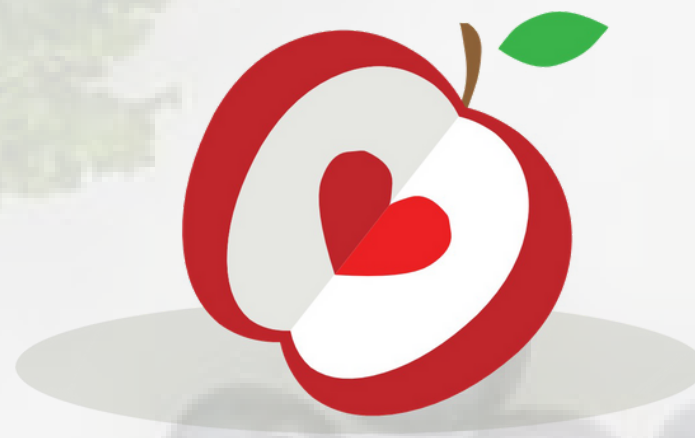


Your Forever
Nutrition Counseling



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3-DAYS OF MEAL PLAN RECIPES

**SIMPLE, DELICIOUS RECIPES
TO HELP YOU MEET YOUR
HEALTH GOALS**

Welcome!

I'm so glad you're here.

Our team of credentialed nutrition professionals and culinary facilitators have created healthy meal plans to help you meet your health goals. All of our delicious recipes are extensively tested and feature whole food ingredients with easy-to-follow directions for people of all cooking levels.

Mix and match the recipes in this e-book to create three days of health-promoting meals!

To check out more recipes with access to a customizable planner and smart grocery list, go to our website and sign up for a FREE trial of our plans. Not sure which one is for you? Please reach out and we'll have a chat.

Let's get cooking!

Noreen

Noreen Gallo MS, RD, LDN.
www.yourforeverdiet.com



Breakfast

Blender Oat Muffins

Chard, Tomato, and Zucchini Frittata

Overnight Strawberry Chia Oatmeal

Lunch/Dinner

*Sheet Pan Maple Mustard Chicken
with Squash and Brussels Sprouts*

*Turkey Mushroom Burgers with
Simple Radicchio Arugula Salad*

One-Pan Avocado Lime Salmon

Snacks

Peanut Butter Energy Bites

Green with Envy Smoothie

Edamame Hummus



Blender Oat Muffins

Prep Time	10 min
Total Time	20 min
Meal Type	Breakfast, Snack
Source	www.livingplate.org
Servings	4



Ingredients

- 2 bananas, *very ripe*
- 2 eggs
- 1 tsp vanilla extract
- 3 Tbs unsweetened almond milk (*or other milk of choice*)
- 3 Tbs maple syrup
- 1 cup quick-cook oatmeal, *gluten-free*
- 1/2 cup tapioca flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- cooking spray

Directions

Prep

1. Preheat oven to 350° F.
2. Peel bananas and break into pieces.
3. Spray muffin tins with oil.

Make

1. Add bananas, eggs, vanilla, milk, and maple syrup to blender and process until creamy.
2. Add oats and process until just combined.
3. In a bowl, whisk together tapioca flour, baking powder, cinnamon, and salt.
4. Make a well in dry ingredients and pour in liquid from blender.
5. Stir until just combined.
6. Using a small ice cream scoop or two spoons, place batter in muffin tin and bake for about 8-10 minutes [minis] or 12-15 minutes full size.

Notes

Serving size is one full-sized muffin or 5 mini

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 3.99g	6%	Total Carbohydrates 57.39g	19%	
Calories 285			Dietary Fiber 4.89g	19%	
per serving			Total Sugars 19.37g		
			Protein 6.57g		

Chard, Tomato, and Zucchini Frittata

Prep Time	10 min
Total Time	30 min
Meal Type	Breakfast, Lunch, Dinner
Source	www.livingplate.org
Servings	3



Ingredients

- 1 Tbs olive oil
- 1/2 cup onion, chopped
- 2 Cloves garlic, minced or pressed
- 1 zucchini, chopped
- 2 cup cherry tomatoes
- 2 cup Swiss chard, tough spines removed and leaves shredded
- 6 eggs, whisked
- 1/2 tsp salt

Directions

Prep

1. Chop onion, zucchini, tomatoes, and chard.
2. Mince garlic.
3. Whisk eggs.
4. Preheat oven to 350°F.

Make

1. In an oven-safe, non-stick skillet, heat olive oil. Sauté zucchini and tomatoes until they begin to brown. Add chard and sauté for a few more minutes until wilted.
2. Add onions and garlic and continue to sauté until soft and fragrant.
3. Push vegetables around pan to distribute evenly.
4. Whisk salt into eggs and pour over vegetables. Place in oven for 8-10 minutes until cooked through.
5. Remove frittata from oven and let stand for a few minutes. Remove from pan and slice to serve.
6. If desired, sprinkle with 2 tablespoons of cheese [feta or parmesan] when you remove from oven and let melt before serving.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts

Calories 234
per serving

Amount/serving	% Daily Value*
Total Fat 13.43g	20%

Amount/serving	% Daily Value*
Total Carbohydrates 13.65g	4%
Dietary Fiber 3.66g	14%
Total Sugars 7.68g	
Protein 13.65g	

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Overnight Strawberry Chia Oatmeal

Prep Time	15 mins
Total Time	8 hours
Meal Type	Breakfast
Source	www.livingplate.org
Servings	2



Ingredients

- 2/3 cup rolled oats *certified gluten-free, if needed*
- 1/4 cup chia seeds
- 1/2 banana, mashed
- 2 cup unsweetened almond milk *or milk of choice*
- 1 1/2 tsp vanilla extract
- 2 tsp maple syrup
- 1 cup strawberries, sliced

Directions

Prep

1. Mash banana with a fork.
2. Slice strawberries.

Make

1. Place oats, chia seeds, mashed banana, milk, vanilla, and maple syrup in a mason jar with lid. Shake vigorously to combine. Let sit for 10 minutes, shake again then place in refrigerator overnight.
2. The next morning take oats out of the refrigerator and stir well. Layer in a serving glass or a mason jar with sliced strawberries.
3. Top with additional milk and a drizzle of maple syrup if desired.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

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Sheet Pan Maple Mustard Chicken

with Squash and Brussels Sprouts

Prep Time	15 mins
Total Time	30 mins
Meal Type	Lunch, Dinner
Source	www.livingplate.org
Servings	4



Ingredients

- 2 Tbs fresh oregano, chopped (or 1 teaspoon dried)
- 2 Tbs Dijon mustard
- 2 Tbs maple syrup
- 1 1/2 lb chicken breasts, skinless
- 4 cup butternut squash, peeled and cubed (about 1 pound)
- 1 sweet onion, chopped small
- 8 oz Brussels sprouts, trimmed and halved (about 2 cups)
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste

Directions

Prep

1. Preheat oven to 425°F. Place a large rimmed baking sheet in oven (leave pan in the oven as it preheats).
2. Combine oregano, mustard, and syrup in a small bowl.
3. Cube squash, chop onion, trim and halve Brussels sprouts.

Make

1. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
2. Toss squash, onion, and sprouts with remaining dressing in small bowl
3. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
4. Bake at 425°F for 20-30 minutes or until chicken is done (until internal temperature of the chicken reaches 165 degrees F) and vegetables are tender.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 12.28g		18%	Total Carbohydrates 44.77g		14%
Calories 447 per serving				Dietary Fiber 8.38g		33%
				Total Sugars 13.35g		
				Protein 43.29g		

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Turkey Mushroom Burgers

with Simple Radicchio Arugula Salad

Prep Time	15 mins
Total Time	20 mins
Meal Type	Lunch, Dinner
Source	www.livingplate.org
Servings	3



Ingredients

- 1 1/2 lb ground turkey
- 1 cup mushrooms, finely chopped
- 2 cup spinach, chopped and loosely packed
- 1 tsp fennel seed, crushed
- 1 tsp ground sage
- 1/4 tsp salt
- 1/4 cup feta cheese
- cooking spray

For the salad:

Ingredients

- 6 cup arugula
- 2 Heads radicchio lettuce, chopped
- 3 Tbs olive oil
- 2 tsp Dijon mustard
- 2 Tbs red wine vinegar
- 1 lemon, for 1 tablespoon juice

Directions

Prep

1. Chop mushrooms and spinach.

Make

1. In a large bowl, mix together ground turkey, mushrooms, spinach, crushed fennel seed, ground sage, salt, and feta cheese or alternative (if using).
2. Preheat grill pan (or saute pan) over medium-high heat. Coat with cooking spray.
3. Evenly divide meat into 4 to create 4 burgers. Cook burgers, browning both sides until internal temperature reaches 165° F.

Directions

Prep

1. Chop radicchio.
2. Wash and dry lettuces.
3. Juice lemon.

Make

1. Add oil, mustard, vinegar, and lemon juice to a small mason jar. Shake to combine.
2. Add lettuces to a bowl and toss to coat.
3. Season with salt and pepper to taste.

**Nutrition Facts for burgers only.*
(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 10.5g	16%	Total Carbohydrates 2.4g	0%	
			Dietary Fiber 1g	4%	
			Total Sugars 1g		
			Protein 24.8g		
Calories 200					
per serving					

One-Pan Avocado
Lime Salmon

Prep Time	15 mins
Total Time	30 mins
Meal Type	Lunch, Dinner
Source	www.livingplate.org
Servings	4



Ingredients

- 1 1/2 lb salmon, skinless
- 1 Clove garlic
- olive oil, to taste
- salt, to taste
- pepper, to taste
- 2 tsp paprika
- 1 avocado, chopped
- 1 red onion, chopped
- 4 Tbs fresh cilantro, chopped
- 4 Tbs olive oil
- 4 Tbs lime juice

Directions

Prep

1. Preheat oven to 400°F. Spray a large baking sheet with cooking spray.
2. Chop avocado, onion, and cilantro.
3. Juice lime.

Make

1. On a baking sheet, season salmon with garlic, olive oil, salt, pepper, and paprika.
2. Bake for 10–12 minutes.
3. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
4. Spoon avocado topping over the salmon.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts		Amount/serving		% Daily Value*	
Calories 462		Total Fat 31.42g		48%	
per serving		Total Carbohydrates 10g		3%	
		Dietary Fiber 4.15g		16%	
		Total Sugars 2.49g			
		Protein 35.45g			

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Peanut Butter Energy Bites

Prep Time	15 mins
Total Time	30 mins
Meal Type	Snack
Source	www.livingplate.org
Servings	6



Ingredients

- 1 cup mini chocolate chips
- 1 1/2 cup oats, *gluten-free if necessary, old-fashioned preferred*
- 3 Tbs chia seeds
- 1 Tbs maple syrup
- 2/3 cup peanut butter

Directions

Prep

1. Measure ingredients.

Make

1. Mix all ingredients together in a large bowl.
2. Scoop with teaspoon-size spoonfuls onto a piece of parchment paper placed in a container.
3. Cover and store in the refrigerator.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts	Amount/serving		% Daily Value*	Amount/serving		% Daily Value*
	Total Fat 16.75g		25%	Total Carbohydrates 21.98g		7%
Calories 258 per serving				Dietary Fiber 4.2g		16%
				Total Sugars 9.62g		
				Protein 7.81g		

* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.

Green with Envy Smoothie

Prep Time	5 mins
Total Time	5 mins
Meal Type	Snack
Source	www.livingplate.org
Servings	1



Ingredients

- 1 cup water
- 1 cup kale, stems removed and torn 1-2 leaves
- 1/2 Head romaine
- 1/2 cucumber, chopped
- 1/4 avocado
- 1/2 apple, sliced
- 1 banana, frozen
- 1 ice cube if desired

Directions

Prep

1. Kale stems removed and leaves torn.
2. Chop cucumber and slice apple.

Make

1. Place all ingredients in a high-speed blender and process until smooth and creamy.

Notes

The smoothie is creamy yet fresh (thank you avocado and cucumber!) If you would like it sweeter, add a few pinches of stevia.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

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Edamame Hummus

Prep Time	15 mins
Total Time	15 mins
Meal Type	Snack
Source	www.livingplate.org
Servings	6



Ingredients

- 3 cup shelled edamame beans, frozen and defrosted
- 2 cloves garlic, minced
- 2 lemons, squeezed (1/4 cup juice)
- 2 Tbs tahini
- 1/2 tsp salt
- 1/4 tsp ground cumin
- 1/4 cup water, or more as needed
- 4 scallions, chopped

Directions

Prep

1. Crush garlic/juice lemons/chop scallions.

Make

1. Add edamame to food processor, reserving a few beans for garnish.
2. Pulse until finely chopped. Add garlic and pulse several more times.
3. Add lemon juice, tahini, salt, and cumin and run processor until smooth, adding more water as needed to thin.
4. Pulse in scallions.
5. Season with salt and pepper to taste.
6. Place hummus in bowl, garnish with reserved beans and drizzle with olive oil if desired. Serve with crisp, raw vegetables.

(Facts are pulled from USDA database. New FDA Nutrition Facts label with expanded macronutrient and micronutrient information coming soon!)

Nutrition Facts Calories 124 per serving	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	* The percent Daily Value (DV) tells your how much a nutrient in a serving of food contributes to ta daily diet. 2,000 calories a day is used for general nutrition advice.
	Total Fat 6.22g	9%	Total Carbohydrates 10.57g	3%	
			Dietary Fiber 4.29g	17%	
			Total Sugars 3.1g		
			Protein 9.72g		

Notes:

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