

MENU #4

7 Day Meal Plan

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	100% whole wheat, rye or multigrain toast Peanut butter Pear	Reduced-fat yogurt Banana Bran berry muffin (see recipe)	Oatmeal Skim/1%/Soy milk Dried fruit	100% whole wheat, rye or multigrain toast Egg(s) -poached or pan fried Canned fruit cup	Smoothie (see recipe) 100% whole wheat, rye or multigrain toast	Bran buds cereal mixed with Vector Milk Orange	French toast Yogurt Frozen berries thawed
Lunch	Mixed salad greens Reduced-fat salad dressing Chicken/turkey breast or ham or hard boiled egg or tuna Apple	Sandwich: 100% whole wheat, rye or multigrain bread/bun Tomato, lettuce Turkey/chicken breast or ham or roast beef or egg or tuna Light mayo Canned fruit cup	Whole wheat pita Hummus Raw veggies (such as carrots, sugar snap peas, grape tomatoes, broccoli etc.) Reduced-fat dressing for dip Grapes	Lunch Box Bean Salad (see recipe) Ryvita/Wasa crackers Cheese	Wrap Turkey/chicken breast no skin or ham or roast beef or egg or tuna Light miracle whip Cucumber and green/red peppers Reduced-fat yogurt	Canned lentil or bean or split pea soup or home-made legume soup Toast Light cheddar cheese Kiwi	Pasta Salad: Whole wheat pasta with chopped raw veggies (sweet peppers, cucumbers, broccoli, onions etc.), with left-over chicken breast or cottage cheese Reduced-fat salad dressing Milk
Supper	Chicken breast Microwaved/baked/ barbequed potatoes Steamed frozen veggies such as peas Spinach salad Reduced fat dressing	Home-made Pizza vegetarian with ham Garden salad Reduced fat dressing	Lean Steak Baked potato Light sour cream Garden salad with light dressing Steamed veggies such as green beans	Pork loin chop or pork tenderloin Brown/wild rice Steamed vegetables Raw veggies and reduced-fat dip	Caesar Salad (see recipe) Grilled chicken breast Romaine lettuce Light Cesar dressing Whole grain bun	Whole wheat pasta Tomato meat sauce Milk Orange	Beef/Soy Veggie Burger(s) Whole wheat bun(s) Light mayo Tomato, lettuce Raw veggies Reduced-fat dip Grapes
Snacks for the day	Hot chocolate made with milk Light cheddar cheese Melba toast Kiwi	Apple Nuts Yogurt tube(s) (tasty when frozen)	Milk Mango Low-fat cookies (eg. Dare cinnamon, arrowroots etc.)	Instant pudding made with milk Banana Trail mix	Bran berry muffin Yogurt Dried fruit	Raw veggies Reduced-fat dip Canned applesauce Chocolate milk	Nuts Orange Frozen yogurt

Bran Berry Muffins

What You Need:

3/4 cup whole wheat flour
3/4 cup natural bran
1/2 wheat germ
3/4 cup brown sugar
1 tsp baking soda
1/2 tsp salt
1 tsp grated orange rind
1 cup blueberries
1 egg
2/3 cup buttermilk (or milk soured with vinegar or yogurt)
1/4 cup canola oil

How to Prepare:

Beat egg with milk and oil, Mix in dry ingredients until just moistened and then stir in orange rind and berries. Fill muffins cups 3/4 full. Bake at 400 degrees F for 15 to 20 minutes. Makes 12 muffins.

Smooth Start Smoothies!

Place the following ingredients into the blender and blend until smooth.

Berry Bonanza!

1/3 cup skim milk powder
1/2 cup reduced-fat yogurt
1/2 cup unsweetened frozen berries
1/2 cup 100% unsweetened fruit juice
1/2—1 banana

Chocolate Monkey

1 banana
1 cup 1% chocolate milk
Ice for thickness if desired

Soy Sensation!

1/3 package dessert tofu
1/2 cup canned unsweetened pineapple
1/2 cup unsweetened frozen berries
1/2 cup reduced-fat yogurt
1/2 cup skim/1%/soy milk

Build Your Own:

Try adding a combination of the following ingredients:

- Fresh, frozen or canned unsweetened fruit or unsweetened juice
- Yogurt, milk, powdered milk, tofu or cottage cheese
- Wheat germ or ground flax seeds

Lunch Box Bean Salad

What You Need:

1 can (19 oz. or 540 ml) black beans or your favorite beans, drained and rinsed
1/2 cup frozen corn kernels, cooked and cooled
1/2 cup grape tomatoes
2 green onions, diced
1 red/yellow/orange pepper, diced

Dressing:

2 tbsp. Olive oil
3 tbsp. Vinegar
1/8 tsp. Dry mustard powder
1 Clove garlic minced
1/2 tsp. Sugar
Pepper & salt to taste

You can also use your own favorite bottled vinaigrette dressing instead as a time saver.

How to Prepare:

Place all the ingredients in a bowl. Stir in dressing.

Healthy Caesar Salad

What You Need:

1 head romaine lettuce
Cubes of bread
1/2 cup 1% cottage cheese
1 clove garlic
2 tbsp olive oil
1 tbsp lemon juice
2 tbsp skim milk
2 tbsp parmesan cheese
Pepper

How to Prepare:

Wash and tear lettuce into a large bowl. To make croutons, cube some bread and spray lightly with non-stick spray and microwave for 2 to 3 minutes until crisp. To make dressing, blend all the remaining ingredients in a blender or food processor. Toss salad with dressing and sprinkle with parmesan cheese and croutons.