



Mission DIY: late fall recipe booster pack

Welcome back!

Mission DIY is a learn-by-doing meal plan guide to feel better and enjoy food. Use this recipe booster pack to make your fall meal plan new again with just a few tweaks!



Melissa Gallagher Landry, Founder of Mission Nutrition
Registered Dietitian, Certified Health and Wellness Coach

This recipe update includes:

- **Justine's sheet pan dinner:** 1 new dinner idea (that carries over for lunch the next day)
- **Fall harvest bowl:** 1 new lunch idea (that you can double up for twice the yum)
- **Butternut squash soup:** 1 new dinner side
- **Warmed Pears with cinnamon ricotta:** 1 new breakfast idea

In addition to the recipes, I've listed out ingredients and steps adjustments for your fall plan.

Don't miss this deal

I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199 (usual price \$240)** [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com



The Recipes

Justine's sheet pan dinner

Wait -- who's Justine? 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. Together, we found what good meal planning is all about: fast, delicious food in line with good health. I asked her permission to share this recipe...and she said yes!

You Will Need	What to do
1, 15 ounce container of pre-chopped butternut squash Olive oil Ground black pepper 1 pint of Brussels sprouts 1 pint of mushrooms, any variety 1 can of lentils Lemon juice Dried rosemary Dried thyme 1, 15 ounce container of part-skim ricotta	<ul style="list-style-type: none"><input type="checkbox"/> Preheat oven to 425°F<input type="checkbox"/> Cover a large sheet pan in aluminum oil.<input type="checkbox"/> Bake butternut squash, drizzled in olive oil, and topped with ground pepper for 15 minutes.<input type="checkbox"/> Meanwhile, rinse the Brussels sprouts. Set aside.<input type="checkbox"/> Rinse the mushrooms. Break them apart into bite size pieces (chopping, or with your hands). Set aside.<input type="checkbox"/> Open the can of lentils and drain it of excess liquid. Add ¼ cup lemon juice, 1 Tablespoon rosemary and 1 Tablespoon of thyme into the can. Stir with a spoon.<input type="checkbox"/> Remove the butternut squash from the oven. Add the Brussels sprouts, mushrooms, and lentils mixture from the can. Use a large spoon to spread ingredients evenly across the pan.<input type="checkbox"/> 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.<input type="checkbox"/> Drizzle entire pan with olive oil.<input type="checkbox"/> Bake the sheet pan meal an additional 35-40 minutes, or until the ricotta lightly browns.<input type="checkbox"/> Eat ~1.5-2 cups now and place 1.5-2 cups in a container for tomorrow's lunch. Eat remaining leftovers in four days.

Don't miss this deal I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199 (usual price \$240)** [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com



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 1, 15-ounce can of garbanzo beans (chickpeas) 1 granny smith apple 1 red onion 1 container baby spinach 1 small container of sunflower seeds 1, 4 ounce goat cheese 1 container of favorite salad dressing	<ul style="list-style-type: none">❑ Cut sweet potato into cubes. Drizzle with olive oil and microwave for ~5 minutes or until soft.❑ 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 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.

Don't miss this deal I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199** (usual price \$240) [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com



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) ½, 32-ounce container of vegetable or chicken broth Dried rosemary Dried thyme Ground pepper Salt Olive oil	<ul style="list-style-type: none">❑ 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.❑ Place softened carrots and squash into to a pot. Add ½ container (~2 cups) of broth.❑ Add dried Rosemary, Thyme, ground pepper, and salt to taste.❑ Bring to a boil and simmer for 15 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.

Don't miss this deal I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199** (usual price \$240) [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com



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	<ul style="list-style-type: none">❑ 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.

Don't miss this deal I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199** (usual price \$240) [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com



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 Leftover	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

Don't miss this deal I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199** (usual price \$240) [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com



Grocery list update

Add to List	Remove from List
<p>Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> 15 ounces pre-cut butternut squash<input type="checkbox"/> 1 pint of Brussels sprouts<input type="checkbox"/> 1 pear<input type="checkbox"/> 1 granny smith apple<input type="checkbox"/> Lemon juice <p>Aisles</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 can of lentils<input type="checkbox"/> 1, 15-ounce can of garbanzo beans<input type="checkbox"/> Small container of sunflower seeds<input type="checkbox"/> Honey <p>Dairy/Cheese</p> <ul style="list-style-type: none"><input type="checkbox"/> 1, 15-ounce container of ricotta cheese<input type="checkbox"/> 1, 4 ounce container of goat cheese	<p>Produce</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 red bell pepper<input type="checkbox"/> 1 small banana <p>Aisles</p> <ul style="list-style-type: none"><input type="checkbox"/> Whole wheat pasta<input type="checkbox"/> 1- 28 ounce can ground peeled tomatoes<input type="checkbox"/> Vanilla extract <p>Meat/Dairy</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 lb. chicken breast<input type="checkbox"/> 1 individual container of greek yogurt

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

Don't miss this deal I have five (5!) discounted coaching packages to sell this holiday season. **Get 4, 30 minute coaching sessions for \$199 (usual price \$240)** [Buy the package here](#) or contact me with questions - before it's too late! melissa@missionnutritionboston.com