

# Fresh start

## Week 3: one-day meal plan

The inspiring recipes this week boost your nutrients with a beautiful rainbow of veggie colours and bright flavours. Remember to try some of these recipes at least twice this week. And make healthy swaps as you like – just make sure there's still lots of colour on your plate.



*Swapping out ingredients will change the nutrition information per serving.*

### Breakfast

## Broccoli, sweet potato, and sausage skillet

Makes 1 Serving

### Ingredients

- 1 cup chopped broccoli
- ½ cup shredded sweet potato
- 1 turkey or chicken breakfast sausage link, cooked and chopped
- 2 tsp olive oil
- Cooking spray
- 2 eggs
- ½ grapefruit

### Instructions

In a skillet over medium heat, sauté broccoli, sweet potato, and sausage in oil for 8 minutes or until broccoli is tender. Place mixture on a plate. Mist same skillet with cooking spray and cook eggs over-medium. Place eggs on broccoli mixture and serve with grapefruit.



### Nutrition per serving

Calories: 454	Carbohydrates: 43 g
Total Fat: 22 g	Fibre: 10 g
Saturated fat: 7 g	Sugars: 10 g
Sodium: 427 mg	Protein: 24 g
Cholesterol: 1282 mg	Potassium: 720 mg



*Curb the carbs  
Leave out the grapefruit and save  
12-15 grams of carbs.*





## Lunch

### Asian tofu and broccoli salad

Makes 1 Serving

#### Ingredients

- 1 Tbsp low sodium soy sauce
- 1 tsp honey
- 1-inch piece fresh ginger, grated
- 3 oz (1/4 package) extra-firm tofu
- 1 cup chopped broccoli florets
- 1/2 cup cooked brown rice
- 2 Tbsp chopped peanuts



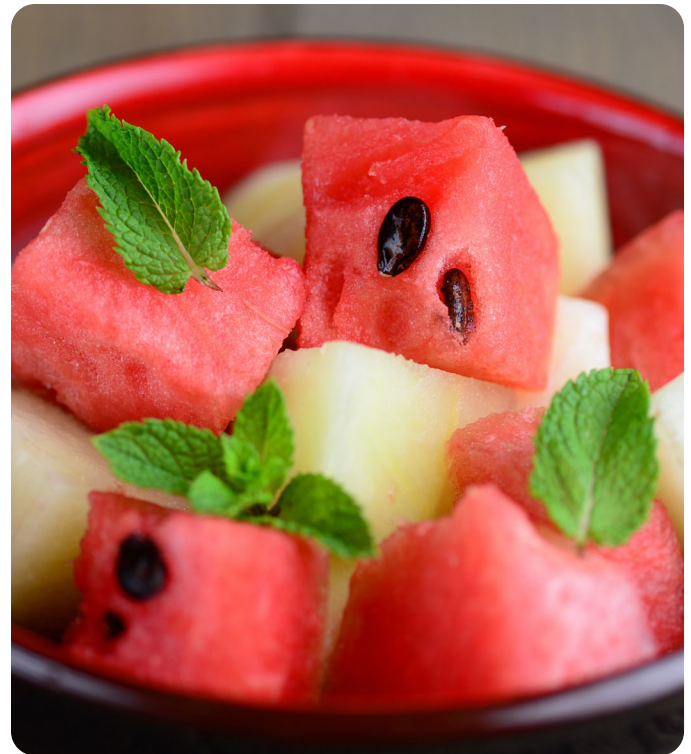
*In a hurry?  
Use frozen precooked rice to save time  
while keeping the nutrients.*

#### Instructions

Cook brown rice, or heat up precooked rice. Gently press tofu with paper towel to remove excess water. Cut tofu into 1-inch cubes. Whisk soy sauce, honey, and ginger. Toss with remaining ingredients.

#### Nutrition per serving

Calories: 310	Carbohydrates: 40 g
Total Fat: 10 g	Fibre: 6 g
Saturated fat: 2g	Sugars: 7 g
Sodium: 600 mg	Protein: 17 g
Cholesterol: 0 mg	Potassium: 475 mg



## Snack

### Melon with mint and fresh lime

Makes 1 Serving

#### Ingredients

- 1/2 cup mixed, pre-cut melon cubes (watermelon, cantaloupe, honeydew, etc.)
- 4 mint leaves, chopped
- 1 wedge fresh lime

#### Instructions

Top melon with chopped mint and a squeeze of fresh lime juice. Enjoy!

#### Nutrition per serving

Calories: 31	Carbohydrates: 8 g
Total Fat: 0 g	Fibre: 1 g
Saturated fat: 0 g	Sugars: 8 g
Sodium: 15 mg	Protein: 1 g
Cholesterol: 0 mg	Potassium: 571 mg



## Dinner

# Easy baked salmon

Makes 4 Servings

## Ingredients

4 (4 oz) salmon fillets  
 ½ cup unsalted butter melted  
 4 Tbsp fresh lemon juice  
 8 garlic cloves, crushed  
 2 Tbsp finely chopped fresh dill  
 24 spears of asparagus

## Instructions

Preheat oven to 375° F. Line a 4-sided baking sheet with aluminum foil. Place the asparagus in the middle of the foil and top with salmon. In a glass measuring cup, combine melted butter, lemon juice, garlic, and dill. Whisk together. Pour butter mixture directly over salmon and asparagus. Pull the sides and ends of the aluminum foil up and pinch together, covering the salmon completely. Bake in the preheated oven for 15-20 minutes, or until the salmon flakes easily with a fork.

## Nutrition per serving

Calories: 400	Carbohydrates: 6 g
Total Fat: 30 g	Fibre: 1 g
Saturated fat: 10 g	Sugars: 1 g
Sodium: 153 mg	Protein: 25 g
Cholesterol: 92 mg	Potassium: 697 mg



### Budget booster

Swap the salmon for a more affordable white fish like cod or tilapia.



## Dessert

# Ricotta with lemon and raspberries

Makes 1 Serving

## Ingredients

½ cup part skim ricotta cheese  
 1 tsp lemon zest  
 1 tsp honey  
 ½ cup raspberries

## Instructions

Grate a lemon peel until you get 1 tsp of zest shavings. Stir ricotta, lemon zest, and honey together. Top with raspberries.

## Nutrition per serving

Calories: 222	Carbohydrates: 19 g
Total Fat: 10 g	Fibre: 4 g
Saturated fat: 6 g	Sugars: 32 g
Sodium: 155 mg	Protein: 15 g
Cholesterol: 38 mg	Potassium: 284 mg