

Fresh start

Week 2: one-day meal plan



For week two of your Fresh Start program, we've picked recipes that are full of global flavours, but light on sugar and carbs. Try one or more of these recipes to add some kick to your regular routine this week. Cook them as written or swap in your favourite healthy ingredients to make them your own!



Swapping out ingredients will change the nutrition information per serving.

Breakfast

Open-faced english muffin with veggies

Makes 1 Serving

Ingredients

½ multigrain English muffin
1 egg
1 cup spinach
2 tomato slices
2 red onion slices
Salt and pepper to taste

Instructions

Toast ½ of the English muffin. Spray pan with cooking spray and cook egg as desired. Remove egg from pan and set aside. Spritz pan with cooking spray again, then add spinach and onion. Sauté for 2 minutes. Layer muffin half with spinach, tomato, and onion; top with egg and a sprinkle of salt and pepper.



Nutrition per serving

Calories: 286	Carbohydrates: 17 g
Total Fat: 11 g	Fibre: 8 g
Saturated fat: 3 g	Sugars: 3 g
Sodium: 175 mg	Protein: 13 g
Cholesterol: 61 9mg	Potassium: 473 mg



Lose the English muffin and double up on the spinach to save 13 g carbs!



Lunch

Steak and blue cheese salad with balsamic vinaigrette

Makes 1 Serving

Ingredients

2.5 oz cooked lean steak, cut into strips	¼ cup tomatoes
Salt and pepper to taste	2 Tbsp crumbled blue cheese
1 Tbsp cooking oil	2 Tbsp balsamic vinaigrette
2 cups mixed greens	



Trim the fat (and your budget.) Sub out the steak for a portobello mushroom. Hearty, vegetarian, and easier on your wallet!

Instructions

Let steak sit at room temperature for at least 10 minutes before cooking. Sprinkle evenly with salt and pepper. Heat a large cast-iron skillet or heavy skillet over high heat. Add cooking oil to pan; swirl to coat. Add steak to pan; cook 3 minutes on each side or until browned. Reduce heat to medium-low; cook 1½ minutes. Remove steak from pan and cover loosely with foil. Let stand 10 minutes and cut against the grain into bite-sized strips. Serve with blue cheese on a bed of greens, drizzled with balsamic vinaigrette.

Nutrition per serving

Calories: 369	Carbohydrates: 4 g
Total Fat: 26 g	Fibre: 2 g
Saturated fat: 8 g	Sugars: 3 g
Sodium: 340 mg	Protein: 25 g
Cholesterol: 31 mg	Potassium: 925 mg



Snack

Mini caprese skewers

Makes 1 Serving

Ingredients

- 3 cherry tomatoes
- 3 mini mozzarella balls, patted dry with a paper towel
- 3 basil leaves
- Pepper to taste
- 1 Tbsp balsamic vinegar
- 3 toothpicks

Instructions

Using a toothpick, first skewer a cherry tomato. Then add a large basil leaf followed by a mozzarella ball, so the end result looks like a mini kebab. Sprinkle with pepper. Drizzle balsamic vinegar over top and sprinkle with pepper. Then add spinach and onion. Sauté for 2 minutes. Layer muffin half with spinach, tomato, and onion; top with egg and a sprinkle of salt and pepper.

Nutrition per serving

Calories: 60	Carbohydrates: 3 g
Total Fat: 5 g	Fibre: 1 g
Saturated fat: 0 g	Sugars: 3 g
Sodium: 90 mg	Protein: 6 g
Cholesterol: 8 mg	Potassium: 133 mg



Save money by switching the fresh mozzarella with cut-up cheese sticks.



Dinner

Asian peanut ginger bowl

Makes 4 Servings

Ingredients

4 Tbsp natural peanut butter	4 cups pre-shredded broccoli slaw (broccoli, cauliflower, red cabbage, carrots)
4 Tbsp warm water	
1 Tbsp grated fresh ginger	4 (3 oz) pieces cooked skinless chicken breast, chopped
1 Tbsp honey	2 cups cooked brown rice, warmed
2 cups fresh pea pods, halved	

Instructions

In a skillet over medium heat, heat peanut butter, water, ginger, and honey for 1 minute. Add in pea pods, broccoli slaw, and chicken and sauté 6 minutes until heated. Serve over warm brown rice.

Nutrition per serving

Calories: 384	Carbohydrates: 42 g
Total Fat: 11 g	Fibre: 8 g
Saturated fat: 3 g	Sugars: 9 g
Sodium: 147 mg	Protein: 29 g
Cholesterol: 199 mg	Potassium: 1334 mg



Veggie Power! Replace chicken with 3 oz of flavourful, cooked seitan.



Dessert

Berry frozen yogurt bark

Makes 4 Servings

Ingredients

1 cup Greek yogurt, plain
1 Tbsp honey (preferably raw)
½ cup strawberries or blueberries (or ¼ cup of both)

Instructions

Line a small cookie sheet with parchment paper. Mix the yogurt with honey and pour onto cookie sheet, spreading it evenly to the edges. Top yogurt with berries. Freeze for 6-8 hours or overnight. Break up into 4 equal servings and enjoy.

Nutrition per serving

Calories: 48	Carbohydrates: 12 g
Total Fat: 5 g	Fibre: 2 g
Saturated fat: 1 g	Sugars: 8 g
Sodium: 20 mg	Protein: 13 g
Cholesterol: 8 mg	Potassium: 125 mg