

● = MAKES LEFTOVERS

▲ = USES LEFTOVERS

1 SUN	2 MON	3 TUE	4 WED
<p><b>BREAKFAST</b> Kale, Sweet Potato, and Onion Frittata●</p> <p><b>LUNCH</b> Spinach Salad with Roasted Chickpeas, Tofu, and Blood Orange Vinaigrette</p> <p><b>SNACK</b> ½ Pomegranate, 10 Almonds</p> <p><b>DINNER</b> Turkey-Stuffed Acorn Squash with Sage and Roasted Brussels Sprouts●</p> <p><b>EVENING SNACK</b> Dark Chocolate</p> <p><b>PREP</b> Pumpkin Yogurt Bark●</p> <p><b>PREP</b> Soak Carrot Cake Oatmeal</p>	<p><b>BREAKFAST</b> Carrot Cake Oatmeal</p> <p><b>LUNCH</b> Kale, Sweet Potato, and Onion Frittata▲, Apple</p> <p><b>SNACK</b> Fancy Ants on a Log</p> <p><b>DINNER</b> Roast Chicken with Brussels Sprouts and Barley▲●</p> <p><b>EVENING SNACK</b> Pumpkin Yogurt Bark▲</p> <p><b>PREP</b> Tart Cherry Overnight Oats</p>	<p><b>BREAKFAST</b> Tart Cherry Overnight Oats</p> <p><b>LUNCH</b> Turkey-Stuffed Acorn Squash▲, Cucumber Sticks</p> <p><b>SNACK</b> Roasted Chickpeas▲</p> <p><b>DINNER</b> Curried Kabocha and Kale Soup with Crumbled Tempeh●</p> <p><b>EVENING SNACK</b> Dark Chocolate</p> <p><b>PREP</b> Curried Kabocha Seeds</p>	<p><b>BREAKFAST</b> Pomegranate-Pistachio Greek Yogurt Parfait</p> <p><b>LUNCH</b> Cucumber, Tofu, and Barley Salad with Pistachios and Blood Orange Vinaigrette▲</p> <p><b>SNACK</b> Blood Orange and 20 Almonds</p> <p><b>DINNER</b> Cauliflower “Rice” Bowl with Hard-Boiled Egg, Salsa, Tomato, Scallions, and Goat Cheese●</p> <p><b>EVENING SNACK</b> Pumpkin Yogurt Bark▲</p> <p><b>THAW</b> Salmon</p>

## 5 THURS

### BREAKFAST

Blood Orange  
Creamsicle  
Smoothie

### LUNCH

Curried Kabocha  
and Kale Soup  
with Chicken ▲

### SNACK

Hard-Boiled Egg,  
Roasted Kabocha  
Seeds ▲

### DINNER

Sage-Roasted  
Potatoes with  
Salmon and  
Steamed Broccoli ●

### EVENING SNACK

Hot Chai Latte

### PREP

Marinated Shaved  
Fennel Salad

### PREP

Broccoli-Potato  
Salad with Herbs

### THAW

Flank Steak

## 6 FRI

### BREAKFAST

Pumpkin-Oatmeal  
Raisin Mug Cake

### PREP

Marinate Flank  
Steak

### LUNCH

Marinated Fennel  
Salad with Spinach,  
Dried Tart Cherries,  
and Salmon ▲

### SNACK

Broccoli-Potato  
Salad with Herbs ▲

### DINNER

Seared Flank Steak  
with Steamed  
Asparagus and  
Sweet Potato-  
Turnip Mash ●

### EVENING SNACK

Apple and Almond  
Butter

## 7 SAT

### BREAKFAST

Eggs Baked in Kale  
and Turnip-Sweet  
Potato Mash ▲

### LUNCH

Flank Steak and  
Asparagus  
Cauliflower  
“Rice” Bowl ▲

### SNACK

Broiled Blood  
Orange with  
Pistachios

### DINNER

Spiralized Parsnip  
Noodles with  
Cherry Tomatoes,  
Basil, Tempeh, and  
Goat Cheese

### EVENING SNACK

Baked Pear with  
Cinnamon and  
Greek Yogurt