



## Inspired Meals

Please only eat breakfast items at breakfast, but if you would like to substitute a dinner recipe for a lunch recipe or vice versa, feel free to do so.

BONUS: you may add 1 cup of vegetables to either the lunch or dinner recipes. So, if you feel that you are not eating enough vegetables, or you need to incorporate more fibre into the diet, add 1 cup of the following vegetables to your lunch or dinner: lettuce, green peppers, onions, mushrooms, broccoli, cauliflower, squash, zucchini, spinach or mixed greens.

### ***Breakfast Ideas:***

#### **Tacos**

Small corn tortillas filled with scrambled eggs, black beans and tomatoes, topped with fresh avocado

#### **Ingredients:**

- 2 small corn tortillas
- 1 tsp. Olive oil
- 2 Tbsp. Chopped onion
- 2 Tbsp. Chopped tomato
- 2Tbsp. Black beans
- 4 egg whites or one whole egg, beaten
- ¼ medium avocado, diced



#### **Preparation:**

Preheat olive oil in a sauté pan over medium-low heat. Sauté onions until softened, about 2-3 minutes. Add tomatoes and black beans to pan and sauté another 2 minutes. Add eggs to the pan and stir continuously until cooked through. Season eggs with pepper to taste. Spoon half of the eggs into each tortilla and top with diced avocado.

## Energy English Muffin

Whole wheat English muffin with peanut butter and bananas

### Ingredients:

- 1 whole wheat English muffin
- 1 ½ Tbsp. All natural peanut butter
- 1/3 cup sliced banana



### Preparation:

Split English muffin and toast until golden brown. Spread half the peanut butter on both halves and top with sliced bananas.

## Antioxidant Parfait

Honey-sweetened yogurt parfait with walnuts and fruit

### Ingredients:

- 6 oz. Plain nonfat Greek yogurt  
(can use goat, soy, sheep's, or cow's milk yogurt)
- 2 tsp. Honey
- 2 Tbsp. Chopped walnuts
- ½ cup blueberries



### Preparation:

Combine yogurt and honey. Put half the yogurt in a glass. Top with 1 Tbsp. Walnuts and ¼ cup blueberries. Repeat with the remaining ingredients.

## Egg & Sweet Potato Hash

Sweet potatoes, peppers and onions mixed with scrambled eggs and served with a side of fruit

### Ingredients:

- ½ medium sweet potato, cut in ½ inch cubes
- 1 tsp. Olive oil
- ¼ cup chopped onion
- ¼ cup chopped red peppers
- 4 egg whites or 1 whole egg, beaten
- 1 cup cubed melon or one small piece of fruit



### Preparation:

Steam or microwave sweet potatoes until tender. They should still be slightly firm. Heat oil in a sauté pan; add sweet potatoes, peppers and onions. Sauté over medium-low heat for 5-6 minutes. Add eggs, continuously stirring until they are cooked to your liking. Season with pepper to taste. Serve with fruit on the side.

## Whole Grain Cinnamon Oatmeal

Oatmeal with cranberries and almonds

### Ingredients:

- ¼ cup oats
- 1 cup nonfat milk (can use goat or sheep's milk)
- 1 tsp. Honey
- Pinch of cinnamon
- 2 Tbsp. Dried cranberries
- 2 Tbsp. Chopped almonds



### Preparations:

Combine oats, milk, honey, cinnamon and cranberries in a saucepan. Heat over medium-high heat. Stir mixture until it reaches desired consistency and top with almonds.

## ***Lunch Ideas:***

### **Mediterranean Tuna Salad**

Tuna salad with feta cheese, olives and vegetables in a whole wheat pita

#### **Ingredients:**

- 1 can tuna fish (3 oz.) packed in water
- 4 kalamata or other black olives, chopped
- 2 Tbsp. Chopped carrot
- 2 Tbsp. Chopped celery
- 2 Tbsp. Crumbled feta
- ½ tsp. Olive oil
- 1 tsp. Balsamic vinegar
- 1 whole wheat pita
- 2 romaine or other lettuce leaves
- 2 slices of tomato



#### **Preparation:**

Combine first 7 ingredients and season with pepper to taste. Cut pita down the center so there are two halves. Split each half open and place one lettuce leaf and one slice of tomato in the bottom of the pita pocket. Place half the tuna mixture inside each pita pocket.

## Omega-3 Power Salad

Salmon salad with spinach, walnuts, onions and peppers

### Ingredients:

- 3 oz. Salmon
- 1 ½ cups baby spinach leaves
- 2 Tbsp. Chopped walnuts
- 1/3 cup sliced red pepper
- ¼ cup thinly sliced red onion
- ¼ cup chickpeas
- 1 tsp. Olive oil
- 1 Tbsp. Balsamic vinegar
- 1 tsp. Honey



### Preparation:

Preheat non-stick skillet over medium heat. Cook salmon about 4-5 minutes per side for well done. Place spinach, walnuts, peppers, onions and chickpeas on a plate. Combine olive oil, vinegar and honey and drizzle over salad. Top with salmon.

## Southwestern Chicken Burgers

Chicken burgers with black beans, onions and peppers and topped with avocado on a whole wheat bun and a side salad

### Ingredients (burger):

1 ½ tsp. Olive oil, divided  
1 Tbsp. Chopped onion  
1 Tbsp. Chopped pepper  
1 Tbsp. Black beans  
¼ tsp. Cumin  
3 oz. Ground chicken breast  
1 whole wheat hamburger bun  
¼ medium avocado, sliced  
½ chipotle pepper in adobo seasoning,  
minced (optional)\*

### Ingredients (salad):

1 cup lettuce  
¼ cup cucumber  
¼ cup chopped tomato  
1 Tbsp. Lemon juice



### Preparation:

Heat 1 tsp. Oil in sauté pan over medium heat. Add onions and sauté for 2 minutes, add peppers and cook for 3 more minutes. Add black beans, chipotle and cumin, and cook for an additional 2-3 minutes. Place vegetable mixture aside to cool. Combine chicken and vegetables and form into a patty, season both sides with pepper. Heat remaining oil in pan. Cook burger until internal temperature is 165 degrees Fahrenheit (4 minutes each side). Place burger on bun and top with avocado.

## Edamame Energy Salad

Edamame, black beans and mango tossed with olive oil and lime juice

### Ingredients:

- ½ cup shelled edamame
- ¼ cup black beans
- ¼ cup corn
- ¼ cup chopped red pepper
- ¼ cup chopped red onion
- 1 Tbsp. Chopped cilantro
- ¼ cup chopped mango
- 2 tsp. Olive oil
- 1 Tbsp. Lime juice
- ¼ tsp. Ground cumin



### Preparation:

Combine all ingredients and let sit in the refrigerator for 30 minutes before eating.

## Lentil Soup

Lentils cooked with vegetables into a hearty soup

### Ingredients:

- 1 ½ tsp. Olive oil
- ¼ cup chopped onion
- 1 chopped garlic clove
- 2 Tbsp. Chopped carrot
- 2 Tbsp. Chopped celery
- ¼ cup sliced mushrooms
- ¼ cup chopped spinach
- ½ cup lentils (rinsed)
- ¼ cup chopped tomatoes
- 2 cups mushroom broth
- Pinch of dried thyme
- ½ bay leaf



### Preparation:

Heat oil in a saucepan over medium-low heat. Sauté onions until soft, about 3 minutes. Stir in garlic, carrots, and celery and cook for 10 minutes. Add the remaining ingredients and bring to a boil. Lower the heat to medium-low and let cook for an hour. Season with pepper to taste. Serve and enjoy!

## ***Dinner Ideas:***

### **Chicken Stir-Fry**

Stir fried chicken and broccoli over brown rice

Ingredients:

- 1 tsp. Olive oil
- 3 oz. Chicken breast cut into bite-size pieces
- 1 cup steamed broccoli florets
- 1 Tbsp. Low sodium soy sauce
- 1 tsp. Honey
- Dash of ground ginger
- ½ tsp. Sesame oil
- 1 tsp. Sesame seeds
- ½ cup cooked brown rice



**Preparation:**

Heat oil in a sauté pan over medium-low heat. Cook chicken, turning to brown on all sides, until cooked through, about 6-7 minutes. While chicken is cooking, combine soy sauce, honey, ginger, sesame oil and sesame seeds in a bowl. Add broccoli and soy sauce mixture into the pan with the chicken and toss to coat. Place brown rice on a plate and top it with the chicken and broccoli mixture.

## Beef Barley Soup

Beef, mushrooms and barley served in a warm broth with a side salad

### Ingredients (soup):

1 tsp. Olive oil  
2 oz. Beef tenderloin  
1 cup sliced mushrooms  
½ cup diced onion  
½ cup chopped carrots  
1 chopped garlic clove  
2 ½ cups low sodium chicken stock  
½ cup cooked barley  
1/8 tsp. Dried thyme or ¼ tsp. Fresh thyme  
¼ tsp. Dried parsley or ½ tsp. Fresh parsley

### Preparation (soup):

Heat oil in a saucepan over medium-high heat and add beef. Brown meat for about 3 minutes. Add mushrooms, onions, carrots and garlic; sauté for 4 minutes. Add barley, chicken stock, thyme and parsley to the pot and bring to a boil. Reduce heat and simmer for 45 minutes. Season with pepper to taste.



### Ingredients (salad):

1 ½ cups spinach leaves or other lettuce  
1 Tbsp. Chopped walnuts  
2 Tbsp. Blueberries  
1 tsp. Red wine vinegar  
1 tsp. Olive oil  
½ tsp. Dijon mustard  
Pinch of salt and pepper

### Preparation (salad):

Combine spinach, walnuts and blueberries in a bowl. In a separate bowl, whisk vinegar, oil, mustard, salt and pepper. Pour over salad.



## Honey Mustard Tenderloin

Pork tenderloin in a honey mustard sauce with brown rice and green beans

### Ingredients:

- 1 Tbsp. Dijion mustard
- Pinch of pepper
- 4 oz. Pork tenderloin, cut into 4 slices
- 1 tsp. Canola oil
- 1 Tbsp. Cider vinegar
- 1 ½ tsp. Honey
- ½ tsp. Fresh chopped sage or ¼ tsp. Dried
- 1 tsp. Olive oil
- 1 tsp. Chopped garlic
- 1 cup green beans, snow peas or snap peas
- ½ cup cooked brown rice, barley, quinoa or other whole grain



### Preparation:

Coat pork with 1 tsp. Mustard and pepper. Heat oil in sauté pan over medium-high heat and add pork. Brown pork on both sides, about 1-2 minutes per side. Remove pork from pan and set aside. Reduce heat to medium. Add the vinegar, honey, remaining mustard and sage to the pan. Scrape up any bits on the bottom of the pan with a wooden spoon to combine with sauce and let it reduce slightly.

Heat olive oil in separate pan over medium-low heat. Add garlic and cook for 2-3 minutes. Turn heat up to medium and add green beans. Cook for 4-5 minutes until hot but still crisp and season with pepper to taste. Serve pork with sauce, brown rice and green beans.

## Zesty Fiber-Charged Chili

Ground chicken breast, beans and vegetables slow cooked and topped with low-fat cheddar and scallions

### Ingredients:

- 1 tsp. Canola oil
- 1 chopped garlic clove
- ½ cup canned crushed tomatoes
- ¼ cup black beans
- 1/8 tsp. Smoked paprika
- ¼ tsp. Chilli powder
- 1 cup chicken stock
- 1 oz. Shredded low fat cheddar cheese
- ½ chipotle pepper in adobo seasoning chopped (optional)
- 3 oz. Ground chicken breast
- ¼ cup red pepper, diced
- ¼ cup onion, diced
- ¼ chickpeas
- 1/8 tsp. Cumin
- ¼ tsp. Dried oregano
- 1 Tbsp. Chopped green onion



### Preparation:

Heat oil in a sauté pan over medium-high heat. Add chicken and brown for 2 minutes. Add garlic, peppers, onions and chipotle pepper and cook for an additional 3 minutes. Add crushed tomatoes and cook for 1-2 minutes. Add black beans, chickpeas, chicken stock, paprika, cumin, chilli powder and oregano. Stir to combine and bring to a simmer. Lower heat to medium-low and simmer for 45 minutes. Season with pepper to taste. Serve in a bowl topped with cheese and green onions.

## Pasta Primavera

Whole wheat pasta tossed with zucchini, peppers, onions, shrimp and tomatoes

### Ingredients:

- 1 tsp. Olive oil
- ½ cup red onion, thinly sliced
- 1 chopped garlic clove
- 1 cup zucchini or yellow squash, cut into half-moons
- ½ cup red pepper, cut into strips
- 1 cup cooked whole wheat penne
- 4 oz. Shrimp
- 4 cherry tomatoes cut in half
- 1 Tbsp. Fresh chopped basil or 1 ½ tsp. Dried basil



### Preparation:

Heat oil in sauté pan over medium heat and add onions. Cook until softened, about 3-4 minutes, and then add garlic, zucchini and peppers. Cook vegetables for another 4-5 minutes. Add shrimp and cherry tomatoes and cook, stirring continuously, until shrimp is pink, about 3-4 minutes. Add pasta and stir just until heated through. Top with basil and season with pepper to taste.

## MIX-N-MATCH SNACK MENU

When it comes to snacks, you can be creative – but stick with minimally processed, low sodium foods within the snack equivalent allotted.

### 1 Snack Equivalent

- Nonfat plain Greek yogurt (soy, goat, sheep's or cow's)
- 1 Tbsp. Natural peanut butter with 2 stalks of celery
- 2 Tbsp. Nuts (any variety)
- 1 oz. cheese (goat, feta, cottage and soy are good choices)
- 1 oz. Smoked salmon, 1 Tbsp. Low fat cream cheese, 2-4 whole wheat crackers
- Hardboiled egg
- 1 ½ cups fruit cut into pieces
- ½ cup shelled edamame
- 3 cups air popped popcorn
- 1 corn tortilla (cut into triangles and bake until crispy) 2 Tbsp. Guacamole
- 3 Tbsp. Hummus with fresh raw vegetables (carrots, celery, peppers, broccoli)
- 1 cup low fat or fat free cow, almond or soy milk
- 1 medium pear or apple
- 1 cup blueberries
- ½ small apple with 2 tsp. All natural peanut butter
- ½ small apple with 2 tsp. Peanut butter
- ½ cup low fat cottage cheese
- ¼ cup dried apricots, prunes, mango, etc.
- Pita Pizza: ½ small whole wheat pita, ½ oz. Shredded low fat mozzarella cheese, 2 Tbsp. Tomato sauce baked in oven
- ½ baked sweet potato with ¼ cup unsweetened applesauce
- 1 cup plain Cheerios
- 2 smoked salmon and cucumber rollups (thinly sliced cucumber, cut lengthwise and rolled with 1 oz. Thinly sliced smoked salmon and ½ tsp. Low fat cream cheese)



## 2 Snack Equivalent

- 1/2 tuna sandwich (1 slice whole wheat bread, 2 oz. Canned tuna in water drained, 1 tsp. Olive oil, 1 slice tomato, 1 piece lettuce)
- ½ peanut butter sandwich (1 slice whole wheat bread, 1 Tbsp. Natural peanut butter, 1 tsp. Honey)
- ½ chicken sandwich (1 slice whole wheat, 2 oz. Chicken breast, ½ oz. Low fat cheese, tomato, lettuce)
- 1 nonfat flavoured Greek yogurt with 2 tsp. Chopped nuts or ½ cup blueberries
- ¾ cup whole grain cereal with 1 cup skim milk
- 1 cup oatmeal cooked in water, 1 Tbsp. Chopped nuts, 1 tsp. Honey
- 1 oz. Cheese and whole wheat crackers (about 6-8 depending on brand)
- 1 cup soup (broth or tomato based soup, no cream soups)
- 2 plain brown rice cakes with 1 Tbsp. Natural peanut butter, sprinkle of cinnamon, 1 Tbsp. Raisins
- Salad (2 cups mixed raw non-starchy\* vegetables with 1 Tbsp. Olive oil, 2 tsp. Vinegar or lemon juice)
- 5 pieces brown rice sushi (California roll, vegetable roll, tuna or salmon with cucumber or avocado)\*\*



\*Non-starchy vegetables include broccoli, cauliflower, celery, carrots, onions, peppers, green beans, snow peas, cabbage, cucumbers, leafy greens, etc.

\*\*this does not include any 'spicy', 'crunchy', 'crispy', or 'tempura' rolls, or any rolls with sauce. Ask for the seaweed on the outside to cut down on the extra calories.