2018 Cityline Weight Loss Challenge: 7-Day Meal Plan #1

Throughout the 2018 Cityline Weight Loss Challenge, Dr. Joey will release 4 brand new 7-day meal plans! This is the first one—enjoy!

MONDAY—DAY 1

BREAKFAST

Cinnamon apple pie parfait
Serves 1

- ½ cup plain Greek yogurt (1 or 2%)
- ½ apple, cubed
- 1 tablespoon chia seeds or hemp seeds
- ¼ teaspoon cinnamon

Method: Add yogurt into bowl and top with apple pieces and chia seeds. Sprinkle with cinnamon.

Morning snack (optional): 1 tbsp. of hummus + 10 carrot sticks

LUNCH

Protein bento box
Serves 1

- Sprouted or high fiber pita or wrap (1)
- 2 hard boiled eggs, peeled
- Carrot and red pepper sticks
- ½ cup grapes
- 1 tablespoon of natural nut butter
- 1 light baby bell cheese

Method: Add all ingredients into a bento-box or large Tupperware to enjoy as an easy on-the-go lunch option.

Afternoon snack (recommended): ½ apple + 40 pistachios

DINNER

Turkey stuffed lettuce boats
Serves 1

- ½ cup of lean ground turkey
- 1 clove garlic, minced
- 1 tablespoon red onion, diced
- 2-3 Boston lettuce cups
- 1 tablespoon salsa
- ¼ avocado, cubed
- 1 tablespoon cilantro (optional)

Method: Cook turkey over medium heat until cooked through and no longer pink. Add garlic and onion and allow to cook for another 5 minutes. Add cooked turkey into lettuce cups and top with salsa, avocado cubes and cilantro.

TUESDAY—DAY 2

BREAKFAST

Mashed avocado toast
Serves 1

- ½ avocado, ripe
- 2 slice of sprouted grain bread
- 2 tablespoons hemp hearts
- 1 tablespoon feta cheese, crumbled

Method: In a small bowl, add the avocado and mash. Top mashed avocado onto both pieces of toast and sprinkle hemp hearts and feta cheese over both pieces. Enjoy open faced. *Option to add a sliced hard-boiled egg on top for extra protein.*

Morning snack (optional): 3 tangerines or 1 large orange

LUNCH

Italian chopped salad
Serves 1

- 4-5 oz. white chicken, cooked
- 2 cups of romaine lettuce, chopped
- 8 black olives, sliced
- ½ can of artichoke hearts in water, chopped
- ½ cup cherry tomatoes, chopped
- ¼ cucumber, chopped
- 1 tablespoon olive oil + ½ tablespoon red wine vinegar + 1 teaspoon oregano + 1 teaspoon garlic powder + sprinkle of sea salt

Method: Cook chicken and cut into 1-inch cubes. In a serving bowl, add lettuce, olives, artichoke hearts, tomatoes, cucumbers, and cooked chicken. In a small

bowl, add olive oil, red wine vinegar, oregano, garlic powder and sea salt and whisk together until well combined. Drizzle dressing over salad and enjoy.

Afternoon snack (recommended): 1 honey crisp apple

DINNER

Teriyaki salmon on cauliflower rice
Serves 1

- 4-5 oz. piece of salmon
- 1 tablespoon of teriyaki sauce
- 1 cup of cauliflower rice
- 1 teaspoon of soy sauce (or tamari for a gluten free option)
- ½ teaspoon sesame oil
- 1 tablespoon green onion, chopped
- ⅛ teaspoon sesame seeds

Method: Preheat oven to 350 F. Place salmon on baking sheet lined with parchment paper and spoon teriyaki sauce over top. Place into oven for 15-20 minutes, until fish is flakey and no longer pink. While fish is cooking, make your cauliflower rice Place cauliflower florets into food processor and pulse until you get rice like pieces. Over medium to high heat, add soy sauce and sesame oil to pan and add cauliflower rice. Cook for 5-10 minutes, until soft. Add to plate and place cooked salmon over top. Sprinkle salmon with green onions and sesame seeds before serving.

WEDNESDAY—DAY 3

BREAKFAST

Crunchy chocolate raspberry smoothie
Serves 1

- 1 scoop of chocolate vegan protein powder
- ½ cup frozen raspberries
- 1 tablespoon chia seeds
- 1 teaspoon unsweetened cocoa powder
- 1 cup unsweetened almond milk (or 2% milk)
- 1 tablespoon cocoa nibs

Method: Add all ingredients, except cocoa nibs, into blender. Blend on high for 30 seconds to 1 minute, until blended and creamy. Before serving, sprinkle cocoa nibs on top for a nice crunchy texture.

Morning snack (optional): 1 light baby bell cheese

LUNCH

Protein packed turkey hummus sandwich
Serves 1

- 2 pieces of sprouted grain bread
- 4-5 slices of nitrate free turkey
- 1 tablespoon hummus
- 3 cucumber slices
- Handful of sprouts
- 1 tablespoon hemp hearts

Method: Lay one slice of bread on plate and top with turkey, hummus, cucumber and sprouts. Sprinkle with hemp hearts for an extra boost of protein. Add second slice to complete the sandwich and enjoy. Wrap up for an easy lunch on the go.

Afternoon snack (recommended): ½ cup pineapple + 10 almonds

DINNER

5 ingredient sheet pan chicken and veggies
Serves 1

- 1 chicken breast
- 1 cup of broccoli
- 1 small sweet potato, cubed
- 1 tablespoon of extra virgin olive oil
- Sprinkle of sea salt

Method: Pre heat oven to 350 F. Line a baking sheet with parchment paper and place chicken on one side and veggies on the other side (do not allow them to touch while chicken is still raw). Drizzle olive oil over chicken and veggies and sprinkle with sea salt. Cook for 20-25 minute, flipping chicken halfway through.

THURSDAY—DAY 4

BREAKFAST

Mango overnight oats *(best to make this the night before)*
Serves 1

- ⅓ cup of old fashioned oats
- 2 tablespoon chia seeds
- ¾ cup of unsweetened almond milk
- ½ teaspoon vanilla extract

- ½ cup mango chunks
- 1 tablespoon hemp hearts

Method: Place oats, chia seeds, almond milk and vanilla extract together and combine. Place in sealed container in fridge for a couple of hours or overnight if possible. In the morning, stir in the mango and sprinkle hemp hearts. Serve cold and enjoy.

Morning Snack (optional): 1 banana

LUNCH

Broccoli cheddar on-the-go quiches
Serves 1

- 2 organic eggs
- ½ cup broccoli florets
- 1 ounce of cheddar cheese
- Sprinkle of sea salt and freshly cracked black pepper

Method: Preheat oven to 400 F. Crack eggs into small bowl and whisk well. Add broccoli, cheese and seasonings and mix together. Divide mixture into two lined or greased muffin tins and place into oven. Cook for 15 minutes and allow to cool. Wrap them up to take on the go!

Afternoon snack (recommended): 1 tablespoon natural nut butter on 6 Mary's crackers

DINNER

Lettuce wrapped chicken fajitas
Serves 1

- 3-4 oz. chicken breast
- 1 teaspoon grape seed oil
- ½ cup yellow/red peppers, sliced
- 2 tablespoons of onion, diced
- Dash of Worcestershire sauce
- ⅛ teaspoon paprika
- 2-3 Boston lettuce leaves
- ¼ avocado, sliced or cubed

Method: Slice chicken into thin strips and cook over medium heat with oil until cooked through and no longer pink. Remove chicken from pan and set aside. Add peppers and onions onto pan and add Worcestershire sauce and paprika. Cook for about 3-5 minutes and add chicken back in. Toss all together and remove from pan and place into lettuce cups. Top with diced avocado.

FRIDAY—DAY 5

BREAKFAST

Strawberry cream smoothie
Serves 1

- ½ cup of 1-2% plain Greek yogurt or 1 scoop of vegan vanilla protein powder
- ½ cup frozen strawberries
- ¼ of an avocado (for extra creaminess)
- 1 cup unsweetened almond milk
- 1 tablespoon chia or ground flax seeds

Method: Blend all ingredients on high for 30 seconds to a minute until smooth and creamy. Enjoy!

Morning snack (optional): ½ cup blueberries

LUNCH

Tofu quinoa lunch bowl
Serves 1

- ½ cup cooked quinoa
- ½ cup firm tofu, organic and non-GMO
- ½ cup shredded carrots
- ½ cup shredded purple cabbage
- 1 tablespoon scallions, sliced
- 1 tablespoon cilantro
- 1 tablespoon sesame seeds
- 1 tablespoon tahini

Method: Add cooked quinoa as the base of the bowl. Top with tofu, carrots, cabbage, scallions and cilantro. Sprinkle sesame seeds and drizzle tahini over top. Enjoy.

Afternoon snack (recommended): 2 wedges of laughing cow cheese + celery sticks

DINNER

Almond flour chicken fingers with sweet potato fries
Serves 2

- 2 chicken breasts, sliced into long strips, 1-2" wide
- ½ cup almond meal
- ¼ cup raw almonds, crushed up

- ½ tablespoon paprika
- ¼ teaspoon garlic powder
- ¼ teaspoon cayenne pepper
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- 2 organic eggs
- 1 small sweet potato, sliced into long, thin strips
- ½ tablespoon olive oil

Method: Preheat oven to 375. Mix together almond meal, crushed up almonds, paprika, garlic, cayenne, pepper, and salt. In a separate small bowl, lightly beat the eggs. Dredge each piece of chicken in egg and then coat with almond spice mixture. Place on a cookie sheet lined with parchment paper. Repeat with all chicken pieces. On a separate baking sheet, place cut up sweet potato and drizzle with olive oil. Bake everything for 25 minutes, until chicken fingers are golden and fries are crispy.

SATURDAY—DAY 6

BREAKFAST

Egg and avocado weekend bowl
Serves 1

- 2 strips of turkey bacon
- 1 teaspoon avocado oil
- 2 large hard boiled eggs, sliced in half
- ¼ avocado, cubed
- ½ cup cherry tomatoes, halved
- 1 tablespoon feta cheese
- 1 teaspoon extra virgin olive oil
- Sprinkle of sea salt

Method: Over medium heat, cook turkey bacon in avocado oil until crispy. Take off heat and pat dry. Cut into small pieces. In serving sized bowl, add sliced hard boiled eggs, avocado cubes, cherry tomatoes and feta cheese. Drizzle olive oil over bowl and sprinkle with sea salt and enjoy.

Morning snack (optional): Large plum

LUNCH

Crispy chicken salad
Serves 1

- Leftover chicken fingers from dinner, cut into smaller pieces
- 1-2 cups of romaine lettuce

- 1 cup of your favorite veggies – cherry tomatoes, cucumbers, peppers, onions, mushrooms, etc.
- 1 tablespoon olive oil based vinaigrette

Method: Add lettuce and veggies to a large bowl and top with cup up chicken. Drizzle with dressing and enjoy.

Afternoon snack (recommended): Small container of 1% cottage cheese + ½ cup berries

DINNER

Cod with fresh tomato salsa
Serves 1

- 1 large tomato, diced
- 2 tablespoons red onion, diced
- 1 small garlic clove, diced
- Fresh lime juice from ½ a lime
- 1 teaspoon extra virgin olive oil
- Pinch of sea salt and freshly ground black pepper
- 5 ounce cod fillet, skinned
- Side salad + 1 tablespoon olive oil based dressing

Method: Preheat oven to 450 F. In a small bowl, add tomatoes, onions, garlic, lime juice, olive oil, sea salt and pepper. Mix together. On a small baking sheet lined with parchment paper, add fish and top with salsa mixture. Place into oven for 15-20 minutes, until cod is flakey and cooked through. Serve with side salad.

SUNDAY—DAY 7

BREAKFAST

The ultimate green smoothie
Serves 1

- 1 scoop of vegan vanilla protein powder
- 1 cup of unsweetened almond milk
- 1 cup of spinach
- 1 cup of kale
- 1 inch piece of ginger
- 1 tablespoon chia seeds
- ½ avocado
- 4-5 ice cubes

Method: Add all ingredients into blender and blend on high for 30 seconds to a minute.

Morning snack (optional): Veggie sticks + ½ tablespoon guacamole

LUNCH

Vegetable medley chicken wrap
Serves 1

- 1 high-fiber or sprouted grain wrap
- 4 ounces of chicken
- 1 large carrot, sliced thinly
- ½ of a yellow pepper, sliced into strips
- ¼ of a cucumber, sliced
- Handful of cherry tomatoes, halved

Method: Lay wrap on a plate and pile high with chicken and veggies. Wrap it up and enjoy!

Afternoon snack (recommended): Small container of 1% Greek yogurt + apple slices

DINNER

Hearty bean-less burrito bowl with feta
Serves 1

- 4 ounces of red meat
- 1 red pepper, sliced into thin stripes
- ½ tablespoon extra virgin olive oil
- ¼ red onion, sliced into thin strips
- Pinch of cumin, chili powder, sea salt and garlic powder
- 2 cups of romaine lettuce, chopped
- 1 tablespoon guacamole
- ½ cup cherry tomatoes, halved
- 1 tablespoon of fresh cilantro
- 1 tablespoon feta
- 1 tablespoon fresh lime juice

Method: Over medium heat, cook beef in pan until cooked through and no longer pink. Remove from heat and cut into strips. Add olive oil, red pepper, onion slices and spices and sauté for 5-7 minutes until soft. In medium bowl, add lettuce, guacamole, tomatoes, cooked beef and sautéed veggies. Top with fresh cilantro and feta and squeeze lime juice over top.