



Weekly Meal Plan

Week 2

Day 1



Breakfast:

Shakshuka

PER SERVING:

165 cal, 9.2 g fat, 14.4 g carbs, 9 g protein, 3.8 g fiber

INSTRUCTIONS:

Veggies: Preheat oven to 375°F (190°C). Heat oil in an oven-safe skillet over medium heat, then add onion, garlic, and bell pepper. Cook until softened, about 5 minutes.

Tomato: Add canned tomatoes, gently mashing them with a fork if needed to form a chunky sauce. Allow tomatoes to simmer, uncovered, until a thick sauce develops, 10 to 15 minutes. Stir in spices, salt, and pepper. Taste and adjust seasonings as needed.

Eggs: Using the back of a spoon, form a few holes in the tomato mixture. Crack an egg into each hole (use as many eggs as you want).

Bake: Transfer skillet to a preheated oven and cook, uncovered, for 8 to 12 minutes, or until egg whites are mostly cooked. They should be white and still a little jiggy (they'll continue to cook some after removing from the oven). Serve immediately, topped with crumbled feta, herbs, and bread for dipping.

INGREDIENTS:

- 1 Tbsp olive oil 15 mL
- 1 cup diced white onion about
- 1 medium onion
- 2 cloves garlic minced
- 1 red bell pepper diced
- 2 14.5-oz cans diced tomatoes can sub crushed or whole canned tomatoes
- 1 tsp cumin
- 1 tsp smoked paprika
- ¼ tsp each salt and pepper
- 4 Medium eggs

Toppings: feta, parsley (or cilantro), crushed pepper, pita or crusty bread

2 Servings



PER SERVING:

Calories Per Serving: 450

Fat: 27g

Sugar: 4g

Protein: 17g

Carbohydrates: 35g

Sodium: 305 mg

INGREDIENTS:

- 8 ounces whole wheat / gluten free pasta
- 1/2 cup olive oil, divided
- 1 small onion, sliced
- 1 medium carrot, diced
- 1 small summer squash, cut into rounds
- 8 asparagus spears, cut into two-inch pieces
- 1/2 cup peas
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup red wine vinegar
- 2 teaspoons lemon juice
- 1 teaspoon garlic, grated
- 1/4 cup fresh basil leaves, chopped
- 2 tbsp cup Parmigiano-Reggiano, grated
- 1 diced chicken breast, cooked
- 1/4 cup cherry tomatoes, halved
- Parmigiano-Reggiano curls, for garnish

Lunch:

Chicken Pasta Primavera Salad With Parmesan Vinaigrette

INSTRUCTIONS:

Bring a large pot of salted water to a boil. Add pasta and cook according to package directions for al dente, about 10 minutes. Drain and rinse with cold water. Transfer pasta to large mixing bowl, drizzle 1 tablespoon of olive oil, and toss well to coat.

In a large skillet, heat 1 tablespoon olive oil over medium-high heat. Add onion and cook until soft, about 2 to 3 minutes. Add carrot, summer squash, and asparagus. Cook 1 to 2 minutes. Add peas and cook for 1 more minute. Vegetables should be just cooked and still crisp. Season with salt and pepper, remove from heat, and let cool.

Whisk together red wine vinegar, lemon juice, garlic, basil, and Parmigiano-Reggiano until combined. Continue whisking and drizzle in remaining 5 tablespoons of olive oil.

To serve, toss pasta with cooked chicken, sautéed vegetables, cherry tomatoes, and Parmigiano-Reggiano dressing until well combined. Transfer to serving platter and garnish with Parmigiano-Reggiano curls.



Dinner:

Tuna Enchiladas with Pumpkin Seed Salsa

Calories Per Serving: 461, Fat: 22g, Protein: 19g
Carbohydrates: 48g, Sodium: 796mg



INGREDIENTS:

Blackened Chicken:

- 1 can Tuna
- 1 large Spinach tortillas
- 1 large white onion
- 2 peppers (1 each red and yellow), quartered
- 2 1/2 tbsp. vegetable oil
- kosher salt
- Pepper
- 1/2 c. corn kernels, thawed if frozen
- 3 oz. Monterey Jack cheese, coarsely grated (about 3/4 cup)
- 2 c. packed cilantro, roughly chopped
- 1 jalapeño, finely chopped (seeded, if desired)
- 1/4 tsp. ground tumeric
- 1/3 c. roasted pumpkin seeds
- 4 tbsp. fresh lime juice (from 3 to 4 limes)
- 1 beefsteak tomato, roughly chopped

INSTRUCTIONS:

Heat oven to 350°F. Place tortilla between two large pieces of foil, wrap, and warm in the oven for 1 minutes. Meanwhile, heat a grill pan over medium-high heat. Slice 3/4 of the onion into 1/2-inch-thick rounds. Finely chop remaining 1/4 onion and set aside. Toss tuna, sliced onion and peppers with 1/2 tablespoon oil and a pinch of salt and pepper. Grill until lightly charred and tender, 5 to 6 minutes per side. Transfer to a cutting board and thinly slice. Transfer to a large bowl and toss with corn and cheese. Meanwhile, make pumpkin seed salsa: In a food processor or blender, pulse cilantro, jalapeño, turmeric, all but 2 tablespoon pumpkin seeds, a tsp of lime juice, and pinch of salt until smooth (add water, 1 tablespoon at a time, as necessary until it reaches a pesto-like consistency).

Make tomato salsa: In a medium bowl, combine tomato, reserved chopped onion, remaining 2 tablespoon lime juice, and a pinch each salt and pepper.

Spread each tortilla with 1 tablespoon pumpkin seed salsa and top with vegetables (about 1/2 cup each). Roll up and place seam side down to keep closed.

Heat a large nonstick skillet over medium-high heat. Working in two batches, add 1 tablespoon oil, then cook enchiladas, seam side down first, until golden brown, about 2 minutes per side. Repeat with remaining tablespoon oil and enchiladas. Serve with tomato salsa, pumpkin seed salsa, and reserved pumpkin seeds.

Day 2



Breakfast:

Vegan Breakfast Tacos

INGREDIENTS:

“Bacon” Chickpeas

- 1 15-oz can chickpeas, drained 425 g
- 1 Tbsp olive oil 15 mL
- 1 Tbsp tamari 15 mL, ca sub soy sauce

- 2 tsp sriracha 10 mL
- 1 tsp maple syrup 5 mL
- 1/2 tsp smoked paprika
- 1/4 tsp each salt and pepper

Roasted Tomatoes

- 1 cup cherry tomatoes halved, 150 g
- 1 Tbsp olive oil 15 mL
- 1 clove garlic minced

Scrambled Tofu

- 1 12.3 oz package firm silken tofu 350 g
- 1/4 cup nutritional yeast 20 g
- 2 Tbsp plain hummus 30 g
- 1/4 tsp turmeric
- Pinch salt and pepper

Serving

- 6 medium flour or corn tortillas
- Garnish with avocado, parsley, lime juice,
- dairy-free yogurt, sliced radishes

PER SERVING:

245 cal, 9.3 g fat, 31.6 g carbs, 12.3 g protein, 7.1 g fiber

INSTRUCTIONS:

Roast: Preheat oven to 400 degrees F (204 C). Pat dry chickpeas with paper towels then mix with the rest of the “Bacon” Chickpea ingredients. Spread onto half of a parchment paper-lined baking sheet. Toss together Roasted Tomato ingredients and spread onto the other half. Bake for 20 minutes, or until chickpeas are crispy and tomatoes have burst.

Scrambled Tofu: Meanwhile, add all Tofu ingredients to a large greased or non-stick skillet and roughly break up tofu with a spatula. Set over medium heat and cook until tofu begins to brown slightly, stirring often.

Assemble: Spoon scrambled tofu, chickpeas, and tomatoes evenly onto tortillas. Garnish with your favorites (see above for mine!)



Lunch:

Chinese Tofu Chopped Salad With Orange Sesame Miso Dressing

NUTRITIONAL FACTS:

Calories Per Serving: 324

Fat: 18g

Sugar: 16g

Protein: 18g

Carbohydrates: 30g

Sodium: 829 mg

INGREDIENTS:

For the salad:

- 8 ounces firm tofu
- 1 bunch of broccoli rabe, such as Andy Boy broccoli rabe
- 4 cups chopped romaine
- 1 cup shredded carrot
- 1 cup shredded red cabbage
- 1 cup sugar snap or snow peas, sliced
- 1/2 cup sliced scallions
- 4 tablespoons slivered almonds

For the dressing:

- 2 tablespoons mellow white miso
- 2 tablespoons raw honey
- 2 teaspoons tahini
- 2 teaspoons whole grain mustard
- 1/4 cup plus 2 tablespoons fresh orange juice
- 2 tablespoons olive oil
- 2 teaspoons rice vinegar
- 2 teaspoons tamari
- 1/2 teaspoon sea salt

INSTRUCTIONS:

For the salad:

Preheat the oven to 350°F. Drain and rinse the block of tofu, patting dry with a few paper towels.

Slice into 32 cubes, about 1" in size, and place on a parchment-lined baking sheet. Bake in the oven for 25 to 30 minutes. Flipping once halfway through.

Transfer to the counter to cool while you prepare the salad, or let fully cool and store in an airtight container in the fridge until ready to use (will last 2 days).

Trim the broccoli rabe so you are left with only the florets, leaves, and their soft stems (about 4 loosely packed cups). Break into bite size pieces and place in a heatproof bowl. Bring a kettle of water to a boil on the stove and pour over the broccoli rabe. Let the rabe sit in the hot water for about 10 seconds, then drain. Pour cold water over the rabe and drain again.

Lay out the broccoli rabe pieces on a few layers of paper towels to drain while you assemble the rest of the veggies. Add the chopped romaine (pieces should be about 1" in size) to a large mixing/serving bowl. On a large cutting board shred the carrot on a box grater, or using a mandolin.

Shred the cabbage using a mandolin, or thinly slicing with a knife into 1" pieces. Slice the sugar snap or snow peas (whichever you choose) on an angle into strips, and slice the scallions the same. Add all of the prepared veggies to the bowl with the romaine.

Give the vegetables a toss and add the baked tofu, toss again, and drizzle with the dressing. Mix well to coat with the dressing, taste, and add more salt if needed.

Divide into four bowls and top each with a tablespoon of slivered almonds. Enjoy right away.

For the dressing:

Add all of the ingredients for the dressing to a blender and purée until smooth. Taste and adjust seasoning, if needed, and transfer to a jar. Set aside while you assemble the salad.



Dinner:

Baked Chicken Thighs with Kale and Parmesan Salad

NUTRITIONAL FACTS:

Calories Per Serving: 870. Fat: 67.5g

Protein: 55g, Carbohydrates: 13g

Sodium: 865mg

INSTRUCTIONS:

Remove chicken skin and season with 1/4 teaspoon each salt and pepper and place in a large baking dish. Scatter garlic and thyme around chicken. Bake in the oven at 350 for 35-40 mins. Meanwhile, squeeze juice of 3 lemon halves into large bowl (you should get 4 to 5 tablespoons). Whisk in oil and 1/4 teaspoon each salt and pepper. Add steamed Kale and parsley and toss to coat.

Squeeze juice from remaining lemon half into the pan, add slices if desired, and stir, scraping up any browned bits. Spoon over chicken.

Sprinkle Parmesan into steamed Kale salad and serve with chicken.

INGREDIENTS:

- 8 small skinless chicken thighs (about 2 1/2 lbs)
- kosher salt
- Pepper
- 1 head garlic, cloves separated, skin on, large cloves halved
- 6 sprigs thyme
- 2 lemons, halved, plus slices for serving
- 3 tbsp. olive oil
- 1 medium head Kale, leaves torn into pieces (steamed)
- 4 oz. Parmesan, shaved



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Day 3

Breakfast:

Green Smoothie Overnight Oats

INGREDIENTS:

- 3/4 cup (180ml) Almond milk
- 1/2 medium banana
- 2 cups (56g) fresh spinach
- 1 scoop Vanilla protein powder
- 1 cup (88g) rolled oats
- 1 cup (165g) chopped mango

NUTRITIONAL FACTS:

Calories: 218; Total Fat: 6g; Saturated Fat: 1g; Monounsaturated Fat: 2g; Cholesterol: 1mg; Sodium: 33mg; Carbohydrate: 31g; Dietary Fiber: 5g; Sugar: 13g; Protein: 13g

2 servings

INSTRUCTIONS:

In a blender, place the milk, banana, spinach and protein powder. Secure the lid and blend on high until smooth.

Place the oats in a 4 cup (1L) storage tub and pour the spinach mixture over them. Stir to mix, then cover and refrigerate for at least 4 hours or up to overnight.



Lunch:

Easy Tortilla Pizza

INGREDIENTS:

- 1 large wholewheat or spinach tortilla
- ½ can tuna
- 1/2 cup pizza sauce
- ½ cup mozzarella cheese
- 3 Tablespoons fresh basil, chopped
- ½ cup spinach
- 1 tsp pizza seasoning

Serves: Calories Per

Serving: 319

Fat: 7.7g

Sugar: 1.7g

Protein: 20.1g

Carbohydrates:42g

4 servings

INSTRUCTIONS:

Preheat oven to 200F. Lay tortillas on a pizza pan or sheet pan, spread sauce and tuna on tortillas, then sprinkle mozzarella and spinach over top.

Bake for 5-6 minutes until edges are browned and cheese is bubbling. Remove and sprinkle with fresh basil and other desired toppings.



Dinner:

Scrambled Egg Tacos

NUTRITIONAL FACTS:

Calories Per Serving: 460, Fat: 22.5g

Protein: 23g, Carbohydrates: 43g, Sodium: 785mg

INGREDIENTS:

- 2 tbsp. olive oil
- 1 (15-oz) can black beans, rinsed
- 1/2 tsp. cumin seeds
- 1 clove garlic, finely chopped
- Kosher salt
- Pepper
- 4 c. baby spinach
- 1 tbsp. fresh lemon juice
- 8 large eggs
- 1 large wholewheat or Spinach Tortilla
- Sour cream, crumbled queso fresco, and cilantro, for serving

INSTRUCTIONS:

Heat 1 tablespoon oil in a large skillet on medium. Add beans, cumin, and garlic. Season with 1/8 teaspoon each salt and pepper and cook until garlic starts to turn golden brown, about 2 minutes. Add spinach, remove from heat, and toss together until leaves just barely wilt. Stir in lemon juice.

In a large bowl, whisk together eggs, 1 tablespoon water, and 1/2 teaspoon each salt and pepper. Heat remaining tablespoon oil in a 10-inch nonstick skillet on medium. Add eggs and cook, stirring with a rubber spatula every few seconds to desired doneness, 2 to 3 minutes for medium-soft eggs.

Lightly char tortillas under broiler or over a gas flame. Fill tortillas with beans, eggs, sour cream, queso fresco, and cilantro, if desired.



Day 4

Breakfast:

Chai Baked Oatmeal



NUTRITIONAL FACTS:

Per serving: 409 cal, 15.1 g fat, 59.8 g carbs, 9 g protein, 10.7 g fiber

INGREDIENTS:

- 1/3 cup cooked old-fashioned oats
- 1 tablespoon raisins or dried cranberries or cherries
- 1/4 teaspoon ground cinnamon
- 1 tsp almond butter
- 1 scoop of Vanilla/ Chocolate protein powder

INSTRUCTIONS:

In a jar or bowl (a 14-ounce working jar or 1-pint mason jar is perfect), combine the oats, raisins, cinnamon and almond butter. Stir to combine. Then add the milk and stir to combine.

Place the lid on the jar and refrigerate for at least 30 minutes, or up to 5 days. When you're ready to serve, chop the remaining 1/2 apple into matchsticks. Top the oatmeal with the fresh apple, a splash of Almond milk.



Lunch:

Easy Baked Eggplant Parmigiano

NUTRITIONAL FACTS:

Calories Per Serving: 438, Fat: 22g

Sugar: 17g, Protein: 20g, Carbohydrates: 40g

Sodium: 1179mg

INSTRUCTIONS:

Preheat the oven with a baking sheet inside to 375 degrees.

Coat the eggplant slices with the egg. Spread the oil on the hot baking sheet and place the eggplant slices on it in a single layer. Bake for 15 minutes, flip, and bake for 10 more minutes.

Increase the oven temperature to 475 degrees.

In an 8-by-10-inch ovenproof dish, layer the pasta sauce, then the eggplant, and top with the cheeses. Repeat, finishing with the cheese. Bake until the cheese melts and turns golden in spots, about 15 minutes.

INGREDIENTS:

- 1 large eggplant, sliced lengthwise into 1/2-inch-thick pieces
- 2 eggs, beaten with a fork
- 2 tablespoons extra-virgin olive oil
- one 25-ounce jar tomato-pasta sauce
- 1/2 cup shredded mozzarella

Dinner:

Beans and Greens with Lemon-Parmesan

INGREDIENTS:

- 1 cup cooked quinoa
- 1 lemon
- 1 tbsp. olive oil
- 1 large clove garlic, thinly sliced
- 2 tsp. fresh thyme leaves
- Pinch red pepper flakes
- 1 medium head steamed kale, trimmed and torn into pieces (about 16 cups)
- Kosher salt
- 1 (15 oz) can low-sodium white beans, rinsed
- 1/3 c. grated Parmesan, plus more for serving

NUTRITIONAL FACTS:

Calories Per Serving: 335, Fat: 9g, Protein: 11g

Carbohydrates: 52g, Sodium: 530mg

INSTRUCTIONS:

Using a vegetable peeler, remove three wide strips of lemon zest; very thinly slice zest.

Heat oil in a large Dutch oven on medium. Add garlic, thyme, thinly sliced zest, and red pepper flakes and cook, stirring, until garlic is golden brown, about 2 minutes. Add Kale, in 2 batches if necessary, and 1/2 teaspoon salt and cook, stirring occasionally, until Kale is beginning to wilt, about 3 minutes. Reduce heat to medium-low, fold in beans, and cook until Kale is tender and beans are heated through, 2 to 3 minutes more.

Meanwhile, cook quinoa per package directions. Remove from heat and stir in butter and 1 tablespoon lemon juice, then fold in Parmesan and 1/4 teaspoon salt. Serve Kale mixture over quinoa with lemon wedges and extra Parmesan, if desired.



Breakfast:

Tropical Acai Bowl

PER SERVING:

Per serving: 257 cal, 5.8 g fat, 52.1 g carbs, 2.3 g protein, 8.1 g fiber

INGREDIENTS:

- ½ cup mango chunks
- ¼ cup pineapple chunks
- ¼ cup banana chunks (freeze ripe bananas in ½"-thick slices)
- Two packets (3.5 ounces or 100 grams each) frozen unsweetened açai berry purée
- 1 cup ice cold water, more if necessary
- 1 to 2 tablespoons lime juice, to taste
- 1 cup plain yoghurt

INSTRUCTIONS:

In a blender, combine the frozen mango, pineapple and banana. Run the açai packets under warm water for about 10 seconds to let them thaw a bit, then cut them open and pour the açai pulp into the blender. Pour in the cold water, securely fasten the lid, and start blending on the lowest speed until you can gain traction, increasing to high speed as it becomes available. If necessary, pause the blender to scrape down the sides, and add ¼ cup to ½ cup more water if it just won't blend. (I used the tamper provided with my Vitamix and didn't need to add any more liquid.)

Add 1 to 2 tablespoons lime juice and yoghurt, to taste, and blend briefly to combine. Pour the smoothie into bowls and top with garnishes of your choice. Serve immediately, or cover and refrigerate for up to 3 days.



Lunch:

Healthy Beef Burger Patties (with hidden vegetables)

NUTRITIONAL FACTS:

Calories Per Serving: 419
Fat: 25g, Sugar: 7g, Protein: 22g
Carbohydrates: 28g,
Sodium: 996mg

INSTRUCTIONS:

For the salsa verde and sour cream mixture:
Mix together in a bowl and set aside.

For the filling:

Mix together the chicken, onion, bell pepper, and can of green chiles. Add 1/2 cup of the sour cream/salsa mixture. Mix well to incorporate all ingredients. Spoon about 1/4 cup into tortilla shells.

Roll up tortillas and place in sprayed baking dish. Sprinkle the top of the enchiladas with grated mozzarella cheese. Pour rest of sour cream/salsa mixture over top. Bake on 350 degrees for 30-45 minutes or until cheese is melted, bubbly, and slightly golden. Serve right away.

INGREDIENTS:

For the salsa verde/sour cream mixture:

- 1 jar salsa verde
- 1/2 cup fat free sour cream

For the filling:

- 3 grilled chicken breasts, chopped or shredded
- 1 onion, diced
- 1 bell pepper, diced
- 1 can green chiles
- 1 cup salsa verde and fat free sour cream mixture
- 1 large whole wheat/ Spinach Tortillas
- 1/4 cup mozzarella



Dinner:

Falafel Burgers

NUTRITIONAL FACTS:

Calories Per Serving: 76, Fat: 5g, Sugar: 1g
Protein: 2g, Carbohydrates: 7g
Sodium: 64mg

INSTRUCTIONS:

The night before, place chickpeas in a large bowl and cover with cold water. In the morning, drain, rinse and pat the beans dry and store in the refrigerator until you're ready to use them.

Pour the chickpeas into a food processor, then add the onions, garlic, parsley, flour, salt, cumin, coriander and chili powder. Process until the mixture is a coarse meal, scraping down the sides occasionally. Scrape the mixture into a bowl, cover and refrigerate for an hour. (You can skip this step but the patties will be stickier to work with.)

Shape the mixture into 6 to 8 patties with damp hands.

Warm the oil in a large nonstick skillet over medium heat. Add the burgers and cook until lightly golden brown on the bottom, about 3 minutes. Flip and cook until golden brown, another 3 minutes. Drain on paper towels. Serve in toasted pitas with sliced cucumber and tahini sauce.

INGREDIENTS:

- 2 tablespoons dried chickpeas
- 1 small white onion, roughly chopped
- 2 cloves garlic, chopped
- 1/4 cup chopped flat-leaf or curly parsley
- 2 tablespoons chickpea flour
- A pinch of salt
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon chili powder
- 2 tablespoons grapeseed oil
- 1/4 cup spinach
- toasted pita bread, sliced cucumber and tahini sauce for serving



Breakfast:

Blueberry Banana Smoothie

PER SERVING:

Serving Size: 1/2 Calories: 147 Sugar: 17 Sodium:
92 Fat: 3 Carbohydrates: 29 Fiber: 5 Protein: 3

INSTRUCTIONS:

Place all ingredients into a high speed blender and blend until smooth.

TIPS & NOTES

If the smoothie is too thick, add a tablespoon of almond milk at a time until smoothie reaches your desired consistency.

INGREDIENTS:

- 1 cup blueberries
- Half of small banana
- 1 tablespoon flax meal
- 1 cup unsweetened almond milk
- A scoop vanilla protein powder



Lunch:

Beans and Feta Stuffed Peppers

NUTRITIONAL FACTS:

Calories Per Serving: 282, Fat: 4g
Sugar: 20g, Protein: 10g
Carbohydrates: 54g, Sodium: 477mg

INGREDIENTS:

- 3 cups water
- ¾ cup pinto beans
- 4 red bell peppers
- 1 cup canned chickpeas, rinsed and drained
- 3 scallions, thinly sliced
- ¼ cup dried cranberries
- ¼ cup crumbled reduced-fat feta cheese
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 cup apple cider

INSTRUCTIONS:

Bring the water to a boil in a medium saucepan. Add the beans. Reduce the heat and simmer, covered, until tender, 25 minutes; drain.

Preheat the oven to 350 degrees F. Spray a medium deep casserole dish or baking pan with nonstick spray.

Cut a thin slice from the tops of the bell peppers; remove the ribs and seeds. Stir together the beans, chickpeas, scallions, cranberries, feta, cumin, salt, and pepper in a large bowl. Spoon the beans mixture evenly into the bell peppers. Place the peppers in the prepared casserole. Pour the cider into the casserole. Cover and bake until the peppers are tender, 1 hour. Transfer to a plate and cover.

To make a sauce, pour the cooking liquid into a medium saucepan and bring to a boil over high heat. Boil, stirring occasionally, until the sauce is reduced and thickened slightly, about 5 minutes. Spoon the sauce over the stuffed peppers.



Dinner:

Fish Chowder Sheet Pan Bake

NUTRITIONAL FACTS:

Calories Per Serving: 412, Fat: 18g, Protein: 33g
Carbohydrates: 28g, Sodium: 435mg

INGREDIENTS:

- 1 lb. small yellow potatoes (about 16), halved lengthwise
- 2 small red onions, cut into 1/2-inch-thick wedges
- 1 tbsp light mayonnaise
- 1 tbsp. Dijon mustard
- 1 tsp. finely grated lemon zest
- 1 tbsp. olive oil
- 1 tbsp. Thyme leaves
- 4 6-ounce pieces cod fillet (at least 1-inch thick) black pepper

INSTRUCTIONS:

Heat oven to 450°F. Pile potatoes and onions in the center of a rimmed baking sheet on top. Roast for 10 minutes.

Meanwhile, in a small bowl, combine mayonnaise, mustard, and lemon zest. In a second small bowl, combine oil, then fold in thyme. Season fish with 1/2 teaspoon pepper, then spread with mayonnaise mixture. Remove the baking sheet from the oven and reduce oven temperature to 425°F. Toss potatoes and onion mixture together, then spread in an even layer, arranging potatoes cut side down.

Nestle fish pieces among vegetables and roast until fish is opaque throughout and potatoes are golden brown and tender, 12 to 15 minutes.



Breakfast:

Healthy Egg- Mushroom Omelette Recipe

INGREDIENTS:

- 3 eggs
- 1 cup kale stems removed
- 1 cup portobello mushrooms chopped
- 1 tsp butter
- 1 tbsp fresh onions chopped
- ¼ cup mozzarella cheese shredded

NUTRITION (PER SERVING):

Calories Per Serving: 620, Fat: 64g,
Sugar: 14g, Protein: 46g, Carbohydrates:
14g, Sodium: 1025

INSTRUCTIONS:

In a non stick pan add the butter, chopped mushrooms and fresh onion
Saute for 7-8 minutes on medium heat
Remove from pan and set aside
In the same pan add the kale leaves. Saute for 10 minutes on medium-low heat. Remove from pan and set aside
In a small bowl crack the two eggs and whisk well
Add the beaten eggs and let the omelette cook for 7 minutes on medium heat
Carefully flip the omelette and let it cook for 5 minutes
Add the mozzarella on one half of the omelette and let it melt for 2 minutes
Add the kale and mushrooms over the melted mozzarella
Flip half of the omelette over the cheese, kale and mushrooms
Serve while still warm!



Lunch:

Grape Marinated Chicken Salad Lettuce Wraps

NUTRITIONAL FACTS:

Calories Per Serving: 857, Fat: 28g, Sugar: 56g
Protein: 54g, Carbohydrates: 31g
Sodium: 1252mg

INGREDIENTS:

- 1 lemon (juiced)
- 1 3/4 cup white grape juice, preferably Juicy Juice brand
- 1/4 cup extra virgin olive oil
- A pinch kosher salt
- 3/4 teaspoons ground black pepper
- 2 pounds boneless, skinless chicken breasts
- 2 tbsp fat free sour cream
- 1/4 teaspoon garlic powder
- teaspoon dash of hot sauce
- 1/2 cup halved red grapes
- 3/4 cups chopped celery
- 1/4 cup chopped green onions
- 32 Boston lettuce leaves (from about 4 medium lettuce heads), leaves separated

INSTRUCTIONS:

In medium bowl, whisk together lemon juice, 1 1/2 cups white grape juice, olive oil, 1 teaspoon salt, and 1/2 teaspoon pepper. Place chicken in large zip-close bag; pour juice mixture over chicken. Seal bag and refrigerate 4 hours to overnight.

Preheat oven to 400 degrees F. Remove chicken from marinade; discard marinade. Place chicken on rimmed baking pan and bake 25 to 30 minutes or until internal temperature reaches 165 degrees F.

Transfer chicken to cutting board and let stand 5 minutes before cutting into 1/2-inch chunks.

Meanwhile, in large bowl, whisk together sour cream, garlic powder, hot sauce (if using), remaining 2 tablespoons of grape juice, salt, and 1/4 teaspoon pepper. Add grapes, celery, onions, and chopped chicken to bowl; toss until well combined. Serve chicken salad mixture with lettuce leaves.



Dinner:

Honey Balsamic Glazed
Chicken with Arugula Salad

NUTRITIONAL FACTS:

Calories Per Serving: 229

Fat: 10g

Sugar: 5g

Protein: 4g

Carbohydrates: 30g

INGREDIENTS:

CHICKEN:

- 200g quinoa
- 1 bunch celery
- 1 dessert apple
- juice 1 lemon
- 4 tbsp olive oil
- 1 red chilli, deseeded and chopped
- ¼ cup roasted pumpkin seeds
- small bunch parsley, chopped
- small bunch mint, chopped
- small bunch tarragon, chopped
- Sauteed tofu

INSTRUCTIONS:

Place the cooked quinoa in a large bowl with the sauteed tofu.

Meanwhile, separate the sticks of celery and set the leaves aside. Very finely slice the celery and roughly chop the leaves.

Cut the apple into fine matchsticks and toss in a little lemon juice. In a bowl, mix the remaining lemon juice with the oil and some seasoning to make a dressing.

Gently fluff up the quinoa with a fork. Mix the sliced celery and apple through the quinoa, followed by the chilli, roasted pumpkin seeds and herbs. Drizzle over the dressing and toss everything together gently. Scatter with the celery leaves and serve.