

7 Day Weekly Meal Plan

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast High Protein Breakfast Rice Pudding	Breakfast High Protein Breakfast Rice Pudding	Breakfast High Protein Breakfast Rice Pudding	Breakfast Pea Protein Overnight Oats	Breakfast Pineapple, Ginger, and Walnut Oatmeal	Breakfast Pineapple, Ginger, and Walnut Oatmeal	Breakfast Pineapple, Ginger, and Walnut Oatmeal
Lunch Spinach and mushroom lasagna <i>with 2 cups Salad</i>	Lunch Spinach and mushroom lasagna <i>with 2 cups Salad</i>	Lunch Spinach and mushroom lasagna <i>with 2 cups Salad</i>	Lunch Slow Cooker Zuppa Toscana Soup	Lunch Pork Tenderloin With Cider-Glazed Carrots <i>with 1/2 cup Quinoa</i> <i>with 2 cups Salad</i>	Lunch Black Bean & Corn Sum- mer Salad	Lunch Black Bean & Corn Sum- mer Salad
Supper Slow Cooker Zuppa Toscana Soup	Supper Slow Cooker Zuppa Toscana Soup	Supper Pork Tenderloin With Cider-Glazed Carrots <i>with 2 cups Salad</i>	Supper Pork Tenderloin With Cider-Glazed Carrots <i>with 2 cups Salad</i>	Supper Salmon and Couscous in Parchment <i>with 2 cups Steamed Veggies</i>	Supper Salmon and Couscous in Parchment <i>with 2 cups Steamed Veggies</i>	Supper Salmon and Couscous in Parchment <i>with 2 cups Steamed Veggies</i>
Snacks <i>Morning: 1/2 cup Pineapple</i> <i>Afternoon: Apple and 2 Tbsp. Almond Butter</i> <i>Evening: 150 calories of your favourite treat</i>	Snacks <i>Morning: 1/2 cup Pineapple</i> <i>Afternoon: Apple and 2 Tbsp. Almond Butter</i> <i>Evening: 150 calories of your favourite treat</i>	Snacks <i>Morning: Apple</i> <i>Afternoon: Veggies and 1/3 cup Hummus</i> <i>Evening: 150 calories of your favourite treat</i>	Snacks <i>Morning: Apple</i> <i>Afternoon: Veggies and 1/3 cup Hummus</i> <i>Evening: 150 calories of your favourite treat</i>	Snacks <i>Morning: Apple</i> <i>Afternoon: Veggies and 1/3 cup Hummus</i> <i>Evening: 150 calories of your favourite treat</i>	Snacks <i>Morning: Orange</i> <i>Afternoon: 1/2 cup Mixed Berries and 1/2 cup plain Greek yogurt</i> <i>Evening: 150 calories of your favourite treat</i>	Snacks <i>Morning: Orange</i> <i>Afternoon: 1/2 cup Mixed Berries and 1/2 cup plain Greek yogurt</i> <i>Evening: 150 calories of your favourite treat</i>
Notes	Notes <i>Prepare overnight oats</i>	Notes	Notes	Notes	Notes	Notes

Provided to you by the Registered Dietitians at:

A Little Nutrition

Using Real Food To Manage Weight & Wellness

If you need help learning how to meal plan or help with your nutrition, give us a call for a free 15 min consult to see if working with a dietitian is a right fit for you!

1-204-792-1893 or admin@alittlenutrition.com

High Protein Breakfast Rice Pudding

Source: www.alittlenutrition.com

Serving: 1

Ingredients

- 1 cup **brown long-grain rice**
- 6 cups **unsweetened almond milk** *divided*
- 2 tbsp **butter** *salted*
- 1 tsp **vanilla extract**
- 1 cup **raisins**
- $\frac{1}{4}$ cup **chia seeds**
- 3 cups **blueberries**
- $\frac{1}{2}$ cup **plain Greek yogurt** (*0% to 2%*)
- 2 tbsp **maple syrup**

Directions

Place the rice, 4 cups of milk, butter, and vanilla extract in a medium pot. Cover and bring it to a boil. Once boiling, reduce the heat to low and cook for 35 – 40 minutes or until the rice is soft and the milk is absorbed. Stir a couple of times.

Remove the pot from the heat. Add the remaining 2 cups of milk and chia seeds. Stir until well combined and allow to set and cool for 15 minutes.

Transfer the rice into a baking dish or casserole. Add the remaining ingredients (yogurt, berries, maple syrup)

Variations

This recipe serves 8 and can be stored in the refrigerator for 5 days. After you have tested the original version out, it's time to switch things up!!!

Carrot Cake Pudding: Add 1 $\frac{1}{2}$ cups of shredded carrot, 1 $\frac{1}{2}$ cups of chopped apple, and 1 tbsp of cinnamon to the rice before you cook it. Omit the 3 cups of berries.

Coconut Mango Pudding: Replace the almond milk with coconut milk. Replace the 3 cups of frozen berries with 3 cups of mango's. Top each dish with shredded unsweetened coconut.

Banana Peanut Butter Pudding: Replace the 2 tbsp of butter with 2 tbsp of natural peanut butter. Replace the 3 cups of frozen berries with 3 cups chopped banana. Top each dish with a few chopped peanuts. Omit the raisins and instead top with a few chocolate chips.

Raspberry Kefir Pudding: Replace the Greek yogurt with $\frac{1}{2}$ cup of raspberry kefir. Replace the frozen blueberries with raspberries. Omit the raisins.

Strawberry Rhubarb: Add 1 $\frac{1}{2}$ cups of rhubarb to the rice before cooking. Add 1 $\frac{1}{2}$ cups of frozen strawberries in step 3. Omit the 3 cups of berries.



Course: Breakfast

Spinach and mushroom lasagna

Source: www.eatrightontario.ca

Prep 10 min

Cook 55 min

Total 1 hr 5 min

Serving: 8

Freeze leftovers in single serve portions and take it for a quick lunch on another day.



Course: Main Course

Ingredients

- 9 **Whole wheat lasagna noodles**
- 1 Tbsp (15 mL) **Olive oil**
- 1 cup (250 mL) **Red onion** *diced*
- 4 cups (1 L) **Mushrooms** *sliced*
- 3 Cloves of **garlic** *minced*
- 1 bag (10 oz) **Baby spinach** *washed and dried*
- 1 jar (about 2 ¼ cups) **Tomato sauce**
- **Pepper** *To taste*
- 1 cup (250 mL) **Light feta cheese**
- 1 container (475g) **Light ricotta cheese**
- 2 cups (500 mL) **Light mozzarella cheese** *shredded*

Directions

Preheat oven to 375° F (190° C).

Cook the lasagna noodles according to package directions. Drain and set aside.

To make the sauce: Heat oil in a large sauce pan over medium heat. Add onions and mushrooms and cook for 10 minutes. Add garlic and spinach. Cover and cook until the spinach is wilted. About 5 minutes. Uncover and cook on medium heat for about 10 minutes or until most of the liquid has evaporated. Add the tomato sauce and pepper.

To make the lasagna: Line the bottom of a 9x13 inch baking dish with 3 noodles. Top with ½ of the ricotta cheese, ½ of the sauce and ½ of the feta cheese. Repeat. Place the final 3 noodles on top and cover with mozzarella cheese.

Bake for 30 minutes or until the cheese is starting to brown.

Slow Cooker Zuppa Toscana Soup

Source: www.alittlenutrition.com

Prep 10 min

Cook 8 hr

Total 8 hr 10 min

Serving: 6

Ingredients

- 188 g **Spicy Italian Sausage Meat**
- 2 **Sweet Potatoes** *sliced*
- 1 bunch **Kale** *chopped*
- 8 cups **Chicken Broth** *No Salt Added*
- 1.5 tsp **Paprika**
- 0.5 tsp **Anise Seed**
- 1 tsp **Black Pepper**
- 1 tsp **Garlic Powder**
- 1 can **White Beans** *rinsed*
- 1 cup **Cream**

Directions

Wash and slice the sweet potatoes and chop the kale.

Add sweet potatoes, kale, Italian sausage meat, chicken broth and spices into the slow cooker. Note: if you are using dried beans add them in this step.

Cook on LOW for 8 hours, or HIGH for 4 hours.

Stir in white beans and cream.

Serve with your favourite crusty roll!



Course: Soup

Pork Tenderloin With Cider-Glazed Carrots

Source: www.eatrightontario.ca

Prep 10 min

Cook 20 min

Total 30 min

Serving: 4

Ingredients

- 2 Tbsp (25 mL) Olive oil
- 2 Pork tenderloins (3/4 lb/375 g each)
- 1 tsp (5 mL) Dried rosemary *crushed*
- 1/2 tsp (2 mL) Dried leaf thyme
- 1/4 tsp (1 mL) Pepper
- 6 Carrots
- 1 cup (250 mL) Apple cider *or juice*
- 2 Tbsp (25 mL) Sherry (optional) *or brown sugar*

Directions

Heat oil in wide frying pan over medium heat.

Sprinkle tenderloins with rosemary, thyme, and pepper, pressing into meat to evenly coat. Add to hot oil and evenly and lightly brown pork, turning often, about 9 minutes.

Peel carrots and slice lengthwise into sixths, or eighths if large; cut into 1 1/2 inch (4 cm) pieces.

Push tenderloins to side of pan and stir to loosen browned bits from bottom. Spread carrots out in pan. Place pork on top of carrots and pour cider over all.

Cover and cook over medium heat turning meat at least once, for 10 to 12 minutes or until meat thermometer registers 160° to 170°F (70° to 75°C) and meat feels springy to the touch.

Remove tenderloins to cutting board and cover to keep warm.

Turn heat to medium-high and boil juice, stirring frequently, until carrots are tender and most of the liquid has evaporated. Then stir in sherry, if using. Or taste and stir in 1 to 2 Tbsp (15 to 25 mL) sugar as needed.

Turn into centre of platter. Slice pork into medallions and arrange around carrots.



Course: Main Course

Pea Protein Overnight Oats

Source: pulses.org

Prep 5 min

Cook 8 hr

Total 8 hr 5 min

Serving: 1

Ingredients

- $\frac{1}{2}$ cup **rolled oats**
- 1 tbsp **chia seeds**
- 1 tbsp **hemp seeds** (*optional*)
- $\frac{1}{4}$ cup **almond milk**
- $\frac{1}{4}$ cup **nondairy plain yogurt** (*can skip this step and use additional $\frac{1}{2}$ cup almond milk instead*)
- 1 scoop **organic pea protein** *vanilla or natural flavor*
- **OPTIONAL**
- 1 tbsp **hemp seeds** *or cacao nibs*
- $\frac{1}{4}$ cup **organic berries**
- $\frac{1}{4}$ cup **chopped nuts**

Directions

Mix rolled oats, chia seeds, hemp seeds (optional) almond milk, yogurt, and pea protein powder in a bowl or mason jar

Let it sit in refrigerator overnight until the oatmeal has soaked up the liquid

Remove from refrigerator and top as desired



Course: Breakfast

Amount Per Serving

Calories: 500

Fiber: 500 g

Protein: 500 g

Pineapple, Ginger, and Walnut Oatmeal

Source: www.countryliving.com

Prep 5 min

Cook 25 min

Total 30 min

Yields Serves: 4 originally Serves: 4

Serving: 4

Ingredients

- 2 cups **old-fashioned rolled oats**
- 2 cups **coarsely chopped fresh pineapple**
- 1 cup **coarsely chopped walnuts**
- 1 piece **ginger**
- $\frac{1}{2}$ tsp. **salt**
- 2 cups **whole milk**
- $\frac{1}{2}$ cup **maple syrup**
- 2 large **eggs**
- 2 tsp. **vanilla extract**

Directions

Preheat oven to 400 degrees F.

In a large bowl, stir oats, pineapple, walnuts, ginger, and salt to combine. Divide mixture among four 10-ounce ramekins. Set aside.

In a medium bowl, whisk remaining ingredients to combine. Pour one-quarter of the milk-syrup mixture over the oat-pineapple mixture in each ramekin.

Transfer ramekins to a baking sheet. Bake until oats are set and light golden brown on top, about 25 minutes. Serve with extra maple syrup on the side.



Course: Breakfast

Salmon and Couscous in Parchment

Source: www.canadianliving.com

Prep 8 min

Cook 22 min

Total 30 min

Serving: 4

Ingredients

- 2 tablespoons **finely chopped fresh parsley**
- 2 tablespoons **extra-virgin olive oil**
- 1 tablespoon **wine vinegar**
- 2 teaspoons **Dijon mustard**
- 1 teaspoon **dried oregano**
- 1 **green onion thinly sliced**
- 1 clove **garlic minced**
- $\frac{1}{2}$ teaspoon **salt**
- $\frac{1}{2}$ teaspoon **pepper**
- 1 cup **whole-wheat couscous**
- 3 tablespoons **chopped drained oil-packed sun-dried tomatoes**
- 4 **trout fillets** (about 1-1/2 lb/750 g)
- 4 **lemon wedges**

Directions

Preheat oven to 400°F (200°C).

In large bowl, whisk together parsley, oil, vinegar, mustard, oregano, green onion, garlic, salt and pepper. Remove 2 tbsp (25 mL) and set aside for serving.

To remaining oil mixture, stir in couscous, 1 cup (250 mL) boiling water and tomatoes; cover and let stand for 5 minutes. Fluff with fork.

Cut four 12-inch (30 cm) squares of parchment paper. Evenly spoon couscous onto 1 side of each square; top each with fish fillet. Fold paper over so edges meet; fold and pinch edges together to seal packet.

Place packets on rimmed baking sheet. Bake in preheated oven until fish flakes easily when tested, about 17 minutes. Open packets; drizzle with reserved oil mixture. Serve with lemon.



Course: Main Course

Amount Per Serving

Calories: 479.0

Fat: 18 g

Cholesterol: 90 mg

Sodium: 393 mg

Sugar: 0.0 g

Carbohydrate: 41 g

Fiber: 0.0 g

Protein: 40 g

Black Bean & Corn Summer Salad

Source: www.foodmattersmanitoba.ca

Prep 10 min

Total 10 min

Serving: 5

Ingredients

- 1-19 oz can (540 ml) **black beans** *rinsed and drained*
- 2 cups (500 ml) **frozen corn niblets** *thawed*
- $\frac{1}{4}$ cup (50 ml) **fresh cilantro** *chopped*
- $\frac{1}{4}$ cup (50 ml) **lime juice**
- 2 medium **tomatoes** *chopped*
- $\frac{1}{2}$ cup (125 ml) **onion** *chopped*
- 5 ml **ground cumin**
- 2 ml **each salt and pepper**

Directions

Combine all ingredients in a large bowl. Serve.



Course: Salad