

Fresh start

Week 5: one-day meal plan

It's hard to believe, but we've made it to the final Fresh Start Meal Plan. We hope you've found a ton of tasty inspiration over these past few weeks. Have you fallen in love with a few dishes? Add them to your weekly rotation to make it easier to stay on track with your commitment to healthy eating.



Swapping out ingredients will change the nutrition information per serving.

Breakfast

Tofu skillet scramble

Makes 1 Serving

Ingredients

3 oz (1/3 package) extra-firm tofu
1/8 tsp turmeric
1 cup zucchini, chopped
1 Tbsp prepared pesto

Instructions

Chop zucchini into bite-size morsels. Press tofu with a paper towel to remove excess water, then mash it with a fork. Sauté tofu, turmeric, zucchini, and pesto in a nonstick skillet with oil for 6 minutes. Enjoy!

Nutrition per serving

Calories: 156	Carbohydrates: 5 g
Total Fat: 15 g	Fibre: 2 g
Saturated fat: 2 g	Sugars: 1 g
Sodium: 114 mg	Protein: 14 g
Cholesterol: 3 mg	Potassium: 196 mg



*Prep hack
Save time and money using store-bought pesto instead of making it fresh.*





Lunch

Veggie pita pocket with hummus

Makes 1 Serving

Ingredients

1 Tbsp hummus (store-bought)
½ cup romaine lettuce
1½ cups chopped veggies of your choice (cucumber, bell pepper, tomato, onion, etc.)
1 whole wheat pita bread

Instructions

Cut pita bread so it opens like a pocket. Spread the inside with hummus. Fill pocket with lettuce and your favorite veggies. Eat up!

Nutrition per serving

Calories: 297	Carbohydrates: 50 g
Total Fat: 6 g	Fibre: 9 g
Saturated fat: 0 g	Sugars: 5 g
Sodium: 362 mg	Protein: 12 g
Cholesterol: 0 mg	Potassium: 585 mg



Snack

Savory cottage cheese and tomatoes

Makes 1 Serving

Ingredients

½ cup cottage cheese
½ cup grape tomatoes, halved
½ Tbsp fresh herbs (like cilantro or green onion), roughly chopped
Pinch of black pepper to taste

Instructions

Top cottage cheese with tomatoes and herbs. Sprinkle with a pinch of pepper. Stir and enjoy!

Nutrition per serving

Calories: 145	Carbohydrates: 8 g
Total Fat: 5 g	Fibre: 2 g
Saturated fat: 2 g	Sugars: 7 g
Sodium: 345 mg	Protein: 14 g
Cholesterol: 18 mg	Potassium: 439 mg



*Nutrient boost
Cottage cheese is full of calcium – great for building strong bones!*



Dinner

Balsamic glazed chicken

Makes 4 Servings

Ingredients

1 lb chicken breasts
2 Roma tomatoes, diced or sliced
1 cup sliced mozzarella cheese
4 cups mixed greens
3 Tbsp fresh basil, sliced thin
1 tsp salt
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{2}$ cup balsamic vinegar
1 Tbsp extra-virgin olive oil

Instructions

Pound chicken breasts thin and trim the fat. Season each side of chicken with salt and pepper. Add 1 Tbsp olive oil to a skillet and heat over medium-high heat. Add chicken and cook 4-6 minutes per side. When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato. Turn off heat, put on the lid, and let cheese melt for a minute or two. Top with basil and serve with mixed greens.

Nutrition per serving

Calories: 497	Carbohydrates: 28 g
Total Fat: 24 g	Fibre: 9 g
Saturated fat: 7 g	Sugars: 6 g
Sodium: 443 mg	Protein: 40 g
Cholesterol: 90 mg	Potassium: 695 mg

Veggie power

 Turn this dish vegetarian by swapping out the chicken for 12 oz (4 servings) of protein-rich tofu.



Dessert

Grilled avocado with strawberry and honey

Makes 4 Servings

Ingredients

Cooking spray
2 cups strawberries, hulled and quartered
1 Tbsp honey
2 small avocados, halved and pitted
2 Tbsp fresh mint, chopped

Instructions

In a small bowl, gently stir together strawberries and honey. Cover and refrigerate for 1-4 hours, stirring occasionally. When strawberries look like they have released their natural juices, preheat grill on medium high. Lightly spray each avocado half with cooking spray. Place avocados on grill and let cook for 1-2 minutes. Then rotate avocados so you get crisscross grill lines. Grill for another 1-2 minutes. Transfer the avocado halves to plates with the flesh side up. Remove the strawberry mixture from the refrigerator and fold in the mint. Spoon the strawberry mixture over each avocado half and serve.

Nutrition per serving (a topped avocado half)

Calories: 165	Carbohydrates: 17 g
Total Fat: 11 g	Fibre: 7 g
Saturated fat: 2 g	Sugars: 8 g
Sodium: 8 mg	Protein: 2 g
Cholesterol: 0 mg	Potassium: 611 mg

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