

2018 Cityline Weight Loss Challenge—7-Day Vegetarian Meal Plan

MONDAY—DAY 1

BREAKFAST

Muffin in a mug

- 2 tbsp ground flax meal
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1 tsp coconut oil
- 1 egg

OR

- 2 tbsp ground flax meal
- 1 teaspoon baking powder
- 2 tsp cinnamon
- 1 1/2 tsp apple sauce
- 1 egg

Place the ingredients into a mug, stir and put it in the microwave for 50 seconds. Allow mug to cool and then enjoy!

Timesaver trick: mix dry ingredients the night before and add wet ingredients in the morning.

Morning snack (optional): Apple + 1 tbsp almond butter

LUNCH

Chickpea & greens salad

- Spinach, arugula, cucumbers, tomatoes, cooked green/yellow beans, grated beets, and carrots
- 1/2 cup chickpeas
- 1 Tbsp. of balsamic vinaigrette

Afternoon snack (recommended): 3 Ryvita crackers + 2 tbsp. of hummus

DINNER

Lentil Ragu with zucchini noodles

- 1 tbsp extra-virgin olive oil

- 2 cloves garlic, crushed
 - 1/2 red onion, finely chopped
 - 1 carrot, finely diced
 - 1/2 cup of marinara sauce of choice
 - 2 cups of organic cooked lentils, drained and rinsed
 - 4 small zucchinis
 - 1-2 tbsp Parmesan cheese, grated (optional)
1. Heat a large non-stick pan over medium-heat and add the olive oil.
 2. Add red onion and garlic to the pan and cook until translucent and softened.
 3. Add the finely diced carrot and continue to cook until soft.
 4. Add drained lentils and tomato sauce to the pan and stir until combined. Reduce heat and simmer for 10 minutes until fragrant, adding more liquid (sauce or hot water) if it seems too dry. Season generously with salt and pepper.
 5. Meanwhile, cut the ends of the zucchini and create the zucchini noodles using a spiralizer. If you don't have a spiralizer, cut them finely using a knife or push the zucchini along the top of a grater, in long strokes in order to create long, thin ribbons of zucchini.
 6. Add zucchini noodles to the simmering ragu and cook for a further 5 minutes, until softened. Serve into two bowls and top with Parmesan cheese, if desired.

TUESDAY—DAY 2

BREAKFAST

Blueberry Yogurt Parfait

- 1/2 cup Greek yogurt
- 1/2 cup of blueberries
- 1 tbsp. ground flax or chia seeds
- Dash of cinnamon

Morning snack (optional): Baby carrots + 10 almonds

LUNCH

Veggie and egg wrap

- 1 sprouted grain wrap
- 1/4 avocado
- Spinach, grated carrots, 1/4 cup micro greens, finely chopped celery and peppers
- 2 hard boiled organic eggs, sliced
- Mustard, lemon juice, and parsley

Add all ingredients to wrap and enjoy!

Afternoon snack (recommended): 1/2 cup of unsweetened applesauce + 5 walnuts

DINNER

Veggie Chili

Ingredients:

- 2 heaping cups sweet onion
- 3-4 cloves garlic minced
- 1 tbsp extra-virgin olive oil
- 1 cup diced celery
- 1 large red pepper seeded and diced
- 3 carrots cut into 1-inch pieces
- 1 zucchini cubed
- 1 28-oz can diced tomatoes
- 1 cup vegetable broth
- 1 small can tomato paste
- 1 15-oz can kidney beans drained and rinsed
- 1 15-oz can chickpeas drained and rinsed
- 1 tbsp chili powder
- 2 tsp ground cumin
- 1 tsp dried oregano
- 1/2-3/4 tsp fine grain sea salt
- 1/4 tsp ground cayenne pepper
- 1 tsp hot sauce

Method: In a large pot, sauté the onion and the garlic in the oil over medium heat until soft and translucent, about 5 minutes. Add the celery, peppers, carrots, and zucchini and sauté for another 5-7 minutes or so, until softened. Add the can of diced tomatoes (with the juice), broth, and tomato paste. Stir to combine. Increase heat to medium-high. Add the drained and rinsed beans, along with the chili powder, cumin, oregano, salt, cayenne, and hot sauce. Simmer the mixture until thickened, about 10-15 minutes and adjust seasonings to taste if necessary.

1 cup = 1 serving

WEDNESDAY - DAY 3

BREAKFAST

Detox smoothie

- 1 cup frozen, chopped spinach
- 1/2 cup frozen mango chunks
- 3 tbsp of Greek yogurt or coconut yogurt, plain
- 1/2 small avocado
- 1 tablespoon ginger
- 2 -3 ice cubes
- 1/2-1 cup water or almond milk

Place all ingredients into blender, blend on high and enjoy!

Morning snack (optional): 1/4 cup roasted chickpeas

LUNCH

1 cup vegetarian chili

Ingredients:

- 1 1/2 tbsp. of olive oil
- 1 lbs of ground turkey
- 1 can of diced tomatoes
- 1 can of tomato sauce (no sugar)
- 1/2 medium onion
- 2 celery sticks, diced
- 2 carrots, peeled and diced
- 1 cup of sliced mushrooms
- 1 cup of broccoli florets
- 3 cloves of garlic
- 1/2 tsp each of – dried basil, parsley, oregano and cinnamon
- 1 tbsp of chili powder
- 1 bay leaf
- 1 can of kidney beans, drained and rinsed

Method:

1. Heat oil in a large pot over medium heat. Place turkey in the pot and cook until evenly brown. Stir in the onions and cook until tender.
2. Stir in tomatoes, sauce, onion, celery, carrots, mushrooms, broccoli and spices.
3. Simmer uncovered for 40 minutes, stirring occasionally.
4. Add kidney beans and simmer for another 5 minutes. Remove bay leaf and enjoy!

Afternoon snack (recommended): 1 small yogurt container, sliced apple, 2 tbsp pumpkin seeds

DINNER

Vegetarian burger in lettuce wrap with side salad

Please note: Feel free to add condiments of choice such as mustard, ketchup or relish!

THURSDAY - DAY 4

BREAKFAST

Berrylicious Smoothie

- 1 scoop vegan protein powder
- 8 oz. unsweetened almond or coconut milk
- 1/2 cup frozen berries
- 1/2 frozen banana
- 1 tbsp. chia seeds
- 1 cup spinach

Blend and enjoy!

Morning snack (optional): Baby carrots +2 tbsp. hummus

LUNCH

Quinoa chickpea salad

- 1/2 cup cooked quinoa
- 1/2 cup cooked or roasted chickpeas
- 2 cups spinach
- Chopped cucumber, onions, and tomatoes
- 1 oz. goat's cheese
- 1 tbsp olive oil
- 1 tbsp. apple cider vinegar

Afternoon snack (recommended): 1 cup kale chips + cherry tomatoes

DINNER

Easy green eggs

- 2 free range eggs
- 1/2 leek
- 2 garlic cloves, minced
- 2 cups of mixed green veggies
- 1 tbsp. coconut oil
- 1 tsp. sea salt
- 1/4 tsp. chili flakes

Sauté leek and garlic for 3 minutes. Add greens and sauté. Crack eggs and whisk in separate bowl. Make a hole in the middle of the green and pour in eggs to cook.

FRIDAY - DAY 5

BREAKFAST

Toast and fruit

- 2 slices of sprouted toast

- 1 tbsp. almond butter
- 1/2 banana
- 2 tbsp. hemp hearts
- Dash of cinnamon

Morning snack (optional): 1 small container of Greek yogurt + 1 tbsp toasted coconut

LUNCH

Creamy and chunky coconut lentil soup

- 1 tbsp. coconut oil/ olive oil
- 2 cups red/yellow lentils
- 2 carrots, chopped
- 1 zucchini, chopped
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 tsp. coriander
- 1 can coconut milk
- 4 cups water

Method:

1. In a pot over medium heat, add in coconut/olive oil. Toss in the carrots, zucchini, lentils, salt, black pepper, and coriander. Fold the ingredients together, being careful not to burn the lentils.
2. Add the coconut milk and water. Close the lid and when the soup reaches a boil, lower the heat to bring the mixture to a simmer.
3. Let simmer for approximately 15-20 minutes, or until the lentil as well as carrots and zucchini are cooked through.
4. Eat as is, with chunks intact. Or you can let it cool, puree, and reheat for a smoother soup.

Afternoon snack (recommended): Red pepper slices + 2 tbsp. of low fat Ranch dressing.

DINNER

Vegetarian nacho salad

Serves 2

- 1 1/2 cups of Iceberg lettuce, shredded
- 1 cup tempeh, cooked and slightly browned
- 1/2 cup of sliced black olives
- 1/2 cup of tomatoes, chopped
- 1/4 cup of chopped green onions, chopped

- 1 cup of low fat mozzarella cheese, shredded

Method:

1. On a baking pan lined with tin foil, spread a fresh bed of shredded lettuce.
2. Crumble tempeh and distribute along with olives, chopped tomatoes, green onion and any additional toppings. Sprinkle with cheese.
3. Heat oven to 350 and broil for 3 minutes or until cheese is bubbling. Remove immediately and serve.
4. Serve with guacamole or low fat cottage cheese if desired.

SATURDAY - DAY 6

BREAKFAST

Salsa eggs

- 1 Tbsp. of olive oil
- 2 eggs
- 1/4 onion
- 1 oz of goat's cheese
- Mild or hot salsa

Add olive oil and sauté onion in skillet. Add 2 eggs and goats cheese. Top eggs with salsa.

Morning snack (optional): 1/2 cup edamame + Himalayan salt

LUNCH

Mango cashew black bean salad

- Romaine lettuce, chopped fennel, shredded kale,
- 1/2 cup mango diced
- 1/2 cup black beans
- 1 tbsp shredded coconut
- 1 tbsp olive oil
- 1 tsp of apple cider vinegar
- Salt, pepper and a squeeze of lemon to taste

Afternoon snack (recommended): sliced celery +1 tbsp. almond butter

DINNER

Spaghetti squash pizza

How to make crust:

- 1/2 cooked spaghetti squash (takes approx. 40 min in oven).
- 2 eggs
- 1/2 tsp of dried oregano
- 1/2 tsp of cayenne (if desired)
- 1/2 c. almond flour

Directions:

1. Slice spaghetti squash in half and remove all seeds. Lightly coat the inside of the squash with olive oil and bake at 375 for 45 minutes facedown.
2. Scoop out the insides of the spaghetti squash and place on paper towels to remove excess water.
3. Mix squash, eggs, dried oregano, cayenne and almond flour together in a bowl.
4. It's okay if the crust looks a bit watery - this will not be for the final outcome.
5. Bake at 400 until sides are crispy brown - approximately 25-30 minutes. Remove from oven and let cool.
6. Place favorite pizza toppings (i.e. marinara sauce, goat's cheese and arugula) on top and put back into oven for 1-2 minutes.

1 serving = 2 slices

SUNDAY - DAY 7

BREAKFAST

Fruits and cottage cheese

- 1/2 cup of Cottage Cheese (1-2%)
- 1/2 cup of strawberries
- 1 tbsp Chia seeds
- Cinnamon

Morning snack (optional): 2 Clementine oranges

LUNCH

Egg sandwich

- 2 slices sprouted grain toast
- 2 boiled eggs (sliced)
- Tomato and cucumber slices
- 1 slice of lettuce

Afternoon snack (recommended): 1/2 cup of honeydew or cantaloupe

DINNER

Faux fried egg rice with edamame

- 1/2 large cauliflower
- 1tbsp olive oil
- 4-6 cloves of garlic or 1-2 tbsp minced garlic
- 1 tsp minced fresh ginger
- 6 green onions chopped
- 1 cup cooked edamame
- 1 and 1/2 cup bean sprouts
- 1 cup water chestnuts
- 2-3 tbsp soy sauce
- 1 tsp sesame oil
- 2 large eggs lightly beaten
- Freshly ground pepper

Directions:

1. Wash cauliflower and cut into large chunks, pulse in the food processor (this will be the rice)
2. Heat olive oil in a large non-stick wok or skillet on medium high. Stir-fry the garlic, ginger and green onions for 1 minute.
3. Add the cauliflower and water chestnuts and stir fry for 4-5 minutes.
4. Add edamame, bean sprouts, soy sauce and sesame oil, sauté for another 1-2 minutes.
5. Push the entire mixture to one side, add the beaten eggs and scramble for about 2 minutes or until they are just set. Mix the eggs into “rice” and season with pepper to taste. Enjoy!