



the experts in personalized, evidence-based nutrition and symptom management interventions and medically tailored meals for people with chronic disease





INTRODUCTION:

This COVID-19 Medically Tailored Menu Plan (the “COVID-19 Menu Plan”) was developed by Savor Health’s team of registered dietitians, experienced in treating patients with chronic medical conditions including cancer, heart failure, hypertension, diabetes, and chronic and end-stage kidney disease, to provide appropriate nutritional support for patients fighting or recovering from COVID-19, their families, and those who are healthy. The COVID-19 Menu Plan adheres to the evidence-based literature regarding proper nutrition for the immune compromised, with a special emphasis on reducing inflammation present in COVID-19 patients. The diet can also help promote and maintain optimal nutritional health in patients with other chronic conditions such as cancer and heart disease and the general well population. The COVID-19 Menu Plan is designed to meet a wide range of nutritional needs and preferences and includes:

- **anti-inflammatory ingredients** to strengthen the immune system and reduce inflammation including colorful fruits & vegetables, herbs and spices, Omega-3 rich foods, pre/probiotic rich foods, plant-based proteins such as beans, legumes, grains, nuts/seeds while minimizing red/processed meats, refined flours and added sugar to improve glycemic control,
- **nutrient dense** meals and snacks for those who need to gain weight but have little appetite,
- **nutritionally balanced** meals and snacks containing important micro- and macro-nutrients to support immune health,
- **simple** recipes that contain few ingredients, are low-cost, easy-to-prepare, take less than 30 minutes to prepare to minimize stress,
- **multiple serving** recipes that can be kept in the refrigerator for 3-5 days and reheated to help those who are fatigued,
- **substitution suggestions** to address a wide range of eating preferences (such as non-animal ingredient suggestions for vegans),
- **primarily shelf stable foods** and affordable staples, to accommodate many of those with limited access to fresh produce.

Tips for Other COVID-19 Issues and Concerns. If you have, or are in recovery from, COVID-19 you may be experiencing changes in taste, or weight loss. For taste changes, use extra flavors to make food taste better. It is also helpful to add extra fats (olive oil), salt, sweet (maple syrup or honey), acid (citrus- lemon/lime juice, vinegar) and herbs/spices to food enhance flavors. With taste changes, it is important to maintain good oral care with a mild alcohol-free mouthwash. If you have lost weight due to COVID-19, have a snack in between meals, and add nutrient dense ingredients to meals such as olive oil, avocado, tahini, full fat Greek yogurt, cheese, cream, and nuts/seeds. Always consult your medical team for uncontrolled weight loss or worsening symptoms.



WEEK 1 MEDICALLY-TAILORED COVID-19 MENU PLAN:

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>
Breakfast	Peanut Butter-Banana Baked Oatmeal	Frozen Fruit Compote & Greek Yogurt Parfait	Spinach-Banana Blender Pancakes	Veggie Frittata with Whole Grain Toast	Spinach-Banana Blender Pancakes (leftover)	Peanut Butter-Banana Baked Oatmeal (leftover)	Frozen Fruit Compote & Greek Yogurt Parfait (leftover)
Lunch	Coconut & Turmeric Chickpea Stew	Black Bean and Rice Burrito	Spring Tuna Salad on Crackers	5-Minute Veggie "Pizza"	Easy Lasagna Spinach (leftover)	Spring Tuna Salad on Crackers	Veggie Frittata with Whole Grain Toast (leftover)
Dinner	Shrimp or Chicken Stir Fry with Brown Rice	Easy Lasagna Spinach	Sweet Potato and Black Bean Chili	Shrimp or Chicken Stir Fry with Brown Rice (leftover)	Turkey Meatballs with Roasted Vegetables	Coconut & Turmeric Chickpea Stew (leftover)	Sweet Potato-Black Bean Chili (leftover)

WEEK 1 SNACKS: Aim for about 2 snacks per day.

Sweet	Savory
<ul style="list-style-type: none"> - Apple or Banana with ¼ cup nuts - Frozen whole grain waffle + 1 Tablespoon Nut Butter - Greek yogurt + frozen fruit - Fruit smoothie (see recipe below) - Granola bar or energy balls (see recipe below) 	<ul style="list-style-type: none"> - 1 oz cheese + whole grain crackers - Whole grain toast + hard boiled egg - Carrots and pita + 2 Tablespoons hummus - Cottage cheese + canned pineapple or sliced tomato - Whole grain toast or pita + sliced avocado



WEEK 1- GROCERY LIST FOR MENU PLAN:

Produce:

- Bananas (5)
- Lemons (2)
- Apple (1)
- Avocado (1)
- Red Bell Pepper (2)
- Onions (2)
- Sweet Potato (1)
- Garlic head (1)

Perishable:

- Milk of choice (whole, skim, almond, soy, etc)
- Eggs (1 dozen)
- Greek yogurt of choice
- Shredded mozzarella cheese (16 oz bag)
- Ricotta cheese (15 oz container)
- Grated parmesan cheese
- Ground turkey (2 lbs)
- Chicken Breast (1lb, if using for stir fry)

Frozen:

- Blueberries (2 bags)
- Mango
- Chopped spinach (2 packages)
- Broccoli
- Mixed Vegetables
- Frozen Shrimp, peeled (16 oz) if using shrimp for stir fry

Pantry:

- Rolled or old fashioned oats
- Breadcrumbs
- Canned light tuna in water
- 8-oz lasagna noodles (whole wheat or legume based)
- 2 24-oz jars of marinara sauce
- 6-oz can tomato paste
- Whole grain crackers
- Whole wheat tortillas
- 3 15-oz cans black beans
- 2 15-oz cans chickpeas
- 1 15-oz can full fat coconut milk
- 2 32-oz boxes chicken or vegetable broth
- 3 8-oz Bags of 90-second brown rice (or regular cook)
- Stir Fry Sauce (ideally low sodium)
- Raisins or dried cranberries



WEEK 1 *Commonly Used Pantry Staples Used in These Recipes (you may already have in your pantry):*

- Olive oil or other cooking oils
- Seasonings: salt, cinnamon, garlic powder, dried oregano, cumin, chili powder, ginger, turmeric, chili flakes
- Nuts and chia seeds
- Nut butter (peanut, almond, cashew, etc)
- Salsa
- Mayonnaise
- Baking Powder
- Sweetener (maple syrup, honey, or sugar)



WEEK 2 MEDICALLY-TAILORED COVID-19 MENU PLAN:

	<i>Day 1</i>	<i>Day 2</i>	<i>Day 3</i>	<i>Day 4</i>	<i>Day 5</i>	<i>Day 6</i>	<i>Day 7</i>
Breakfast	Easy Egg Muffins	Pumpkin Spice Overnight Oats	Berry Breakfast Toast	Easy Egg Muffins (leftover)	Banana Berry Smoothie	Berry Breakfast Toast	Pumpkin Spice Overnight Oats
Lunch	Shortcut Chicken Tortilla Soup	Peanut Noodles with Edamame	Salmon Cake with Cabbage Slaw (leftover)	Shortcut Chicken Tortilla Soup (leftover)	Peanut Noodles with Edamame (leftover)	Harvest Grain Bowl	Broccoli-Cheddar baked potato (leftover)
Dinner	Sheet Pan Curried Chickpeas and Vegetables	Salmon Cake with Cabbage Slaw	Vegetarian Taco Bowls	Curried Chickpeas & Vegetables (leftover)	Vegetarian Taco Bowls (leftover)	Broccoli-Cheddar baked potato	Harvest Grain Bowl

WEEK 2 SNACK IDEAS: Aim for about 2 snacks per day.

Sweet	Savory
<ul style="list-style-type: none"> - Dried fruit + granola + instant oatmeal - Banana + 1 tablespoon nut butter - Greek yogurt + 1 Tb pumpkin puree + dash of cinnamon - Avocado Chocolate Pudding (see recipe below) - Banana Oatmeal Blender Muffins (see recipe below) 	<ul style="list-style-type: none"> - 2 cups plain popcorn + ¼ cup nuts - ¼ cup shelled edamame with sea salt - Whole grain crackers + canned salmon + cream cheese - Nitrate-free deli turkey + 1 oz cheese - Hard boiled egg + avocado + whole grain toast



WEEK 2 GROCERY LIST FOR MENU PLAN:

Produce:

- Banana (3)
- Russet Potatoes (4 medium)
- Sweet Potatoes (2-3)
- Lemon (1)
- Garlic head (1)
- Avocado (4)
- Red Bell Pepper (1)
- Onion (1)
- Lime (1)
- Carrots (2 large)
- 14 oz bag cabbage slaw
- Brussel Sprouts (1 lb)
- Mushrooms (8oz container)
- Cilantro (optional)

Perishable:

- Milk of choice (dairy or milk-alternative)
- Plain Greek yogurt
- Eggs (1 dozen)
- Shredded cheddar cheese (2 cups)
- Crumbled feta or goat cheese (optional)
- Chicken or ground turkey if desired (see recipe notes)

Frozen:

- Mixed Berries (1 bag)
- Broccoli (1 bag)
- Corn (1 bag)
- Spinach (1 bag)
- Shelled Edamame (1 bag)

Pantry:

- Creamy Nut Butter
- Old fashioned/rolled oats
- 14 oz canned salmon
- Breadcrumbs (whole wheat if available)
- 2 8-ounce microwavable package brown rice ("ready rice"/90-second rice)
- 2 8-ounce microwavable package quinoa or lentils
- 1 loaf sliced whole grain bread
- 1 15-oz can black beans
- 2 15-oz can low-sodium chickpeas
- 1 15-oz can pumpkin puree
- 1 15-oz can beets
- 1 16-oz box whole wheat spaghetti
- 18.5 oz can Chicken Soup
- Tortilla chips (snack size bag)
- Salsa



WEEK 2 *Commonly Used Pantry Staples Used in These Recipes (you may already have in your pantry):*

- Olive oil
- Spices: Garlic salt, cinnamon, garlic powder, ground ginger, curry powder, dried parsley, pumpkin pie spice, salt/pepper
- Sweetener: honey or maple syrup
- Balsamic Vinegar
- Soy Sauce/Rice Vinegar
- Vanilla extract
- Cocoa powder

Other Healthy Staples to Keep in Your Pantry (not needed for this menu plan):

Pantry:

- Chicken or vegetable broth
- Lentils, chickpeas, and other dried or canned beans
- Quinoa
- Brown rice, barley, farro, oats or other whole grains
- Whole wheat pasta or legume pasta
- Diced canned tomatoes
- Canned tuna/salmon
- Almonds or other nuts/seeds
- Natural nut butters (almond, peanut, cashew, sunflower)
- Shelf stable plant-based milks (almond, oat, coconut, soy milk)

Frozen:

- Frozen vegetables
- Frozen fruit
- Veggie burgers or turkey burgers
- Frozen herbs (garlic, basil)
- Shrimp

Long-Lasting Fresh Items:

- Potatoes/Sweet Potatoes/Winter Squash
- Carrots/Beets
- Apples
- Onion/Garlic
- Eggs

BREAKFAST RECIPES:

Peanut Butter-Banana Baked Oatmeal

Servings: 4-6

Ingredients:

- 2 cups oats (rolled, old fashioned, or quick)
- 1 tsp baking powder
- 1 tsp cinnamon
- ½ tsp sea salt
- 1 ½ cups milk of choice
- 2 eggs
- ¼ cup creamy peanut butter (or nut butter of choice)
- 2 over ripe bananas

Directions:

1. Preheat the oven to 350° and spray or grease a 8x8 or 9x9 baking dish.
2. In a large bowl, mash the bananas, then add the nut butter, eggs, and milk. Whisk until smooth.
3. Add the dry ingredients (oats, baking powder, cinnamon, and salt) and mix until combined.
4. Bake for 25-30 minutes or until lightly browned and the center is no longer liquidy.

Substitutions:

- Substitute with any type of oats and nut butters you have on hand.
- If you don't have any bananas, substitute with 1 cup unsweetened applesauce

Notes:

- Let cool and store in the refrigerator up to 5 days
- Individual slices can be frozen for easy breakfast any time
- You can add blueberries, nuts, chocolate chips, or any other mix ins you'd like!



Frozen Fruit Compote with Greek Yogurt Parfait

Servings: 8 servings of compote

Ingredients for compote:

- 2 cups frozen fruit (blueberries work very well)
- 2 tablespoons lemon juice
- 2 tablespoons sweetener of choice (ex: maple syrup, honey, sugar, etc)
- 3 tablespoons of water

Other: plain 2% fat Greek yogurt

Optional: Granola or cereal of choice

Directions:

1. Use a small saucepan to heat all frozen fruit, lemon juice, sweetener and water until boiling. Once the mixture is boiling, lower the heat, stir and let simmer for about 15 minutes, or until a thick texture is achieved.
2. Let compote cool then layer 2 tablespoons on top of Greek yogurt of your choice. Top with a sprinkle of granola or cereal for an extra crunch, if desired.

Substitutions:

- Use any frozen fruit you have on hand.
- You can substitute the 2% Greek yogurt for regular full-fat yogurt if that is available

Notes:

- You can also make this in a microwave, in a microwave safe container, leaving a few inches of room at the top to avoid overflow. Combine ingredients in a bowl. Microwave for 90 seconds, remove and mix well. Reheat for another 30 seconds or until well combined.



Blender Spinach-Banana Pancakes

Servings: 4

Ingredients:

- 2 overripe bananas
- 2 eggs
- ¼ cup rolled oats
- ¼ cup milk of choice
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon cinnamon
- ½ cup frozen chopped spinach or 1 cup packed fresh spinach leaves (may omit if unavailable)
- Optional: 1 Tablespoon ground flaxseed or chia seeds
- Coconut oil or cooking spray (any neutral flavored oil will work)

Directions:

1. Add all the ingredients to the blender and blend until smooth.
2. Heat a griddle or non-stick pan over medium heat and add a teaspoon of coconut oil.
3. Pour about ¼ cup pancake mixture onto the pan, leaving enough space between the pancakes for flipping. Cook for 2-3 minutes or until bubbles appear on the top. Flip and cook for another 2 minutes.
4. Repeat with the remaining batter.

Substitutions:

- If you cannot find bananas, use 1 cup of unsweetened applesauce instead

Notes:

- Cooked pancakes can be stored in the refrigerator for up to 5 days but also freeze wonderfully
- Feel free to add your favorite pancake add ins (walnuts, blueberries, chocolate chips, etc)



Veggie Frittata

Servings: 3-4

Ingredients:

- 6 large eggs
- 2 cups of cooked or thawed frozen vegetables
- ¼ cup milk of choice
- ¼ tsp salt
- Pepper to taste

Directions:

1. Preheat the oven to 400F.
2. Grease a 10 or 12 inch cast iron skillet.
3. Combine eggs, milk, salt and pepper in a bowl. Combine vegetables into egg mixture. Pour into the skillet and make sure the vegetables are evenly distributed.
4. Bake for 15-20 minutes or until eggs are set. Option to top with cheese if desired.

Substitutions:

- You can use any vegetables you have on hand or need to be used up before they spoil. You can also use frozen vegetables that have been defrosted and strained (remove the excess water).

Notes:

- One delicious combination is chopped spinach, onions and feta.



Easy Egg Muffins

Servings: 4 (2 per serving)

Ingredients:

- 8 eggs
- 1 tsp salt
- Nonstick cooking spray
- 1 ½ cup vegetables of choice (spinach, mushrooms)
- ½ cup cheese of choice (suggested: cheddar or grated parmesan)

Directions:

1. Preheat the oven to 350F. Grease muffin pan with nonstick cooking spray.
2. Crack eggs into a bowl and scramble. Mix in chopped vegetables of choice.
3. Carefully pour mixture into muffin tins leaving a little bit of room at the top for the eggs to rise.
4. Bake for about 20 minutes or until fully cooked.

Substitutions:

- Use any vegetables and cheese you have on hand. If you are dairy-free omit the cheese.
- If using frozen vegetables, thaw and drain before adding to egg mixture.

Notes:

- Store in the refrigerator for up to 1 week, freeze for up to 1 month. You can use 1 dozen eggs to make the entire pan of muffins as a large batch to have over multiple weeks. If using 12 eggs for the entire pan, use ~2-2 ¼ cups vegetables and 1 cup of cheese.



Pumpkin Spice Overnight Oats

Servings: 1 (or double recipe for 2 servings)

Ingredients:

- ½ cup milk of choice (dairy or milk-alternative)
- ¼ cup unsweetened pumpkin puree (not pumpkin pie filling!)
- ½ cup old-fashioned oats
- 1 tsp maple syrup (optional)
- 1 tsp chia seeds (optional)
- ½ teaspoon of pumpkin pie spice (or cinnamon if not available)
- Optional: Fruit, granola, or nuts for topping

Directions:

1. Combine milk, pumpkin puree, oats, chia seeds (if using), and pumpkin spice in a small bowl or mason jar.
2. Place in the refrigerator to set overnight.
3. The next morning, add preferred toppings and enjoy! You can heat in the microwave for 45 seconds if you prefer it warm.

Substitutions:

- If you don't have canned unsweetened pumpkin puree, you can use ½ of a mashed banana for a different variation

Notes:

- If you like your oatmeal with more liquid, use an additional ¼-½ cup milk
- Overnight oats taste best the next morning, so plan on putting it together the evening before
- Save remaining canned unsweetened pumpkin puree in the refrigerator to make again later in the week



Berry Breakfast Toast

Servings: 1

Ingredients:

- 1-2 slices whole grain bread (depending on your hunger/size of the bread)
- 2 tablespoons nut butter of choice
- ¼ cup frozen berries, thawed
- Optional toppings: sprinkle of cinnamon, chia or hemp seeds, drizzle of honey

Directions:

1. Toast whole grain bread to desired doneness.
2. Spread with your favorite nut butter.
3. Top with thawed frozen berries. The berries will be a bit liquidy since they were frozen, which makes for a delicious “jam”.
4. Sprinkle with cinnamon, chia or hemp seeds, and a drizzle of honey if desired.

Substitutions:

- You can use a frozen whole grain waffle as the base for this recipe as well
- If you're allergic to nuts, spread your toast with greek yogurt or cream cheese

Notes:

- Thaw frozen berries either in the microwave on defrost for 30 seconds, or put them in the refrigerator the night before



Banana Berry Breakfast Smoothie

Servings: 2

Ingredients:

- ½ cup water
- 1 cup plain Greek yogurt
- 1 cup frozen berries
- 1 ripe banana
- 4 tablespoons nut butter
- Optional add ins: 1 tablespoon of chia seeds for added fiber

Directions:

1. Place all ingredients in a blender and mix until smooth.

Substitutions:

- Substitute water for any juice of your choice.
- Use 1 cup any frozen or fresh fruit of your choice.
- Substitute nut butter for ground flax seeds.

Notes:

- If you prefer, add more water to make the smoothie a thinner consistency.





LUNCH RECIPES:

Black Bean and Rice Burrito

Servings: 2 wraps

Ingredients:

- 2 whole wheat flour tortillas
- ½ cup black beans, drained and rinsed
- 8-ounce microwavable package brown rice (“ready rice”/90-second rice)
- ½ avocado, sliced
- ½ cup frozen mango, thawed
- 1-2 Tbsp salsa

Directions:

1. Heat rice in the microwave.
2. Heat black beans and ½ cup water in a small saucepan over medium heat. Cook until heated through.
3. Top each tortilla with rice, black beans, avocado, mango and salsa.
4. Fold tortilla over and wrap. Serve with additional salsa.

Substitutions:

- Sub whole wheat tortillas for any soft tortilla
- Use pinto beans, white beans, or lentils if black beans are unavailable
- Substitute brown rice with quinoa, barley, or other whole grain

Notes:

- If you have leftover rice or beans, store in the refrigerator for up to 5 days.



Turmeric & Coconut Chickpea Stew

Servings: 4

Ingredients:

- 1 large onion, chopped
- 3 garlic cloves, minced
- 1 inch piece fresh ginger, minced or 1 teaspoon ground ginger or ginger paste
- 1 teaspoon ground turmeric
- ½ teaspoon garlic powder
- Optional: ½ teaspoon red pepper flakes
- 2 cans of garbanzo beans (15 ounce), rinsed and drained
- 1 can full fat coconut milk (15 ounce)
- 4 cups vegetable or chicken stock
- 1 10-ounce box frozen spinach, thawed

Directions:

1. Heat 2 tablespoons olive oil in a large pot over medium heat. Add the onion and garlic and saute for 4 minutes or until onion is starting to brown.
2. Add the ginger, turmeric, garlic powder, red pepper flakes, salt and pepper to taste.
3. Stir in the chickpeas and cook for about 7-8 minutes so they begin to get crispy and lightly browned. Gently press the chickpeas with your spoon or spatula to partially mash them to help thicken the stew.
4. Add the coconut milk and broth and reduce heat to simmer for about 30 minutes. When there are 10 minutes remaining, add the thawed frozen spinach. Top each serving with a dollop of yogurt and serve with pita if desired.

Substitutions:

- You may substitute any leafy greens (kale, collards, etc) for the spinach

Notes:

- Store leftovers in the refrigerator for up to 5 days or freeze



Spring Tuna Salad

Servings: 3-4 servings

Ingredients:

- 2, 6 oz cans tuna drained
- ½ cup mayonnaise (light mayo, avocado or olive oil- based mayo)
- 1 Tbsp mustard of choice
- 1 apple, peeled and diced
- Squeeze of lemon juice
- Optional: diced celery or red onion to taste preference; salt/pepper to taste preference

Directions:

1. In a small mixing bowl break up tuna with a fork. Add chopped apple and vegetables of choice.
2. Stir in mayonnaise, mustard and salt/pepper to taste. Squeeze in lemon juice.
3. Serve with whole grains crackers or bread of choice.

Substitutions:

- You may substitute greek yogurt for mayonnaise for a lighter version

Notes:

- Choose canned light tuna in water if available.



5-Minute Veggie “Pizza”

Servings: 1 (double recipe and make in oven for 2 people)

Ingredients:

- 1 large whole wheat tortilla (may substitute for a divided whole wheat pita or english muffin)
- ¼ cup marinara sauce
- ¼ cup frozen broccoli, thawed and roughly chopped - or any veggies!
- ¼ cup shredded mozzarella cheese
- 1 tablespoon grated parmesan cheese

Directions:

1. Preheat your toaster-oven (or oven) to 425°F. Cover your toaster or regular baking sheet with foil.
2. Place tortilla on the pan and cover with marinara sauce, leaving a small border around the edge.
3. Top with the chopped broccoli (or other toppings of choice), and sprinkle with the mozzarella and parmesan cheese.
4. Bake for 5-6 minutes, or until desired crispiness.

Substitutions:

- Any fresh or frozen toppings may be used on these pizzas
- As noted above, these are delicious on pita bread or english muffins as well

Notes:

- Feel free to add garlic powder, oregano, or chili flakes to taste



Shortcut Chicken Tortilla Soup

Servings: 4 (1 cup per serving)

Ingredients:

- 4 cups store bought low-sodium chicken soup
- 1 cup frozen corn
- 2 tablespoons salsa
- 1 avocado
- Tortilla chips (approximately 5 per serving)
- Optional toppings: cilantro, shredded cheese

Directions:

1. Take canned chicken soup up a notch by creating chicken tortilla soup. Defrost frozen corn and mix into soup and stir in salsa.

Top with avocado slices and crushed up tortilla chips. Option to top with fresh or dried chopped cilantro if available.

Substitutions:

- If you are vegetarian/vegan, choose a low-sodium vegetable or bean based soup as the base of this recipe.

Notes:

- Choose BPA-free canned items when available or boxed shelf-stable soup.
- Store extra servings before adding tortilla chips and avocado for up to 5 days in the refrigerator



Peanut Noodles with Edamame

Servings: 4-6

Ingredients:

- 1 16-oz box of whole wheat spaghetti
- ½ cup creamy peanut butter
- 2 tablespoons honey or maple syrup
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar (can substitute lime juice)
- 2 garlic cloves, minced
- 2 cups fresh or frozen vegetables (ex: thawed frozen broccoli, grated carrots or zucchini, chopped bell pepper)
- 1 cup shelled frozen edamame, thawed
- Optional 1 tsp fresh minced ginger, or ½ teaspoon ground ginger; 1 tablespoon sriracha or hot sauce for spice

Directions:

1. Cook spaghetti according to package directions.
2. In a bowl, whisk together all of the peanut sauce ingredients. Add 1-2 tablespoons water to thin the sauce if needed.
3. Toss the cooked pasta with the grated carrots, edamame, and peanut sauce. Enjoy hot or cold.

Substitutions:

- May substitute buckwheat soba noodles or brown rice noodles for spaghetti. Tahini, almond, or cashew butter may be used in place of peanut butter.
- Green peas may be substituted for edamame, though they are slightly lower in protein

Notes:

- You may add cooked chicken or shrimp if you prefer to add animal protein



Harvest Grain Bowls

Servings: 2

Ingredients:

- 2 cups cooked lentils or quinoa (8-oz microwavable pouch or frozen)
- 1/2 can beets, drained and chopped
- 1 large carrot, grated or chopped
- ½ apple, diced
- 3 Tablespoons chopped walnuts
- ½ avocado
- Salt, pepper, oil, and balsamic vinegar to taste
- Optional: crumbled feta or goat cheese for topping

Directions:

1. In 2 bowls, portion out 1 cup of grains, chopped beets, grated carrot, walnuts, apple, and avocado.
2. Season with salt and pepper to taste as drizzle with olive oil and balsamic vinegar.
3. If desired, top with crumbled goat or feta cheese for additional protein.

Substitutions:

- Any whole grains can be used for this bowl. This recipe suggests frozen or microwavable grains for ease, but traditionally cooked grains are fine too and may be more affordable.

Notes:

- Save the remaining ½ can of beets, ½ avocado, and ½ apple in the refrigerator to make this easy meal a second time



DINNER RECIPES:

Easy Chicken or Shrimp Stir Fry

Servings: 4

Ingredients:

- 1 pound chicken breast (diced) or 1 pound thawed frozen shrimp (peeled)
- 4 cups fresh/frozen vegetables, cut into 1-inch pieces (carrots, pepper, broccoli, etc)
- 2 cloves garlic, minced
- 1 teaspoon fresh or jarred minced ginger, if available
- ½ cup bottled stir fry sauce OR whisk 1 T of cornstarch into 2 T cold water, then add 3 T each soy sauce and honey, and 1 T sesame oil.
- 2 8-ounce microwavable package brown rice (“ready rice”/90-second rice)

Directions:

1. Heat a tablespoon of olive oil into a large non-stick skillet or wok over medium-high heat.
2. Season the chicken (or shrimp) with salt and pepper and stir fry until just cooked through (about 5 minutes for chicken, 3 minutes for shrimp). Remove from the skillet and set aside.
3. Add another tablespoon of oil to the pan and add the veggies, stirring occasionally until they begin to soften and brown (about 7 minutes depending on the types of vegetables used).
4. Add the ginger and garlic to the pan and cook for another minute.
5. Add the chicken or shrimp back into the pan and drizzle with the stir fry sauce. Simmer for a final 1-2 minutes while you heat the microwavable rice (1 bag per 2 people).
6. Carefully serve the brown rice into bowls and top with 1 cup of stir fry. Garnish with sesame seeds if desired.

Substitutions:

- You can use quinoa or any type of grain or rice as the base in this recipe.
- Use any protein you have on hand, including chicken, shrimp, tofu, or edamame.



Easy Spinach Lasagna

Servings: 6-7

Ingredients:

- 15-ounce container whole milk ricotta cheese
- 8-ounces shredded mozzarella cheese (about 2 cups), divided
- 1 cup grated parmesan cheese, divided
- 10 ounce package frozen spinach, thawed
- 1 egg
- ¼ teaspoon salt
- ½ teaspoon garlic powder
- 24-ounce jar of marinara sauce
- 8-ounce box of no boil lasagna noodles (we recommend whole-wheat or lentil/chickpea based noodles)

Directions:

1. Preheat the oven to 375°F.
2. Wrap the thawed frozen spinach in a clean towel, cheese cloth, or sturdy paper towels and squeeze out the excess liquid.
3. In a large bowl, mix the ricotta, spinach, egg, garlic powder, and all but 2 tablespoons of the mozzarella and parmesan.
4. In an 8x8 or 9x9 baking dish, spread 1/4 of the marinara sauce. Top with one layer of lasagna noodles (⅓ of what is in the package). Spread with ⅓ of the cheese and spinach mixture. Top with ¼ of the marinara sauce. Do this twice more with the remaining ingredients.
5. Sprinkle with the reserved mozzarella and parmesan cheese.
6. Cover with tin foil and bake for 30 minutes. Remove foil and bake for another 15-20 minutes or until noodles are soft and the top is bubbly.

Substitutions: Low fat ricotta or cottage cheese can be substituted for lower calorie options

Notes: You can store this in the refrigerator for up to 5 days, or freeze individual portions for quick meals.



Turkey Meatballs with Roasted Vegetables

Servings: 6

Ingredients:

- 1 ½ lb ground turkey
- ½ cup breadcrumbs
- 2 egg
- 1 tsp dried oregano (or other dried herb of choice)
- ¼ tsp garlic powder
- ¼ tsp crushed red pepper
- Salt and pepper
- 2 lb frozen vegetables of choice (broccoli, cauliflower, peppers, carrots, etc.)

Directions:

1. Preheat the oven to 400 degrees. Spray two baking sheets with non-stick cooking spray.
2. Combine all meatball ingredients together in a large bowl. Roll into 1 ½ inch balls and place on a greased baking sheet.
3. Spread frozen vegetables on another baking sheet. Top with salt and pepper.
4. Bake for 20 minutes, until meatballs are browned and cooked through and vegetables are slightly softened.

Substitutions:

- If you cannot find ground turkey, use ground chicken instead.
- Use oats if breadcrumbs are unavailable
- For a plant-based meatball use 1.5 cups cooked and cooled lentils

Notes:

- Pair with quinoa, potatoes, or brown rice
- Store leftovers in the refrigerator for 5 days or freeze



Sweet Potato and Black Bean Chili

Servings: 6

Ingredients:

- 1 Tbsp olive oil
- ½ medium yellow onion, diced
- 2 garlic cloves, minced
- 2 tsp ground cumin
- 1/4 tsp cinnamon
- 1 tsp chili powder
- 1 medium sweet potato, peeled and diced
- 2 cup vegetable or chicken broth
- 2 (15 oz) cans black beans, drained and rinsed
- 1 Tbsp tomato paste
- Pinch of salt
- Optional: Cilantro, hot sauce, shredded cheese, diced avocado or other chili toppings of choice

Directions:

1. Heat the olive oil in a large stockpot over medium-high heat. Add the onion and saute for 5 minutes or until translucent.
2. Add garlic, cumin, cinnamon, and chili powder and saute for 1 minute.
3. Add the sweet potato, vegetable stock, black beans, and tomato paste.
4. Bring to a boil and simmer for 10 minutes. Remove from heat and add salt to taste.

Substitutions:

- Substitute pinto beans or lentils, in place of black beans if needed.

Notes:

- Store leftovers in the refrigerator up to 5 days or freeze individual portions



Sheet Pan Chickpeas and Vegetables

Servings: 4

Ingredients:

- 2 15 oz can low-sodium chickpeas, rinsed and drained
- 2 large or 3 medium sweet potatoes, washed and cubed
- 1 lb brussel sprouts, washed and halved
- 1 tbsp garlic powder
- 3 tbsp curry powder
- 4 tbsp olive oil
- salt/pepper to taste

Directions:

1. Preheat the oven to 410 degrees F and line 1 or 2 large baking sheets with parchment paper.
2. Slice sweet potato into cubes and halve brussel sprouts. Add vegetables and chickpeas to a bowl and evenly coat with olive oil and spices.
3. Spread onto a baking sheet and bake for 35-40 minutes until vegetables look soft and chickpeas look crispy.
4. Serve over leafy greens if available and add a dollop of greek yogurt if desired.

Substitutions:

- Tougher vegetables will hold up best in this recipe such as sweet potato and brussel sprouts. Other great options could be using broccoli, cauliflower, cabbage or bell peppers.

Notes:

- If you prefer animal protein, chicken pieces, or shrimp could be used for this recipe. Add diced chicken for the last ~20 minutes and shrimp for the last ~10 minutes, or until cooked through.



Vegetarian Burrito Bowl

Servings: 4

Ingredients:

- 2 teaspoon olive oil
- 1 red bell pepper, cored and sliced
- 1 onion, sliced
- 2 8-ounce microwavable package brown rice (“ready rice”/90-second rice)
- 1 cup canned black beans, drained and rinsed
- 1 cup corn, frozen
- Salt and pepper
- ½ cup shredded cheese
- ½ cup salsa
- 1 lime, cut into wedges

Directions:

1. Heat olive oil in a skillet over medium heat. Add pepper and onion, cook for 8-10 minutes, or until softened. Add black beans and corn to heat through. Season with salt and pepper.
2. Cook the rice in the microwave while the vegetables are cooking.
3. Layer rice and bean and vegetable mixture in a bowl. Top with cheese, salsa, and lime wedge.

Substitutions:

- Choose canned pinto beans if black beans are unavailable.
- Substitute quinoa or other whole grain in place of brown rice if needed.

Notes:

- Feel free to add cooked ground turkey or chicken if it is available.
- Store leftover vegetables, rice, and beans in the refrigerator for up to 7 days.



Salmon Cakes with Cabbage Slaw

Servings: 4

Ingredients:

- 14 oz canned salmon
- 2 eggs
- ½ cup breadcrumbs
- ½ tsp garlic salt; 1 tsp dried parsley
- Juice from 1 lemon, divided
- 14 oz bag of cabbage slaw
- ¼ cup oil (olive oil preferred)
- 1 garlic clove, minced
- ½ tsp salt; ¼ tsp pepper

Directions:

1. Combine salmon, breadcrumbs, garlic salt, 1 tsp lemon juice, and parsley in a small bowl. Form into 4 cakes.
2. Heat 1 tbsp olive oil in a skillet over medium heat. Add salmon cakes and cook for 3-4 minutes per side, or until browned.
3. For the slaw, combine olive oil, 2T lemon juice, garlic, salt, & pepper in a small bowl. Pour dressing over the slaw and mix.
4. To serve, top cabbage slaw with salmon cake.

Substitutions:

- Use canned tuna if canned salmon is unavailable.
- If you do not have the ingredients to make the dressing, try a lemon or balsamic vinaigrette salad dressing instead.
- If you cannot find cabbage slaw or cabbage, eat your salmon cake plain or on a bun.
- Use a head of cabbage, plus shredded carrots if cabbage slaw is unavailable.

Notes: Look for wild Alaskan canned salmon if available.



Broccoli Cheddar Baked Potatoes

Servings: 4

Ingredients:

- 4 russet potatoes
- 2 cups frozen broccoli florets
- 1 tablespoons wholegrain mustard
- 1 egg, beaten
- 1 ½ cup grated cheddar cheese

Directions:

1. Pierce potatoes with a fork several times. Place on a microwave safe dish and cook potatoes on high for 10-14 minutes until tender, turning halfway. Let cool, then cut in half lengthwise. Scoop insides of potatoes in a bowl, keeping skin intact.
2. Cook broccoli according to package instructions.
3. Place potato skins on a baking sheet and preheat oven to 400 degrees Fahrenheit. Mash the insides of potatoes with a fork and stir in the mustard, egg, 1 cup of cheese, and the broccoli. Season with salt and pepper as desired. Top with the remaining ½ cup of cheese.
4. Bake potatoes in the oven for about 15 minutes until the tops are crispy and golden.

Substitutions:

- Substitute sweet potatoes for russet potatoes.
- Substitute fresh or frozen cauliflower for broccoli.
- Substitute vegan cheese for cheddar if preferred.

Notes:

- Omit mustard and/or egg if unavailable.





SNACK RECIPES:

Blueberry Green Nut Butter Smoothie

Servings: 1

Ingredients:

- $\frac{3}{4}$ cup frozen blueberries
- 1 cup fresh spinach (or other leafy greens) or $\frac{1}{3}$ cup frozen spinach
- 1 Tbsp peanut butter (or preferred nut butter)
- $\frac{3}{4}$ cup milk (or non- dairy alternative)
- $\frac{1}{2}$ frozen banana
- 1 tsp honey
- $\frac{1}{2}$ cup ice

Directions:

1. Place all the ingredients into a blender. Blend until smooth.

Substitutions:

- Use any frozen fruit you have on hand.
- Use any greens you have on hand (fresh or frozen).



No- Bake Energy Balls

Servings: 15-20 balls

Ingredients:

- 1 cup old fashioned or quick oats
- ½ cup peanuts, chopped (or other nuts)
- ½ cup peanut butter (or preferred nut butter)
- ⅓ cup honey
- 1 Tbsp chia seeds or flaxseeds (optional)
- ⅓ cup dried cranberries or raisins

Directions:

1. Combine all ingredients in a large bowl.
2. Refrigerate for at least 1 hour.
3. Roll into balls.

Substitutions:

- Add other nuts, seeds, chocolate chips, dried fruit, or unsweetened coconut you have on hand.
- Use agave nectar if you cannot find honey.

Notes:

- Store in the refrigerator for up to 5 days.



Chocolate Avocado Pudding

Servings: 4

Ingredients:

- 2 large ripe avocados, peeled and pitted
- $\frac{2}{3}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ cup honey
- $\frac{1}{4}$ tsp vanilla extract

Directions:

1. Place all ingredients plus $\frac{1}{4}$ cup water in a blender. Blend until light and fluffy, adding a little more water if a little stiff.
2. Refrigerate until chilled.

Substitutions:

- Substitute bananas if you do not have avocado. Reduce sweetener to $\frac{1}{4}$ cup.
- Use pure maple syrup or agave nectar if honey is unavailable.

Notes:

- Add chopped nuts or shredded coconut for a delicious topping.
- Store in the refrigerator for 3-5 days.



Oatmeal Banana Blender Muffins

Servings: 12 muffins

Ingredients:

- 2 cups rolled, old fashioned, or quick oats
- 2 large bananas, overripe/brown is best
- 1 cup greek yogurt
- 2 eggs
- 2 tablespoons maple syrup or honey
- 1 ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- Optional mix ins: chocolate chips, blueberries (fresh or frozen), chopped walnuts

Directions:

1. Preheat the oven to 400°F. Spray a muffin tin with baking spray.
2. Add oats to your blender and pulse until finely ground and similar in appearance to coarse flour. Transfer oats temporarily to a bowl.
3. Add all of the other ingredients to the blender, adding the oats back in last. Having soft and liquid ingredients at the bottom will make for easier blending. Pulse until just combined.
4. By hand, mix in any desired add-ins, and pour into prepared muffin tin.
5. Bake for 13-15 minutes or until the muffins are set and a toothpick comes out clean.

Substitutions:

- Dairy free yogurt may be used in place of greek yogurt

Notes: Before storing muffins, let cool completely. Cover and store at room temperature for 3 days, or freeze for up to 2 months.

