



Health & Performance  
Nutrition Inc.

Kelly Anne Erdman  
MSc, RD (Registered Dietitian), CSSD  
KellyAnne.Erdman@gmail.com  
[www.HealthAndPerformanceNutritionInc.com](http://www.HealthAndPerformanceNutritionInc.com)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Cottage Cheese, Pear slices, Multigrain English Muffin	Turkey Bacon Whole Wheat Pancake(s), Strawberries	Scrambled Eggs w diced Peppers, ham & tomatoes Squirrelly Bread	<b>Smoothie:</b> whey, banana, PB, and milk Oatmeal	French toast, Blueberries	Spolumbo Chicken Roasted Pepper Sausage, <b>Sauteed Sweet Potato Wedges*</b> , Fruit Salad	Cereal (Kashi, Nature's Path, Mini-Wheats, Shredded Wheat) Kiwi & orange sections, Back Bacon
Lunch	<b>Curried Chicken Salad*</b> WW Pita or Wrap Apple	<b>Toss Together:</b> Mixed Greens, Chunk Light Tuna, Italian Drsg, <b>Whole Wheat Couscous Salad*</b>	<b>Bean &amp; Squash Soup*</b> Wrap w turkey breast, lettuce, cranberry sauce	<b>Low-Fat Caesar Chicken Pasta Salad*</b> Pear or Grapefruit	<b>Vegetable Fish Chowder*</b> WW Bun, Mixed Greens	<b>Lentil &amp; Bean Soup*</b> <b>3 Seed Biscuit*</b> Cottage Cheese & Berries	<b>Beef Fajitas* w Brown Spanish Rice*</b>
Supper	<b>Slow Cooker Beef*</b> WW Bun, Mixed Greens or Spinach Salad	<b>Pork w Spicy Sweet Pepper Sauce*</b> <b>Quinoa Pilaf*</b> Steamed Asparagus	Baked Salmon with Chili Sauce, <b>Barley Pilaf*</b> Steamed Green & Yellow Beans	<b>Macaroni w Beef &amp; Tomatoes*</b> Raw Veggie Platter	<b>Chicken Sate with Peanut Sauce*</b> Roasted New (mini) Potatoes, Mixed Greens	<b>Chicken Pita Pizza*</b> <b>Greek Salad*</b>	<b>Molasses-Glazed Pork Tenderloin*</b> WW Couscous, Steamed Broccoli, Cauliflower & Carrots
Snacks for the day	Vector Bar Grapes Yogurt	Almonds & Raisins Navel Orange Gingersnaps	Hummus w Baby Carrots & Snap Peas Apple Ovaltine w Hot Milk	Strawberries Tuna Snack Pack	Dry Cereal Celery, Red Peppers & Cucumbers w Light Ranch Drsg or Hummus	Applesauce Graham Crackers Frozen Yogurt	Cottage Cheese & Fruit Low Sodium V8 Juice <b>Baked Apples with Dried Fruit*</b>

## Sauteéd Sweet Potato Wedges\*

### **What You Will Need:**

1 large sweet potato sliced into wedges about ¼ cm thick

½ onion cut into slices

Cinnamon

Nutmeg

Grated peel from an Orange

2 Tbsp Brown sugar

2-3 Tbsp Olive oil

### **How to Prepare:**

1. Turn on your oven to 425 degrees F.
2. In a large bowl peel then slice the sweet potato into wedges; cut the onion into slices.
3. Toss the remaining ingredients with the potato/onion mixture.
4. Bake on a cookie sheet for about 20-25 minutes; stir up the mixture once or twice while baking.

**Source:** Kelly Anne Erdman

## Curried Chicken Salad\*

### What You Will Need:

1.5 cups chopped cooked chicken breast  
½ cup red seedless grapes, halved  
½ cup diced apple  
2 Tablespoons diced pineapple  
1 Tablespoon dried currants  
3 Tablespoons low-fat mayo or plain yogourt  
1 teaspoon honey  
½ tsp curry powder  
½ tsp fresh lemon juice  
Pinch of salt  
Pepper to taste  
1 Tablespoon sliced toasted almonds

### How to Prepare:

1. Combine the first 5 ingredients in a large bowl.
2. In a separate bowl combine the next 6 ingredients, stirring with a whisk.
3. Pour the mayo/yogourt mixture over the chicken/fruit mixture and toss gently to coat.
4. Sprinkle with the toasted almonds; cover and chill until serving. Serve cold.

Makes 2 servings – 1 ¼ cups each

### **Nutrients Per Serving:**

**303 calories, 7.2 g fat (with mayo), 34 g protein, 26 g carbs**

**Source:** Cooking Light - Chicken, Heather Averett (editor), 2009.

## Slow-Cooker Beef

### **What You Will Need:**

2-3 lbs (900 g/0.9 kg – 1200 g/1.2 kg) lean beef roast: brisket/eye of round/sirloin/etc.

1 can of beer or non-alcoholic beer or pop (Coke or gingerale)

½ cup ketchup

1 large onion, diced

1 clove garlic, diced

½ cup brown sugar

2 tsp worchestershire sauce

2 tsp basil

2 tsp Dijon mustard

Optional: 1 tsp Liquid Smoke flavouring

### **How to Prepare:**

1. Dice the onion & garlic then mix all the ingredients in the bottom of a roaster pan or in a slow-cooker.
2. Add the beef; pierce it with a fork to allow the marinade to penetrate.
3. Either cook in an oven at 300 degrees F for 4 hours or cook it on “high” setting of a slow-cooker for at least 3 hrs; if possible, turn the roast over every 1 hr and marinade it with the liquid.

**Source:** Kelly Anne Erdman

## Whole Wheat Couscous Salad\*

### **What You Will Need:**

- 1 cup dried whole wheat couscous
- ½ cup golden raisins or thinly sliced dried apricots
- ½ tsp cinnamon
- ¼ tsp ground allspice
- ¼ tsp turmeric
- 1 cup canned chickpeas, drained & rinsed
- ½ cup finely chopped sweet red pepper
- ½ cup chopped green onions
- ½ cup chopped pistachios or almonds
- ¼ cup red wine vinegar
- Optional: 2 Tablespoons chopped fresh mint (or 1 tsp dried mint)
- Pinch of salt & pepper to taste

### **How to Prepare:**

1. In a large heatproof bowl combine the first 5 ingredients. Pour 2 cups of boiling water; cover and let this sit for 5 minutes until all the water is absorbed. Fluff with a fork; let it cool.
2. Once the mixture has cooled add the chickpeas, red pepper, green onion, nuts, vinegar, salt, pepper & mint; toss with a fork and serve.

Makes 6 servings

**Nutrients Per Serving:** 261 cal, 9 g protein, 6 g fat, 48 g carbs, 8 g fibre, 469 mg sodium, sources of calcium, vitamin A, vitamin C, iron, folate

Source: Canadian Living Health Eating Cookbook Special, Winter 2006

## Bean & Squash Soup\*

### **What You Will Need:**

- 1 Tbsp canola or olive oil
- 1 onion, chopped
- 2 cloves minced garlic
- 1 tsp dried basil
- Pinch of salt & pepper
- 1 can (19 oz/540 ml) red kidney beans, drained & rinsed
- 4 cups vegetable or chicken broth
- 2 cups cubed, peeled squash (acorn or butternut)
- ½ green pepper, chopped
- ½ cup frozen corn kernels

### **How to Prepare:**

1. In a large saucepan heat the oil over medium heat then fry the onion, garlic, basil, salt & pepper; stirring occasionally until softened, about 5 minutes
2. Add the kidney beans, mashing about 1/3 of them. Add the vegetable stock & squash; bring to a boil – reduce heat and simmer for 10 minutes.
3. Add the green pepper & corn; heat through.

Serves 4.

**Nutrients Per Serving:** 205 cal, 8 g protein, 5 g fat, 35 g carbs, 10 g fibre, 1119 mg sodium, source of calcium, iron, folate, vitamins A & C

**Source:** Canadian Living Healthy Eating Cookbook Special, Winter 2006

## Low-Fat Caesar Chicken Pasta Salad\*

### **What You Will Need:**

3 cups cooked chicken breasts, diced (about 3 chicken breasts)  
3 cups cooked whole wheat penne noodles (1.5 cups dried pasta before cooking)  
2 cups thinly sliced romaine lettuce  
1 ½ cups grape or cherry tomatoes, halved  
½ cup thinly sliced fresh basil  
½ cup sliced green onions  
1/3 cup light Caesar salad dressing  
¼ cup chopped fresh parsley  
2 – 4 oz crumbled light feta cheese (< 20% M.F.)  
1 clove of minced garlic

### **How to Prepare:**

Combine all the ingredients in a salad bowl, toss well.

Makes 4 servings – 2 cups each.

**Nutrients Per Serving: 336 calories, 4.8 g fat, 19 g protein, 40 g carbs, 4 g fibre**

**Source:** Cooking Light - Chicken, Heather Averett (editor), 2009.

## Vegetable Fish Chowder\*

### What You Will Need:

- 1 Tablespoon butter
- 1 onion, chopped
- 1 carrot, chopped
- 2 potatoes, cubed
- 2 cloves minced garlic
- Pinch of salt & pepper to taste
- 3 Tablespoons flour
- 4 cups chicken or vegetable stock
- 1 cup 0 - 1% milk
- 1 cup frozen corn kernels
- 1 pkg (400 g) frozen fish fillets, thawed and cubed
- 2 Tablespoons minced fresh parsley

### How to Prepare:

1. In a large saucepan melt the butter over medium heat; fry the onion, carrot, potatoes, garlic, salt & pepper – stirring occasionally until the onion is softened; about 5 minutes
2. Sprinkle the saucepan mixture with the flour; cook, stirring constantly for 1 minute.
3. Add the chicken stock and bring to a boil; reduce heat, cover and simmer until potatoes are tender, about 10 minutes.
4. Add the milk, corn and fish; heat until steaming and the fish flakes easily when tested, about 5 minutes. Add the parsley prior to serving.

Makes 4 – 6 servings.

**Nutrients Per Serving (when 6 servings): 218 cals, 21 g protein, 5 g fat, 23 g carbs, 2 g fibre, 688 mg sodium**

**Source:** Canadian Living Healthy Eating Cookbook Special, Winter 2006.



## Lentil & Bean Soup\*

### What You Will Need:

- 2 Tbsp canola or olive oil
- 3 stalks of celery, diced
- 2 carrots, diced
- 1 onion, diced
- 3 cloves garlic, minced
- ½ tsp salt & also of dried mint (if using)
- ¼ tsp turmeric
- 1 can (28 oz/796 ml) diced tomatoes
- 1/3 cup dried green lentils, rinsed & drained
- 1 Tbsp tomato paste
- ½ cup dried whole wheat pasta (macaroni, fusilli, rotini)
- 1 can (19 oz/540 ml) bean medley, drained & rinsed
- 2 Tbsp chopped fresh parsley

### How to Prepare:

1. In a large saucepan heat the oil over medium heat; fry the celery, carrots, onion, garlic, salt, mint & turmeric, stirring occasionally for about 6 minutes.
2. Stir in the tomatoes, lentils, tomato paste & 4.5 cups of water. Bring to a boil; reduce heat & simmer covered until the lentils are tender – about 25 minutes.
3. Meanwhile, in a large pot of boiling, salted water, cook the pasta until al dente, about 8 minutes. Drain the pasta and add it to the soup along with the beans & parsley.

Makes 6 servings

**Nutrients Per Serving:** about 250 calories, 12 g protein, 6 g fat, 39 g carbs, 8 g fibre

**Source:** Canadian Living Magazine, November, 2010.

## 3 Seed Biscuit\*

### What You Will Need:

- 1 ¼ cup (300 ml) all-purpose flour
- 1 cup whole wheat flour
- ¼ cup sunflower seeds
- ¼ cup flaxseeds (not ground)
- ¼ cup wheat germ
- 1 Tbsp sugar
- 1 Tbsp baking powder
- ½ tsp salt
- 1/3 cup cold butter, cubed
- 1 cup 0-1% milk
- 1 egg, lightly beaten
- 2 Tbsp sesame seeds

### How to Prepare:

1. Whisk together the first 8 ingredients. Using a pastry blender or 2 knives, cut in the butter until it forms coarse crumbs. Stir in the milk to form soft, slightly sticky dough.
2. With floured hands knead the mixture gently for about 10 times. Pat it out to 7-inch square. Cut into quarters; cut each quarter into 3 strips.
3. Place 1 inch apart on an ungreased baking sheet. Brush the tops with a beaten egg; sprinkle with sesame seeds.
4. Bake at 425 degrees F until golden brown; takes about 12 minutes

Makes 12 biscuits.

Nutrients Per Biscuit: 225 calories, 6 g protein, 13 g fat, 23 g carbs, 3 g fibre

**Source:** Canadian Living Magazine, November, 2010.

## Pork with Spicy Sweet Pepper Sauce\*

### **What You Will Need:**

- 1 pork tenderloin (14 oz/400 g)
- 1 clove garlic, minced
- ¼ tsp each grated gingerroot, salt & pepper
- 2 tsp olive or canola oil

### **Sauce:**

- 2 tsp olive or canola oil
- 1 sweet red pepper sliced
- 1 hot red pepper/jalapeno, coarsely sliced
- 1 clove garlic, minced
- 3 tbsp smooth Thai chili sauce
- 1 tbsp each: packed brown sugar, rice vinegar, soy sauce
- 1 tsp minced gingerroot (or ½ tsp ground ginger)
- 1 green onion, chopped

### **How to Prepare:**

1. Sprinkle the pork with garlic, ginger, salt & pepper; let stand for 10 minutes
2. Heat the oil and cook/brown the tenderloin for 5 minutes
3. Roast the tenderloin in the oven at 400 degrees for 15-20 minutes (until juices run clear when pork is pierced and just a hint of pink)
4. Prepare the sauce in a saucepan – heat the oil, cook the red & hot peppers with garlic until tender, about 3 minutes. Stir in the chili sauce, sugar, vinegar, soy sauce & ginger; simmer, stirring until reduced to ½ cup, about 4 minutes. Stir in the green onion. Pour the sauce over the pork to serve.

### **Nutrients Per Serving: makes 2 servings**

400 calories, 45 g protein, 13 g fat, 22 g carbs, 1 g fibre

\***Source:** Canadian Living Magazine, November, 2010.

## Quinoa Pilaf\*

### **What You Will Need:**

1 Tbsp olive oil  
Half onion, chopped  
1 stalk celery, diced  
2 carrots, finely chopped  
½ cup dry quinoa  
1 cup hot water or vegetable stock  
1 bay leaf  
Grated rind from 1 lemon  
1 Tbsp fresh lemon juice  
½ cup frozen peas, thawed

### **How to Prepare:**

1. In nonstick skillet heat the oil over medium heat; add onion, celery & carrots, cooking occasionally, for 10 minutes.
2. In strainer rinse the quinoa under cold water; drain & add to the pan. Cook, stirring for 1 minute.
3. Add the water, bay leaf, lemon rind, lemon juice and peas; bring to boil. Reduce heat to medium-low; cover & simmer for 15-20 minutes or until liquid is absorbed & quinoa is tender. Discard the bay leaf. Season with salt & pepper.

Makes 2 servings.

From: Anne Lindsay's New Light Cooking.

## Barley Pilaf\*

### **What You Will Need:**

1 Tbsp olive/canola oil  
1 small onion, chopped  
2 cloves garlic, minced  
 $\frac{3}{4}$  cup pearl barley  
2  $\frac{3}{4}$  cup chicken or vegetable stock or water  
 $\frac{1}{2}$  cup each frozen peas and frozen corn  
 $\frac{1}{2}$  cup chopped green onions  
Pinch of salt & pepper

### **How to Prepare:**

1. In a large saucepan heat the oil over medium heat; fry the onion & garlic til soft; about 5 minutes. Stir in the barley.
2. Pour in the stock/water, bring to a boil, reduce heat to medium; cover and simmer until most of the liquid is absorbed, 30 minutes
3. Stir in the peas, corn, green onions, salt & pepper; cook until the barley is tender and the liquid is absorbed, about 5 minutes.

### **Nutrients Per Serving: makes 4 servings**

225 calories, 7 g protein, 5 g fat, 40 g carbs, 4 g fibre.

**Source:** Canadian Living Healthy Eating Cookbook Special, Winter 2006.

## Macaroni with Beef & Tomatoes\*

### **What You Will Need:**

1 lb (500 g) extra lean ground beef/bison/poultry  
1 onion, chopped  
3 cloves garlic, minced  
1 sweet green pepper, chopped  
2 carrots, thinly sliced  
1 tsp each dried oregano and basil  
Pinch of salt & pepper  
1 can (28 oz/796 ml) crushed tomatoes  
2 cups dried whole wheat macaroni noodles  
¼ cup light cheddar cheese (< 20% M.F.)  
¼ cup minced fresh parsley

### **How to Prepare:**

1. In a large pot sauté the meat over medium-high heat, breaking up with a spoon; cook until no longer pink; drain off the fat; once it's all browned rinse the meat under hot water; drain well.
2. Add the onion, garlic, green pepper, carrots, oregano, basil, salt & pepper; cook over medium heat, stirring occasionally, until the onion is softened, about 5 minutes.
3. Add the tomatoes & 3 cups of water; bring to a boil. Stir in macaroni; reduce heat, cover & simmer, stirring occasionally, until pasta is tender but firm, about 20 minutes. Sprinkle with the cheese & parsley before serving.

### **Nutrients Per Serving: makes 4 servings**

500 calories, 35 g protein, 12 g fat, 64 g carbs, 8 g fibre.

**Source:** Canadian Living Healthy Eating Cookbook Special, Winter 2006.

## Chicken Saté with Peanut Sauce\*

### **What You Will Need:**

About 8 – 10, 8 inch skewers  
1.5 lbs (750 g) skinless, boneless chicken breasts, cut into 8 strips  
1 Tbsp brown sugar  
2 ½ Tbsp soy sauce  
2 tsp ground fresh gingerroot  
1 tsp grated lime round  
¼ tsp crushed red pepper flakes  
2 garlic cloves, minced

### **Sauce:**

1 Tbsp brown sugar  
1 ½ Tbsp soy sauce  
2 Tbsp natural peanut butter  
1 Tbsp fresh lime juice  
¼ tsp crushed red pepper flakes  
1 garlic clove, minced

Optional: wide rice noodles, cooking spray

### **How to Prepare:**

1. Heat the grill; soak bamboo skewers in baking pan for about 30 minutes.
2. Combine the chicken and the next 6 ingredients in a medium bowl and let stand for 10 minutes
3. In a medium bowl combine all the ingredients, stirring until the sugar dissolves.
4. Thread the chicken onto the soaked skewers. Place the chicken onto a grill rack (or on to a cooking sheet) – may want to spray the rack or baking sheet first. Grill for 5 minutes on each side or until done. Serve the chicken with the sauce along with rice noodles (if cooking).

### **Nutrients Per Serving: makes 4 servings**

2 skewers: 269 calories, 5.2 g fat, 42 g protein, 11 g carbs, 1 g fibre.

**Source:** Cooking Light - Chicken, Heather Averett (editor), 2009.

## Chicken Pita Pizza\*

### **What You Will Need:**

- 4 – 8 inch whole wheat tortillas
- Cooking spray
- 1 – 11 oz kernel corn (or cook 1 1/3 cup frozen corn)
- ½ tsp cumin seeds
- 2 cups diced, roasted chicken breast
- 1 – 15 oz can of black beans, rinsed & drained
- 1 clove garlic, minced
- 2 tbsp fresh lime juice
- ¾ cup (3 oz) shredded Monterey Jack cheese with jalapeno peppers
- 4 tsp chopped fresh cilantro

### **How to Prepare:**

1. preheat oven to 350 degrees
2. Place the tortillas on a baking sheet coated with the cooking spray. Bake at 350 degrees for 10 minutes or until the edges are light brown. Remove from the oven; stack and press down to flatten. Set aside
3. In a large non-stick skillet over medium heat cook the corn until lightly charred. Add the cumin and cook for 5 seconds, stirring constantly. Add the chicken, black beans and garlic; cook 2 minutes or until thoroughly heated. Remove from heat; stir in lime juice.
4. Place tortillas on baking sheet. Spoon ¾ cup bean mixture onto each tortilla; top each with 3 Tbsp cheese. Bake at 350 degrees for 2 minutes or until cheese melts. Sprinkle each pizza with 1 tsp cilantro.

### **Nutrients Per Serving: makes 4 servings**

1 tortilla: 460 calories, 10 g fat, 38 g protein, 54 g carbs, 12 g fibre.

**Source:** Cooking Light - Chicken, Heather Averett (editor), 2009.



## Greek Salad\*

### **What You Will Need:**

Large English cucumber, cut into chunks  
Grape, Cherry or Roma tomatoes, cut into pieces  
Green Pepper, cut into chunks  
Red Pepper, cut into chunks  
Black Olives  
White or Red Onions, sliced  
Low-Fat Feta Cheese (< 25% M.F.), crumbled

Salad Dressing: Olive Oil & Balsamic or White Vinegar tossed with Basil, Rosemary & Ground Black Pepper

OR Light Greek Salad Dressing

### **How to Prepare:**

Chop the vegetables; prepare the dressing; toss together just before serving

**Source:** Kelly Anne Erdman

## Brown Spanish Rice

### **What You Will Need:**

- 1 tbsp olive oil
- 1 sweet red pepper, chopped
- 1 cup uncooked brown rice (cook according to directions if using instant brown rice)
- 1 small onion, chopped
- ½ cup frozen corn
- 2 cups chicken stock or chicken boullion mixed w water
- ½ tsp chilli powder

### **How to Prepare:**

Heat the oil, add the pepper, onion & cook until tender.

Add the remaining ingredients, bring to a boil and simmer for 45-55 minutes until all the water is absorbed and the rice is fully cooked. You may need to add more water during the cooking process if the water is all absorbed and the rice is still crunchy.

**Source:** Kelly Anne Erdman

## Molasses-Glazed Pork Tenderloin\*

### **What You Will Need:**

2 strips turkey bacon, cooked and coarsely chopped  
2 cups green beans, cut into 2 inch pieces  
½ cup chopped onion  
¾ cup water  
1 Tbsp olive oil  
12 oz (300 g) pork tenderloin, cut into ½ inch thick slices (11-12 slices)  
½ cup orange juice  
3 Tbsp molasses  
1 tsp cornstarch  
½ tsp salt  
¼ tsp black pepper  
Optional: steamed fresh spinach

### **How to Prepare:**

1. In a large skillet cook the turkey bacon, then chop. In the same skillet cook the green beans & onion in the water. Drain and set aside.
2. In the skillet heat the oil over medium heat, add the pork tenderloin slices, cook for 5 minutes or just until barely pink in the centre, turning once halfway through cooking.
3. In a small bowl stir together the orange juice, molasses, cornstarch, salt & pepper. Add the juice mixture to the meat; stir in the bean mixture and heat thoroughly.
4. If desired, serve with steamed spinach. Top individual servings with the chopped turkey bacon.

### **Nutrients Per Serving: makes 4 servings**

258 calories, 23 g protein, 27 g carbs, 7 g fat, 4 g fibre.

**\*Source: Better Homes & Gardens, 30-Minute Meals, 2007**

## Baked Apples with Dried Fruit\*

### **What You Will Need:**

- 1 cup apple cider or apple juice
- ¼ cup packed brown sugar
- ¼ tsp each ground cinnamon & nutmeg
- 1 Tbsp butter
- 4 baking apples (e.g. Golden Delicious)
- ½ cup mixed, chopped dried fruit (e.g. apricots, figs, prunes, raisins)

### **How to Prepare:**

1. In a small saucepan bring the cider, sugar, cinnamon & nutmeg to a boil; stir in the butter; set aside.
2. Core the apples almost to the bottom leaving the base intact. Pare/peel off ¾ inch (2 cm) wide strip around the core at the top; trim the base of the apples so they stand level, if necessary.
3. Stuff the dried fruit into each apple cavity; place in an 8-inch (2 Litre) square baking dish; pour the cider mixture over top.
4. Bake, covered (with foil) in 375 degrees F oven, basting twice, until tender, about 45 minutes. Uncover and bake until sauce is syrupy, about 20 minutes.

### **Nutrients Per Serving: makes 4 servings**

Each apple: 293 calories, 1 g protein, 9 g fat, 58 g carbs, 4 g fibre

\***Source:** Canadian Living Magazine, November, 2010.