

Cityline 2017 Weight Loss Challenge: 7-day meal plan #2

Day 1 - Monday

Breakfast

Strawberry power pancake

*** You can make these in batches and freeze them between parchment paper. They can be re-heated nicely in the toaster.*

Serves 1

- ¼ cup old-fashioned oats
- 3 large egg whites
- ½ cup strawberries, sliced
- ¾ cup water
- Cinnamon, for sprinkling

Method:

1. Cook oatmeal according to package.
2. Add egg whites to cooked oatmeal and stir with a fork. Add sliced strawberries to mixture.
3. Heat mixture in an omelette-size non-stick pan over medium-high heat. Pour in mixture and cook until top is golden brown with bubbles, then carefully flip pancake over. When bottom is browned, remove pancake from pan and sprinkle lightly with cinnamon.

Morning snack (optional)

- Carrot sticks + 2 tablespoon red pepper hummus

Lunch

Serves 1

Chicken fajita lunch bowl

- 4 oz chicken breast
- 1 teaspoon olive oil
- ½ teaspoon paprika
- ½ cup brown rice, cooked
- ½ cup sliced red pepper
- 1 tablespoon red onion, diced
- ¼ avocado
- 1 tablespoon extra virgin olive oil
- 1/8 teaspoon paprika
- 1/8 teaspoon chili powder

Method:

Pre heat oven to 350 F. Line a pan with parchment paper and add chicken onto baking pan. Drizzle with olive oil and sprinkle with paprika. Put into oven for 20-30 minutes, flipping halfway through, cooking chicken until no longer pink and cooked through. While chicken is in the oven, add cooked rice into medium sized bowl, along with peppers, onions and avocado. In a small bowl, mix olive oil, paprika, and chili powder together until well combined. Once chicken is cooked, slice and add into bowl and drizzle mixture on top. Combine well and enjoy!

Afternoon snack (required)

- 1 small unsweetened apple sauce with 10 raw almonds

Dinner

Peanut butter banana smoothie dinner (for those “no time” nights!)

Serves 1

- 1 scoop of vanilla protein powder (sprouted if possible)
- ½ frozen banana
- 1 tsp of natural peanut butter
- 1 cup unsweetened coconut milk
- 1 tablespoon ground flax seeds
- Handful of baby spinach

Method:

Add all ingredients into blender. Blend on high for 30 seconds.

Day 2 - Tuesday**Breakfast**

Pineapple cottage cheese parfait

Serves 1

- ½ cup 1% cottage cheese
- ½ cup pineapple, cut into chunks
- 1 tablespoon chia seeds

Method:

Put cottage cheese into serving bowl and top with pineapple and chia seeds.

Morning snack (optional)

- 40 pistachios, unsalted

Lunch

Serves 1

Open faced homemade egg salad sandwich

- 2 hard boiled eggs
- 1 tablespoon mayonnaise
- 1 slice of sprouted grain bread
- 5 slices of cucumber
- 2 tomato slices
- Lettuce

Method:

Mash hard-boiled eggs in a bowl with mayonnaise. Once combined, add onto slice of bread and top with cucumbers, tomato slices and lettuce.

Afternoon snack (required)

- 1 peach + 8 almonds

Dinner

Boston lettuce wraps

Serves 4

***Leftover meat can be frozen and or used for lunch tomorrow!*

- 1 pound lean ground beef
- 1 cup onion, coarsely chopped
- ½ teaspoons sea salt
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon chili powder
- 8 Boston lettuce leaves, washed and patted dry
- ½ cup fresh tomatoes, diced
- ½ cup cheddar cheese, shredded

Method:

In a large skillet, cook beef, onion, salt, cumin, coriander and chili powder over medium-high heat for 10 minutes, stirring occasionally, until brown. Remove from heat and cool for 5 minutes. Spoon beef mixture into lettuce leaves; top with diced tomatoes and cheese.

Day 3 - Wednesday

Breakfast

Mango green smoothie

Serves 1

- ½ cup Greek yogurt
- ½ banana
- 2-3 pieces of frozen mango
- 1 cup kale
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 piece of fresh ginger

Method:

Add all ingredients into blender and blend on high for 30 seconds, until well combined.

Morning snack (optional)

- Pepper and cucumber sticks + 2 tablespoons of guacamole

Lunch

Greek quinoa salad

Serves 1

- ½ cup cooked quinoa
- ¼ cup green peppers

- ¼ cup cucumbers
- 7 black olives
- 1 tablespoon extra virgin olive oil
- ½ lemon, squeezed
- 1 teaspoon oregano
- 1 hard boiled egg, sliced in half
- 1 tablespoon feta cheese

Method:

Add cooked quinoa into large bowl and add in peppers, cucumbers, and olives. In small bowl, mix together olive oil, lemon juice and oregano and add into large bowl. Mix everything together and top with egg and sprinkle with cheese.

Afternoon snack (required)

- Small container of 1% cottage cheese + ½ peach

Dinner

Sesame chicken

Serves 4

***Freeze leftovers or use for lunch the next day*

- 12 oz. skinless, boneless chicken breasts
- 2 tablespoons of low sodium soy or tamari sauce
- 2 tablespoons chicken broth, low sodium
- 2 tablespoons scallions, chopped
- 1 tablespoon parsley, chopped
- 1 tablespoon rice vinegar
- 1 ½ teaspoon sesame seeds
- 1 garlic clove, minced
- 1 ½ teaspoon fresh ginger, grated
- 1 teaspoon extra virgin olive oil
- 1 ½ cups carrots, cut into long slices

- 1 cup snow peas, trimmed

Method:

Cut chicken into strips. Combine soy sauce, chicken broth, scallions, parsley, vinegar, sesame seeds, garlic and ginger in bowl. Add chicken, stirring to coat; cover and chill for 1 hour. Heat oil in skillet or wok over medium-high heat. Stir-fry carrots for 1 minute. Add peas; stir-fry 3 minutes or until crisp-tender. Remove veggies from skillet. Drain chicken, reserving marinade. Add chicken to skillet; stir-fry for 2-3 minutes, or until no longer pink. Push chicken to outside of skillet. Add reserved marinade to centre of skillet. Heat until bubbly. Return vegetables to skillet. Cook 1 minutes more, or until heated through. Remove from heat. Transfer chicken to a cutting board. Let rest for 5 minutes. Slice each breast into ¼-inch thick slices and transfer to individual plates. Drizzle with reserved sauce and serve.

Day 4 - Thursday

Breakfast

Chocolate banana overnight oats

****Make the night before to save time in the morning**

Serves 1

- 1/3 cup old fashioned oats
- 1 tablespoons chia seeds
- 1 tablespoon hemp hearts
- ¾ cup unsweetened almond milk
- 1 teaspoon unsweetened cocoa powder
- 1 teaspoon maple syrup (optional)
- 1 tablespoon almond butter
- ½ banana, sliced

Method:

Mix the oats, chia seeds, hemp hearts, almond milk, and cocoa powder together until well combined. Place in a sealed or covered container

and place in refrigerator overnight. In the morning, stir in the maple syrup and nut butter and top with banana. Serve cold and enjoy!

Morning snack (optional)

- ½ cup grapes

Lunch

Dijon mustard tuna salad

Serves 1

- 1 can water-packed tuna, drained
- ½ tablespoon mayonnaise
- 2 cups romaine lettuce
- 1 cup cucumbers, tomatoes, and peppers, diced
- 1 tablespoon extra virgin olive oil
- ½ tablespoon Dijon mustard
- ½ lemon, squeezed
- sea salt and pepper to taste

Method:

Add drained tuna into small bowl and mix with mayonnaise. Add into serving bowl with chopped lettuce and cut vegetables. In a separate small bowl, add olive oil, Dijon mustard, fresh lemon juice, and salt and pepper and whisk together. Drizzle onto salad and mix all together. Enjoy!

Afternoon snack (required)

- 1 hard-boiled egg with sea salt

Dinner

Lightened turkey Parmesan

Serves 1

- ¼ cup spelt breadcrumbs
- 5 oz turkey breast, cut in half
- ½ cup marinara sauce
- 1 tablespoon parmesan cheese, shredded
- 1 cup broccoli florets
- ½ tablespoon extra virgin olive oil
- Sea salt, to taste

Method:

Preheat oven to 350 F. Put breadcrumbs onto large plate and coat both sides of each piece of chicken. Add chicken onto lined baking sheet and top with marinara sauce and cheese. On a separate smaller pan, add broccoli and coat with olive oil. Sprinkle with sea salt. Put chicken and broccoli into oven and cook for 20-30 minutes, until chicken is no longer pink and cooked through and broccoli is crispy.

Day 5 – Friday

Breakfast

Spinach and feta egg white wrap

Serves 1

- 4 egg whites
- 1 teaspoon butter
- ½ cup baby spinach
- 1 whole wheat, high fiber wrap
- 1 tablespoon feta

Method:

Cook egg whites in pan with butter. Once they are cooked halfway through, add spinach to the pan and cook until eggs are finished. Add onto wrap and sprinkle with feta cheese. Wrap and enjoy!

Morning snack (optional)

1 orange + 2 tablespoons of sunflower seeds

Lunch

Full of beans minestrone soup

- 1 cup of soup (see recipe at end of meal plan)
- Vegetable sticks on the side (cucumber, peppers, celery)

Afternoon snack (required)

- ½ cup raspberries + 6 walnuts

Dinner

Serves 1

Easy peasy tofu stir-fry

- 1 teaspoon oil
- 5 oz. firm tofu, cubed
- ½ cup of your favourite vegetables (snow peas, peppers, sprouts, carrots)
- 1 tablespoon teriyaki sauce, low sodium

Method:

In a small skillet, heat oil and add tofu. Add cut up vegetables and stir fry until everything is cooked through. Add teriyaki sauce about 1 minute before removing from skillet.

Day 6 - Saturday

Breakfast

Serves 1

3-ingredient banana pancake

- ½ ripe banana
- 2 tablespoons spelt flour
- 1 large egg, lightly beaten

Method:

Mash banana with a fork until smooth. Add flour and egg and stir well. Heat a large nonstick pan over medium heat. Spoon batter onto pan, making 3 pancakes with the mixture. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over and cook another 1-2 minutes.

Morning snack (optional)

Second half of the banana

Lunch

Lox and low fat cream cheese wrap with avocado

Serves 1

- 1 whole wheat wrap
- 5 oz. lox
- 1 tablespoon light cream cheese
- ¼ avocado
- 4 slices of cucumber

Method:

Lay wrap flat and top with lox, cream cheese, avocado slices and cucumber. Wrap up and enjoy!

Afternoon snack (required)

Small container of yogurt + 1 tablespoon chia seeds

Dinner

Heart healthy dijon basil salmon

Serves 4

- 2 tablespoon extra virgin olive oil
- 2 cloves garlic, minced
- 2 teaspoons fresh lemon juice
- 2 teaspoons dijon mustard
- ¼ cup fresh basil, finely chopped
- ½ teaspoon sea salt
- 1/8 teaspoon pepper
- 4 wild salmon fillets
- 4 small sweet potatoes

Method:

Preheat oven to 450 F. Mix oil, garlic, lemon juice, Dijon mustard, basil, salt and pepper together in a small bowl. Brush salmon with mixture and marinate at room temperature for 30 minutes or in refrigerator for one hour. Bake for 10 minutes per inch of fillet. When salmon is in oven, put sweet potatoes in whole for 20-30 minutes. Slice before serving.

Day 7 - Sunday

Breakfast

Triple berry smoothie

Serves 1

- 1 scoop vanilla protein powder
- ½ cup of mixed blueberries, blackberries and raspberries
- ½ banana
- 1 cup unsweetened almond milk
- 1 tablespoon hemp hearts
- 1 teaspoon cinnamon

Method:

Add all ingredients into blender and blend on high until well combined.

Morning snack (optional)

- 1- cup cherry tomatoes

Lunch

Serves 1

Mini open-faced tuna on crackers

- 3 Ryvita crackers
- 1 can tuna, drained
- 1 tablespoon mayonnaise
- Cherry tomatoes, cut in halves

Method:

Lay crackers on plate. In a small bowl, mix drained tuna with mayonnaise. Spoon onto crackers and top with cherry tomatoes.

Afternoon snack (required)

- 10 unsalted cashews

Dinner

“10 minute” go to – scrambled eggs and goats’ cheese

***Under 5 minutes for busy parents!*

Serves 1

- 2 eggs
- 1 tablespoon 2% milk
- 1 teaspoon butter
- 1 tablespoon goat cheese

Method:

Crack eggs into small bowl and mix with milk. Over medium heat, add butter into small pan and add egg mixture and goat cheese. Scramble for about 5 minutes, or until cooked to preferred consistency.
