



# One Day Meal Plan

by Intentionally Eat with Cindy Newland

## MEAL 1

Vitalized water & Optional coffee or tea  
Apple Pie Overnight Oats - see recipe on the next page.

### Meal Prep Tips -

1. Make the entire recipe and have breakfast all week. Simply top with different fruits for a nice variety.

## MEAL 2

1/2 cup Plain almond or [coconut yogurt](#)  
1/2 cup berries  
2 Tbsp Toppings like chia seeds, flax seeds, slivered almonds, etc. Stevia or monkfruit to sweeten

## MEAL 3

Mediterranean Quinoa Bowl - In a bowl, mix 1/2 cup cooked quinoa, 1/2 cup garbanzo beans, 1/4 cup cucumber, chopped, 1/4 cup cherry tomatoes, halved, 1/4 cup fire-roasted red pepper, 3 kalamata olives. Mix 2 Tbsp of hummus with 1 Tbsp of water. Drizzle over bowl. Enjoy!.

### Meal Prep Tips -

1. You can use frozen cooked quinoa to save time. Simply reheat.
2. Save the rest of the garbanzo beans for dinner.

## MEAL 4

Pina Colada Smoothie - 1 cup coconut milk or your favorite plant-based milk, 1 scoop vanilla protein powder (optional), 1/3 frozen banana, 1/2 cup frozen pineapple. Blend and enjoy!

## MEAL 5

Stirfry Sheet Pan Dinner - see recipe on next page.

## MEAL 6

Dessert! 1/2 cup Chocolate Avocado Pudding - see recipe on next page.

# RECIPES

## 1 Pot Pasta with Vegetables - BONUS RECIPE

- 8 oz pasta (your favorite shape)
  - 1/2 cup broccoli, chopped
  - 1/2 bunch asparagus, chopped
  - 1/4 onion, diced
  - 1 bell pepper, diced
  - 2 tbsp olive oil
  - 3 tbsp red wine vinegar
  - 1 tsp oregano
  - 1 tsp basil
  - 1 clove garlic, crushed
  - salt and pepper to taste
- Boil spaghetti according to package directions. During the last 3 minutes of boiling carefully add in the broccoli, asparagus, onion, and bell pepper.
- Make dressing by combining olive oil, red wine vinegar, oregano, basil, garlic, salt and pepper.
- Drain pasta and vegetables. Toss with dressing and serve.

## Apple Pie Overnight Oats

- serves 4
- 1 3/4 cup oats
  - 1 1/4 cup almond milk
  - 3/4 cup apple sauce
  - 4 Tbsp maple syrup
  - 1 tsp cinnamon
  - 1 tsp vanilla
  - pinch salt
- Optional - add chopped apple or raisins when serving
- Mix it all together and place in mason jars or containers. Seal and refrigerate overnight or until oats are soft.
- Enjoy within 4 or 5 days. Eat cold or top with 1/2 an apple, chopped and heat in microwave for 1-2 minutes. Enjoy!

## Stirfry Sheet Pan Dinner

- 1 head Broccoli, chopped
  - 1 onion, sliced thick
  - 1 bell pepper, sliced thick
  - 2 carrots, sliced
  - 1 celery stalk, sliced
  - 1 15oz can Chickpeas (or the remainder from lunch)
  - 1 tsp Garlic powder
  - 1/2 tsp onion powder
  - 1/2 tsp chili pepper flakes, optional
  - 1 tbsp Olive oil
  - 3 Tbsp soy sauce or liquid aminos
  - Optional - top with sesame seeds, sriracha, and/or 1 tsp sesame oil
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- INSTRUCTIONS**
- Preheat oven to 400F. Dry the chickpeas in a clean kitchen towel.
  - In a small bowl, mix olive oil, soy sauce, garlic powder, onion powder, and chili pepper flakes.
  - Place vegetables on a large parchment-lined sheet pan and drizzle with olive oil mixture.
  - Toss to coat.
  - Bake for 20 minutes. Carefully remove the sheet pan from the oven and add chickpeas.
  - Return the pan to the oven for an additional 10-15 minutes, and when done cooking sprinkle with sesame seeds, sriracha, and/or sesame oil and enjoy!
  - You could serve it over steamed rice or steamed cauliflower rice.

## Chocolate Avocado Pudding

- Ingredients
- 2 avocados - ripe
  - 1/2 cup unsweetened cocoa powder
  - 1/2 cup raw sugar, maple syrup or monkfruit sweetener
  - 1/3 cup almond milk, unsweetened
  - 2 tsp vanilla extract
  - 1/4 tsp cinnamon or instant coffee
- Instructions
- Add pitted and peeled avocados and all other ingredients into a blender.
- Blend until smooth. Add a little more almond milk if you want a thinner consistency.
  - Chill for 30 minutes and enjoy!
- Tip - the sugar will leave it a little grainy. If you don't like that texture I suggest using maple syrup or another liquid sweetener.



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