



## Mushroom Gravy and more ...

Nutrition Plan

CLIENT PROFILE	NAME <b>Wellness Recipes</b>	DIETARY PREFERENCE <b>Eats Most Things</b>
	AVOIDANCES <b>none</b>	





# Honey Roasted Brussels Sprouts 2.0

BY EVERYDAY EATLOVE

 5 MINS |  1 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 cup Brussels Sprouts halved
- 1 tablespoon Avocado Oil
- 1 tablespoon Date Lady, Pure Date Syrup
- 1/2 teaspoon mustard
- 1/4 teaspoon onion powder

## NUTRITION INFORMATION PER SERVING

Protein 3.13g	Sodium 60mg
Total Fat 14g	Saturated Fat 1.68g
Carbs 25g	Fruits 0 servings
Calories 229kcal	Vegetables 1 servings
Fiber 3.54g	Added Sugar 0.02g

## Method

1. Preheat oven to 425°F.
2. Mix together avocado oil, date syrup, mustard, and onion powder and set aside.
3. Spread Brussels sprouts on a baking sheet and roast for 10-15 minutes until tender.
4. Toss roasted sprouts with the mustard mixture and serve.

## PORTIONS





# Homemade Cranberry Sauce

 |  8 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 12 ounces Unsweetened Frozen Cranberries
- 1/4 cup Original Date Syrup, 1.5 Lb up to 1/2 cup
- 1/2 cup Water
- 1 Orange Zest & Juice
- 1/2 teaspoon Ground Nutmeg or cinnamon

### NUTRITION INFORMATION PER SERVING

Protein 0.43g	Sodium 1.71mg
Total Fat 0.16g	Saturated Fat 0.05g
Carbs 15g	Fruits 0.98 servings
Calories 60kcal	Vegetables 0 servings
Fiber 2.88g	Added Sugar 0g

## Method

1. Add all ingredients to a pot and bring to a simmer.
2. Let simmer for 15-30 minutes, stirring consistently, until it has reached desired thickness.

## PORTIONS





# Caramelized Onions with Green Beans 2.0

BY RANELLE KIRCHNER, CHEF RDN

 10 MINS |  1 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

1/2 onion sliced	1 tablespoon sliced almonds toasted
1 1/2 cups green beans	1 dash salt
1/2 cup garbanzo beans drained & rinsed	1 teaspoon Sesame Oil
	1 tablespoon Coconut Aminos

## NUTRITION INFORMATION PER SERVING

Protein 11g	Sodium 704mg
Total Fat 10g	Saturated Fat 1.14g
Carbs 39g	Fruits 0 servings
Calories 274kcal	Vegetables 2 servings
Fiber 11g	Added Sugar 0g

## Method

1. Caramelize onions by heating a large saute pan with oil on medium-high heat. Add half the sliced onions into the pan and cook until translucent, 1-2 minutes.
2. Add the other half of the onions and mix thoroughly, cooking another 2 minutes.
3. Reduce heat to medium low and stir every few minutes. If the onions start to stick too much and brown around the edges, reduce your heat. Continue to stir for 30-40 minutes, depending on how soft you prefer your onions to be. If the pot starts to burn, add a bit of liquid (water will do).
4. Just before the onions finish cooking, about 5-8 minutes, toss in the green beans with garbanzo beans, coconut aminos & salt.
5. Top with sliced almonds.

## PORTIONS





# Sweet Potato Pie

 |  2 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Boil sweet potatoes until soft, then mash with butter.
2. Beat egg yolks and whites separately. Mix together then add milk and mix again. Sweeten to taste if desired with maple syrup.
3. Add orange juice & zest plus spices to the milk mixture, then mix well with mashed sweet potatoes.
4. Pour evenly into 2 pie crusts and bake at 400F for 45 minutes.

## INGREDIENTS

2 pounds Sweet Potatoes	1/2 teaspoon Salt
1 tablespoon Salted Butter	1/2 teaspoon Ground Ginger
5 Eggs yolk & white separated	1/2 teaspoon Ground Nutmeg
1 Orange Juice & zest	1/2 teaspoon Cloves Ground
1/2 cup Whole Milk	2 Pie Crust Prepareds

### NUTRITION INFORMATION PER SERVING

Protein 33g	Sodium 1996mg
Total Fat 79g	Saturated Fat 31g
Carbs 225g	Fruits 0.5 servings
Calories 1731kcal	Vegetables 0 servings
Fiber 21g	Added Sugar 0g

## PORTIONS





# Leftover Turkey Ramen

 |  6 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Make a bone broth with leftover turkey carcass.
2. Saute mushrooms and 1/2 of scallions in a large stockpot. Add bone broth, miso and tamari and simmer 10 minutes.
3. Cook soba noodles according to package.
4. To serve, add noodles to large bowl, pour soup over top and top with turkey slices, 1/2 hard-boiled egg and more scallions.

## INGREDIENTS

2 1/2 quarts Bone Broth	2 cloves Garlic minced
12 ounces Whole Turkey	1/4 cup White Miso
10 Shiitake Mushrooms	2 tablespoons Tamari Sauce (Reduced Sodium)
3 Green Onions (Scallions) diced	3 Eggs hard boiled & halved
	3 ounces Soba Noodles

## NUTRITION INFORMATION PER SERVING

Protein 34g	Sodium 1505mg
Total Fat 5.6g	Saturated Fat 1.52g
Carbs 22g	Fruits 0 servings
Calories 267kcal	Vegetables 0.91 servings
Fiber 1.63g	Added Sugar 0g

## PORTIONS





# Best Turkey Brine

 |  1 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. Mix together all ingredients in a large food-grade bag or bucket.
2. Add whole raw turkey and let soak for 2 days.
3. Smoke or roast turkey as desired.

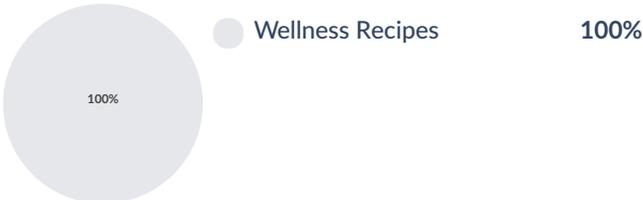
## INGREDIENTS

2 gallons Water	1 tablespoon Paprika
1 <sup>3</sup> / <sub>4</sub> cups Kosher Salt	1 tablespoon Ground White Pepper
<sup>1</sup> / <sub>4</sub> teaspoon Brown Sugar	1 tablespoon Ground Ginger
2 tablespoons Tender Quick, Home	1 teaspoon Ground Mustard
Meat Cure For Meat Or Poultry, 2	1 teaspoon Dried Sage
Lb. Bag	1 teaspoon Ground Nutmeg
2 tablespoons Onion Powder	5 servings Whole Cloves
3 tablespoons Garlic	

## NUTRITION INFORMATION PER SERVING

Protein 6.6g	Sodium 209051mg
Total Fat 4.49g	Saturated Fat 1.45g
Carbs 41g	Fruits 0 servings
Calories 197kcal	Vegetables 0 servings
Fiber 12g	Added Sugar 0g

## PORTIONS





# Killer Leftover Sandwich

 |  1 SERVINGS

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## INGREDIENTS

- 1 tablespoon Fig Jam
- 1 ounce Brie
- 1/2 tablespoon Garlic Aioli Mayo
- 1/2 Pear
- Real Mayonnaise, 12 Fl Oz
- 1/4 cup Arugula
- 2 servings Organic Sprouted Whole Grains Thin-Sliced Bread 20.5 oz
- 2 ounces Whole Turkey

### NUTRITION INFORMATION PER SERVING

Protein 21g	Sodium 525mg
Total Fat 18g	Saturated Fat 6.3g
Carbs 57g	Fruits 0.5 servings
Calories 455kcal	Vegetables 0.13 servings
Fiber 7g	Added Sugar 6.4g

## Method

1. Layer jam, turkey, brie, pear and arugula on one slice of bread.
2. Spread aioli on other slice of bread and place both slices face up on a baking sheet.
3. Heat oven to 300F and bake slices 10min until cheese is melty.
4. Put sandwich together and enjoy!

## PORTIONS





# Butternut Squash Spread

 |  8 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- |                            |  |
|----------------------------|--|
| 4 cups Butternut Squash    | 1/2 cup Plain Greek Yogurt             |
| 2 tablespoons Avocado Oil  | 2 cloves Garlic                        |
| 1 teaspoon Ground Cinnamon | 1 teaspoon Black Sesame Seeds          |
| 1/3 cup Tahini             | 1 teaspoon Original Date Syrup, 1.5 Lb |
|                            | 2 tablespoons Fresh Cilantro           |

## Method

1. Preheat oven to 400F.
2. Toss cubed butternut squash with oil and cinnamon and roast 30-40min until caramelized and soft,
3. Add roasted squash, tahini, yogurt and garlic to food processor and puree.
4. Spread mixture over a platter and drizzle with syrup and sprinkle with sesame seeds & cilantro.
5. Serve with crudites and crackers.

### NUTRITION INFORMATION PER SERVING

Protein 3.54g	Sodium 11mg
Total Fat 9.4g	Saturated Fat 1.64g
Carbs 9.5g	Fruits 0 servings
Calories 129kcal	Vegetables 0 servings
Fiber 1.67g	Added Sugar 0g

## PORTIONS





# Mushroom Gravy

 5 MINS |  8 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## Method

1. In a saucepan, heat 2 Tbls oil, add mushrooms and saute 5-8 minutes until softened. Remove and set aside.
2. Heat remaining oil and add scallions and garlic. Saute 4-5 minutes until softened.
3. Gradually stir in flour and broth & wine, little bits at a time to thicken and create volume.
4. When it is the consistency you like, add mushrooms and remaining ingredients back in. Serve as is for a chunky gravy or puree for smooth.
5. Notes: Use tomato paste for more of a fresh tasting gravy, tamari for more umami/traditional flavor.

## INGREDIENTS

- |                                  |                                      |
|----------------------------------|--------------------------------------|
| 1 pound Mushrooms chopped        | 2 cups Vegetable Broth               |
| 1/4 cup Avocado Oil              | 2 cups Water or wine                 |
| 1/2 cup Green Onions (Scallions) | 2 tablespoons Tomato Paste or tamari |
| 2 cloves Garlic minced           | 2 tablespoons Fresh Parsley          |
| 3 tablespoons All Purpose Flour  | 1 pinch Salt                         |
|                                  | 1 pinch Ground Black Pepper          |

### NUTRITION INFORMATION PER SERVING

Protein 1.54g	Sodium 380mg
Total Fat 7.1g	Saturated Fat 0.82g
Carbs 7.3g	Fruits 0 servings
Calories 97kcal	Vegetables 0.1 servings
Fiber 1.76g	Added Sugar 0g

## PORTIONS





# Sweet Potato Garbanzo Bake

BY LET'S REGALE

 10 MINS |  2 SERVINGS

 To modify servings, view nutrition information and more, go to [eatlove.is](https://eatlove.is)

## INGREDIENTS

- 1 sweet potato peeled, diced
- $\frac{3}{4}$  cup chickpeas drained & rinsed
- $\frac{1}{4}$  onion diced
- 2 cloves garlic diced
- 1 green onion chopped
- $\frac{1}{4}$  lemon juiced
- $\frac{1}{2}$  teaspoon cumin
- $\frac{1}{2}$  teaspoon smoked paprika
- $\frac{1}{2}$  tablespoon dried oregano
- $\frac{1}{2}$  tablespoon coconut oil melted
- 1 pinch salt

## NUTRITION INFORMATION PER SERVING

Protein 6g	Sodium 379mg
Total Fat 5.5g	Saturated Fat 3.13g
Carbs 28g	Fruits 0.13 servings
Calories 178kcal	Vegetables 0.2 servings
Fiber 6.7g	Added Sugar 0g

## Method

1. Preheat the oven to 350 °F.
2. In a baking dish, add all ingredients and toss to combine.
3. Bake for 40 minutes.
4. Serve.

## PORTIONS

