

5-MINUTE MEALS: PLANT BASED

LOADED POTATO

Ingredients:

- medium to large cooked potato (baked, boiled or microwaved)
- 1/8 cup salsa
- 1/2 cup black beans
- salt and pepper to taste

Directions:

Combine all ingredients and heat if necessary.

Makes 1 Serving

BEAN BURRITO

Ingredients:

- 1 sprouted/whole grain tortilla
- 1/2 an avocado
- 1/8 cup of salsa
- 1/2 cup refried beans (or beans of choice)
- 1 tbsp of block cheddar cheese (optional)

Directions:

Spread beans and cheese in tortilla, fold. Wrap in paper towel and microwave for 30-60 seconds. Top with sliced avocado and salsa. Makes 1 serving.

VEGGIE WRAP

Ingredients:

- 1 sprouted/whole grain tortilla or pita pocket
- 1/4 cup hummus
- 3-5 broccoli florets
- 2-4 carrots
- handful of kale

Directions:

Spread hummus on tortilla. Chop all veggies into small bites/strips. Put the veggies on the hummus in the tortilla. Fold and eat! Makes 1 serving.

SIMPLE SOUP

Ingredients:

- 16 oz carton of potato soup
- 15 oz can lentils, drained and rinsed
- 16 oz bag of frozen vegetables - your favourite variety

Directions:

Place soup in a pot and bring to a low boil. Stir in lentils and bag of frozen vegetables. Bring heat to medium-low and simmer for 10 -15 minutes or until vegetables are tender.

Makes 2-4 servings.

BURGER IN A BOWL

Ingredients:

- 1 cup brown lentils
- squeeze of ketchup
- squeeze of mustard
- 1 chopped pickle
- 1 tsp of hemp seeds (optional)

Directions:

Heat lentils on stove and then place in bowl. Top with ketchup, mustard, pickles, and hemp seeds. Makes 1 serving.

PUMPKIN CHILI

Ingredients:

- 2, 15 oz cans diced tomatoes (don't drain)
- 2, 15 oz cans black beans, drained and rinsed
- 15 oz can pumpkin (can also use canned squash or sweet potatoes)
- 1-2 tbsp chia or flax seeds (ground)
- any desired spices

Directions:

Place a large pot over medium heat. Add all ingredients to the pot. Bring to a boil. Add salt and pepper to taste. Makes 2-4 servings.



5-MINUTE MEALS

TUNA BURGERS

Ingredients:

- 3 cans chunk light tuna in water, drained
- 1/2 cup flax meal
- 4 scallions, minced
- 2 eggs, beaten
- 1 tsp soy sauce
- dash of garlic powder
- salt and pepper, to taste
- 2 tsp extra virgin olive oil
- 2 sprouted grain English muffins

Directions:

Combine all ingredients, except English muffins in a large bowl. Form mixture into 2 large patties. Fry or grill tuna burgers. Place on English Muffins.

Makes 2 servings.

FAJITA CHICKEN & RICE

Ingredients:

- 2 cups brown rice, cooked measure
- 1 tsp paprika
- 1/8 tsp cumin
- 1/2 cup salsa
- 1 lb roasted chicken, cut to strips
- 1 small onion, sliced
- 1 bell pepper, sliced
- Salt and pepper, to taste
- 2 tbsp lime juice
- 4 tbsp guacamole

Directions:

In a large bowl, combine cooked rice, paprika, cumin, and salsa. Stir until mixed thoroughly.

Reheat in microwave or on a stovetop.

In a large skillet, stir-fry the chicken strips, onion and bell pepper. Add salt and pepper as needed. Separate rice onto 2 plates, top with chicken and vegetables and then drizzle with lime juice. Top with guacamole.

Makes 2 servings.

SCRAMBLED EGGS & GREENS

Ingredients:

- 1/3 onion, chopped
- 1 handful of fresh spinach
- 1/2 cup mushrooms, sliced
- 3 eggs
- 1 slice cheese
- 1 cup berries

Directions:

Stir-fry the chopped turkey, onions, spinach and mushrooms in a skillet coated with cooking spray on medium-high heat, until spinach becomes dark green and condensed.

Add the eggs and cheese to the skillet and continue stirring for 2 minutes, just until eggs are cooked. Have the berries as a side.

Makes 1 serving.

FAMILY FAVOURITE MEATLOAF

Ingredients:

- 1 lb of lean ground turkey, chicken, or beef
- 1 white onion, diced
- 2 handfuls of spinach, diced
- 1 egg
- salt and pepper, as needed
- 1/3 cup whole grain breadcrumbs
- 1/4 cup - 1/2 cup of milk, until desired consistency
- BBQ sauce (optional)

Directions:

Preheat oven to 350 F. Mix all ingredients, except BBQ sauce, in a large bowl. Transfer to loaf pan. Pour a thin layer of BBQ sauce over meatloaf and spread evenly. Bake at 350F for 1 hour (or until fully cooked).

Makes 5 serving.



exercise

dinner

lunch

breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MY WEEKLY MENU

AVOCADO EGG CUPS

Ingredients:

- 8 eggs
- 3/4 cup of milk
- 4 avocados
- salt and pepper, to taste
- Bacon (optional)
- Feta cheese (optional)

Directions:

Scramble 8 eggs, add ¾ cup of milk. Grease a muffin tin. Half one avocado and chop into ½ inch cubes. Put avocado in the bottom of the muffin tin. Pour eggs on top, salt, and pepper generously. Optional: add some feta cheese and/or bacon. Bake for 30 minutes or until the egg has puffed up. Makes 8 egg cups.

BERRY OATMEAL

Ingredients:

- 2/3 cup rolled oats
- 2/3 cup milk
- Dash of each salt and cinnamon
- 1/2 cup frozen or fresh berries
- 1 scoop vanilla protein powder
- 2 tbsp chopped walnuts or slivered almonds

Directions:

Combine oats, milk, salt, and cinnamon in a large bowl. Microwave for 1 minute, stir, then microwave for an additional minute. Stir in the berries. Allow the oatmeal to cool slightly before adding the protein powder. Very hot oatmeal can damage the protein powder causing it to lump and sour. Once the oatmeal is warm but not hot, add the protein powder and nuts and mix completely.

Makes 1 serving.

BREAKFAST PREP

FRUIT AND YOGURT PARFAIT

Ingredients:

- 1 cup of plain Greek yogurt
- ½ cup of berries (blueberries, strawberries, raspberries!)
- 1 tablespoon chia seeds
- ¼ cup of granola or cooked oatmeal
- 1 teaspoon raw honey

Directions:

Mix all ingredients in a small bowl. Enjoy!
Makes 1 serving.

BREAKFAST BURRITOS

Ingredients:

- 1 tbsp avocado oil
- 1 lb ground turkey or ground chicken
- 16 eggs
- 1 handful of spinach
- 1 tsp crushed red pepper flakes (optional)
- 1 cup shredded cheese
- 16 whole grain tortilla wraps, medium

Directions:

In a large skillet, heat oil to medium-high heat. Add ground meat and cook until browned. Add spinach and cook until wilted. If desired, add red pepper flakes and/or salt and pepper. Crack 16 eggs into a bowl and whisk until all yolks are broken. Add to skillet. Stir occasionally until eggs are cooked through. Remove from heat and let cool to room temperature. After cooled, lay out the 16 tortilla wraps and evenly distribute the mixture. Top each with 1 tbsp of shredded cheese. Fold in the edges and roll up burrito style. Freeze in an airtight container for up to 2 months.

To Enjoy

1. Place frozen wrap on top of 1 sheet of paper towel.
 2. Microwave for 60 seconds, seam side down. Flip and microwave for an additional 30-45 seconds.
- Makes 16 burritos.

