

PLANSIMPLE and the FRESH20 present

MAKE DECEMBER MATTER'S ONE-DAY MEAL PLAN





Hi!

I am so excited for our day together, and so excited that Melissa Lanz agreed to be our food Guide. You are going to love what she put together!

What we eat matters. The choices we make every day affect our energy, how we show up for our families, how we learn. Making changes in how we eat comes down to doable changes that we repeat again and again.

One of my favorite doable changes is knowing what you will eat. Usually that means taking time to meal plan, but for the day of the Make December Matter experience, we have a meal plan for you!

Prepping ahead goes hand in hand with meal planning to make things easier. The plan the Melissa created for us helps you show up for yourself with delicious food that fuels your body for the summit—and when you prep ahead, you can focus more on the experience that day!

If you want to take planning to the next level, then make a plan for your week. I included a blank sheet for that. Knowing what is for dinner, can change so much more than the food. Test it out, and see what shifts in your family.

To your wellness and joy!
Mia

PREP AHEAD

- Freeze bananas
- Freeze raspberries
- If using, Boil eggs
- Bake snack almonds
- Make dressing
- Assemble Salad
- Prepare soup
- Make dessert delights

MORNING

BREAKFAST SMOOTHIE BOWL

1 serving

-
- 1 frozen ripe banana
 - ½ cup frozen raspberries
 - ½ avocado
 - 1 cup kale leaves
 - ½ cup almond milk
 - 1 teaspoon vanilla

Your choice of toppings

- walnuts
- chia or hemp seeds
- shredded coconut (unsweetened)
- blueberries
- kiwi
- mango

Blend all ingredients together. Add additional almond milk if needed, a small amount at a time. Consistency should be similar to a soft ice cream. Some great toppings for this bowl would be: a Tablespoon of walnuts or chia seeds or hemp seeds and/or any fresh berries.

170 kcal, 3g Protein, 27g Carb, 85mg Sodium, 7g Fiber, 0mg Cholesterol, 7g Fat, 1g Saturated, 12g Sugar, 20% Calcium, 8% Iron

MID MORNING
SPICED ALMONDS
2 servings

- ½ cup almonds
- 1 teaspoon coconut or olive oil
- ¼ teaspoon ground cumin
- pinch of cinnamon
- pinch of salt
- pinch of black pepper

Toss all ingredients together in a small bowl to evenly distribute spices. Cook in 300° oven for 20 minutes, tossing occasionally. Make extra and store in an airtight container for the week.

¼ cup: 190 kcal, 7g Protein, 7g Carb, 120mg Sodium, 4g Fiber, 0mg Cholesterol, 17g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 6% Iron

LUNCH
MASON JAR BLACK BEAN SALAD
2 servings

For salad

- 2 ribs celery, chopped (1 cup)
- 1 (15 oz) cans low sodium black or red beans, drained & rinsed
- ½ red onion, chopped (½ cup)
- 1 cucumber, chopped (2 cups)
- ½ avocado, sliced and rubbed with lime juice
- Optional: Add 4 ounces of cooked chicken or 2 eggs or protein of choice

For lime dressing

- 1 Tablespoons lime juice
- 2 teaspoons lime zest
- 2 Tablespoons coconut or olive oil
- 1 Tablespoon white wine vinegar
- 1 teaspoon honey or maple syrup
- ¼ teaspoon of kosher salt
- black pepper to taste

Whisk dressing ingredients together until smooth and divide equally into two 16 ounce mason jars. In each jar, layer salad ingredients on top of dressing starting with the celery, then black beans, onions, cucumber, and basil. Seal tightly and refrigerate until ready to eat. Dump into a bowl and toss slightly. Enjoy!

240 kcal, 11g Protein, 29g Carb, 180mg Sodium, 10g Fiber, 0mg Cholesterol, 9g Fat, 1.5g Saturated, 1g Sugar, 8% Calcium, 15% Iron
(not including optional proteins)

AFTERNOON SNACK

CASHEWS & KIWI

1 serving

- 1 Tablespoon nut butter of choice (peanut, cashew, almond)
- 1 kiwi

The classic fruit and nut combo is easy to vary based on the meals you are cooking that week. Kiwi is such a healthy fruit and easy to carry along for a quick snack.

140kcal, 3g protein, 16g carbs, 0mg sodium, 3g fiber, 0mg cholesterol, 8g fat, 1.5g saturated, 2% calcium, 15% iron

DINNER

LENTIL SOUP

2 servings

Ingredients

- 2 Tablespoons olive oil
- ½ red onion, diced
- 2 cloves garlic, minced
- ½ cup brown lentils
- 2 carrots, diced
- 2 stalks celery, diced
- 1 large Portobello mushroom caps, diced
- 2 cups low-sodium chicken or vegetable broth (16 fl oz)
- 1 cups water (8 fl oz)
- ¼ teaspoon Herbes de Provence
- 1 (15 oz) cans diced tomatoes with juice
- ½ teaspoon kosher salt
- dash of black pepper
- 2 cups baby spinach or kale
- *optional: ½ pounds bulk Italian sausage*

Instructions

1. Heat a soup pot over medium heat and add oil. When oil is hot, add onions and garlic and sauté for 1 minute. *Optional: add sausage, crumbling as it cooks, for 5 minutes.*
2. Add lentils, carrots, celery, and mushrooms and sauté for 1-2 minutes. Add broth and water and bring to simmer for 10-15 minutes until lentils are barely tender. Add the Herbes, tomatoes, salt, pepper, and spinach and simmer another 5-10 minutes.

2 cups soup w/ sausage:

410kcal, 20g Protein, 35g Carb, 550mg Sodium, 22g Fiber, 45mg Cholesterol, 22g Fat, 7g Saturated, 8g Sugar, 6% Calcium, 20% Iron

DESSERT

PEANUT BUTTER CHOCOLATE DELIGHTS

Makes 6

Ingredients

- 6 pitted dates (Medjool preferred)
- 1 Tablespoon coconut oil
- 2 Tablespoons cacao
- 2 Tablespoons peanut butter or almond butter
- 1/2 teaspoon pure vanilla extract

Instructions

1. In a food processor, pulverize dates until smooth.
2. Transfer to medium bowl and mix in remaining ingredients.
3. Place bowl in refrigerator to set for at least an hour.
4. With a measuring Tablespoon, scoop out a ball and place on plate or parchment paper lined tray.
5. Dust with cacao powder.

More simple ideas...

BREAKFAST: Overnight Oats

2 cups coconut milk (16 fluid ounces)
1½ cups old fashioned oats
2 cups chopped fruit – your choice
¼ cup chopped almonds

Combine milk, oats, and fruit and cover; refrigerate overnight. Toss with nuts in the morning.

Oats: 280kcal, 6g Protein, 42g Carb, 40mg Sodium, 7g Fiber, 0mg Cholesterol, 12g Fat, 5g Saturated, 13g Sugar, 2% Calcium, 10% Iron

LUNCH: Protein Lunch

2 hardboiled eggs
¼ cup nuts
1 pears, sliced
1/3 cup grapes (1½ cups)

Protein Lunch: 420kcal, 18g Protein, 42g Carb, 170mg Sodium, 8g Fiber, 450mg Cholesterol, 25g Fat, 4.5g Saturated, 27g Sugar, 6% Calcium, 15% Iron

Got it!	Vegetables & Fruit	Quantity	Notes
	ripe banana	1 medium	
	rasberries	1 pint	need 1/2 cup
	cucumber	1 medium	
	kiwi	1 medium	
	lime	1 medium	to yield one tablespoon & 1 teaspoon zest
	carrots	2 medium	
	celery	4 stalks	use the rest for snacking
	garlic	2 cloves	
	portobello	1 large	can also use 4 ounces brown mushrooms
	kale	3 cups	can use swiss chard as substitute
	avocado	1 small	
	Medjool dates	6 pitted	
	red onion	1 small	

Got it!	Bakery/Misc	Quantity	Notes
	almonds	1/2 cup	
	nut butter	3 Tablespoons	
	cacao powder	2 Tablespoons	
	lentils	1/2 cup	
	almond milk	1/2 cup	
	diced tomatoes	1 (15oz) can	

Got it!	Pantry	Quantity	Notes
	kosher or sea salt	1/4, 1/2,	
	black pepper	1 teaspoons	
	chicken or vegetable broth	2 cups	
	coconut oil	6 Tablespoons	
	white wine vinegar	1 Tablespoon	
	maple syrup or honey	1 teaspoon	
	vanilla	1-1/2 teaspoons	
	cinnamon	pinch	
	ground cumin	1/4 teaspoon	
	herbes de provence	1/4 teaspoon	
	black beans	1 can (15 ounce)	

Fresh 20 Grocery Est

Got it!	Optional Proteins	Quantity	Notes
	Optional: eggs	2 medium	
	bulk Italian sausage	1/2 pound	
	Optional: chicken breast	4 ounces	

Prices are based on a aggregate of grocery costs from across the U.S. taking into consideration both small independent stores and large nc not reflect organic, grass fed, or other premium ingredients. Always buy the best quality ingredients your budget allow

MY MEALPLAN

Week of:

M BREAKFAST

LUNCH

DINNER

SHOPPING

T BREAKFAST

LUNCH

DINNER

W BREAKFAST

LUNCH

DINNER

TH BREAKFAST

LUNCH

DINNER

F BREAKFAST

LUNCH

DINNER

SA BREAKFAST

LUNCH

DINNER

SU BREAKFAST

LUNCH

DINNER

WEEKLY SNACKS