



Harvest Oatmeal

BY EVERYDAY EATLOVE

⌚ 2 MINS PREP | ⌚ 10 MINS COOK | 🍴 1 SERVINGS

🔗 To modify servings, view nutrition information and more, go to eatlove.is

Method

1. Bring 1 cup of water to boil. Add oats and cook for 5 minutes.
2. Remove oatmeal from heat. Top with pumpkin seeds, raisins, cinnamon, and brown sugar.
3. Serve with half orange and a glass of milk.

INGREDIENTS

1/2 cup oatmeal	1 teaspoon brown sugar
2 tablespoons raisins	1 pinch cinnamon
3 tablespoons pumpkin seeds	1/2 orange sliced
	1 cup milk

NUTRITION INFORMATION PER SERVING

Protein 24g	Sodium 125mg
Total Fat 20g	Fruits 1.22 servings
Carbs 87g	Vegetables 0 servings
Calories 601kcal	Added Sugar 4.46g
Fiber 10g	Healthy Fats 2.42 servings
Calcium 408mg	Saturated Fat 5.8g





INGREDIENTS

3 large sweet potatoes, scrubbed
wells
1/2 teaspoon salt
1/4 teaspoon ground pepper
1 tablespoon olive oil
1/4 teaspoon cinnamon
1 tablespoon fresh thyme

NUTRITION INFORMATION PER SERVING

Protein 1.55g	Sodium 439mg
Total Fat 4.57g	Fruits 0 servings
Carbs 19g	Vegetables 0 servings
Calories 122kcal	Added Sugar 0g
Fiber 3.11g	Healthy Fats 1 servings
Calcium 35mg	Saturated Fat 0.65g

Grilled Sweet Potato Wedges

BY EATING BIRD FOOD

🕒 10 MINS PREP | 🕒 20 MINS COOK | 🍴 3 SERVINGS

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Method

1. Place potatoes in a large pot, cover with cold salted water then bring to a boil. Simmer until slightly resistant when pierced with a sharp knife or fork, about 10 minutes, depending on size. Drain well and allow to cool.
2. Once cool enough, slice potatoes in half lengthwise and slice into wedges.
3. Mix together olive oil, salt, pepper, fresh thyme and cinnamon. Brush this mixture on sweet potatoes.
4. Heat grill to medium high, lightly oil grill rack and grill potatoes until grill marks appear and potatoes are cooked through, flipping once. It shouldn't take more than 6-7 minutes.





Turkey Brussels Sprout Soup

BY A DASH OF MEGNUT

⌚ 15 MINS PREP | ⌚ 40 MINS COOK | 🍴 6 SERVINGS

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INGREDIENTS

- 1 pound ground turkey
- 3 cups brussels sprouts trimmed, quartered
- 1 yellow onion diced
- 55 fluid ozs low sodium chicken broth
- 1 red bell pepper diced
- 1 dash salt
- 1 yellow bell pepper diced
- 1 teaspoon garlic powder
- 2 quarts kale chopped
- $\frac{1}{4}$ cup fresh parsley chopped
- 1 $\frac{1}{2}$ cups garbanzo beans drained & rinsed

NUTRITION INFORMATION PER SERVING

Protein 27g	Sodium 282mg
Total Fat 9.1g	Fruits 0 servings
Carbs 23g	Vegetables 1.62 servings
Calories 267kcal	Added Sugar 0g
Fiber 6.2g	Healthy Fats 0 servings
Calcium 107mg	Saturated Fat 2.2g

Method

1. Add ground turkey to a large pot over medium heat and cook for about 10 minutes or until the turkey is browned. Remove turkey from the pan with a slotted spoon and place on a plate to drain.
2. Then, add in the onion, bell peppers, brussels sprouts and sauté until caramelized and soft. Add back the turkey. Then add kale, and stir with a wooden spoon until the kale wilts.
3. Stir in salt, garlic powder, parsley and garbanzo beans. Then, pour in the broth until you reach a good consistency.
4. Allow pot to simmer over low heat for 30 minutes.

