











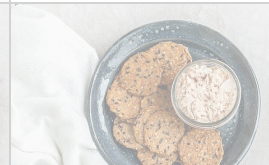

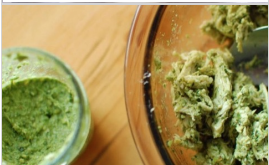


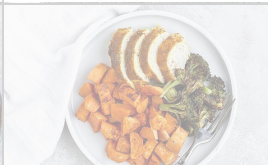












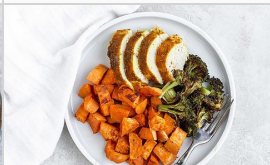

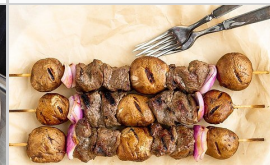






Amelia - meal plan ideas

Lisa Hayne | Herb + Spice
<https://herbandspice.net.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Steak & Sweet Potato Egg Muffins	 Steak & Sweet Potato Egg Muffins	 Steak & Sweet Potato Egg Muffins	 One Pan Breakfast Hash	 One Pan Breakfast Hash	 Sweet Potato & Turkey Breakfast Patties	 Sweet Potato Pancakes
Snack 1	 Raspberries	 Raspberries	 Raspberries	 Tuna & Crackers	 Tuna & Crackers	 Tuna & Crackers	 Tuna & Crackers
Lunch	 Pulled Chicken & Pesto Wraps	 One Pan Chicken with Carrot & Parsnip Fries	 Sausage, Sauerkraut & Sweet Potato Mash	 Curried Chicken with Broccoli & Sweet Potato	 One Pan Maple Mustard Chicken Thighs	 Steak & Mushroom Kabobs	 One Pan Roasted Tahini Chicken & Sweet Potato
Snack 2	 Lemon Coconut Power Balls	 Lemon Coconut Power Balls	 Lemon Coconut Power Balls	 Strawberries & Walnuts	 Strawberries & Walnuts	 Hazelnut Cocoa Bites	 Hazelnut Cocoa Bites
Dinner	 One Pan Chicken with Carrot & Parsnip Fries	 Sausage, Sauerkraut & Sweet Potato Mash	 Curried Chicken with Broccoli & Sweet Potato	 One Pan Maple Mustard Chicken Thighs	 Steak & Mushroom Kabobs	 One Pan Roasted Tahini Chicken & Sweet Potato	 One Pan Steak, Root Veggies & Broccoli

Fruits

- ☐ 1 Lemon
- ☐ 2 1/2 tbsps Lemon Juice
- ☐ 1 1/2 tpsps Lemon Zest
- ☐ 1 cup Raspberries
- ☐ 1 cup Strawberries

Breakfast

- ☐ 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 3/4 tsp Cinnamon
- ☐ 2 tpsps Cumin
- ☐ 1 1/2 tpsps Curry Powder
- ☐ 1/4 tsp Dried Parsley
- ☐ 1 tsp Garlic Powder
- ☐ 1 cup Hazelnuts
- ☐ 1 3/4 tpsps Italian Seasoning
- ☐ 1/2 tsp Onion Powder
- ☐ 2 2/3 tpsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 cup Walnuts

Vegetables

- ☐ 2 cups Baby Spinach
- ☐ 1 cup Basil Leaves
- ☐ 6 cups Broccoli
- ☐ 4 cups Brussels Sprouts
- ☐ 2 Carrot
- ☐ 4 cups Collard Greens
- ☐ 12 Cremini Mushrooms
- ☐ 9 Garlic
- ☐ 1 cup Jerusalem Artichokes
- ☐ 1 tbsps Mint Leaves
- ☐ 1 Parsnip
- ☐ 3/4 cup Red Onion
- ☐ 1 tbsps Rosemary
- ☐ 10 Sweet Potato
- ☐ 4 grams Thyme Sprigs

Boxed & Canned

- ☐ 120 milliliters Bone Broth
- ☐ 100 grams Seed Crackers
- ☐ 2 cans Tuna
- ☐ 1 cup Vegetable Broth

Baking

- ☐ 2 tpsps Cocoa Powder
- ☐ 1 1/4 cups Unsweetened Shredded Coconut
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 5 slices Bacon
- ☐ 964 grams Chicken Breast
- ☐ 454 grams Chicken Thighs
- ☐ 227 grams Chicken Thighs With Skin
- ☐ 454 grams Extra Lean Ground Turkey
- ☐ 227 grams Pork Sausage
- ☐ 1.1 kilograms Top Sirloin Steak

Condiments & Oils

- ☐ 1 tsp Apple Cider Vinegar
- ☐ 1 1/3 tpsps Avocado Oil
- ☐ 2 tpsps Balsamic Vinegar
- ☐ 2 tpsps Coconut Aminos
- ☐ 1/2 cup Coconut Butter
- ☐ 1 2/3 tpsps Coconut Oil
- ☐ 1 1/2 tpsps Dijon Mustard
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise
- ☐ 1 cup Sauerkraut
- ☐ 1 tbsps Tahini

Cold

- ☐ 20 Egg

Other

- ☐ 4 Barbecue Skewers
- ☐ 21 grams Collagen Powder
- ☐ 1 1/2 tpsps Water



Steak & Sweet Potato Egg Muffins

4 servings

45 minutes

Ingredients

2 **tsps** Extra Virgin Olive Oil
454 grams Top Sirloin Steak
12 Egg (whisked)
1 Sweet Potato (medium, chopped into small cubes)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a muffin tray with paper liners or use a silicone tray.
- 2 Heat the oil in a pan over medium heat. Add the steak and cook for five minutes on each side, or until desired doneness. Slice into small pieces.
- 3 Add the eggs, steak, sweet potato, salt, and pepper to a bowl. Stir to combine. Divide the mixture evenly between muffin cups.
- 4 Bake in the oven for 30 minutes, or until they have risen and started to brown on the top. Enjoy!

Notes

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

Serving Size: One serving is equal to three egg muffins.

More Flavor: Add onion, garlic, spinach, and/or mushrooms.



One Pan Breakfast Hash

2 servings

40 minutes

Ingredients

4 cups Brussels Sprouts (halved)
 1/2 cup Red Onion (chopped)
 1 tsp Avocado Oil
 Sea Salt & Black Pepper (to taste)
 5 slices Bacon (chopped)
 4 Egg

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Add the brussels sprouts and onion to the baking sheet. Drizzle with avocado oil, sea salt, and pepper. Add the chopped bacon on top and place in the oven for 15 minutes. Remove from the oven, stir and bake for 10 minutes more.
- 3 Remove the sheet from the oven and use a spoon to push ingredients aside to make divots for the eggs. Carefully crack the eggs into the divots. Bake for 6 to 8 minutes, or until the eggs are cooked to your liking. Divide between plates and enjoy!

Notes

No Bacon: Use prosciutto, ham or turkey bacon.

More Vegetables: Use additional vegetables such as peppers, potatoes or mushrooms.

More Flavor: Use garlic powder, onion powder, chili flakes, or everything bagel seasoning.

Leftovers: Refrigerate leftover vegetables in an airtight container for up to 4 days. Reheat the vegetables and cook additional eggs as needed.



Sweet Potato & Turkey Breakfast Patties

5 servings

1 hour

Ingredients

1 Sweet Potato (medium, peeled, chopped)
454 grams Extra Lean Ground Turkey
1 Garlic (large clove, minced)
1 1/2 tsps Italian Seasoning
1 tsp Sea Salt

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Bring a pot of water to a boil. Place the sweet potato in a steamer over the boiling water and cover for 7 to 10 minutes, or until tender. Transfer the sweet potato to a large mixing bowl and mash it well. Allow it to cool.
- 3 Using a paper towel, gently pat the turkey to remove excess moisture.
- 4 Add the garlic, Italian seasoning and salt to the cooled mashed sweet potato and mix well. Add the turkey and gently mix to combine. Form the sweet potato mixture into thin patties, approximately 4 inches in diameter and place on the prepared baking sheet.
- 5 Bake the patties for 20 to 25 minutes or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is approximately two patties.

More Flavor: Add black pepper, onion powder or red pepper flakes.

Sweet Potato: One medium sweet potato is approximately 1 1/4 cups of mashed sweet potato. If using a larger sweet potato set any extra mashed sweet potato aside to use in another meal.



Sweet Potato Pancakes

2 servings

20 minutes

Ingredients

2 Sweet Potato (small)
4 Egg (whisked)
1 tbsp Coconut Oil
1/2 tsp Cinnamon
2 tbsps Maple Syrup

Directions

- 1 Peel sweet potato and dice into small cubes. Fill a saucepan with 2 inches of water and bring to a boil. Drop the sweet potato in and steam for 7 minutes or until tender when pierced with a fork. Drain off the liquid and transfer the steamed sweet potato to a bowl and mash with a fork.
- 2 Measure out about 1/2 cup of mashed sweet potato per serving and add it to a bowl. Add in the eggs and mix well.
- 3 Melt coconut oil in a large skillet over medium heat. Once hot, pour pancakes in the skillet, no more than 1/8-1/4 cup of batter at a time. Cook each side about 3-5 minutes or until browned. Divide pancakes onto plates and top with cinnamon and maple syrup. Enjoy!

Notes

Serving Size: One serving equals four 3-inch pancakes.

Spice it Up: Add nutmeg and/or ginger spice.

Toppings: Top with banana slices, fresh fruit, pureed fruit sauce, chocolate chips or chopped nuts.



Raspberries

1 serving

3 minutes

Ingredients

1 cup Raspberries

Directions

- 1 Wash berries and enjoy!

Notes

Tip: Do not wash until ready to eat, as washed berries spoil more quickly.



Tuna & Crackers

4 servings

5 minutes

Ingredients

2 cans Tuna (drained)
1/4 cup Mayonnaise
Sea Salt & Black Pepper (to taste)
100 grams Seed Crackers

Directions

- 1 Mash the tuna with a fork in a bowl. Mix in the mayonnaise and season with salt and pepper.
- 2 Serve tuna mixture with the crackers. Enjoy!

Notes

Leftovers: Refrigerate the tuna mixture in an airtight container for up to three days.

More Flavor: Add lemon juice, dried herbs, and spices, like garlic powder or dried dill, or capers.

No Tuna: Use canned salmon instead.

No Mayonnaise: Use vegan mayonnaise, plain yogurt, or mashed avocado instead.

No Seed Crackers: Use another cracker, crispy flatbread, or cucumber slices instead.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.



Pulled Chicken & Pesto Wraps

4 servings

1 hour 10 minutes

Ingredients

454 grams Chicken Breast
 1 cup Vegetable Broth
 2/3 cup Walnuts
 1/2 cup Extra Virgin Olive Oil
 1 Lemon (juiced)
 2 cups Baby Spinach
 1 cup Basil Leaves
 1/4 tsp Sea Salt
 1/2 tsp Black Pepper
 4 cups Collard Greens (washed and stems removed)

Directions

- 1 Preheat oven to 325°F (163°C).
- 2 Place chicken breasts in a oven-safe glass dish and pour in vegetable broth. Tightly cover with foil. Bake in the oven for 60 minutes.
- 3 Meanwhile, create your pesto by combining walnuts, olive oil, lemon juice, spinach, basil, sea salt and black pepper in a food processor. Blend until smooth.
- 4 Remove chicken from oven. Use a fork to shred the chicken.
- 5 Place the pulled chicken in a bowl and toss with desired amount of pesto.
- 6 Drop a few spoonfuls into a collard green and wrap it up. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Save Time: Throw your chicken into the slow cooker in the morning and shred by night.

More Carbs: Serve on bread or in a brown rice wrap.

Make it Crunchy: Add diced celery, cherry tomatoes or sunflower seeds.

Vegetarian: Skip the chicken and use roasted chickpeas.



Lemon Coconut Power Balls

12 servings

15 minutes

Ingredients

1 1/4 cups Unsweetened Shredded Coconut
1/2 cup Coconut Butter
21 grams Collagen Powder
2 1/2 tbsps Lemon Juice
2 tbsps Maple Syrup
1 1/2 tps Lemon Zest
1 tsp Vanilla Extract
1/16 tsp Sea Salt (optional)

Directions

- 1 Add the shredded coconut to a food processor and blend until a coarse crumb forms.
- 2 Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
- 3 Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers: Refrigerate in an airtight container for up to three days or freeze for up to two months.

Serving Size: One serving is one ball.

Additional Toppings: Top with shredded coconut, coconut sugar and lemon zest.

No Maple Syrup: Use honey or agave instead.

Consistency: The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.



Strawberries & Walnuts

1 serving

5 minutes

Ingredients

1 cup Strawberries

1/4 cup Walnuts

Directions

- 1 Add the strawberries and walnuts to a plate and. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Nut-Free: Use pumpkin seeds instead.



Hazelnut Cocoa Bites

8 servings

20 minutes

Ingredients

1 cup Hazelnuts
2 tbsps Cocoa Powder
2 tbsps Maple Syrup
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper. Add the hazelnuts and place in the oven for 8 to 10 minutes, until toasted. Remove and rub with a clean kitchen towel to remove the skins. Place in a blender or food processor to chop well. Reserve a small handful of the chopped nuts for rolling the balls in and set aside on a plate.
- 2 Add the cocoa powder, maple syrup and salt to the hazelnuts and process until the dough comes together.
- 3 Remove the dough and using slightly damp hands, roll into golf ball-sized balls. Roll each ball into the reserved chopped hazelnuts. Place in a sealed container in the fridge to harden slightly, about 20 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to seven days or freeze for up to three months.

Serving Size: One serving is equal to one ball.

More Flavor: Add vanilla extract.



One Pan Chicken with Carrot & Parsnip Fries

2 servings

40 minutes

Ingredients

2 Carrot (medium, peeled)
1 Parsnip (large, peeled)
2 tbsps Extra Virgin Olive Oil (divided)
1 tsp Sea Salt (divided)
227 grams Chicken Breast (boneless, skinless)
1 tsp Garlic Powder
1/2 tsp Onion Powder
1/4 tsp Dried Parsley

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cut the carrots and parsnip into fries and add them to a bowl. Add half of the olive oil and half of the sea salt. Toss to combine. Spread them out on one side of the baking sheet.
- 3 In a shallow bowl, add the chicken, the remaining oil and salt, garlic powder, onion powder, and parsley. Rub all over the chicken. Place the chicken on the other side of the baking sheet.
- 4 Bake for 30 minutes (or until chicken is cooked through) flipping the chicken and the vegetables halfway.
- 5 Divide onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately five ounces of chicken breast and one cup of vegetables.



Sausage, Sauerkraut & Sweet Potato Mash

2 servings

35 minutes

Ingredients

- 1 Sweet Potato (Japanese, large, peeled, and diced)
- 6 Garlic (clove, unpeeled)
- 4 grams Thyme Sprigs (whole)
- 1 cup Sauerkraut
- 227 grams Pork Sausage
- 1 tbsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt (optional)
- 120 milliliters Bone Broth (warm)

Directions

- 1 Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
- 2 Arrange the sweet potato, unpeeled garlic, and thyme on one side of the sheet pan. Add the sauerkraut to the other side and place the sausages on top. Coat everything with oil and season with salt, if desired.
- 3 Bake for 15 minutes. Turn the sausages over and continue cooking for 15 minutes or until the sausages are cooked through and the sweet potato is tender.
- 4 Remove the thyme and set it aside. Add the sweet potato and bone broth to a bowl. Squeeze the garlic pulp out of its casing into the bowl. Mash the sweet potato to your desired consistency.
- 5 Place the sausages on top of the mashed sweet potato. Top with the sauerkraut and thyme. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one sausage, half a cup of sauerkraut and approximately one cup of mashed sweet potato.

No Bone Broth: Use water, vegetable broth, or beef broth instead.

More Flavor: Add fresh rosemary.



Curried Chicken with Broccoli & Sweet Potato

2 servings

35 minutes

Ingredients

2 Sweet Potato (small, peeled and cubed)

3 cups Broccoli (cut into florets)

1 1/2 tbsps Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

283 grams Chicken Breast

1 1/2 tsps Curry Powder

Directions

1

Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.

2

Place the broccoli and sweet potatoes on the baking sheet and season with 2/3 of the oil and salt and pepper. Bake for 10 minutes.

3

Remove the baking sheet from the oven. Place the chicken on the baking sheet and drizzle with the remaining oil. Season all sides of the chicken with curry powder and salt and pepper. Continue to bake for 22 to 25 minutes, or until the chicken is cooked through.

4

Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices, like cumin or garlic powder.

No Broccoli: Use cauliflower or Brussels sprouts instead.



One Pan Maple Mustard Chicken Thighs

2 servings
40 minutes

Ingredients

227 grams Chicken Thighs with Skin
1 Sweet Potato (sliced into wedges)
Sea Salt & Black Pepper (to taste)
3 tbsps Maple Syrup
1 1/2 tbsps Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1 tsp Apple Cider Vinegar
1/4 tsp Cinnamon
1 tbsp Rosemary (optional, chopped)

Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with foil.
- 2 Place the chicken and sweet potato wedges on the baking sheet and sprinkle with sea salt and black pepper.
- 3 In a small bowl, whisk together the maple syrup, dijon mustard, extra virgin olive oil, apple cider vinegar and cinnamon. Pour over the chicken and potatoes. Toss to coat.
- 4 Place the baking sheet in the oven and bake for 30 minutes, flipping the sweet potato halfway through. Broil for an additional 1 to 2 minutes to make it crispy at the end. Remove from the oven.
- 5 Divide the chicken and sweet potato wedges between plates and garnish with rosemary. Enjoy!

Notes

No Dijon Mustard: Use honey mustard instead and omit the maple syrup.

No Rosemary: Use another fresh herb such as parsley or thyme instead.

No Sweet Potato: Use baking or russet potato instead.

No Extra Virgin Olive Oil: Use avocado oil instead.

Leftovers: Refrigerate in an airtight container for up to 3 days.



Steak & Mushroom Kabobs

2 servings

50 minutes

Ingredients

2 tbsps Coconut Aminos
2 tbsps Balsamic Vinegar
1 tbsp Avocado Oil
2 Garlic (clove, minced)
1/4 tsp Italian Seasoning
227 grams Top Sirloin Steak (cut into cubes)
12 Cremini Mushrooms (medium, whole)
1/4 cup Red Onion (cut into chunks)
4 Barbecue Skewers

Directions

- 1 In a zipper-lock bag or shallow bowl, combine the coconut aminos, balsamic vinegar, oil, garlic, and Italian seasoning. Add the steak and marinate for at least 30 minutes or up to overnight.
- 2 Assemble the skewers by piercing the steak, mushrooms, and red onions onto the barbecue skewers. Brush the skewers with some of the excess marinade to evenly coat the vegetables.
- 3 Grill over medium-high heat, rotating occasionally for about eight to 10 minutes or until the steak is cooked to your liking and the vegetables are soft. Divide the skewers between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two 12-inch skewers.

More Flavor: Add other dried herbs and spices.

Serve it With: Salad, rice, cauliflower rice or other roasted or grilled vegetables.

Make it Vegan: Use tofu instead of steak.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.



One Pan Roasted Tahini Chicken & Sweet Potato

2 servings

30 minutes

Ingredients

454 grams Chicken Thighs (boneless, skin-on)
 1 Sweet Potato (large, peeled, cubed)
 2 tsps Coconut Oil (melted)
 2 tsps Cumin
 Sea Salt & Black Pepper
 1 tbsp Tahini
 1 1/2 tsps Water
 1 tbsp Mint Leaves (fresh, chopped)

Directions

- 1 Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
- 2 Place the chicken thighs and sweet potato on the prepared baking sheet. Rub the coconut oil, cumin, salt, and pepper into the chicken and sweet potato to coat well. Cook for 20 minutes, tossing the sweet potato halfway through.
- 3 Meanwhile, mix the tahini with the water until you get a creamy consistency.
- 4 Drizzle the chicken and sweet potato with the tahini sauce and garnish with mint. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days.

Serving Size: One serving is approximately two chicken thighs and one cup of sweet potato.

More Flavor: Add minced garlic and shallots to the pan with the sweet potato.



One Pan Steak, Root Veggies & Broccoli

4 servings
35 minutes

Ingredients

1 cup Jerusalem Artichokes (chopped)
1 Sweet Potato (medium, chopped)
3 cups Broccoli (chopped)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
454 grams Top Sirloin Steak

Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Toss the Jerusalem artichokes, sweet potatoes, and broccoli with the oil, salt, and pepper until well coated. Add everything to a large baking sheet.
- 3 Add the steaks to the pan and season with salt and pepper to taste. Bake in the oven for 30 minutes, or until vegetables are browning and steak is cooked to desired doneness.
- 4 Evenly divide the steak and veggies between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add dried parsley, sage, or oregano.