



Health & Performance
Nutrition Inc.

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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Vector Cereal 0-1% Milk Pear Almonds	*Strawberry Rhubarb Muffin 0-2% Greek yogurt	Protein Smoothie (milk, yogurt/protein powder, fruit, ground flax), Shredded Wheat'n Bran Cereal	Oatmeal with vanilla protein powder & add, Mixed berries, 0-1% Cottage cheese	Egg Sandwich: 2 scrambled eggs OR sub egg whites (4), sprouted grain toast, tomato	Cubed cantaloupe 0-1% Cottage cheese, cinnamon or maple syrup & Low-fat granola	Oatmeal w cubed Apple, stir in: chocolate protein powder, cinnamon & walnuts
Lunch	Vegetable Omelette, Low- fat cheese, Sprouted Grain Toast, Fresh Fruit salad	*Sweet Potato Salad w Black Beans, Tuna Melt: sprouted grain bread, grated low-fat cheese, Tomato slices	*Pesto Pasta/Gluten- Free Pasta Salad with Kale, Tomatoes, & Feta Add Turkey breast, Tuna, Salmon or Ham	*Quinoa Vegetable Salad Add Chicken breast, Cottage Cheese, Chopped Boiled Egg or Tofu	Whole Wheat Tortilla Wrap with turkey breast, lettuce, tomato & hummus, Spinach Salad	Pita Pizza: W.W. pita, cheese, meat, vegetables (broil in oven), apple	Butternut squash soup, WASA or Ryvitta Crackers, Mixed Greens Salad with Salmon, Tuna, or Chicken Breast
Supper	*Butternut Squash Chili Brown Rice or Quinoa, Spinach Salad	*Pasta/Gluten- Free Pasta Casserole, Roasted Vegetables (onions, peppers, zucchini, mushrooms)	Brown rice, Grilled Chicken breast, Steamed veg: (broccoli & cauliflower)	Ground turkey stir-fry (onion, pepper, carrots, cumin, garlic) Cooked Quinoa	*Salsa Chicken, Raw Veggies with Hummus or Light Ranch Dressing	Homemade Bison Burgers, *Oven- Roasted Potato & Sweet Potato Wedges, Steamed Yellow & Green Beans	*Salmon Casserole
Snacks for the day	Apple ElevateMe Bar	*Lentil Granola Bar Grainfruit Sections	Rice cakes Natural Peanut butter Strawberries	Raw Veggies, Wheat Crackers & Hummus	Greek yogurt Oatmeal, raspberries	Hardboiled eggs Sunrype Fruit Source Bar	Celery with Peanut Butter OR Almond Butter Grapes

Strawberry Rhubarb Muffins*

What You Will Need:

1 c. rolled oats
1 c. strawberry yogurt
½ c. oil
2/3 c. brown sugar
1 egg
1 c. flour (w.wheat)
1 tsp salt
½ tsp baking soda
1 tsp baking powder
1 tsp cinnamon
1 c. bran (wheat bran)
¾ c. rhubarb, chopped thinly
¼ c. sugar
½ c. sliced strawberries

How to Prepare:

Preheat oven to 375. Soak oats in yogurt in large bowl. Add oil, brown sugar, and egg. Beat these well before adding. Sift flour, salt, baking soda, baking powder, cinnamon, and bran. Toss rhubarb in sugar. Add rhubarb and strawberries to oat mixture. Fill prepared muffin cups 2/3 full and bake for 20 minutes. I actually baked them for about 23 minutes.

Makes 12 to 15 muffins.

Source: Kimberley Tulloch

Sweet Potato Salad with Black Beans*

What You Will Need:

3 medium yams, peeled & chopped
1 red onion, chopped
1/2 cup olive oil
salt & pepper
1 clove garlic
1/4 cup lime juice
1/2 tsp ground cumin powder
1 can black beans (low sodium), rinsed & drained
1.5 cups fresh or canned corn
1 red bell pepper, diced
Chopped cilantro, optional

How to Prepare:

1. Place sweet potatoes and onions on baking sheet and drizzle with 2T olive oil
2. Sprinkle with salt & pepper
3. Roast, while turning, until brown (approx. 20-30m)
4. Remove & let cool
5. In a blender, process garlic, lime juice, and remaining olive oil
6. Combine all the ingredients (and Cilantro) and dressing- add S/P to liking

Source:

www.girlcooksworld.com

Butternut Squash Chili*

What You Will Need:

Ingredients (Serves 4)

- 1 large onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 bay leaf
- 1 tsp cinnamon
- 1 tsp dried oregano
- 3 tsp ground cumin
- 2 tsp chilli powder
- 1 butternut squash, about 1kg, peeled and cubed (preferably fresh from Farmer's Market)
- ~2/3c dry quinoa
- 2 tins of chopped tomatoes
- 1 tin of red kidney beans
- 1 Tbsp olive oil
- Salt and Pepper

How to Prepare:

1. Roast butternut squash for 10 minutes in a 350° oven and boil quinoa for 10 minutes
2. Sweat onions and garlic in olive oil in a large saucepan.
3. Add oregano, cumin, chilli powder and cook till they release their aroma.
4. Add partially cooked quinoa, butternut squash, chopped tomatoes, cinnamon and bay leaf
5. Simmer for about 10 mins and add red kidney beans.
6. Simmer for another 5 mins.
7. Taste add seasonings as preferred. Serve.

Source:

www.peachesanddonuts.blogspot.ca

Lentil Granola Bars*

What You Will Need:

½ c shredded, unsweetened coconut
1 c chopped walnuts
2 c Old Fashioned rolled oats
1 c brown sugar, firmly packed
1/3 c All Bran Buds cereal (I used the shredded all bran cereal?)
½ tsp cinnamon
½ c Canola oil
¾ c lentil puree*
1 egg, beaten
½ tsp vanilla
¼ cup semisweet chocolate chips

How to Prepare:

1. Preheat oven to 350°F
2. In a medium bowl, mix coconut, walnuts, oats, brown sugar, bran cereal, and cinnamon
3. *In a blender combine ½ cup of canned lentils and ½ cup warm water and blend until smooth.
Add 1 Tbsp at a time of water until smooth.
4. Combine lentil puree, oil, egg and vanilla to the dry ingredients and mix until moistened
5. Spread over a cookie sheet (or muffin pan). Bake for 30 minutes, or until lightly browned.
6. Melt chocolate and drizzle over bars while they are still warm.

Source: Kimberley Tulloch

Quinoa Vegetable Salad*

What You Will Need:

1 cup dry quinoa
2 cups water
vegetable bouillon cube
salt & pepper (olive oil optional)
1 cup celery chopped
red or orange pepper, chopped
1-2 carrots, chopped
 $\frac{3}{4}$ cup broccoli, chopped
 $\frac{1}{4}$ cup fresh parsley, chopped
 $\frac{1}{4}$ cup green onion, chopped
 $\frac{1}{2}$ cup walnuts, chopped
 $\frac{1}{2}$ cup dried cranberries
 $\frac{1}{2}$ cup low-fat Feta cheese

Dressing

$\frac{1}{4}$ cup olive oil
2 Tbsp fresh lemon juice
2-3 cloves garlic, minced
salt & pepper

How to Prepare:

1. Cook quinoa and let chill in the fridge
2. Chop all vegetables
3. Steam broccoli, pepper and carrots (~5m, until softened slightly)
4. Combine all ingredients and let chill in the fridge
5. Add dressing & serve!

Source: Kimberley Tulloch

Salsa Chicken*

What You Will Need:

- 4 to 6 chicken breasts (boneless, skinless)
- 1 can black beans (rinsed)
- Salsa (add as much as you would like: 3 to 4 cups)
- Avocado, sliced

How to Prepare:

1. Place chicken, beans, and salsa into a slow-cooker on low for 8 hours or high for ~5 hours. Mix occasionally.
2. Serve with sliced avocado and cheese of your preference alongside quinoa or brown rice.

Source: Kimberley Tulloch

Oven Roasted Potato & Sweet Potato Wedges*

What You Will Need:

- 1 large onion, sliced thinly into strips
- 3-4 Russet Potatoes, cut into thin wedges
- 1 medium-sized sweet potato, peeled and cut into thin wedges
- 3-4 Tablespoons of Olive Oil
- Seasoning Salt & Pepper to taste

How to Prepare:

1. Pre-heat the oven to 425 degrees.
2. Chop all the vegetables (onion, potatoes, sweet potato). Put them in a roaster pan
3. Pour the olive oil over top of the vegetables and stir it evenly throughout. Then sprinkle with the seasoning salt, and pepper; mix well.
4. Cook for 25-30 minutes in the oven, but stir the vegetables at least once or twice during the cooking time.

Makes 4-6 servings

Source: Kelly Anne Erdman

Pesto Pasta/Gluten Free Pasta with Kale, Tomato & Feta*

What You Will Need:

2 cups Whole Wheat Pasta (your choice) or Gluten-Free Pasta, uncooked
1 tsp Salt
2 cups Kale leaves, coarsely chopped
1 T olive oil (for stir-frying the kale)
1 cup cherry tomato halves
1 can (6 oz.) black olives, drained and cut in half
1/4 cup crumbled Feta

Dressing Ingredients:

1 T Lemon juice, freshly squeezed
2 T White balsamic vinegar
2-3 T Pesto
2 T Olive oil

How to Prepare:

1. Cook pasta according to directions on box.
2. While the pasta cooks, chop the kale leaves (cut away inner ribs)
3. Heat olive oil in frying pan, add the kale and stir for about 2-3 minutes until wilted. Remove from heat and let cool
4. Mix together the ingredients for the dressing – adding olive oil last and whisk in. (You can add more pesto if you like)
5. Transfer pasta and kale to a bowl and add the tomatoes and olives. Pour as much dressing as you would like and mix, then top with feta. Season with fresh ground pepper & Serve.

*Keep refrigerated

Source:

www.kalynskitchen.com

Salmon Casserole*

What You Will Need:

- 1 c Chopped celery, onion
- 1T Olive oil
- 1 c Brown rice, cooked
- 3-4 cans salmon
- 3 egg whites
- ½ c milk

How to Prepare:

1. Cook onions and celery in olive oil (you can also add shredded carrots if you would like) & season with salt/pepper.
2. Combine brown rice, salmon, egg whites, and milk – add more egg whites/milk until well coated
3. Place 3-4 cans of salmon in a bowl, add egg whites and coconut milk until the salmon looks like it is well coated
4. Add the onion/ celery to the salmon mixture and place in a casserole dish.
5. You can use lemon pepper, dill, onion powder, garlic, basil. . . whichever you prefer & mix well!
6. You may top with cheese if you would like
7. Bake in a 350 oven until it looks cooked (about 30 minutes)

Source: Kimberley Tulloch

Pasta / Gluten-Free Pasta Casserole*

What You Will Need:

2 cups uncooked spiral pasta / gluten-free pasta
1/2 pound ground turkey
1/2 pound spolumbo sausage (chicken or turkey)
1 small onion, finely chopped
1 garlic clove, minced
2 cans (14-1/2 ounces *each*) diced tomatoes, undrained
1/3 cup tomato paste
3/4 teaspoon Italian seasoning
1/2 teaspoon chili powder
1/4 teaspoon dried oregano
1/8 teaspoon salt
1/8 teaspoon garlic powder
1/8 teaspoon dried thyme
1/8 teaspoon pepper
1/2 cup (4 ounces) low-fat cheddar shredded cheese (20 % MF)

How to Prepare:

1. Cook pasta according to directions. In a large skillet, crumble ground turkey and spolumbo sausage; add onion. Cook over medium heat until meat is cooked. Add garlic; cook for 1 minute longer. Drain and stir in tomatoes, tomato paste and seasonings. Bring to a boil and reduce; simmer uncovered for 5 minutes.
2. Drain pasta; stir in meat mixture. Transfer half pasta mixture to a baking dish coated with some oil. Sprinkle half the cheese, and repeat layering
3. Cover and bake for 20-25 minutes in a 350 degree oven until cheese slightly browned.

Source: Kimberley Tulloch