

## Meal Plan for First Step Nutrition

### Day 1 - Monday, Jan 18th, 2010

When preparing the chicken for tonight's dinner, cook and extra plain chicken breast, for tomorrow's dinner.

#### Breakfast

30 g oatmeal (dry measure)  
 1 cup milk low-fat (1% mf)  
 1 tbsp chopped nuts, walnuts  
 1 g frozen fruit, blueberries

#### Morning Snack

1 serving Banana Date & Walnut Muffins \*See Recipe

#### Lunch

1 serving Tuna Sandwich \*See Recipe  
 12 baby carrot, raw  
 1 cup chocolate milk, 1% m.f.

#### Afternoon Snack

1 medium orange  
 150 g yogurt, fruit or vanilla, fat-free

#### Dinner

1 cup milk low-fat (1% mf)  
 1 tbsp oil & vinegar salad dressing  
 1 cup garden salad (lettuce & chopped vegetables)  
 1 serving Chicken Curry with Chickpeas & Tomatoes \*See Recipe

#### Evening Snack

1 medium banana

NUTRITION FACTS - DAY 1	
CALORIES (kCal)	2154
FAT (g)	52
SATURATED FAT (g)	14.313
TRANS FAT (g)	0.269
CHOLESTEROL (mg)	201
SODIUM (mg)	2218
CARBOHYDRATE (g)	309.66
FIBRE (g)	29
SUGARS (g)	149.19
PROTEIN (g)	124.54
VITAMIN A (µg)	1339
VITAMIN C (mg)	160.6
CALCIUM (mg)	1587
IRON (mg)	18.48

## Meal Plan for First Step Nutrition

Day 2 - Tuesday, Jan 19th, 2010

### Breakfast

1 regular slice whole grain bread, or toast  
 1 whole egg  
 1 ml diced cheddar cheese  
 1 medium orange

### Morning Snack

1 serving Banana Date & Walnut Muffins \*See Recipe  
 150 g yogurt, fruit or vanilla, fat-free

### Lunch

1 tbsp oil & vinegar salad dressing  
 1 cup garden salad (lettuce & chopped vegetables)  
 1 serving Chicken Curry with Chickpeas & Tomatoes \*See Recipe

### Afternoon Snack

1 medium apple

### Dinner

1 serving Chicken Fajita \*See Recipe  
 1 cup milk low-fat (1% mf)

### Evening Snack

1 cup diced pineapple

NUTRITION FACTS - DAY 2	
CALORIES (kCal)	2098
FAT (g)	59.29
SATURATED FAT (g)	16.071
TRANS FAT (g)	0.195
CHOLESTEROL (mg)	479
SODIUM (mg)	1777
CARBOHYDRATE (g)	271.8
FIBRE (g)	30.3
SUGARS (g)	119.34
PROTEIN (g)	130.98
VITAMIN A (µg)	682
VITAMIN C (mg)	288.8
CALCIUM (mg)	1088
IRON (mg)	14.24

## Meal Plan for First Step Nutrition

**Day 3 - Wednesday, Jan 20th, 2010**

### Breakfast

1 serving Muslix \*See Recipe

### Morning Snack

1 cup diced pineapple

1 serving Banana Date & Walnut Muffins \*See Recipe

### Lunch

1 serving Chicken Fajita \*See Recipe

1 g chocolate milk, 1% m.f.

### Afternoon Snack

1 medium apple

### Dinner

1 serving Creamy Dill Salmon \*See Recipe

1 cup milk low-fat (1% mf)

1 serving Maple Glazed Carrots \*See Recipe

1 /2 cup brown rice, (dry measure)

### Evening Snack

*No ingredients or recipes have been added to this meal.*

NUTRITION FACTS - DAY 3	
CALORIES (kCal)	2176
FAT (g)	67
SATURATED FAT (g)	15.663
TRANS FAT (g)	0.255
CHOLESTEROL (mg)	275
SODIUM (mg)	1422
CARBOHYDRATE (g)	283.42
FIBRE (g)	31.3
SUGARS (g)	116.13
PROTEIN (g)	113.53
VITAMIN A (µg)	1145
VITAMIN C (mg)	181.9
CALCIUM (mg)	1030
IRON (mg)	10.21

NUTRITION FACTS - 3 DAY AVG	
CALORIES (kCal)	2143
FAT (g)	59.43
SATURATED FAT (g)	15.349
TRANS FAT (g)	0.24
CHOLESTEROL (mg)	318
SODIUM (mg)	1806
CARBOHYDRATE (g)	288.29
FIBRE (g)	30.2
SUGARS (g)	128.22
PROTEIN (g)	123.02
VITAMIN A (µg)	1055
VITAMIN C (mg)	210.4
CALCIUM (mg)	1235
IRON (mg)	14.31

## Grocery List

### Breakfast Cereals

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Large Flake Oats, dry	13g	0.1 cup
Oatmeal (dry measure)	30g	0.9 pouch

### Dairy & Egg Products

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Cheddar Cheese	31g	0.2 cup diced
Chocolate Milk, 1% M.F.	266g	1 cup
Cream cheese, light	16g	0.1 cup
Milk Low-Fat (1% MF)	1032g	4 cup
Milk, buttermilk, fluid, cultured, 2% M.F.	65g	0.3 cup
Olympic Dairy Yogurt, No Fat Plain	135g	135 g
Sour Cream, light	87g	0.3 cup
Whole egg	76g	1.5
Yogurt, fruit or vanilla, fat-free	300g	300 g
Yogurt, plain, 2% to 4% M.F.	49g	0.2 cup

### Nuts & Seeds

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Flaxseed	8g	1.1 tbsp ground
Nuts, Walnuts	22g	3 tbsp chopped

### Fruits & Fruit Juices

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Apple	383g	2.8 medium
Banana	208g	1.8 medium
Blueberries	39g	0.3 cup
Frozen Fruit, blueberries	1g	0 cup
Orange	280g	2 medium
Pineapple	328g	2 cup diced
Raspberry, raw	33g	17.4 fruits

### Cereals, Grains & Pasta

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Brown Rice, (dry measure)	196g	1 cup
Grains, wheat flour, whole-grain	64g	0.5 cup
Wrap, tortilla, whole wheat	136g	4 (35g)

### Sweets

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Honey	11g	0 cup
Maple Syrup, real or pancake syrup	20g	0.1 cup
Sugar	40g	0.2 cup

### Baked Products

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Baking soda	1g	0.2 tsp
Leavening agent, baking powder, continuous action	2g	2.1 ml
Whole Grain Bread, or Toast	115g	2.9 40g slice

### Spices & Herbs

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Black pepper	1g	2 dash
Chili powder	6g	12 dash
Dill, dried	1g	2 dash
Salt	1g	2.5 dash
Spices, cinnamon, ground	2g	3.4 dash
Spices, cumin	3g	3.8 dash
Spices, curry powder	2g	0.3 tbsp
Vanilla extract	2g	0.2 tbsp

### Fats & Oils

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Flaxseed oil	7g	7.6 ml
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Margarine, tub, canola and safflower oil (non-hydrogenated), unsalted, BECEL	20g	20.8 ml
Mayonnaise, light	16g	0.1 cup
Oil & vinegar salad dressing	33g	2 tbsp
Olive oil	14g	0.1 cup

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### **Vegetables & Vegetable Products**

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Baby carrot, raw	121g	12.1
Bell pepper, green, raw	164g	1
Carrot, raw	114g	1.9 medium
Celery, raw	8g	0.1 cup
Cilantro (coriander), fresh	2g	0.1 cup
Lettuce, green leaf or romaine	60g	1 cup chopped
Onion, raw	85g	0.5 cup chopped
Tomato	96g	5.6 cherry or grape
Tomato, red, ripe, canned, diced	213g	0.8 cup

### **Finfish & Shellfish Products**

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Canned tuna light with water, drained	83g	0.5 can
Salmon, sockeye, raw	150g	0.2 fish (2200g)

### **Fast Foods**

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Garden Salad (lettuce & chopped vegetables)	294g	2 cup
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### **Poultry Products**

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Chicken Breast, cooked	197g	1 breast
Chicken breast, boneless, skinless (raw weight)	320g	320 g

### **Legumes & Legume Products**

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Chickpeas (garbanzo beans, bengal gram), boiled, salted	174g	251 ml
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### **Soups, Sauces & Gravies**

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Sauce, salsa, ready-to-serve	23g	0.1 cup
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### **Beverages**

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Orange juice, not from concentrate	8g	0 cup
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## Recipes

### Banana Date & Walnut Muffins

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12 Servings

#### Ingredients

2 cups	grains, wheat flour, whole-grain
3/4 cup	sugar
1/2 tsp	baking soda
5 ml	leavening agent, baking powder, continuous action
1/2 tsp	spices, cinnamon, ground
1/2 cup	large flake oats, dry
2 large egg	whole egg
3/4 cup	yogurt, plain, 2% to 4% m.f
83 ml	margarine, tub, canola and safflower oil (non-hydrogenated), unsalted, becel, 1/3 cup
1 tsp	vanilla extract
375 ml mashed	banana, about 3 bananas
83 ml chopped	nuts, walnuts, 1/3 cup
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187 ml pitted, chopped	date, domestic, natural and dry, 3/4 cup

#### Directions

- 1) Preheat oven to 375 degrees F. Spray muffin tins with non-stick spray.
- 2) In a large bowl, combine flour, sugar, baking soda, baking powder, cinnamon and rolled oats. In a separate bowl, combine eggs, yogurt, melted margarine, vanilla and bananas. Stir the wet ingredients into the flour mixture, and then stir in the walnuts and dates.
- 3) Spoon batter into muffin tins to the top. Bake 20 minutes or until muffins are golden.

### Chicken Curry with Chickpeas & Tomatoes

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4 Servings

#### Ingredients

1 cup	brown rice, (dry measure)
2 breast	chicken breast, cooked
500 ml	chickpeas (garbanzo beans, bengal gram), boiled, salted, 15 oz can, rinsed & drained
15 ounce	tomato, red, ripe, canned, diced, drained
1.5 tsp	spices, curry powder
1 tsp	spices, cumin
1/2 cup	sour cream, light
1 dash	salt
1 dash	black pepper
2 tbsp	cilantro (coriander), fresh

#### Directions

- 1) Using a fork, pull the chicken meat into shreds and place in a medium saucepan.
- 2) Add the chickpeas, tomatoes, curry powder, and cumin and mix well. Set over medium heat, bring to a simmer, and simmer until heated through, 3 to 5 minutes.
- 3) Stir in the sour cream and simmer 1 minute to heat through.
- 4) Remove from the heat and stir in cilantro. Season to taste with salt and pepper and serve over rice

### Chicken Fajita

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1 Serving

Adjust chili pepper to your taste.

#### Ingredients

160 g	chicken breast, boneless, skinless (raw weight)
2 small	wrap, tortilla, whole wheat
3 medium slice	onion, raw
1 /2 pepper	bell pepper, green, raw, chopped
1 tsp	chili powder
1 dash	spices, cumin
1/2 cup chopped	lettuce, green leaf or romaine
1/4 cup chopped	tomato
2 tsp	sauce, salsa, ready-to-serve
2 tsp	sour cream, light
2 tbsp shredded	cheddar cheese
1/2 tbsp	olive oil

#### Directions

1. Slice chicken breast into thin pieces and pan-fry in 1/4 tbsp of olive oil. Cook chicken until it has reached an internal temperature of 165F.
2. Slice onion and peppers. In a separate pan from the chicken cook vegetables in a 1/4 Tbsp of olive oil. Cook until vegetables are tender.
3. Mix the two spices and sprinkle into chicken and vegetables while they are cooking.
4. Shred cheese and chop tomatoes and lettuce.
5. Place chicken in wraps and top with cooked vegetables, raw vegetables, cheese, salsa and sour cream. Roll and enjoy.

### Creamy Dill Salmon

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1 Serving

#### Ingredients

150 g	salmon, sockeye, raw
1 tbsp	cream cheese, light
1 dash	dill, dried

#### Directions

1. Preheat oven or grill.

2. Spread cream cheese on salmon fillet.
3. Sprinkle with dill.
4. Wrap in tinfoil and bake in oven or grill on barbecue until salmon flakes.

### Maple Glazed Carrots

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4 Servings

#### Ingredients

454 g	carrot, raw, sliced diagonally into 1/8 inch thick pieces
4 tbsp	maple syrup, real or pancake syrup
30 ml	orange juice, not from concentrate
1/4 tsp	salt

#### Directions

1. Place the carrots in a medium sauce pan over medium heat. Cover with water and simmer for about 15 minutes, or until tender. Drain the water.
2. Add the maple syrup, orange juice, and salt, then stir. Let the carrots cook for an additional 5 minutes.
3. If desired sprinkle with ginger and serve.

### Muslix

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2 Servings

#### Ingredients

1 cup	olympic dairy yogurt, no fat plain
1/2 cup	milk, buttermilk, fluid, cultured, 2% m.f., or milk soured with lemon juice
1 tbsp	honey
15 ml	flaxseed oil
2 tbsp ground	flaxseed
1 large fruit (8.3cm dia)	apple, unpeed & grated
1 tbsp chopped	nuts, walnuts
1 tsp	spices, cinnamon, ground
1/2 cup	blueberries
125 ml	raspberry, raw, 0.5 cup

#### Directions

- 1) In a medium bowl, blend yogurt with buttermilk (or soured milk), honey, and cinnamon. Set aside
- 2) Spoon 1 Tbsp ground flax seeds into each of two smaller cereal bowls. Do the same with the apples, ground walnuts and berries.
- 3) Divide mixture in first bowl evenly between the two smaller bowls.

If you don't have all of the ingredients, this recipe tastes great with any or all of the ingredients.

### Tuna Sandwich

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1 Serving

**Ingredients**

1/2 can               canned tuna light with water, drained  
1 tbsp                mayonnaise, light  
1 tbsp diced        celery, raw  
2 slice (40g each) whole grain bread, or toast

**Directions**

1. Drain tuna.
2. In a bowl, mix 1/2 can tuna with mayonnaise and celery.
3. Spread over one slice of fresh bread or toast. Top with other piece of bread or toast.