

MENU #2: Spring 2008

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Frittata with Cheese, Tomato and Basil* Whole wheat toast	Buttermilk Pancakes* Low fat yogurt Frozen berries	Red River cereal Decadent Fruit Smoothie*	Healthy BLT Egg Wrap* Grapefruit	Better-than-Instant Oatmeal* 2 slices turkey bacon Unsweetened applesauce	Whole grain cereal (eg. Kashi, Nature's Path) Low fat yogurt Mixed Berries	Poached egg on whole grain toast Fruit cocktail canned in juice
Lunch	Tuna and White Bean Salad* Wasa or Ryvita crackers Skim milk	Easy Jambalaya* Fresh cantaloupe cubes	Roasted chicken and cheddar cheese on whole wheat bread sandwich Low sodium vegetable cocktail	Fast Chicken and Vegetable Curry* Brown rice	Panzanella Salad with Chicken or Turkey* Sparkling water with lemon	Chili Taco Salad* Apple	Sweet Potato and Bean Wrap* Low sodium vegetable cocktail
Supper	Pork Pad Thai* Steamed mixed vegetables	Foil Grilled Salmon* Mixed salad greens Whole wheat couscous	Spring Vegetables with Sesame Ginger Noodles* Leftover grilled salmon	Pasta Primavera* Grilled chicken breast	Orange Ginger Beef Stir-Fry* Brown rice	Tandoori Fish* Steamed Broccoli Whole grain naan bread	Easy Salsa Chicken* Whole grain bun Coleslaw with low-fat dressing
Snacks for the Day	Edamame pods Vector bar	Fruit Wrap* Celery with natural peanut butter	Pretzels 0-1% cottage cheese with mixed berries	Raw vegetables with hummus Graham crackers	Date Square* Fresh fruit with yogurt dip	Whole wheat pita chips with salsa Strawberry Orange Flaxseed Smoothie*	Apple with light cheddar cheese Elev8 Me Bar

Pork Pad Thai*

What You Will Need:

¾ lb (375g) lean ground pork	3 Tbsp rice vinegar
2 Tbsp sugar	¾ tsp red pepper flakes
¾ tsp salt	½ lb (250 g) dried flat rice noodles
1 Tbsp canola oil	3 cloves garlic, minced
2 eggs, beaten	2 stalks celery, sliced
2 cups sliced green onions	2 cups bean sprouts
2 fresh limes	¼ cup chopped cilantro
¼ cup chopped peanuts	

How to Prepare:

Combine rice vinegar, sugar, red pepper flakes and salt. Set aside. Soak noodles in boiling water for 7 minutes or until softened. Drain, rinse and set aside. Heat oil in nonstick skillet at medium-high heat, add garlic and sauté. Reduce heat to medium, add pork and celery and cook for 5 minutes. Remove from skillet and keep warm. Add eggs to skillet, stirring until just cooked. Add vinegar mixture, green onions, bean sprouts, noodles and pork mixture. Stir and cook until heated. Transfer to serving plate and squeeze juice of ½ lime over. Garnish with peanuts, cilantro and lime wedges. Makes 4 servings.

Nutrients Per Serving:

657 calories, 69g carbohydrate, 32g protein, 29g fat, 742mg sodium

*Pick Pork "Healthy Recipes for Busy People", www.albertapork.ca

Panzanella Salad with Chicken or Turkey*

What You Will Need:

1 ½ Tbsp extra virgin olive oil
3 Tbsp red wine vinegar
3 cups diced cooked chicken or turkey breast meat
8 oz (225g) whole grain Italian bread cut into bite-size cubes
5 cups cherry tomatoes cut into quarters
2 cups baby spinach
½ cup chopped part-skim mozzarella cheese
1/3 cup chopped roasted red peppers
¼ cup chopped fresh basil
½ tsp salt

How to Prepare:

Combine oil and vinegar in a large bowl. Add all remaining ingredients and toss well.
Serve immediately.

Makes 4 servings

Chili Taco Salad*

What You Will Need:

1 ½ lbs (750g) extra lean ground beef
1 pouch onion soup mix
1 ½ Tbsp chili powder
1 tsp ground cumin
2 cloves garlic, minced
1 ½ cups water
1 19 oz (540mL) can red kidney beans, rinsed and drained
1 red pepper, seeded and diced
1 cup ready made pasta sauce
6 large whole wheat tortillas
1 bag mixed lettuce
1 medium tomato, diced
½ cup grated Cheddar cheese

How to Prepare:

Preheat oven to 350°F (180°C). Brown beef in a 12-inch skillet and drain. Stir in soup mix, chili powder, cumin and garlic; cook for 1 minute. Add water, beans, red pepper and pasta sauce and bring to a boil over high heat. Reduce heat to low and simmer uncovered for 15 to 20 minutes, stirring occasionally. Meanwhile, press tortillas into individual oven-proof bowls and bake for 15 minutes. Let cool 5 minutes and place on plates. Fill tortillas with lettuce and tomatoes and top with chili and grated cheese.

Makes 6 servings.

Spring Vegetables with Sesame Ginger Noodles*

What You Will Need:

1 ½ Tbsp extra virgin olive oil
1 onion, thinly sliced
2 cloves garlic, minced
1 yellow bell pepper, thinly sliced
1 zucchini, thinly sliced
8 spears asparagus, sliced into 2 inch pieces
1 cup snow peas, trimmed
6oz (175g) vermicelli noodles, cooked according to package directions
¼ cup sesame ginger marinade or dressing
salt
pepper
chili flakes
2 Tbsp toasted sesame seeds

How to Prepare:

Heat oil in a large pan over medium-high heat. Add onion, garlic, pepper, zucchini, asparagus and snowpeas and sauté 7-10 minutes or until tender. Toss vegetables and noodles with marinade. Season to taste with salt, pepper and chili flakes. Garnish with sesame seeds.

Makes 4 servings

Healthy BLT Egg Wrap

What You Will Need:

1 slice turkey bacon
1 egg
¼ tsp onion powder
salt and pepper to taste
1 small whole wheat tortilla
1 tsp low fat mayonnaise
leaf lettuce
2 Tbsp diced tomato

How to Prepare:

Cook bacon in non-stick skillet over medium heat, or in microwave; fold in half and set aside. Whisk egg, onion powder, salt and pepper together in a small bowl. Pour into skillet and cook, stirring slightly over medium heat. Cook until eggs are thickened and there is no visible liquid, but eggs are still moist. Spread tortilla with mayonnaise. Place lettuce, bacon, egg and tomato on top. Fold tortilla and serve.

Makes 1 serving

Heart Healthy Date Squares

What You Will Need:

375g package (about 2 ½ cups) pitted dates, chopped
1 ½ cups water
1 Tbsp lemon juice
1 tsp vanilla
1 ¼ cups whole wheat flour
1 ¼ cups large flake oats
2/3 cup brown sugar
½ tsp baking soda
½ cup non-hydrogenated margarine
2 Tbsp water

How to Prepare:

Place dates in medium saucepan with water and simmer uncovered, stirring until mixture is thick and only a few dates are visible about 3-5 minutes. Stir in lemon juice and vanilla and cool. Preheat oven to 350°F (180°C) and lightly grease a 9-inch square baking dish. Stir flour, oats, sugar and baking soda together in a medium bowl until mixed. Mix in margarine and water until crumbly. Press half the oat mixture in the bottom of the baking dish and spread date mixture over top. Crumble the rest of the oat mixture over top, pressing gently. Bake until golden brown, 30 to 35 minutes. Cool completely before cutting into 20 squares.

Makes 20 squares.

Nutrients Per Serving: 168 Calories, 30g carbohydrates, 3.1g fibre, 2.3g protein, 5.2g fat

Tuna and White Bean Salad

What You Will Need:

¼ cup extra virgin olive oil
¼ cup apple cider vinegar
2 Tbsp honey
2 Tbsp lime juice
½ tsp garlic salt
½ tsp ground black pepper
1 ¼ cup low sodium vegetable cocktail
1 8oz (226g) package mixed salad greens
2 170g cans tuna
1 19oz (540mL) can white navy beans, rinsed, drained and chilled
1 cup cherry tomatoes cut in half
1 small English cucumber, cut into ribbons, chilled

How to Prepare:

Mix oil, vinegar, honey, lime juice, garlic salt and pepper in a blender. Gradually add vegetable cocktail. Refrigerate mixture. Toss salad greens, tuna, beans, tomatoes and cucumber together in a large bowl with dressing. Serve.

Makes 2 servings.

Nutrients Per Serving:

369 Calories, 48g carbohydrate, 12g fibre, 29g protein, 8g fat

Pasta Primavera

What You Will Need:

2 cups low sodium vegetable broth
1 tsp dried oregano leaves
¼ tsp garlic powder
2 cups fresh broccoli florets
2 medium carrots, slivered
1 medium red onion, cut into wedges
2 Tbsp cornstarch
1 medium tomato, diced
4 cups cooked spaghetti (about ½ lb/250g dry)

How to Prepare:

Heat 1 cup broth, oregano and garlic powder in medium saucepan until boiling. Add broccoli, carrots and onion. Cover and boil gently for 5 minutes. Mix remaining broth and cornstarch and add to saucepan. Reduce heat to low and simmer 5 minutes. Stir in tomato and toss with spaghetti.

Makes 4 servings

Nutrients Per Serving:

282 Calories, 59g carbohydrate, 5g fibre, 9g protein, 1 g fat

Fast Chicken and Vegetable Curry

What You Will Need:

- 3 Tbsp cornstarch
- 2 Tbsp low sodium soy sauce
- 2 cups milk
- 1 Tbsp butter
- 1 lb (454g) boneless skinless chicken breasts cut into 1 ½ inch (4cm) chunks
- 2 cloves garlic, minced
- 1 tsp mild curry powder
- ½ tsp ground ginger
- 4 cups frozen mixed vegetables
- 1 cup chopped fresh or canned tomatoes
- ½ cup plain low-fat yogurt
- 2 Tbsp chopped roasted peanuts

How to Prepare:

Whisk cornstarch and soy sauce into milk and set aside. Melt butter in a large skillet over medium-high heat. Add chicken, garlic, curry and ginger and cook for about 2 minutes until chicken is lightly browned, turning chicken once. Add vegetables, cover and cook 3 minutes or until vegetables are thawed. Stir in milk mixture, cook for 5 minutes or until sauce is thickened and chicken is no longer pink inside. Remove from heat and stir in tomatoes. Top with yogurt and peanuts to serve. Makes 4 servings.

Nutrients Per Serving: 297 Calories, 29g carbohydrate, 5g fibre, 35g protein, 5g fat

Easy Jambalaya

What You Will Need:

1 cup long grain brown rice
4oz (125g) lean smoked turkey sausages, sliced (or 1 cup diced lean ham)
3 stalks celery, sliced
1 onion, chopped
½ cup water
2 Tbsp all-purpose flour
1 Tbsp Cajun seasoning
2 ½ cups milk
1 small red pepper, chopped
1 small green pepper, chopped
1 19oz (540mL) can stewed tomatoes, drained and chopped
fresh Italian parsley

How to Prepare:

Heat a large non-stick skillet over medium-high heat. Add rice, sausage, celery and onion. Cook, stirring for 2 minutes. Add water. Whisk flour and Cajun seasoning into milk and gradually stir into skillet. Bring to a simmer, stirring often. Reduce heat to medium-low, cover and simmer 15-20 minutes or until rice is almost tender. Stir in peppers, cover and simmer 5 minutes or until rice is tender. Remove from heat. Sprinkle tomatoes over rice mixture, cover and let stand 5 minutes. Stir gently and garnish with parsley. Makes 4 servings.

Nutrients Per Serving: 360 Calories, 60g carbohydrate, 16g protein, 6g fat, 767mg sodium

Frittata with Cheese, Tomato and Basil*

What You Will Need:

10 eggs
¼ cup milk
3 plum tomatoes, finely chopped
3 green onions, finely chopped
¾ cup crumbled light feta cheese
1/3 cup finely chopped fresh basil
½ tsp salt
¼ tsp freshly ground black pepper
1 Tbsp vegetable oil
1/3 cup thinly sliced pitted black olives
3 Tbsp freshly grated Parmesan cheese

Preheat broiler. Whisk eggs and milk together in a large bowl. Stir in tomatoes, green onions, feta, basil, salt and pepper. Heat ovenproof skillet over medium-high heat and add oil, coating skillet. Pour in egg mixture, do not stir. Lift sides occasionally while cooking until egg starts to set and sides and bottom start to brown, about 5 minutes. Sprinkle with olives and Parmesan cheese. Place skillet under broiler and cook 2 to 5 minutes or until eggs start to puff and brown, and a knife inserted into the middle comes out clean. Loosen edges of frittata with a spatula and slice into 6 wedges to serve. Makes 6 servings.

Nutrients Per Serving:

232 Calories, 3.5g carbohydrate, 16g protein, 17g fat, 188mg calcium, 596mg sodium

*page 64 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Buttermilk Pancakes*

What You Will Need:

¾ cup whole wheat flour
¼ cup wheat germ
1 tsp baking soda
¼ tsp salt
1 egg, lightly beaten
1 cup buttermilk
1 Tbsp vegetable oil
vegetable cooking spray

How to Prepare:

Combine flour, wheat germ, baking soda and salt in a small bowl. In a large bowl, whisk together egg, buttermilk and oil. Stir in flour mixture to combine. Heat griddle over medium-high heat and spray lightly with vegetable cooking spray. Pour ¼ cup batter onto griddle for each pancake and cook until bubbly around the edges, about 2 minutes. Flip and cook 2 more minutes or until golden brown. Transfer to plate and keep warm in low temperature oven. Repeat for the rest of the batter, adjusting heat between batches if needed. Makes 10 servings

Nutrients Per Serving:

83 Calories, 9.2g carbohydrate, 1.5g fibre, 3.3g protein, 4g fat

*page 51 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Better-than-Instant Oatmeal*

What You Will Need:

3 cups milk or unsweetened soy beverage
1 cup quick-cooking rolled oats
2 Tbsp packed brown sugar or pure maple syrup
1 Tbsp ground flaxseed
2 tsp wheat germ
1 tsp butter
½ tsp ground cinammon
pinch salt
1/3 cup raisins or dried cranberries
chopped almonds, walnuts or pecans

How to Prepare:

Combine milk, oats, brown sugar, flaxseed, wheat germ, margarine, cinnamon and salt in a large saucepan over medium-low heat. Cook, stirring often, for 10 to 15 minutes or until thick and bubbly. Remove from heat and add raisins. Let stand for 2 minutes and top with nuts to serve. Makes 4 servings

Nutrients Per Serving:

230 Calories, 32g carbohydrate, 2.7g fibre, 10.3g protein, 6.9g fat, 236mg calcium

*page 49 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Orange Ginger Beef Stir-Fry*

What You Will Need:

1 orange
½ cup hoisin sauce
1 Tbsp cornstarch
1 Tbsp minced fresh gingerroot
½ tsp Chinese five spice mixture
¼ tsp chili flakes
1lb (454g) beef top sirloin steak
1 tsp vegetable oil
2 cloves garlic, minced
4 cups fresh or frozen stir-fry vegetables

How to Prepare:

Finely grate orange zest and squeeze juice from orange. Whisk together orange juice, ¼ tsp of orange zest, hoisin sauce, cornstarch, gingerroot, Chinese five spice and chili flakes. Set aside. Trim fat from steak and cut in half lengthwise and then into ¼" (5 mm) strips. Heat oil in large non-stick skillet over high heat. Stir-fry beef and garlic for 2 to 3 minutes or until browned. Remove beef from skillet and add vegetables and a few teaspoons water to the skillet. Cover and cook 3-4 minutes or until vegetables are tender-crisp. Add sauce and cook for 2 minutes or until sauce thickens. Stir in beef and heat through. Makes 6 servings

Nutrients Per Serving: 290 Calories, 27g carbohydrate, 27g protein, 8 g fat

*Recipe from Beef Information Centre, <http://www.beefinfo.org>

Foil Grilled Salmon*

What You Will Need:

1 10oz (284mL) can condensed low fat cream of celery soup
1 lemon, juiced
1 tbsp chopped fresh dill
2 cups sliced mushrooms
2 cups mixed fresh carrots, celery and green pepper, thinly sliced
6 5oz (140g) each fresh salmon fillets
1/8 tsp fresh ground black pepper

How to Prepare:

Preheat barbeque to 500°F (260°C). Mix soup with lemon juice and set aside. Combine mushrooms and sliced vegetables. Place equal amounts of vegetables on the centre of 6 12" (30cm) squares of aluminum foil. Top each pile of vegetables with a salmon fillet and season with pepper. Top each fillet with equal amounts of dill and sauce. Form packets with each piece of foil by sealing the edges tightly with seam side up. Grill on barbeque for about 15 minutes. Open pouches carefully to avoid steam. Makes 6 servings

Nutrients Per Serving:

269 Calories, 8g carbohydrate, 2 g fibre, 26g protein, 14g fat, 332mg sodium

*Recipe from Campbell's soup Get Cooking, <http://campbellsoup.ca/>

Easy Salsa Chicken*

What You Will Need:

1 Tbsp vegetable oil
4 boneless skinless chicken breasts
pinch salt
pinch fresh ground black pepper
1 ½ cups salsa
1 cup shredded light cheddar cheese

How to Prepare:

Heat oil in a large skillet over medium-high heat. Cook chicken breasts on both sides until lightly browned on the outside but still pink inside. Season with salt and pepper, and add salsa. Reduce heat and simmer for 15 minutes or until chicken is no longer pink inside. Sprinkle chicken with shredded cheese and cook until cheese is melted.

Makes 4 servings

Nutrients Per Serving:

309 Calories, 7.2g carbohydrate, 1.6g fibre, 38.5g protein, 14.3g fat, 222mg calcium, 864mg sodium

*page 167 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Tandoori Fish*

What You Will Need:

¼ cup tandoori paste
¼ cup plain low-fat yogurt
1 Tbsp freshly squeezed lemon juice
4 fillets of fish (eg. Haddock, cod, salmon)

How to Prepare:

Combine tandoori paste, yogurt and lemon juice in a shallow dish. Add fish, and turn to coat evenly. Cover and refrigerate for 20 to 30 minutes. Meanwhile, preheat broiler with oven rack 4 inches from the top. Place fish on baking sheet and broil for 10 minutes or until fish is opaque and flakes easily.

Makes 4 servings

Nutrients Per Serving:

113 Calories, 4.3g carbohydrate, 20.2g protein, 1.2g fat, 538mg sodium

*page 204 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Strawberry Orange Flaxseed Smoothie*

What You Will Need:

3 strawberries, hulled
½ cup unsweetened soy beverage
½ cup orange juice
2 Tbsp vanilla flavoured whey protein powder
1 tsp flaxseed oil
1 to 2 ice cubes

How to Prepare:

Blend all ingredients in a blender on high speed for 30 seconds or until smooth.

Makes 1 serving

Nutrients Per Serving:

228 Calories, 20.1g carbohydrate, 4.0g fibre 23.7g protein, 7.8g fat, 210mg calcium, 258g sodium

*page 88 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Decadent Fruit Smoothie*

What You Will Need:

1 ripe banana
10oz (300g) peach-mango flavoured dessert tofu
1 cup frozen peach or mango slices
1 cup orange juice
liquid honey or granulated sugar as needed

How to Prepare:

Blend banana, tofu, peach slices and orange juice at high speed until smooth. Sweeten with honey if needed.

Makes 4 servings.

Nutrients Per Serving:

123 Calories, 25.4g carbohydrate, 1.7g fibre, 3.6g protein, 1.5g fat

*page 87 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Sweet Potato and Bean Wraps*

What You Will Need:

1 sweet potato
6 10-inch whole wheat tortillas
1 can (14oz/398mL) low-fat refried beans
2 cups lightly packed spinach leaves
1 avocado, sliced

How to Prepare:

Pierce sweet potato several times with a fork. Microwave on high for 5 minutes or until tender. Slice lengthwise and scoop out and mash flesh. On the bottom third of each tortilla, place 1/6 of each sweet potato, refried beans, spinach and avocado. Fold up both sides, then the bottom of the tortilla and roll until tight. Microwave wraps for 45 seconds on high or until heated through.

Makes 6 servings.

Nutrients Per Serving:

383 Calories, 60.4g carbohydrate, 9.6g fibre, 11.7g protein, 11g fat, 575mg sodium

*page 76 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Fruit Wrap*

What You Will Need:

¼ cup low-fat yogurt
1 10-inch whole wheat tortilla
3 strawberries, sliced
½ small banana, sliced
2 Tbsp low-fat granola

How to Prepare:

Spread yogurt in the middle of the tortilla. Place strawberries, bananas and granola on top. Roll up tortilla.

Makes 1 serving.

Nutrients Per Serving:

236 Calories, 57.2g carbohydrate, 4.7g fibre, 8g protein, 2g fat

*page 72 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.