2019 Cityline Weight Loss Challenge: 7-Day Meal Plan #2

Throughout the 2019 Cityline Weight Loss Challenge, Dr. Joey will release 4 brand new 7-day meal plans! This is the second one—enjoy!

MONDAY—DAY 1
BREAKFAST
Red pepper and kale frittata
Serves 1

Make ahead of time and keep in the fridge to reheat.

- 1 tbsp. extra virgin olive oil
- ¼ onion, finely chopped
- 1 cup kale, chopped
- ¼ cup red pepper, chopped
- 2 eggs
- Sea salt and fresh ground pepper to taste

Method:
1. Heat oven to 350°F.
2. In a small ovenproof skillet, heat oil over medium heat. Add onion and kale and cook, stirring until just wilted, about 2 minutes.
3. Add red pepper and cook until tender, about 3 minutes. Season with salt and pepper.
4. Pour whisked eggs over vegetables and transfer skillet to oven.
5. Bake until eggs are cooked through, about 5 minutes.

Morning snack (optional): 6 walnuts with ½ cup unsweetened apple sauce

LUNCH
Turkey wrap
Serves 1

- 1 whole wheat wrap
- 3-4 oz of turkey breast, sliced
- Lettuce and tomato, sliced and washed
- 1 tsp of mustard or mayo to be spread on top
- ¼ avocado

Method: Add all ingredients onto wrap and enjoy!
Afternoon snack (recommended): Cucumbers and carrots and 1 tbsp. of hummus

DINNER
Quick and easy one pan teriyaki chicken with veggies
Serves 1

- 5 oz chicken breast
- 1 cup broccoli (chopped into florets)
- 1 carrot (medium, sliced)
- 1 cup snap peas
- 1 tbsp tamari (or soy sauce)
- 1 tbsp sesame oil
- 1 tsp raw honey
- 1 tbsp rice vinegar
- 2 garlic cloves (minced)
- 1 tsp ginger (peeled and grated)
- 1 tsp sesame seeds
- ¼ lime, juiced

Method:
1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the chicken breasts on the baking sheet, surrounded with the broccoli, carrots and snap peas.
3. In a small bowl, whisk together the tamari, sesame oil, lime juice, honey, rice vinegar, garlic and ginger. Pour half the sauce over the chicken and drizzle the rest over the veggies.
4. Bake for 30 minutes, or until chicken is fully cooked. Remove the pan from the oven and sprinkle with sesame seeds. Divide between plates and enjoy!

TUESDAY—DAY 2
BREAKFAST
Peanut butter banana quinoa breakfast bowl
Serves 1

- ¼ cup quinoa (uncooked)
- ¾ cup water
- ¼ cup almond milk (unsweetened)
- 1 tsp maple syrup
- ¼ tsp cinnamon
- Sprinkle of sea salt
- 2 Tbsp all natural peanut butter
- ½ banana (sliced)
- 1 Tbsp. hemp hearts
Method:
1. Add uncooked quinoa to a medium pot with a tight-fitting lid. Whisk in water, almond milk, maple syrup, cinnamon, and salt.
2. Bring to a gentle boil then reduce to medium-low and cover with lid. Let simmer, stirring frequently to prevent quinoa from sticking to the bottom of the pot, for 25 minutes or until quinoa is tender.
3. Remove from heat and stir in peanut butter & hemp hearts until well mixed. Divide into bowls and then top with bananas. Enjoy!

Morning snack (optional): 6 Mary’s crackers with 1 babybel cheese

LUNCH
Chicken spinach salad
Serves 1

- 3-4 oz of chicken breast (you may use cubed firm tofu as an alternative protein option)
- 2 cups of baby spinach
- ½ handful of slivered almonds
- ½ cup of chopped celery and/or cucumbers
- 1 oz of goat cheese, crumbled
- 2 tbsp of balsamic vinaigrette

Method: Toss all ingredients into a bowl and enjoy!

Afternoon snack (recommended): 2 clementine’s with 8 cashews

DINNER
Baked salmon with roasted vegetables
Serves 1

- 5 oz salmon fillet
- 1 cup zucchini (cut into round slices)
- 1 cup small button mushrooms (or sliced mushrooms)
- ½ cup cherry tomatoes
- ¾ tsp extra virgin olive oil (or coconut oil)
- 1 Tbsp. balsamic vinegar
- Sea salt & black pepper (to taste)

Method:
1. Preheat oven to 510ºF (266ºC).
2. Place zucchini, mushrooms, and cherry tomatoes in a mixing bowl and toss with olive oil & balsamic vinegar. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven
and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

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**WEDNESDAY – DAY 3**

**BREAKFAST**

**Yogurt Parfait**

Serves 1

- ½ cup of plain Greek yogurt
- ¼ cup of bran buds
- ½ cup of berries of choice
- 1 tbsp. pumpkin seeds

Method: Mix yogurt, berries, pumpkin seeds and bran buds together and enjoy!

**Morning snack (optional):** 1 apple, sliced, 1 tbsp. peanut butter

Method: Slice apple and dip in peanut butter

**LUNCH**

**Tuna pesto melt**

Serves 1

- 2 slices sprouted grain bread or 3 Ryvita crackers
- 2 tsp pesto sauce with basil
- 2 slices red tomato
- 1 can of light tuna (in water)
- 1 oz mozzarella cheese

Method: Spread pesto on bread or crackers. Top with tomato, tuna and cheese. Put on foil and place in toaster oven. Bake for a few minutes until cheese is melted. Enjoy with a bowl of heated vegetable soup or mixed greens salad.

**Afternoon snack (recommended):** “salt & vinegar egg” - 1 hard-boiled egg with a splash of apple cider vinegar and pinch of sea salt with cucumber slices.

**DINNER**

**Almond chicken fingers with sweet potato**

Serves 1

- 5oz boneless, skinless chicken breast
- ¼ cup almond meal
- ½ tsp paprika
- ¼ tsp. garlic powder
• 1/8 tsp cumin  
• 1/8 tsp cayenne pepper  
• ¼ tsp black pepper  
• ¼ tsp sea salt  
• 1 eggs, lightly beaten  
• Olive oil cooking spray  
• 1 small sweet potato

Method:
1. Preheat oven to 375°F
2. Slice chicken breasts into long strips, 1-2” wide
3. Mix together almond meal, paprika, garlic, cumin, cayenne, pepper, and salt
4. Dredge each piece of chicken in egg and then coat with almond spice mixture.
5. Place chicken a cookie sheet greased with cooking spray
6. Chop sweet potato into bite sized squares. Add onto cookie sheet beside chicken and bake together in oven
7. Bake for 20-25 minutes, until golden

*If baking the sweet potato whole, you will want to put it in first as it takes about 45 minutes to cook that way.

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**THURSDAY – DAY 4**
**BREAKFAST**
*Green goddess smoothie*
Serves 1

• 1 cup of unsweetened almond milk  
• ½ scoop of protein powder  
• ½ frozen banana  
• 1 cup of raw spinach  
• 1 tbsp. of ground flax seeds  
• ½ tsp of cinnamon

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

**Morning snack (optional):** 1 pear & ½ handful pecans

**LUNCH**
*Classic egg salad*
Serves 1

• 2 large hard boiled eggs
1 tbsp. of mayonnaise
1 tsp of mustard
3 tbsp. of diced celery
Dash of salt and pepper

Method: Chop hard boiled eggs. In a large bowl, mix egg with mayonnaise, mustard and salt and pepper to taste. Stir in chopped celery. Enjoy with one piece of whole grain bread (open faced sandwich) and celery and baby carrots on the side.

Afternoon snack (recommended): Veggies with 2 tbsp. hummus

DINNER
Spicy shrimp and pesto with zucchini noodles
Serves 1

- 4 oz. shrimp (peeled, deveined)
- ½ tsp chili powder
- ¼ tsp garlic powder
- ¼ tsp dried thyme
- ¼ tsp sea salt (divided)
- Pinch of cayenne pepper
- 1 tsp avocado oil
- ½ cup basil leaves
- ¼ cup baby spinach
- 1 tbsp. almonds
- 1 ½ tsps. water
- ¼ garlic (clove)
- 2 tsps. lemon juice
- 1 ½ tsps. extra virgin olive oil (divided)
- 1 zucchini (small, spiralized into noodles)
- 2 tbsps. cherry tomatoes (halved)

Method:
1. In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, half the sea salt, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
2. To the bowl of a food processor (or blender), add the basil, spinach, almonds, water, garlic, lemon juice, extra virgin olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
3. Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp, cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
4. In the same pan that the shrimp were cooked in, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto from the food processor.
5. Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!
In a hurry? You can use a store bought pesto instead of making your own, 2 tbsp. would be the serving size to use.

FRIDAY – DAY 5
BREAKFAST
Peanut butter toast with hemp hearts
Serves 1

• 2 pieces of whole grain bread
• 2 tsp. of peanut butter
• 2 tbsp. hemp hearts

Method: Toast bread, add 1 tsp. of peanut butter to each piece and top with hemp hearts. Enjoy!

Morning snack (optional): ½ cup Greek yogurt, ½ cup berries

LUNCH
Tossed chicken salad
Serves 1

• 3-4 oz of grilled chicken breast
• 2 cups of lettuce of choice
• 1 oz of shredded cheese
• shredded carrots
• sliced cucumber
• ½ cup of mandarin oranges
• diced celery
• 1 tbsp. sunflower seeds
• 3 tbsp. of balsamic vinaigrette salad dressing

Method: Cut chicken breast into small pieces. In a bowl combine chicken, cucumber, carrots, celery, mandarin oranges, lettuce and cheese. Toss and add balsamic vinaigrette dressing.

Afternoon snack (recommended): ¼ avocado, lemon, tomato slices, sea salt & pepper. Squeeze lemon over avocado and tomato and sprinkle with salt and pepper. Enjoy!

DINNER
Chicken shawarma bowl
Serves 1

• 5 oz. chicken breast (diced into cubes)
Method:

1. Combine the diced chicken breast, sea salt, black pepper, cinnamon, turmeric, cumin and olive oil in a bowl. Toss well to coat.
2. Transfer the chicken into a skillet over medium heat. Cook for about 10 minutes, or until chicken is cooked through.
3. Meanwhile, combine the tahini, water and lemon juice together in a jar. Mix well and set aside.
4. Divide the romaine, tomatoes and cucumber into bowls and top with the cooked chicken breast. Drizzle tahini dressing over top and sprinkle with chopped parsley. Enjoy!

SATURDAY – DAY 6
BREAKFAST
Sweet potato toast and eggs
Serves 1

- ½ sweet potato (large)
- 2 eggs
- ¼ avocado
- Sea salt & black pepper (to taste)
- Sprinkle of red pepper flakes

Method:

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into ¼ inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt, black pepper and red pepper flakes, and mash with a fork until
smooth and creamy.

4. Poach, fry or hard boil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

**Morning snack (optional):** 1 apple with cinnamon, 6 walnuts

**LUNCH**

**Turkey and cheese sandwich**

Serves 1

- 3-4 oz of roasted turkey breast or lean turkey slices (nitrate free)
- 1 slice of Swiss cheese
- Cucumber and tomato slices
- Dijon mustard

Method: Spread mustard on whole grain bread. Top with turkey slices, tomato, cucumbers and cheese. Slice up carrots and red peppers to have on the side.

**Afternoon snack (recommended):** ½ cup cottage cheese + ½ cup blueberries, 8 almonds

**DINNER**

**Lettuce burger**

Serves 1

- 4oz chicken or turkey burger
- 2 romaine lettuce leaves
- Tomato slices
- Lettuce
- Pickles
- 1oz cheese
- Organic mustard/ketchup
- ½ Sweet potato mashed

Method: Cook turkey burger and place between two lettuce leaves and top with toppings. Have ½ sweet potato mashed on the side.

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**SUNDAY – DAY 7**

**BREAKFAST**

**Strawberry coconut chia and hemp pudding**

Serves 1

- 4oz almond or coconut milk
- 2 tbsp. Chia seeds
- 1 tsp maple syrup (only if milk is unsweetened)
- ¼ tsp vanilla extract
Method:
1. Combine milk, chia seeds, maple syrup and vanilla. Stir until combined and refrigerate for 2-3hrs. You may want to stir the mixture a couple of times while it’s in the fridge.
2. When set, top with hemp hearts, strawberries, and coconut.

*Best prepared the night before

**Morning snack (optional):** Tzatziki and 6 Mary’s crackers with veggies

**LUNCH**

**Kale and chickpea salad**
Serves 1

- 2 cups raw baby kale
- 1 boiled egg, chopped
- ½ cup arugula
- ¼ cup chickpeas
- ¼ avocado
- ¼ raspberries
- 1 tbsp of balsamic vinegar
- 1 tsp extra virgin olive oil

Method: Massage kale in olive oil for 1 minute. Add avocado and arugula; add rest of the ingredients, toss and serve.

**Afternoon snack (recommended):** 1 slice of sprouted grain toast with 1 tablespoon of natural no sugar added peanut butter

**DINNER**

**Artichoke and almond-stuffed chicken breasts**
Serves 1

- ¼ can (6-ounce) artichoke hearts, rinsed and chopped
- ¼ cup chopped baby spinach
- 1 tablespoon chopped roasted almonds
- 1 tablespoon grated Parmesan
- ½ teaspoon grated orange zest
- ¼ teaspoon Kosher salt
- ¼ teaspoon pepper
- 5 oz boneless, skinless chicken breast
- 1 tsp of extra virgin olive oil
Method:
1. In a small bowl, combine the artichokes, spinach, almonds, Parmesan, orange zest, and salt and pepper.
2. Cut a 2-inch pocket in the thickest part of each chicken breast. Stuff a quarter of the artichoke mixture into the breast. Season the chicken with oil and salt and pepper.
3. Bake chicken at 400°F for about 30 min, until golden brown and cooked through.