



Eating for Happiness Meal Plan

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The bottom line is eat clean, get happy.

You know by now that what you eat can have a huge impact on your mental health.

This meal plan focuses on incorporating foods with depression-fighting nutrients so you can shake off those winter blues and feel your best.

Enjoy!

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	 Winter Berry Smoothie	 Winter Berry Smoothie	 Winter Berry Smoothie	 Sweet Cherry Steel Cut Oats	 Sweet Cherry Steel Cut Oats	 Avocado Toast with a Poached Egg
Lunch	 Avocado Egg Salad Sandwich	 Spicy Shrimp Fried Rice	 Slow Cooker Cabbage Roll Soup	 Slow Cooker Pesto Chicken	 Roasted Red Pepper & Tomato Lentil Soup	 Pistachio Crusted Salmon
Snack 1	 Clean Trail Mix	 Clean Trail Mix	 Hummus Dippers	 Hummus Dippers	 Spiced Walnuts	 Spiced Walnuts
Dinner	 Spicy Shrimp Fried Rice	 Slow Cooker Cabbage Roll Soup	 Slow Cooker Pesto Chicken	 Roasted Red Pepper & Tomato Lentil Soup	 Pistachio Crusted Salmon	 Slow Cooker Cabbage Roll Soup
Snack 2	 Broiled Pineapple with Cinnamon	 Broiled Pineapple with Cinnamon	 Dark Chocolate & Pistachios	 Dark Chocolate & Pistachios	 Chocolate Dipped Strawberries	 Chocolate Dipped Strawberries

Mon		Tue		Wed		Thu		Fri		Sat	
Fat	38%	Fat	36%	Fat	52%	Fat	48%	Fat	55%	Fat	62%
Carbs	43%	Carbs	42%	Carbs	27%	Carbs	33%	Carbs	30%	Carbs	21%
Protein	19%	Protein	22%	Protein	21%	Protein	19%	Protein	15%	Protein	17%
Calories	1351	Calories	1251	Calories	1246	Calories	1418	Calories	1788	Calories	1763
Fat	60g	Fat	53g	Fat	76g	Fat	79g	Fat	114g	Fat	127g
Saturated	10g	Saturated	8g	Saturated	15g	Saturated	15g	Saturated	20g	Saturated	24g
Polyunsaturated	17g	Polyunsaturated	16g	Polyunsaturated	24g	Polyunsaturated	27g	Polyunsaturated	47g	Polyunsaturated	44g
Monounsaturated	28g	Monounsaturated	24g	Monounsaturated	27g	Monounsaturated	24g	Monounsaturated	33g	Monounsaturated	47g
Carbs	151g	Carbs	142g	Carbs	89g	Carbs	123g	Carbs	139g	Carbs	100g
Fiber	23g	Fiber	24g	Fiber	28g	Fiber	33g	Fiber	36g	Fiber	31g
Sugar	43g	Sugar	48g	Sugar	41g	Sugar	29g	Sugar	45g	Sugar	44g
Protein	67g	Protein	73g	Protein	70g	Protein	69g	Protein	73g	Protein	78g

Fruits

- 3 Avocado
- 4 1/4 Lemon
- 6 Navel Orange
- 8 cups Pineapple
- 8 cups Strawberries

Breakfast

- 2 cups Steel Cut Oats

Seeds, Nuts & Spices

- 1 tbsp Black Pepper
- 1/2 cup Cashews
- 3/4 tsp Cayenne Pepper
- 1 tbsp Chili Powder
- 1 1/3 tbsps Cinnamon
- 4 cups Clean Trail Mix
- 2 tsps Cumin
- 1/3 cup Ground Flax Seed
- 1 1/3 cups Hemp Seeds
- 2 tbsps Italian Seasoning
- 2 tsps Oregano
- 2 tsps Paprika
- 1/2 cup Pine Nuts
- 3 cups Pistachios
- 1 2/3 tbsps Red Pepper Flakes
- 2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 5 cups Walnuts

Frozen

- 9 cups Frozen Berries
- 4 cups Frozen Cherries
- 2 cups Frozen Peas

Vegetables

- 25 cups Baby Spinach
- 2 cups Basil Leaves
- 2 Carrot
- 4 heads Cauliflower
- 8 stalks Celery
- 22 Garlic
- 8 cups Green Cabbage
- 10 stalks Green Onion
- 4 2/3 cups Parsley
- 6 Red Bell Pepper
- 2 Sweet Onion
- 4 Tomato
- 1 White Onion
- 2 Yellow Bell Pepper
- 3 Yellow Onion

Boxed & Canned

- 6 cups Crushed Tomatoes
- 2 cups Dry Red Lentils
- 2 cups Organic Chicken Broth
- 6 cups Organic Vegetable Broth
- 2 cups Quinoa

Baking

- 14 1/8 ozs Dark Organic Chocolate
- 1/4 cup Raw Honey
- 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 2 lbs Chicken Breast
- 2 lbs Extra Lean Ground Turkey
- 2 cups Hummus
- 12 slices Organic Bread
- 2 1/2 lbs Salmon Fillet
- 2 lbs Shrimp

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 tbsp Dijon Mustard
- 1 3/4 cups Extra Virgin Olive Oil
- 1/3 cup Tamari

Cold

- 14 Egg
- 9 cups Unsweetened Almond Milk

Other

- 17 cups Water



Winter Berry Smoothie

4 servings
10 minutes

Ingredients

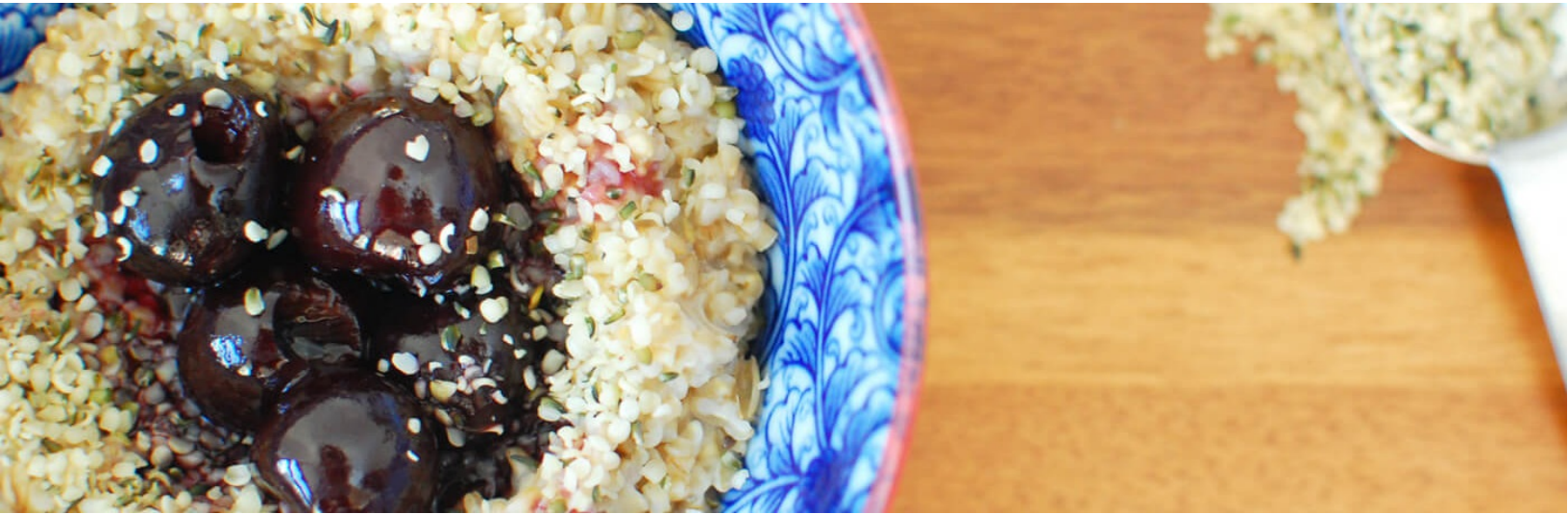
3 cups Unsweetened Almond Milk
2 tbsps Ground Flax Seed
2 tbsps Hemp Seeds
2 Navel Orange (peeled and sectioned)
3 cups Frozen Berries
4 cups Baby Spinach

Nutrition

Amount per serving	
Calories	168
Fat	6g
Saturated	0g
Polyunsaturated	3g
Monounsaturated	2g
Carbs	27g
Fiber	8g
Sugar	17g
Protein	6g

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Pour into glasses and enjoy! (Pour into a mason jar if you are on the go.)



Sweet Cherry Steel Cut Oats

8 servings
20 minutes

Ingredients

2 cups Steel Cut Oats
6 cups Water
4 cups Frozen Cherries
1 cup Hemp Seeds

Nutrition

Amount per serving	
Calories	316
Fat	14g
Saturated	1g
Polyunsaturated	8g
Monounsaturated	1g
Carbs	41g
Fiber	6g
Sugar	8g
Protein	11g

Directions

- 1 In a saucepan, combine your steel cut oats with the water. Bring to a boil. Reduce heat and let simmer for 10 to 20 minutes, depending on how crunchy you like your oats.
- 2 Defrost your cherries in the microwave. 40 to 60 seconds usually does the trick.
- 3 Spoon your cooked steel cut oats into bowl and top with 1/2 cup cherries. Sprinkle on 2 tbsp of hemp hearts per serving. Enjoy!

Notes

No Cherries, Any fruit will work.



Avocado Toast with a Poached Egg

4 servings
15 minutes

Ingredients

4 slices Organic Bread (we like Dimpflmeier)
2 Avocado
Sea Salt & Black Pepper (to taste)
4 Egg
1/4 cup Apple Cider Vinegar
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	315
Fat	22g
Saturated	4g
Polyunsaturated	3g
Monounsaturated	13g
Carbs	22g
Fiber	8g
Sugar	4g
Protein	10g

Directions

- 1 Toast bread.
- 2 Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
- 3 Crack your egg into a bowl.
- 4 Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
- 5 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!



Avocado Egg Salad Sandwich

4 servings
15 minutes

Ingredients

6 Egg
1 Avocado
1 cup Baby Spinach (chopped)
1 tbsp Dijon Mustard
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)
8 slices Organic Bread (toasted)

Nutrition

Amount per serving	
Calories	349
Fat	19g
Saturated	4g
Polyunsaturated	4g
Monounsaturated	10g
Carbs	30g
Fiber	6g
Sugar	6g
Protein	14g

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast and enjoy!

Notes

Less Bread, Make it an open-face sandwich.

Add a Kick, Add red chili flakes or hot sauce.

Vegan, Use mashed chickpeas or white kidney beans instead of eggs.



Clean Trail Mix

8 servings

2 minutes

Ingredients

4 cups Clean Trail Mix

Nutrition

Amount per serving	
Calories	347
Fat	22g
Saturated	4g
Polyunsaturated	7g
Monounsaturated	9g
Carbs	34g
Fiber	0g
Sugar	0g
Protein	10g

Directions

1

This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.

2

Pour into bowl and snack away!



Hummus Dippers

8 servings

15 minutes

Ingredients

- 2 Yellow Bell Pepper
- 2 Carrot
- 8 stalks Celery
- 2 cups Hummus

Nutrition

Amount per serving	
Calories	171
Fat	11g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	3g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade, Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

Mix it Up, Substitute in different veggies like cucumber or zucchini.



Spiced Walnuts

8 servings
10 minutes

Ingredients

- 1/4 cup Raw Honey
- 1/4 cup Extra Virgin Olive Oil
- 4 cups Walnuts
- 1 tsp Sea Salt
- 2 tsps Cumin
- 1/4 tsp Cayenne Pepper

Nutrition

Amount per serving	
Calories	475
Fat	45g
Saturated	5g
Polyunsaturated	28g
Monounsaturated	10g
Carbs	17g
Fiber	4g
Sugar	10g
Protein	9g

Directions

- 1 Lay a large piece of wax paper across the counter.
- 2 Heat a large skillet over medium heat. Add honey, oil and 1 tbsp water. Add the walnuts and stir with a wooden spoon until evenly coated.
- 3 Add the sea salt, cumin and cayenne. Continue to stir until walnuts are slightly browned (about 2 to 3 minutes).
- 4 Remove from heat and transfer the walnuts onto the piece of wax paper. Once cool, break apart into pieces. Store in an airtight container in the fridge. Enjoy!

Notes

Extra Spicy, Add extra cayenne pepper.



Spicy Shrimp Fried Rice

8 servings

30 minutes

Ingredients

2 cups Quinoa (uncooked)
 3 cups Water
 2 lbs Shrimp (cooked, peeled and patted dry)
 Sea Salt & Black Pepper (to taste)
 2 tsp Paprika
 1/2 tsp Cayenne Pepper
 1 tbsp Chili Powder
 4 Egg
 1 Yellow Onion (diced)
 2 cups Frozen Peas
 4 Garlic (cloves, minced)
 10 stalks Green Onion (chopped)
 1/4 cup Extra Virgin Olive Oil (divided)
 1 1/3 tbsps Red Pepper Flakes
 1/4 cup Tamari

Nutrition

Amount per serving	
Calories	402
Fat	13g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	37g
Fiber	6g
Sugar	4g
Protein	36g

Directions

- 1 Place quinoa and water in a medium sized pot and bring to a boil over high heat. Once boiling, cover with lid and reduce heat to low. Let simmer for 12 minutes or until all liquid is absorbed. Remove from heat, fluff with a fork and set aside.
- 2 In a large bowl, toss the cooked shrimp with cayenne, paprika and chili powder. Season with sea salt and pepper to taste. Toss until well coated
- 3 Heat half of your olive oil in a wok or large frying pan over medium heat. Whisk two eggs together in a bowl with a fork and scramble in frying pan until cooked through. Place in a bowl and set aside.
- 4 Place wok back over medium heat. Add remaining olive oil and saute onions, garlic and red pepper flakes until onion becomes translucent. Stir in peas and let warm through.
- 5 Add in shrimp, quinoa, scrambled eggs and tamari. Stir until tamari is fully absorbed. Spoon into a bowl and garnish with green onion. Enjoy with chopsticks!



Slow Cooker Cabbage Roll Soup

12 servings

4 hours

Ingredients

2 heads Cauliflower (processed into rice)
 8 cups Green Cabbage (roughly chopped)
 2 Yellow Onion (diced)
 8 Garlic (cloves, minced)
 6 cups Crushed Tomatoes
 1/4 cup Extra Virgin Olive Oil
 2 tbsps Italian Seasoning
 1 tsp Red Pepper Flakes (optional)
 2 tsps Sea Salt
 2 tsps Black Pepper
 2 cups Water
 2 lbs Extra Lean Ground Turkey (or chicken)
 8 cups Baby Spinach (optional)
 2/3 cup Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	249
Fat	12g
Saturated	2g
Polyunsaturated	3g
Monounsaturated	6g
Carbs	21g
Fiber	7g
Sugar	11g
Protein	20g

Directions

- 1 Use a food processor to pulse your cauliflower into rice.
- 2 Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
- 3 Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Storage, Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

No Ground Turkey, Use any type of ground meat.

Vegan & Vegetarians, Replace the meat with 1 can of lentils, chickpeas or kidney beans.



Slow Cooker Pesto Chicken

8 servings

4 hours

Ingredients

- 1 White Onion (chopped)
- 2 lbs Chicken Breast
- 2 cups Organic Chicken Broth
- Sea Salt & Black Pepper (to taste)
- 2 cups Basil Leaves (packed)
- 4 cups Baby Spinach
- 1 cup Walnuts
- 1/3 cup Extra Virgin Olive Oil
- 2 Garlic (clove)
- 2 Lemon (juiced)
- 2 tbsps Tamari

Nutrition

Amount per serving	
Calories	343
Fat	23g
Saturated	3g
Polyunsaturated	9g
Monounsaturated	9g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	30g

Directions

- 1 Place diced onion in the slow cooker and place chicken breasts on top. Pour the broth in then season generously with sea salt and black pepper. Cook on high for 4 hours or on low for 6 to 8.
- 2 Prepare your pesto. Combine basil, spinach, walnuts, olive oil, garlic, lemon juice and tamari in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.
- 3 Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavour and moisture.
- 4 Serve over brown rice noodles, a bed of greens, with spaghetti squash, brown rice, quinoa, on a brown rice tortilla or in a lettuce wrap.

Notes

Storage, Refrigerate in an air-tight container up to 3 - 4 days, or freeze up to 3 months.

No Walnuts, Use any seed or nut for the pesto. Pumpkin seeds, sunflower seeds, almonds and pine nuts all work great!

Add-Ons, Top your shredded pesto chicken with pine nuts or sundried tomatoes.



Roasted Red Pepper & Tomato Lentil Soup

10 servings

45 minutes

Ingredients

- 4 Tomato (cut in half)
- 6 Red Bell Pepper (halved and seeds removed)
- 2 Sweet Onion (coarsley chopped)
- 6 Garlic (cloves)
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Dry Red Lentils (uncooked)
- 6 cups Water
- 6 cups Organic Vegetable Broth
- 2 tps Sea Salt
- 1 tsp Black Pepper
- 2 tps Oregano
- 1/2 cup Cashews (raw, unsalted)

Nutrition

Amount per serving	
Calories	273
Fat	7g
Saturated	1g
Polyunsaturated	1g
Monounsaturated	4g
Carbs	41g
Fiber	14g
Sugar	8g
Protein	14g

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the tomatoes, red peppers, onion and garlic in olive oil and place on the baking sheet. Place in the oven and bake for 30 minutes. After 30 minutes, turn the oven to broil and bake for another 5 minutes.
- 2 Meanwhile, add lentils and water to a stockpot. Bring to a boil. Reduce heat to medium-low and simmer uncovered for 15 to 20 minutes or until tender. Stir in vegetable broth, sea salt, black pepper and oregano in with the lentils and mix well.
- 3 Remove vegetables from oven. Let cool slightly. Peel away the skin from the red pepper and discard. Place vegetables in pot with your lentils.
- 4 Add your cashews to the bottom of your blender. Pour in contents of your stock pot. Ensure there is somewhere for the steam to escape. Blend into a puree.
- 5 Ladle into bowls. Drizzle with a splash of olive oil and red chilli flakes. Enjoy!

Notes

Add Some Greens, Top with chopped baby spinach.



Pistachio Crusted Salmon

8 servings

30 minutes

Ingredients

1 cup Pistachios (removed from shell)
 1/2 tsp Sea Salt
 2 1/2 lbs Salmon Fillet
 1/2 cup Pine Nuts
 2 Garlic (clove, minced)
 4 cups Parsley (chopped)
 1/2 cup Extra Virgin Olive Oil
 2 Lemon (juiced)
 2 heads Cauliflower (chopped into florets)

Nutrition

Amount per serving	
Calories	516
Fat	36g
Saturated	5g
Polyunsaturated	10g
Monounsaturated	18g
Carbs	16g
Fiber	6g
Sugar	5g
Protein	36g

Directions

- 1 Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
- 2 Place pistachios and sea salt in a blender and pulse just until coarse but not into a fine powder. (Do not over process!)
- 3 Lay fillets on the baking sheet and coat with the pistachio mixture. Place in the oven and bake for 15 minutes or until fish flakes with fork.
- 4 Meanwhile, create your pesto by combining the pine nuts, garlic, parsley, olive oil and lemon juice in the food processor. Blend until smooth and transfer to a jar.
- 5 Create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency. Transfer into a bowl.
- 6 Remove the salmon from the oven. To serve, add a few spoonfuls of cauliflower rice to the plate and top with salmon. Add a spoonful of pesto and garnish with a lemon wedge. Enjoy!

Notes

More Veg, Serve with a side of baby spinach drizzled with leftover pesto
Likes it Warm, Saute the cauliflower rice in a bit of olive oil before serving



Broiled Pineapple with Cinnamon

4 servings
10 minutes

Ingredients

4 cups Pineapple (cored and sliced into rounds)
2 tsps Cinnamon

Nutrition

Amount per serving	
Calories	85
Fat	0g
Saturated	0g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	23g
Fiber	3g
Sugar	16g
Protein	1g

Directions

- 1 Adjust oven rack to the top, closest to the broiler. Set oven to high broil.
- 2 Place pineapple slices on a foil-lined baking sheet and sprinkle both sides with cinnamon.
- 3 Broil in oven for about 10 minutes, flipping halfway. Watch closely for burning as oven temperatures may vary.
- 4 Remove from oven and enjoy!

Notes

Serve it With, Our one-ingredient banana ice cream, organic coconut ice cream, Paleo Granola or over oatmeal.



Dark Chocolate & Pistachios

8 servings

5 minutes

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)
2 cups Pistachios (shelled)

Directions

- 1 Divide into bowls and enjoy!

Nutrition

Amount per serving	
Calories	315
Fat	24g
Saturated	8g
Polyunsaturated	4g
Monounsaturated	7g
Carbs	20g
Fiber	6g
Sugar	9g
Protein	8g



Chocolate Dipped Strawberries

8 servings
30 minutes

Ingredients

7 1/16 ozs Dark Organic Chocolate (at least 70% cacao)
8 cups Strawberries (whole)
1/4 cup Unsweetened Coconut Flakes

Nutrition

Amount per serving	
Calories	208
Fat	12g
Saturated	8g
Polyunsaturated	0g
Monounsaturated	0g
Carbs	24g
Fiber	6g
Sugar	14g
Protein	3g

Directions

- 1 Wash strawberries and dry very well. Spread a large piece of parchment paper across a large baking sheet.
- 2 Fill one large pot with water and place a smaller pot inside. Bring to a boil then reduce to lowest heat. Ensure no water is able to escape into the smaller pot. Add the dark chocolate to the smaller pot and stir continuously until melted. Remove from stovetop.
- 3 Tilt the pot with the melted chocolate to one side so that all the chocolate pools. Hold the strawberries by the stem and dip them into the melted chocolate one-by-one. Place on parchment paper. Sprinkle with shredded coconut immediately.
- 4 Transfer the chocolate dipped strawberries to the fridge for 20 minutes or until chocolate is completely set. Remove from parchment paper and store in an airtight container in the fridge until ready to eat. Enjoy!

Notes

No Shredded Coconut, Use coarse sea salt instead.
Add a Kick, Sprinkle chocolate with a pinch of cayenne pepper before it hardens.