



Menu Plan: Day 1

Breakfast: Licious Power Smoothie

½ cup skim milk*
 ⅓ cup 1% plain yogurt*
 ⅓ cup frozen raspberries
 1 tbsp (15 ml) whole or ground flaxseed
 1 tbsp whey or soy protein powder
 1 tsp (5 mL) pure honey (optional)

*you can sub soy versions of these dairy products

Water: 16 oz

Calories: 370
 Carbs: 46 g
 Protein: 28 g
 Fat: 10 g
 Sodium: 175 mg
 Fibre: 1 g

Snack #1: Apple & Almond Ricotta

1 medium apple (with skin), diced
 5 almonds (raw, unsalted)
 ¼ cup light ricotta cheese
 Dash of cinnamon (optional)
 Mix diced apple, almonds and ricotta together – top with a dash of cinnamon.

Water: 16 oz (drink throughout the morning)

Calories: 210
 Carbs: 30 g
 Protein: 8 g
 Fat: 7 g
 Sodium: 80 mg
 Fibre: 5 g

Lunch: Chicken Red Pepper Wraps

3 oz cooked chicken breast, skinless, sliced thinly.
 1 whole grain tortilla, 10 inch
 ¼ cup quinoa, prepared (follow instructions on package)
 ½ cup cucumber, finely chopped
 1 small red pepper, sliced
 1 lettuce leaf (not iceberg)
 1½ tsp mayonnaise
 1½ tsp Dijon mustard

Mix together mayo and Dijon mustard.
 Lay the tortilla flat, cover evenly with mayo/mustard mixture, and add lettuce leaf. On one half of the tortilla, layer in the quinoa, cucumber, red pepper and chicken slices. Fold in the sides and then roll the tortilla. Slice in half diagonally and serve.

Calories: 360
 Carbs: 50 g
 Protein: 34 g
 Fat: 9 g
 Sodium: 640 mg
 Fibre: 8 g

Snack #2: Veggies with Hummus

½ cup broccoli florets
 5 carrot sticks or baby carrots
 4 cherry tomatoes
 ¼ cup hummus (serve as dip)

Water: 6 oz (drink throughout afternoon)

Calories: 160
 Carbs: 21 g
 Protein: 5 g
 Fat: 5 g
 Sodium: 165 mg
 Fibre: 4 g

Dinner: Soy-Ginger Salmon with Wild Rice

Salmon
 3 ½ oz of wild salmon
 ½ tsp olive oil
 ¼ tbsp of gingerroot, grated
 1 tsp reduced sodium soy sauce
 ½ small clove of garlic, minced
 ½ teaspoon pure maple syrup

Rice
 ¼ cup brown and wild rice mixture
 ⅓ cup of low sodium vegetable broth
 2 tbsp green onion, diced

Green Beans
 ½ cup green beans
 Lemon pepper

SALMON: Place salmon in a shallow baking dish. Combine the olive oil, gingerroot, soy sauce, maple syrup and garlic and mix well to create a marinade. Brush marinade on both sides of the salmon and let stand for 15 minutes. Bake salmon at 350° F for about 7 minutes (milky liquid will rise to the top when done).

RICE: In a pot, add rice and vegetable broth. Bring to a boil. Reduce heat, cover and simmer for about 25 minutes (or until rice is tender). Fluff with fork. Stir in green onion.

GREEN BEANS: Steam very lightly (should still be semi-crisp). Season to taste with lemon pepper.

Create a bed of rice on your plate and serve the salmon on top with green beans on the side.

Water: 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 350
 Carbs: 42 g
 Protein: 29 g
 Fat: 15 g
 Sodium: 310 mg
 Fibre: 8 g



Menu Plan: Day 2

Breakfast: Goat Cheese and Red Pepper Scramble

1 egg
2 egg whites
½ tsp extra virgin olive oil
½ medium red pepper, sliced
½ oz goat cheese, crumbled
Dash of pepper
1 cup blueberries
1 slice multigrain toast with 1 tsp reduced sugar jam

Heat olive oil evenly in a non-stick skillet, sauté red pepper and set aside. Mix the egg and egg whites together, add to skillet, and scramble until cooked. Add red pepper and goat cheese to the pan – mix with the eggs. Add a dash of pepper. Serve with blueberries and toast on the side.

Water: 16 oz

Calories: 360
Carbs: 48 g
Protein: 22.5 g
Fat: 9 g
Sodium: 390 mg
Fibre: 9 g

Snack #1: Mango Yogurt

½ cup 1% plain yogurt
1 tbsp of plain whey or soy protein powder
½ cup of mango, diced

Mix yogurt and protein powder together then stir in mango.

Water 16 oz (drink throughout the morning)

Calories: 200
Carbs: 29 g
Protein: 18 g
Fat: 2 g
Sodium: 95 mg
Fibre: 3 g

Lunch: Tuna Power Salad

3 oz tuna, water-packed
⅔ cup celery, diced
2 tbsp of light dressing (3 grams of fat or less per tbsp)
½ tomato, diced
4 black olives, sliced
Combine the ingredients below to create a mixture:
1 cup shredded raw cabbage
1 cup of mixed greens
¼ cup of chickpeas

Mix cabbage and greens together – drizzle 1 tbsp of dressing on top. Serve onto a plate and spoon tuna mixture and chickpeas over salad. Drizzle remaining dressing over top.

Serve on the side:
2 Wasa grain crackers (60)
½ cup of grapes (50)

Calories: 370
Carbs: 48 g
Protein: 29 g
Fat: 8 g
Sodium: 880 mg
Fibre: 11 g

Snack #2: Chicken Salad, Crackers and Cucumber Slices

1 oz cooked, skinless chicken breast (cut into bite size pieces)
2 tbsp of chopped celery
1 teaspoon mayonnaise

Mix above ingredients well.
Serve with 2 multi-grain baked crackers & ½ cup sliced cucumber (with peel)

Water 16 oz (drink throughout afternoon)

Calories: 135
Carbs: 14.5 g
Protein: 9 g
Fat: 6 g
Sodium: 114 mg
Fibre: 4 g

Dinner: Easy Turkey Chili

Makes 5 servings – pre-portion leftovers and freeze for quick and easy meals.
16 oz ground turkey breast (can sub ground meat soy substitute)
1 tbsp olive oil
2 medium garlic cloves minced
1 medium white onion, peeled and chopped
1 can (16 oz) kidney beans, drained
1 can (28 oz) crushed tomatoes
½ cup chickpeas
½ tsp chili powder
¼ tsp cayenne pepper
1 tsp wine vinegar
½ tsp coriander
½ tsp turmeric
5 tbsp reduced fat cheddar cheese, shredded (topping).

Heat oil in a large saucepan. Add turkey, onion, and garlic and cook for 7 minutes, stirring often. Stir in remaining ingredients (except cheese) and simmer uncovered for 25 minutes. Serve in bowls and top with 1 tbsp of grated cheddar cheese

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 390
Carbs: 31.5 g
Protein: 19 g
Fat: 9 g
Sodium: 646 mg
Fibre: 10.5 g



Menu Plan: Day 3

Breakfast: Apple Cinnamon Flax Oatmeal

2 cups water
1 tsp ground cinnamon
2 tbsp ground flax
2 tbsp light maple syrup
½ cup uncooked rolled oats
1 tbsp whey or soy protein powder
1 medium apple - peeled, cored, and diced or cubed

In a medium saucepan, combine water, ½ tsp cinnamon, and 1 tbsp syrup. Heat mixture to a boil.

When water is at a boil, reduce heat and stir in oats. Cook for about 5 minutes, or until all water is soaked up by the oats. Remove from heat. Stir in protein powder (blend well), then apples and flax. Serve in a bowl. Sprinkle ½ tsp cinnamon and drizzle 1 tbsp maple syrup over top.

Water: 16 oz

Calories: 394
Carbs: 66 g
Protein: 18 g
Fat: 7 g
Sodium: 201 mg
Fibre: 12 g

Snack #1: Banana Flax Snack

1 medium banana (100)
½ cup 1% cottage cheese (100)
1 tsp ground flax

Slice banana over cottage cheese, sprinkle with ground flax

Water 16 oz (drink throughout the morning)

Calories: 223
Carbs: 31 g
Protein: 16 g
Fat: 5 g
Sodium: 460 mg
Fibre: 5 g

Lunch: Shrimp and Cucumber Quinoa Salad

½ cup cooked quinoa (follow instructions on package)
1 cup cucumber, chopped (with skin)
2 oz shrimp (cooked, cleaned, ready to eat)
1 tbsp rice wine vinegar
1 tsp olive oil
½ tsp toasted sesame oil
1 tsp reduced sodium soy sauce
¼ tsp cayenne pepper
1 tsp sesame seeds

Combine vinegar, olive oil, sesame oil, soy sauce and cayenne pepper in a medium size bowl. Add the cucumber, shrimp, quinoa and sesame seeds. Mix well and serve.

Calories: 370
Carbs: 48 g
Protein: 22 g
Fat: 9 g
Sodium: 426 mg
Fibre: 6 g

Snack #2: Lettuce Wraps

2 whole lettuce leaves (small to medium size)
½ cup firm tofu, diced
⅓ cup broccoli, diced
⅓ cup red pepper, diced
⅓ cup sprouts
1 tbsp of light/reduced fat balsamic dressing
1 pear, with skin (eat on the side)

Create lettuce wraps with tofu and veggies. Drizzle dressing over top before wrapping up.

Water: 16 oz (drink throughout afternoon)

Calories: 260
Carbs: 36 g
Protein: 11 g
Fat: 7.5 g
Sodium: 254 mg
Fibre: 9 g

Dinner: Steak and Veggie Sauté

3 oz top sirloin steak, visible fat removed, thinly sliced
dash of black pepper
1 tsp olive oil
1 medium carrot, thinly sliced
1 cup mushrooms, sliced
1 cup broccoli, thinly sliced
cup reduced sodium beef stock
¼ tsp cornstarch
2 tbsp orange juice
¼ tsp sweet chili sauce
½ cup (cooked) whole wheat soba noodles

Season the steak with pepper and slice. In a wok or large skillet, heat ½ tsp of olive oil over medium-high heat. Stir-fry the steak until brown with pink center (about 2 minutes). Set aside on a plate.

Heat remaining ½ tsp olive oil in wok/skillet over medium heat. Stir-fry onion and garlic for 1 minute. Add carrots and zucchini and after 2 minutes, add mushrooms. Stir-fry all for another 2 minutes. Remove from heat.

Whisk together beef stock, orange juice, cornstarch and hot sauce. Pour into wok with the veggies and bring to a boil. Add meat to the wok with its juices (do not place on heat until noodles are ready).

Cook the soba noodles in boiling water until they are tender but still slightly firm. Drain the noodles well, then add to wok with beef. Stir-fry the beef, veggie and noodle mixture on medium heat for about 3 minutes. Serve in bowl.

Water: 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 405
Carbs: 52 g
Protein: 25 g
Fat: 8.5 g
Sodium: 365 mg
Fibre: 5 g



Menu Plan: Day 4

Breakfast: Mango Berry Smoothie

½ cup skim milk*
¾ cup 1% plain yogurt*
½ cup frozen berries
½ cup frozen mango
1 tbsp (15 ml) whole or ground flaxseed
1 tbsp whey or soy protein powder

*you can sub soy versions of these dairy products

Water: 16 oz

Calories: 383
Carbs: 50 g
Protein: 28 g
Fat: 10 g
Sodium: 175 mg
Fibre: 9 g

Snack #1: Fruit Salad with Almonds

½ apple with peel, cut into pieces
1 kiwi, peeled, cut into pieces
½ cup strawberries
8 whole almonds

Water: 16 oz (drink throughout the morning)

Calories: 170
Carbs: 22 g
Protein: 4 g
Fat: 5 g
Sodium: 6 mg
Fibre: 7 g

Lunch: Roast Turkey Sandwich

3 oz roast turkey breast, cooked, sliced
2 slices multigrain bread
½ medium tomato, sliced thinly
1 leaf of Boston, romaine or green leaf lettuce
1 tbsp of light cream cheese
1 tbsp of mustard

Spread cream cheese on one slice of the bread and mustard on the second slice. Layer the ingredients evenly.

Calories: 344
Carbs: 37 g
Protein: 31 g
Fat: 8 g
Sodium: 490 mg
Fibre: 6 g

Snack #2: Nutrition Bar (packaged)

Choose one that is made with all-natural ingredients and has approximately the following nutritional value per serving (see the package for information and double check the portioning):
200 calories
at least 14 grams of protein
5 grams or more of fibre
3 to 7 grams of fat

Water: 16 oz (drink throughout afternoon)

Dinner: Chicken, Broccoli and Mushroom Stir-fry

3 ½ oz boneless, skinless chicken breasts
½ cup chicken stock, reduced sodium
1 tsp cornstarch
½ tsp soy sauce, reduced sodium
½ tsp sesame oil
½ tsp grated gingerroot
1 cup broccoli, cut florets
1 green onion, diced
½ cup mushrooms (button or shitake), sliced
½ cup brown rice, cooked (prepare according to package).

In a small bowl, mix together chicken, ½ tbsp of the stock, cornstarch, soy sauce, oil, ginger and pepper.

In saucepan of boiling water, blanch broccoli florets until just tender-crisp; drain and set aside.

In wok or skillet, over high heat, bring remaining stock to boil; add mushrooms. Cook until mushrooms are tender. Stir in chicken mixture; return to boil. Stir in celery and green onion; cook for 1 minute. Add the broccoli and sauté until heated through. Spoon over brown rice.

Water: 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 398
Carbs: 48 g
Protein: 33 g
Fat: 8 g
Sodium: 622 mg
Fibre: 7 g



Menu Plan: Day 5

Breakfast: Breakfast Burrito

- 1 multigrain wrap (8 inch)
- 1 whole egg
- 2 egg whites
- ½ tsp olive oil
- ¼ tsp black pepper
- ½ medium tomato, diced
- ½ oz skim mozzarella, shredded
- 1 apple with skin, medium size

Whisk together the egg, egg whites and pepper. Heat olive oil evenly in a non-stick skillet and scramble eggs until cooked. Remove from heat. Layout the tortilla and layer the egg, diced tomato and cheese evenly over one half. Fold in the sides and roll up.

Water: 16 oz

Calories: 388
 Carbs: 44 g
 Protein: 21 g
 Fat: 12 g
 Sodium: 370 mg
 Fibre: 6 g

Snack #1: Blueberry Soy Yogurt

- ¾ cup plain soy yogurt
- 1 tbsp of plain whey or soy protein powder
- 1 cup of blueberries

Mix yogurt and protein powder together then stir in blueberries.

Water: 16 oz (drink throughout the morning)

Calories: 265
 Carbs: 33 g
 Protein: 20 g
 Fat: 4 g
 Sodium: 125 mg
 Fibre: 5 g

Lunch: Black Bean Soup

Makes 2 Servings

- 1 cup celery, chopped
- 1 cup red pepper, chopped
- ½ onion, medium size
- 1 garlic clove, peeled, crushed
- 2 tsp olive oil
- 2 cups vegetable broth, low sodium
- 1 can (16 oz) black beans, rinsed & drained
- ½ tsp coriander
- ½ tsp cayenne pepper
- ¼ tbsp balsamic vinegar
- 2 tbsp light sour cream
- 2 parsley sprigs

Heat the oil in a saucepan over medium heat. Add the onion and garlic, sauté for 2 minutes. Add red pepper, celery, and onions; cook until soft. Add vegetable broth, black beans, coriander and cayenne pepper. Simmer uncovered for 5 minutes, then stir in balsamic vinegar. Transfer to food processor or blender and process until mixture is smooth, yet still semi-thick. Serve in bowl and top with sour cream and parsley sprig.

Per serving:
 Calories: 410
 Carbs: 68 g
 Protein: 19 g
 Fat: 7 g
 Sodium: 370 mg
 Fibre: 15 g

Snack #2: Greek Salad

- ½ cup cucumber, cut pieces
- ½ cup firm tofu, diced
- ½ cup green pepper, cut pieces
- ½ cup tomato, cut pieces
- ½ oz light feta cheese, crumbled
- 1 tbsp of light/reduced fat Greek salad dressing

Mix all ingredients together.

Water: 16 oz (drink throughout afternoon)

Calories: 212
 Carbs: 23 g
 Protein: 12 g
 Fat: 8 g
 Sodium: 392 mg
 Fibre: 2 g

Dinner: Herbed Wild Salmon

The salmon in this dish is a great source of omega-3 fatty acids, which have several health benefits including helping keep your heart healthy.

- 3 ½ oz wild salmon
- ¼ lemon, juice squeezed
- 1 clove garlic, minced
- 1 tsp dill, fresh, minced
- black pepper
- 1 medium sweet potato
- 1 tbsp light sour cream
- 1 tsp chives, chopped
- 1 cup green beans
- 1 cup yellow beans
- Lemon wedge (garnish)

Preheat oven to 400 degrees. Wash sweet potato and bake in oven (on rack) until done (approx 30 to 40 minutes). Season the salmon evenly with the minced garlic, dill, lemon juice and pepper. Wrap in foil. Place wrapped salmon in shallow baking dish and bake at 400 degrees until done. Milky liquid will rise to top when cooked – approx 20 to 30 minutes depending on thickness of fish. Clean beans and remove ends. Steam lightly - they should still be semi-crisp. Drain and season to taste with lemon and pepper. Cook beans 5 minutes before serving the meal so they are still warm when salmon is done. Serve salmon on a plate with green & yellow beans. Garnish with lemon wedge. Slice baked sweet potato in half and top with sour cream and chives.

Water: 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 375
 Carbs: 47 g
 Protein: 26 g
 Fat: 9 g
 Sodium: 140 mg
 Fibre: 15 g



Menu Plan: Day 6

Breakfast: Whole Grain Cereal with Fruit

1 cup of whole grain cereal
 ½ cup 1% or skim milk* blended with
 1 tbsp of whey or soy protein powder
 1 medium banana
 1 cup blueberries (fresh or frozen, thawed and drained)

Slice banana over cereal, add blueberries, and top with milk.

When choosing a cereal, look for one with the following nutritional value per one cup serving:

- approx 125 to 175 calories
- minimum 7 grams of protein
- minimum 7 grams of fibre
- avoid ones that contained refined sugars

*sub with plain soy milk if preferred

Water 16 oz

Approximate breakdown (will vary with your choice of cereal)

Calories: 391
 Carbs: 54 g
 Protein: 28 g
 Fat: 7 g
 Sodium: 218 mg
 Fibre: 15 g

Snack #1: Cottage Cheese with Fruit and Flax

½ cup 1% cottage cheese
 1 tbsp ground flax
 1 medium apple with skin, diced

Combine cottage cheese and ground flax and stir in apple pieces.

Water 16 oz (drink throughout the morning)

Calories: 213
 Carbs: 28 g
 Protein: 15 g
 Fat: 5 g
 Sodium: 463 mg
 Fibre: 6 g

Lunch: Chicken Salad Stuffed Red Pepper

1 large red pepper
 3 oz fully cooked, boneless, skinless chicken breast, diced
 ½ cup of celery, diced
 5 black olives, chopped
 ½ cup cucumber with peel, diced
 1 tbsp light mayonnaise
 ¼ tsp black pepper
 2 large high fibre, baked crackers (serve on the side)

Slice the red pepper in half and clean/remove seeds.

In a bowl combine the diced cooked chicken breast, celery, olives, cucumber, mayonnaise and pepper. Mix well. Fill the red pepper halves with the chicken salad and enjoy the remaining mixture with the grain crackers.

Calories: 333
 Carbs: 27.5 g
 Protein: 29.5 g
 Fat: 11.5 g
 Sodium: 380 mg
 Fibre: 9 g

Snack #2: Veggies with Dill Yogurt Dip

½ cup broccoli florets
 5 carrot sticks or baby carrots
 4 cherry tomatoes or tomato wedges
 ¼ cup dill yogurt dip (Combine ¼ cup plain 1% yogurt with 1 tbsp plain whey or soy protein powder and add 1 tsp ground dill, ½ tsp of cayenne pepper. Blend well).

Water 16 oz (drink throughout afternoon)

Calories: 150
 Carbs: 17 g
 Protein: 15 g
 Fat: 2 g
 Sodium: 208 mg
 Fibre: 3 g

Dinner: Hearty Vegetarian Stew

Tip: make in larger batches and freeze in single serving portions

½ cup red bell pepper, diced
 1 tsp olive oil
 ¼ cup onion, diced
 ¼ tsp curry powder
 ½ small garlic clove, minced
 ¾ cup squash, peeled, cubed
 ½ cup chickpeas (drained)
 ½ cup kidney beans (drained)
 ¼ cup reduced sodium vegetable broth
 2 tbsp of white wine (sub water if desired)
 3 tbsp of plain yogurt
 1 tbsp chopped parsley

Heat olive oil in saucepan over medium heat. Add the bell pepper and onion; cook and stir for about 2 minutes. Add curry powder and minced garlic; cook and stir another minute. Add the squash, chickpeas, kidney beans, vegetable broth, and wine to saucepan. Cover and bring to a boil. Reduce heat and simmer for 10 minutes or until squash is tender.

Serve in a bowl and top with parsley.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 301
 Carbs: 52 g
 Protein: 12 g
 Fat: 5 g
 Sodium: 602 mg
 Fibre: 15 g



Menu Plan: Day 7

Breakfast: Sunday Morning Flaxseed Berry Pancakes

Makes 12 small pancakes or 4 servings

1 ¼ cup whole wheat flour
 ¾ cups ground flaxseed
 1 tbsp ground cinnamon
 1 tbsp brown sugar
 2 tsp baking powder
 1 ½ cup skim milk
 1 large egg
 1 tsp pure vanilla extract
 ¾ cups blueberries (fresh or frozen)
 4 tbsp of maple syrup

Combine the whole wheat flour, flaxseed, cinnamon, brown sugar and baking powder in a large bowl; mix well. Set aside.

Whisk the skim milk, egg and vanilla in a medium sized bowl. Pour milk mixture into the flour mixture and stir until thoroughly combined. Stir in blueberries.

Heat a large non-stick pan over medium heat. Lightly spray with canola oil. Drop spoonfuls of the batter into the heated pan and cook until bubbles appear on the top of each pancake. Flip and cook until golden brown and cooked through, approximately one minute.

Water 16 oz

Per serving (3 small pancakes with 1 tbsp of maple syrup)

Calories: 367
 Carbs: 55 g
 Protein: 17 g
 Fat: 11 g
 Sodium: 290 mg
 Fibre: 11 g

Snack #1: Pear, Crackers & Cheese

1 pear with skin
 4 baked multigrain crackers
 1 oz skim mozzarella cheese

Water 16 oz (drink throughout the morning)

Calories: 224
 Carbs: 37 g
 Protein: 8 g
 Fat: 6 g
 Sodium: 324 mg
 Fibre: 8 g

Lunch: Turkey Roll Up with Side Salad

1 whole grain tortilla, 8 inch
 3 oz of skinless, roasted turkey breast
 ½ tomato, sliced
 ½ cup sprouts
 2 small lettuce leaves (green leaf or romaine)
 1 tbsp Dijon mustard

Spread Dijon evenly over the tortilla and layer ingredients.

Side Salad:

2 cups of mixed greens
 ½ red or orange pepper sliced
 1 tbsp of natural light dressing

Calories: 348
 Carbs: 41 g
 Protein: 30 g
 Fat: 7 g
 Sodium: 611 mg
 Fibre: 8.5 g

Snack #2: Hummus Stuffed Hard Boiled Eggs

2 hard boiled eggs
 1 tbsp of hummus
 ¼ tsp of paprika

Cut eggs in half and remove yolks. Mix hummus with one boiled egg yolk and spoon mixture into hollowed out eggs. Dash with paprika

1 medium size orange

Water 16 oz (drink throughout afternoon)

Calories: 208
 Carbs: 24 g
 Protein: 15 g
 Fat: 5 g
 Sodium: 228 mg
 Fibre: 5 g

Dinner: Black Bean Chicken with Vegetables

Makes 2 Servings.

Chicken:

5 oz skinless chicken breast
 1 ½ tbsp of low sodium black bean sauce
 ½ cup chopped red pepper

In a blender, puree the red pepper and black bean sauce.

Coat chicken with the puree and bake on a nonstick tray at 350°F degrees until cooked through (approx 30 minutes - chicken should not be pink inside). Remove from oven, let cool, then slice.

Vegetables:

2 cups yellow pepper, sliced thick
 1 cup carrot, sliced
 3 cups broccoli florets
 1 tbsp reduced sodium black bean sauce
 1 tbsp olive oil
 ½ cup canned black beans (drained)

Steam the carrots for 1 minute. Add broccoli and yellow pepper and continue to steam for another 1 to 2 minutes (veggies should still be semi-firm).

Heat non-stick skillet on low heat. Mix black bean sauce and olive oil in skillet. Toss in veggies and black beans, and sautee for 2 minutes. Serve sliced chicken and warm veggies on plate.

Dessert: 1 cup of fresh fruit salad (per serving). Try a mix of berries, kiwi and melon.

Evening: Naturally caffeine-free tea and water

Per serving:

Calories: 375
 Carbs: 44 g
 Protein: 32 g
 Fat: 6 g
 Sodium: 364 mg
 Fibre: 10 g



Menu Plan: Day 8

Breakfast: The Energizer

Oatmeal:
1 cup prepared multigrain oatmeal, slow cooked (prepare according to package)
2 tsp honey
¼ tsp cinnamon

Stir honey into oatmeal and dash with cinnamon.

Scrambled eggs:
1 egg
1 egg white
½ tsp olive oil
1 tbsp salsa (serve on side)

Mix egg and egg whites. Heat oil in pan on medium heat, scramble egg mix. Serve with salsa on the side.

1 plum (served on the side)

Water 16 oz

Calories: 302
Carbs: 34 g
Protein: 22 g
Fat: 7.5 g
Sodium: 428 mg
Fibre: 10 g

Snack #1: Mini Parfait

½ cup plain yogurt 1%*
½ cup berries (your choice of blueberry, strawberry, raspberry or blackberry)
½ cup grain cereal

*you can sub a soy version of this if you prefer

In a bowl or parfait cup layer the yogurt, then cereal and top with berries.

Water 16 oz (drink throughout the morning)

Calories: 199
Carbs: 38 g
Protein: 7g
Fat: 3 g
Sodium: 128 mg
Fibre: 5 g

Lunch: Grilled Chicken Salad

2 ½ mixed spring salad
3 oz boneless, skinless chicken breast
1 cup yellow pepper, sliced
¼ cup chickpeas, drained and rinsed
4 cherry tomatoes
½ oz goat cheese
2 tbsp fresh basil, chopped

Dressing:
1 ½ tsp virgin olive oil,
2 tsp balsamic vinegar

Combine oil and vinegar and mix well

Create a bed with the spring mix and layer ingredients over top. Top with dressing.

Calories: 382
Carbs: 31 g
Protein: 27 g
Fat: 12.5 g
Sodium: 377 mg
Fibre: 7 g

Snack #2: Tuna with Whole Grain Crackers & Cucumber slices

2 oz canned tuna, water packed, drained
1 tbsp naturally light dressing (2 grams fat or less per tbsp)
½ cup cucumber, sliced
5 whole grain, baked crackers

Mix tuna and dressing. Serve with cucumber slices and crackers.

Water 16 oz (drink throughout afternoon)

Calories: 176
Carbs: 17 g
Protein: 13 g
Fat: 4.5 g
Sodium: 268 mg
Fibre: 5 g

Dinner: Easy Veggie Pizza

1 personal size whole wheat pizza crust (7 or 8 inch)
3 tbsp tomato sauce (no added sugar)
2 oz firm tofu, sliced
1 oz skim mozzarella
½ tsp olive oil
½ cup red pepper, sliced
½ cup broccoli florets

Heat oil in a pan and sauté the vegetables lightly.

Spread the tomato sauce over the pizza shell, then layer ingredients on pizza and top with cheese – bake in oven at 375°F until done (cheese will be melted and crust baked through).

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 367
Carbs: 53 g
Protein: 17 g
Fat: 9.5 g
Sodium: 596 mg
Fibre: 8 g



Menu Plan: Day 9

Breakfast: Strawberry Smoothie

½ cup skim milk*
 ⅔ cup 1% plain yogurt*
 ⅓ cup frozen strawberries
 1 tbsp (15 ml) whole or ground flaxseed
 1 tbsp whey or soy protein powder

*you can sub soy versions of these dairy products if you prefer

Water 16 oz

Calories: 350
 Carbs: 41 g
 Protein: 28 g
 Fat: 10 g
 Sodium: 175 mg
 Fibre: 11 g

Snack #1: Apples with Peanut Butter

1 large apple, with skin
 1 tbsp natural peanut butter

Slice apple and spread peanut butter on slices

Water 16 oz (drink throughout the morning)

Calories: 195
 Carbs: 28 g
 Protein: 3.5 g
 Fat: 7 g
 Sodium: 78 mg
 Fibre: 5 g

Lunch: Popeye Salad

2 cups spinach (fresh)
 4 cooked egg whites (from boiled egg or cooked)
 1 dried or fresh fig, sliced
 ⅓ cup kidney beans
 ½ cup grapes, sliced
 ⅓ cup orange pieces (no peel) or 1 mandarin orange (separate pieces)

2 tbsp of Dressing:
 1 tbsp orange juice
 1 tsp olive oil
 1 tsp red wine vinegar

Combine ingredients and mix well.

Create a bed with spinach and layer ingredients over top. Top with dressing.

Calories: 336
 Carbs: 48 g
 Protein: 24 g
 Fat: 6 g
 Sodium: 405 mg
 Fibre: 11 g

Snack #2: Nutrition Bar (packaged)

Choose one that is made with all-natural ingredients and has approximately the following nutritional value per serving (see the package for information and double check the portioning):

- 200 calories
- at least 14 grams of protein
- 5 grams or more of fibre
- 3 to 7 grams of fat

Water 16 oz (drink throughout afternoon)

See package details for nutrient breakdown of your bar.

Dinner: Beef & Vegetable Stew

Makes 4 Servings

12 oz stewing beef, lean, cut into 1" cubes
 2 cups water
 2 medium onions, peeled and quartered
 1 bay leaf
 1 tsp thyme
 1 tsp oregano
 Dash black pepper
 4 cups of sweet potato pieces pieces, cubed (approx 4 medium sized)
 1 ½ cup carrots peeled, chopped
 1 ⅓ cup celery
 2 tbsp flour
 1 cup frozen peas
 ½ cup fresh parsley

Dry beef cubes with paper towel. Spray large heavy saucepan with non-stick cooking spray. Heat over medium-high heat and brown beef on all sides but do not cook through.

Add 1 ½ cups of water and bring to a boil. Add onions, bay leaf, thyme, oregano, and pepper. Cover and simmer for 1 hour.

Add sweet potato and carrot and simmer for 10 minutes. Add celery and simmer for another 10 minutes.

In a bowl mix the flour and remaining cold water and stir until thick and smooth. Add to saucepan and stir in evenly. Add peas and parsley. Cook all, stirring until thickened and bubbling. Remove bay leaf before serving.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 341
 Carbs: 39 g
 Protein: 26 g
 Fat: 10 g
 Sodium: 178 mg
 Fibre: 7 g



Menu Plan: Day 10

Breakfast: Feta and Veggie Scramble

1 egg
2 egg whites
1 tsp extra virgin olive oil
1 cup mushrooms, sliced (will cook down to ½ cup)
½ cup tomato, diced
½ oz feta cheese, light, crumbled

On the side:

1 slice of plain multigrain toast
1 tsp reduced sugar jam
1 apple, with skin (eat on the side)

Heat the oil in a non-stick skillet, sauté the mushrooms and set aside. Mix the egg and egg whites together and scramble until cooked. Add diced tomato and mushrooms and feta cheese to the pan – mix with the eggs. Serve with toast and jam and apple on the side.

Water 16 oz

Calories: 373
Carbs: 51 g
Protein: 25 g
Fat: 8 g
Sodium: 512 mg
Fibre: 9 g

Snack #1: Fruit and Nut

1 cup grapefruit, peeled & sliced
10 whole raw almonds

Water 16 oz (drink throughout the morning)

Calories: 159
Carbs: 28 g
Protein: 4 g
Fat: 4.5 g
Sodium: 0 mg
Fibre: 4 g

Lunch: Chicken Salad Sandwich

2 slices multigrain bread
3 oz cooked, skinless chicken breast (cut into bite size pieces)
¼ cup of chopped celery
1 tbsp light mayonnaise
4 black olives, chopped
2 lettuce leaves
½ tomato, sliced thinly

Combine diced chicken, mayo, chopped celery and diced black olives. Layer the lettuce, then tomatoes and chicken mixture to create the sandwich.

Calories: 388
Carbs: 44 g
Protein: 30.5 g
Fat: 10.5 g
Sodium: 528 mg
Fibre: 9 g

Snack #2: Chips and Salsa

10 baked whole grain chips
½ cup cottage cheese
4 tbsp of salsa

Mix the salsa and cottage cheese together and serve with chips.

Water 16 oz (drink throughout afternoon)

Calories: 191
Carbs: 23 g
Protein: 11 g
Fat: 4 g
Sodium: 543 mg
Fibre: 4 g

Dinner: Shrimp and Vegetable Penne

Recipe serves 4

200 g whole wheat penne pasta (prepare according to package instructions)
Dash of salt (for pasta water)
2 tbsp extra virgin olive oil
1 clove garlic, minced
1 medium Italian eggplant, cut into ½" cubes
4 Roma tomatoes, seeded and chopped
1 medium zucchini, chopped
12 oz shrimp, peeled and de-veined
¼ cup fresh basil, chopped
Fresh ground pepper

Heat 1 tbsp olive oil and stir-fry shrimp until almost done. Set aside.

Boil water for pasta in medium size pot. Once water is boiling, lightly salt the water and start cooking pasta.

While pasta is cooking, heat remaining olive oil in a large skillet. Sauté garlic for one minute. Add eggplant and zucchini and sauté for five minutes or until golden brown.

Add chopped tomatoes and sauté for an additional two minutes. Add shrimp back and cook for another two minutes, until shrimp are cooked through.

Drain pasta, reserving ½ cup cooking liquid. Add both to the skillet and toss all ingredients together. Top with chopped basil. Add fresh ground pepper to taste.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per serving:
Calories: 387
Carbs: 42 g
Protein: 30 g
Fat: 11 g
Sodium: 244 mg
Fibre: 6 g



Menu Plan: Day 11

Breakfast:

½ cup of 1% cottage cheese cup
 2 tbsp of slivered raw almonds
 1 cup blueberries (fresh or frozen, thawed and drained)
 ½ cup naturally low-fat granola (no added sugar)

Mix the above together.

Water 16 oz

Calories: 300
 Carbs: 40 g
 Protein: 20 g
 Fat: 8.5 g
 Sodium: 537 mg
 Fibre: 8 g

Snack #1: Banana with Honey Yogurt Dip

1 medium banana
 ½ cup plain yogurt*
 1 tbsp whey or soy protein powder
 1 tsp honey

Mix together the yogurt, protein powder and honey. Slice banana and dip in mixture.

* you can sub soy yogurt if preferred

Water 16 oz (drink throughout the morning)

Calories: 216
 Carbs: 36 g
 Protein: 14 g
 Fat: 2 g
 Sodium: 191 mg
 Fibre: 4 g

Lunch: Edamame Quinoa Salad

½ cup cooked quinoa (prepare according to package instructions)
 1 medium tomato, chopped
 1 cup chopped cucumber, with skin
 ½ cup edamame, shelled (you can buy these frozen at most grocery stores)
 1 tbsp rice wine vinegar
 1 tsp olive oil
 ½ tsp toasted sesame oil
 1 tsp reduced sodium soy sauce
 ¼ tsp cayenne pepper
 1 tsp sesame seeds

Combine vinegar, olive oil, sesame oil, soy sauce and cayenne pepper in a medium size bowl. Add the cucumber, tomato, edamame, quinoa and sesame seeds. Mix well and serve.

Calories: 317
 Carbs: 41 g
 Protein: 13 g
 Fat: 10 g
 Sodium: 34 mg
 Fibre: 10 g

Snack #2: Hummus with Veggies

½ cup broccoli florets
 5 carrot sticks or baby carrots
 4 cherry tomatoes
 ¼ cup hummus (serve as dip)

Water 16 oz (drink throughout afternoon)

Calories: 160
 Carbs: 21 g
 Protein: 5 g
 Fat: 5 g
 Sodium: 165 mg
 Fibre: 4 g

Dinner: Moroccan Chicken

Makes 2 servings

6 oz boneless, skinless chicken breast
 1 cup cooked brown rice (prepare according to package instructions)
 1 cup onion, sliced
 1 ½ cups water
 1 tbsp ginger
 1 tsp turmeric
 1 tsp cinnamon
 1 cup sweet potato pieces (approx 1 large)
 ½ cup chickpeas, drained and rinsed
 1 tbsp lemon juice
 ½ cup zucchini (approx 1 small)
 2 tbsp fresh parsley, chopped
 2 tbsp coriander

Brown chicken in a skillet until cooked through and set aside.

Reduce heat to medium and add onions, stirring until softened. Add water, ginger, turmeric, cinnamon and simmer. Next add sweet potato and simmer for another 10 minutes.

Add chickpeas, lemon juice, zucchini and cooked chicken. Cover and simmer for 10 minutes more. Add parsley and coriander, season lightly with salt and pepper.

Serve atop brown rice.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 455
 Carbs: 59 g
 Protein: 34 g
 Fat: 4 g
 Sodium: 368 mg
 Fibre: 7 g



Menu Plan: Day 12

Breakfast: Whole Grain Cereal with Fruit

1 cup of whole grain cereal
 ½ cup 1% or skim milk* blended with
 1 tbsp of whey or soy protein powder
 1 medium banana
 1 cup blueberries (fresh or frozen, thawed and drained)

Slice banana over cereal, add blueberries, and top with milk.

When choosing a cereal, look for one with the following nutritional value per one cup serving:

- approx 125 to 175 calories
- minimum 7 grams of protein
- minimum 7 grams of fibre
- avoid ones that contained refined sugars

*sub with plain soy milk if preferred

Water 16 oz

Approximate breakdown (will vary with your choice of cereal)

Calories: 391
 Carbs: 54 g
 Protein: 28 g
 Fat: 7 g
 Sodium: 218 mg
 Fibre: 15 g

Snack #1: Apple & Almond Ricotta

1 medium apple, with skin, diced
 5 raw almonds, unsalted
 ¼ cup light ricotta cheese
 Dash of cinnamon (optional)

Mix diced apple, almonds and ricotta together – top with a dash of cinnamon.

Water 16 oz (drink throughout the morning)

Calories: 210
 Carbs: 30 g
 Protein: 8 g
 Fat: 7 g
 Sodium: 80 mg
 Fibre: 5 g

Lunch: Egg Salad Pita

1 whole grain tortilla, 8 inch
 ½ tomato, sliced

Combine the ingredients below to create a mixture:

1 hard boiled egg, diced
 2 hard boiled egg whites, diced
 ½ cup red pepper, chopped
 ½ cup of celery, chopped
 2 tbsp of hummus
 Dash of paprika (optional)

Mix together the egg, egg whites, red pepper, celery, hummus and paprika. Layer one side of pita with tomato slices, spoon mixture over top.

Calories: 344
 Carbs: 44 g
 Protein: 22.5 g
 Fat: 9 g
 Sodium: 436 mg
 Fibre: 10 g

Snack #2: Stuffed Tomato

1 large tomato, sliced in half, seeds removed
 2 oz tofu, diced
 ½ oz light feta, diced
 1 tbsp balsamic vinegar
 1 tsp basil

Combine the tofu, feta, balsamic vinegar and basil and mix. Spoon mixture into tomato halves.

Water 16 oz (drink throughout afternoon)

Calories: 159
 Protein: 9 g
 Fat: 6.5 g
 Sodium: 358 mg
 Fibre: 5 g

Dinner: Veggie Burger

Makes 4 burgers (freeze extras for quick easy meal)

¼ cup onion, chopped
 1 clove garlic, minced
 1 carrot, shredded
 1 tbsp barbeque sauce
 ⅔ cups dry breadcrumbs
 1 tsp thyme
 ¼ tsp black pepper
 ½ tsp cayenne pepper
 1 can navy beans, drained and rinsed
 1 large egg, beaten
 2 tbsp olive oil

Condiments to use per serving/burger:
 1 tsp Dijon mustard
 1 tsp ketchup or 1 tsp salsa

Served on the side:
 5 baby carrot sticks
 5 celery sticks
 8 multigrain baked chips

Combine onion, garlic, carrot, barbeque sauce, half of the bread breadcrumbs, thyme, cayenne pepper and black pepper. Once beans are drained and rinsed well, mash with a fork. Stir into onion mixture until combined well.

Divide mixture into four equal parts and form patties. Brush each patty with egg and press remaining crumbs evenly over each. Heat oil in a non-stick skillet set over medium heat. Add patties and reduce heat to medium-low. Cook for 5 minutes or until golden. Turn and cook for 5 minutes longer.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per serving:
 Calories: 452
 Carbs: 68 g
 Protein: 18 g
 Fat: 12 g
 Sodium: 697 mg
 Fibre: 10 g



Menu Plan: Day 13

Breakfast: Banana, Orange and Carrot Juice

1 medium size banana, sliced
 1 medium size orange, peeled, cut pieces
 2 tbsp protein powder
 4 oz carrot juice
 2 tbsp flaxseed
 ¼ cup ice cubes
 Water 16 oz

Calories: 389
 Carbs: 63 g
 Protein: 25 g
 Fat: 4 g
 Sodium: 284 mg
 Fibre: 13 g

Snack #1: Apple & Almond Ricotta

½ cup 1% plain yogurt
 1 tbsp of plain whey or soy protein powder
 ¾ cup of berries
 Mix yogurt and protein powder together then stir in berries.
 Water 16 oz (drink throughout the morning)

Calories: 191
 Carbs: 28 g
 Protein: 14 g
 Fat: 2 g
 Sodium: 190 mg
 Fibre: 4 g

Lunch: Grilled Chicken, Mozza and Tomato Baguette

1 six inch whole grain baguette
 1 tbsp skim ricotta cheese
 1 tbsps of basil (finely chopped or ground)
 ½ oz of skim mozzarella cheese, sliced
 3 oz grilled, skinless chicken breast, sliced (fully cooked)
 1 medium tomato, diced
 Sliced the baguette in half.
 Mix together the basil and ricotta. Spread on evenly on one half of the baguette.
 Layer the cheese, then chicken, then tomato slices evenly. Drizzle the balsamic vinegar over the tomatoes. Top with second slice of bread.

Calories: 434
 Carbs: 40 g
 Protein: 40.5 g
 Fat: 8 g
 Sodium: 502 mg
 Fibre: 7 g

Snack #2: Lettuce Wraps

2 whole lettuce leaves (small to medium size)
 ½ cup firm tofu, diced
 ½ cup broccoli, diced
 ⅓ cup red pepper diced
 ⅓ cup sprouts
 1 tbsp of light/reduced fat balsamic dressing
 1 apple, with skin (eat on the side)
 Create lettuce wraps with tofu and veggies. Drizzle dressing over top before wrapping up.
 Water 16 oz (drink throughout afternoon)

Calories: 252
 Carbs: 34 g
 Protein: 11 g
 Fat: 7.5 g
 Sodium: 254 mg
 Fibre: 8 g

Dinner: Cod and Veggie Stir-fry

4 oz of cod, wash and pat dry, slice into thin strips
 1 tsp cornstarch
 1 tsp soy sauce, sodium reduced
 ½ tsp sesame oil
 ½ tsp grated gingerroot
 ⅓ cup low sodium vegetable stock
 ½ tsp black pepper
 1 tsp olive oil
 1 cup snow peas
 1 cup broccoli, cut pieces
 ⅓ cup carrots, sliced
 ½ cup cooked brown rice
 1 fig (eat on side for dessert)

In a medium size bowl, combine the soy sauce, 1 tbsp of the vegetable stock, sesame oil, gingerroot, and pepper. Toss the cod strips in the mixture to coat and let marinate for 10 minutes.

Heat the olive oil in a wok or skillet on medium heat. Add the cod and stir-fry for 3 to 4 minutes cooking evenly, remove cod and set aside. Add veggies to the wok and stir-fry for 2 minutes. Add the remaining vegetable stock, bring to a boil and then reduce to medium heat. Soften veggies for 2 minutes. Stir in the fish and allow to fish to heat through.

Serve over cooked brown rice.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per serving:
 Calories: 452
 Carbs: 68 g
 Protein: 18 g
 Fat: 12 g
 Sodium: 697 mg
 Fibre: 10 g



Menu Plan: Day 14

Breakfast: Egg White Cheese & Veggie Burrito

1 multigrain wrap (8 inch)
 5 egg whites
 1 green onion, chopped (2 tbsp)
 1 tsp olive oil
 ¼ tsp black pepper
 ½ red pepper, sliced
 ½ cup mushrooms, sliced
 ½ oz skim mozzarella, shredded
 1 pear, with skin

Heat ½ tsp of the oil evenly in a non-stick skillet and sauté the veggies lightly. Remove from pan. Whisk together the egg whites, pepper and green onion.

Heat the remaining ½ tsp of oil. Scramble eggs until cooked. Remove from heat.

Layout the tortilla and layer the egg, veggies and cheese evenly over one half.

Fold in the sides and roll up.

Serve the pear on the side.

Water 16 oz

Calories: 447
 Carbs: 57 g
 Protein: 30 g
 Fat: 10 g
 Sodium: 579 mg
 Fibre: 11 g

Snack #1: Oat and Fruit Cookies

Makes 14 cookies.

Wrap up the remaining cookies and store in the fridge or freezer.

⅔ cups whole wheat flour
 ⅓ cup all-purpose flour
 ½ tsp baking powder
 ½ tsp baking soda
 ¼ cup protein powder (plain)
 ¼ tsp salt
 ¼ tsp cinnamon
 ½ cup brown sugar
 ⅓ cup butter, softened
 2 eggs
 2 egg whites
 1 ½ cup grated apples with peel
 2 cups large-flake rolled oats
 ½ cup dried cranberries

Whisk together whole wheat and all-purpose flours, baking powder and soda, protein powder, salt and cinnamon.

In large bowl, beat brown sugar with butter; beat in eggs, then mix in apples. Stir in flour mixture, then oats; fold in cranberries. Blend well.

Make cookie dough balls with about 3 tbsp of the dough. Place on baking sheets (allowing about 3 inches between each cookie).

One sheet at a time, bake in centre of 350F oven until golden brown on tops and bottoms, about 15 minutes minutes.

Water 16 oz (drink throughout the morning)

Per cookie:
 Calories: 191
 Carbs: 28 g
 Protein: 6 g
 Fat: 6 g
 Sodium: 136 mg
 Fibre: 3 g

Lunch: Salmon Salad with Herbed Dressing

3 oz canned sockeye salmon, water-packed (low sodium)
 ½ cup celery, diced
 1 tbsp of naturally light dressing (less than 3 grams fat per tbsp)
 ½ tomato, diced
 2 cups of mixed greens
 ¼ cup of chickpeas
 1 tbsp naturally light salad dressing

2 Wasa grain crackers or 4 baked regular size multigrain crackers

½ cup of grapes (serve on side)

Mix together the salmon (flake with a fork), celery, diced tomato, 1 tbsp of dressing.

Mix chickpeas and greens together – drizzle 1 tbsp of dressing over top. Serve onto a plate and spoon salmon mixture and chickpeas over salad.

Serve the crackers and grapes on the side.

Calories: 417
 Carbs: 49 g
 Protein: 28 g
 Fat: 12 g
 Sodium: 719 mg
 Fibre: 11 g

Snack #2: Apples with Peanut Butter Dip

1 apple with skin, sliced
 2 tsp natural peanut butter
 ¼ cup yogurt, plain 1%
 1 tbsp protein powder
 1 tsp honey

Blends together well the peanut butter, yogurt, honey and protein powder. Serve with apple slices.

Water 16 oz (drink throughout afternoon)

Calories: 248
 Carbs: 36 g
 Protein: 14 g
 Fat: 5 g
 Sodium: 204 mg
 Fibre: 5 g



Menu Plan: Day 14 (continued)

Dinner: Beef & Veggie Chili

Makes 3 Servings

8 oz ground beef, extra lean
1 cup medium onions, chopped
1 small clove garlic, mined
½ cup celery, chopped
½ cup carrots, chopped
½ cup red peppers
1 tbsp chili powder
½ tsp ground cumin
½ tsp Tabasco sauce
¼ tsp crushed red pepper flakes
14 oz can of crushed tomatoes
½ can (19 oz) red kidney beans
½ can (19 oz) black beans
1 plum (dessert)

In a large saucepan, cook beef over medium high until browned. Add onion, garlic, celery, carrots, red pepper, chili powder, cumin, Tabasco and red pepper flakes. Cook until onions are tender.

Add tomatoes, kidney beans and black beans. Simmer until vegetables are tender. Adjust thickness with water. Add more Tabasco and red pepper flakes to adjust taste.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per serving:

Calories: 344
Carbs: 45 g
Protein: 24 g
Fat: 9 g
Sodium: 627 mg
Fibre: 12 g



Menu Plan: Day 15

Breakfast: Apple Banana Oatmeal

1 cup water
 1 tsp ground cinnamon
 1 ½ tbsp light maple syrup
 ½ cup uncooked rolled oats
 1 tbsp whey or soy protein powder
 1 medium apple - peeled, cored, diced or cubed
 1 medium banana, peeled and sliced
 1 tsp ground flax

In a medium saucepan, combine water, ½ tsp cinnamon and 1 tbsp syrup. Heat mixture to a boil.

When water is at a boil, reduce heat and add in oats. Cook for about 5 minutes or until all water is soaked by the oats. Remove from heat. Stir protein powder (blend well), flax, apples and banana.

Serve into a bowl. Sprinkle ½ tsp cinnamon and drizzle ½ tbsp maple syrup over top.

Water 16 oz

Calories: 420
 Carbs: 65 g
 Protein: 29 g
 Fat: 8.5 g
 Sodium: 65 mg
 Fibre: 11 g

Snack #1: Fruit, Almond and Cottage Cheese Bowl

½ cup strawberries
 1 kiwi, peeled and sliced
 ½ cup cottage cheese, 1%
 8 almonds

In a bowl, layer cottage cheese at the bottom, then top with fruit and almonds.

Water 16 oz (drink throughout the morning)

Lunch: Grilled Chicken, Chickpea and Tomato Salad

2 ½ cups mixed spring salad
 3 oz chicken breast, skinless, grilled & sliced (fully cooked)
 ¼ cup chickpeas
 4 cherry tomatoes
 ½ cup snow peas
 ½ oz goat cheese
 2 tbsp basil, fresh, chopped

Dressing: blend together
 1 ½ tsp virgin olive oil
 2 tsp balsamic vinegar

Create a bed of lettuce with the mix greens, then layer the sliced grilled chicken, chickpeas, cherry tomatoes, and snow peas. Sprinkle the goat cheese and drizzle the dressing evenly over top.

Snack #2: Greek Salad

Chop and toss together the following:

2 oz tofu, firm, cubed
 ½ cup tomato, chopped
 ½ cup cucumber (with skin) diced
 ½ oz light feta cheese (40)

2 tsp dressing - mix in just before serving

For dressing: mix 1 tsp of red wine vinegar with ½ tsp extra virgin olive oil and dash of oregano powder

Water 16 oz (drink throughout afternoon)

Dinner: Grilled Shrimp and Vegetable Kebabs

8 large shrimp (44 g), washed, deveined with tails removed
 1 medium size red pepper, quartered
 1 medium size green pepper, quartered
 1 medium purple onion, quartered
 ½ tsp chopped fresh thyme
 ½ tsp chopped fresh oregano
 ½ tsp chopped fresh rosemary
 1 tsp olive oil
 ½ garlic clove, minced
 2 bamboo skewers
 ½ cup quinoa prepared (prep according to package)
 2 tbsp parsley, chopped
 1 tbsp naturally light dressing (less than 3 grams fat per serving)

In a large ziplock bag, combine the thyme, oregano, rosemary, olive oil and garlic. Seal and shake to mix. Add in the shrimp, seal and shake again to coat evenly. Let marinade for 10 minutes.

Soak the skewers in water for 10 minutes.

Thread on each skewer: 2 pieces each of red pepper, green pepper and onion alternating with one shrimp in between each veggie piece.

Grill method: spray lightly with a non-stick cooking spray and grill for 2 minutes on one side, then turn over and grill another 2 to 3 minutes until shrimp are cooked through.

Oven method: bake in a non-stick pan in the over at 350 degrees for approx 4 minutes on each side (shrimp should be cooked through).

Mix together the prepared quinoa and chopped parsley. Drizzle dressing over top and serve onto plate with the kebabs.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 290
 Carbs: 42 g
 Protein: 17 g
 Fat: 8 g
 Sodium: 250 mg
 Fibre: 11 g



Menu Plan: Day 16

Breakfast: Licious Power Smoothie

½ cup skim milk*
⅓ cup 1% plain yogurt*
⅓ cup frozen raspberries
1 tbsp (15 ml) whole or ground flaxseed
1 tbsp whey protein powder
1 tsp (5 ml) pure honey (optional)

*sub soy versions of these dairy products if desired

Water 16 oz

Calories: 370
Carbs: 46 g
Protein: 28 g
Fat: 10 g
Sodium: 75 mg
Fibre: 11 g

Snack #1: Pear & Almonds

10 Almonds
1 large Pear, sliced
One 4 oz glass (½ cup) of skim milk*

*sub with soy milk if desired

Water 16 oz (drink throughout the morning)

Calories: 157
Carbs: 25 g
Protein: 4 g
Fat: 4.5 g
Sodium: 6 mg
Fibre: 7 g

Lunch: Home-style Tuna Salad Sandwich

4 oz canned tuna, water packed, drained
1 tbsp of parsley, chopped
½ cup celery, diced
½ medium size tomato, sliced
¼ tsp black pepper
1 tbsp light mayo
1 lettuce leaf (green leaf or romaine)
2 slices multigrain bread
1 medium size apple

Mix together well the tuna, diced parsley, celery, pepper and light mayo. Layer the lettuce leaf and then tomato slices over top of one bread slice and spoon mixture on top. Sprinkle with black pepper. Close second with second slice of bread. Serve apple on the side.

Water 16 oz (drink throughout afternoon)

Calories: 460
Carbs: 59 g
Protein: 36 g
Fat: 11 g
Sodium: 496 mg
Fibre: 9 g

Snack #2: Veggies with Feta Dill Dip

½ oz light feta cheese
⅓ cup plain yogurt, 1%
1 tsp lemon juice
2 sprigs of dill, chopped
dash of black pepper
1 cooked egg white, chopped

Veggies:
½ cup broccoli florets
5 cherry tomatoes
½ cup zucchini, sliced rounds

Blend all dip ingredients well in a mixer. Serve in a dipping bowl with veggies on the side.

Calories: 162
Carbs: 20 g
Protein: 12 g
Fat: 4 g
Sodium: 273 mg
Fibre: 4 g

Dinner: Veggie Dogs with Yam Fries

1 jumbo veggie dog
1 multigrain hot dog bun
1 sweet potato, washed, sliced into strips
½ tsp olive oil
dash black pepper
1 celery stalk, cut into sticks
1 carrot, sliced into sticks

Condiment for veggie dog (optional, included in nutritional breakdown below)

2 tsp mustard
2 tsp ketchup

Heat oven to 350°F.

Lay the sweet potato sticks on a baking sheet and brush them with olive oil (lightly on both sides) then dash with black pepper. Bake 10 minutes on one side, then turn over and continue baking until slightly crisp (should be cooked through, then to your desired crispness). Remove from oven and let them cool for 5 minutes.

Boil or grill veggie dog (only takes a couple of minutes – follow the package instructions). Toast bun on oven rack.

Serve veggie dog (with condiments if desired), sweet potato fries and veggie sticks on a plate.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 439
Carbs: 72 g
Protein: 26.5 g
Fat: 4 g
Sodium: 867 mg
Fibre: 10 g



Menu Plan: Day 17

Breakfast: Whole Grain Cereal with Fruit

1 cup of whole grain cereal
½ cup 1% or skim milk* blended with
1 tbsp of whey or soy protein powder
1 medium banana
1 cup blueberries (fresh or frozen, thawed and drained)

Slice banana over cereal, add blueberries, and top with milk.

When choosing a cereal, look for one with the following nutritional value per one cup serving:

- approx 125 to 175 calories
- minimum 7 grams of protein
- minimum 7 grams of fibre
- avoid ones that contained refined sugars

*sub with plain soy milk if preferred

Water 16 oz

Snack #1: Mango Yogurt with Flax

½ cup 1% plain yogurt
1 tbsp of plain whey or soy protein powder
1 tbsp ground flax
½ cup of mango, diced

Blend well the yogurt, protein powder and ground flax, then stir in mango.

Water 16 oz (drink throughout the morning)

Calories: 200
Carbs: 29 g
Protein: 18 g
Fat: 2 g
Sodium: 95 mg
Fibre: 3 g

Lunch: Antipasto Salad

3 oz roast turkey breast, skinless, fully cooked, sliced
½ cup chickpeas
1 medium size tomato, quartered
½ cup cucumber, sliced
½ cup zucchini with skin, sliced rounds
½ oz reduced fat cheddar cheese, cubed
2 cups of mixed greens

Dressing:
(Makes 4 portions of 2 tbsp each)

5 tsp light mayo
2 tbsp water
1 tsp mustard
1 tsp soy sauce
¼ tsp black pepper
½ tsp oregano

Roll up the slices of turkey breast. Create a bed of lettuce on your plate. Layer all of the salad ingredients evenly.

Dressing: Place all ingredients together in a jar with lid and shake until mixed together. Drizzle dressing over top of salad.

Water 16 oz (drink throughout afternoon)

Calories: 320
Carbs: 30 g
Protein: 38 g
Fat: 6 g
Sodium: 220 mg
Fibre: 7 g

Snack #2: Nutrition Bar (packaged)

Choose one that is made with all-natural ingredients and has approximately the following nutritional value per serving (see the package for information and double check the portioning):

- 200 calories
- at least 14 grams of protein
- 5 grams or more of fibre
- 3 to 7 grams of fat

Water 16 oz (drink throughout afternoon)

See package details for nutrient breakdown of your bar.

Dinner: Grilled Chicken Pizza

1 x 7 or 8 inch whole wheat pizza crust (personal size)
3 tbsp tomato sauce (no added sugar)
3 oz grilled skinless chicken (fully cooked), sliced
1 oz skim mozzarella, grated
1 tsp fresh basil chopped or ½ tsp dried basil
1 tsp olive oil
⅓ cup yellow pepper sliced
⅓ cup green pepper, sliced
⅓ cup broccoli florets

Heat the oil in a pan and sauté the veggies lightly.

Spread the tomato sauce over the pizza shell, then layer ingredients on pizza and top with cheese and sprinkle with basil – bake in oven at 375 degrees until done (cheese will be melted and crust baked through).

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 427
Carbs: 51 g
Protein: 32 g
Fat: 9 g
Sodium: 606 mg
Fibre: 8 g



Menu Plan: Day 18

Breakfast: Breakfast Parfait

¾ cup plain yogurt 1% (sub soy yogurt if desired)
 1 cup berries (any of blueberry, strawberry, raspberry & blackberry)
 ½ cup whole grain cereal or naturally light granola (less than 3 grams fat per 100 calorie serving). See day 17 for tips on choosing a cereal.

Layer in a bowl or parfait cup the yogurt, then cereal (or granola) and top with berries.

Water 16 oz

Calories: 330
 Carbs: 58 g
 Protein: 16 g
 Fat: 7 g
 Sodium: 258 mg
 Fibre: 9 g

Snack #1: Oat and Fruit Cookies

Makes 14 cookies.

Wrap up the remaining cookies and store in the fridge or freezer.

⅔ cups whole wheat flour
 ½ cup all-purpose flour
 ½ tsp baking powder
 ½ tsp baking soda
 ¼ cup protein powder (plain)
 ¼ tsp salt
 ¼ tsp cinnamon
 ½ cup brown sugar
 ⅓ cup butter, softened
 2 eggs
 2 egg whites
 1 ½ cup grated apples with peel
 2 cups large-flake rolled oats
 ½ cup dried cranberries

Whisk together whole wheat and all-purpose flours, baking powder and soda, protein powder, salt and cinnamon.

In large bowl, beat brown sugar with butter; beat in eggs, then mix in apples. Stir in flour mixture, then oats; fold in cranberries. Blend well.

Make cookie dough balls with about 3 tbsp of the dough. Place on baking sheets (allowing about 3 inches between each cookie).

One sheet at a time, bake in centre of 350F oven until golden brown on tops and bottoms, about 15 minutes.

Water 16 oz (drink throughout the morning)

Per cookie:
 Calories: 191
 Carbs: 28 g
 Protein: 6 g
 Fat: 6 g
 Sodium: 136 mg
 Fibre: 3 g

Lunch: Open Face Egg Salad Sandwich

1 whole egg, cooked and diced
 2 whole egg whites, cooked and diced
 1 tbsp of parsley, chopped
 ¼ cup red pepper, diced
 ¼ cup celery, diced
 ¼ tsp black pepper
 1 tbsp light mayo
 1 lettuce leaf (green leaf or romaine)
 1 slice multigrain bread

1 medium size apple

Mix together well the chopped egg and egg white, diced parsley, red pepper, celery, pepper and light mayo. Layer the lettuce leaf over top of bread slice and spoon mixture on top. Serve the apple on the side.

Water 16 oz (drink throughout afternoon)

Calories: 340
 Carbs: 44 g
 Protein: 19 g
 Fat: 11
 Sodium: 430 mg
 Fibre: 7 g

Snack #2: Mixed Bean Salad

¼ cup chickpeas, canned, rinsed, drained
 ¼ cup kidney beans, canned, rinsed, drained
 ½ cup cucumber, with skin, diced
 ½ oz skim mozzarella, diced
 1 tbsp basil, chopped

Balsamic dressing:

1 tsp of olive oil mixed with 1 tbsp balsamic vinegar (blend well)

Toss together all ingredients except the dressing. Serve into bowl and drizzle dressing over top.

Calories: 180
 Carbs: 4 g
 Protein: 11 g
 Fat: 4.5 g
 Sodium: 230 mg
 Fibre: 5 g



Menu Plan: Day 18 (continued)

Dinner: Baked Wild Salmon with Tomato Salsa

Salmon
3.5 oz of wild salmon

Salsa:
1 medium size tomato, diced
2 tbsp finely chopped onion
2 tsp cilantro, chopped (optional)
1 tsp crushed garlic
1 tbsp lemon juice
Mix all ingredients together well.

Rice
¼ cup brown and wild rice mixture
½ cup of low sodium vegetable broth

Green Beans
½ cup green beans
½ tsp lemon pepper

Start the rice and then cook the salmon and beans.

Salmon: Pre-heat oven to 350°F. Place salmon in a shallow baking dish, cover with oven-proof lid or foil, and bake for about 3 minutes. Uncover and top with 2 tbsp of the salsa. Bake and additional 4 minutes until salmon is done (milky liquid will rise to the top when done).

Rice: In a pot, add rice and vegetable broth. Bring to a boil. Reduce heat, cover and simmer for about 25 minutes (or until rice is tender). Fluff with fork. Stir in the remaining salsa.

Green Beans: Steam very lightly (should still be semi-crisp). Season to taste with lemon pepper.

Create a bed of the rice and salsa mixture on your plate. Serve the salmon on top with green beans to the side.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 403
Carbs: 48 g
Protein: 31 g
Fat: 11 g
Sodium: 610 mg
Fibre: 12 g



Menu Plan: Day 19

Breakfast: Veggie Omelette

5 egg whites
dash of pepper
1 tsp olive oil
1 cup mushrooms, sliced
½ cup broccoli, chopped
½ cup chopped tomato (drained of juice)
½ oz reduced fat cheddar cheese, grated (or sub skim mozzarella)

1 slice multigrain toast
1 tsp reduced sugar jam
1 fig (medium size), sliced

Heat oil in a non-stick frying pan and coat evenly. Sauté the mushroom slices and broccoli pieces; remove veggies from pan when almost done and set aside.

Beat egg whites together with a fork and dash with pepper; pour into pan, let cook until set. Layer in the mushrooms, broccoli and tomato and cheese to one side and then fold the other half of the egg over. Cook for another 1 to 2 minutes until cheese is melted.

Serve on a plate with fig and toast on the side.

Water 16 oz

Calories: 380
Carbs: 43 g
Protein: 33 g
Fat: 9 g
Sodium: 591 mg
Fibre: 8 g

Snack #1: Blueberry, Oat and Flax Cobbler

½ cup cottage cheese (1%)
1 tbsp ground flax
½ cup blueberries
½ cup granola, naturally light (max 3 grams fat per 100 calorie serving)

Mix the flax and cottage cheese together. Fold in blueberries and spoon mixture into a bowl. Top with the granola.

Water 16 oz (drink throughout the morning)

Calories: 246
Carbs: 28 g
Protein: 6 g
Fat: 6 g
Sodium: 136 mg
Fibre: 3 g

Lunch: Steak & Blue Cheese Salad

2 oz lean strip loin steak, cooked, sliced in strips
3 cups of mixed greens
¼ cup red onion, thinly sliced
5 cherry tomatoes
⅓ cup chick peas
½ cup red grapes, sliced

Dressing:

Blend the following ingredients together
3 tbsp of plain 1% yogurt
½ oz crumbled blue cheese
1 tsp white or red wine vinegar
½ tsp Dijon mustard

Create a bed with the mixed greens, layer all of the ingredients over top and top with dressing.

Water 16 oz (drink throughout afternoon)

Calories: 385
Carbs: 40 g
Protein: 34 g
Fat: 9 g
Sodium: 436 mg
Fibre: 6 g

Snack #2: Greek Veggies with Chickpeas

1 medium size tomato, diced
⅓ cup chickpeas
½ oz feta, light, crumbled
½ cup cucumber, diced
½ tsp olive oil
1 lemon wedge

In a bowl, mix together tomato, chickpeas, cucumber and olive oil. Top with feta and squeeze juice from lemon wedge over top.

Calories: 184
Carbs: 25 g
Protein: 7 g
Fat: 4 g
Sodium: 391 mg
Fibre: 5.5 g

Dinner: Soy Ginger Chicken

Serves 2

6 oz chicken breasts, boneless skinless
2 tbsp rice vinegar
1 tsp soy sauce, low sodium
1 tbsp ginger, minced
1 clove garlic, minced
1 cup water
½ cup rice noodles
⅔ cup carrots, julienned strips
1 large red pepper, julienned strips
1 cup snow peas
1 cup bean sprouts
1 tsp sesame oil

Instructions:

Create Marinade with vinegar, soy sauce, ginger, garlic. Slice chicken thinly and place in marinade (coat evenly) for 30 minutes.

Bring water to boil and add rice noodles. Cook until tender and drain.

Remove chicken from marinade and cook in a pan or wok over medium heat until done (no longer pink). Add to rice noodles.

Stir-fry carrots and red pepper in the pan until softened but still firm. Add to chicken and rice noodles.

Add ⅓ cup water to the skillet and bring remaining marinade to a boil. Boil for 5 minutes. Add snow peas and bean sprouts: cooked covered for one minute.

Add to rice noodle dish. Toss with sesame oil and serve.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 398
Carbs: 50 g
Protein: 28 g
Fat: 9 g
Sodium: 358 mg
Fibre: 5 g



Menu Plan: Day 20

Breakfast: Licious Banana-Berry Power Smoothie

1/4 cup orange juice
 1/2 cup plain, low-fat yogurt (or soy yogurt)
 1 medium size, peeled, ripe banana
 1/2 cup stemmed, sliced strawberries
 1 tsp natural honey
 2 tablespoons whey or soy protein powder
 2 tbsp ground flax

Place all the ingredients in a blender.
 Blend on high speed until smooth.

Water 16 oz

Calories: 403
 Carbs: 65 g
 Protein: 25 g
 Fat: 5 g
 Sodium: 285 mg
 Fibre: 9 g

Snack #1: Fruit, Nut and Cheese

1 oz skim mozzarella, sliced
 8 almonds
 1/2 cup grapes
 1 mandarin orange, peeled, sectioned

Serve all items on a plate.

Water 16 oz (drink throughout the morning)

Calories: 206
 Carbs: 22 g
 Protein: 11 g
 Fat: 8 g
 Sodium: 194 mg
 Fibre: 4 g

Lunch: Roast Turkey Cranberry Roll Up

3 oz roasted turkey breast, skinless. Sliced thinly.

1 whole grain tortilla, 8 inch
 2 lettuce leaves (not iceberg)
 2 tsp light cream cheese
 1 tsp cranberry sauce

Side salad:

2 cups mixed greens
 1 red pepper, sliced

Dressing

Blend together 2 tsp of balsamic vinegar and 1/2 tsp olive oil

Blend together the cream cheese and cranberry sauce.

Lay the tortilla flat and spread cranberry cheese mixture evenly over it.

Layer the lettuce leaf. Fold in the sides and then roll the tortilla. Slice in half diagonally and serve.

Serve salad in on the side.

Water 16 oz (drink throughout afternoon)

Calories: 360
 Carbs: 38 g
 Protein: 35 g
 Fat: 9 g
 Sodium: 570 mg
 Fibre: 9 g

Snack #2: Veggies and Pita with Hummus

5 cherry tomatoes
 1/2 cup cucumber with peel, sliced
 1/2 8 inch whole grain tortilla
 1/4 cup hummus
 1 tbsp of whey protein powder

Blend protein powder with hummus well.
 Spread hummus on the tortilla and roll all ingredients in as a wrap, or slice tortilla and veggies and serve on a plate.

Calories: 234
 Carbs: 28 g
 Protein: 17 g
 Fat: 6 g
 Sodium: 322 mg
 Fibre: 5 g

Dinner: Halibut with Tomato & Swiss Chard

Recipe makes 2 servings

4 large Swiss chard leaves
 1 green onions, thinly sliced
 1/2 tbsp lemon juice
 1/4 tsp each turmeric and ground ginger, cumin and coriander
 1/4 tsp cayenne pepper
 2 halibut fillets (each approx 4 oz)
 2 medium size tomatoes, diced
 1/2 tsp olive oil
 3/4 cup brown rice, prepared

2 Lemon wedges (side garnish)

In saucepan of boiling salted water, blanch Swiss chard leaves until wilted and dark green, about 10 seconds. Transfer immediately to bowl of ice water. Drain and pat dry. Lay 2 leaves flat. Sprinkle one-quarter of the green onions in mound in centre.

In bowl, stir together lemon juice, salt, turmeric, ginger, cumin, coriander and cayenne; smear one-quarter over one side of one fish fillet. Place fillet, spice-side down on green onions. Fold one side of leaf over fillet and roll up, tucking in ends, to make package; place, seam-side down, on heatproof plate. Repeat with the second piece of halibut.

Place plate in bamboo steamer over simmering water or place over heatproof bowl in large pot with 2 inches (5 cm) boiling water. Cover and steam until done (fish flakes easily when tested, 10 to 12 minutes).

Heat olive oil in non-stick pan, add rice and diced tomato. Sautee lightly for one minute until heated through.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 480
 Carbs: 65 g
 Protein: 38 g
 Fat: 9 g
 Sodium: 290 mg
 Fibre: 6 g



Menu Plan: Day 21

Breakfast: Sunday Morning Flaxseed Berry Pancakes

Makes 12 small pancakes or 4 servings

1 ¼ cup whole wheat flour
 ⅓ cups ground flaxseed
 1 tbsp ground cinnamon
 1 tbsp brown sugar
 2 tsp baking powder
 1 ½ cup skim milk
 1 large egg
 1 tsp pure vanilla extract
 ¾ cups blueberries (fresh or frozen)
 4 tbsp of maple syrup

Combine the whole wheat flour, flaxseed, cinnamon, brown sugar and baking powder in a large bowl; mix well. Set aside.

Whisk the skim milk, egg and vanilla in a medium sized bowl. Pour milk mixture into the flour mixture and stir until thoroughly combined. Stir in blueberries.

Heat a large non-stick pan over medium heat. Lightly spray with canola oil. Drop spoonfuls of the batter into the heated pan and cook until bubbles appear on the top of each pancake. Flip and cook until golden brown and cooked through, approximately one minute.

Water 16 oz

Per serving (3 small pancakes with 1 tbsp of maple syrup)

Calories: 367
 Carbs: 55 g
 Protein: 17 g
 Fat: 11 g
 Sodium: 290 mg
 Fibre: 11 g

Snack #1: Protein Plate

1 hard boiled egg, shell removed, sliced
 6 baked grain crackers
 ½ oz skim mozzarella, sliced
 6 cherry tomatoes

Serve all items on a plate.

Water 16 oz (drink throughout the morning)

Calories: 211
 Carbs: 19 g
 Protein: 12.5 g
 Fat: 8 g
 Sodium: 346 mg
 Fibre: 5 g

Lunch: Split Pea Soup

Makes 2 servings

½ tbsp olive oil
 1 onion, chopped
 1 carrot, chopped
 1 garlic cloves, peeled, sliced
 2 cups low sodium vegetable stock
 2 cups water
 ¾ cup dried split peas
 ½ tsp curry powder
 ½ tsp ground cumin

2 tbsp parsley, chopped

½ 8 inch whole grain pita

Heat oil in saucepan over medium heat. Add onion and cook 3 minutes, stirring occasionally. Add carrot and garlic; cook until soft. Add remaining ingredients except pita and parsley; bring to a boil. Reduce heat; simmer uncovered 30 minutes, peas should be tender. Serve into bowl and garnish with parsley.

You can double this recipe and freeze half for later.

Water 16 oz (drink throughout afternoon)

Calories: 340
 Carbs: 44 g
 Protein: 19 g
 Fat: 11 g
 Sodium: 430 mg
 Fibre: 7 g

Snack #2: Nutrition Bar (packaged)

Choose one that is made with all-natural ingredients and has approximately the following nutritional value per serving (see the package for information and double check the portioning):

- 200 calories
- at least 14 grams of protein
- 5 grams or more of fibre
- 3 to 7 grams of fat

Water 16 oz (drink throughout afternoon)

See package details for nutrient breakdown of your bar.

Dinner: Chicken with Red Pepper & Black Bean Sauce

Recipe serves 2

6 oz skinless chicken breast
 1 ½ tbsp of low sodium black bean sauce
 ½ cup chopped red pepper

In a blender, puree the red pepper and black bean sauce.

Coat chicken with the puree, bake in a non-stick pan at 350 degrees until cooked through (chicken should not be pink inside – approx 30 minutes). Cool. Slice.

Vegetables

2 cups yellow pepper, thick slices
 1 cup carrot sliced
 2 cups broccoli florets
 1 tbsp of reduced sodium black bean sauce
 1 tbsp of olive oil
 ½ cup black beans (canned, drained)

1 cup fruit salad for dessert

Steam the carrots for 1 minute. Add broccoli and yellow pepper and continue to steam for another 1 to 2 minutes (veggies should still be semi-firm).

Heat non-stick skillet on low heat.

Mix black bean sauce and olive oil.

Toss in veggies and black beans. Sautee for 2 minutes.

Serve sliced chicken and warm veggies on plate.

Dessert: 1 cup of fresh fruit salad (per serving). Try a mix of berries, kiwi, melon and plum.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 391
 Carbs: 44 g
 Protein: 36 g
 Fat: 9 g
 Sodium: 446 mg
 Fibre: 8 g



Menu Plan: Day 22

Breakfast: Apple & Flax Oatmeal

1 cup water
2 tbsp ground flax
2 tablespoons light maple syrup
½ cup uncooked rolled oats
2 tbsp whey or soy protein powder
1 medium apple - peeled, cored, diced or cubed

In a medium saucepan, combine water, ½ tsp cinnamon, and 1 tbsp syrup. Heat mixture to a boil.

When water is at a boil, reduce heat and add in oats. Cook for about 5 minutes, or until all water is soaked by the oats. Remove from heat. Stir in protein powder (blend well), then apples and flax.

Serve into a bowl. Drizzle 1 tbsp maple syrup over top.

Water 16 oz

Calories: 444
Carbs: 68 g
Protein: 28 g
Fat: 7 g
Sodium: 340 mg
Fibre: 12 g

Snack #1: Hummus Stuffed Hard Boiled Eggs

2 hard boiled eggs
1 tbsp of hummus
¼ tsp of paprika

Cut eggs in half and remove yolks. Mix hummus with one boiled egg yolk and spoon mixture into hollowed out eggs. Dash with paprika

1 medium size orange

Water 16 oz (drink throughout the morning)

Calories: 208
Carbs: 24 g
Protein: 15 g
Fat: 5 g
Sodium: 228 mg
Fibre: 5 g

Lunch: Tuna Stacks

3 oz canned tuna, water packed, drained
2 tbsp light cream cheese
1 tbsp chopped parsley
1 tbsp onion (finely chopped)
Dash of pepper

½ cup cucumber slices

6 grain crackers

1 cup berries (eat on the side)

Mixed together all ingredients except the cucumber slices, crackers and berries.

Create mounds with the tuna mixture using about 2 tbsp for each one.

Serve with cucumber slices and crackers.

Enjoy berries for dessert.

Water 16 oz (drink throughout afternoon)

Calories: 318
Carbs: 41 g
Protein: 20 g
Fat: 8 g
Sodium: 558 mg
Fibre: 8 g

Snack #2: Veggies with Dill Yogurt Dip

½ cup broccoli florets
5 carrot sticks or baby carrots
4 cherry tomatoes or tomato wedges
¼ cup dill yogurt dip (Combine ¼ cup plain 1% yogurt with 1 tbsp plain whey or soy protein powder and add 1 tsp ground dill, ½ tsp of cayenne pepper. Blend well).

Water 16 oz (drink throughout afternoon)

Calories: 150
Carbs: 17 g
Protein: 15 g
Fat: 2 g
Sodium: 208 mg
Fibre: 3 g

Dinner: Sirloin Fajitas with Homemade Salsa

Makes 2 servings (one Fajita per serving)

6 oz boneless beef top sirloin steak, fat trimmed off & thinly sliced
½ lime
1 ½ teaspoons of chili powder
½ teaspoon of cumin
1 tsp of extra virgin olive oil
½ cup onion, sliced
1 red bell pepper, large, sliced in strips
2 eight inch multigrain tortillas
2 tbsp light sour cream

Salsa

1 tbsp chopped fresh cilantro leaves (optional)
½ cup diced plum tomatoes
¼ cup diced white onion
1 small garlic clove, minced
¼ cup mild picante sauce

Place steak on a plate. Squeeze lime juice over steak; sprinkle with chili powder and cumin. Coat well; let stand 10 minutes.

Prepare the salsa: in a bowl, combine the tomatoes, onion, garlic and cilantro – mix well. Add in the picante sauce. Blend together.

Heat olive oil in a skillet over medium heat, add onion and bell pepper; cook and stir for 3 minutes or until just softened. Remove from skillet and set aside. Add beef to the skillet and stir-fry for 2 minutes. Add onion and pepper slices back to the pan and cook until beef is medium-done (or to your preference).

Place half the beef and vegetable mixture in the centre of each tortilla; fold sides over the filling and roll up.

Serve each fajita with 3 tbsp of salsa and 1 tbsp of sour cream.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per Fajita:
Calories: 363
Carbs: 45 g
Protein: 28 g
Fat: 8 g
Sodium: 628 mg
Fibre: 5 g



Menu Plan: Day 23

Breakfast: Tomato Basil & Goat Cheese Scramble

1 medium tomato, diced (drain liquid)
 ½ goat cheese
 1 tbsp basil, chopped (fresh preferred)
 1 slice multigrain toast
 1 tsp reduced sugar fruit preserve (optional)

Scrambled eggs:

1 egg
 1 egg white
 1 tbsp basil chopped
 1/2 tsp olive

½ cup grapes (serve on side)

Whisk together eggs and basil. Heat oil in pan on medium heat, scramble egg mix. Add in the diced tomato and goat cheese and mix together. Remove from heat once the goat cheese has softened. Serve with toast and grapes on the side.

Water 16 oz

Calories: 365
 Carbs: 38 g
 Protein: 25 g
 Fat: 12 g
 Sodium: 436 mg
 Fibre: 6 g

Snack #1: Cottage Cheese, Fruit and Almonds

½ cup cottage cheese, 1%
 10 raw almonds, unsalted
 1 plum, with peel, sliced
 1 apple with skin, medium size, diced

Mix plum, apple and cottage cheese together then top with almonds.

Water 16 oz (drink throughout the morning)

Calories: 252
 Carbs: 37 g
 Protein: 12 g
 Fat: 6.5 g
 Sodium: 319 mg
 Fibre: 6 g

Lunch: Edamame & Shrimp Quinoa Salad

½ cup cooked quinoa (prep instructions on package)
 1 medium size tomato, chopped
 1 cup chopped cucumber (with skin)
 1 cup chopped cucumber (with skin)
 3 oz shrimp, cooked, deveined
 ½ cup edamame (without shell – you can buy frozen at your grocery store)
 1 tbsp rice wine vinegar
 1 tsp olive oil
 ½ tsp toasted sesame oil
 1 tsp reduced sodium soy sauce
 ¼ tsp cayenne pepper
 1 tsp sesame seeds

Combine vinegar, olive oil, sesame oil, soy sauce and cayenne pepper in a medium size bowl. Add the cucumber, tomato, shrimp, edamame, quinoa and sesame seeds. Mix well and serve.

Water 16 oz (drink throughout afternoon)

Calories: 396
 Carbs: 42 g
 Protein: 31 g
 Fat: 11 g
 Sodium: 224 mg
 Fibre: 10 g

Snack #2: Banana with Honey Yogurt Dip

1 medium banana
 ½ cup plain yogurt*
 1 tbsp whey or soy protein powder
 1 tsp honey

Mix together the yogurt, protein powder and honey. Slice banana and dip in mixture.

* you can sub soy yogurt if preferred

Water 16 oz (drink throughout afternoon)

Calories: 216
 Carbs: 36 g
 Protein: 14 g
 Fat: 2 g
 Sodium: 191 mg
 Fibre: 4 g

Dinner: Dill Salmon with Wild Rice

Salmon
 3.5 oz of wild salmon
 1 lemon wedge
 1 tsp dill

Rice

¼ cup brown and wild rice mixture
 ½ cup of low sodium vegetable broth
 2 tbsp green onion, diced

Green Beans
 ½ cup green beans
 Lemon pepper

1 pear with skin (for dessert)

Salmon: Place salmon in a shallow baking dish. Squeeze juice from lemon wedge over salmon and sprinkle with dill. Bake salmon at 350 degrees F for about 7 minutes (milky liquid will rise to the top when done).

Rice: In a pot, add rice and vegetable broth. Bring to a boil. Reduce heat, cover and simmer for about 25 minutes (or until rice is tender). Fluff with fork. Stir in green onion.

Green Beans: Steam very lightly (should still be semi-crisp). Season to taste with lemon pepper.

Create bed of rice on plate and serve the salmon on top with green beans to the side.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 440
 Carbs: 62 g
 Protein: 30 g
 Fat: 8 g
 Sodium: 278 mg
 Fibre: 13 g



Menu Plan: Day 24

Breakfast: Banana, Strawberry and Carrot Smoothie

1 medium size banana, sliced
 1 cup strawberries, frozen
 2 tbsp protein powder
 4 oz carrot juice
 2 tbsp flaxseed
 ½ cup ice cubes (optional)

Blend all ingredients in mixer and serve.

Water 16 oz

Calories: 408
 Carbs: 67 g
 Protein: 26 g
 Fat: 4 g
 Sodium: 284 mg
 Fibre: 14 g

Snack #1: Apple & Almond Ricotta

½ cup 1% plain yogurt
 1 tbsp of plain whey or soy protein powder
 ¾ cup of berries

Mix yogurt and protein powder together then stir in berries.

Water 16 oz (drink throughout the morning)

Calories: 191
 Carbs: 28 g
 Protein: 14 g
 Fat: 2 g
 Sodium: 190 mg
 Fibre: 4 g

Lunch: Mediterranean Grilled Chicken Salad

3 oz chicken breast, skinless, grilled and sliced
 6 cherry tomatoes
 2 cup mixed greens
 ½ cup zucchini, sliced rounds
 1 red bell pepper, sliced
 ½ cup celery, cut pieces
 ½ oz skim mozzarella, cubed
 ¼ cup chickpeas, canned, rinsed, drained
 2 tbsp fresh basil, chopped

Dressing:

Blend together the following:

2 tsp olive oil
 ½ tsp basil, minced or dried
 1 tbsp balsamic vinegar

Create a bed of lettuce with the mixed greens and then layer ingredients over top (sprinkle fresh basil last). Drizzle salad with dressing.

Water 16 oz (drink throughout afternoon)

Calories: 444
 Carbs: 40 g
 Protein: 35 g
 Fat: 10 g
 Sodium: 331 mg
 Fibre: 10 g

Snack #2: Chips and Salsa

10 baked whole grain chips
 ½ cup cottage cheese
 4 tbsp of salsa

Mix the salsa and cottage cheese together and serve with chips.

Water 16 oz (drink throughout afternoon)

Calories: 191
 Carbs: 23 g
 Protein: 11 g
 Fat: 4 g
 Sodium: 543 mg
 Fibre: 4 g

Dinner: Pork Tenderloin Stir-fry

3 oz lean pork tenderloin
 ½ tsp cornstarch
 1 tsp low sodium soy sauce
 1 tbsp low sodium vegetable broth
 ½ tbsp ginger, minced
 1 cup broccoli, cut pieces
 1 cup snow peas
 ½ cup bean sprouts
 1 tsp olive oil
 ½ clove garlic, minced
 1 tbsp water
 ½ cup brown rice, prepared (cooked volume - prep without oil or butter)

1 pear (dessert)

Marinade: mix together cornstarch, soy sauce, ginger and vegetable broth.

Slice pork thinly and coat in the marinade.

Heat oil in a large nonstick skillet or wok on high heat. Add pork and stir-fry for 1 to 2 minutes until meat is browned. Stir in garlic and broccoli; stir-fry for 2 minutes. Add a tbsp of water and the snow peas; cover and steam for 1 minute, then add the sprouts for another 30 seconds. Serve over brown rice.

Enjoy the pear for dessert.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 403
 Carbs: 55 g
 Protein: 25 g
 Fat: 9 g
 Sodium: 572 mg
 Fibre: 9 g



Menu Plan: Day 25

Breakfast: Breakfast Parfait

¾ cup plain yogurt 1% (sub soy yogurt if desired)
 1 cup berries (any of blueberry, strawberry, raspberry & blackberry)
 ½ cup whole grain cereal or naturally light granola (less than 3 grams fat per 100 calorie serving). See day 17 for tips on choosing a cereal.

Layer in a bowl or parfait cup the yogurt, then cereal (or granola) and top with berries.

Water 16 oz

Calories: 330
 Carbs: 58 g
 Protein: 16 g
 Fat: 7 g
 Sodium: 258 mg
 Fibre: 9 g

Snack #1: Fruit Salad w Almonds

½ apple with peel, cut pieces
 1 kiwi, peeled, cut pieces
 ½ cup strawberries
 8 whole almonds

Water 16 oz (drink throughout afternoon)

Calories: 170
 Carbs: 22 g
 Protein: 4 g
 Fat: 5 g
 Sodium: 6 mg
 Fibre: 7 g

Lunch: Open Face Roast Turkey & Veggie Sandwich

3 oz roasted turkey breast, skinless. Sliced thinly.
 2 slice of multigrain bread
 2 tbsp hummus
 ½ tomato, sliced
 1 leaf of lettuce (not iceberg)
 ¼ cup sprouts
 ¼ cup cucumber (thinly sliced)

Side salad:

2 cups mixed greens
 4 cherry tomatoes, sliced

Dressing

Blend together 2 tsp of balsamic vinegar and ½ tsp olive oil

Spread hummus over bread and layer all ingredients evenly. Serve salad on the side.

Water 16 oz (drink throughout afternoon)

Calories: 429
 Carbs: 48 g
 Protein: 36 g
 Fat: 10.5 g
 Sodium: 415 mg
 Fibre: 11 g

Snack #2: Nutrition Bar (packaged)

Choose one that is made with all-natural ingredients and has approximately the following nutritional value per serving (see the package for information and double check the portioning):

- 200 calories
- at least 14 grams of protein
- 5 grams or more of fibre
- 3 to 7 grams of fat

Water 16 oz (drink throughout afternoon)

See package details for nutrient breakdown of your bar.

Dinner: Vegetarian Gumbo

Makes 2 servings

2 tsp Creole seasoning mix
 1 tbsp flour (all purpose)
 1 tbsp low sodium vegetable broth
 ½ cup kidney beans, canned (rinsed and drained)
 ¾ cup chickpeas, canned (rinsed and drained)
 8 oz tofu, firm (cut into bite size cubes)
 2 tsp olive oil
 1 small onion, chopped
 1 tsp garlic, minced
 ¾ cup low sodium vegetable broth
 ½ can (or about 8 oz) stewed tomatoes, no salt added (do not drain liquid)
 2 large green bell pepper, cut to bite size pieces
 1 tsp cayenne pepper

Mix well the flour, seasoning mix and 1 tbsp of vegetable broth in a re-sealable plastic bag (like ziplock). Add tofu cubes and toss to coat. Heat oil over medium heat in a non-stick skillet or saucepan. Add tofu to skillet and sautee for 1 minute. Add in the onion and garlic; sautee for another minute.

Add the vegetable broth, chickpeas, kidney beans, tomatoes with juice, and green pepper; bring to a boil. Mix in cayenne pepper.

Reduce heat, cover, and simmer for 10 minutes. Uncover and simmer for another 5 minutes or until sauce thickens. Serve into bowls.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per serving
 Calories: 403
 Carbs: 58 g
 Protein: 18 g
 Fat: 10 g
 Sodium: 628 mg
 Fibre: 12 g



Menu Plan: Day 26

Breakfast: Breakfast Burrito

1 multigrain wrap (8 inch)
1 whole egg
2 egg whites
½ tsp olive oil
¼ tsp black pepper
½ medium tomato, diced
½ oz skim mozzarella, shredded
1 apple with skin, medium size

Whisk together the egg, egg whites and pepper. Heat olive oil evenly in a non-stick skillet and scramble eggs until cooked. Remove from heat. Layout the tortilla and layer the egg, diced tomato and cheese evenly over one half. Fold in the sides and roll up.

Water: 16 oz

Calories: 388
Carbs: 44 g
Protein: 21 g
Fat: 12 g
Sodium: 370 mg
Fibre: 6 g

Snack #1: Cottage Cheese with Fruit and Flax

½ cup 1% cottage cheese
1 tbsp ground flax
1 plum
½ cup blueberries

Mix together cottage cheese and ground flax. Blend in fruit pieces.

Water 16 oz (drink throughout the morning)

Calories: 206
Carbs: 25 g
Protein: 16 g
Fat: 5 g
Sodium: 461 mg
Fibre: 5 g

Lunch: Mexi-Licious Chicken Salad

2 oz cooked chicken breast, skinless, sliced
½ oz skim mozzarella, shredded
⅓ cup black beans, canned, rinsed and drained
½ cup tomato, diced
1 large red pepper, sliced
2 cups mixed greens
8 baked tortilla chips (served on the side)

Dressing:

1 tsp honey
1 tsp olive oil
2 tbsp lime juice
Blend all ingredients together well.

Make a bed of lettuce in a wide bowl. Layer all ingredients evenly over top adding the cheese last. Serve with dressing.

Water 16 oz (drink throughout afternoon)

Calories: 370
Carbs: 48 g
Protein: 32 g
Fat: 9 g
Sodium: 230 mg
Fibre: 9 g

Snack #1: Strawberry Banana "Ice Cream"

1 cup frozen strawberries
½ banana
½ cup plain yogurt, 1%
½ cup ice cubes.

Blend in mixer and serve.

Calories: 190
Carbs: 37 g
Protein: 8 g
Fat: 2.5 g
Sodium: 85 mg
Fibre: 6 g

Dinner: Seared Ahi Tuna with Mango Salsa

Serves 1

4 oz Ahi Tuna Steak
1 tsp olive oil
½ cup cooked brown rice (prep ahead of time or first)

Mango salsa
½ cup mango, diced (choose a mango that is just ripe, not too soft)
¼ cup white onion, diced
¼ cup red pepper, diced
¼ cup avocado, diced (about ⅓ of a large avocado)
2 tbsp lime juice
2 tbsp cilantro, chopped

Mix together all of the salsa ingredients.

Heat the oil in a skillet on medium high (coat it evenly). Sear tuna for one minute on each side. Create a bed of rice and serve tuna with mango salsa over top.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 467
Carbs: 56 g
Protein: 32 g
Fat: 13 g
Sodium: 55 mg
Fibre: 9 g



Menu Plan: Day 27

Breakfast: Whole Grain Cereal with Fruit

1 cup of whole grain cereal
 ½ cup 1% or skim milk* blended with
 1 tbsp of whey or soy protein powder
 1 medium banana
 1 cup blueberries (fresh or frozen, thawed and drained)

Slice banana over cereal, add blueberries, and top with milk.

When choosing a cereal, look for one with the following nutritional value per one cup serving:

- approx 125 to 175 calories
- minimum 7 grams of protein
- minimum 7 grams of fibre
- avoid ones that contained refined sugars

*sub with plain soy milk if preferred

Water 16 oz

Snack #1: Oat and Fruit Cookies

Makes 14 cookies.

Wrap up the remaining cookies and store in the fridge or freezer.

⅔ cups whole wheat flour
 ⅓ cup all-purpose flour
 ½ tsp baking powder
 ½ tsp baking soda
 ¼ cup protein powder (plain)
 ¼ tsp salt
 ¼ tsp cinnamon
 ½ cup brown sugar
 ⅓ cup butter, softened
 2 eggs
 2 egg whites
 1 ½ cup grated apples with peel
 2 cups large-flake rolled oats
 ½ cup dried cranberries

Whisk together whole wheat and all-purpose flours, baking powder and soda, protein powder, salt and cinnamon.

In large bowl, beat brown sugar with butter; beat in eggs, then mix in apples. Stir in flour mixture, then oats; fold in cranberries. Blend well.

Make cookie dough balls with about 3 tbsp of the dough. Place on baking sheets (allowing about 3 inches between each cookie).

One sheet at a time, bake in centre of 350F oven until golden brown on tops and bottoms, about 15 minutes minutes.

Water 16 oz (drink throughout the morning)

Per cookie:
 Calories: 191
 Carbs: 28 g
 Protein: 6 g
 Fat: 6 g
 Sodium: 136 mg
 Fibre: 3 g

Lunch: Mediterranean Lentil Salad

½ cup lentils, prepared (prep according to package)
 2 oz skinless roasted chicken breast (fully cooked & cooled) slice into bite size pieces
 1 medium size tomato, diced
 ¼ cup chopped fresh basil
 2 tbsp green onion, chopped
 2 leaves of romaine lettuce
 ½ oz goat cheese

1 tsp olive oil
 1 tbsp balsamic vinegar

½ cup grapes (eaten on the side)

Combine the prepared lentils (cooled) with chopped tomato, onion, and basil.

Blend the olive oil and balsamic vinegar. Drizzle over the lentil mixture and mix through.

Create a bed with the lettuce leaves and spoon the lentil mixture over top. Crumble goat cheese over the salad. Serve with the grapes on the side.

Water 16 oz (drink throughout afternoon)

Calories: 370
 Carbs: 44 g
 Protein: 31 g
 Fat: 9 g
 Sodium: 100 mg
 Fibre: 9 g

Snack #1: Soy nuts with Cheese and Fruit

⅓ cup of baked, unsalted soy nuts
 ½ oz skim mozza, sliced
 1 orange, peeled and sectioned

Calories: 245
 Carbs: 31 g
 Protein: 14 g
 Fat: 8 g
 Sodium: 86 mg
 Fibre: 6 g



Menu Plan: Day 27 (continued)

Dinner: Steak, Roasted Veggies and Fries

3 oz sirloin, extra lean, fat trimmed
dash of pepper
¼ tsp rosemary, ground

1 cup mushrooms, thick slices
½ tsp olive oil
1 medium size tomato, sliced
1 parsley sprig

Sweet potato, medium to large size
½ tsp olive oil
¼ tsp paprika
¼ tsp chili powder
¼ tsp pepper

Fries: Preheat the oven to 375 degrees
Spread the sweet potato sticks on a sheet pan, lightly coat with ½ tsp olive oil and then season with pepper, paprika and chili powder. Bake for 20 minutes – they should be cooked through.

Steak: Season sirloin and broil to medium done or to desired tenderness.

Veggies: Sauté mushrooms lightly with ½ tsp of olive oil. Slice tomatoes.

Serve steak, fries and veggies on a plate. Garnish with parsley.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 382
Carbs: 41 g
Protein: 35 g
Fat: 8 g
Sodium: 130 mg
Fibre: 9 g



Menu Plan: Day 28

Breakfast: Pear & Flax Oatmeal

1 cup water
2 tbsp ground flax
2 tablespoons light maple syrup
½ cup uncooked rolled oats
2 tbsp whey or soy protein powder
1 pear – cored then diced or cubed

In a medium saucepan, combine water, ½ tsp cinnamon, and 1 tbsp syrup. Heat mixture until boiling. Reduce heat and add in oats. Cook for about 5 minutes, or until all water is soaked by the oats. Remove from heat. Stir in protein powder (blend well), then add pear and flax.

Serve into a bowl. Drizzle 1 tbsp maple syrup over top.

Water: 16 oz

Calories: 468
Carbs: 73 g
Protein: 29 g
Fat: 7 g
Sodium: 340 mg
Fibre: 13 g

Snack #1: Deviled Eggs

2 hard boiled eggs, remove yolks and set aside
2 tsp of Dijon mustard
¼ tsp of paprika
6 whole grain baked crackers
6 cherry tomatoes

Mix Dijon mustard with one of the boiled egg yolks. Spoon mixture into hollowed out eggs and then dash with paprika. Serve deviled eggs with crackers and cherry tomatoes on the side.

Water 16 oz (drink throughout the morning)

Calories: 190
Carbs: 21 g
Protein: 10 g
Fat: 7 g
Sodium: 470 mg
Fibre: 5 g

Lunch: Tuna Salad with Mixed Greens

4 oz canned tuna, water packed, drained
1 tsp light mayo
1 tbsp chopped parsley
1 tbsp onion (finely chopped)
Dash of pepper
1 sliced of multigrain bread

Salad:
2 cups of mixed greens
1 medium size red pepper, sliced
½ cup cucumber, sliced
Salad dressing:

1 tsp olive oil
2 tsp lemon juice
1 tsp ground basil
Mix dressing ingredients well.

1 cup berries (eat on the side for dessert)

In a bowl, mix together the tuna, light mayo, parsley, onion and dash of pepper. Serve bread onto plate and spoon tuna mixture over top. Create a salad with the salad ingredients and drizzle dressing evenly.

Water 16 oz (drink throughout afternoon)

Calories: 400
Carbs: 51 g
Protein: 33 g
Fat: 7 g
Sodium: 280 mg
Fibre: 10 g

Snack #2: Veggies with Dill Yogurt Dip

½ cup broccoli florets
5 carrot sticks or baby carrots
4 cherry tomatoes or tomato wedges
¼ cup dill yogurt dip (Combine ¼ cup plain 1% yogurt with 1 tbsp plain whey or soy protein powder and add 1 tsp ground dill, ½ tsp of cayenne pepper. Blend well).

Water 16 oz (drink throughout afternoon)

Calories: 150
Carbs: 17 g
Protein: 15 g
Fat: 2 g
Sodium: 208 mg
Fibre: 3 g

Dinner: Chinese Chicken Wraps

3 oz chicken breast, skinless
1 tsp olive oil
½ tsp of Chinese 5-spice powder
1 tsp low sodium soy sauce
2 tbsp diced green onion
1 medium size red pepper, diced
2 tsp hoisin sauce
1 tsp Thai chili sauce
2 large leaves of green leaf lettuce
½ cup rice noodles prepared (cooked volume, prepare according to package)

1 medium apple (eat on the side for dessert)

Preheat oven to 350 degrees C. Place chicken on baking sheet, brush with olive oil and sprinkle with 5-spice powder. Bake about 15 to 20 minutes until chicken is cooked through (no pink). Cool the chicken and dice.

Place cooked rice noodles in a bowl. Add diced chicken, red pepper, green onion, soy sauce, hoisin sauce, and chili sauce. Stir until ingredients are blended together well.

Spoon the mixture evenly into the 2 lettuce leaves and eat as wraps.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 405
Carbs: 57 g
Protein: 29 g
Fat: 8 g
Sodium: 350 mg
Fibre: 7 g



Menu Plan: Day 29

Breakfast: Banana Berry Smoothie

1 medium size banana, sliced
1 cup berries, frozen
2 tbsp protein powder
4 oz apple juice
2 tbsp flaxseed
½ cup ice cubes (optional)

Blend all ingredients in mixer and serve.

Water: 16 oz

Calories: 468
Carbs: 73 g
Protein: 29 g
Fat: 7 g
Sodium: 340 mg
Fibre: 13 g

Snack #1: Stuffed Tomato

1 large tomato, sliced in half,
seeds removed
2 oz tofu, diced
½ oz light feta, diced
1 tbsp balsamic vinegar
1 tsp basil

Combine the tofu, feta, balsamic vinegar and basil and mix. Spoon mixture into tomato halves.

Water 16 oz (drink throughout afternoon)

Calories: 159
Protein: 9 g
Fat: 6.5 g
Sodium: 358 mg
Fibre: 5 g

Lunch: Roast Beef, Swiss & Dijon Wrap

3 oz roast beef, cooked, thinly sliced
½ medium size tomato, sliced
1 leaf of lettuce (green leaf, Boston or romaine)
½ oz Swiss cheese, light/reduced fat, sliced
1 tbsp Dijon mustard
1 eight-inch whole grain tortilla
1 plum with skin

Lay tortilla flat and spread Dijon evenly over it. Then layer evenly (in order) the lettuce, tomato, roast beef, and cheese. Fold in the sides and roll up. Serve with plum on the side for dessert.

Water 16 oz (drink throughout afternoon)

Calories: 371
Carbs: 42 g
Protein: 26 g
Fat: 11 g
Sodium: 536 mg
Fibre: 6 g

Snack #2: Protein Plate

1 hard boiled egg, shell removed, sliced
6 baked grain crackers
½ oz skim mozzarella, sliced
6 cherry tomatoes

Serve all items on a plate.

Water 16 oz (drink throughout the morning)

Calories: 211
Carbs: 19 g
Protein: 12.5 g
Fat: 8 g
Sodium: 346 mg
Fibre: 5 g

Dinner: Homemade Chickpea Veggie Burgers

Recipe makes 4 servings

1 can (15 oz) chickpeas, rinsed and drained
⅓ cup chopped carrots
⅓ cup whole wheat croutons
⅓ cup parsley, fresh, chopped
⅓ cup white onion, chopped
1 egg white
1 tsp minced garlic
½ tsp black pepper
4 multigrain hamburger buns

Garnishes:

4 large tomato slices
4 lettuce leaves (green leaf or Boston)
4 tsp ketchup
4 tsp mustard (Dijon or regular)

Place chickpeas, carrots, croutons, parsley, onion, egg white, garlic and pepper in a food processor; process until blended. Create 4 patties.

Heat 1 tsp oil in a non-stick skillet over medium-heat and evenly coat the skillet. Add the patties; cook 5 minutes on one side; turn over and cook the other side until browned.

Toast buns if desired then serve with condiments.

Per serving: 1 burger, 1 each of bun, lettuce leaf, tomato slice, 1 tsp ketchup and 1 tsp of mustard.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Calories: 305
Carbs: 52 g
Protein: 13 g
Fat: 6 g
Sodium: 389 mg
Fibre: 8 g



Menu Plan: Day 30

Breakfast: Cottage Cheese, Fruit & Granola Parfait

1/2 cup of 1% cottage cheese
2 tbsp of slivered raw almonds
1 cup blueberries (fresh, or frozen thawed and drained)
1 medium size apple with peel, diced.
1/2 cup naturally low-fat granola (no added sugar)

In a bowl or parfait cup layer ingredients in the following order: cottage cheese, granola, fruit and top with almonds.

Water: 16 oz

Calories: 395
Carbs: 64 g
Protein: 20 g
Fat: 8.5 g
Sodium: 539 mg
Fibre: 12 g

Snack #1: Nutrition Bar (packaged)

Choose one that is made with all-natural ingredients and has approximately the following nutritional value per serving (see the package for information and double check the portioning):

- 200 calories
- at least 14 grams of protein
- 5 grams or more of fibre
- 3 to 7 grams of fat

Water 16 oz (drink throughout afternoon)

See package details for nutrient breakdown of your bar.

Lunch: Balsamic Glazed Pork Tenderloin Salad

3 oz thinly sliced pork tenderloin, cooked
1 cup cauliflower, cut pieces or florets
1 medium yellow bell pepper, sliced
1 cup broccoli, cut pieces or florets
1/2 cup reduced sodium vegetable broth
1/4 cup balsamic vinegar
2 cups mixed greens
2 tbsp crushed pecans
1/2 cup sliced grapes (dessert)

Glaze: you are creating a balsamic reduction. In a small saucepan, boil the vinegar over medium heat about 4 minutes or until liquid is reduced by two thirds and becomes syrupy. Cook carefully and ensure the glaze does not burn. When reduced, set aside.

Place pork, cauliflower, yellow pepper, broccoli in medium size skillet and cover. Cook over medium-high heat 15 minutes or until vegetables are tender (stir every few minutes). Remove from heat, drain, and cool mixture slightly.

Create a bed of lettuce with the mixed greens. Serve pork and veggie mixture over top and then drizzle with the balsamic glaze. Top with crushed pecans.

Serve grapes on the side.

Water 16 oz (drink throughout afternoon)

Calories: 400
Carbs: 51 g
Protein: 33 g
Fat: 7 g
Sodium: 280 mg
Fibre: 10 g

Snack #2: Veggies with Feta Dill Dip

1/2 oz light feta cheese
1/3 cup plain yogurt, 1%
1 tsp lemon juice
2 sprigs of dill, chopped
dash of black pepper
1 cooked egg white, chopped

Veggies:

1/2 cup broccoli florets
5 cherry tomatoes
1/2 cup zucchini, sliced rounds

Blend all dip ingredients well in a mixer. Serve in a dipping bowl with veggies on the side.

Calories: 162
Carbs: 20 g
Protein: 12 g
Fat: 4 g
Sodium: 273 mg
Fibre: 4 g



Menu Plan: Day 30 (continued)

Dinner: Minestrone-Style Chicken Soup

Makes two servings:

½ cup onion, chopped (white or yellow)
1 large red bell pepper, chopped
1 cup mushrooms, thick slices
1 cup eggplant, chopped
1 clove garlic, minced
3 tsp dried basil
1 tsp oregano, dried
2 cups of water
1 can (14 oz) canned tomatoes (no salt added)
½ can (15 oz can) kidney beans, drained and rinsed
2 oz skim mozzarella, shredded
4 oz skinless chicken breast, cooked, diced
12 baked grain crackers (serve on the side, 6 per serving)

In a large pot, heat olive oil over medium heat and coat bottom of pot. Add the onion and bell pepper to the pot; cook approx 3 minutes stirring frequently. Add the eggplant, mushrooms, garlic, and 2 tsp of the basil. Cook for 4 minutes, stirring frequently. Add water and tomatoes with juice; stir to blend. Reduce heat; cover and simmer 30 minutes; stirring occasionally.

Remove pot from heat. Stir in beans and diced chicken. Cover and let stand for 5 minutes.

Topping; Mix the remaining tsp of basil with the parsley and shredded cheese. Top each serving with ¼ cup of the mixture.

Water 8 oz

Evening: Naturally caffeine-free tea and water

Per Serving:

Calories: 396
Carbs: 44 g
Protein: 31 g
Fat: 9 g
Sodium: 560 mg
Fibre: 12 g