

One-day meal plan



International cuisine

Explore the world in a day! Let your plate lead the way with this delicious variety of **global classics**, including Mediterranean delicacies, Asian cuisine, and British faves.

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

Open-faced english muffin with veggies

Ingredients

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

Preparation

Makes: 1 serving

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.



Curb the carbs. Lose the English muffin and double up on the spinach to save 13 grams of carbs.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
286	11 g	3 g	33 mg	619 mg	17 g	8 g	3 g	13 g	473 mg



Lunch

Steak and blue cheese salad with balsamic vinaigrette

Ingredients

2.5 oz cooked lean steak,
cut into strips

Salt and pepper to taste

1 Tbsp cooking oil

2 cups mixed greens

¼ cup tomatoes

2 Tbsp crumbled
blue cheese

2 Tbsp
Balsamic vinaigrette

Preparation

Makes: 1 serving

Let steak sit at room temperature for at least 10 minutes before cooking. Sprinkle evenly with salt and pepper evenly. 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.



Trim the fat (and your budget). Swap the steak for a portobello mushroom. It's a hearty, vegetarian sub that's lower in fat and easier on your wallet.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
369	26 g	8 g	340 mg	31 mg	4 g	2 g	3 g	25 g	925 mg



Snack

Mini caprese skewers

Ingredients

3 cherry tomatoes

3 mini mozzarella balls, patted dry with a paper towel

3 basil leaves

Pepper to taste

1 tbsp bBalsamic vinegar

3 toothpicks

Preparation

Makes: 1 serving

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 vinaigrette over top and sprinkle with pepper.



Save money by trading the fresh mozzarella for chopped cheese sticks.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
60	5 g	0 g	90 mg	8 mg	3 g	1 g	3 g	6 g	133 mg



Dinner

Asian peanut ginger bowl

Ingredients

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

Preparation

Makes: 4 servings

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.



Replace the chicken with cooked seitan, tofu or yuba to make this a satisfying vegan meal.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
384	11 g	3 g	147 mg	199 mg	42 g	8 g	9 g	29 g	1,334 mg



Dessert

Berry frozen yogurt bark

Ingredients

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

Preparation

Makes: 4 servings

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.



This is a vegetarian, gluten-free snack.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
48	5 g	1 g	20 mg	8 mg	12 g	2 g	8 g	13 g	125 mg