

Emily's Menu – February 23 to March 1st, 2015

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	1/3 cup oats 1 scoop vanilla protein 1 banana Cinnamon	Blueberry Banana Oatmeal Pancakes	1/3 cup oats 1 scoop vanilla protein 1 banana Cinnamon	1 egg + ½ cup egg whites Mushrooms, pepper, onions ½ avocado Salsa	Homemade Greek Yogurt Breakfast Parfait	1 egg + ½ cup egg whites Mushrooms, pepper, onions ½ avocado Salsa	1/3 cup oats 1 scoop vanilla protein 1 banana Cinnamon
Snack	2 Tbsp hummus & chopped veggies 2 boiled eggs	½ cup Greek yogurt 1 apple, chopped 2 Tbsp chopped walnuts	Homemade protein bar	2 Tbsp hummus + chopped veggies 1 scoop protein with almond milk	½ cup Greek yogurt 1 apple, chopped 2 Tbsp chopped walnuts	Homemade protein bar	Homemade protein bar
Lunch	Broccoli Quinoa Salad	Broccoli Quinoa Salad	Sweet potato edamame shepherd's pie & Side Salad	Sweet potato edamame shepherd's pie & Side Salad	Taco Stuffed Peppers (TVP)	Taco Stuffed Peppers (TVP)	Noodle-free lasagne
Snack	½ cup Greek yogurt 1 apple, chopped 2 Tbsp chopped walnuts	Homemade protein bar	2 Tbsp hummus + chopped veggies 1 scoop protein with almond milk	½ cup Greek yogurt 1 apple, chopped 2 Tbsp chopped walnuts	Homemade protein bar	2 Tbsp hummus + chopped veggies 1 scoop protein with almond milk	½ cup Greek yogurt 1 apple, chopped 2 Tbsp chopped walnuts
Supper	Sweet potato edamame shepherd's pie & Side Salad	Sweet potato edamame shepherd's pie & Side Salad	Sweet potato edamame shepherd's pie & Side Salad	Taco Stuffed Peppers (TVP)	Taco Stuffed Peppers (TVP)	Noodle-free lasagne	Noodle-free lasagne

Recipe List

Breakfast

1. Breakfast Banana Split
2. Blueberry Banana Oatmeal Pancakes
3. Homemade Greek Yogurt Breakfast Parfait

Snacks

4. Hummus
5. Homemade protein bars

Supper/Lunch

6. Sweet potato edamame shepherd's pie
7. Taco Stuffed Peppers (TVP)
8. Broccoli Quinoa Salad
9. Noodle-free lasagne (lentils)

Breakfast

1. Blueberry Banana Oatmeal Pancakes

Yield: Makes 6-8 pancakes

Ingredients:

- 1 egg
- 1/2 cup egg whites
- 1/2 cup oats
- 1 tsp baking powder
- sprinkle of cinnamon
- 1 banana
- dab of coconut oil (for the pan)
- Optional: 1/2 cup blueberries

Method:

1. Heat a medium to large pan on the stove on medium heat
2. Put everything in a big mason jar (**except** blueberries – add these **AFTER** blending everything and just stir them into the batter)
3. Screw on the top of the blender
4. Blend until smooth
5. Add in blueberries and stir (skip this step if not using blueberries)
6. Add a dab of coconut oil to the pan and spread it evenly with a spatula
7. Pour batter into pan and cook pancakes 3-5min/side until done.
8. Enjoy!

2. Homemade Greek Yogurt Breakfast Parfait

Ingredients

- 3/4 Cup Greek yogurt
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 cup Kashi cereal
- 1 Tbsp wheat germ (for top)

Method

This one is simple! Layer ingredients in a Mason jar or nice glass and eat with a spoon. Yum!

Snacks

3. Low Fat Spicy Bean Dip

This tasty bean dip is quick and easy to make and delicious served with fresh chopped veggies or warm pita bread.

Makes 4 Servings

Ingredients:

- 1 cup cooked black beans (1-15 ounce can)
- 1 cup of your favorite hot salsa
- 1 Tbsp fresh lime juice
- 1 tsp gr. coriander
- 2 tsp gr. cumin
- 1/4 tsp salt or to taste
- Pinch of cayenne
- White or black pepper to taste
- 1 Tbsp minced parsley or cilantro
- Optional: 1 jalapeno pepper, seeded and minced

Method:

1. Using a food processor or hand blender, blend the pinto beans until smooth
2. Add the salsa, lime juice, coriander, cumin, salt, cayenne, and pepper. Blend well
3. Place in bowl and garnish with parsley
4. Serve with warmed flour tortillas or baked (not fried) tortilla chips for a low calorie, tasty snack

4. Amazing Homemade Protein Bars

Ingredients:

- 2 cups **quick** oats (regular oats will be pretty chewy in this recipe)
- 5-6 scoops vanilla protein powder
- 5 tbsp natural peanut butter
- 1/2 cup shredded coconut
- 1/2 cup almond milk
- 1/2 cup dried cranberries (optional)
- 1/4 cup semisweet chocolate chip (optional)

Lower carb option: omit the cranberries and chocolate chips, add 1/4 cup slivered almonds

Higher fibre option: add 2 TBSP chia seeds to this mixture

Method:

In a large bowl, combine oats, protein powder, coconut, cranberries. Add peanut butter and stir till peanut butter is coated. Slowly add ~1/2 cup almond milk, stirring throughout (add just enough liquid to the mix forms a batter-like consistency). Add chocolate chips if desired.

Line an 8×8 pan with wax paper, add mixture to pan. Cover mixture with another layer of wax paper and press down till the mixture is pressed flat. Refrigerate 30-60 minutes, then cut into bars. Wrap any unused bars in saran wrap and store in the fridge.
Makes ~10 servings.

Supper/Lunch

5. Sweet potato edamame shepherd's pie

For recipe go to Veg Kitchen.com: <http://www.vegkitchen.com/recipes/sweet-potato-and-edamame-shepherds-pie/>

6. Taco-Stuffed Peppers

Ingredients:

- 2 Medium bell peppers (any color pepper will work!)
- 1 cup of TVP soaked in a scant 1cup of boiling water for 10 min
- 2 Tbs chopped onion
- 1 Tsp coconut oil
- 1 Can black beans, rinsed and drained
- 1 Can yellow corn, rinsed and drained
- 1 Cup (8oz) salsa of choice
- 2 Tbs taco seasoning
- 1/4 Cup shredded reduced-fat cheddar cheese (or shredded mozzarella)
- 1/4 Cup fat-free sour cream (or Greek yogurt)
- 1/4 Cup tomato, chopped
- *Optional: 1/4 Cup pitted black olives, chopped, 1 Cup shredded lettuce

Method:

1. Cut tops off peppers and remove seeds. In a large pot, cook peppers in boiling water for 3-5 minutes. Remove the peppers from boiling water and rinse immediately in cold water. Place the peppers in an ungreased (8 inch square) baking dish, and set aside.
2. Heat a large frying pan. Saute chopped onions in coconut oil until translucent.
3. Add TVP, beans, corn, salsa, and taco seasoning to the skillet. Bring to a boil.
4. Reduce heat, and simmer, uncovered in pan for 5-6 minutes, or until everything is heated through, then turn off the heat.
5. Spoon mixture into the 4 peppers and sprinkle 1 tbsp of cheese on top of each one. Bake uncovered at 350 degrees for 10-12 minutes, or until peppers are tender.
6. Before serving, top each pepper with 1 tablespoon of sour cream (or Greek yogurt), and tomatoes, (and black olives and lettuce if desired).

7. Broccoli Quinoa Salad

Ingredients:

- 1 large head broccoli
- Small bunch of scallions, diced
- 1/4 cup raisins
- 1/4 cup sunflower seeds
- 1/4 cup raw pumpkin seeds
- 1 pkg silken tofu
- 1 Tbsp lemon juice
- 1 Tbsp honey
- 1 cup shredded carrot
- 1 cup shredded apple
- 1 cup quinoa

Method:

1. Steam broccoli until tender
2. Cook quinoa in 2 cups of water until spirals appear; rinse and set aside to cool down
3. In a small bowl or food processor, blend silken tofu, lemon juice, and honey until smooth
4. In a medium bowl, mix quinoa, broccoli, scallions, raisins, sunflower seeds, pumpkin seeds, shredded carrot, and shredded apple.
5. Mix in tofu mixture and mix through.
6. Enjoy

8. Noodle-free Lasagne

Ingredients:

“Noodles”:

- 5-6 big zucchinis, cut into long 1/8 inch strips to resemble thick lasagne-style noodles

Meat Sauce:

- 1 cup of lentils cooked in 2 cups water (drain excess water)
- 1 large onion, diced
- 2 cups fresh chopped peppers
- 2 cups fresh chopped cauliflower (or mushrooms if you prefer)
- 2 cups fresh chopped spinach
- 1 (25 oz) jar of spaghetti sauce (*watch the sugar content*)
- 2 cloves of diced garlic
- Pinch of salt and pepper, or to taste
- Optional: 1/2 cup raw sunflower seeds

Cheese:

- 1 (16 oz) container 1% cottage or ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 large egg
- 3/4 cup shredded mozzarella cheese

Method:

1. Preheat oven to 425 degrees. Spray a baking sheet with olive oil and place your zucchini slices on it. Bake for 5 minutes each side then remove from oven. Set aside. Reduce oven temperature to 375 degrees.
2. Add pre-soaked, drained TVP, veggies, seasonings, and tomato sauce to a large pan. Simmer for about 10 minutes on med-low heat, stirring occasionally. If you are using sunflower seeds, add them before taking the meat sauce off the burner. Set aside.
3. Mix cottage cheese and parmesan cheese together with 1 egg in a medium bowl.
4. Grease a 9×13 baking dish with coconut oil or olive oil. Spread 1/3 of the TVP tomato sauce in the bottom of the pan. Next make a layer of zucchini slices, followed by a cheese layer. Repeat until casserole dish is full or you use up everything.
5. Sprinkle the mozzarella evenly over the top. Cover with tin foil and bake at 375 degrees for 30 min.

Shopping List

Produce

- Frozen edamame
- Blueberries
- Raspberries
- Apples
- Bananas
- Celery
- Carrots
- Mushrooms
- 5-6 peppers
- 1 tomato
- 1 lime
- 1 lemon
- Cilantro
- Kale
- 1 1/2 lb sweet potatoes
- Lettuce
- 1 head of broccoli
- 1 head of cauliflower
- 1 bunch of spinach
- Scallions
- 2 avocados

Eggs/Dairy/Soy

- 0% plain Greek yogurt
- Eggs
- Egg whites
- Almond milk
- Cottage cheese
- Firm tofu
- Silken tofu
- Parmesan cheese
- 1 cup low fat cheese

Dry Goods/Pantry

- Kashi cereal (cluster one)
- Oats
- 1 cup quinoa
- Wheat germ
- Baking powder
- 2 Tbsp Chickpea flour
- Vanilla protein powder
- Cinnamon
- Coconut oil

- Walnuts
- 2 jars tomato sauce (low sugar)
- 3 cups TVP (textured vegetable protein)
- Hot salsa
- Natural peanut butter
- honey
- Shredded coconut
- 1/4 cup slivered almonds
- 2 Tbsp chia seeds
- Cumin
- Coriander
- Cayenne pepper
- Pepper
- Basil
- 2 cans black beans
- 1 can yellow corn
- 2 Tbsp taco seasoning
- 3/4 cup raw sunflower seeds
- 1/4 cup raw pumpkin seeds
- 1 cup lentils
- Tahini