

Winter

Cook & Crumbs

# 7 Day Meal Plan

Breakfast, Lunch & Dinner

By Taryn Yudaken



# Welcome!

Thank you for supporting Cook & Crumbs!

In this meal plan, you'll find a week's worth of cozy, winter recipes that have been designed especially with your health in mind.

It's a pretty flexible menu, meaning that you can choose your own favorite brands at the store and adapt ingredients if you'd rather eat something else. Prefer farro over quinoa? Ground turkey for the meat sauce? If you're comfortable in the kitchen, feel free to mix things up!

**Note on Gluten:** Besides the bagels or toast for breakfast, this menu is naturally gluten-free. For this meal, you can choose whatever kind of wheat or gluten-free bread or bagel product you'd like. The pancakes are made with almond and coconut flour, and the grains in other meals are rice and quinoa.

**Note on Protein:** I try to incorporate lots of protein into the meal plan, as protein is not only an important source of fuel, but also prevents our muscles from weakening with age. Some protein is plant-based (peas, beans, chickpeas) while some is animal-sourced (cottage cheese, eggs, lamb). You can replace lamb with beef in any of the recipes, if you prefer.

**Note on Fiber:** You'll notice the produce list is longest, and that's because it's so important to feed your microbiome with loads of fiber from fruits and vegetables.

**Note on Carbs:** This meal plan is low in refined carbohydrates. You'll find high starch/sugar ingredients in rice for the chili and stir fry, maple syrup for the pancakes, honey for the teriyaki sauce and brown sugar for the denningvleis. In all cases, you are welcome to replace these sugars with more complex options, like brown rice and date paste. The amounts are small, so I personally don't worry about them.

# meal planner

	breakfast	lunch	dinner
mon	cottage cheese & smoked salmon bagel/toast	butternut squash soup with a boiled egg	denningvleis (sweet & sour lamb) with quinoa
tues	peas, eggs & feta bowl with bagel/toast	chickpea buddha bowl with pickled red onion	bean chili with rice
wed	cottage cheese & smoked salmon bagel/toast	butternut squash soup with a boiled egg	denningvleis (sweet & sour lamb) with quinoa
thu	peas, eggs & feta bowl with bagel/toast	meatsauce with chickpea pasta	bean chili with rice
fri	cottage cheese & smoked salmon whole wheat bagel	chickpea buddha bowl with pickled red onion	chicken potato stew
sat	almond flour pancakes	chicken potato stew	tofu and broccoli stir fry with rice
sun	almond flour pancakes	meatsauce with chickpea pasta	butternut squash soup with a boiled egg

# grocery list

## produce

- cucumber
- onion
- butternut squash
- granny smith apple
- orange
- sweet potato
- zucchini
- red bell pepper
- lemon
- garlic
- rosemary
- yukon gold potatoes
- broccoli
- tofu
- frozen green peas
- red onion

## baking

- almond flour
- coconut flour
- baking powder
- coconut oil
- vanilla extract
- olive oil
- sugar
- brown sugar
- cornstarch

## meat & fish

- smoked salmon
- ground beef or lamb
- lamb stew meat
- leg of lamb
- chicken thighs

## dairy & eggs

- cottage cheese
- feta cheese
- eggs
- almond milk
- plain yogurt

## deli

- whole wheat bagels
- whole wheat english muffins

## other

- pancakes topping  
(chocolate chips,  
berries, etc.)
- maple syrup
- honey

## canned/shelves

- vegetable stock
- coconut milk
- chickpeas
- quinoa
- rice
- chickpea pasta
- tamarind paste
- crushed tomatoes
- kidney beans
- black beans
- liquid aminos
- white vinegar

## spices

- curry powder
- nutmeg
- smoked paprika
- turmeric
- cumin
- dill
- Italian seasoning
- bay leaves
- cloves/clove powder
- allspice
- cinnamon
- cayenne
- ground ginger

# Recipes & Notes:

- [Butternut Squash Soup](#)
- [Denningvleis \(Sweet & Sour Lamb\)](#)
- [Chickpea Buddha Bowl](#)
- [Pickled Red Onion](#)
- [Bean Chili](#)
- [Meat Sauce with Chickpea Pasta](#)
- [Chicken Potato Stew](#)
- [Almond Flour Pancakes](#)
- [Tofu and Broccoli Stir Fry](#)

- Most of the meals on this plan are repeats on purpose. I'm a big believer in the saying "cook once, eat twice!" It just makes life easier.
- For cottage cheese and smoked salmon whole wheat bagel: Toast bagel or bread of choice, spread cottage cheese, and top with salmon. Serve with sliced cucumbers. (I like whole wheat, especially Dave's Killer brand)
- For peas, eggs and feta bowl with english muffin: Warm butter or coconut oil in a pan. Add peas and stir until heated through. Add eggs and scramble. When finished, turn off heat and sprinkle with feta. Serve with bagel or toast.
- For butternut squash soup: While cooking the soup, boil or steam eggs to eat on the side.
- When you make quinoa for denningvleis, make a big batch so you have enough for Wednesday night, plus 2 buddha bowl lunches.
- When you make rice for bean chili, make a big batch so you have enough for Thursday night, plus Saturday night's stir fry.



# Thank you!

## want to learn more?

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I would absolutely love to hear from you!



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