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MENU #3

7 Day Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg Burrito in whole wheat tortilla Blueberries	Fruit Salad with Cottage Cheese or Yogurt Whole Grain English Muffin	Low-Fat Bran Muffin, Peanut or Almond Butter, Banana	Grapefruit Oatmeal or Sunnyboy Smoothie (milk, fruit, yogurt, protein)	Homemade Egg McMuffin (back bacon, fried egg, sliced cheese) Fresh Tomato	Open-Faced Cheese Melt (whole wheat bagel, light cheddar, sliced tomato, turkey or back bacon) Peaches or plums	Go Lean Cereal Fresh Summer Berries Boiled Egg or Cottage Cheese
Lunch	Spinach & Chicken Salad with Ginger or Miso Vinaigrette* Whole Wheat Bun	Pork Pad Thai with Noodles*	Lemon Dill Salmon Skewers* 5 Quick Veggie Toss* Whole Wheat Couscous	New Potato Salad* Special Tuna Salad* with Corn & Peppers	Quesadillas with Grilled Chicken Breasts, Monterey Jack Cheese, Sautéed Onions, Green Chilies Raw Veggie Platter	Baked Beans Whole Wheat Pita Sandwich (with meat or poultry or fish & vegetables)	Fajitas with Steamed Brown Rice
Supper	BBQ Hamburgers Fresh Corn on the Cob Marinated Vegetable Salad	Bison Chili (or vegetarian chilli)* Baked Potato Broccoli Salad	Chickpea, Artichoke & Celery Salad* BBQ Chicken Baked Sweet Potato Wedges tossed with Nutmeg	Whole Wheat Spaghettini with Tomato Meat Sauce (include ground bison, diced vegetables-carrots, celery, peppers, mushrooms, broccoli) Garden Greens	BBQ Pork Tenderloin* Steamed "New" Potatoes tossed with light Ranch Dressing Fresh Green & Yellow Beans Tossed Salad	Beef on a Bun* Raw Veggie Platter Whole Wheat Bun	Pasta Salad (whole wheat rotini noodles with Cooked vegetables-broccoli, onions, cauliflower, carrots, peppers, chicken/ham/cottage cheese or tofu & light Italian Dressing)
Snacks for the Day	Cheddar Apple Bars* Smoothie Veggies & Light Ranch Dressing	Fresh Pea Pods Almonds Pretzels	Trail Mix Bar Apple & Cheese Soybean Nuts	Vegetable V8 Juice Graham Crackers with PB Peach or Nectarine	Antipasto & Whole Wheat Crackers Grapes Milk with Ovaltine	Vector Bar Sesame Snaps Berries with Cottage Cheese or Yogurt	Trail Mix (figs, raisins, apricots, peanuts, almonds, walnuts) Plums Brown Rice Cakes with Light Cheddar



Spinach & Chicken Salad with Ginger or Miso Vinaigrette*

8 boneless chicken thighs pinch salt & pepper 1 bag baby spinach ½ cup sliced radishes

Miso vinaigrette:

2 Tbsp miso paste 2 Tbsp water 1 Tbsp sugar 1.5 tsp each rice vinegar & olive oil
1 tsp soy sauce 1 tsp sesame oil ½ tsp gingerroot

Ginger Vinaigrette:

3 Tbsp rice vinegar 2 Tbsp olive oil 1 Tbsp water 1 tsp each soy sauce & sesame oil
½ tsp sugar ½ -1 tsp minced gingerroot

Grill chicken after sprinkling with salt & pepper. Chicken is done when juices run clear after piercing with a fork (about 12 minutes).

Whisk dressing ingredients together. Slice chicken, add to vinaigrette, followed by spinach & radishes. Toss together. Makes 4 servings: each serving contains 238 calories, 27 grams protein, 11 grams fat, 8 grams carbohydrates. ***Canadian Living, July 2006.**

Cheddar Apple Bars*

4 apples 1/3 cup sugar 2 Tbsp lemon juice ½ tsp cinnamon 1.5 cups large rolled oats
1 cup enriched white flour 2/3 cup brown sugar ¼ tsp salt ¾ cup butter 1 cup "old" grated cheddar

Spray 9-inch metal cake pan with Pam-type spray. In bowl whisk together the oats, flour, sugar & salt. With a fork stir in the butter until the mixture is crumbly. Add cheese, toss together. Press all but 1 cup into the bottom of the cake pan. Bake this crust at 350 degrees F for about 15 minutes, until edges are golden. In separate bowl peel, core & slice the apples into ½ inch thick. In skillet bring apples, sugar, lemon juice & cinnamon to a boil, adding up to ¼ cup water. Reduce heat & simmer, stirring occasionally until tender crisp. Spread apple mixture over the base, then add the remaining crumb mixture over top. Bake at 350 for 30 minutes until golden.

Makes 20 squares: each square 189 calories, 3 grams protein, 9 grams fat, 24 grams carbohydrates.

***Canadian Living, July 2006.**

Pork Pad Thai*

¼ lb lean ground pork 3 tbsp rice vinegar 2 Tbsp sugar ¼ tsp each red pepper
 flakes & salt 1 Tbsp canola oil ½ lb broad dried rice noodles 3 cloves minced
 garlic 2 beaten eggs 2 stalks celery, sliced 2 cups sliced green onions
 2 cups bean sprouts 2 fresh limes ¼ cup each chopped peanuts & cilantro

Combine rice vinegar, sugar, red pepper flakes & salt. Cover noodles with boiling water & soak until softened (7 minutes), drain & rinse the noodles. Heat canola in skillet then sauté garlic. Reduce heat to medium & add pork plus celery, cook about 5 minutes until pork is cooked through and celery is tender-crisp. Remove from skillet, but keep warm. Add eggs to skillet. Cook, stirring vigorously until just cooked. Add bean sprouts, rice noodles & pork mixture. Cook & stir briefly to heat thoroughly. Serve onto plate, squeeze lime over top. Garnish with peanuts, cilantro. Makes 4 servings; each serving: 657 calories, 29 grams fat, 32 grams protein, 69 grams carbohydrates.

*www.albertapork.ca, 1-888-TRY-PORK.

Lemon Dill Salmon Skewers*

4 centre cut salmon fillets (about 175 g/6 oz each) 3 Tbsp chopped fresh dill 2 Tbsp olive
 oil ½ tsp grated lemon rind 2 Tbsp lemon juice ½ tsp salt ¼ tsp pepper Dash
 hot pepper sauce 1 lemon into 8 wedges

Remove skin from salmon, cut into 1.5 inch cubes (24 pieces). Mix together dill, oil, lemon rind, lemon juice, salt, pepper & hot pepper sauce. Add salmon cubes - toss to coat. Let stand 10 minutes. Beginning & ending with a lemon wedge thread the salmon onto skewers, reserving the marinade. Place skewers onto the grill & brush with the marinade. Grill until fish flakes easily when tested (about 10 minutes). Makes 4 servings, each serving: 338 calories, 29 grams protein, 23 grams fat, 2 grams carbohydrates. *Canadian Living, July 2006.

5 Quick Veggie Tosses (with Oregano Red Wine Vinaigrette)

For five quick side dishes toss any of the following vegetables with 1/3 cup oregano red wine vinaigrette.

- (1) 4 cups cooked chopped green beans (2) 4 cups baby spinach leaves (3) 1 romaine heart - 16 leaves, chopped
(4) 4 cups cooked broccoli florets (5) 4 cups shredded Chinese cabbage

Red Wine Vinaigrette:

1/3 cup olive oil 1/3 cup canola oil 3 Tbsp red wine vinegar 2 tsp Dijon mustard 1 clove minced garlic
1 tsp dried oregano ½ tsp each salt & pepper

Chickpea, Artichoke & Celery Salad*

2 jars (170 ml/6 oz each) marinated artichokes, drained & quartered 1/3 cup drained oil-packed sun-dried tomatoes, chopped
1 can (540 ml/19 oz) chickpeas 2 cups thinly sliced celery 1 sweet yellow or green pepper, chopped
1 sweet pepper, chopped

Dressing:

1/3 cup olive oil 2 Tbsp lemon juice 1 Tbsp Dijon mustard ½ tsp each salt & pepper ½-1 tsp Italian herb seasoning

Whisk together dressing ingredients then add artichokes, peppers, celery, chickpeas & sun-dried tomatoes. Makes 6-8 servings; each: 204 calories, 5 grams protein, 13 grams fat, 20 grams carbohydrates. *Canadian Living, July 2006.



New Potato Salad*

30 mini-new red potatoes ½ cup diced red pepper ½ cup diced celery ½
cup sliced green olives ¼ cup sliced green onions

Dressing:

2 Tbsp white wine vinegar (or rice vinegar) 2 tsp grainy mustard 1 clove minced garlic ½
tsp salt & pepper ¼ cup olive oil

Steam new potatoes, let cool. Prepare dressing (mix all ingredients together). Quarter or halve the potatoes, add them to the dressing along with the other vegetables. Toss to mix; refrigerate for up to 4 hours. Makes 6-8 servings. ***Canadian Living, July 2006.**

Special Tuna Salad with Corn & Peppers*

1 can (184 grams) tuna packed in water 2 green onions, chopped 1 stalk celery, diced ½ cup
cooked corn (could cut off cob) 2 Tbsp light mayo 2 Tbsp plain, yogurt 2 Tbsp each fresh
coriander & parsley 2 tsp lemon juice 3 tomatoes

Combine tuna, onions, celery, corn, mayonnaise, yogurt, coriander, parsley, lemon juice & pepper - mix well. Keep tomatoes whole, but carefully cut slits in the tomatoes, spoon tuna mixture into tomatoes. (Could also dice the tomatoes and toss all ingredients together). Makes 2-3 servings, each: 161 calories, 17 grams protein, 4 grams fat, 16 grams carbohydrates. ***From Anne Lindsay's Light Kitchen, 1994.**

Bison Chili*

1 lb ground bison 1 medium onion, chopped 1-15 oz can pinto beans (rinsed & drained) 2 cans
(16 oz) peeled tomatoes
½ cup water 2 tsp chili powder ½ tsp ground cumin ½ tsp salt & pepper ¼ cup
cilantro, chopped

Saute bison & onions until meat is browned. Add pinto beans, tomatoes, water & seasonings. Cover & simmer for 1 hour, adding more water if chili becomes too thick. Add chopped cilantro & simmer an additional 10 minutes. Serve garnished with grated cheese & diced jalapeno peppers. Makes 4 servings, each: 360 calories, 12.5 grams fat, 31 grams carbohydrates, 31 grams protein. ***From www.bisoncentre.com**



BBQ Pork Tenderloin*

2-375 gram pork tenderloins 1 finely chopped green onion 2 Tbsp chopped coriander

Marinade:

½ cup orange juice ¼ cup tomato paste 2 Tbsp grainy mustard 3 cloves minced garlic 4 tsp chili powder 1.5 tsp sugar 1 tsp cumin 1 tsp coriander ½ tsp Worcestershire sauce ¼ tsp salt 2 tsp cornstarch

Whisk the marinade ingredients together. Soak the tenderloins in the marinade for 2-24 hours. Remove the pork from the marinade and place the pork on a greased grill over medium heat; grill until brown - turning 3 times; total 20 minutes, should be slightly pink inside. In a saucepan cook the marinade, bring to a boil, and stir until thickened (about 7 minutes). Slice the pork tenderloin, served with marinade, sprinkle with onion & coriander. *Canadian Living, July 2006.

Beef on a Bun

1-10 lb beef brisket (or could use inside or outside round roast) 1-12 oz bottle beer 1 cup ketchup
½ cup brown sugar 1 large minced onion 2 Tbsp Dijon mustard 1 Tbsp dried basil
1 Tbsp chili powder
1 Tbsp Worcestershire sauce 1 tsp liquid smoke 3 cloves minced garlic salt & pepper

Mix marinade ingredients; marinate the roast for at least 24 hours- turning occasionally and pouring marinade over top. Place roast in roasting pan, pour all the marinade over top. Roast at 300 degrees for 4 hours or longer (the longer the better). Remove the roast, pour the remaining cooked marinade into a sauce pan. If necessary boil the sauce to help it thicken. The tender meat should shread with a fork, serve in whole wheat buns, with some cooked marinade sauce on top.

