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A quick round through the grocery store is all you need to shop for this streamlined plan that uses only 20 ingredients, plus a few pantry staples, to yield an entire week of meals.

RECIPES & PHOTOGRAPHY BY **JESSE LANE LEE**

	BREAKFAST	LUNCH	DINNER	TOTAL NUTRIENTS
MONDAY	 <p>Spiced Pear Oatmeal (p. 2)</p>	 <p>1 serving Winter Kale & Chicken Salad (p. 3, save leftovers)</p>	 <p>1 serving Spiced Beans & Rice (p. 3, save leftovers)</p>	<p>Calories: 2,078, Total Fat: 113 g, Sat. Fat: 29 g, Carbs: 202 g, Fiber: 43 g, Sugars: 52 g, Protein: 79 g, Sodium: 1,370 mg, Cholesterol: 134 mg</p>
TUESDAY	 <p>Avocado Sweet Potato Toast (p. 4)</p>	 <p>1 serving Winter Kale & Chicken Salad (leftovers, p. 3)</p>	 <p>1 serving Tex-Mex Loaded Sweet Potatoes (p. 4, save leftovers)</p>	<p>Calories: 1,571, Total Fat: 99 g, Sat. Fat: 28 g, Carbs: 119 g, Fiber: 40 g, Sugars: 39 g, Protein: 69 g, Sodium: 1,459 mg, Cholesterol: 648 mg</p>
WEDNESDAY	 <p>Spiced Pear Oatmeal (p. 2)</p>	 <p>1 serving Tex-Mex Loaded Sweet Potatoes (leftovers, p. 4)</p>	 <p>1 serving Winter Kale & Chicken Salad (leftovers, p. 3)</p>	<p>Calories: 1,707, Total Fat: 102 g, Sat. Fat: 24 g, Carbs: 147 g, Fiber: 41 g, Sugars: 56 g, Protein: 66 g, Sodium: 1,008 mg, Cholesterol: 90 mg</p>
THURSDAY	 <p>Ginger Pear Smoothie (p. 5)</p>	 <p>1 serving Spiced Beans & Rice (leftovers, p. 3)</p>	 <p>1 serving Pecan-Crusted Chicken with Warm Ginger Kale (p. 5, save leftovers)</p>	<p>Calories: 2,027, Total Fat: 120 g, Sat. Fat: 34 g, Carbs: 168 g, Fiber: 41 g, Sugars: 36 g, Protein: 84 g, Sodium: 1,695 mg, Cholesterol: 263 mg</p>
FRIDAY	 <p>Spiced Pear Oatmeal (p. 2)</p>	 <p>1 serving Tex-Mex Loaded Sweet Potatoes (leftovers, p. 4)</p>	 <p>1 serving Winter Kale & Chicken Salad (leftovers, p. 3)</p>	<p>Calories: 1,707, Total Fat: 102 g, Sat. Fat: 24 g, Carbs: 147 g, Fiber: 41 g, Sugars: 56 g, Protein: 66 g, Sodium: 1,008 mg, Cholesterol: 90 mg</p>
SATURDAY	 <p>Avocado Sweet Potato Toast (p. 4)</p>	 <p>1 serving Tex-Mex Loaded Sweet Potatoes (leftovers, p. 4)</p>	 <p>1 serving Pecan-Crusted Chicken with Warm Ginger Kale (leftovers, p. 5)</p>	<p>Calories: 1,570, Total Fat: 107 g, Sat. Fat: 33 g, Carbs: 94 g, Fiber: 37 g, Sugars: 21 g, Protein: 76 g, Sodium: 1,766 mg, Cholesterol: 777 mg</p>
SUNDAY	 <p>Ginger Pear Smoothie (p. 5)</p>	 <p>1 serving Spiced Beans & Rice (leftovers, p. 3)</p>	 <p>1 serving Pecan-Crusted Chicken with Warm Ginger Kale (leftovers, p. 5)</p>	<p>Calories: 2,027, Total Fat: 120 g, Sat. Fat: 34 g, Carbs: 168 g, Fiber: 41 g, Sugars: 36 g, Protein: 84 g, Sodium: 1,695 mg, Cholesterol: 263 mg</p>