

# MENU #1

## 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 toast 1% Cottage Cheese Mixed Berries	Scrambled Eggs Whole Wheat Bagel Grapefruit	Whole Wheat Pancakes Back Bacon Unsweetened Fruit Juice	Low-Fat Cheese Multigrain English Muffin Fruit Salad	Oatmeal Boiled Eggs Cantaloup	Powershake (1 cup milk, ½ cup yogurt, 1 cup fruit, ½ cup skim milk powder) Whole Wheat Toast	Peanut Butter Multigrain English Muffin Banana
Lunch	Sandwich: Multigrain Rye Bread Roast Beef Spinach Tomatoes Mustard Fresh Fruit Cup	Tuna Salad in Whole Wheat Pita stuffed with Red Peppers and Cucumber Yogurt Peach	Spaghetti & Meat Sauce Raw Veggies with Low-Fat Ranch Dressing	Wrap: Black Forest Ham Low-Fat Cheese Alfalfa Sprouts Cucumbers Applesauce	Cottage Cheese Vegetable Salad Toasted Bagel	<b>Hot Beef and Pasta on Low-Fat Caesar Salad (recipe)</b>	Garden Vegetable Soup Turkey Bunwich
Supper	<b>Thai Chicken Curry in Coconut Milk (recipe)</b> with Brown Basmati Rice	Barbecued Steak Steamed New Potatoes tossed with Low-Fat Ranch Dressing Asparagus	<b>Salmon Salad Fajitas (recipe)</b> with <b>Racy Ratatouille (recipe)</b>	<b>Crustless Vegetable Quiche (recipe)</b>  Whole Wheat Toast  Side Salad	<b>Asian Beef or Pork with Snow Peas (recipe)</b>  <b>Spring Vegetable Lemon Risotto (recipe)</b>	Baked Chicken marinated in Sun-Dried Tomato Salad Dressing Sweet Potato wedges tossed with nutmeg, baked Raw Veggies & Dip	Barbecue Buffalo Burgers Corn on the Cob Spinach Salad
Snacks for the day	V8 Vegetable Juice Low-Fat Cheese Stoned Wheat Thin Crackers Grapes	Raw Vegetables with Low-Fat Dip Trail Mix Chocolate Milk	Yogurt Fig Newtons Nectarine	Unbuttered Popcorn Smoothie (1 cup milk, 1/3 cup yogurt, ½ cup fruit, ice)	Mixed Nuts Energy-To-Go Bar Apple	Cottage Cheese & Peaches Dad's Oatmeal Cookies	Vector Bar or Nature Valley Granola Bar <b>Banana Bread Pudding (recipe)</b> Plums

## Thai Chicken Curry in Light Coconut Milk\*

### What You Need:

- 1 Tbsp vegetable oil
- 4 tsp red curry paste (medium)
- 1 ¼ lb boneless skinless chicken, cut into thin strips
- 1 onion, coarsely chopped
- 1 sweet red pepper, cut into strips
- Grated rind of 1 lemon
- 1 cup light coconut milk
- 2 Tbsp fish or soy sauce
- 1 Tbsp fresh lemon juice
- 1/3 cup chopped fresh coriander (cilantro)

### How to Prepare:

1. In large non-stick skillet heat oil over high heat, stir fry the curry paste for 30 seconds.
2. Add the chicken strips; stir fry for 3 minutes; stir in the onion, and cook for 1 minute
3. Add red pepper & lemon rind; stir fry for 1 minute until onion is soft.
4. Stir in the coconut milk, fish or soy sauce, & lemon juice; bring to boil. Cook for about 2 minutes or until liquid is reduced slightly. Stir in coriander/cilantro. Makes 4 servings.

\*Source: Anne Lindsay's New Light Cooking, 1998.

### Nutrition Content per Serving:

251 calories, 34 g protein, 9 g fat, 9 g carbohydrate, 1 g fibre, 478 mg sodium.

## Salmon Salad Fajitas\*

### What You Will Need:

- 1 can (7.5 oz/213 g) canned salmon OR 8 oz cooked salmon fillet
- ¼ cup low-fat plain yogurt
- 2 Tbsp light Mayonnaise
- ¼ tsp chilli powder
- 1 medium carrot, grated
- 1 green onion, chopped
- 1 tomato, diced
- 1 small avocado, peeled & cut in chunks
- ¼ cup chopped fresh coriander or cilantro
- Salt & pepper to taste
- 4, 8-inch whole wheat tortilla shells
- 4 large leaves dark green lettuce

### How to Prepare:

1. In bowl, combine the salmon, yogurt, mayo and chilli powder. Add the carrot, onion, tomato, avocado & coriander. Season with salt & pepper to taste; stir gently.
2. Wrap the tortillas in foil and heat in the oven (350 degrees F) for 5 minutes.
3. Lay each tortilla flat, top with lettuce then spoon salmon mixture and roll up. Makes 4 tortillas.

\*Source: Anne Lindsay's Light Kitchen, 1994.

### Nutrition Content: per filled tortilla

328 calories, 15 g protein, 16 g fat, 34 g carbohydrate, 414 mg sodium, 3 g fibre, 695 mg potassium.

## Racy Ratatouille\*

### What You Need:

1 unpeeled Eggplant, sliced  
1 Onion, sliced  
1 Red Pepper, cut into 1 inch cubes  
1 Zucchini Squash, cut into ½ inch slices  
2 Garlic cloves, minced  
Olive Oil, 1 Tablespoon  
8 ripe tomatoes, chopped  
¼ cup chopped fresh Basil  
1 tsp dried Thyme  
Salt, pepper

### How to Prepare:

1. Slice the vegetables. Sautee the onion & garlic in heated olive oil.
2. Stir in the remaining ingredients and cook, covered, stirring occasionally for about 30 minutes.
3. Serves 4 to 6.

\*Source: Chatelaine Food Express, Quickies 2 – Veggies & More, Monda Rosenberg.

## Asian Beef or Pork with Snow Peas\*

### What You Need:

- 1 lb (450 g) Flank or Sirloin Steak
- 1 1/3 lb (600 g) Snow peas (fresh or frozen)
- 2 green Onions, sliced
- 1 teaspoon Sesame Oil
- 1 Teaspoon Ginger Powder
- 1/2 teaspoon red crushed chillies

Possible Additions: Bean Sprouts, Sliced Carrots, Sliced Mushrooms, Broccoli Florest

### Marinade:

- 1 Tbsp Cornstarch
- 1 Tbsp Soy Sauce
- 2 Tbsp Water
- 1 Tbsp red wine
- 1/2 tsp sugar

### Stir-fry Sauce:

- 1 tsp cornstarch
- 2 tsp Oyster Sauce
- 1 tsp Sesame Oil
- 1/2 tsp Sugar
- 1 Tbsp Water
- 1 Tbsp Ginger-Sesame Sauce (Szechuan, Peanut Satay or Thia)
- 1 Tbsp Minced Garlic Cloves
- 3/4 cup Chicken Broth/Stock

### How to Prepare:

1. Mix all the marinade ingredients together. Marinade the sliced meat in the fridge overnight.
2. Prepare the Stir-fry sauce. Sliced the onions and wash the snow peas.
3. Start cooking the rice.
4. Heat the Sesame Oil in a skillet or wok. Add the marinated meat, ginger, chilli flakes and stir fry sauce. Once the meat is brown add the snow peas and stir fry for a few minutes.

\*Source: Cooking for the Rushed – The Healthy Family, Sandi Richard

## Spring Vegetable Lemon Risotto\*

### What You Will Need:

- 2 Tbsp olive oil
- 1 ½ cup short-grain rice (Arborio)
- 10 oz can condensed Chicken broth
- 3 cups water
- 1/3 cup White Wine
- Grated Peel & Juice of 1 Lemon
- ½ tsp Salt
- ½ lb (250 g) asparagus, sliced
- 1 cup green peas
- ¼ cup chopped fresh basil
- ¼ to ½ cup grated Parmesan cheese
- 1 chopped tomato
- 2 green onions, thinly sliced

### How to Prepare: recipe is prepared in the microwave

1. In a glass casserole dish stir together the olive oil and the dry rice. Microwave covered for 1 minute on high.
2. Stir in the 10 oz can of chicken broth, water, wine, grated lemon peel, lemon juice & salt. Microwave on high, covered until the rice is tender, about 25 minutes (but stir it twice).
3. Stir in the asparagus, peas, & basil. Microwave, covered, stirring once, for 5 minutes cooking time.
4. Stir in the parmesan cheese, tomato, and green onions, then serve. Makes 6 servings.

### Preparation on the Stove Top:

1. Heat the oil, stir in the dry rice.
2. Add the chicken broth, water, wine, lemon peel, lemon juice & salt, bring to boil and cook for 20-25 minutes until the rice is tender.
3. Stir in the asparagus, peas & basil. Cook for 4-5 minutes until asparagus is done. Add in the parmesan, tomato & green onions, then serve.

\*Source: Chatelaine Food Express-Quickies 2:Veggies and More, by Monda Rosenberg.

## Hot Beef and Pasta on Low-Fat Caesar Salad\*

### What You Will Need:

2 cups whole wheat spiral pasta (rotini, fusilli, etc.)  
1 lb (450 g) flank or sirloin Beef  
1 tsp Sesame Oil  
½ Onion  
5 Mushrooms  
1 tsp Prepared Garlic, minced  
½ tsp Ginger Powder  
½ tsp Red Crushed Chillies  
½ Red Pepper, sliced  
½ Yellow Pepper, sliced  
2 ½ cups broccoli Florets  
1 Head of Green Leaf Lettuce  
Low-Fat Caesar Salad Dressing  
Parmesan Cheese

### Teriyaki Sauce:

½ cup Teriyaki Sauce  
¼ cup Vegetable Juice (or clamato juice)

### How to Prepare:

1. Boil the water to cook the pasta.
2. Heat the oil in a non-stick fry pan/wok, and add the sliced beef. Cook until no longer pink.
3. Add the sliced onion, mushrooms to the meat. Add the garlic, ginger, crushed chillies, stir fry for a few minutes.
4. Add the teriyaki sauce & vegetable juice to the stir-fry mixture. Stir in the peppers.
5. Wash and tear the lettuce into pieces. Pour the dressing over the lettuce and serve onto dinner plates.
6. Drain the cooked pasta, add the pasta to the meat stir fry. Pour this entire mixture over top of the salad, top with parmesan cheese if desired.

Serves 4 – 6.

\*Source: Cooking for the Rushed – The Healthy Family, Sandi Richard

## Banana Bread Pudding\*

### What You Will Need:

2/3 cup evaporated skim milk  
1/2 cup mashed ripe banana  
1/3 cup frozen egg substitute, thawed OR 1 whole egg  
1 Tbsp sugar  
1/2 tsp vanilla extract  
1/4 tsp ground cinnamon  
2 (1-ounce) slices of French bread, cut into 3/4 inch cubes  
vegetable cooking spray

### How to Prepare:

1. Combine the first seven ingredients in a bowl. Toss gently.
2. Divide the combined mixture evenly between 2 (10-ounce) custard cups coated with cooking spray.
3. Place the cups in an 8-inch square baking dish. Add hot water to the dish to a depth of 1 inch.
4. Bake in the oven at 350 degrees for 45 minutes. Makes 2 servings.

**Per Serving:** 269 calories, 47.7 grams carbohydrate, 13.8 grams protein, 2.4 grams fat

From *"Cooking Light – Quick & Easy Cookbook"*, Susan M. McIntosh, 2001, Oxmoor House Inc.



## Crustless Vegetable Quiche\*

### What You Will Need:

- 1 Tbsp butter
- ½ cup fine, fresh bread crumbs
- 1 cup sliced mushrooms
- 1 cup chopped zucchini
- 3 cups chopped, fresh spinach leaves
- 2 eggs
- 2 egg whites
- 1 cup low-fat milk
- 2 green onions, chopped
- ¼ cup crumbled feta cheese
- ¼ cup chopped fresh parsley
- 2 Tbsp chopped fresh basil (or 1 tsp dried basil)
- Dash hot pepper sauce
- 2 medium tomatoes, sliced

### How to Prepare:

1. Spread 1/3 of the tablespoon of butter in a 10-inch quiche dish or glass pie plate; sprinkle the bottom and sides evenly with bread crumbs.
2. In a large non-stick skillet melt the remaining butter over medium heat. Cook the mushrooms and zucchini, stirring, for 5-7 minutes or until tender and liquid has evaporated. Add spinach; cook, stirring for 2 minutes or until wilted.
3. In large bowl beat together eggs and egg whites; add milk. Stir in onions, cheese, parsley, basil, hot pepper sauce and spinach mixture.
4. Spoon into prepared dish; top evenly with tomato slices.
5. Bake in 350 degree oven for 40 – 50 minutes or until firm to the touch and a knife inserted in the centre comes out clean. Makes 4 servings.

**Per Serving:** 170 calories, 13 grams carbohydrates, 11 grams protein, 9 grams fat

\* From “Anne Lindsay’s Light Kitchen”, by Anne Lindsay, 1994.