



# Fall Meal Plan

{sample 3 days}

*with Kara Swanson*

Life Well Lived

## **Hi! So glad you're here.**

I'm Kara Swanson, wife to my best friend, busy mama to two girls, a certified nutritionist, recipe developer, dark chocolate obsessed, and the author of the blog, Life Well Lived. One of my best tips for staying on track with your nutrition is to plan out your meals ahead of time. This simple habit helps you prepare for the week ahead and stick to eating healthy all week long – even on those busy weeknights!

This 3-day sample meal plan has delicious recipes that are full of wholesome ingredients and taste amazing too. No more boring chicken and broccoli. Oh, and the whole family will love them too!

It's my passion to show you that eating clean + healthy doesn't mean lacking in flavor. And with this sample of the Fall Meal Plan, you'll get a taste of how delicious and easy eating healthy is.

Each recipe makes 2-4 servings so be sure to plan accordingly for you and your family's needs. I recommend looking over the meal plan + recipes for the week to see if you need to add another serving or make fewer meals if you have a smaller family.

Be sure to go grocery shopping and get some prep work done before you start so you are fully prepared.

I'd love to hear from you after you're finished with the 3-day sample of the Fall Meal Plan to hear how you liked it. Send me an email {[kara@lifewelllived.fitness](mailto:kara@lifewelllived.fitness)} and let me know! And don't forget to share and tag your recreations on Instagram or Facebook using @karaswanson so I can see your meals!



**To Your Life Well Lived,**

**Kara**



**IG: @karaswanson**



**FB: @karaswansonfitness**



**Pinterest: mylifewelllived**



**Email: [kara@lifewelllived.fitness](mailto:kara@lifewelllived.fitness)**



**Website: [www.lifewelllived.fitness](http://www.lifewelllived.fitness)**

# Meal Plan

	Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Evening Snack
Day 1	Pumpkin Pie Overnight Oats	Choose from snack options.	Pecan Chicken Salad	Choose from snack options.	One Pan Lemon Butter Salmon	Choose from snack options.*
Day 2	Pumpkin Pie Overnight Oats	Choose from snack options.	Pecan Chicken Salad	Choose from snack options.	Loaded Fries	Choose from snack options.*
Day 3	Pumpkin Pie Overnight Oats	Choose from snack options.	Pecan Chicken Salad	Choose from snack options.	Veggie Pizza	Choose from snack options.*

*\*Be sure to only have an evening snack if you're truly hungry.*

## Meal Prep Guide

Prepare daily snacks.

Prepare Pumpkin Pie Overnight Oats for the week.

Cook and shred chicken for Pecan Chicken Salad.

Cook turkey for the Loaded Fries.

Chop veggies for the Veggie Pizza.

# Grocery List

## Meat + Seafood

Chicken, 2 lbs  
Ground Turkey, 1 lb  
Italian Chicken Sausages, 4  
Salmon, Wild Caught, 4 fillets

## Produce

Avocado, 1  
Bell Pepper, 1  
Garlic, 1 clove  
Grapes  
Grape tomatoes, 1 pint  
Green Beans, fresh or frozen, 4 cups  
Green Onions, 2  
Lemon, 1  
Potatoes, medium, 4  
Red Bell Pepper, 1  
Red Onion, 1  
Scallions, 2  
Zucchini, 1

## Pantry

Chia seeds  
Coconut oil  
Corn tortilla shells, 8  
Dijon mustard  
Gluten-free oats  
Marinara sauce or pizza sauce  
Olive oil  
Pecans, ½ cup  
Primal Kitchen Avocado Mayo  
Pure maple syrup  
Pure pumpkin, 1 can  
Walnuts

## Refrigerated

Almond Milk,  
Unsweetened  
Butter, Grass-fed  
Mozzarella Cheese

## Spices

Chili Powder  
Cumin  
Garlic Powder  
Paprika  
Parsley, dried  
Sea Salt

## Snacks

## Pumpkin Pie Overnight Oats

Serves 2

- 1 cup gluten-free oats
- 2 tbsp chia seeds
- 1 tbsp walnuts, chopped
- 1 tsp pure maple syrup
- 1/2 cup canned pure pumpkin
- 3/4 cup unsweetened almond milk
- 1 tsp pumpkin pie spice

1. In a large bowl, mix all ingredients until well combined.
2. Split between two mason jars or airtight containers and place in fridge overnight.
3. Enjoy cold or warm in the morning.



## Pecan Chicken Salad

Serves 4

2 lb chicken, shredded  
1/2 cup pecans, chopped  
1 cup grapes, halved  
2 green onions, sliced  
1/2 cup Primal Kitchen Avocado Mayo  
2 tbsp dijon mustard  
salt to taste  
6 cups spinach

1. In a large bowl mix chicken, pecans, grapes and onions together.
2. In a smaller bowl mix together the mayo and mustard, until well combined.
3. Mix everything together until well combined and salt to taste.
4. Add chicken salad to spinach and enjoy!





## One Pan Lemon Butter Salmon

Serves 4

4 salmon fillets  
1 lemon, juiced  
3 tbsp butter, melted  
1 garlic clove, minced  
salt, to taste  
1 tbsp parsley, for garnishing  
4 cups green beans  
1 pint grape tomatoes

1. Preheat oven to 375.
2. Add green beans, grape tomatoes, and salmon to baking sheet.
3. In a small bowl, mix melted butter, garlic, and lemon juice.
4. Using a spoon, spoon sauce over each salmon fillet. Add a couple spoonfuls to the green beans leaving 1-2 spoonfuls for later.
5. Bake for 14 minutes then broil for 1-2 minutes. Keep an eye on the salmon so it doesn't burn.
6. Top each salmon with sauce and add parsley.

## Loaded Fries

4 medium potatoes  
1 tsp olive oil  
1/2 tsp garlic powder  
1 tsp salt  
1 lb ground turkey  
1/2 tsp paprika  
1 tsp cumin  
1 tsp chili powder  
1 red bell pepper, diced  
1 avocado, cubed  
2 scallions, diced

1. Preheat oven to 375 degrees.
2. With a sharp knife, cut potatoes into thin slices.
3. Toss potatoes with olive oil, salt and garlic powder
4. Spread the fries evenly on a baking sheet and bake for 20-25 minutes or until crispy on the outside and soft on the inside.
5. Cook ground turkey on the stove in a skillet breaking it up into small pieces.
6. Add cumin, paprika, and chili powder to ground turkey.
7. Top fries with ground turkey, bell pepper, avocado, and scallions.



## Veggie Pizza

Serves 4

1/2 cup marinara sauce or pizza sauce  
1 tsp coconut oil  
1 bell pepper, diced  
1 zucchini, diced  
1/2 cup red onions, diced  
1 cup mozzarella cheese, shredded  
4 Italian chicken sausages, diced  
8 corn tortilla shells

1. Heat nonstick skillet to medium heat and grease with coconut oil.
2. Add chicken sausage, zucchini, bell pepper, and red onions to pan and stir for 5 minutes or until veggies are soft.
3. Top each tortilla shells with sauce, veggies and cheese.
4. Broil for 5-6 minutes or until cheese is melted.



## Peanut Butter Cup Bites

Makes 16 Bites

Serving Size: 2

- 1 cup peanut butter
- 3 tbsp honey
- 1 cup oats
- 1/2 cup Birchbenders Paleo Pancake Mix
- 1 scoop chocolate protein powder

Mix all ingredients together in a good processor (or bowl). Use a cookie scoop to scoop into balls. Top with mini chocolate chips (optional). Store in fridge.

## Almond Joy Dip

Serves 1

- 1 tbsp almond butter
- 1/2 tbsp coconut oil
- 2 tsp mini chocolate chips
- 1/2 apple
- 2 celery stalks, cut in thirds

Mix almond butter and coconut oil until well combined. Top with mini chocolate chips and use as a dip for your apple slices and celery.

## Hummus Snack Jar

Serves 1

- 2 tbsp hummus
- 1 celery stalk, cut in thirds
- 1/4 bell pepper, thinly sliced
- 1 carrot, peeled, sliced

Add hummus to a small mason jar. Then place veggies on top of hummus.

\*Feel free to use your favorite veggies!



## Goey Brownie Cookies

1 cup almond flour  
½ tsp baking powder  
¼ tsp baking soda  
¼ cup coconut sugar  
3 tbsp cocoa powder  
3 tbsp coconut oil, melted  
½ tsp vanilla  
1 egg  
1 JoJo's Chocolate Bark, chopped or 1/2 cup mini chocolate chips

1. Preheat the oven to 350 degrees.
2. In a medium bowl mix almond flour, baking powder, baking soda, coconut sugar, cocoa powder together until well combined.
3. In a separate bowl, mix vanilla, coconut oil, egg together and then add to dry ingredients.
4. Pour the bowl of wet ingredients into the bowl of dry ingredients and stir just until a smooth, chocolatey batter has formed. It helps to use your hands at this point.
5. Fold in chocolate bark pieces.
6. Using a cookie scoop, scoop dough onto a baking pan.
7. Bake the cookies in the preheated oven for 8 minutes. Let cool slightly before enjoying.

**Want more simple + easy + delicious meals?**

**Grab the full 4-Week Fall Meal Plan here.**



**Click [HERE](#) to get the full  
Fall 4 Week Meal Plan today!**

The Fall 4-Week Meal Plan takes the stress out of nutrition and will help you fall in love with eating healthy. I give you all the tools you need to make simple, healthy, and delicious meals your whole family will love. Plus, a full grocery list to make your life easy and grocery shopping a breeze.

All recipes are gluten-free and mostly dairy-free or can easily be adapted.

**What's included:**

- 4-weeks of breakfast, lunch, dinner, snacks, and healthy desserts
- Weekly meal plan
- Weekly grocery list
- Weekly meal prep guide
- Over 50 simple + easy recipes

Just think: ***For a whole month, you won't have to meal plan, think about what's for dinner, or create a grocery list. It's all done for you.***

I promise you're going to love the transformation that happens when you fuel your body with balanced meals that not only taste amazing but are healthy too.



All Rights Reserved  
no unauthorized copy  
copyright 2018 Life Well Lived