



MARTA CORDELL, ND

## Light, Nourishing Meals Guide

### 7-Day Light & Nourishing Meal Plan

*Simple, seasonal, and energizing recipes, and a plan to help you be successful! The meal plan below is a suggestion, but feel free to change it up to make it your own!*

---

#### Day 1 (Fresh Start Monday)

**Breakfast:**

- Berry spinach smoothie (spinach, mixed berries, almond milk, chia seeds)

**Lunch:**

- Arugula salad with grilled chicken, avocado, cucumber, and lemon vinaigrette

**Dinner:**

- Grilled salmon with asparagus and a side of quinoa

**Snack:**

- Apple slices with almond butter
- 

#### Day 2

**Breakfast:**

- Yogurt parfait with strawberries, granola, and flaxseeds

**Lunch:**

- Quinoa bowl with roasted vegetables, chickpeas, and tahini dressing

**Dinner:**

- Light vegetable stir-fry with tofu (or chicken) and snap peas

**Snack:**

- Fresh berries and a handful of walnuts
-



MARTA CORDELL, ND

### Day 3

#### Breakfast:

- Overnight chia pudding with blueberries and cinnamon

#### Lunch:

- Lettuce wraps with hummus, shredded veggies, and grilled chicken

#### Dinner:

- Zucchini noodles with olive oil, garlic, cherry tomatoes, and herbs

#### Snack:

- Sliced cucumbers and carrots with hummus
- 

### Day 4

#### Breakfast:

- Green smoothie (kale, mango, coconut water, hemp seeds)

#### Lunch:

- Mixed greens salad with quinoa, roasted asparagus, and lemon dressing

#### Dinner:

- Grilled shrimp skewers with a fresh side salad

#### Snack:

- A peach or orange with a handful of almonds
- 

### Day 5

#### Breakfast:

- Yogurt with honey, raspberries, and pumpkin seeds

#### Lunch:

- Whole-grain wrap with turkey (or plant-based option), avocado, and greens



MARTA CORDELL, ND

**Dinner:**

- Light vegetable soup with herbs and a side of leafy greens

**Snack:**

- Carrot and celery sticks with guacamole
- 

**Day 6**

**Breakfast:**

- Smoothie bowl with banana, berries, and granola

**Lunch:**

- Grain bowl with brown rice, peas, roasted carrots, and tahini

**Dinner:**

- Grilled chicken or tofu with zucchini and bell peppers

**Snack:**

- Trail mix (nuts, seeds, dried fruit)
- 

**Day 7 (Reset & Restore)**

**Breakfast:**

- Overnight chia pudding with strawberries and chia seeds

**Lunch:**

- Light salad with mixed greens, chickpeas, cucumber, and fresh herbs

**Dinner:**

- Simple stir-fry with seasonal vegetables and ginger

**Snack:**

- Herbal tea and fresh fruit
-



MARTA CORDELL, ND

## Daily Hydration Habits

- Start your morning with warm lemon water
  - Sip water throughout the day
  - Add cucumber, mint, or berries for natural flavor
  - Include herbal teas (hot or iced)
- 

## Naturopathic Tips for the Week

- Eat slowly and mindfully, chew thoroughly
  - Favor fresh, seasonal ingredients
  - Avoid overly processed or heavy foods
  - Listen to your hunger cues—adjust portions as needed
  - Keep meals simple to reduce stress and support digestion
- 

## Optional Grocery Staples

- Leafy greens (spinach, kale, arugula)
  - Fresh fruits (berries, citrus, apples)
  - Seasonal vegetables (asparagus, zucchini, peas)
  - Whole grains (quinoa, brown rice)
  - Lean proteins (chicken, fish, tofu, legumes)
  - Healthy fats (avocado, nuts, seeds, olive oil)
- 

## Final Thought

This meal plan is meant to **support—not restrict—you**. Feel free to swap ingredients, repeat meals you love, and adjust based on your lifestyle. The goal is to feel lighter, energized, and more in tune with your body as the seasons shift.



MARTA CORDELL, ND

## Recipe Collection

### Berry Spinach Smoothie

#### Ingredients:

- 1 cup fresh spinach
- 1 cup mixed berries (fresh or frozen)
- 1 cup almond milk
- 1 tbsp chia seeds

#### Instructions:

Blend until smooth. Add ice if desired.

---

### Arugula Chicken Salad with Lemon Vinaigrette

#### Ingredients:

- 2 cups arugula
- 1 grilled chicken breast (sliced)
- ½ avocado (chopped or sliced)
- ½ cucumber (sliced)

#### Dressing:

- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt + pepper

#### Instructions:

Toss all ingredients and drizzle with dressing.

---



MARTA CORDELL, ND

## Grilled Salmon with Asparagus

### Ingredients:

- Salmon fillet
- 1 bunch asparagus
- 3 Tbsp Olive oil
- 3 Tbsp lemon juice
- 2 medium cloves of garlic (minced fine)
- Salt + Pepper to taste

### Instructions:

- Mix together olive oil, lemon juice, garlic, salt and pepper.
  - Toss asparagus in half the mixture, and at 400°F for 12–15 min
  - Coat salmon in remaining marinade mixture. Grill salmon, or roast in oven with asparagus, turning once.
- 

## Yogurt Parfait

### Ingredients:

- 1 cup plain yogurt (dairy or plant-based)
- ½ cup strawberries
- ¼ cup grain-free granola
- 1 tbsp flaxseeds, ground

### Instructions:

Layer and serve.

---

## Quinoa Veggie Bowl with Tahini Dressing

### Ingredients:

- 1 cup cooked quinoa
- Roasted vegetables (carrots, zucchini, asparagus, broccoli, cauliflower, etc.)



MARTA CORDELL, ND

- ½ cup chickpeas

**Dressing:**

- 2 tbsp tahini
- 1 tbsp lemon juice
- Water to thin, if needed
- Salt and pepper to taste

**Instructions:**

Assemble bowl and drizzle dressing.

---

**Light Veggie Stir-Fry**

**Ingredients:**

- Snap peas, carrots, zucchini, or any veggies you like!
- Tofu or cooked chicken, cubed
- Garlic, ginger
- Coconut aminos or soy sauce

**Instructions:**

Sauté garlic/ginger, add protein and soy sauce, then veggies. Cook until veggies are tender-crisp.

---

**Lettuce Wraps with Hummus & Veggies**

**Ingredients:**

- Large lettuce leaves
- Hummus
- Shredded carrots, cucumber, bell pepper
- Optional: grilled chicken

**Instructions:**

Fill leaves and wrap.

---



MARTA CORDELL, ND

## Zucchini Noodles with Garlic & Tomatoes

### Ingredients:

- 2 zucchinis (spiralized)
- Cherry tomatoes
- Garlic, olive oil, herbs

### Instructions:

Sauté garlic, add tomatoes, then zucchini noodles. Cook briefly (2–3 min).

---

## Grilled Shrimp Skewers

### Ingredients:

- Shrimp
- Olive oil, lemon, garlic, herbs

### Instructions:

Skewer shrimp, toss with seasoning mix, grill 2–3 min per side.

---

## Turkey & Avocado Wrap

### Ingredients:

- Whole-grain wrap
- Turkey slices (or plant-based option)
- Avocado, greens

### Instructions:

Assemble and roll.

---



MARTA CORDELL, ND

## Light Vegetable Soup

### Ingredients:

- Vegetable broth
- Carrots, celery, zucchini, onions, or any veggies you like!
- Garlic, herbs

### Instructions:

Simmer all ingredients for 20–25 minutes.

---

## Simple Grain Bowl

### Ingredients:

- Brown rice or quinoa
- Peas, roasted carrots
- Tahini or olive oil dressing

### Instructions:

Combine and serve.

---

## Simple Guacamole

- ½ avocado, mashed
- 1 tsp minced onion
- Salt + Pepper to taste

### Instructions:

Mix all ingredients together, serve with fresh veggies for dipping

---



MARTA CORDELL, ND

## Master Shopping List

### Produce

- Spinach
  - Arugula / mixed greens
  - Kale
  - Zucchini
  - Asparagus
  - Snap peas
  - Carrots
  - Cucumbers
  - Bell peppers
  - Cherry tomatoes
  - Avocados
  - Lettuce (for wraps)
  - Garlic
  - Ginger
  - Fresh herbs (parsley, mint, cilantro)
  - Lemons
- 

### Fruit

- Strawberries
  - Blueberries
  - Mixed berries
  - Apples
  - Oranges or peaches
  - Bananas
- 

### Pantry Staples

- Quinoa
- Brown rice
- Oats
- Granola
- Chickpeas (canned or dry)



MARTA CORDELL, ND

- Tahini
  - Olive oil
  - Chia seeds
  - Flaxseeds
  - Nuts (almonds, walnuts)
  - Seeds (pumpkin, hemp)
  - Coconut aminos or soy sauce
  - Vegetable broth
- 

### **Dairy / Alternatives**

- Yogurt (or plant-based yogurt)
  - Almond milk (or preferred milk)
- 

### **Protein Options**

- Chicken breast
  - Salmon
  - Shrimp
  - Turkey slices (or plant-based deli alternative)
  - Tofu
- 

### **Extras**

- Whole-grain or gluten-free wraps
  - Hummus
  - Herbal teas
- 

### **Prep Tips for the Week**

- Cook grains (quinoa, rice) in batches
  - Wash and chop veggies ahead of time
  - Make dressings in advance
  - Marinate proteins for quick cooking
  - Store ingredients in clear containers for easy access
-



MARTA CORDELL, ND

## Final Note

This collection is designed to make your week feel **simple, nourishing, and aligned with the season**. You don't need to cook everything from scratch each day—mix, match, and repeat meals that you enjoy.

## Weekly Meal Prep Guide

*Simple ways to prepare that make eating lighter easy and enjoyable*

---

## How to Use This Guide

- Prep once or twice per week (30–60 minutes)
  - Focus on washing, chopping, and batch cooking
  - Mix and match ingredients to build quick meals
  - Keep it flexible—repeat meals you enjoy
- 

## Grocery Checklist

### Produce

- Spinach
- Arugula / mixed greens
- Kale
- Zucchini
- Asparagus
- Snap peas
- Carrots
- Cucumbers
- Bell peppers
- Cherry tomatoes
- Avocados
- Lettuce (wraps)
- Garlic
- Ginger
- Fresh herbs (mint, parsley, cilantro)
- Lemons



MARTA CORDELL, ND

### **Fruit**

- Strawberries
- Blueberries
- Mixed berries
- Apples
- Oranges or peaches
- Bananas

### **Pantry**

- Quinoa
- Brown rice
- Granola
- Chickpeas
- Tahini
- Olive oil
- Chia seeds
- Flaxseeds
- Nuts & seeds
- Coconut aminos / soy sauce
- Vegetable broth/Bone Broth

### **Fridge / Protein**

- Yogurt (dairy or plant-based)
  - Almond milk or coconut milk
  - Chicken breast
  - Salmon
  - Shrimp
  - Turkey or plant-based slices
  - Tofu
  - Hummus
  - Whole-grain wraps
-



MARTA CORDELL, ND

## Prep Day Plan (1–2 Sessions Per Week)

### Step 1: Wash & Chop (15–20 min)

- Wash all produce
  - Chop:
    - Cucumbers
    - Bell peppers
    - Carrots
    - Zucchini
  - Store in airtight containers
- 

### Step 2: Cook Grains (15 min)

- Cook quinoa (2–3 cups)
  - Cook brown rice (2–3 cups)
  - Store in fridge for easy bowls
- 

### Step 3: Roast Vegetables (20 min)

- Roast:
  - Asparagus
  - Carrots
  - Zucchini
  - Beets
  - Cauliflower
  - Broccoli

### Instructions:

Toss with olive oil, salt, pepper → bake at 400°F (200°C) for 20 minutes

---

### Step 4: Prepare Proteins (20–25 min)

- Grill or bake chicken
- Cook tofu (pan sauté or bake)
- Prep shrimp (marinate or cook)



MARTA CORDELL, ND

### **Simple marinade:**

Olive oil + lemon + garlic + herbs

Salt + Peper to taste

---

## **Step 5: Make Dressings & Extras (10 min)**

### **Lemon Vinaigrette**

- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt + pepper

### **Tahini Dressing**

- 2 tbsp tahini
  - 1 tbsp lemon juice
  - Water (to thin)
- 

## **Mix & Match Meal Builder**

### **Breakfast Options**

- Smoothie (fruit + greens + milk or water + seeds)
  - Yogurt parfait
  - Overnight chia seed pudding
- 

### **Lunch Formula**

#### **Base + Protein + Veggies + Fat**

- Greens or grain
  - Chicken / tofu / chickpeas
  - Fresh or roasted veggies
  - Avocado or dressing
-



MARTA CORDELL, ND

## Dinner Formula

### Protein + Veggies + Light Carb

- Salmon, shrimp, chicken, or tofu
  - Roasted or sautéed vegetables
  - Quinoa, rice, or zucchini noodles
- 

## Snack Ideas

- Fresh fruit
  - Veggies + hummus or guacamole
  - Nuts or seeds
  - Smoothie or herbal tea
- 

## Daily Wellness Habits

- Start day with lemon water
  - Drink water throughout the day
  - Add herbal teas (hot or iced)
  - Eat slowly and mindfully
- 

## Simple Weekly Flow

### Sunday (or Prep Day):

- ✓ Chop veggies
- ✓ Cook grains
- ✓ Prep proteins
- ✓ Make dressings

### Midweek Reset (Optional):

- ✓ Refill produce
  - ✓ Cook fresh protein
  - ✓ Restock snacks
-



MARTA CORDELL, ND

### Notes & Reflections

- How did your energy feel this week?
- Which meals did you enjoy most?
- What would you repeat next week?

---

---

---

---

### Final Reminder

Keep it simple. Keep it fresh. Keep it nourishing.

Your meals don't need to be perfect—they just need to support how you want to feel.