

FALL HARVEST RECIPE BOOK

Seasonal recipes to nourish your body, embrace cozy flavours,
and make the most of fall's harvest.



Hi!

I'm Melissa Cosentino, a
Certified Nutritional
Practitioner and founder of
MellyFit Nutrition.

My mission is to help busy
individuals (like yourself)
achieve lasting health and
wellness through a balanced
approach, incorporating
nutrition and lifestyle.
(more info on me [here](#))



Fall is the perfect time to embrace cozy, comforting meals and enjoy the best flavours of the season. As the weather cools and the days get shorter, these warm, nourishing dishes can bring comfort to your routine while helping you feel your best.

This fall harvest recipe book is filled with wholesome, seasonal recipes featuring ingredients like pumpkin, squash, sweet potatoes, apples, and warming spices. From hearty meals to simple snacks, these recipes are designed to make healthy eating enjoyable, approachable, and easy to fit into your everyday life.

I hope this meal plan inspires you to get creative in the kitchen, make the most of fall's harvest, and enjoy nourishing your body one cozy meal at a time. 🍂



Want more info?

[Book your complimentary 15 min call HERE](#)

Almond Butter & Apple Overnight Oats with Hemp Seeds

2 SERVINGS 2 HOURS 5 MINUTES



INGREDIENTS

1 cup Oats
1 1/2 cups Soy Milk
1/4 cup Vanilla Protein Powder
1/4 cup Hemp Seeds
1 tsp Vanilla Extract
1/2 tsp Cinnamon (plus more for garnish)
2 tbsps Almond Butter
1 Apple (medium, chopped)

DIRECTIONS

- 01 Combine the oats, soy milk, protein powder, hemp seeds, vanilla extract, and cinnamon in a bowl. Stir well to combine.
- 02 Divide the mixture evenly between sealable jars or containers. Refrigerate for two hours until firm.
- 03 Top each evenly with the almond butter and chopped apple. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Honey or maple syrup.

Avocado Toast with a Poached Egg

2 SERVINGS 15 MINUTES



INGREDIENTS

2 slices Bread
1 Avocado
Sea Salt & Black Pepper (to taste)
2 Egg
2 tbsps Apple Cider Vinegar
1/4 tsp Sea Salt

DIRECTIONS

- 01 Toast bread.
- 02 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.
- 03 Crack your egg into a bowl.
- 04 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.
- 05 Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Pumpkin Pancakes

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/3 cups Whole Wheat Flour
2 tsps Baking Powder
1 1/3 tsps Pumpkin Pie Spice
1 1/3 cups Cow's Milk, Whole
2/3 cup Pureed Pumpkin
1 1/3 Egg
2 2/3 tbsps Maple Syrup
1/4 cup Butter (melted, divided, plus extra for optional serving)

DIRECTIONS

- 01 In a medium mixing bowl, combine the flour, baking powder and pumpkin pie spice. Stir well.
- 02 In a separate bowl, combine the milk, pumpkin purée, egg, maple syrup, and 2/3 of the melted butter. Whisk thoroughly until blended.
- 03 Add the wet ingredients into the dry and stir until no big lumps remain.
- 04 Heat a pan over medium-low heat. Brush the pan lightly with melted butter. Scoop the batter onto the pan using roughly 1/4 cup for each pancake. Cook for two to three minutes, until small bubbles form on the surface of the pancakes.
- 05 Flip each pancake and cook on the opposite sides for one to two minutes, or until lightly golden brown.
- 06 Repeat the process with the remaining batter, brushing the pan with butter as needed. Serve the pancakes immediately with butter, if using, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

SERVING SIZE

One serving is equal to two pancakes.

ADDITIONAL TOPPINGS

Serve with fresh berries, maple syrup, or your choice of jam.

NO BUTTER

Use coconut oil instead.

NO MAPLE SYRUP

Use brown sugar instead.

FREEZER MEAL

After the pancakes have completely cooled, line a baking sheet with parchment paper and spread the pancakes out on it. Freeze them for two to three hours then place them in a large freezer bag or airtight container for up to two months. You can reheat them from frozen by heating them in the toaster or oven.

Apple Crisp Yogurt Bowls

2 SERVINGS 20 MINUTES



INGREDIENTS

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
- 02 Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

NOTES

LEFTOVERS

Refrigerate separately in an airtight container for up to three days.

SERVING SIZE

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

ADDITIONAL TOPPINGS

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Sweet Potato & Sausage Hash

2 SERVINGS 30 MINUTES



INGREDIENTS

6 ozs Pork Sausage (casings removed)
1 Sweet Potato (medium, diced into cubes)
3 cups Kale Leaves (chopped)
1 Apple (medium, diced)
1/8 tsp Cinnamon
1/4 tsp Sea Salt

DIRECTIONS

- 01 Cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks. Once it is cooked, remove and set aside on a plate.
- 02 In the same skillet, add the diced sweet potato and cook over medium-high for 1 to 2 minutes or until brown on one side. Lower the heat to medium, stir and cook for 7 to 8 more minutes or until tender and cooked through.
- 03 Add the kale and the apple to the sweet potato with the cinnamon and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage back to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

NOTES

PREP AHEAD

Cook the sweet potato in advance to save time.

NO KALE

Use another hearty green such as dandelion or shaved brussels sprouts.

NO PORK

Use turkey sausage, chicken sausage or ground meat instead.

VEGANS & VEGETARIANS

Use lentils instead of sausage.

Turkey & Cheese Skewers

2 SERVINGS 10 MINUTES



INGREDIENTS

1/4 Cucumber (medium, sliced)
4 ozs Sliced Turkey Breast
4 ozs Cheddar Cheese (cubed)
4 Barbecue Skewers (small)

DIRECTIONS

- 01 Take a barbecue skewer and thread a piece of cucumber, sliced turkey, and cheese. Then add a slice of cucumber, a slice of turkey and another piece of cheese. Repeat with each skewer until all of the ingredients are used up.
- 02 Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is two six-inch (15 cm) skewers.

NO SLICED TURKEY

Use sliced ham.

DAIRY-FREE

Use a plant-based cheese alternative.

Turkey & Cabbage Rolls

4 SERVINGS 10 MINUTES



INGREDIENTS

2 cups Purple Cabbage (leaves pulled apart)
8 ozs Sliced Turkey Breast
1 Cucumber (medium, sliced)
2 tsps Mayonnaise

DIRECTIONS

01 Layer the cabbage, sliced turkey, and cucumber on top of each other. Spread some of the mayo on top and wrap tightly into a roll. Repeat until all ingredients are used up. Use a toothpick to help secure the rolls if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately two small rolls.

ADDITIONAL TOPPINGS

Add sprouts or arugula.

Tahini Yogurt Dip with Apple

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
2 tbsps Tahini
2 tbsps Maple Syrup
1 Apple (cored and sliced)

DIRECTIONS

01 In a bowl mix together the yogurt, tahini, and maple syrup.
02 Serve with apple slices for dipping and enjoy!

NOTES

LEFTOVERS

Refrigerate the yogurt in an airtight container for up to four days and cut the apple just before serving.

SERVING SIZE

One serving is approximately 3/4 cup of dip with one apple.

MAKE IT VEGAN

Use a plant-based yogurt alternative.

MORE FLAVOR

Add vanilla extract and/or cinnamon.

Pumpkin Spice Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

1 1/2 cups Soy Milk
1 cup Pureed Pumpkin
1/4 cup Hemp Seeds
1/4 cup Almond Butter
2 tbsps Maple Syrup
1 tsp Pumpkin Pie Spice
1/2 tsp Cinnamon (plus more for garnish)
1/8 tsp Sea Salt

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into glasses and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to approximately 1 1/2 cup.

NUT FREE

Use pumpkin seed butter.

MORE PROTEIN

Add collagen or protein powder.

MORE FIBER

Add frozen cauliflower, ground flax, and/or chia seeds.

SOY-FREE

Use any other milk alternative.

Honey Mustard Fall Harvest Salad with Crunchy Chickpeas

3 SERVINGS 35 MINUTES



INGREDIENTS

1 1/3 cups Chickpeas (cooked, patted dry)
2 1/4 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Maple Syrup
1 1/8 tsps Smoked Paprika
3/4 tsp Chili Powder
6 cups Kale Leaves (finely chopped)
1/4 cup Honey Mustard Dressing
1/4 cup Red Onion (small, sliced)
3/4 Pear (large, sliced)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 In a bowl, toss the chickpeas with the oil and season with salt and pepper. Transfer to the prepared baking sheet and bake for 20 to 25 minutes until crispy, shaking halfway through.
- 03 Meanwhile, in the same bowl, whisk together the maple syrup, smoked paprika, and chili powder. Add the chickpeas to the bowl and toss well to combine. Transfer back to the baking sheet and let cool for approximately five minutes so the spices can set.
- 04 Add the kale and dressing to a large bowl. Toss to coat very well. Add the onion, pear, and cooked chickpeas and toss gently to combine.
- 05 Divide the salad evenly between plates and enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the chickpeas separately from the salad in an airtight container for up to two days. Reheat the chickpeas in the oven so they're crispy.

SERVING SIZE

One serving is approximately 2 3/4 cups.

MAKE IT VEGAN

Use a plant-based dressing instead.

MORE FLAVOR

Add garlic powder to the chickpeas.

ADDITIONAL TOPPINGS

Bacon, crumbled blue cheese, and/or toasted nuts and seeds.

Roasted Chicken Apple Kale Salad

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Yellow Onion (small, diced)
2 Apple (small, diced)
2 cups Butternut Squash (frozen, cubed)
2 tbsps Thyme (fresh, chopped)
1/4 cup Extra Virgin Olive Oil (divided)
12 ozs Chicken Breast
4 cups Kale Leaves (thinly sliced)
2 tbsps Apple Cider Vinegar
1/4 tsp Sea Salt (or more to taste)

DIRECTIONS

- 01 Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
- 03 Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
- 04 In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

NOTES

LEFTOVERS

Keep salad in a resealable container in the fridge for up to 3 days.

SERVING SIZE

One serving is equal to approximately three cups of salad.

MORE FLAVOR

Swap out fresh thyme with sage for an autumn-inspired salad.

ADDITIONAL TOPPINGS

Top with hemp seeds for an extra nutrition boost.

Butternut Squash Chili

4 SERVINGS 40 MINUTES



INGREDIENTS

1 1/3 tbsps Extra Virgin Olive Oil
5 1/3 cups Butternut Squash (peeled,
chopped into 1/2-inch pieces)
2/3 cup Red Onion (chopped)
1 1/3 Red Bell Pepper (chopped)
2/3 tsp Cumin
2 tps Chili Powder
1 tsp Sea Salt
2 2/3 cups Black Beans (drained, rinsed)
1 cup Vegetable Broth
2 cups Diced Tomatoes

DIRECTIONS

- 01 Heat the oil in a large dutch oven or pot over medium heat. Once hot, add in the squash, onion, and bell pepper and saute for five minutes.
- 02 Reduce the heat to medium-low and add the cumin, chili powder, salt, beans, broth, and tomatoes. Simmer covered for 25 to 30 minutes, until the squash is cooked through and some of the liquid has reduced.
- 03 Season with salt to taste and divide into bowls, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in a sealed container for up to four days, or freeze for up to two months.

SERVING SIZE

One serving is equal to about 1 1/2 cups of chili.

MORE FLAVOR

Add more spice such as cayenne.

Hearty Kale & Apple Tuna Salad

4 SERVINGS 10 MINUTES



INGREDIENTS

1 can Tuna (drained)
2 stalks Celery (diced)
4 cups Kale Leaves (finely sliced)
1 Carrot (grated)
1 Apple (diced)
1/4 cup Sunflower Seeds
2 tbsps Dijon Mustard
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

DIRECTIONS

01 Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Rice Cakes with Almond Butter & Banana

1 SERVING 5 MINUTES



INGREDIENTS

1 Plain Rice Cake
1 tbsp Almond Butter
1/2 Banana (medium, sliced)

DIRECTIONS

01 Spread almond butter on the rice cake and top with sliced banana. Enjoy!

NOTES

NO ALMOND BUTTER

Use peanut, cashew or sunflower seed butter instead.

MORE FLAVOR

Top each rice cake with a drizzle of honey, maple syrup or a pinch of cinnamon.

MORE FIBER

Add hemp seeds, chia seeds, ground flax seed or fresh berries.

Chocolate Chip Pumpkin Oat Muffins

12 SERVINGS 25 MINUTES



INGREDIENTS

4 cups Oats (rolled)
4 cups Pureed Pumpkin
1/3 cup Maple Syrup
1 tbsp Cinnamon
1 cup Dark Chocolate Chips

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C).
- 02 In a large bowl, combine the oats, pureed pumpkin, maple syrup and cinnamon. Gently fold in the chocolate chips until well combined.
- 03 Scoop the mixture into a muffin tray. Bake for 20 minutes or until cooked through.
- 04 Let cool before serving and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving equals one muffin.

MORE FLAVOR

Add nutmeg, crushed nuts or dried fruit into the batter before baking.

ADDITIONAL TOPPINGS

Nut butter, whipped coconut cream, vegan or nut-based cream cheese, or a dab of coconut oil.

Apple Crumble Yogurt Bark

8 SERVINGS 6 HOURS 5 MINUTES



INGREDIENTS

1 1/2 cups Plain Greek Yogurt
1/4 cup Maple Syrup (divided)
1 tsp Cinnamon
1/4 tsp Ground Ginger
1/4 tsp Cardamom
1/2 tsp Vanilla Extract
2 tbsps Almond Butter
1/8 tsp Sea Salt
2 tsps Water
1/2 Apple (small, diced)
1/2 cup Granola

DIRECTIONS

- 01 Line a baking sheet with parchment paper.
- 02 In a bowl, mix together the yogurt, half the maple syrup, cinnamon, ginger, cardamom, and vanilla. Pour the yogurt mixture onto the prepared baking sheet.
- 03 In a small bowl, mix together the almond butter, remaining maple syrup, salt, and water until smooth.
- 04 Add dollops of the almond butter mixture over the yogurt and use a toothpick, or knife to swirl it through the yogurt. Sprinkle the apple and granola on top.
- 05 Place it in the freezer overnight or for at least six hours to set. Break it apart into pieces and enjoy!

NOTES

LEFTOVERS

Freeze in an airtight container for up to one month. Best served immediately from the freezer.

SERVING SIZE

One serving is approximately 1/3 cup.

DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.

Turkey, Quinoa & Vegetable Soup

3 SERVINGS 30 MINUTES



INGREDIENTS

6 cups Water (divided)
12 ozs Extra Lean Ground Turkey
3/4 Yellow Onion (medium, diced)
1 1/2 stalks Celery (diced)
1 1/2 Carrot (medium, sliced)
3/4 Zucchini (medium, diced)
1 1/2 tsps Dried Thyme
1 1/2 tsps Sea Salt
1/3 cup Quinoa (dry, rinsed)
1 1/2 cups Kale Leaves (stems removed, chopped)

DIRECTIONS

- 01 Heat a large pot over medium heat and add a splash of water. Add the turkey, onion, celery, carrot, and zucchini. Cook for five to seven minutes until the meat is browned and cooked, breaking up the meat as it cooks.
- 02 Add the thyme, salt, quinoa, and remaining water. Bring to a boil, then reduce to a simmer.
- 03 Cover and simmer for 12 to 15 minutes until the quinoa is fully cooked.
- 04 Add the kale to the pot and simmer for two minutes until wilted. Divide evenly into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Use broth instead of water and omit the salt.

NO TURKEY

Use ground chicken, beef, or pork instead.

One Pan Roasted Chickpeas & Veggies

3 SERVINGS 40 MINUTES



INGREDIENTS

2 Russet Potato (medium, cubed)
2 Carrot (medium, peeled)
1 1/2 cups Brussels Sprouts (halved)
1 1/2 cups Chickpeas (cooked)
2 tbsps Extra Virgin Olive Oil
1 tsp Garlic Powder
1/2 tsp Paprika
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Add the potatoes, carrots, Brussels sprouts, and chickpeas to the baking sheet. Drizzle with the oil and season with garlic powder, paprika, salt, and pepper. Toss to combine.
- 03 Spread out into an even layer and place in the oven. Cook for 25 to 30 minutes, or until the vegetables are fork-tender, tossing halfway through.
- 04 Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add lemon juice to the veggies and chickpeas before or after roasting.

Chicken & Lentil Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1/2 cup Red Onion (large, chopped)
1/2 bulb Fennel (medium, chopped)
1 1/2 tsps Ginger (finely chopped)
1 tsp Turmeric
1 1/3 quarts Bone Broth
1/4 cup Quinoa (dry, rinsed)
1 lb Chicken Breast, Cooked (shredded)
1 cup Matchstick Carrots
1 cup Lentils (rinsed and drained)

DIRECTIONS

- 01 Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
- 02 Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes.
- 03 Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up to three months.

SERVING SIZE

One serving is equal to approximately 2 1/2 cups.

MORE FLAVOR

Season with salt and black pepper. Use chickpeas instead of lentils.

ADDITIONAL TOPPINGS

Green onions and fresh dill.

MAKE IT VEGAN

Use plant-based protein instead of chicken and vegetable broth instead of bone broth.

NO COOKED CHICKEN

Use raw chicken cut into cubes. Add it at the same time as the carrots and cook until cooked through.

NO QUINOA

Use additional lentils instead.

One Pan Everything Salmon & Brussels Sprouts

2 SERVINGS 35 MINUTES



INGREDIENTS

3 cups Brussels Sprouts
1 tbsp Extra Virgin Olive Oil
2 tbsps Everything Bagel Seasoning (divided)
12 ozs Salmon Fillet
2 tsps Dijon Mustard

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the Brussels sprouts to the pan. Drizzle with the oil and toss to coat. Bake in the oven for 15 minutes.
- 03 Remove the pan from the oven and season the Brussels sprouts with half of the everything bagel seasoning. Toss to coat evenly.
- 04 Place the salmon on the pan and spread the Dijon mustard evenly over the top side of the fillets. Generously coat the top side of the salmon with the remaining everything bagel seasoning. Continue to bake for 15 to 18 minutes or until the salmon is cooked through. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Season with salt and pepper if your everything bagel seasoning doesn't contain salt.

NO BRUSSELS SPROUTS

Use broccoli or cauliflower instead.

NO SALMON

Use another fish, like trout, instead.

EVERYTHING BAGEL SEASONING

If you don't have store-bought Everything Bagel Seasoning, make your own by mixing together even amounts of poppy seeds, sesame seeds, garlic powder, and dried onion flakes. Add sea salt to taste.