



Health & Performance
Nutrition Inc.

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Power Porridge* ¼ C raisins Boiled Egg Kiwi Fruit	Oatmeal Pancakes* Sliced peaches (fresh or canned in water) Scrambled Egg	Whole Grain Cereal (eg. Kashi, Nature's Path) 0-1% Cottage Cheese Mixed Berries	Strawberry- Orange Flaxseed Smoothie* 1 Big Batch Banana Blueberry Muffin*	Greek Scrambled Eggs* High fibre toast (eg. Squirrelly Bread, Bowness Rye Bread) ½ grapefruit	Apple Berry Muesli* Orange Sections Almonds	Sweet Potato Omelette* Grapes Optional: Whole Grain Toast
Lunch	Thai Turkey Stir Fry* multi grain roll Yogurt or Milk	Tune Avocado Salad* Ryvita or Wasa crackers Fresh Pear Perrier with Lime	Shrimp, Vegetables & Whole Wheat Pasta* Yogurt or Milk	Black Forest Ham & Swiss Cheese Whole Wheat Submarine Sandwich loaded with Vegetables Green Tea	Chicken, Hummus & Sauteed Veggie Wrap* Apple Yogurt or Milk	Snow Pea and Bell Pepper Salad* 4 oz. Grilled Salmon 1 small Baked Sweet Potato	Mango Chicken in Whole Wheat Wraps* V8 Vegetable Juice
Supper	Simple Grilled Fish* Edamame Salad* Yummy Asparagus*	Grilled Garlic-Ginger Chicken Breasts* Stir Fried Chinese Greens* Whole Wheat Couscous	Vegetables with Beef Stir fry* Steamed Brown Basmati Rice	Easy Salsa Chicken*, Warm New Potato Salad with Citrus Vinaigrette* Steamed Broccoli with Toasted Sesame Seeds	Salmon in a Parcel* Vegetable Quinoa Salad*	African Beef Stew* Whole Wheat Bun Spinach Salad with Sliced Strawberries & Grapefruit	Orange Hoisin Pork* Fresh Whole Wheat Linguine Steamed Green & Yellow Beans
Snacks for the Day	Graham Crackers Tzatziki Dip (with fresh cut veggies) Cantaloupe	Fruit Gazpacho* Big Batch Seed and Nut Granola* (with Plain Yogurt)	Apple Hummus with Sundried Tomatoes (Raw veggies)	Trail mix (walnuts, almonds, dried fruit, chocolate chips) Cottage cheese with mixed berries	Almonds with dried fruit Yogurt & low-fat granola Strawberries	Whole wheat pita crackers Cucumbers & Peppers Pear	Banana Smoothie* Sliced celery with natural peanut butter

Big-Batch Power Porridge*

What You Will Need:

- 6 cups large-flake old fashioned rolled oats
- 1 cup 9-grain cereal (e.g. Red River, Sunnyboy)
- $\frac{3}{4}$ cup wheat germ, toasted
- $\frac{1}{2}$ cup ground flaxseed
- $\frac{1}{2}$ cup oat bran
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup sunflower seeds

How to Prepare:

1. In a large bowl combine all the ingredients. Store in a large covered container at room temperature for up to 1 week or up to 3 months in the fridge.
2. To prepare 1 serving, bring 1 cup of water to a boil in a small saucepan. Add $\frac{1}{2}$ cup of porridge mixture, stir & reduce to low heat. Cook for 5 minutes, stirring occasionally. Makes 18 servings.

Nutrients Per Serving:

210 calories, 5.1 g fat, 33 g carbohydrates, 6 g fibre, 9 g protein, 26 mg calcium, 3 mg iron, 4 mg sodium.

*page 48 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Thai Turkey Stir-Fry*

What You Will Need:

1 Tbsp olive oil
2 cloves garlic, finely chopped
2-inch fresh gingerroot, grated
1 lb (454 g) boneless skinless turkey breast cut into strips
1 head bok choy, chopped
1 red bell pepper, julienned
½ cup light coconut milk
1 tsp grated lime zest (rind)
2 Tbsp freshly squeezed lime juice
1 Tbsp soy sauce
1 tsp red curry paste
Salt & pepper to taste
2 tsp chopped fresh cilantro (optional)

How to Prepare:

1. Heat oil in wok or skillet; add chicken, garlic & ginger; saute for 10 minutes until the turkey is no longer pink inside. Add bok choy and the red pepper; sauté for 4 minutes.
2. Stir in coconut milk, lime zest, lime juice, soy sauce and curry paste. Bring to a boil then reduce heat and simmer for 10 minutes. Season with salt & pepper.
3. Garnish with cilantro as served. Makes 4 servings.

Nutrients Per Serving:

227 calories, 10 g carbohydrate, 8 g fat, 30 g protei, 234 mg calcium, 315 mg sodium, 4 mg iron.

*page 178 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Simple Grilled Fish*

What You Will Need:

1 Tbsp chopped fresh Parsley
1 Tbsp olive oil
Juice of 1 Lemon
4 fish fillets (1.75 lbs / 875 g); e.g. orange roughly, sole, haddock, halibut, tilapia
Salt & Pepper to taste

How to Prepare:

Combine the parsley, oil and lemon juice. Place fish on a Teflon coated baking sheet. Baste both sides of fish with the oil mixture. Broil for 5-10 minutes until the fish is opaque and flakes easily with a fork.
Makes 4 servings.

Nutrients Per Serving:

170 calories, 1 g carbohydrate, 30 g protein, 4 g fat, 63 mg calcium, 0.4 mg iron, 150 mg sodium, 0.1 g fibre.

*page 203 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Edamame Salad*

What You Will Need:

1 red bell pepper, diced
2 cups cooked edamame beans (removed from pods)
2 cups cooked corn kernels
1/3 cup Light Asian Vinaigrette or Asian Silk Salad Spritzer/Spray

How to Prepare:

In a large bowl combine all the ingredients; cover and refrigerate for at least one hour for the flavours to meld. Makes 6 servings.

Nutrients Per Serving:

147 calories, 19 g carbohydrate, 9 g protein, 5 g fat (or less), 4 g fibre, 92 mg calcium, 1 mg iron, 60 mg sodium.

*page 160 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Yummy Asparagus*

What You Will Need:

- 1 Tbsp olive oil
- 1 bunch asparagus, ends trimmed
- 1 clove garlic, minced
- 1 Tbsp freshly grated parmesan cheese

How to Prepare:

In a saucepan heat the oil then sauté the asparagus and garlic; shaking pan constantly until just tender (about 5 minutes). Sprinkle with cheese and allow it to melt before serving. Makes 4 servings.

Nutrients Per Serving:

51 calories, 4 g carbohydrate, 3 g protein, 3 g fat, 42 mg calcium, 1 mg iron, 61 mg sodium, 2 g fibre

*page 256 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Oatmeal Pancakes*

What You Will Need:

6 Egg Whites
1 cup old-fashioned rolled oats
1 cup 0% cottage cheese
2 tsp sugar
1 tsp cinnamon
1 tsp vanilla
Vegetable cooking spray

How to Prepare:

1. In a blender on medium speed blend the egg whites, oats, cottage cheese, sugar, cinnamon & vanilla until smooth.
2. Heat a griddle over medium-low heat; spray with cooking spray. Pour $\frac{1}{4}$ cup batter for each pancake onto griddle and cook until bubbly around the edges (about 2 minutes).
3. Makes 12 servings (1 pancake per serving).

Nutrients Per Serving:

58 calories, 6 g carbohydrate, 6 g protein, 1 g fat, 11 mg calcium, 0.4 mg iron, 1 g fibre, 62 mg sodium.

*page 52 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Tuna Avocado Salad*

What You Will Need:

1 can (6.5 oz/170 g) chunk light tuna, packed in water
1 avocado, peeled, pitted & cut into bite sized pieces
1 small tomato, diced
½ small red onion, finely chopped
¼ cup frozen corn kernels, thawed
2 Tbsp chopped fresh parsley
2 Tbsp olive oil
1 tsp lemon juice
Pepper
Hot pepper sauce (optional)

How to Prepare:

In a small bowl combine all the ingredients. Makes 4 servings.

Nutrients Per Serving:

201 calories, 9 g carbohydrate, 10 g protein, 15 g fat, 4 g fibre, 19 mg calcium, 1 mg iron, 121 mg sodium

*page 81 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Grilled Garlic-Ginger Chicken Breasts*

What You Will Need:

2 Tbsp freshly squeezed lemon juice
2 tsp minced garlic
2 tsp minced fresh gingerroot
2 tsp olive oil
1 tsp ground cumin
4 boneless skinless chicken breasts (500 g / 1 lb)
Pepper to taste

How to Prepare:

1. Whisk together the lemon juice, garlic, ginger, olive oil and cumin. Add the chicken and turn to coat. Let stand at room temperature for 10 minutes, or keep in the fridge for 4 hours.
2. Cook the chicken on the barbecue and cook turning once for 3-5 minutes per side. Season with pepper. Serves 4.

Nutrients Per Serving:

145 calories, 1 g carbohydrate, 26 g protein, 3 g fat, 11 mg calcium, 1 mg iron, 0.1 g fibre, 61 mg sodium.

*page 166 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Stir-Fried Chinese Greens*

What You Will Need:

- 1 Tbsp olive oil
- 1 Spanish onion, sliced lengthwise into thick slices
- 1 green bell pepper, sliced into strips
- 1 head bok choy, cut into chunks - keep white ends and green leaves separated (makes about 4 cups)
- 1 cup broccoli florets
- ½ cup water
- 1 Tbsp Hoisin sauce (or your favourite stir-fry sauce)
- 2 tsp soy sauce
- ½ tsp sesame oil
- 1 Tbsp sesame seeds

How to Prepare:

Heat oil in a wok or large skillet over medium heat (don't let it smoke - too hot!). Add onion, stir fry for 3 minutes. Add green pepper - cook 2 minutes; add white ends of bok choy & broccoli - cook 2 minutes. Stir in green bok choy leaves, water, hoisin & soy sauce. Cover & cook for 3 minutes - until broccoli is tender-crisp. Drizzle with sesame oil & sesame seeds before serving. Serves 4.

Nutrients Per Serving:

75 calories, 9.2 g carbs, 2.5 g protein, 3.8 g fat, 68 mg calcium, 1.9 g fibre, 1 mg iron.

* page 259, in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Fruit Gazpacho*

What You Will Need:

3 cups finely diced fresh fruit
3 cups tropical fruit juice
6 scoops fruit sorbet (mango, lime, raspberry or orange)
6 fresh mint sprigs (optional)

How to Prepare:

In a large bowl combine the fruit & fruit juice. Let sit about an hour for flavours to blend. Use slotted spoon to serve fruit into small dishes, top with a scoop of sorbet & a sprig of mint on top. Makes 6 servings.

Nutrients Per Serving:

186 calories, 45 g carbs, 0.6 g protein, 0.2 g fat, 1.6 g fibre, 33 mg calcium, 0.3 mg iron.

*page 301 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Big-Batch Seed & Nut Granola*

What You Will Need:

- ½ cup pure maple syrup
- 2 Tbsp vegetable oil
- 2 Tbsp honey
- 1 tsp vanilla
- 2 ¾ cup quick-cooking rolled oats
- ½ cup sunflower seeds
- ½ cup pumpkin seeds
- ½ cup sliced almonds
- ½ cup walnuts
- ¼ cup sesame seeds
- ¼ cup ground flaxseed
- ¾ cup dried fruit (raisins, craisins, blueberries, cherries)
- ¾ cup unsweetened flaked coconut

How to Prepare:

In a large bowl combine the maple syrup, oil, honey & vanilla. Add the oats, all the seeds, nuts & flaxseeds. Mix well; spread evenly onto 2 baking sheets. Bake in preheated oven for 15 minutes then all the dried fruit and bake for another 15 minutes until lightly browned.

Nutrients Per Serving: per ½ cup

193 calories, 23 g carbs, 5 g protein, 10 g fat, 3.2 g fibre, 2 mg iron, 34 mg calcium, 6 mg sodium.

*page 47 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Shrimp, Vegetables & Whole Wheat Pasta*

What You Will Need:

4 cups whole wheat pasta (e.g. fusilli, penne)
1 Tbsp olive oil
3 cloves minced garlic
1 bunch broccoli, chopped
1 red bell pepper, sliced
2 cups grape tomatoes, halved
12 oz shrimp, peeled, deveined & halved
1 tsp dried Italian herb seasoning
½ tsp salt
½ tsp black pepper

How to Prepare:

Cook pasta according to directions; drain well. In a large skillet heat oil over medium heat. Saute garlic for 1 minute; add broccoli, red pepper & tomatoes - sauté for 5-7 minutes, or until vegetables are tender-crisp. Add shrimp & cook, turning once until the shrimp are opaque and slightly browned (about 4 minutes). Stir in pasta, Italian seasoning, salt & pepper. Makes 4 servings.

Variations: could add sugar snap peas, snow peas or spinach. Broccoli, yellow or orange peppers could also be added!

Nutrients Per Serving:

223 calories, 34 g carbs, 16 g protein, 4 g fat, 78 mg calcium, 3 mg iron, 382 mg sodium.

*page 243 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Vegetable Stir-Fry with Beef*

What You Will Need:

Sauce:

- ½ cup water
- 2 Tbsp soy sauce
- 1 Tbsp honey
- 1 tsp cornstarch
- 1 tsp ginger
- ½ tsp garlic powder
- ¼ tsp ground black pepper

- 1 Tbsp vegetable oil
- 1 lb (454 g) top sirloin beef, cut into thin strips
- 1 package frozen vegetables (Japanese or California mix)
- 2 Tbsp water
- 1 can (14 oz/398 ml) baby corn, drained & rinsed (optional)

How to Prepare:

Prepare the sauce: in a small bowl mix sauce ingredients. Heat oil in a wok or large skillet over medium-high heat. Stir fry beef for 3-4 minutes until browned; remove meat to a plate. Add the frozen vegetables to the wok; cover & cook for about 8 minutes stirring frequently. Add beef, sauce & baby corns (if using). Cook, stirring constantly for about 3 minutes. Makes 4-6 servings.

Nutrients Per Serving:

249 calories, 17 g carbs, 27 g protein, 8 g fat, 68 mg calcium, 3.3 mg iron, 4.2 g fibre, 588 mg sodium.

*page 185 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Strawberry Orange Flaxseed Smoothie*

What You Will Need:

3 strawberries (remove green top)
½ cup milk or plain soy beverage
½ cup unsweetened orange juice
½ to 1 scoop whey protein powder
1 tsp flaxseed oil
1-2 ice cubes

How to Prepare:

Blend all ingredients together for about 30 seconds. Makes 1 serving.

Nutrients Per Serving:

228-288 calories, 24-39 g protein, 20 g carbohydrate, 8 g fat, 210 mg calcium, 4.4 mg iron, 4 g fibre, 258 mg iron.

*page 88 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Big-Batch Banana Blueberry Muffins*

What You Will Need:

3 cups whole wheat flour
3 cups ground flaxseed
2 cups lightly packed brown sugar
1 Tbsp baking powder
1 Tbsp baking soda
Pinch salt
3 eggs
3 ripe bananas, mashed
4.5 oz (128 ml) unsweetened applesauce
2/3 cup vegetable oil
2 tsp vanilla
2 cups fresh or frozen blueberries

How to Prepare:

In a large bowl combine the first 6 ingredients. In a larger bowl combine the eggs, bananas, applesauce, oil & vanilla. Fold in the flour mixture (until just combined), then add the blueberries. Divide the batter into 24 muffin cups. Bake in preheated oven (350 degrees) for 20 minutes, rotating the pans after 10 minutes. Makes 24 muffins. Freeze well.

Nutrients Per Serving:

226 calories, 31 g carbs, 5 g protein, 10 g fat, 72 mg calcium, 1.4 mg iron, 5 g fibre, 172 mg sodium.

*page 285 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Easy Chicken Salsa

What You Will Need:

1 Tbsp olive oil
4 boneless, skinless chicken breasts
Pinch of salt & ground pepper
1 ½ cups salsa
1 cup shredded nacho cheese blend

How to Prepare:

In a large skillet heat the oil then add the chicken; brown on both sides (still pink inside). Season the chicken with salt & pepper; add the salsa. Reduce heat & simmer for about 15 minutes (until chicken no longer pink inside). Sprinkle the chicken with the cheese & cook for 5 minutes until the cheese is melted. Serves 4.

Nutrients Per Serving:

309 calories, 7.2 g carbs, 39 g protein, 14 g fat, 222 mg calcium, 1.1 mg iron, 1.6 g fibre, 864 mg sodium.

*page 167 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Warm New Potato Salad with Citrus Vinaigrette

What You Will Need:

2 lbs new potatoes (scrubbed)

Vinaigrette:

1 clove crushed garlic

¼ cup chopped fresh chives

¼ cup chopped fresh green onions

Grated zest of 1 lemon

¼ cup freshly squeezed lemon juice

¼ cup extra-virgin olive oil

2 tsp grainy mustard (or Grey Poupon)

Pinch salt & ground black pepper

How to Prepare:

Steam potatoes in a medium saucepan for 15 minutes until just tender.

Prepare the vinaigrette in a large bowl by mixing all ingredients

together. Add the cooked potatoes to the vinaigrette, toss before serving.

Serve immediately. Makes 6 servings.

Nutrients Per Serving:

195 calories, 27 g carbs, 3 g protein, 9 g fat, 22 mg calcium, 1.3 mg iron, 516 mg sodium, 2.4 g fibre.

*page 148 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Greek Scrambled Eggs

What You Will Need:

8 eggs
¼ cup Tzatziki (Greek sauce)= yogurt, grated cucumber, minced garlic
2 green onions, chopped
2 roasted red bell peppers, chopped
1 cup chopped drained canned artichoke hearts
½ cup crumbled feta cheese
1 Tbsp chopped fresh dill
½ tsp ground pepper
2 Tbsp vegetable oil

How to Prepare:

Whisk eggs & tzatziki sauce in a large bowl. Stir in the other ingredients (except for the oil). In a skillet heat the oil over medium heat. Pour in the egg mixture; cook, stirring constantly for 4-5 minutes. Makes 6 servings.

Nutrients Per Serving:

203 calories, 7.3 g carbs, 12 g protein, 15 g fat, 124 mg calcium, 1.5 mg iron, 1.9 g fibre, 271 mg sodium.

*page 58 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Chicken, Hummus & Sauteed Veggie Wrap

What You Will Need:

1 lb boneless, skinless chicken breasts, cut into strips
Salt & pepper
Vegetable cooking spray

1 Tbsp olive oil
2 cloves minced garlic
1 green bell pepper, sliced into strips
1 red bell pepper, sliced into strips
1 yellow bell pepper, sliced into strips
2 carrots, sliced into strips
½ cup water
2-3 tsp chilli powder
½ cup Hummus
4 10-inch whole wheat tortillas

How to Prepare:

Season the chicken breasts with salt & pepper. Spray skillet with vegetable spray then brown the chicken strips; cook until no longer pink. Remove the chicken. Heat the oil in the skillet & cook the peppers, onion, & carrots for 5 minutes. Add the water & chili powder; season to taste with salt & pepper. Reduce the heat & cook until veggies are tender-crisp & water has evaporated. Spread about 2 Tbsp on hummus in middle of tortillas, top with chicken and vegetables; roll up. Makes 4 servings.

Nutrients Per Serving:

366 calories, 51 g carbs, 34 g protein, 7 g fat, 62 mg calcium, 2.8 mg iron, 448 mg sodium, 7.3 g fibre.

*page 75 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Salmon in a Parcel

What You Will Need:

4 salmon fillets (1 lb/454 g)
1 lemon, thinly sliced
½ cup chopped fresh dill
1 Tbsp olive oil

How to Prepare:

Cut 4 large pieces of foil - 1 for each piece of salmon. Place each salmon fillet in the centre of each piece of foil. Top salmon with lemon slices, sprinkle with dill & drizzle with olive oil. Fold foil over the fish & crimp in the centre; pinching to seal edges. Place foil packets onto a baking sheet. Bake in preheated oven for 20 minutes or until the salmon flakes easily with a fork. Makes 4 servings.

Nutrients Per Serving:

218 calories, 3 g carbs, 20 g protein, 14 g fat, 32 mg calcium, 0.6 mg iron, 1.3 g fibre, 56 mg sodium.

*page 206 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Vegetable Quinoa Salad

What You Will Need:

1 cup quinoa, well rinsed & drained
2 cups cold water
2 tomatoes, chopped
2 large sprigs Italian (flat-leaf) parsley, leaves only, chopped
¼ English cucumber, chopped
1/3 cup chopped red, green, yellow or mixed bell peppers

Vinaigrette: OR could use 50 ml of your favourite salad dressing

3 Tbsp Olive oil
2 Tbsp lemon juice
1 ½ tsp hot pepper flakes (optional)
½ tsp salt
½ tsp pepper
½ tps dried lavender flowers or dill

How to Prepare:

In a medium saucepan over medium heat bring the quinoa & water to a boil. Reduce heat & boil gently for 10-15 minutes (or until the white germ separates from the seed). Cover, remove from the heat and let stand 5 minutes. Remove the lid and fluff with a fork. Let cool.

In a large bowl combine the vegetables; stir in the cooled quinoa. Prepare the vinaigrette then pour over the vegetable quinoa mixture; makes 10 servings.

Nutrients Per Serving:

108 calories, 14 g carbs, 3 g protein, 5 g fat, 1.6 g fibre, 1.8 mg iron, 17 mg calcium, 123 mg sodium.

*page 153 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Apple Berry Muesli

What You Will Need:

2 cups quick-cooking rolled oats
2 cups low-fat plain yogurt
1 cup milk
3 Tbsp sugar or honey
2 large apples, cored, grated
Juice of ½ lemon
1 cup chopped berries
Raisins & nuts (optional)

How to Prepare:

In a medium bowl combine the oats, yogurt, milk & sugar or honey. Set aside. Sprinkle lemon juice over grated apple; add berries & apples to yogurt mixture. Gently mix. Refrigerate overnight. Serve topped with raisins and/or nuts. Makes 6-8 servings.

Nutrients Per Serving:

201 calories, 36 g carbs, 8 g protein, 3 g fat, 164 mg calcium, 1.3 mg iron, 3.6 g fibre, 58 mg sodium.

*page 46 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Snow Pea & Bell Pepper Salad

What You Will Need:

6 oz snow peas, trimmed
4 oz bean sprouts
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 green bell pepper, cut into strips
1 Tbsp sesame seeds, toasted

Dressing:

2 cloves minced garlic
½ cup orange juice
¼ cup olive oil
¼ cup red wine vinegar

How to Prepare:

In a saucepan steam the snow peas for a few minutes. Cook until tender-crisp; rinse the snow peas under cold water, then pat them dry with towel. In a large salad bowl combine the snow peas, sprouts & peppers. Prepare the dressing in a mixing bowl, pour over the vegetables. Sprinkle with sesame seeds before serving. Makes 8 servings.

Nutrients Per Serving:

99 calories, 7 g carbs, 2 g protein, 7.6 g fat, 19 mg calcium, 0.9 mg iron, 1.5 g fibre, 4 mg sodium.

*page 140 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

African Beef Stew

What You Will Need:

2 lbs lean stewing beef, cubed
5 stalks celery, diced
2 onions, diced
1 green bell pepper, diced
1 red bell pepper, diced
1 cup diced zucchini
½ cup water
¼ cup lightly packed brown sugar
¼ cup white vinegar or cider vinegar
½ tsp Worcestershire sauce
Hot pepper sauce
Salt & Pepper to taste

How to Prepare:

In large crock pot combine all the ingredients. Cook for 3 hours.
Alternatively, cook in a roaster pan in a 300 degree oven for 3 hours.
If possible, stir the stew every 30-45 minutes.

Nutrients Per Serving:

310 calories, 18 g carbs, 35 g protein, 11 g fat, 45 mg calcium, 3.7 mg iron, 1.7 g fibre, 130 mg sodium.

*page 187 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Sweet Potato Omelet

What You Will Need:

2 eggs
1 cup shredded, peeled sweet potatoes
½ cup chopped onion
1 clove garlic, chopped
1 tsp salt or soy sauce
1 Tbsp canola oil

How to Prepare:

In a bowl beat the eggs with a fork. Stir in all ingredients except the oil. Heat the oil in a skillet over medium heat; add the egg mixture, cook turning once, until lightly browned on both sides (about 2 minutes per side).

Nutrients Per Serving:

193 calories, 15 g carbs, 7.4 g protein, 12 g fat, 2 g fibre, 52 mg calcium, 1.1 mg iron, 364 mg sodium.

*page 61 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Mango Chicken Wraps

What You Will Need:

2 Tbsp light mayonnaise
¼ cup mango chutney
4 10-inch multigrain tortillas
8 oz (250 g) oven roasted chicken (or 2 leftover chicken breasts)
1 mango, sliced
¼ red onion, cut into thin rings
4 cups mixed salad greens

How to Prepare:

Mix the mayo & chutney together; spread 2 Tbsp over each tortilla. On the bottom third of each tortilla place ¼ of the chicken, mango, onions, & salad. Fold in the 2 sides and roll the bottom of the wrap over the filling. Makes 4 servings.

Nutrients Per Serving:

417 calories, 52 g carbs, 23 g protein, 50 mg calcium, 0.8 mg iron, 791 mg sodium

*page 74 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Orange Hoisin Pork

What You Will Need:

1/3 cup plum sauce
1/3 cup hoisin sauce
1 Tbsp grated gingerroot (or 1 tsp powdered ginger)
1 Tbsp grated orange zest (rind)
1 tsp hot pepper sauce (optional)
1 lb (454 g) pork tenderloin
Salt & pepper to taste

How to Prepare:

Combine the first 5 ingredients in a bowl. Place the tenderloin in a baking pan; season with salt & pepper. Baste the pork with the sauce mixture; cover and refrigerate for at least 30 minutes. Cook pork on a oven rack placed in the top third of the oven at 450 degrees for 25-30 minutes, uncovered. Pork is done when reaches 160 degrees F, or until just a hint of pink remains. Let stand 5 minutes before slicing.
Makes 4 servings.

Nutrients Per Serving:

218 calories, 16 g carbs, 28 g protein, 4 g fat, 15 mg calcium, 1.8 mg iron, 0.7 g fibre, 411 mg sodium.

*page 191 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.

Banana Smoothie

What You Will Need:

1 ripe banana
½ cup low-fat plain yogurt
½ cup water
½ cup milk
3 ice cubes
Optional: ½ - 1 scoop whey protein

How to Prepare:

Blend all ingredients on high speed for 30-45 seconds or until smooth.
Makes 1-2 servings.

Nutrients Per Serving: (with 1 scoop protein)

204 calories, 21 g carbs, 28 g protein, 2 g fat, 189 mg calcium, 0.2 mg iron, 1 g fibre, 71 mg sodium.

*page 86 in Dietitians of Canada, "Simply Great Food", editors: Patricia Chuey & Mary Sue Waisman, 2007.