

Fresh start

Week 4: one-day meal plan

This week's meal plan is full of crispy, crunchy, crumbly dishes that will make your mouth do a happy dance. Add them in a couple of times this week, whenever you're feeling like your day could use a bit of a kick. And as always, swap in your favourite healthy ingredients to make them your own!



Swapping out ingredients will change the nutrition information per serving.

Breakfast

Avocado toast

Makes 1 Serving

Ingredients

½ small avocado
1 slice whole grain bread
A pinch of salt to taste

Instructions

Toast bread. While bread is toasting, slice avocado in half, remove pit, and scoop out avocado flesh into bowl. Sprinkle salt on avocado and mash well with fork. Spread mashed avocado on toast. Serve while toast is hot.



Nutrition per serving

Calories: 200	Carbohydrates: 21 g
Total Fat: 12 g	Fibre: 7 g
Saturated fat: 2 g	Sugars: 3 g
Sodium: 423 mg	Protein: 6 g
Cholesterol: 0 mg	Potassium: 582 mg



*Slash the salt
Swap out the salt for garlic powder and save 258 mg of sodium.*



Lunch

Spinach salad with chicken, strawberries, walnuts, and feta cheese

Makes 1 Serving

Ingredients

3 cups baby spinach	½ oz crumbled feta cheese
2 oz chopped grilled chicken	2 Tbsp walnuts, chopped
½ cup strawberries, sliced	2 tsp olive oil
	1 Tbsp balsamic vinegar
	Cooking spray



Veggie power

Swap the chicken for 3 oz grilled seitan or tofu to make this dish vegetarian.



Snack

Kale chips

Makes 1 Serving

Ingredients

2 cups kale, shredded
1 Tbsp extra-virgin olive oil
1/8 tsp salt and pepper
1/2 tsp garlic powder or salt-free seasoning of choice

Instructions

Preheat oven to 350° F. Spread shredded kale on a baking sheet in an even layer. Drizzle kale with extra-virgin olive oil and sprinkle with salt and pepper. Bake for about 10 minutes or until crispy. Once cooled, enjoy!

Instructions

Coat the frying pan with cooking spray. Add chicken and cook 3-4 minutes per side, or until center is no longer pink. Combine baby spinach, chopped grilled chicken, sliced strawberries, crumbled feta cheese, chopped walnuts, olive oil, and balsamic vinegar. Toss all ingredients and add salt and black pepper to taste.

Nutrition per serving

Calories: 459	Carbohydrates: 27 g
Total Fat: 34 g	Fibre: 4 g
Saturated fat: 10 g	Sugars: 7 g
Sodium: 482 mg	Protein: 23 g
Cholesterol: 60 mg	Potassium: 798 mg

Nutrition per serving

Calories: 186	Carbohydrates: 12 g
Total Fat: 14 g	Fibre: 2 g
Saturated fat: 2 g	Sugars: 1 g
Sodium: 300 mg	Protein: 4 g
Cholesterol: 0 mg	Potassium: 183 mg



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Dinner

Spaghetti squash spaghetti

Makes 4 Servings

Ingredients

1 spaghetti squash (3 lbs)
Cooking spray
1 tsp extra-virgin olive oil
1 clove fresh garlic, minced
½ small onion, chopped
8 oz canned, no-salt-added, diced tomatoes
¼ tsp black pepper
¼ tsp dried, salt-free herbs, Italian blend
1/8 tsp crushed red pepper flakes
16 oz canned, no-salt-added tomato sauce
½ cup small bite-size fresh mozzarella balls (can substitute fresh mozzarella, cut into bite-size pieces)
¼ cup basil, torn or coarsely chopped, OR 1 tsp dried basil

Instructions

Preheat oven to 350° F. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash facedown and bake for 1 hour or until tender. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced toma-toes, pepper, herbs, and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrape squash flesh from outside work-ing in, creating "spaghetti noodles." Add squash "noodles" to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

Nutrition per serving

Calories: 172	Carbohydrates: 24 g
Total Fat: 7 g	Fibre: 6 g
Saturated fat: 3 g	Sugars: 7 g
Sodium: 64 mg	Protein: 6 g
Cholesterol: 19 mg	Potassium: 964 mg

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Dessert

Dark chocolate pistachio bark

Makes About 24 Servings

Ingredients

2 bags (12 oz) semi-sweet chocolate chips

1/4 cup shelled pistachios, roughly chopped

1 1/2 tsp coarse sea salt

Cooking spray



Budget booster

Replace the pistachios with chopped peanuts or slivered almonds.

Instructions

Place a sheet of parchment paper on a baking sheet. Coat with cooking spray and set aside. Add chocolate chips to a medium glass bowl. Fill a medium saucepan with 3 inches of water and bring to a boil. Place the glass bowl filled with the chocolate chips on top of the saucepan (creating a homemade double boiler). (Take care touching the bowl — it will get hot.) Stir chocolate chips with a rubber spatula as they melt until the chocolate is smooth and pourable. Pour melted chocolate onto the greased baking sheet and spread it so it's about 1/4-inch thick. Sprinkle with coarse sea salt and chopped pistachios. Place the baking sheet in the refrigerator for 1 hour. Break up into uneven pieces and serve.

Nutrition per serving (2" x 2" piece)

Calories: 74	Carbohydrates: 9 g
Total Fat: 5 g	Fibre: 0 g
Saturated fat: 3 g	Sugars: 5 g
Sodium: 2 mg	Protein: 0 g
Cholesterol: 1 mg	Potassium: 94 mg