

Fresh start

Week 1: one-day meal plan



With so many choices about where and what to eat, it can be hard to stick to your goal of eating healthier in 2019. Our meal planner makes it simple to get going in the right direction. Whether you use our delicious and easy recipes for one meal, one day, or the whole week, you'll be making a positive impact on your health. Way to go!



Swapping out ingredients will change the nutrition information per serving.

Breakfast

Sunrise rainbow scramble with mixed melon cubes

Makes 1 Serving

Ingredients

2 eggs, beaten
¼ cup chopped onions and tomatoes
½ cup broccoli
¼ cup mozzarella cheese
¼ tsp salt
¼ tsp pepper
1 Tbsp extra-virgin olive oil
½ cup melon

Instructions

Beat eggs, salt, and pepper. Heat olive oil in a skillet over medium heat. Add broccoli, onions, and tomatoes and cook until softened. Add eggs. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large, soft curds. Add mozzarella cheese. Continue cooking — pulling, lifting, and folding eggs — until thickened, cheese is melted, and no visible liquid egg remains. Serve with a ½ cup of melon.



Nutrition per serving

| | |
|---------------------|---------------------|
| Calories: 319 | Carbohydrates: 13 g |
| Total Fat: 24 g | Fibre: 3 g |
| Saturated fat: 6 g | Sugars: 9 g |
| Sodium: 260 mg | Protein: 15 g |
| Cholesterol: 331 mg | Potassium: 551 mg |



Make it vegan! Break up some firm tofu as a substitute for the eggs.



Lunch

Mediterranean tuna salad

Makes 1 Serving

Ingredients

10 oz can water-packed albacore tuna (drained)
2 cups packed baby spinach, chopped
¼ cup each: chopped tomatoes & chopped red onion
1 Tbsp crumbled feta cheese
Lettuce, any variety

Dressing

½ Tbsp apple cider vinegar
¼ Tbsp lemon juice
½ Tbsp extra-virgin olive oil
¼ tsp dried oregano

Instructions

Whisk together dressing ingredients. Combine tuna, spinach, tomatoes, onion, and feta. Toss dressing and tuna mixture and serve on a bed of lettuce.

Nutrition per serving

| | |
|---------------------|--------------------|
| Calories: 226 | Carbohydrates: 6 g |
| Total Fat: 10 g | Fibre: 2 g |
| Saturated fat: 3 g | Sugars: 4 g |
| Sodium: 329 mg | Protein: 30 g |
| Cholesterol: 113 mg | Potassium: 1028 mg |



Snack

Dill hummus & cucumber mix

Makes 1 Serving

Ingredients

½ tsp dried dill
6 Tbsp hummus
1 cup cucumber slices

Instructions

Mix dill into hummus. Serve with cucumber slices.

Nutrition per serving

| | |
|--------------------|---------------------|
| Calories: 225 | Carbohydrates: 15 g |
| Total Fat: 18 g | Fibre: 4 g |
| Saturated fat: 1 g | Sugars: 0 g |
| Sodium: 363 mg | Protein: 7 g |
| Cholesterol: 0 mg | Potassium: 178 mg |



Dip with fresh veggies instead of crackers and save 100 calories and 20 grams of carbs per serving.



Dinner

Spiced garlic and ginger shrimp

Makes 4 Servings

Ingredients

| | |
|---|-------------------------------|
| 1½ pounds shrimp, peeled and deveined | ½ cup tomatoes, diced |
| 2 Tbsp olive oil, divided into 2 separate 1 Tbsp containers | 1 Tbsp fresh lemon juice |
| 3 cloves garlic, minced | 1 Tbsp fresh parsley, chopped |
| 2 tsp ginger root, minced | ¼ tsp salt |
| | ¼ tsp black pepper |

Spice Mixture

| | |
|---------------|----------------------|
| 1 tsp paprika | ¼ tsp onion powder |
| ½ tsp oregano | ¼ tsp cayenne pepper |
| ½ tsp cumin | |

Instructions

In a large bowl, whisk together spice mixture ingredients. Add shrimp to a bowl and toss to combine. Drizzle with 1 Tbsp olive oil and toss once more. Cover with plastic wrap and refrigerate for 30 minutes.

Heat remaining Tbsp of olive oil in large skillet over medium-high heat. Add garlic and ginger root and sauté for 2 minutes. Add spiced shrimp to pan and sauté for 3 minutes. Then turn shrimp over and add tomatoes to pan. Cook an additional 3 minutes, then add lemon juice, parsley, salt, and pepper. Serve immediately.

Nutrition per serving (about 8 shrimp)

| | |
|---------------------|--------------------|
| Calories: 254 | Carbohydrates: 5 g |
| Total Fat: 10 g | Fibre: 1 g |
| Saturated fat: 3 g | Sugars: 1 g |
| Sodium: 396 mg | Protein: 35 g |
| Cholesterol: 142 mg | Potassium: 364 mg |



*It's easy to make this dish vegetarian:
Just swap in tofu for shrimp.*



Dessert

Cherry almond yogurt parfait

Makes 1 Serving

Ingredients

½ cup frozen cherries
½ cup plain Greek yogurt
2 Tbsp sliced almonds

Instructions

Defrost frozen cherries. In a parfait glass, layer cherries, yogurt, and almonds, then repeat layers.

Nutrition per serving

| | |
|--------------------|---------------------|
| Calories: 209 | Carbohydrates: 20 g |
| Total Fat: 8 g | Fibre: 3 g |
| Saturated fat: 0 g | Sugars: 30 g |
| Sodium: 37 mg | Protein: 15 g |
| Cholesterol: 6 mg | Potassium: 435 mg |



Plain Greek yogurt is saving you up to 50 calories and 15 grams of carbs over those too-sweet flavoured yogurts.