

2019 Cityline Weight Loss Challenge—7-Day Meal Plan

MONDAY—DAY 1

BREAKFAST

Chocolate blueberry smoothie

Serves 1

- 1 scoop chocolate protein powder
- 1/2 cup frozen blueberries
- 1 cup unsweetened nut milk
- 1 teaspoon unsweetened cacao powder
- 1 tablespoon ground chia seeds

Add all ingredients into blender and blend on high for 1 minute, or until smooth.

Morning snack (optional): Cucumber rounds sprinkled with sea salt

LUNCH

Tuna wrap with tomato and pesto

Serves 1

- 1 can of tuna (can be small or regular size can)
- 1 tablespoon mayonnaise
- 1 whole wheat / sprouted wrap
- 4 tomato slices
- 1/8 cup of sprouts
- 1 tablespoon pesto

Mix tuna and mayonnaise together and add onto wrap. Top with tomato slices and sprouts. Add pesto and wrap it up!

Afternoon snack (recommended): 1/2 cup cubed watermelon + hard boiled egg

DINNER

Chicken burrito bowl

Serves 1

- 1/2 tablespoon of extra virgin olive oil, divided in half
- 5 oz chicken breast
- 1 red pepper, sliced into thin strips
- 1/4 red onion, sliced into thin strips
- Pinch of cumin, chili powder, sea salt and garlic powder
- 2 cups of romaine lettuce, chopped
- 1/2 cup cherry tomatoes, halved
- 1 tablespoon of fresh cilantro
- 1 tablespoon guacamole
- 1 tablespoon feta
- 1 tablespoon fresh lime juice

Preheat oven to 350 F. On baking sheet lined with parchment paper, brush half the oil over chicken and place in oven for 20 minutes, or until cooked though and no longer pink. While chicken is cooking – assemble your bowl! Over medium heat, add remaining oil, peppers, onion and seasoning and sauté until vegetables are cooked. In a bowl, add your lettuce, tomatoes, and cilantro. Once chicken is finished, slice into strips and add on top of bowl. Add sautéed vegetables. Top with guacamole, feta and lime juice and enjoy while warm!

TUESDAY—DAY 2

BREAKFAST

Crunchy almond butter parfait

Serves 1

- 1/2 cup 2% Greek yogurt
- 1 tablespoon crunchy almond butter
- 1/2 tablespoon whole chia seeds
- 1/2 banana, sliced

Add yogurt into serving bowl and top with almond butter, chia seeds and banana slices.

Morning snack (optional): 1/2 cup green grapes

LUNCH

Turkey BLT sandwich

Serves 1

- 5 oz nitrate free turkey slices
- Handful of lettuce
- 3 tomato slices
- 2 slices of sprouted grain bread
- 2 slices of turkey bacon
- Grainy mustard

Add turkey, lettuce, and tomato slices onto a slice of bread. Over medium heat, cook turkey bacon until crispy. Add onto sandwich, top with mustard and enjoy.

Afternoon snack (recommended): 2 tablespoons hummus with red pepper slices

DINNER

Baked Parmesan chicken with arugula salad

Serves 1

- 1/4 cup whole wheat bread crumbs (this does not count as your grain)
- 1 egg
- 5 oz chicken breast
- 1/4 cup tomato sauce
- 1 tablespoon parmesan cheese
- 1 cup arugula
- 1/4 avocado
- Dressing: 1 tablespoon extra virgin olive oil + 1 teaspoon balsamic vinegar + pinch of sea salt

Preheat oven to 350 F. Place breadcrumbs into a small bowl and break the egg into a second small bowl. Whisk the egg. Dip the chicken into the egg mixture and then into the breadcrumb bowl, covering the entire piece of chicken. Place chicken on baking sheet lined with parchment paper and top with tomato sauce. Sprinkle cheese over top. Place into oven and cook until chicken is cooked though and no longer pink. Cheese should be bubbling on top. Add arugula onto plate, top with avocado and drizzle dressing.

WEDNESDAY - DAY 3

BREAKFAST

Sundried tomato and feta omelet

Serves 1

- 2 whole eggs
- 1 teaspoon butter
- 5 sundried tomatoes, sliced thinly
- 1/8 of a red onion, thinly sliced
- 1 tablespoon feta cheese, crumbled
- Pinch of sea salt and freshly ground black pepper

Whisk the eggs in a small bowl. Heat butter in pan over medium heat and add eggs. Add the rest of the ingredients and allow to cook for 2-3 minutes. Then flip over and allow to cook on other side for another 1-2 minutes. Fold omelet onto plate and enjoy.

Morning snack (optional): 1 red apple, sliced

LUNCH

Salad in a jar (the perfect “on the go” salad)

Serves 1

- 1/2 cup cooked quinoa
- 1/2 cup chickpeas
- 1 cup of chopped kale
- 1/2 cup cherry tomatoes, halved
- 1/2 cup cucumbers, chopped
- 1/4 cup peppers, chopped
- 1 tablespoon extra virgin olive oil
- Juice from 1/2 lemon
- 1 tablespoon Dijon mustard
- Pinch of sea salt

In a large jar, layer quinoa, chickpeas, kale, tomatoes, cucumbers, peppers and goat cheese. In a small container, add olive oil, lemon juice, mustard and sea salt and whisk together. Keep separate until ready to enjoy.

Afternoon snack (recommended): celery sticks with 1 tablespoon natural peanut butter

DINNER

10-minute veggie and shrimp stir-fry

Serves 1

- 1 tablespoon avocado oil

- 1/2 cup of kale
- 1/2 cup cabbage
- 1/2 cup broccoli
- 1/2 cup carrots, chopped
- 1/2 cup water chestnuts
- 5 oz of shrimp
- 1 tablespoon sweet chili sauce
- 1 teaspoon ginger, minced
- 1/4 cup sprouts

Method: Heat oil in a wok over medium heat and add kale, cabbage, broccoli, carrots, water chestnuts. Sauté until veggies begin to soften. Add shrimp in with cooked veggies to heat through, along with the chili sauce and ginger. Add sprouts over top and cook for another minute. Remove from heat and enjoy warm.

THURSDAY - DAY 4

BREAKFAST

Green detox smoothie

Serves 1

- 1 scoop of vanilla or unflavoured protein powder
- 1/4 avocado
- 1 green apple, cored and cut into smaller pieces
- 1 celery stalk
- 1 cup of unsweetened almond or coconut milk
- 1 tablespoon of ground flax seeds
- Large handful of kale or spinach leaves

Method: Add all ingredients into blender and blend on high for a minute, until smooth and creamy.

Morning snack (optional): A bowl of cherry tomatoes

LUNCH

Loaded Mediterranean sandwich

Serves 1

- 2 slices of sprouted grain bread
- 2 tablespoons hummus
- Cucumber, tomato and onion slices
- Pepper slices
- Small handful of sprouts
- 1 tablespoon feta cheese
- 1/4 avocado, sliced

Method: Spread hummus on a slice of bread and top with veggies and sprouts. Crumble feta cheese overtop and add avocado slices. Top with second slice of bread and cut in half.

Afternoon snack (recommended): 1/2 cup raspberries + 6 walnuts

DINNER

Garlicky baked cod

Serves 1

- 1 teaspoon butter
- 1 teaspoon avocado oil
- 1 small garlic glove, crushed
- Juice of 1/2 lemon
- 1 teaspoon Italian parsley, chopped
- 5 oz piece of cod
- Pinch of herbamare

Method: In sauce pan over medium heat, add butter and avocado oil. Add garlic and stir for two minutes. Add lemon juice and parsley and remove from heat. Place cod into a Pyrex dish and season with herbamare. Drizzle garlic mixture over fish and place into oven at 400 F for 12-15 minutes, or until fish is flakey.

FRIDAY - DAY 5

BREAKFAST

Strawberry pancakes

Serves 1

- 2 eggs
- 1 tablespoons ground flax meal
- 1/4 cup fresh strawberries, chopped
- 1/2 teaspoon cinnamon
- 1 teaspoon coconut oil
- 1 tablespoon 2% Greek yogurt
- 1 teaspoon pure maple syrup (optional)

Method: In a small mixing bowl, combine eggs and flax seeds to form a batter. Add strawberries and cinnamon. Heat pan with coconut oil and add mixture. Cook on medium heat until pancakes are cooked through. Top with dollop of yogurt and a drizzle of maple syrup (if using) before serving.

Morning snack (optional): 1/2 green apple, sliced

LUNCH

Pomegranate avocado and edamame salad

Serves 1

- 2 cups of mixed greens
- 1/2 cup cucumber pieces
- 1/4 avocado, cubed
- 1/2 cup cooked edamame beans, unshelled
- Dressing: 1 tablespoon of extra virgin olive oil + 1 teaspoon Dijon mustard + 1/2 teaspoon honey + juice of 1/2 a lemon + pinch of herbamare

- 1/2 cup pomegranate seeds
- 1 teaspoon pine nuts

Method: In a large bowl, add mixed greens, cucumber, avocado and edamame. In a small mixing bowl, add all the dressing ingredients and whisk together. Drizzle over salad and toss to coat. Top with pomegranate seeds and pine nuts before enjoying.

Afternoon snack (recommended): Protein bar of choice (make sure it has less than 10g of sugar!)

DINNER

Chicken tacos

Serves 1

- 5 oz chicken breast
- 1 teaspoon avocado oil
- 1/4 cup onion, chopped
- 3-4 Boston lettuce leaves
- 1/2 cup tomatoes, diced
- 1 tablespoon guacamole
- 1 tablespoon cheddar cheese, shredded

Method: Boil chicken breast in boiling water until soft and cooked through, remove from water and allow to cool. Shred chicken with a fork. Over medium heat, add oil and sauté onion with chicken until beginning to get crispy. Fill Boston lettuce cups with tomatoes, guacamole and shredded cheese.

SATURDAY - DAY 6

BREAKFAST

Mixed berry protein oatmeal

Serves 1

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup mixed berries
- 1/2 scoop of unflavoured or vanilla protein powder or 2 tablespoons hemp hearts

Method: Combine rolled oats and almond milk and microwave for 3 minutes. Stir in berries and protein powder / hemp hearts

Morning snack (optional): 40 unsalted or low sodium pistachios

LUNCH

Egg bites

Serves 1

- 2 whole eggs
- Fresh basil leaves, torn
- 1/4 cup cherry tomatoes, halved

- 1 tablespoon goat cheese, crumbled
- Avocado oil spray

Method: Add eggs into small bowl and whisk. Add basil, tomatoes and goat cheese. Spray two muffin cups with avocado oil spray and pour egg mixture in. Cook at 350 F for 15-20 minutes.

Afternoon snack (recommended): 1/2 cup 1% cottage cheese + 1/2 cup pineapple chunks

DINNER

One pan chicken and broccoli dinner

Serves 1

- 5 oz chicken breast
- 1 tablespoon extra virgin olive oil, divided
- 1/4 teaspoon paprika
- 1/4 teaspoon oregano
- 1/8 teaspoon onion flakes
- 1 cup broccoli florets
- Pinch of sea salt

Method: Preheat oven to 350 F. Place chicken onto one side of a baking sheet lined with parchment paper and brush with 1 teaspoon of olive oil. Sprinkle paprika, oregano and onion flakes. On other side of baking sheet (make sure not to let the uncooked chicken touch the broccoli!), drizzle the remaining olive oil onto the broccoli and season with sea salt. Place into oven for 25 minutes, or until chicken is cooked through and no longer pink and broccoli is soft and crispy.

SUNDAY - DAY 7

BREAKFAST

Eggy breakfast wraps

Serves 1

- 1 teaspoon butter
- 3 egg whites
- 1/4 avocado
- 4 tomato slices
- Small handful of spinach
- Pinch of sea salt and freshly ground black pepper

Method: In a small pan over medium heat, melt the butter and add the egg whites. Allow to cook for 6-8 minutes, or until cooked to your liking. Remove eggs from pan and lay on a plate. Add avocado, tomato slices and spinach. Season with sea salt and pepper and wrap the egg up! Enjoy while warm.

Morning snack (optional): 1 pear, sliced with cinnamon sprinkled over top

LUNCH

15-Minute Caprese chicken salad

Serves 1

- 2 cups of spring mix

- 5 oz cooked chicken, cubed
- 1/2 cup cherry tomatoes
- 1/4 cup mini mozzarella balls
- 2-3 basil leaves, torn
- 1 tablespoon extra virgin olive oil + 1/2 tablespoon balsamic vinaigrette

Method: In small serving bowl, add spring mix, chicken, tomatoes, cheese and basil leaves. In a small mixing bowl, add olive oil and balsamic and whisk together. Drizzle over salad and toss to coat.

Afternoon snack (recommended): 1 slice of sprouted grain toast with 1 tablespoon of apple butter

DINNER

Maple mustard salmon with steamed cauliflower

Serves 1

- 5 oz piece of salmon
- 1 tablespoon Dijon mustard
- 1 teaspoon maple syrup
- 1-2 cups of cauliflower florets
- 1 tablespoon extra virgin olive oil
- Pinch of herbamare

Method: Preheat oven to 350 F. Lay salmon on baking sheet lined with parchment paper. In a small bowl, combine Dijon mustard and maple syrup and mix together. Brush mixture over fish. On another small baking sheet, add cauliflower florets and drizzle with olive oil. Season with herbamare. Place fish and cauliflower in oven for 15-20 minutes, until fish is flakey and no longer pink and cauliflower is tender.