

# 5-Day Apple Meal Plan

Plan to do your grocery shopping on a Saturday. Start the meal plan on a Sunday when you have time to cook a whole turkey and to prep ingredients for later in the week.

## Day 1 – Sunday

|           |   |
|-----------|---|
| Breakfast | <a href="#">Ontario Apple-Walnut Pancakes with Spelt</a>  |
| Lunch     | <a href="#">Butternut Squash Soup with Apples &amp; Coconut Milk</a>  |
| Appetizer | <a href="#">Apple Bacon Cheese Ball</a>   |
| Dinner    | <a href="#">Apple Fennel &amp; Italian Sausage Stuffing</a> . Serve with roasted turkey, gravy and Brussel sprouts. |
| Dessert   | <a href="#">Two Bite Apple Cranberry Tarts</a>  |

### Notes

In the morning make these recipes:

- [Apple Fritter Oat Muffins](#) for Monday's breakfast and Tuesday's snack
- [Two-Bite Apple Cranberry Tarts](#) for dessert today (save some for tomorrow!)

To prepare for dinner:

- Assemble the Apple Fennel & Italian Sausage Stuffing. Set aside for later.
- Start roasting the turkey.
- Cook all the bacon. Use some for Apple Bacon Cheese Ball today and set aside remainder for Wednesday and Thursday lunches.
- Divide the Brussel sprouts into two portions for today and for Thursday.
- During the last 30 minutes of the turkey roasting, put the Apple Fennel & Italian Sausage Stuffing and Brussel sprouts in the oven to roast. Start heating the gravy.
- When turkey is done, dice and set aside two cups for Tuesday's dinner and another two cups for Wednesday's dinner.

Tips for leftovers:

- Freeze Apple Fennel & Italian Sausage Stuffing leftovers for another week.
- Save the turkey carcass in the freezer to make broth on another day.

## Day 2 – Monday

|           |   |
|-----------|---|
| Breakfast | <a href="#">Apple Fritter Oat Muffins</a>                             |
| Lunch     | <a href="#">Ontario Apple Aged Cheddar &amp; Smoked Turkey Panini</a> |
| Snack     | Empire apples   |

|         |   |
|---------|---|
| Dinner  | <a href="#">Sheet Pan Maple Dijon Apples &amp; Pork</a> |
| Dessert | <a href="#">Two Bite Apple Cranberry Tarts</a>          |

#### Notes

- Breakfast and dessert were both made yesterday. Save some muffins for Tuesday's snack.
- Lunch and dinner are quick and easy to assemble on a weekday.
- While cooking dinner, cook 1 cup of wild rice needed for Tuesday's lunch recipe.

### Day 3 – Tuesday

|           |  |
|-----------|--|
| Breakfast | <a href="#">Ontario Apple-Maple Oatmeal with Pecans</a>          |
| Lunch     | <a href="#">Probiotic Apple Crunch and Squash Bowl</a> (page 15) |
| Snack     | Apple Fritter Oat Muffin   |
| Dinner    | <a href="#">Turkey and Apple Curry Pot Pie</a> (page 26)         |

#### Notes

- Start simmering the steel cut oats and wheat berries when you wake up.
- Take puff pastry out of the freezer to the fridge so it can thaw for tonight's dinner.
- Use the wild rice cooked last night for today's Probiotic Apple Crunch and Squash Bowl lunch. Choose the julienned option for the apples for quicker prep.
- Snack was made on Sunday.
- Dinner uses the two cups of cooked turkey from Sunday
- In the evening make Soft Apple Pie Breakfast Cookies for Wednesday's breakfast and Thursday's snack. Save the remaining applesauce from the recipe for Wednesday's snack.

### Day 4 – Wednesday

|           |  |
|-----------|--|
| Breakfast | <a href="#">Soft Apple Pie Breakfast Cookies</a> |
| Lunch     | <a href="#">Apple &amp; Spinach Salad</a>        |
| Snack     | Applesauce                                       |
| Dinner    | <a href="#">Apple Turkey &amp; Rice Biryani</a>  |
| Dessert   | Honey Crisp Apples                               |

#### Notes

- Save some of the breakfast cookies for a snack on Thursday
- Lunch today uses some of the bacon from Sunday
- Dinner uses the remaining two cups of cooked turkey from Sunday
- Snack uses the leftover applesauce from making breakfast cookies on Tuesday
- In the evening measure out the ingredients needed for Thursday's breakfast

## Day 5 – Thursday

|           |  |
|-----------|--|
| Breakfast | <a href="#">Puffy Baked Apple Pancake</a>                                |
| Lunch     | <a href="#">Warm Apple, Bacon &amp; Brussel Spout Salad</a>              |
| Snack     | <a href="#">Soft Apple Pie Breakfast Cookies</a>                         |
| Dinner    | <a href="#">Pickled Apples with Veal schnitzel</a> . Serve with noodles. |
| Dessert   | Gala Apples  |

### Notes

- Preheat the oven to 450°F when you wake up and prepare breakfast with the ingredients you measured out last night.
- Lunch today uses the remaining cooked bacon and raw Brussel sprouts from Sunday. You will be replacing the pancetta in the salad with bacon.
- Snack is the leftover Soft Apple Pie Breakfast Cookies from Wednesday.
- For dinner, cook the noodles at the same time as the veal.