

Day one:

Breakfast:

Peanut butter and banana smoothie

- 1 cup unsweetened almond milk or coconut milk
- 1/2 banana, frozen or fresh
- 1/2 tbsp of natural peanut butter
- 1 tbsp of ground flax seeds
- 1 tbsp of cocoa powder
- 2-3 ice cubes

Morning snack (optional):

Baby carrots and hummus

Lunch:

Quinoa and chickpea salad

- 1/2 cup quinoa, cooked
- 1/4 cup chickpeas
- 1/2 cup tomatoes, chopped
- Handful of shredded carrots
- 1/2 cup cucumbers, chopped

Dressing:

- 1 tbsp extra virgin olive oil + 1/2 tbsp balsamic vinegar
- Fresh lemon juice
- Salt and pepper to taste

Afternoon snack (recommended):

Apple with light Babybel cheese

Dinner (serves 2):

Fish baked in parchment paper

- 2 5-ounce fish fillets
- 2 rosemary sprigs
- 10 cherry tomatoes, halved
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

- 1 lemon

Method: Cut two large pieces of parchment paper. Put a rosemary sprig on each piece of parchment paper and lay the fish fillet on top. Put 5 tomatoes with each piece of fish and drizzle with 1 Tablespoon of olive oil. Tightly wrap each piece of fish up so steam cannot escape. Bake for 15 minutes at 450F. Before serving, squeeze fresh lemon juice on top of each piece of fish. Serves 2.

Day two

Breakfast:

Easy egg white omelette

- 3-4 egg whites
- Chopped veggies (peppers, onions, baby spinach)
- 1 oz. goat's cheese or feta cheese

Morning snack (optional):

2 clementines with 10 almonds

Lunch:

Dill tuna wrap

- 1 small whole grain wrap
- 1 can of flaked light tuna, drained
- 1/2 tbsp low fat mayonnaise
- 1/2 tsp dried or fresh dill
- Sprouts, diced cucumber, and sliced tomatoes if desired

Afternoon snack (recommended):

1 small Greek yogurt – flavour of choice

Dinner:

Delicious turkey meatballs (*see recipe at end of meal plan*)

Steamed broccoli

Day three

Breakfast:

Crunchy yogurt parfait

- 1/2 cup 1% Greek yogurt
- 1 tbsp hemp hearts or ground flaxseeds
- 1/4 cup All-Bran Buds
- 1/2 cup blueberries

Morning snack (optional):

1 hard boiled egg with apple slices

Lunch:

1 cup of minestrone soup (*see recipe at end of meal plan*)

Afternoon snack (recommended):

Bar of choice (i.e. Simply Bar, Kashi bar)

Dinner:

Chicken Greek salad

- 3-5 oz of grilled chicken breast, cubed
- 1/2 cucumber
- 1 tomato
- 2 tbsp onion
- 1 tbsp feta cheese
- 5-6 olives
- 1 tbsp Greek dressing

Day four

Breakfast:

2 poached eggs

1 slice of sprouted grain toast with light cream cheese

1/2 cup cubed watermelon

Morning snack (optional):

1 small unsweetened applesauce

Lunch:

Open-faced turkey and avocado sandwich

- 1 slice of sprouted grain toast
- 4 oz. of nitrate-free turkey slices
- Lettuce, tomato slices
- Thinly sliced avocado
- 1 tbsp light mayonnaise
- 1/2 tbsp mustard

Afternoon snack (recommended):

1 small handful of “energy” trail mix

Dinner:

Pasta-less pasta with meat sauce (Serves 2-3)

- 1 lb of ground lean turkey or chicken
- Onion, chopped
- 2 garlic cloves, crushed (or frozen garlic cubes)
- Basil, finely chopped (or frozen basil cubes)
- Jar of tomato sauce
- 4 ounces of zucchini noodles

Method: Sauté ground chicken or turkey until cooked. Add onions, garlic, basil, and tomato sauce. Simmer for 1 hour. Serve over zucchini noodles.

Day five

Breakfast:

Quick and easy breakfast smoothie

- Protein source = 1 scoop protein powder or 3 tbsp hemp hearts or 1/2 cup Greek yogurt
- 1/4 banana, frozen
- 1/2 cup of frozen mixed berries
- 1 cup coconut water

- Handful of baby spinach

Morning snack (optional):

1/2 cup green grapes

Lunch:

Chopped salad

- 2 hard boiled eggs, chopped
- 1/4 avocado, cubed
- Diced tomatoes, cucumbers, peppers, onions, celery
- 2 oz. grilled chicken, cubed
- 1 tbsp extra virgin olive oil + freshly squeezed lemon + 1/4 tbsp Dijon mustard + salt and pepper

Afternoon snack (recommended):

8-10 Mary's Crackers + 1 oz of cubed cheese

Dinner:

Bun-less burger

- BBQ or baked burger (beef, turkey, chicken, veggie)
- Boston lettuce
- 1/2 tbsp ketchup
- 1/2 tbsp mustard
- Pickle slices, tomato slices

Method: Put burger in lettuce leaf. Add ingredients. Wrap up and enjoy.

Day six

Breakfast:

Muffin in a mug

- 1/4 cup of ground flax seeds
- 1 teaspoon of baking powder
- 2 tsp of cinnamon
- 1 1/2 tsp apple sauce
- 1 egg

Method: Place all the ingredients in a mug, stir and put in microwave for 50 seconds, allow to cool. Flip mug over, muffin will drop out. Enjoy!

Morning snack (optional):

Celery and carrot sticks with hummus

Lunch:

Whole grain bagel with lox

- Whole wheat bagel or 2 slices of sprouted grain bread
- 3 oz. lox
- 1 tbsp light cream cheese
- Capers

Afternoon snack (recommended):

1/2 cup Greek yogurt + fruit of choice

Dinner:

Turkey chili (*see recipe at end of meal plan*)

Day seven

Breakfast:

Mango strawberry cottage cheese crunch

- 3/4 cup cottage cheese (2% fat)
- 1/3 mango
- 1/3 cup strawberries
- 1 1/2 tbsp chopped dried walnuts

Enjoy cottage cheese mixed with mango and strawberries. Sprinkle nuts on top.

Morning snack (optional):

Dr. Joey's free soup (*see recipe at end*)

Lunch:

Baked falafel ball salad

- 4 falafel balls (see recipe at end of meal plan)
- Arugula
- Cut up tomatoes + onions
- 1 tbsp garlic hummus
- 1/2 tbsp tzatziki

Afternoon snack (recommended):

20 low-sodium pistachios + small plum

Dinner:

1-2-3 protein stir fry

#1 protein -- Choose 4 oz. of chicken or tofu

#2 veggies -- Wash and chop bok choy, red and green peppers, onions, sprouts, water chestnuts and carrots.

#3 dressings -- 2 tbsp of low-sodium teriyaki sauce or soy sauce

Method: Add tofu and chicken to skillet and sauté until cooked thru. Add vegetables and 2 tbsp of sauce, sauté 2-5 minutes.