

Cityline Weight Loss 2020-

Meal Plan #1

Please note: All serving sizes in this meal plan are for one.

MONDAY

Breakfast

5-minute mini banana almond butter pancakes

- Coconut oil spray
- ½ banana
- 1 egg
- 1 tablespoon almond butter (or nut butter of choice)
- ½ teaspoon cinnamon

Method: Over medium heat, spray coconut oil into small frying pan. In a small bowl, add banana and mash. Then add the egg, almond butter and cinnamon. Mix well to combine. Add mini pancake batter onto heated pan and cook for 1-2 minutes per side, until mini pancakes are cooked through.

Morning snack (optional): ½ cup grapes

Lunch

Pesto chickpea pasta salad

- ½ cup cooked chickpea pasta
- ½ cup cherry tomatoes halved
- 1 tablespoon pesto
- 1 tablespoon pine nuts

- 2-3 basil leaves
- 1 tablespoon goat cheese

Method: Add cooked chickpea pasta into a bowl and top with tomatoes, pesto, and pine nuts. Chop basil leaves and toss onto pasta salad. Add goat's cheese and enjoy!

Afternoon snack (recommended): mini carrots and 2 tbsp of hummus

Dinner

Grilled rainbow trout with slow roasted tomatoes

- 2 cups cherry tomatoes
- 1 tablespoon extra virgin olive oil
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 5 oz piece of rainbow trout
- 1-2 cups of arugula
- ½ lemon

Method: Preheat oven to 220 F. Cut cherry tomatoes into halves and lay onto a baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with sea salt and black pepper. Place into preheated oven for 2 hours. (tip: if you don't have enough time to make these the night of, make them the evening before and keep in your fridge). Warm a cast iron grill pan over medium heat for 3-5 minutes (you will know it's warm enough once you see smoke). Once warmed, place fish onto grill and cook for 12-15 minutes, rotating sides every couple of minutes. Cook until fish is cooked through and flakey.

Place cooked fish onto bed of arugula and squeeze lemon over top. Enjoy with your roasted tomatoes.

TUESDAY

Breakfast

Chocolate hazelnut smoothie

- 1 scoop of chocolate protein powder
- 1 tablespoon natural hazelnut butter
- ½ banana
- ½ tablespoon hemp hearts
- 1 cup baby spinach
- 1 cup of unsweetened oat milk

Method: Add all ingredients into blender and blend for 30-60 seconds, until well combined and smooth.

Morning snack (optional): 1 cup of crunchy snap peas

Lunch

Arugula pear salad

- 1-2 cups of arugula
- ½ pear, sliced
- ¼ avocado, cubed
- 6 walnut pieces, crushed
- 2 hard boiled eggs, halved
- 1 tablespoon extra virgin olive oil

- ½ tablespoon fresh lemon juice
- ½ teaspoon Dijon mustard
- Pinch of sea salt

Method: In a serving bowl, add the arugula, sliced pear, avocado and walnuts. Top with sliced eggs. In a small bowl, add the olive oil, lemon juice, Dijon mustard and sea salt. Whisk together. Drizzle onto salad and toss to coat.

Afternoon snack (recommended): 1 tablespoon hummus + 6 Mary's crackers

Dinner

Tuesday taco night!

- 1 small chicken breast
- 2-3 Boston lettuce leaves
- ½ cup cherry tomatoes, halved
- 1 tablespoon guacamole
- 2 tablespoons of salsa
- 1 tablespoon cheddar cheese, shredded
- Dash of hot sauce (optional)

Method:

Sauté chicken breast on medium heat (cooked in oil) for 25 minutes or until fully cooked. Once cooled, shred chicken with a fork. Fill Boston lettuce cups with chicken, tomatoes, guacamole, salsa, shredded cheese and hot sauce.

WEDNESDAY

Breakfast

Cottage cheese toast

- ½ cup 1% cottage cheese
- 2 slices of sprouted grain bread, toasted
- ¼ avocado, sliced
- Tomato slices
- 1 tablespoon hemp hearts

Method: Spread cottage cheese onto toasted sprouted grain bread. Top with avocado and tomato slices and sprinkle with hemp hearts.

Morning snack (optional): 1/2 cup of baby carrots

Lunch

Pulled chicken salad

- 1-2 cups of spring mix
- ½ cup cooked shredded chicken
- ¼ large cucumber, diced
- ½ cup cherry tomatoes, halved
- 6 black olives, pitted
- Dressing: 1 tablespoon extra virgin olive oil, fresh juice from ½ lemon, 1 teaspoon oregano, pinch of sea salt

Method: In a medium serving bowl, add the lettuce, chicken, cucumber, tomatoes, and olives. In a small bowl, whisk together the dressing ingredients and pour over salad. Toss to coat.

Afternoon snack (recommended): 2-3 nitrate free turkey slices rolled up with mustard and olives (6).

Dinner

Mini cheesy turkey meatballs

- ½ cup ground meat (lean chicken, turkey or red meat)
- 1 egg
- ¼ cup spelt breadcrumbs
- 1 teaspoon garlic powder
- 1 teaspoon minced onion powder
- 1 tablespoon fresh mozzarella, grated
- 1 cup of zucchini noodles
- 1 cup of tomato sauce

Method: In a medium bowl, add the ground meat, egg, breadcrumbs, garlic powder, onion powder and mozzarella. Mix well to combine. Heat cast iron pan over medium heat. Form mixture into mini meatballs. Put meatballs onto heated grill pan and cook for 15-20 minutes, until cooked through and no longer pink inside. Serve on top of zucchini noodles and tomato sauce.

THURSDAY

Breakfast

Cinnamon spiced pear parfait

- ½ cup 2% Greek yogurt
- 1 pear, cubed
- 1 teaspoon cinnamon
- 1 tablespoon ground flax seeds

Method: Add Greek yogurt to a small serving bowl and top with pears. Sprinkle cinnamon and flax seeds over top and enjoy.

Morning snack (optional): Red and green pepper slices

Lunch

Tuna pesto wrap

- 1 high fiber wrap
- 1 can of light tuna packed in water (5 ounces)
- Romaine lettuce leaves
- 1 tablespoon pesto
- Cucumber and tomato slices
- Handful of pea shoots

Method: Lay wrap onto plate and top with tuna, lettuce, pesto, cucumber, tomatoes and pea shoots. Wrap it up and enjoy!

Afternoon snack (recommended): 1 apple+ 12 unsalted almonds

Dinner

Chicken nuggets

- 1 egg
- ¼ cup spelt breadcrumbs
- ½ tablespoon garlic powder
- ½ tablespoon paprika
- 1 tablespoon parmesan cheese, grated
- 5 oz chicken breast, cut into bite size pieces
- 2 cups arugula
- 1 tablespoon extra virgin olive oil
- 1 teaspoon balsamic vinaigrette

Method: Preheat oven to 350 F. In a small bowl, crack the egg and whisk. In a separate small bowl, add the breadcrumbs, garlic powder, paprika and cheese and mix together. Dip a piece of the chicken into the egg mixture and then coat with the breadcrumb mixture and place into a lined baking sheet. Repeat with each piece of chicken. Bake chicken for 15-20 minutes, until cooked through and no longer pink. Serve beside a bed of arugula drizzled with olive oil and balsamic.

FRIDAY

Breakfast

Spinach, tomato and goat cheese omelets

- 2 eggs
- 1 teaspoon butter
- 6 spinach leaves, torn
- ¼ cup diced tomatoes
- 1 tablespoon goat cheese

Method: Crack eggs into small bowl and whisk. Over medium heat, melt butter and pour eggs into pan. Add spinach, tomatoes and goat cheese. After 2 minutes, fold omelets in half with a spatula and allow to cook for another minute. Flip and cook for another minute until eggs are cooked through.

Morning snack (optional): 1 cup of cherry tomatoes

Lunch

Turkey pita pockets

- 1 whole wheat pita pocket
- 4 oz of shaved nitrate free turkey slices
- Shredded lettuce
- 2 slices of tomatoes
- ¼ avocado, sliced
- Mustard

Method: Open pita pocket and fill with turkey slices, lettuce, tomatoes and avocado. Drizzle with mustard, close up and enjoy!

Afternoon snack (recommended): Sliced green apple + 1 tablespoon natural nut butter (walnut, cashew, almond, etc.)

Dinner

Rainbow vegetable tofu stir-fry

- 1 tablespoon avocado oil
- ½ cup of kale
- ½ cup cabbage
- ½ cup broccoli
- ½ cup carrots, chopped
- ½ cup water chestnuts
- 1 teaspoon ginger, minced
- ½ cup non-GMO, organic tofu, cubed
- 1 tablespoon sweet chili sauce
- ¼ cup sprouts

Method: Add avocado oil to wok and warm over medium heat. Add vegetables and ginger and sauté until beginning to soften (about 5-7 minutes). Add cubed tofu in with cooked veggies, along with the chili sauce. Add sprouts over top and cook for another minute. Remove from heat and enjoy warm.

SATURDAY

Breakfast

Creamy almond butter oatmeal

- ½ cup cooked steel cut oats
- ½ tablespoon natural almond butter
- 2 tablespoons hemp hearts
- ½ banana, sliced
- 1 teaspoon pure maple syrup

Method: Add cooked oatmeal into small bowl and top with almond butter, hemp hearts and banana slices. Drizzle with maple syrup.

Morning snack (optional): 3 prunes or dates

Lunch

Spiralized Greek salad with dill

- 2 cups romaine lettuce, chopped
- ½ cup cherry tomatoes, halved
- 1 mini yellow pepper, sliced
- ½ cucumber, spiralized
- 4 black olives, halved
- 2 tablespoons dill, chopped
- ¼ cup mini feta cubes
- 1 tablespoon extra virgin olive oil
- ½ tablespoon red wine vinegar
- ½ teaspoon oregano
- ½ teaspoon garlic powder
- 1-2 hard boiled eggs, chopped

Method: Add lettuce, tomatoes, pepper, spiralized cucumber and black olives to small bowl. Sprinkle with the chopped dill and add the mini feta cubes. In a small mixing bowl, add the olive oil, red wine vinegar, oregano and garlic powder. Whisk together. Drizzle dressing over salad and toss to coat. Top with egg.

Afternoon snack (recommended): ½ cup 2% plain Greek yogurt with sprinkle of cinnamon

Dinner

Chicken kabobs

- 1 chicken breast (4-5 oz)
- 1 tablespoon avocado oil
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon sea salt
- 1 small garlic clove, minced
- 1 tablespoon filtered water
- 1/8 teaspoon oregano
- 1/8 teaspoon paprika
- 1/8 teaspoon onion flakes
- Wooden or metal kebab sticks (1-2)
- 1 yellow pepper, cut into 1 inch pieces
- 1/4 red onion, cut into 1 inch thin wedges

Method: Cut chicken into kebab size pieces and place into a zip lock bag. In a small bowl, add the oil, lemon juice, and spices. Whisk together and add into the bag with the chicken. Place into fridge and marinate for 1-2 hours. Remove from fridge and start making the kebabs – add a piece of chicken, a pepper piece and an onion piece, and then rotate until you have used all your chicken and veggies. Throw onto the BBQ or use a cast iron grill pan and cook for 15-20 minutes, until chicken is cooked through and no longer pink. Serve with a green salad.

SUNDAY

Breakfast

Apple cinnamon smoothie

- 1 scoop of vanilla protein powder
- 1 cup unsweetened almond or oat milk
- 1 apple, cubed
- 1 tablespoon cinnamon
- 1 tablespoon chia seeds

Method: Add all ingredients into blender and blend for 30 seconds to a minute, until smooth.

Morning snack (optional): ½ cup raspberries + 20 unsalted pistachios

Lunch

Egg salad party sandwiches

- 2 hard boiled eggs
- 1 tablespoon mayonnaise
- 1 tablespoon green onions, chopped
- 1 teaspoon Dijon mustard
- 2 slices of sprouted grain bread
- Veggie sticks (carrots, celery and cucumbers)

Method: In small bowl, add eggs and chop. Mix in mayonnaise, green onions and mustard. Spread egg salad onto a slice of bread and top with the other slices. Cut into “party sandwich” sized pieces. Enjoy with veggie sticks on the side!

Afternoon snack (recommended): Celery sticks + 1 tablespoon cream cheese

Dinner

Rosemary salmon with sweet potato wedges

- 5 ounce piece of salmon
- 1 tablespoon extra virgin olive oil, divided in half
- ½ tablespoon rosemary
- 1 small sweet potato
- ½ tablespoon extra virgin olive oil
- Pinch of paprika
- ½ lemon wedge

Method: Preheat oven to 350 F. Cover baking sheet with parchment paper. Place piece of salmon onto baking sheet and drizzle with ½ tablespoon olive oil. Sprinkle with rosemary. Wash sweet potato and cut into wedges. Add into small bowl and toss with remaining olive oil and paprika. Lay onto baking sheet with seasoned salmon. Put into pre-heated oven for 20 minutes or until salmon is cooked through. You can leave the sweet potatoes in until they are cooked to desired consistency. Squeeze lemon onto cooked salmon before serving.