

Mission DIY: late fall recipe booster pack

Welcome back!

I hope this recipe booster packs makes your Mission DIY fall meal plan brand new again! This recipe update includes:

- Justine's sheet pan dinner
- Fall harvest bowl
- Butternut squash soup
- Warmed pears with cinnamon ricotta

In addition to the recipes, I've listed out ingredients and steps adjustments for your original fall plan. Try the recipes one at a time, or, seamlessly weave them into your routine. So easy!



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The Recipes

Justine's sheet pan dinner

Justine is a rower, busy college professor, and Mission Nutrition client. Justine loves sheet pans for quick meals and sent a recipe my way for review. With a few tweaks, this recipe was a great example of what good meal planning is all about: fast, delicious food. And now you have a copy, too!

You Will Need	What to do
1, 15 ounce container of pre-chopped butternut squash Olive oil Ground black pepper	 □ Preheat oven to 425°F □ Cover a large sheet pan in aluminum oil. □ Bake butternut squash, drizzled in olive oil, and topped with ground pepper for
1 pint of Brussels sprouts 1 pint of mushrooms, any variety	 15 minutes. Meanwhile, rinse the Brussels sprouts. Set aside. Rinse the mushrooms. Break them apart into bite size pieces (chopping, or with
1 can of lentils Lemon juice Dried rosemary	your hands). Set aside. Open the can of lentils and drain it of excess liquid. Add ¼ cup lemon juice, 1 Tablespoon rosemary and 1 Tablespoon
Dried thyme	of thyme into the can. Stir with a spoon. Remove the butternut squash from the oven. Add the Brussels sprouts, mushrooms, and lentils mixture from the can. Use a large spoon to spread
1, 15 ounce container of part-skim ricotta	ingredients evenly across the pan. Add ½ of the 15 ounce container of part-skim ricotta to the sheet pan. Evenly add 1 dollop at a time with a spoon.
	 Drizzle entire pan with olive oil and bake an additional 35-40 minutes, until the ricotta lightly browns. Eat ~1.5-2 cups now and place 1.5-2 cups in a container for tomorrow.

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Fall harvest bowl

Here's a quick lunch idea you can carry across two meals! If you prefer a different kind of apple than the granny smith variety listed, go on and make a swap for maximum enjoyment.

You Will Need	What to do
1 small sweet potato	☐ Cut sweet potato into cubes. Drizzle with olive oil and microwave for ~5 minutes or until soft.
1, 15-ounce can of garbanzo beans (chickpeas) 1 granny smith apple 1 red onion 1 container baby spinach	 □ Meanwhile, drain and rinse one can of garbanzo beans. Set aside. □ Chop the apple into small cubes. □ Chop ½ onion into a small dice □ In two separate containers, add 1.5 cups baby spinach each. One container is for now and one is for tomorrow. □ Add ½ the chopped apple, ½ the chopped onion, ½ garbanzo beans, ½
1 small container of sunflower seeds 1, 4 ounce goat cheese 1 container of favorite salad dressing	sweet potato. Add 1 teaspoon of sunflower seeds to each container Add 1 tablespoon of goat cheese to each container At time of eating, add 1 Tablespoon of favorite salad dressing: balsamic or lemon vinaigrette may be nice! Toss all ingredients together to enjoy.

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Butternut squash soup

This recipe is a great example of how to turn leftover veggies into a delicious + nutritious side dish. If you'd like, swap the carrots and for more butternut squash or parsnips.

You Will Need	What to do
1 cup butternut squash (pre-chopped or frozen are fine) ½ bag of baby carrots (~1 cup)	☐ Microwave the squash and carrots for ~5 minutes until vegetables are slightly soft. (You may also roast for 20 minutes at 350°F if you have the time. If you do go this route, drizzle the vegetables with olive oil and season with rosemary, thyme, ground pepper, and salt at this step vs. later in the process.
½, 32-ounce container of vegetable or chicken broth	□ Place softened carrots and squash into to a pot. Add ½ container (~2 cups) of broth.
Dried rosemary Dried thyme Ground pepper	 Add dried Rosemary, Thyme, ground pepper, and salt to taste. Bring to a boil and simmer for 15
Salt Olive oil	minutes. Add 2 Tablespoons of olive oil. Use an immersion blender to create a
	puree consistency, or, after allowing the soup mixture to cool, transfer it to a blender and puree. Freeze leftovers for up to 3 months.

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Warmed pears with cinnamon ricotta

This easy prep breakfast feels super luxurious. You'll feel like a gourmet without lots of complicated steps. All while enjoying a healthy meal of protein, whole grain, and fruit.

You Will Need	What to do
1 pear Part-skim ricotta cheese Cinnamon Honey Rolled oats Water Ground ginger	 □ Preheat the broiler or a toaster oven. □ Slice a pear in half. Place face down on an aluminum foil-covered baking sheet. □ Cook for 12-15 minutes. □ While the pear cooks, stir ¼ cup part-skim ricotta with 1 teaspoon of cinnamon and 1 teaspoon honey in a small bowl. □ Meanwhile, mix 2 tablespoons of dried rolled oats with ¼ cup of water, ½ teaspoon of ginger, ½ teaspoon cinnamon, and 1 teaspoon of honey Microwave for 1:30 seconds. The texture should be a bit liquidy. □ Remove pears from oven. Top each side with some oat mixture. Then top each side with a scoop of ricotta. Drizzle entire meal with a bit of honey.

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The Plan Update

Here's an idea of how to easily weave these new recipes in to your original Mission DIY plan. I even included notes to quickly update your grocery list!

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Apple Crisp Overnight Oats	Apple Crisp Overnight Oats	Apple Crisp Overnight Oats	Apple Crisp Overnight Oats	Muffin Tin Eggs	Warmed Pears and Ricotta	Pumpkin Spice French Toast

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Baked Sweet Potato	Meatless Bolognese <i>Leftover</i>	Fall Quiche + Butternut Squash Soup	Justine's Sheet Pan Leftover	Curried Chickpea Stew Leftover	Fall Harvest Bowl	Fall Harvest Bowl

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Meatless Bolognese	Fall Quiche + Butternut Squash Soup	Justine's Sheet Pan	Curried Chickpea Stew	Baked Potato Soup	Free Meal	Free Meal

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Grocery list update

Add to List	Remove from List
Produce ☐ 15 ounces pre-cut butternut squash ☐ 1 pint of Brussels sprouts ☐ 1 pear	Produce ☐ 1 red bell pepper ☐ 1 small banana
☐ 1 granny smith apple☐ Lemon juice Aisles	Aisles ☐ Whole wheat pasta ☐ 1-28 ounce can ground peeled tomatoes ☐ Vanilla extract
 1 can of lentils 1, 15-ounce can of garbanzo beans Small container of sunflower seeds Honey 	Meat/Dairy ☐ 1 lb. chicken breast ☐ 1 individual container of greek yogurt
Dairy/Cheese ☐ 1,15- ounce container of ricotta cheese ☐ 1,4 ounce container of goat cheese	

Prep step adjustments

Sunday

• Make the **Butternut squash soup** instead of the container of *Chicken Cacciatore Vegetables*

Tuesday

• Reheat a serving of the **Butternut squash soup** instead of the side salad

Wednesday

- Pack and carry **Butternut squash soup** with your quiche leftover instead of the *side salad*.
- Follow the recipe for **Justine's sheet pan meal** instead of making the *Chicken Cacciatore*.

Thursday

• Pack and carry **Justine's sheet pan meal** instead of taking the *Chicken Cacciatore*.

Saturday

- Breakfast: Make **Warmed pears and cinnamon ricotta** instead of *Sweet potato smoothie*
- Lunch: Prepare the **Fall harvest bowl** instead of using the *Free Meal* suggestion.

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