

Cityline 2016 Weight Loss Challenge: 7-day meal plan #1

Day1:

BREAKFAST

Apple cinnamon pancakes

Serves 1

- 2 tbsp ground flax meal
- 2 eggs
- 1/2 apple, grated
- 1/2 tsp cinnamon
- Coconut oil

Method:

Combine ingredients in small bowl to form a batter. Heat pan to medium heat and add mixture. Cook and enjoy warm.

MORNING SNACK (optional)

- 1 apple

LUNCH

Tuna melt

- 1 can white tuna (in water)
- 1 tsp mayonnaise
- 2 slices sprouted-grain bread
- Tomato slices
- 1 slice low-fat cheddar cheese

Method:

Combine tuna and mayonnaise, and put on sprouted bread. Top with tomato slices and cheese and bake at 350 F, until cheese begins to bubble and melt.

AFTERNOON SNACK (recommended)

- Small vanilla Greek yogurt with 10 walnuts

DINNER

Zucchini arugula pesto noodles

Serves 1

- 1-2 zucchinis
- 1 tbsp extra-virgin olive oil
- 1 large handful arugula
- 1 tbsp pesto
- 1 tbsp pine nuts

Method:

Make zucchini noodles using a spiralizer or vegetable peeler. Coat pan with olive oil and cook zucchini noodles and arugula gently for about 2-3 minutes. Combine zucchini noodles, arugula, pesto and toasted pine nuts. Top with 4 ounces of chicken, fish, tofu or roasted chickpeas for extra protein.

Day 2:

BREAKFAST

Strawberry banana smoothie

- 1/2 cup Greek yogurt or 1 scoop protein powder
- 1/2 banana, fresh or frozen
- 1/2 cup strawberries
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds or ground flax seeds
- 3 ice cubes

Method:

Blend on high and enjoy!

MORNING SNACK (optional)

- Hard boiled egg and cucumber slices

LUNCH

Zesty black bean burrito

Serves 1

- 1 high-fibre or whole-wheat wrap
- 1/2 cup black beans, rinsed
- Shredded lettuce
- Diced tomatoes
- 1 tbsp feta cheese
- Sprinkle of chili powder and cumin

Method:

Lay wrap flat and add all ingredients. Wrap and enjoy!

AFTERNOON SNACK (recommended)

- Celery sticks and 1 tbsp almond butter

DINNER

- Crispy chicken fingers (recipe below)
- 1 cup cauliflower mash (recipe below)

Day 3:

BREAKFAST

Mini tomato and basil quiche

- 2 eggs
- Fresh basil leaves, torn
- 2 small sundried tomatoes, cut into small pieces
- 1 oz goat cheese, crumbled

Method:

Add eggs to small bowl and whisk. Add basil, sundried tomatoes and goat cheese, and pour into two muffin tin cups (greased with coconut oil beforehand). Cook at 350 F for 15-20 minutes.

Note: This recipe can be made in advance and enjoyed for breakfast the following day. I make a dozen of these at a time and freeze some for future use.

MORNING SNACK (optional)

- 1 orange or grapefruit

LUNCH

Crunchy salmon wrap

Serves 1

- 1 whole-wheat wrap
- 1 can salmon (4-6 oz)
- 1 tbsp low-fat mayonnaise
- 1 tbsp celery, chopped
- Tomatoes and cucumber, chopped

Method:

Add salmon to a small bowl and mix with mayonnaise. Lay wrap flat and add all ingredients. Wrap and enjoy!

AFTERNOON SNACK (recommended)

- 2 tbsp roasted pumpkin seeds and 1 green apple

DINNER

- Chicken Bolognese with spaghetti squash (See recipe below.)

Day 4:

BREAKFAST

Warming blueberry oatmeal

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1/2 cup blueberries
- 2 tbsp hemp seeds

Method:

Combine rolled oats and almond milk, and microwave for 3 minutes. Stir in blueberries and flax seed.

MORNING SNACK (optional)

- 1/2 cup raspberries and 6 walnut halves

LUNCH

Tomato soup with roasted chickpeas

- 1 cup low-sodium tomato soup
- 1/2 cup roasted chickpeas as topping

Method for roasting chickpeas:

Preheat oven to 350F. Drain and rinse a can of chickpeas and dry well with paper towel. Place chickpeas in large bowl, add 1/2 tablespoon olive oil, and season with oregano if desired. Bake for 50 minutes or until crunchy.

AFTERNOON SNACK (recommended)

- 30 unsalted pistachios

DINNER

Steak lettuce wraps

Serves 1

- 1 tbsp extra virgin olive oil
- 1 tsp cumin
- 1 garlic glove, minced
- 3 oz steak strips
- 1 cup green peppers, sliced
- 1/2 cup onion, sliced
- 2 large leaves lettuce
- 1 tbsp salsa

Method:

In a skillet, saute olive oil, cumin and garlic for 1-2 minutes. Add steak strips and cook about 5 minutes. Add pepper and onion slices and cook for another 6-8 minutes. Place mixture in lettuce wraps and top with salsa. Enjoy!

Day 5:

BREAKFAST

Berry yogurt parfait

- 1/2 cup plain Greek yogurt (1% or 2%)
- 1/2 cup fresh raspberries
- 6 walnut halves, crushed

- Drizzle of honey

MORNING SNACK (optional)

- 1/4 cup all bran buds and 1/2 cup almond milk

LUNCH

Open-faced egg salad sandwich

- 2 hard-boiled eggs
- 1 tbsp mayonnaise
- 1 slice sprouted-grain bread
- Tomato and cucumber slices

Method:

Mash hard-boiled eggs and mayonnaise together and place on bread. Top with tomato and cucumbers and sprinkle with sea salt and pepper.

AFTERNOON SNACK (recommended)

- 6 whole-grain crackers (e.g. Mary's crackers) and 1 wedge of light Laughing Cow cheese

DINNER

Creamy peanut butter smoothie

- 1 scoop of chocolate protein powder
- 1/2 banana
- 1 tbsp natural peanut butter
- 1 tbsp ground flax seeds
- 1 cup unsweetened almond milk
- 3 ice cubes

Method:

Blend all ingredients and enjoy!

Day 6:

BREAKFAST

Avocado toast

- 1 slice sprouted-grain bread
- Hard-boiled egg
- 1/4 avocado
- 1 tsp extra-virgin olive oil

Method:

Slice hard-boiled egg and avocado over piece of toast and drizzle with olive oil

MORNING SNACK (optional)

- 1/2 cup red grapes

LUNCH

Protein-packed chef salad

Serves 1

- 1/4 head romaine lettuce
- 1/2 tomato, sliced, or a handful of cherry tomatoes
- 3 slices of nitrate-free turkey or chicken slices, torn into bite-sized pieces
- 1/4 sliced red onion
- 1 tbsp goat cheese or feta cheese
- 1 tbsp extra-virgin olive oil
- 1 tsp balsamic vinegar
- Salt and pepper to taste

Method:

Add all produce to bowl. Sprinkle with cheese. In a small bowl, whisk olive oil, balsamic vinegar, salt and pepper and drizzle on salad.

AFTERNOON SNACK (recommended)

- 1 pear and 10 almonds

DINNER

Dill salmon

Serves 1

- Extra-virgin olive oil
- 1 salmon fillet
- Fresh dill
- Sea salt

Method:

Drizzle olive oil over salmon and sprinkle with dill and sea salt. Bake for 20 minutes at 350 F or until salmon flakes with a fork.

SUNDAY***BREAKFAST*****Cheesy scrambled eggs**

- 1 whole-wheat English muffin
- 1-2 eggs
- 1 oz low-fat mozzarella cheese
- 1 tbsp guacamole on the side
- 1/2 cup fresh berries on the side

Method:

Whisk 2 eggs together in bowl. Heat a skillet over medium heat and melt 1 tablespoon of butter. Pour egg mixture into pan and add salt and pepper if desired. Reduce heat to low-medium heat and let the eggs set prior to scrambling. Add cheese and stir with wooden spoon until cooked through. Enjoy with English muffin and fresh berries.

MORNING SNACK (optional)

- Apple slices with cinnamon sprinkled on top

LUNCH**Red lentil soup**

- 1 cup lentil soup (recipe below)
- Side salad or cut veggie sticks

AFTERNOON SNACK (recommended)

- 1 Karmaffin (nutrient-dense muffin)

DINNER**Chicken chopped salad**

- 4 oz grilled chicken breast, cubed

- Small handful of cherry tomatoes, halved
- 1/4 avocado, cubed
- Romaine lettuce, chopped

Dressing:

- 1 tbsp olive oil
- 1/2 tbsp balsamic vinegar
- Sea salt