

HOLISTICALLY
HUMBLE

**ONE DAY
MEAL PLAN**

www.holisticallyhumble.com

WELCOME

Hello & thank you for downloading and trying Holistically Humble's One Day Meal Plan.

In this meal plan you will find recipes for three meals, 2 snack options, a grocery list, and more to set you up for success. It is my hopes that you get inspired to try something new or just be able to prepare and create one day's worth of healthy, delicious, and nutritious meals.

ABOUT KATIE



Katie is a registered holistic nutritionist and yoga teacher. She found holistic nutritionist after being on the Western medical route for an autoimmune condition - rheumatoid arthritis, but unfortunately still getting worse. Katie began to research

other alternatives as she knew deep down there had to be another way to live instead of in the pain and inflammation she was experiencing. She found holistic nutrition and graduated from the program in 2014 through the Canadian School of Natural Nutrition and practiced everything she learned. Katie has been able to better her health and wellness through creating a holistic lifestyle and is motivated to inspire and educate others on how they can live a healthier holistic lifestyle while making it accessible. You can read more about her story [here](#).

HOW DOES THIS WORK?

I recommend to go through the meals and the methods of each recipe to see what you will need to do to set you up for success in terms of what to make the night before as well as the total times for creating each meal so that you can appropriately plan your day, for example in the morning for breakfast. Items that will make this a better experience: a high speed blender and/or food processor.

If you are interested in getting a longer meal plan because you enjoy the meals being laid out for you, or you have received a diagnosis with a health condition where you have to avoid a certain food group, please contact Katie about a one week customized meal plan designed to your unique needs. For more information click [here](#) to see all the services Katie offers.

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DISCLAIMER

SUGGESTION

When you go grocery shopping for this One Day Meal Plan, I recommend either supporting your local farmers and farmers markets as much as you can if that is accessible for you OR to buy organic as much as you can. I know that going to a farmers market and/or buying all the grocery items organic may not be realistic for everyone which is okay. So, if you haven't heard of the 'Dirty Dozen & Clean 15 Rule' by the Environmental Working group I suggest you head to their website to see which produce is best to buy organic and which produce is okay to buy conventional. Regardless how you grocery shop for this One Day Meal Plan, I am happy you are here and trying it.

GROCERY LIST

PRODUCE:

- 1 ripe banana
- 1 head of lettuce OR 1 bag of romaine hearts
- 1 small head of broccoli
- 1 small clove of garlic
- 1 lemon
- 1 granny smith apple (if using for snack)
- Fresh berries (blueberries, raspberries - if using for snack and/or pancake topping)
- 1-2 Carrots and/or 1 cucumber (if using for snack)

BOTTLED ITEMS, PACKAGES & OIL:

- 1 small bottle of coconut oil
- 1 carton of plant based milk (almond, oat, cashew)
- 1 small bottle baking powder, aluminum-free (if using bulk ~1 tsp)
- 1 small package of baking soda, aluminum-free (if using bulk ~1 tsp)
- 1 small bottle of capers
- 1 small bottle Dijon mustard
- 1 small bottle pure maple syrup
- 1 small organic butter or plant based butter
- 1 small bottle nutritional yeast (yellow in colour, great flavour and full of nutrients - tastes like cheese; if bulk ~1/2 cup)
- 1 small container of hummus (if using for snack)
- 1 small carton of organic yogurt or dairy free yogurt (if using for snack)
- 1 small jar peanut butter* or almond butter (if using for snack)
- 1 small package of chocolate chips (dairy free if avoiding dairy)

GROCERY LIST

CONTINUED

SPICES:

- Ground cinnamon
- Garlic powder
- Paprika
- Pink salt
- Black pepper

NUTS & SEEDS:

- Small container of raw cashews (if bulk ~1 cup)
- 1 small bag of hemp seeds (if bulk ~1/2 cup)

GRAINS & FLOURS:

- 1 small bag gluten free oats (if bulk ~1 cup)
- 1 bag of gluten noodles
- 1 small bag of gluten free flour (if bulk ~ 1/2 cup)
 - rice flour or gluten free flour blend works well

PROTEIN:

- 1-2 chicken breasts (if using chicken)
- 1 can of garbanzo beans (if using chickpeas)

*If buying peanut butter make sure its organic and only peanuts are in the ingredient list

BREAKFAST

BANANA PANCAKES

Serves: 2 people

Prep Time: 5 minutes

Cook Time: 8 minutes

Total: 13 minutes

Ingredients:

1 ripe banana

3/4 cups gluten free oats

1/2 cup almond milk

1/4 cup chocolate chips

1/4 tsp Baking powder

1/4 tsp ground
cinnamon

1/8 tsp baking soda

1/8 tsp pink salt

Method:

1. To a high speed blender add all the ingredients except the chocolate chips and blend for a minimum of 30 seconds or until fully combined.
2. Add the chocolate chips and let sit.
3. Place a frying pan on the stove over medium-low heat lightly greased with some coconut oil.
4. Place 2-3 tbsp of the mixture on the frying pan fitting 2-3 pancakes, roughly 3".
5. Pan fry the pancakes for 4 minutes per side or until lightly golden brown, flip and do the same to the other side.
6. Add some organic butter or plant based butter, drizzle with some pure maple syrup and top with some fresh berries.

LUNCH

CAESAR SALAD

Serves: 1-2 people

Prep Time: Up to 10 minutes

Cook Time: Up to 30 minutes*

Total: Up to 40 minutes*

*depends which option you choose

SALAD:

- 1 head of lettuce or romaine hearts
- 1-2 chicken breasts OR 1 can garbanzo beans
- 1 tbsp. Hemp seeds

BAKED CHICKEN BREAST(S)

OR:

- 1-2 chicken breasts (if making 2 salads cook 2)
- 1 tbsp coconut oil, melted (if making 2 use 2 tbsp)
- Spices to taste: pink salt, black pepper, garlic powder, paprika

ROASTED CHICKPEAS:

- 1/2 can of chickpeas drained and rinsed (if making two salads use 1 full can)
- 1 tbsp coconut oil if using 1/2 can (1.5 tbsp coconut oil if using 1 full can)

HOMEMADE PARMSEAN

CHEESE:

- 1/2 cup cashews
- 2 tbsp hemp seeds
- 2 tbsp nutritional yeast

Optional:

- 1-2 tbsp. filtered water if you need to make it blend better

DRESSING:

- 1/2 cup raw cashews
- 1/4 cup water
- 2 tbsp coconut oil
- 1 tbsp nutritional yeast
- 2 tsp capers
- 2 tsp dijon mustard
- 1 tsp of the caper liquid
- 1/2 lemon, juiced
- 1/2 tsp garlic powder
- Pink salt & black pepper to taste

METHOD FOR THE PREVIOUS NIGHT TO MAKE FOR CAESAR SALAD WITH CHICKEN:

1. Preheat oven to 350 degrees Fahrenheit.
2. Pierce a few holes in the chicken breast (if cooking for 2 people cook 2 chicken breasts) on either side and season with some pink salt, black pepper, garlic powder, and paprika and drizzle with a little bit of melted coconut oil.
3. Place chicken breast(s) on a lightly greased baking sheet or a baking sheet lined with parchment paper and place in the oven for 30 minutes, check it and flip for another 15-30 minutes or until cooked all the way through.
4. While the chicken breast(s) are baking, chop up the lettuce, wash it and dry it. Place the lettuce in a Tupperware with some damp paper towel on the bottom.
5. Take the cooked chicken breast(s) out of the oven and set aside to let cool enough to slice into small pieces and place in a glass Tupperware to in the fridge overnight.
6. Continue to follow the method from step 9 for making with chickpeas.

METHOD FOR THE PREVIOUS NIGHT TO MAKE WITH CHICKPEAS & TO COMPLETE THE METHOD:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Drain and rinse the can of chickpeas (if cooking for two people use the whole can, if only one then use 1/2).
3. Pat the chickpeas dry with a paper towel or a clean tea towel - it is okay if the skins start to come off.
4. Once the chickpeas are dry add them to a lightly greased baking sheet or a baking sheet lined with parchment paper.
5. Season the chickpeas with a drizzle of coconut oil and the same spices used for the chicken, mix the chickpeas around to thoroughly coat them.
6. Place the baking sheet in the oven and allow to bake for 10 minutes, flip and bake for another 5-10 minutes.
7. Remove from oven and let set aside until cool enough to be stored in a glass Tupperware in the fridge overnight.
8. While the chickpeas are baking, chop up the lettuce, wash it and dry it. Place the lettuce in a Tupperware with some damp paper towel on the bottom and place in the fridge.
9. Make the dressing by adding all ingredients into a high speed blender adding more water as necessary to thin it out to desired consistency. Place in a sealed jar or Tupperware and put in the fridge overnight.
10. Make the parmesan cheese by adding all the ingredients to a high speed blender or in a food processor and blend to combine, about 30 seconds and scraping down the sides periodically.
11. In the morning before work or starting your day toss the chicken breast or chickpeas on top of the lettuce as well as the Parmesan cheese and hemp seeds and bring the dressing with you to work or have it ready in the fridge.
12. Add dressing when you want to have lunch and mix to combine.

DINNER

GLUTEN FREE ALFREDO PASTA

Serves: 1-2 people

Prep Time: 5 minutes

Cook Time: 20 minutes

Total: 25 minutes

INGREDIENTS:

- 3 cups gluten free noodles
- 1 small head of broccoli

Topping:

- 1 tsp hemp seeds
- 1 tbsp nutritional yeast

ALFREDO SAUCE:

- 3 tbsp. Coconut oil
- 1/4 cup gluten free flour
- 3 large garlic cloves, diced
- 1 1/4 cup plant based milk
- 6 tbsp nutritional yeast
- 1/2 tsp garlic powder
- Pink salt & black pepper to taste

METHOD:

1. Bring a pot of water to a boil on the stove over high heat.
2. Once the water is boiling add the noodles and follow the cooking instructions on package.
3. In a sauce pan add some water, just enough to cover the bottom of the pan and bring to a boil.
4. While the water is heating up, begin to chop the broccoli into smaller bite sized pieces and add them to the boiling water, turn down to a medium-low heat and cover to let steam for 5-10 minutes or until desired texture. Drain and set aside.
5. Begin to make the sauce by adding the oil to a pan on the stove over low-medium heat.
6. Dice up the garlic cloves into smaller pieces and add them to the pan with oil to saute for a few minutes, until you can smell the fragrance of garlic.
7. Add the flour to the pan and whisk to combine.
8. Begin to add the plant based milk 1/4 cup at a time and whisking to combine. Do not worry if it is clumpy, you are going to blend it anyways!
9. Turn off heat and add the mixture to your blender. Add the other sauce ingredients to the blender and blend for a minimum of 30 seconds, fully combining.
10. Place the sauce back into the same pan over low heat.
11. Drain and rinse the noodles and place them into the pan with the sauce. Add the broccoli and stir.
12. Dish out servings and top with nutritional yeast and hemp seeds.
13. Enjoy!

SNACKS

Choose 1-2 snacks that you would like to include for this One Day Meal Plan and grocery shop accordingly

OPTION 1: GRANNY SMITH APPLE & NUT BUTTER

- Cut up the apple into slices and use 1-2 tbsp almond/peanut butter as a dip

OPTION 2: VEGGIES & HUMMUS

- Cut up the carrot(s) and/or 1/2 cucumber and use the hummus as a dip

OPTION 3: BERRIES & YOGURT

- Place roughly 1 cup of dairy free yogurt in a bowl and top with some fresh berries

THANK YOU

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