

3 Day
Fall

Recipe & Prep Guide

recipes, grocery lists & tips to
make your week
healthy, easy & delicious

by Gina Roof
Simply Balanced with Gina

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Getting Started

Hi! I'm Gina, Nutrition & Wellness Health Coach of simplybalancedwithgina.com. After becoming a certified integrative health coach, embarking on my own health journey & working with others on theirs, I quickly learned just what an important role nutritious, home cooked food plays in our overall physical, mental & emotional well being.

But food & cooking & everything that goes along with it can often be overwhelming. Sometimes you just don't know what to eat. Or you're tired of eating the same things over and over. Or maybe you want to start cooking but feel intimidated. Maybe you are looking for healthier recipes. Whatever it is, I've got you covered!

So take a minute to thank yourself for taking this step toward improving & simplifying your health, your relationship with food & the joy you find when it comes to all things food & cooking!

This guide will provide you with a 3 day menu including delicious, easy & healthy recipes for breakfast, lunch, dinner & snacks that can be made ahead of time. Also provided is an organized grocery list with everything you will need & a blank for you to use on future shopping trips or online ordering. Finally, I have provided a Food Prep Guide with easy, manageable steps to help you prepare and make your week easy!

Be sure to preview the menu ahead of time to see if there are any ingredients you want or need to swap. And carefully look over the grocery list checking on items you may already have in your home or adding other things you might need. This will also help to make sense of the recipes. It's not a bad idea to give them a glance first as well.

Most importantly, have some fun creating nourishing meals in the kitchen that not only save time, but taste great! Enjoy & be well!



Menu

Day 1

Breakfast

Apple Walnut Spice Oatmeal

Lunch

Greek Style Chick Pea Salad

Dinner

Rosemary Salmon with Roasted
Brussels Sprouts over Mashed
Cauliflower



Day 2

Breakfast

Pumpkin Pie Smoothie

Lunch

Quinoa Black Bean Bowl

Dinner

Hummus Chicken over Rice

Day 3

Breakfast

Chia Pudding

Lunch

Avocado Egg Salad

Dinner

Fiesta Chicken Chili

Grocery List

Produce

bananas
spinach
mixed greens or other lettuce
cilantro
1 head of kale
avocados (2-4)
tomatoes on the vine (4-5)
lemon
apples
zucchini (2 large)
yellow squash (1 large or 2 small)
red bell peppers (2)
green bell peppers (2)
yellow bell pepper (1)
jalepeno pepper (optional)
celery
1-2 bundles of Brussels sprouts
1 large or 2 small heads of cauliflower
garlic
scallions (optional)
fresh rosemary

Meats/Fish

salmon (1 piece per person)
shrimp can be used instead
chicken (1-2 pieces per person)
rotisserie chicken (pre-made) or small whole chicken

Dairy/Fridge

unsweetened almond or coconut milk
eggs
1 container hummus (may be near produce)

Freezer Section

organic corn (1 bag)
Ezekiel or sprouted grain bread
cauliflower rice (optional for smoothie)

Grains/Beans etc.

black beans (2 cans)
chick peas (1-2 cans)
red kidney beans (1 can)
quinoa
2 cartons chicken broth

Baking/Spices

chia seeds
ground flaxseed
old fashioned oats
walnuts
chocolate chips (Enjoy Life or Ghiradelli)
2 15 oz cans pumpkin puree
coconut or organic brown sugar
cinnamon
salt
pepper
cumin
paprika
cayenne
chili powder
pumpkin pie spice
nutmeg

Everything Else

Peanut or other nut butter
natural maple syrup
honey
dates (pitted if possible)
olive or avocado oil
coconut oil
Annie's honey mustard (optional)
dates (pitted if possible)
Vanilla Protein Powder (I use Complete by Juice Plus)

Recipes

Breakfast

Apple Walnut Spice Oatmeal

Ingredients:

- 1/2 cup oats (I love Bob's Red Mill Old Fashioned or Quick Cooking)
- 1 cup almond/coconut milk and/or water
- 1/2 apple chopped
- 1/4 c walnuts
- 1 tbsp flaxseed
- 1 tbsp chia seeds (optional)
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- dash of salt
- Drizzle of natural maple syrup or honey
- 1 tsp vanilla (and/or 1 school vanilla protein powder optional)
- sprinkle of coconut sugar or brown sugar (optional)



Directions:

Bring the milk + water and salt to a boil. Combine the oats, flax, chia & spices in a bowl. Add to the boiling liquid & lower heat. Stir in the apples & place a lid on the pot. Cook for approximately 5-7 minutes or until the oats have absorbed. Remove from heat. Stir in the maple syrup & vanilla or vanilla powder. Top with the walnuts & a sprinkle of coconut or brown sugar.

Pumpkin Oatmeal

Ingredients:

- 1/2 cup oats (I love Bob's Red Mill Old Fashioned or Quick Cooking)
- 1 cup almond/coconut milk and/or water
- 2 heaping tbsp pumpkin puree
- 1/4 c walnuts
- 1 tbsp flaxseed
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- dash of salt
- Drizzle of natural maple syrup or honey
- 1 tsp vanilla (and/or 1 school vanilla protein powder optional)



Directions:

Bring the milk + water and salt to a boil. Combine the oats, flax & spices in a bowl. Add to the boiling liquid, lower heat & place a lid on the pot. Cook for approximately 5 minutes and then stir in the pumpkin. Cook another few minutes or until the oats have absorbed. Remove from heat. Stir in the maple syrup & vanilla or vanilla powder. Top with the walnuts & more spices if desired.

Recipes

Breakfast

Pumpkin Pie Smoothie

Ingredients:

- 1 cup almond or coconut milk (or 1/2 c & 1/2 c water)
- 1 handful of baby spinach
- 1 scoop vanilla protein powder (I use [Complete by Juice Plus](#))
- 1/2 banana
- 1 heaping tbsp nut butter (cashew is my fave for this)
- 1 tbsp ground flaxseed
- 1 heaping scoop pumpkin puree
- 1 tsp cinnamon
- dash of nutmeg
- 1/4 c frozen riced cauliflower (optional)
- 5-6 cubes of ice

Directions:

Place all ingredients except for ice in the blender and blend until smooth. Add the ice and blend again until no ice chunks remain.



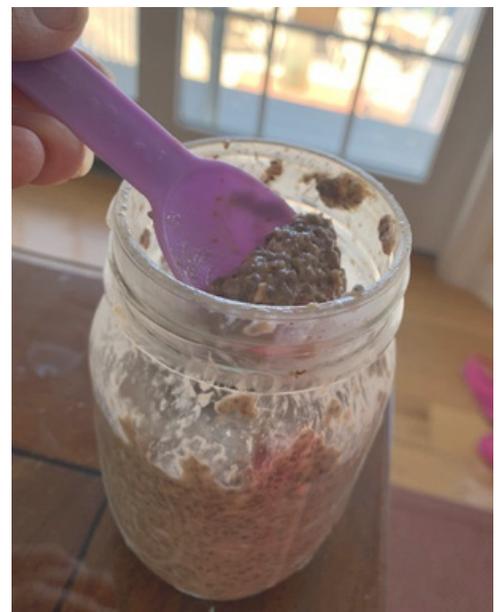
Chia Pudding

Ingredients:

- 3 tbsp chia seeds
- 1 tbsp ground flaxseed
- 1/4 cup raw oats
- 1/2 cup unsweetened almond or coconut milk
- 2 tsp pure maple syrup
- 1 heaping tbsp natural nut butter
- 1-2 tsp cinnamon

Directions:

Mix all the ingredients in a seal tight jar or container. Shake vigorously so all the chia seeds are mixed in and there are no chunks. Let sit for a minimum of 25 minutes. This can be prepared overnight and multiple jars at once.



Recipes

Lunch

Greek Style Chickpea Salad

Ingredients:

1 can chick peas rinsed
1 whole tomato chopped
1 cucumber
3 tbsp kalamata olives cut in half
1/4 cup feta cheese
1 + tbsp olive oil
salt, pepper

Directions:

Place all ingredients in a bowl with an air tight lid. Add the oil, salt and pepper and mix well. Place half of the mixture in a bowl and save the other half for another meal!



Quinoa Black Bean Bowl

Ingredients:

1/2 cup cooked quinoa
1/3 cup black beans
1/2 avocado
1 small tomato
cilantro (optional)
1 cup chopped and massaged kale (or other greens)
juice from 1/4-1/2 lime
1 tbsp olive or avocado oil
salt, pepper, paprika

Directions:

Place the kale in a bowl. Drizzle with a little oil and massage. Add the remaining ingredients, oil and seasonings and mix well.



Avocado Egg Salad

Ingredients:

4 hard boiled eggs
1 avocado
drizzle of olive or avocado oil
salt, pepper, paprika
juice from 1/4 lime (optional)

Directions:

Peel the eggs and mash in a bowl. Scoop out the avocado and mash into the egg mixture. Add the oil and seasonings and mix until well combined. Serve over a bed of greens. or on a piece of toast with tomato and greens. (Tastes great with a little honey mustard!) Makes 2-3 servings.



Recipes

Dinner



Rosemary Salmon with Roasted Brussels Sprouts over Mashed Cauliflower

Ingredients:

1 piece of salmon per person

1 - 2 bundles of Brussels sprouts trimmed and cut in half lengthwise

1 large or 2 small heads of cauliflower

olive oil

1-2 cloves garlic

fresh rosemary chopped

salt & pepper

Directions:

Preheat oven to 350. Bring a large pot of water to a boil and add salt.

Break cauliflower apart into clusters & add to boiling water along with 2 cloves of garlic.

Line a baking sheet with parchment paper.

Rinse & trim the Brussels sprouts and place in a bowl. Drizzle with a generous amount of olive oil, salt, pepper & paprika.

Lay flat on baking sheet and bake for about 15 mins.

Meanwhile, chop the garlic into thin slices & roughly chop the rosemary.

Remove the Brussels sprouts from the oven & push over to one side of the baking sheet.

Place the salmon on the other side. Drizzle with olive oil and top with garlic, salt, pepper, paprika & rosemary.

Return to the oven for at least 10 minutes or until salmon is cooked to desired temperature.

Remove the cauliflower from the heat and strain well.

Return to the pot and add at least 2 tbsp of butter, ghee or coconut oil, salt, pepper & a little garlic powder.

Using a fork or hand blender, mash the cauliflower until smooth.

Remove the salmon and Brussels from the oven and serve over the mashed cauliflower.

Recipes

Dinner



Hummus Chicken

Ingredients:

1-2 pieces of chicken per person
1 zucchini
1 squash
1 container of hummus
olive oil
salt, pepper, paprika
rice
chicken broth

Directions:

Preheat oven to 350. If serving with rice, follow directions on the package. (Using 1/2 chicken broth/ and 1/2 water adds great flavor). Cut the zucchini and squash into small circles and then in half. Lay flat at the bottom of a baking dish. Drizzle with olive oil, salt and pepper. Layer the chicken on top. Smear the entire container (or most) of the hummus all over the chicken. Sprinkle some paprika on top for color. Bake in the oven at least 35-40 minutes or until the chicken is cooked through and veggies are tender. Serve over rice.

Recipes

Dinner continued



Fiesta Chicken Chili

Ingredients:

1 rotisserie chicken
3 cloves garlic
1 large vidalia onion
2 red bell peppers
2 green bell peppers
1 yellow bell pepper
1 jalapeno (optional)
1 large zucchini
3-4 stalks of celery
cilantro
scallions (optional)
1 can black beans
1 bag frozen corn
2 cartons chicken broth
~2-4 cups of water (depending how soupy you like it)
salt, pepper, chili powder, paprika, cumin, cayenne (optional)

Directions:

Chop the garlic, onions, peppers and celery. Remove the skin from the chicken and pull the meat off placing in a bowl. In a crock pot or heavy soup pot, saute the garlic and chopped onion until tender. Add the chopped peppers and celery and allow to soften. Add the zucchini and a little seasoning. Allow the veggies to marinate together. Add the chicken broth and water. Add the pulled chicken, salt pepper and seasonings. Allow this to simmer for a few minutes and then add the frozen corn, beans and a little cilantro. Add more seasonings to desired taste. Allow to cook on low, the longer the better. When ready to serve, top with some scallion and plenty more cilantro.

Recipes

Snacks

No Bake Oat Balls

Ingredients:

1 cup dry oats

½ cup ground flaxseed

1/2 cup mini chocolate chips

! scoop protein powder (optional)

½ cup nut butter

1/3 cup honey

(adding in a large scoop of pumpkin & a little pumpkin spice & cinnamon make these a fun fall treat!)

Directions:

Combine the dry ingredients in a bowl and mix. Fold in the peanut butter and honey until evenly mixed. (More may need to be added if mix is not sticking together). Use a melon ball scoop or roll into balls. Store in parchment lined container in refrigerator.



Roasted Chickpeas

Ingredients:

1 can of chickpeas rinsed and dried

1+ tbsp avocado, coconut or olive oil

Salt & pepper

Other desired seasonings: paprika, cumin, cayenne, turmeric

Directions:

Place the dry chickpeas in a bowl and toss with the oil. Spread evenly on a parchment-lined baking sheet. Bake ~15-20 minutes. Remove from oven & return to the bowl to coat with seasoning. Return to the oven for another 15 minutes or until browned & crispy.



Chocolate Covered Peanut Butter

Stuffed Dates

Ingredients:

8-10 dates

Peanut/nut butter of choice

~1/2 c chocolate chips

1/2 tbsp coconut oil

Directions:

In a small pot, melt the chocolate chips & coconut oil. Mix until smooth & remove from heat. Slice the dates in half lengthwise leaving a small part attached. (Remove pit if necessary). Using a small spoon, stuff the dates with nut butter and close together. Using a fork, dip each stuffed date into the chocolate mixture until coated on all sides. Allow excess chocolate to drip off. Place on parchment-lined baking sheet & place in fridge until chocolate hardens. Store in fridge or freezer.



Recipes

Fall Favorite Snacks

Baked Apples & Oats

Ingredients:

- 2-3 crisp apples peeled & chopped
- 1/2-3/4 cup water
- 1 cup oats
- 1 tbsp coconut oil
- 3 tbsp maple syrup or honey
- 1 tbsp ground flaxseed
- 2 tbsp coconut sugar or brown sugar
- 1/2 cup walnuts (optional)

Directions:

Preheat oven to 350. In a baking dish, combine the apples, water & some cinnamon & allow to cook for about 5-7 minutes. Remove & add the coconut oil & stir. Add the maple syrup/honey & then remaining ingredients (more water may be needed). Return to the oven for at least 10 minutes.



Pumpkin Walnut Muffins

These can be considered breakfast or snack

Ingredients:

- 1 rip banana (the softer the better)
- 1 15 oz. can pumpkin puree
- 1 heaping tbsp coconut oil melted & cooled
- 1 egg
- 3 tbsp honey or maple syrup
- 2 cups oat flour (can be made by grinding oats)
- 2 tbsp ground flaxseed
- 1 tsp baking powder
- 1/2 tsp baking soda
- cinnamon & nutmeg
- 1-2 tsp pumpkin pie spice
- dash of salt
- 1/2 cup walnuts
- chocolate chips (optional but delicious!)
- top with pumpkin seeds (also optional but fun!)

Directions:

Preheat oven to 350 and grease muffin tin. Mash the banana in a bowl. Add the pumpkin & coconut oil & mix well. In a separate bowl, combine all of the dry ingredients except the walnuts & gradually mix into the wet ingredients. Once combined, add the walnuts. Place a rounded spoonful of mixture into each spot of muffin tin until evenly distributed. Bake for approximately 17 minutes. Allow to cool.



Recipes

Fall Favorite Snacks

Apple Granola

Ingredients:

1 apple chopped small
juice from 1/2 lemon
2 cup oats
2 tbsp ground flax
1 cup nuts chopped (I love walnuts, cashews, pecans)
cinnamon
dash of nutmeg
dash of salt
2 tbsp melted coconut oil
1 tbsp maple syrup

Directions:

Preheat oven to 350. Melt the coconut oil & allow to cool, then add the maple syrup. Chop the apples and place in a bowl & add the juice from the lemon & some cinnamon. Combine the dry ingredient & spices in a separate bowl & then add the apples & mix. Line a baking sheet with parchment paper & spread the mixture onto the sheet. Bake for 10 minutes. Remove from the oven and pour the coconut oil/maple syrup mixture evenly & mix. Once again, spread out the mixture evenly & return to the oven for about 15-20 minutes. Remove & allow to cool. Store in mason jar, baggies or seal tight container.



Food Prep Guide

MAKING YOUR WEEK EASY

Step 1: Be prepared

Decide in advance which foods you will be preparing. Shop accordingly & get all the ingredients out ahead of time.

Organize ingredients into stations on the counter.

Decide on what you will store food in (seal tight mason jars, Tupperware, baggies) and have them ready to go.

Clear the sink area of any dishes ahead of time.

Step 2: Rinse & Chop

Rinse all of your produce & cut up some veggies to store in the fridge for snacking.

Rinse & strain beans and store in a seal tight container.

Step 3: Get Boiling

Boil some eggs, quinoa or other grains.

Step 4: Breakfast & Snack Prep

Select 1-2 breakfast & snack recipes per week & prep at least 3-4 servings of each. Chia pudding is an easy make ahead option & stores well in a mason jar. Oat balls use similar ingredients so make them together. Prepare some smoothie baggies to store in the freezer. Then you will just need to add the liquid & the protein powder!



Step 5: Lunch Prep

Prep your lunches ahead of time in seal tight containers or jars. Salads will stay nicely in a jar by placing the wet ingredients at the bottom and putting greens on top and leaving out the dressing. Bean salads stay well for a few days and often taste better as the flavors mix together. If you make the avocado egg salad, pack it down and leave the pit of the avocado with it!

Step 6: Dinner Prep

Roasting veggies is a great way to assure you will have options for lunch or sides for dinner. Once they cool, place in a seal tight container in the fridge. Choose one or two other dinners that can be made ahead. Doubling the batch of chili, soup or sauce will assure you have plenty for leftovers or another meal. Cook once, eat twice!

Step 7: Clean Up

If possible, clean as you go to make less overwhelm at the end.

Thank You!

FOR YOUR LOYALTY & SUPPORT!



I hope you enjoy the recipes & can find some extra time for yourself this week! If you found this guide helpful and for even more recipes, wellness tips, workouts & resources, check out my

10 Day Healthy JumpStart!

Or get on the wait-list for my Membership site!

And for more ideas, recipes & support, follow me on Social Media



or reach out for a consultation!

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