

# A Little Nutrition

## Using Real Food To Manage Weight & Wellness

### 7 - Day Meal Plan Inspiration!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b> <b>Chocolate Coconut Chickpea Granola</b> <i>with 1/2 cup Mixed Berries</i>  <b>Lunch</b> <b>Bean-Stuffed Cabbage Rolls</b>	<b>Breakfast</b> <b>Chocolate Coconut Chickpea Granola</b> <i>with 1/2 cup Mixed Berries</i>  <b>Lunch</b> <b>Bean-Stuffed Cabbage Rolls</b>	<b>Breakfast</b> <b>Chocolate Coconut Chickpea Granola</b> <i>with 1/2 cup Mixed Berries</i>  <b>Lunch</b> <b>Bean-Stuffed Cabbage Rolls</b>	<b>Breakfast</b> <b>Canadiana Yogurt</b>     <b>Lunch</b> <b>Pulled Pork Pulse Protein Bowl</b>	<b>Breakfast</b> <b>Canadiana Yogurt</b>     <b>Lunch</b> <b>Corn, Sweet Potato and Salmon Chowder</b> <i>with 2 cups Salad</i>	<b>Breakfast</b> <b>Oatmeal with Mixed Berries &amp; Hemp Hearts</b>     <b>Lunch</b> <b>Protein-Packed Black Bean and Kidney Bean Quinoa Salad</b>	<b>Breakfast</b> <b>Oatmeal with Mixed Berries &amp; Hemp Hearts</b>     <b>Lunch</b> <b>Protein-Packed Black Bean and Kidney Bean Quinoa Salad</b>
<b>Supper</b> <b>Pulled Pork Pulse Protein Bowl</b> <i>Start slowcooker Pulled Pork in the morning</i>	<b>Supper</b> <b>Pulled Pork Pulse Protein Bowl</b>	<b>Supper</b> <b>Corn, Sweet Potato and Salmon Chowder</b> <i>with 2 cups Salad</i>	<b>Supper</b> <b>Corn, Sweet Potato and Salmon Chowder</b> <i>with 2 cups Salad</i>	<b>Supper</b> <b>Balsamic Chicken Tenders</b> <i>with 1/2 cup Spaghetti Squash</i> <i>with 2 cups Salad</i>	<b>Supper</b> <b>Balsamic Chicken Tenders</b> <i>with 1/2 cup Spaghetti Squash</i> <i>with 2 cups Salad</i>	<b>Supper</b> <b>Balsamic Chicken Tenders</b> <i>with 1/2 cup Spaghetti Squash</i> <i>with 2 cups Salad</i>
<b>Snacks</b> <i>Morning: Orange</i> <i>Afternoon: Apple and 2 Tbsp. Almond Butter</i> <i>Evening: 150 calories of your favourite treat</i>	<b>Snacks</b> <i>Morning: Orange</i> <i>Afternoon: Apple and 2 Tbsp. Almond Butter</i> <i>Evening: 150 calories of your favourite treat</i>	<b>Snacks</b> <i>Morning: 20 Grapes</i> <i>Afternoon: Veggies and 1/3 cup Hummus</i> <i>Evening: 150 calories of your favourite treat</i>	<b>Snacks</b> <i>Morning: 20 Grapes</i> <i>Afternoon: Veggies and 1/3 cup Hummus</i> <i>Evening: 150 calories of your favourite treat</i>	<b>Snacks</b> <i>Morning: 20 Grapes</i> <i>Afternoon: Veggies and 1/3 cup Hummus</i> <i>Evening: 150 calories of your favourite treat</i>	<b>Snacks</b> <i>Morning: Peach</i> <i>Afternoon: 1/2 cup Blueberries and 1/2 cup plain Greek Yogurt</i> <i>Evening: 150 calories of your favourite treat</i>	<b>Snacks</b> <i>Morning: Peach</i> <i>Afternoon: 1/2 cup Blueberries and 1/2 cup plain Greek Yogurt</i> <i>Evening: 150 calories of your favourite treat</i>

Provided by [www.alittlenutrition.com](http://www.alittlenutrition.com)

# Chocolate Coconut Chickpea Granola

Source: [pulses.org](https://pulses.org)

Prep 30 min

Cook 1 hr

Total 1 hr 30 min

Yields 4 servings originally 4 servings

Serving: 4

## Ingredients

- 1 can **chickpeas (garbanzo beans)** (15 oz per can)
- 1 tablespoon **maple syrup**
- $\frac{1}{2}$  teaspoon **ground cinnamon**
- 2 cups **rolled oats**
- 1 cup **slivered almonds**
- 1 cup **unsweetened flaked coconut**
- $\frac{1}{8}$  teaspoon **sea salt**
- $\frac{1}{4}$  cup **coconut oil**
- $\frac{1}{4}$  cup **maple syrup**
- $\frac{3}{4}$  cup **dark chocolate chunks**

## Directions

For the Roasted Chickpeas: Preheat oven to 400°F.

Rinse chickpeas under warm water to remove any residue. Then, use paper towel to remove as much water as possible. The best way to do this is to place 2 sheets of paper towel on a large plate with the chickpeas on top and then to place another two pieces on top of that. Use your hands to press the paper towel into the chickpeas. Then, let sit for 30-60 minutes, so that as much moisture can be removed as possible.

Then, place chickpeas on a baking sheet and roast at 400°F for 20 minutes. Remove from oven and toss in maple syrup and cinnamon and bake for another 20-25 more minutes or until crunchy.

For the Granola: Preheat oven to 330°F.

In a large bowl, mix together rolled oats, slivered almonds, unsweetened flaked coconut, sea salt, coconut oil, and maple syrup.

Spread evenly on baking sheet and bake at 330°F for 15 minutes. Remove from oven and toss. Place back in and bake for an additional 15 minutes.

Let cool completely before adding roasted chickpeas and dark chocolate chunks.



Course: Breakfast

# Bean-Stuffed Cabbage Rolls

**Source:** [www.cookspiration.com](http://www.cookspiration.com)

**Prep** 20 min

**Cook** 1 hr

**Total** 1 hr 20 min

**Yields** 16 cabbage rolls originally 16 cabbage rolls

**Serving:** 4

## Ingredients

- 1 small head cabbage 1
- 2 cups cooked black-eyed peas *mashed*
- 1 cup cooked barley 250 mL
- 1 cup finely chopped celery 250 mL
- ½ cup finely chopped onion 125 mL
- ½ tsp salt 2 mL
- ½ tsp dried basil 2 mL
- 1 pinch dried oregano 1 pinch
- 1 pinch dried thyme 1 pinch
- 2 drops hot pepper sauce 2
- 2 cups reduced-sodium tomato juice 500 mL

## Directions

Place cabbage in freezer overnight to wilt leaves.

Preheat oven to 350°F (180°C).

Carefully remove 16 cabbage leaves from frozen head, one at a time, cutting each from the core with a sharp knife. Trim the center rib on individual leaves to make the leaf the same thickness throughout, but do not remove the rib.

In a bowl, mash black-eyed peas and barley together. Stir in celery, onion, salt, basil, oregano, thyme and hot pepper sauce until well blended.

Place about 1/4 cup (60 mL) pea mixture on the rib end of each cabbage leaf. Roll up and tuck in sides. Pack cabbage rolls tightly into casserole dish. Pour tomato juice over rolls.

Cover and bake in preheated oven for 1 hour or until sauce is bubbling and cabbage rolls are hot in the center.



**Course:** Main Course

# Pulled Pork Pulse Protein Bowl

Source: [pulses.org](https://pulses.org)

Prep 6 hr

Cook 20 min

Total 6 hr 20 min

Yields 5 servings originally 5 servings

Serving: 5

## Ingredients

- **PULLED PORK**
- 1 tbsp **chili powder**
- 1 tbsp **onion powder**
- 1 tbsp **cumin**
- 1 tsp **ground mustard**
- 1 tsp **garlic salt**
- 1 tbsp **agave**
- 1 tbsp **apple cider vinegar**
- 2 lbs **Pork Tenderloin**
- **3 BEAN SALAD**
- 15 ounces **black beans** *cooked and drained*
- 15 ounces **great northern beans** *cooked and drained*
- 15 ounces **dark red kidney beans** *cooked and drained*
- 1 can **whole kernel corn** *(15.25 ounces per can)*
- $\frac{1}{2}$  cup **red onions** *diced fine*
- $\frac{1}{2}$  cup **green bell pepper** *diced fine*
- $\frac{1}{2}$  cup **cilantro leaves** *finely chopped*
- 1 **lime**
- **salt and pepper**
- **TOPPINGS**
- $\frac{1}{2}$  cup **halved grape tomatoes**
- 5 **lime wedges**
- $\frac{1}{4}$  cup **cilantro leaves** *chopped fine*
- $\frac{1}{2}$  cup **creamy avocado salsa verde dressing\*** *store bought*
- 1 cup **roasted chick peas**

## Directions

Mix chili powder, onion powder, cumin, ground mustard, and garlic salt together in a small bowl. Rub all over pork roast.

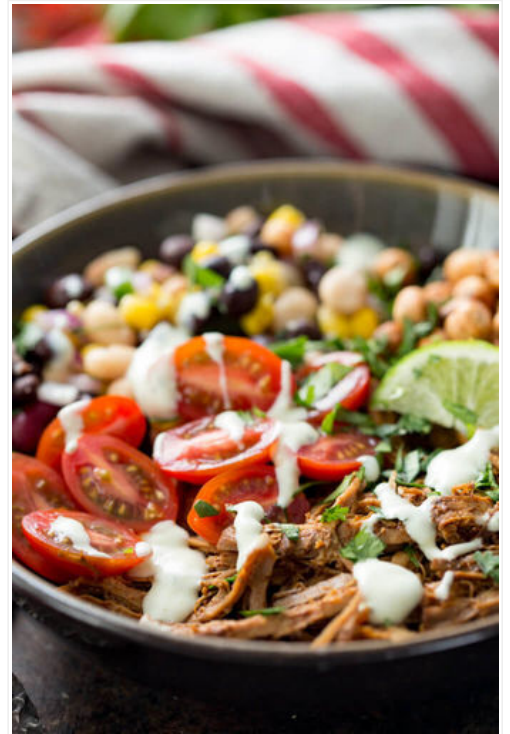
Place pork in either a slow cooker or an instant pot. Add agave and apple cider vinegar to the pot, just put it on top of the pork.

Cook in slow cooker for 4-6 hours, or in an instant pot on the meat setting, for 80 minutes, with the setting at sealed.

When finished cooking, remove from pot and shred.

Return to pot to stir in liquid, so it gets all flavored, then strain in a strainer so the liquid is removed.

Set aside.



Course: Main Course

Combine the three types of beans. If you use beans from a can, drain and rinse them before combining. If cooking from dry, make sure they are cooled and drained before combining.

Drain whole kernel corn and add to the beans.

Finely dice red onion and green bell pepper and add to the bean salad. Along with chopped cilantro.

Squeeze lime over beans salad.

Mix everything from the bean salad together together, and add salt and pepper to taste.

Serve by plating 1 cup bean salad, 1/2 cup pulled pork, a handful of halved grape tomatoes, cilantro, and dressing in a bowl, and top with roasted chick peas for texture and crunch.

If using for meal prep, put 1 cup of bean salad mix in each bowl, along with 1/2 a cup of pulled pork, and 1/4 cup roasted chick peas.

In a separate container put in grape tomatoes, fresh cilantro, and a lime wedge. And in a second little container put 1 Tbs of prepared creamy avocado salsa verde dressing.

When ready to eat, heat pulled pork and 3 bean salad (don't worry it is good warm). Then top with tomatoes, cilantro, lime juice, and the prepared creamy avocado salsa verde dressing.

Enjoy

# Corn, Sweet Potato and Salmon Chowder

Source: [www.cookspiration.com](http://www.cookspiration.com)

Prep 10 min

Cook 20 min

Total 30 min

Serving: 4

## Ingredients

- 2 tsp **vegetable oil** 10 mL
- 1 **onion** *finely chopped*
- 1 **clove garlic** *minced*
- 1 tsp **dried dill weed** 5 mL
- **Pepper**
- 1 **sweet potato** *peeled if desired and cut into 1/2-inch (1 cm) cubes (about 2 cups/500 mL)*
- 1 ½ cup **corn kernels** (*fresh or frozen, thawed*)
- 2 cups **water** 500 mL
- ¼ cup **all-purpose flour** 50 mL
- 2 cups **1% milk** 500 mL
- 12 oz **skinless salmon fillet** *cut into chunks*
- 1 tsp **grated lemon zest** 5 mL
- 3 tbsp **freshly squeezed lemon juice** 45 mL

## Directions

In a large pot, heat oil over medium heat. Sauté onion, garlic, dill and 1/4 tsp (1 mL) pepper for about 5 minutes or until onions are softened. Stir in potatoes, corn and water; bring to a boil over high heat. Cover, reduce heat to medium-low and simmer for 5 to 10 minutes or until potatoes are almost tender.

Increase heat to medium. Whisk flour into milk and gradually stir into pot. Stir in salmon. Simmer, uncovered and stirring often but gently, for about 5 minutes or until salmon is firm and opaque and soup is thickened (do not let boil). Stir in lemon zest and juice and season to taste with pepper. Ladle into warmed bowls.



Course: Main Course

# Canadiana Yogurt

**Source:** [www.cookspiration.com](http://www.cookspiration.com)

**Prep** 5 min

**Total** 5 min

**Serving:** 1

## Ingredients

- $\frac{3}{4}$  cup **plain low fat yogurt** 175 mL
- 1 tbsp **crushed pecans** 15 mL
- 1 tbsp **pure Canadian maple syrup** 15 mL
- $\frac{1}{4}$  tsp **cinnamon** 1 mL
- 1 **apple** *cored and cut into wedges*

## Directions

In a bowl, stir together yogurt, pecans, maple syrup and cinnamon.

Serve with apple wedges to dip into.



**Course:** Breakfast

# Balsamic Chicken Tenders

**Source:** [www.alittlenutrition.com](http://www.alittlenutrition.com)

**Prep** 5 min

**Cook** 30 min

**Total** 35 min

**Serving:** 4

## Ingredients

- 2 tbsp **balsamic vinegar**
- $\frac{1}{2}$  tbsp **olive oil** *or vegetable oil*
- 3 tbsp **Italian seasoning** *or Greek*
- 12 oz **chicken breast** (2x 6 oz *chicken breast*)

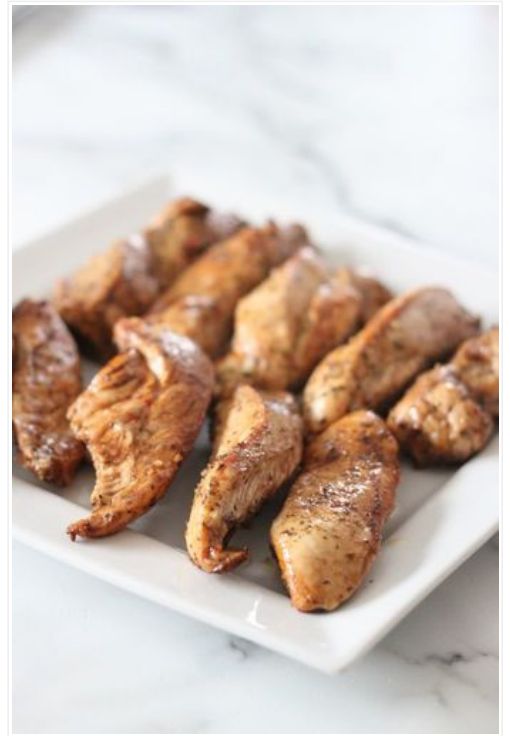
## Directions

Preheat oven to 400°F.

Cut chicken breast in half (horizontally) so that you have 2 thin chicken breast slices.

Toss the chicken in a medium size bowl with balsamic vinegar, Greek seasoning and olive oil.

Place on a baking sheet lined with parchment paper and bake at 400°F for 20 mins.



**Course:** Main Course



# Oatmeal with Mixed Berries & Hemp Hearts

**Prep** 5 min

**Cook** 15 min

**Total** 20 min

**Serving:** 4

## Ingredients

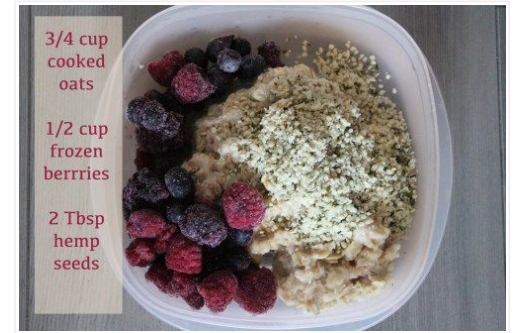
- 2 cup Large **flake oats** *cooks in 4-5 mins, dry*
- 3 cup **Water**
- 2 cups **frozen Mixed Berries** *divided into 4-1/2 cup portions*
- 1/2 cup **Hemp Hearts** *divided into 4-8 Tbsp portions*

## Directions

Add oats and water to a large pot. Bring to a boil, turn down to medium.

Cook for 4-5 min or until all the water has cooked out.

Top with frozen mixed berries and hemp hearts.



**Course:** Breakfast

# Protein-Packed Black Bean and Kidney Bean Quinoa Salad

Source: [pulses.org](https://pulses.org)

Prep 10 min

Cook 45 min

Total 55 min

Yields 4 - 6 servings originally 4 - 6 servings

Serving: 6

## Ingredients

- **SALAD**

- $\frac{3}{4}$  cups **uncooked quinoa** (or 2  $\frac{1}{2}$  cups pre-cooked quinoa)
- 1  $\frac{1}{3}$  cups **shelled edamame** (fresh or frozen and thawed)
- 2 cups **green beans** cut into 1 inch pieces and steamed or blanched till crisp tender
- 1 cup **chopped, roasted red bell peppers** (about 4 roasted bell peppers--you can roast them yourself or purchase them in the jar) or 1  $\frac{1}{2}$  cups chopped, fresh red pepper
- 1  $\frac{1}{2}$  cups **cooked kidney beans** (1 can kidney beans drained and rinsed, or  $\frac{1}{2}$  cup beans if you're preparing from scratch)
- 1  $\frac{1}{2}$  cups **cooked black beans** (1 can black beans drained and rinsed, or  $\frac{1}{2}$  cup beans if you're preparing from scratch)
- 3-4 cups **loosely packed baby arugula**

- **OPTIONAL**

- $\frac{1}{4}$  cup **loosely packed snipped chives**
- $\frac{1}{4}$  cup **loosely packed chopped green onion tops**

- **ROASTED GARLIC VINAIGRETTE**

- 1 whole head **garlic** top sliced off crosswise
- 5 tablespoons **olive oil** plus extra for roasting the garlic
- $\frac{1}{4}$  cup **freshly squeezed lemon juice**
- 1 tablespoon **apple cider vinegar**
- 2 teaspoons **Dijon mustard**
- 1 teaspoon **maple syrup** or agave
- $\frac{1}{4}$  teaspoon **salt**
- **black pepper** to taste

## Directions

Preheat your oven to 375F. Drizzle a little olive oil over the head of the garlic and rub it over the exposed garlic cloves. Wrap the garlic in foil, place it on a baking sheet, and roast for 30-35 minutes, or until the cloves are soft and fragrant.

While the garlic roasts, rinse the quinoa through a fine sieve. Transfer the quinoa and 1  $\frac{1}{2}$  cups water to a small pot. Bring the mixture to a boil, cover, and reduce heat to low. Simmer for 15 minutes, or until the quinoa has absorbed all of the water. Fluff the quinoa with a fork, re-cover, and allow it to rest while you prepare the rest of the salad.

When the garlic is ready, squeeze all of the cloves out of the garlic head into a blender or a food processor. Add all remaining dressing ingredients. Blend the dressing till smooth.

To prepare the salad, pile the edamame, green beans, bell pepper, kidney beans, black beans, and arugula into an extra large mixing bowl. Add the cooked quinoa, the chives or green onions if using, and then the vinaigrette. Toss the salad well to combine, then adjust salt and pepper to taste. Serve.



Course: Salad