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Weekly Meals

Thu, Oct 28th

Fri, Oct 29th

Sat, Oct 30th

Sun, Oct 31st

Mon, Nov 1st

Tue, Nov 2nd

Wed, Nov 3rd

BREAKFAST



Morning Egg Wrap 2.0



Banana Split Oatmeal



Green Smoothie Bowl, Tangerine



Morning Egg Wrap 2.0



Banana Split Oatmeal



English Muffin with Almond Butter & Apples



Green Smoothie Bowl, Tangerine

LUNCH



Arugula Chicken Salad with Pita



Easy Mushroom Quesadilla



Egg Salad Sandwich with Spinach & Sprouts



Miso Carrot Collard Wrap, Roasted Parmesan Potatoes



Arugula Chicken Salad with Pita



Shrimp Tacos with Guacamole, Pear, Sunflower Seeds & Cilantro



Miso Carrot Collard Wrap

DINNER



Ginger Salmon Packet with Rice



Chicken Breast with Black Bean Salsa, Honey



Leftover: Ginger Salmon Packet with Rice, Honey



Parmesan Penne with Spinach & White Beans



Shrimp Tacos with Guacamole



Leftover: Parmesan Penne with Spinach & White Beans



Pork Provençal with Rice

SNACK



Veggies & Hummus



Blueberry Almond Greek Yogurt Bowl



PB Chocolate Chip Bars



Raspberry Banana Yogurt Bowl



PB Chocolate Chip Bars



Cheese & Apple



Yogurt & Berries Rice Cake

SAMPLE



Banana Split Oatmeal

BY EVERYDAY EATLOVE

🕒 2 MINS | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. In a microwave safe cereal bowl, mix together the oatmeal, and salt. Stir in water.
2. Microwave on high for one minute. Stir and add chia seeds and 1/2 of the sliced banana. Microwave on high for another minute. Stir again.
3. Microwave an extra 30-60 seconds on high power until the cereal reaches the desired thickness.
4. Top with yogurt, peanut butter, and remaining banana slices.

INGREDIENTS

- 1/2 cup oats
- 1 dash salt
- 3/4 cup hot water
- 1 tablespoon chia seeds
- 1 banana sliced
- 1/4 cup non-fat greek yogurt
- 1 tablespoon Peanut Butter

NUTRITION INFORMATION PER SERVING

Protein 20g	Sodium 254mg
Total Fat 15g	Saturated Fat 2.77g
Carbs 76g	Fruits 1 servings
Calories 500kcal	Vegetables 0 servings
Fiber 14g	Added Sugar 3.58g





Miso Carrot Collard Wrap

BY RANELLE KIRCHNER, CHEF RDN

🕒 15 MINS | 🍴 2 SERVINGS

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INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

4 leaves collard greens	1 tablespoon rice vinegar
1 cup carrots coarsely chopped, juice squeezed out	1 tablespoon sesame oil
2 teaspoons ginger grated	2 cups sprouts
1 shallot minced	8 radishes thinly sliced
1 tablespoon white miso	1 block smoky tempeh sliced
	2 sprays cooking spray

NUTRITION INFORMATION PER SERVING

Protein 35g	Sodium 403mg
Total Fat 25g	Saturated Fat 4.59g
Carbs 32g	Fruits 0 servings
Calories 456kcal	Vegetables 3.25 servings
Fiber 7.5g	Added Sugar 0g

Method

1. Bring a pot of water to a boil that's large enough to submerge collards. Once at a boil, blanch collards all at once. Cook for 3 minutes, remove from water, and cool immediately under cold, running water. Allow to dry and blot with a towel to remove excess water.
2. In a bowl, combine carrots, ginger, shallots, miso, vinegar, & sesame oil until mixed throughout.
3. Lightly spray a fry pan with oil and heat over medium heat. Pan fry tempeh slices till crispy on each side.
4. Assemble the wrap by using the collard as the wrap and apply miso carrot spread. Top with remaining ingredients. Fold over each end, tuck one side under, and roll like a burrito.





Roasted Parmesan Potatoes

BY COOKOLOGY

🕒 10 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

2 red potatoes	1/2 teaspoon salt
1/2 tablespoon paprika	1/2 teaspoon pepper
1/4 teaspoon chili powder	1 tablespoon olive oil
1/2 tablespoon dried thyme	2 tablespoons parmesan cheese shredded

NUTRITION INFORMATION PER SERVING

Protein 5.9g	Sodium 709mg
Total Fat 8.9g	Saturated Fat 2.09g
Carbs 29g	Fruits 0 servings
Calories 212kcal	Vegetables 0 servings
Fiber 4g	Added Sugar 0g

Method

1. Preheat oven to 400 degrees F.
2. Wash and slice potatoes.
3. Mix spices and parmesan together in a large bowl.
4. Add potatoes and olive oil to bowl with parmesan mixture and toss until well combined.
5. Place potatoes in a single layer on a sheet pan and place in the oven and roast for 30 minutes.
6. Serve warm.





PB Chocolate Chip Bars

BY COOKOLOGY

🕒 15 MINS | 🍴 12 SERVINGS

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INGREDIENTS

1 cup peanut butter softened 1 cup chocolate chips
1 cup honey 1/2 cup raisins
3 cups old fashioned oats 1/2 cup almonds chopped

NUTRITION INFORMATION PER SERVING

Protein 10g	Sodium 97mg
Total Fat 20g	Saturated Fat 5.2g
Carbs 63g	Fruits 0.24 servings
Calories 441kcal	Vegetables 0 servings
Fiber 5.6g	Added Sugar 31g

Method

1. Heat peanut butter and mix with honey until evenly combined.
2. Slowly add in oats and mix to coat oats in peanut butter mixture.
3. Continue mixing until all of the oats are evenly distributed throughout the mix.
4. Fold in raisins, chocolate chips, and nuts. Spread onto parchment-line baking sheet and freeze for about 30 minutes to set. Cut into bars.





Ginger Salmon Packet with Rice

BY EVERYDAY EATLOVE

🕒 15 MINS | 🍴 2 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

INGREDIENTS

- | | |
|-------------------------------|--|
| 1/2 cup basmati rice | 1 teaspoon ginger grated |
| 2 cups water | 1/4 teaspoon Chinese five spice powder |
| red onions thinly sliced | 2 teaspoons rice vinegar |
| 8 carrots peeled and shredded | 2 teaspoons sesame oil |
| 10 ounces salmon | 4 cups spinach chopped |

NUTRITION INFORMATION PER SERVING

Protein 38g	Sodium 386mg
Total Fat 15g	Saturated Fat 2.73g
Carbs 67g	Fruits 0 servings
Calories 551kcal	Vegetables 3.41 servings
Fiber 11g	Added Sugar 0g

Method

1. Preheat oven to 450°F.
2. Add rice and water to a saucepan and bring to a boil. Lower to simmer and cook until rice is tender and water is absorbed, about 15-20 minutes.
3. Meanwhile, prepare the salmon. For each serving, cut out a 12-inch piece of aluminum foil. Place onions and carrots in the center of the non-stick side (the dull side) and top with salmon. Sprinkle with ginger, Chinese five spice, and pepper. Drizzle with vinegar and oil. Top with spinach.
4. Fold the foil over and crimp the edges to seal packet, leaving room for heat circulation inside.
5. Bake for 15-18 minutes, until the salmon flakes easily with a fork.
6. Serve salmon with rice.





Honey Roasted Brussels Sprouts

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 2 SERVINGS

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INGREDIENTS AND GROCERIES SCALED FROM ORIGINAL 1 SERVINGS

- 2 cups Brussels Sprouts halved
- 2 teaspoons olive oil
- 3 teaspoons honey
- 1 teaspoon mustard
- 1/2 teaspoon onion powder

NUTRITION INFORMATION PER SERVING

Protein 3.15g	Sodium 50mg
Total Fat 4.85g	Saturated Fat 0.68g
Carbs 13g	Fruits 0 servings
Calories 97kcal	Vegetables 1 servings
Fiber 3.55g	Added Sugar 4.33g

Method

1. Preheat oven to 425°F.
2. Mix together olive oil, honey, mustard, and onion powder and set aside.
3. Spread Brussels sprouts on a baking sheet and roast for 10-15 minutes until tender.
4. Toss roasted sprouts with the mustard mixture and serve.

