



Health & Performance
Nutrition Inc.

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Oatmeal cooked in milk with brown sugar and raisins and sliced apples	Breakfast burrito (wrap with scrambled eggs with diced peppers, onions, mushrooms, salsa, cheese)	Oat squares or shreddies cereal Milk Orange juice	Smoothie with banana, frozen berries/mango, milk and yogurt Whole grain Toast	Barley pancakes (see recipe) Cottage cheese Diced strawberries or fresh blueberries	Peanut butter porridge: cook oatmeal and stir in peanut butter and top with banana	Whole wheat English muffin with pan fried or microwaved egg, and sliced tomato Pineapple juice
Lunch	Cottage cheese with berries Bran muffin Raw veggies such as broccoli, carrots, snap/snow peas and dip Cherries	Salad and vinaigrette with leftover grilled chicken breast from yesterday's dinner Whole grain bun Fresh apricots Milk or soy milk	Leftover pasta from dinner last night Yogurt Mixed dried fruit	Sandwich with leftover salmon from yesterday's dinner, whole grain bread, light mayo Sliced raw carrots and celery Nectarine	Whole wheat pita bread Tuna/salmon/hard cooked egg Light mayo Coleslaw with light mayo Plums Yogurt	Leftover pasta from supper last night Milk or soy milk Fresh peach	Whole wheat or multigrain-flax Wrap spread with Light cream cheese, spoon on some drained and rinsed canned black beans, grated cheddar cheese and top with salsa Plums
Supper	BBQ chicken breast Brown and wild rice mix Steamed green beans	Grilled Italian sausage with red pepper penne (see recipe)	Grilled Salmon Whole wheat Couscous (see recipe) Steamed asparagus	BBQ steak Baked potato (barbequed or micro waved) Fresh/frozen steamed peas	Pasta Tomato Sauce with cooked shrimp, prawns, or scallops Spinach salad with reduced fat dressing	Omelette with green/red peppers, onions, mushrooms, grated cheese Whole grain toast Sliced tomatoes	Grilled chicken breast or lean hamburger on a whole wheat/grain bun Caesar salad with reduced fat Caesar dressing.
Snacks for the day	All bran bar Strawberries Yogurt	Fresh strawberries, raspberries, blackberries, or blueberries on yogurt topped with granola	Celery with peanut butter Glass of milk	Cheese and apple Hummus (see recipe) and pita bread	Banana smeared with almond butter Yogurt	Smoothie with fresh berries, peach/nectarine, banana, yogurt and milk	Latte Berry bundt cake (see recipe)

Barley Pancakes

A great whole grain pancake!

Recipe from *Donna Hamilton, Hamilton's Barley Flour, Olds, Alberta.* www.hamiltonsbarley.com

What You Need:

- 2 cups Hamilton's barley flour
- 2 tbsp. granulated sugar
- 2 tsp. baking powder
- 1/2 tsp. Salt
- 2 cups milk or buttermilk
- 2 eggs slightly beaten

How to Prepare:

In a medium sized bowl combine ingredients in order given. The batter will be thicker than other pancake batters. Do not dilute. Ladle batter onto a hot (380 F.) griddle. When bubbles pop and edges appear dry, turn to brown the other side.

Blueberry Pancakes: Add 1/2 tsp. cinnamon to the flour mixture and stir 1 cup frozen or fresh blueberries into the batter. Makes 10 (4-inch) pancakes.

Grilled Italian Sausage & Red Pepper with Penne

(recipe adapted from Anne Lindsay)

12 oz. Lean hot Italian sausage
2 large sweet red peppers
1 tbsp. olive oil
1 cup chopped onion
6 oz. Whole wheat penne or other pasta
4 large cloves garlic, finely chopped
4 large tomatoes, chopped
½ cup chopped fresh basil (or 1 tsp dried basil)
½ cup chopped fresh cilantro (optional)
½ tsp each salt and pepper

1. Quarter and seed peppers. Place peppers on a greased grill over medium heat; close lid and cook for 5 minutes. Move peppers to upper rack if possible. Place sausages on grill; close lid and cook for 20 minutes or until sausages are no longer pink in centre, turning peppers and sausages after 10minutes. Slice sausages; cut peppers into chunks.
2. Meanwhile, in large nonstick skillet, heat oil over medium heat; cook onion for until tender, stirring occasionally.
3. Meanwhile, in large pot of boiling water, cook pasta until tender but firm; drain well.
4. Add garlic to onion; increase heat to high. Add tomatoes; cook, stirring occasionally for about 2 minutes or until heated through. Add basil, cilantro, red peppers, sausage, pasta, salt, and pepper; toss to mix.

Make ahead: Through step 2, cover and refrigerate for up to 4 hours.

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Whole Wheat Couscous

(Couscous is a fast cooking grain that looks like rice but is made from durum wheat similar to pasta)

1 cup chicken or vegetable broth
1 cup whole wheat couscous

Boil chicken or vegetable broth in a pot on the stove.
Add couscous and stir. Remove from heat and leave covered for 5 minutes.

The Best Hummus

What You Need:

- 1 can (19 oz./540 ml) chickpeas (also known as garbanzo beans), drained
- 2 green onions
- 2-4 large cloves garlic
- 1/4 cup lemon juice
- 1/4 cup tahini (sesame seed paste)
- 1/2 tsp cumin
- 1/2 tsp salt
- Fresh ground pepper to taste
- 1/2 cup low-fat plain yogurt

How to Prepare:

In a food processor or blender, purée all of the above ingredients except the yogurt until smooth. Mix in yogurt. Chill or serve at room temperature with pita bread wedges, or raw veggies.

Berry Bundt Cake

This is a nice summer cake that is reduced in fat and

What You Need:

- 1 cup flour
- 1 cup whole wheat flour
- 1 tbsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 cup sugar
- 1/4 cup vegetable oil
- 3/4 cup buttermilk
- 3 eggs
- 2 cups fresh or frozen unsweetened raspberries
- 2 cups fresh or frozen unsweetened blueberries

How to Prepare:

Combine sugar, oil, buttermilk and egg and mix well. Add dry ingredients and mix just until moistened. Fold in raspberries and blueberries. Pour batter into a sprayed bundt pan. Bake at 350 degrees F for about 1 hour. Glaze cake with 1 cup icing sugar thinned with 2 tbsp of water.