfast Hash
Snack 1	Apples & Almonds	Apples & Almonds	Apples & Almonds	Spicy Turmeric Apple Smoothie	Spicy Turmeric Apple Smoothie	Spicy Turmeric Apple Smoothie	Spicy Turmeric Apple Smoothie
Lunch	One Pan Sausage with Parsnips & Apples	One Pan Chicken, Squash & Brussels Sprouts	One Pan Chicken, Squash & Brussels Sprouts	One Pan Brussels Sprouts & Sausage with Honey Mustard	Beet & Carrot Turkey Bites with Kale	Pumpkin Mac n' Cheese	Salmon & Roasted Root Veggie Salad
		Quinoa	Quinoa				
Snack 2	Pumpkin Pie Protein Smoothie	Pumpkin Pie Protein Smoothie	Pumpkin Pie Protein Smoothie	Pureed Pumpkin Hummus	Pureed Pumpkin Hummus	Pureed Pumpkin Hummus	Pureed Pumpkin Hummus
				Carrot Sticks	Carrot Sticks	Carrot Sticks	Carrot Sticks
Dinner	One Pan Chicken, Squash & Brussels Sprouts	One Pan Sausage with Parsnips & Apples	One Pan Brussels Sprouts & Sausage with Honey Mustard	Beet & Carrot Turkey Bites with Kale	Pumpkin Mac n' Cheese	Salmon & Roasted Root Veggie Salad	Pumpkin Mac n' Cheese
	Quinoa						

Fall Meal Plan

53 items

Fruits

- 9 Apple
- 3 Banana
- 1/4 cup Lemon Juice

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 3/4 cup Almonds
- 1/3 cup Chia Seeds
- 1 tsp Cinnamon
- 1/2 tsp Dried Thyme
- 3/4 tsp Garlic Powder
- 2 tbsps Ground Flax Seed
- 1 tbsp Poultry Seasoning
- 1/4 cup Pumpkin Seeds
- 1 1/3 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/4 cup Turmeric
- 1/2 cup Walnuts

Vegetables

- 3 cups Baby Spinach
- 1 1/2 Beet
- 5 cups Brussels Sprouts
- 2 1/2 cups Butternut Squash
- 4 1/2 Carrot
- 2 cups Cauliflower Rice
- 3 Garlic
- 3 cups Kale Leaves
- 2 tbsps Parsley
- 1 1/2 Parsnip
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 1 Sweet Potato
- 1 tbsp Thyme
- 1/2 Yellow Onion
- 2 Yellow Potato

Boxed & Canned

- 1 1/2 cups Brown Rice Macaroni
- 2 cups Chickpeas
- 3/4 cup Quinoa

Baking

- 2 1/4 tpsps Arrowroot Powder
- 1/3 tsp Baking Powder
- 2 1/4 tpsps Honey
- 1/4 cup Nutritional Yeast
- 2 cups Oats
- 1 tbsp Pumpkin Pie Spice
- 3 3/4 cups Pureed Pumpkin
- 2 tpsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 1 lb Chicken Thighs
- 1 lb Extra Lean Ground Turkey
- 1 lb Pork Sausage
- 10 ozs Salmon Fillet

Condiments & Oils

- 2 1/2 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil

Cold

- 1 Egg
- 10 cups Unsweetened Almond Milk

Other

- 1 3/4 cups Vanilla Protein Powder
- 1 1/3 cups Water

Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 3 servings



Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Ingredients

- 1 cup Pureed Pumpkin
- 1 Egg
- 1/4 cup Maple Syrup
- 1 1/2 tps Pumpkin Pie Spice
- 1/2 tsp Vanilla Extract
- 1/3 tsp Baking Powder
- 1/4 tsp Sea Salt
- 1/2 cup Unsweetened Almond Milk
- 1 1/4 cups Oats (rolled or quick)
- 2 tbsps Ground Flax Seed
- 2 tbsps Pumpkin Seeds

Apple Walnut Overnight Oats

8 ingredients · 8 hours · 2 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Protein

Add hemp seeds or a spoonful of nut butter.

Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use another sweetener instead.

Ingredients

- 3/4 cup** Oats
- 3/4 cup** Unsweetened Almond Milk
- 1 tbsp** Chia Seeds
- 1 1/2 tsps** Maple Syrup
- 1/2 tsp** Cinnamon
- 1/4 cup** Water
- 1/2** Apple (cored and diced)
- 1/2 cup** Walnuts (chopped)

Apple & Turkey Breakfast Hash

9 ingredients · 35 minutes · 2 servings



Directions

1. Heat a large skillet over medium heat. Add the ground turkey, cinnamon and poultry seasoning. Cook for five to seven minutes, until thoroughly browned, breaking up into little pieces as it cooks. Drain off the fat, transfer to a bowl and set aside.
2. In the same skillet, heat the oil over medium heat. Add the onion and garlic, sauteeing until translucent. Next add the brussels sprouts, butternut squash, and apples. Cover and cook for about 10 minutes, stirring occasionally, until all veggies are soft.
3. Add the ground turkey back into the skillet and stir to combine. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Ground Turkey

Use lentils instead of ground turkey.

Ingredients

- 8 ozs** Extra Lean Ground Turkey
- 1/2 tsp** Cinnamon
- 1 tbsp** Poultry Seasoning
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/2 cup** Red Onion (diced)
- 1** Garlic (cloves, minced)
- 1 cup** Brussels Sprouts (trimmed and halved)
- 1 cup** Butternut Squash (peeled and cubed)
- 1** Apple (cored and diced)

Apples & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Core apple and cut it into slices. Serve with almonds.

Ingredients

- 1 Apple (sliced)
- 1/4 cup Almonds

Spicy Turmeric Apple Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for two days.

More Flavor

Add ground ginger, cinnamon, or nutmeg.

No Cauliflower Rice

Use pumpkin puree or steamed sweet potato instead.

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1 Apple (small, cored, chopped)
- 1/2 cup Cauliflower Rice (or chopped florets)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Turmeric
- 1 tbsp Chia Seeds (plus more for garnish if desired)

One Pan Sausage with Parsnips & Apples

9 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
3. Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
4. Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

No Pork

Use chicken or turkey sausage instead.

Apple

Use a tart-sweet apple, like Empire or MacIntosh.

Ingredients

- 1 1/2 Parsnip (large, peeled, chopped)
- 1/2 Yellow Onion (cut into wedges)
- 1 1/2 **tsp** Extra Virgin Olive Oil
- 1/4 **tsp** Dried Thyme
- 1/8 **tsp** Sea Salt
- 8 **ozs** Pork Sausage (sliced)
- 1/2 Apple (chopped)
- 1 **tbsp** Lemon Juice
- 2 **tbsp** Parsley (chopped, optional)

Pumpkin Pie Protein Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Pumpkin Pie Spice

Use cinnamon instead.

Toppings

Sprinkle with extra cinnamon or pumpkin spice if desired, and top with raw pumpkin seeds if you like some crunch.

Warm it Up

To serve this warm, whisk together the almond milk, pureed pumpkin, and vanilla in a small sauce pan over medium heat and bring to a gentle simmer before adding it to the blender with the remaining ingredients.

Ingredients

1 cup Unsweetened Almond Milk

1/2 cup Pureed Pumpkin

1 Banana (frozen)

1/2 tsp Vanilla Extract

1/2 tsp Pumpkin Pie Spice

1/4 cup Vanilla Protein Powder

Pureed Pumpkin Hummus

6 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Make it Spicy

Add chili powder, cayenne pepper or chili flakes.

Extra Toppings

Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!

Ingredients

- 1/2 cup Pureed Pumpkin
- 2 cups Chickpeas (cooked, drained and rinsed)
- 2 Garlic (clove)
- 1 1/2 tbsps Lemon Juice
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Sea Salt

Carrot Sticks

1 ingredient · 5 minutes · 4 servings



Directions

1. Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.

More Flavor

Season with salt.

Serve it With

Hummus, guacamole or your favorite dip.

Ingredients

4 Carrot (medium)

One Pan Chicken, Squash & Brussels Sprouts

7 ingredients · 50 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the butternut squash, brussels sprouts and chicken to the pan. Drizzle everything with oil, rosemary, thyme and sea salt.
2. Place in the oven and bake for 35 minutes, flipping the chicken halfway. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Fresh Herbs

Use dried herbs instead, reducing the amount used by half.

Ingredients

- 1 1/2 cups Butternut Squash (chopped into small cubes)
- 2 cups Brussels Sprouts (trimmed, halved)
- 1 lb Chicken Thighs (boneless, skinless)
- 1 tsp Extra Virgin Olive Oil
- 1 tbsp Rosemary (fresh, chopped)
- 1 tbsp Thyme (fresh, chopped)
- 1/4 tsp Sea Salt

Quinoa

2 ingredients · 15 minutes · 3 servings



Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup.

Ingredients

3/4 cup Quinoa (uncooked)

1 1/8 cups Water

One Pan Brussels Sprouts & Sausage with Honey Mustard

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
2. Scatter the brussels sprouts and potatoes in an even layer on the baking sheet. Toss with 3/4 of the oil and season with salt and pepper. Add the sausage to the baking sheet. Place in the oven for 20 minutes.
3. Meanwhile, in a small bowl, whisk together the mustard, honey, and remaining oil.
4. Remove the baking sheet and drizzle the honey mustard dressing over everything. Return the baking sheet to the oven and bake for 15 minutes more, until everything is cooked through. Divide onto plates and enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to 3 days.

Serving Size

One serving is approximately one cup of brussels sprouts, one yellow potato, and four ounces of sausage.

Gluten-Free

Use a gluten-free sausage.

More Flavor

Use a mix of dijon mustard and a grainy mustard.

Ingredients

- 2 cups Brussels Sprouts (trimmed, halved)
- 2 Yellow Potato (quartered)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper
- 8 ozs Pork Sausage (scored)
- 1 1/4 tbsps Dijon Mustard
- 2 1/4 tsps Honey

Beet & Carrot Turkey Bites with Kale

9 ingredients · 25 minutes · 2 servings



Directions

1. In a large mixing bowl, use your hands or a spatula to combine all the ingredients except the oil, lemon juice, and kale.
2. Divide the mixture and form patties about four inches wide. The patties will shrink after cooking.
3. Heat half of the oil in a large skillet over medium heat (or grill on the barbecue instead). Cook the patties for about four to five minutes on each side, or until cooked through. Cut into one of the burgers to confirm doneness, as it may be hard to tell because of the beet juices.
4. Meanwhile, add the remaining oil and lemon juice to the kale.
5. Transfer the burger patties a plate lined with paper towel and serve immediately over the kale. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze in an airtight container up to six months.

Serve it With

Salad, quinoa or sweet potato fries.

Serving Size

One serving is equal to about four small patties.

Ingredients

- 8 ozs** Extra Lean Ground Turkey
- 1/2** Carrot (medium, peeled and grated)
- 1/2** Beet (medium, peeled and grated)
- 1/4 tsp** Sea Salt
- 1/4 tsp** Dried Thyme
- 1 1/2 tpsps** Dijon Mustard
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1 tbsp** Lemon Juice
- 3 cups** Kale Leaves (chopped, massaged)

Pumpkin Mac n' Cheese

9 ingredients · 20 minutes · 3 servings



Directions

1. Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
2. Meanwhile, heat milk in a saucepan over medium heat. Once the milk is steaming, whisk in the arrowroot until all clumps are gone.
3. Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
4. Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1 1/2 cups.

Spice Lover

Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

More Vegetables

Add wilted spinach, kale and/or sauteed mushrooms.

Ingredients

- 1 1/2 cups Brown Rice Macaroni (dry)
- 3/4 cup Unsweetened Almond Milk
- 2 1/4 tps Arrowroot Powder
- 3/4 tsp Garlic Powder
- 1/4 cup Nutritional Yeast
- 1 1/8 tps Dijon Mustard
- 3/4 cup Pureed Pumpkin
- 2 1/4 tps Maple Syrup
- Sea Salt & Black Pepper (to taste)

Salmon & Roasted Root Veggie Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Place the diced sweet potato on one side of the baking sheet and the diced beet on the other. Drizzle with a third of the oil and season with salt and pepper to taste. Bake for 15 minutes.
3. Remove the baking sheet from the oven and stir the sweet potatoes and the beets. Pat the salmon dry then carefully place the salmon in the center of the baking sheet. Season with salt and pepper to taste. Return the baking sheet to the oven and continue to bake for 15 to 18 minutes or until the salmon is cooked through and the vegetables are tender.
4. Meanwhile, make the dressing by combining the lemon juice, Dijon mustard, turmeric, and the remaining oil in a small bowl or jar. Season with salt and pepper to taste.
5. To assemble the salad, divide the spinach between bowls and top with the sweet potato, beet, and salmon. Sprinkle with the pumpkin seeds and drizzle with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Assemble and/or dress the salad just before serving.

Serving Size

One serving is approximately 3/4 cup roasted veggies, five ounces of salmon, and 1 1/2 tablespoons of dressing.

Additional Toppings

Cooked quinoa or wild rice, avocado, lentils or chickpeas, sliced cucumber, bell pepper, or hemp seeds.

No Salmon

Use chicken or tofu instead.

Ingredients

- 1 Sweet Potato (medium, peeled and diced)
- 1 Beet (medium, peeled, and diced)
- 3 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 10 ozs Salmon Fillet
- 1 tbsp Lemon Juice
- 1 tsp Dijon Mustard
- 1/8 tsp Turmeric
- 3 cups Baby Spinach
- 2 tbsps Pumpkin Seeds