



Holiday Component Meal Plan

PREP ONCE & EAT DELICIOUS, HEALTHY FOOD ALL WEEK LONG
PERFECT FOR THE BUSY HOLIDAY SEASON

Emily, RD

Sample Meal Plan - Week 1

Calendar						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Butternut Squash Egg Cups	Apple Almond Overnight Oats	Butternut Squash Egg Cups	Apple Almond Overnight Oats	Butternut Squash Egg Cups	Apple Almond Overnight Oats	Butternut Squash Egg Cups
Spinach & Chicken Quesadillas	Veggie Bowl	Spinach & Chicken Quesadillas	Veggie Bowl	Veggie Bowl	Spinach & Chicken Quesadillas	Veggie Bowl
Roast Chicken Dinner	Stuffed Sweet Potatoes	Fall Arugula Salad	Chicken + Rice + Roasted Veggies	Crispy Squash, Kale & Black Bean Tacos	Taco Bowls	Taco Bowls over Greens

Grocery List

2 Rotisserie Chickens
Spinach, 1 large container
8 Apples (rec. Honeycrisp Variety)
4-6 sweet potatoes
brussels, 1 lb
butternut squash, 1 large/2 pre-cubed bags
eggs, 2 dozen
arugula
sausage, 2 lbs
tortillas (I like Siete Foods)
rice/cauliflower rice
black beans, 2 cans
kale, 2 bunches
red onion, 1
avocado, 2-3

lime, 2
corn, 1 bag frozen
cherry tomatoes
ranch dressing
pecans
shredded cheese
almond milk
oats
maple syrup
cinnamon
sliced almonds
blanched almond flour
almond butter
salsa, 1 jar
dijon mustard

Prep Day Instructions

Step 1: First, prep, chop and roast the vegetables. Preheat oven to 435F. Give your vegetables a good rinse and let dry on clean kitchen towels. Next, set aside the number of sweet potatoes you need for stuffing (those will be baked day of - example: I set aside 2 - one for me and one for Mason - I know the girls would rather have their potatoes chopped and roasted). Peel additional sweet potatoes and butternut squash. Chop into even 1 inch cubes. Remove stems from brussels sprouts and cut in half.

Step 2: Toss veggies in olive oil, kosher salt, and pepper. Lay out vegetables in single layer on rimmed baking sheets (make sure not to overcrowd). Place in preheated oven for 15-20 minutes then rotate baking sheets and roast for additional 10-15 minutes.

Step 3: While the vegetables are roasting, brown sausage in a pan on the stove and let cool then shred rotisserie chickens. Place each in separate, sealed containers. When vegetables are roasted to your preference, remove from oven and let cool. Reset oven temp to 375F.

Step 4: Cook rice according to package directions. While rice is cooking, assemble overnight oat containers and egg mixture for egg cups (I halved the recipe and sprinkled the top with cooked sausage instead of bacon).

Step 6: Once oven temp has had time to reset, cook egg cups. While eggs are cooking, prepare cookies. When eggs are removed from oven to cool, reset oven temp to 350F and place cookies in oven to bake.

Step 5: While cookies are baking, make Maple Dijon salad dressing & wash, dry and shred kale. Store in paper towel lined container in fridge.

Congratulations! You've completed your prep and now you have everything you need to quickly assemble meals this week! On the next few pages, you'll see instructions for each recipe.

Basic Recipe Instruction

Butternut Squash Egg Cups

I halved this recipe and replaced the bacon with cooked sausage.

Apple Almond Overnight Oats

Add 1/2 cup oats, 1 cup unsweetened vanilla almond milk, 1 tsp maple syrup, 1 Tbsp almond butter, 1/2 cup chopped apple, and small pinch of cinnamon to each of 3 resealable containers. Put in the fridge overnight. When ready to eat, add another 1/4 cup chopped apple, 2 Tbsp sliced almonds and drizzle with some extra maple syrup and cinnamon.

To enjoy warm: remove from fridge, mix well and microwave in 30 second increments until warm enough. Add toppings and enjoy.

Roasted Vegetable Bowls - you can make these however you like - suggestions below

Roasted Veggies + Fried Egg + Sriracha

Roasted Veggies + Scrambled Egg + Shredded Cheese

Cooked Rice + Roasted Veggies + Crumbled Goat Cheese (or feta)

Spinach + Arugula + Roast Veggies + Salad Dressing + Pecans

Roasted Veggies + Cooked Sausage + Sautéed Greens + Sriracha

Spinach & Chicken Quesadillas

Tortillas + Shredded Cheese + Chopped Spinach + Chicken

Warm 2 tortillas in skillet with some olive oil, butter or ghee. Once warm, place cheese, spinach and chicken on top of one tortilla and top with the other. Let cook until cheese is melted and tortillas are nice and crisp.

Apple, Sausage, & Kale Stuffed Sweet Potatoes

Preheat oven to 425F. Pierce sweet potatoes with fork and place on foil lined baking sheet. Bake in oven for 45-50 minutes. When potatoes are almost finished, put some olive oil to skillet over medium heat. Add pre-cooked sausage, half a red onion (chopped) and half an apple (finely chopped). Let cook until sausage is warm and onion and apple are starting to soften. Add chopped kale and salt and pepper and splash of apple cider vinegar. Cook 2-3 minutes more until kale has wilted. Remove potatoes from oven and cut to open up. Add sausage mixture to potatoes and enjoy! Alternately, you can serve sausage mixture on its own or over rice with a side of cubed and roasted sweet potato.

Roasted Chicken Dinner - kale, chicken, brussels & sweet potatoes

I like to use this as my first meal (usually on meal prep night). I plate skin-on rotisserie chicken pieces and freshly roasted brussels and sweet potatoes and sauté kale in skillet with olive oil, garlic, salt and pepper until wilted. Simple and delicious!

Fall Arugula Salad

Warm chicken and roasted brussels sprouts in oven at 350F. While chicken and veggies are warming, thinly slice an apple. In a large bowl, add arugula, warmed chicken and brussels, sliced apples, and any additional salad toppings (I like crumbled goat cheese, chopped pecans, and dried cranberries or cherries). Toss with Maple Dijon dressing and enjoy.

Crispy Squash, Kale, & Black Bean Tacos

Preheat oven to 350F. Drain and rinse 1 can of black beans. Heat some olive oil in a pan over medium heat and add pre-roasted butternut squash and black beans. Mix and let warm in pan. While beans and squash are warming, soften some tortillas in the microwave. Once beans and squash are warm (2-3 minutes), add chopped kale and season with salt and pepper. Let kale wilt slightly and mix together. Fill tortillas with squash mixture, sprinkle with cheese (if desired), fold over and place on baking sheet. Bake in oven until tortillas are crispy - 8-10 minutes.

Chicken Taco Bowls

Place some pulled chicken on a cutting board and dice into small chunks. Place in large nonstick skillet with 1/2 jar of salsa and some taco seasoning (how to make your own here). Add 1/4 cup water and bring to a simmer. Add rinsed and drained can of black beans, 1 cup frozen corn and give mixture a stir. Put lid on and simmer 5-7 minutes or until mixture is warm and bubbly. While chicken mixture is simmering, heat cooked rice in microwave. In a bowl, add leafy greens, cooked rice, and chicken mixture. Top with halved cherry tomatoes, thin sliced red onion, shredded cheese, avocado and ranch dressing or extra salsa.

Maple Dijon Salad Dressing

In small jar, combine 1/4 cup dijon mustard, 1/4 cup maple syrup, 1/4 cup olive oil, 1/4 water. Whisk until fully combined and season with salt and pepper, to taste. Store in fridge.

3 Ingredient Apple Cookies

***Notes:**

- The key idea behind component meal prepping is **flexibility**. By having prepped ingredients on hand you can make many different combinations of food to enjoy. Be creative! Don't feel like you can only use the example calendar and recipe ideas listed.
- This list does not include extras like snacks or lunchbox sides. You could definitely use some of the things on the grocery list like apples, apple cookies, roasted veggies, etc. but if you have kids, make sure to throw in your staples for them as well.
- Tag me! If you're meal prepping and assembling - show me how it's going! I love to see what you're making and grab some inspiration from what you all are doing.
- For a couple extra recipe ideas using the same main ingredients, try:
 - [Butternut Squash Salad](#) from The Simple Veganista
 - [White Bean, Sausage, & Kale Soup](#) from Delish
 - [Chicken & Dumplings](#) from Half Baked Harvest