

MENU #5

7 Day Meal Plan

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast sandwich: Whole wheat English muffin Eggs & cheese Tomato Orange juice	Cheerios plus all bran cereal Milk Fruit salad	Multigrain Bagel Peanut butter Banana Chai tea with milk	Breakfast burrito: Whole wheat wrap Scrambled eggs, cheese Salsa, green pepper, onion, mushrooms	Oatmeal/Sunnyboy hot cereal Milk Dried cranberries	Whole wheat frozen waffles Strawberries Cottage cheese	Frozen berries, yogurt, milk, banana smoothie Rye Toast
Lunch	Turkey sandwich: Whole grain bread Turkey Sliced tomato, peppers, lettuce Mustard Applesauce	Leftover spaghetti and meat sauce from last night Sliced cucumbers Yogurt	Chef Salad: Leaf lettuce Grated cheese Sliced turkey/ham Reduced-fat dressing Whole grain bun Orange	Leftover black bean tortilla stack from last night Pear	Spread peanut butter over a pita bread and roll around a banana Milk Cherry tomatoes	Leftover hearty hamburger soup from last night Raw carrots Yogurt	Brunch Casserole (see recipe) V8 juice Cantaloupe or melon
Supper	Spaghetti and meat sauce Tossed Salad Vinaigrette Frozen yogurt	BBQ chicken breast with BBQ sauce Bun Sliced cabbage, sugar snap peas, bean sprouts as a salad with vinaigrette Strawberries	Black Bean Tortilla Stack (see recipe) Glass of milk Grape tomatoes	Baked fish Brown basmati rice Steamed broccoli and cauliflower Canned fruit	Hearty Hamburger Soup (see recipe) Romaine lettuce with reduced-fat	Pork stir fry: Noodles Stir fry sauce Frozen mixed Asian vegetables Sliced port loin or sliced pork tenderloin Fresh fruit	Homemade pizza: Pizza crust Tomato sauce Back bacon or ham Green peppers, mushrooms, tomato Grated cheese
Snacks for the day	Cottage Cheese with Sliced Pear and a dash of cinnamon Granola bar	Chocolate milk Kiwis	Yogurt Muselix Sliced apple	Oat N' Raisin Cookies (see recipe) Milk Piece of fruit	Latte or steamed milk Canned fruit Raw veggies and dip	Peanut Butter Energy Bars (see recipe) Milk	Hot chocolate Dried fruit Raw veggies and dip

Black Bean Tortilla Stack

What You Need:

- 1 package of flour tortilla shells (about 8)
- 1 chopped large onion
- 2 cans black beans (can also use kidney beans instead)
- 1 cup salsa (or more!)
- 2 cups cheese (feta or cheddar)

How to Prepare:

Spray spring form pan with oil. Drain and rinse beans. Sauté onions in a bit of oil and mix with beans. Place a tortilla at the bottom of pan. Put a layer of bean mixture on top of shell, a layer of salsa, a layer of cheese and then a tortilla shell and repeat layers until bean mixture is gone. Top with shell that has been sliced into 8 sections and brush with oil. Bake at 350 degrees for 20 minutes.

Oat N' Raisin Cookies

What You Need:

- 1 1/2 cups brown sugar
- 2 eggs
- 1 tsp vanilla
- 3/4 cup soft tub non-hydrogenated margarine
- 1 cup whole wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 2 cups rolled oats
- 1/4 cup wheat germ
- 3/4 cup coconut
- 3/4 cup raisins

How to Prepare:

Cream margarine, sugar, eggs, and vanilla. Combine dry ingredients except raisins and mix with creamed ingredients. Mix in raisins. Drop on cookie sheet and flatten with fork. Bake at 350 degrees F for 12 to 14 minutes. Makes about 4 dozen cookies.

Peanut Butter Energy Bars

What You Need:

3/4 peanut butter

3/4 honey

1/2 brown sugar

1 1/2 cup oatmeal

1 1/4 cup Rice Krispie cereal

1 cup slivered almonds

1 cup dried fruit (such as chopped apricots)

How to Prepare:

In a pot combine peanut butter, honey, sugar and cook over low heat until smooth. Add the rest of the ingredients and mix well. Spray a 13 by 9 inch pan with oil and firmly press batter in pan.

Time Saver: Double the recipe! Cut into bars and wrap in plastic wrap and freeze for snacks when needed.

Hearty Hamburger Soup

What You Need:

- 1 lb (500 g) lean ground beef
- 1 medium onion (chopped fine)
- 1 can (28 oz.) tomatoes
- 1 can (19 oz.) lentils or any other type of beans drained and rinsed
- 1 can (10 oz.) tomato soup
- 8 cups (2 L) vegetable/beef broth
- 4 carrots (finely chopped)
- 3 sticks celery (finely chopped)
- 8 tbsp. Barley
- 2 medium potatoes (diced into small pieces)
- Parsley
- 1/2 tsp. Thyme
- Pepper
- 1 Bay Leaf

How to Prepare:

Brown beef and onions and drain off fat. Combine all remaining ingredients in a large pot. Simmer covered for at least 2 hours. Note: you may need to add more water if soup seems too thick.

Time Saver: This soup freezes well so you may want to double this to have plenty of leftovers in the freezer for quick lunches and suppers.

Brunch Casserole

What You Need:

- 3 cups sourdough bread cubes
- 1/2 chopped red pepper
- 4 oz (1/2 cup) light cheddar cheese
- 4 oz (1/2 cup) skim milk mozzarella cheese
- 1 cup 1% cottage cheese
- 6 eggs
- 1 cup skim milk
- 3 chopped green onions
- 1/2 cup chopped lean ham

How to Prepare:

Spray 11x9 baking dish with nonstick spray. Place bread cubes in pan. Arrange peppers, onions and ham over bread cubes then sprinkle shredded cheese on top. In the blender, blend cottage cheese, eggs, and milk. Pour over ingredients in pan. Sprinkle with pepper and cover for 4 to 12 hours. Bake at 375 degrees F for 40 minutes. Serves 6.