

Quick Easy Menu Plan

MONDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	2 slices whole grain toast	22	4	8
	1 tbsp natural peanut butter	2	1.5	4
	2 tbsp chia jam (berry)	4	3	1
	1 cup milk (1%-2%)/unsweetened soymilk	12		8
Lunch	Tuna white bean Greek salad (cucumbers, tomatoes, onion, feta, lettuce, cucumber)	30	9	36
Dinner	Sheet-pan Roast Chicken Dinner: 4oz chicken breast (oregano, garlic, paprika, brown sugar)	4		38
	1 cup sweet potato (cut in chunks)	37	7	4
	1.5 cup broccoli florets	8	6	6
Snack	½ cup roasted shelled edamame	5	6	12
Total		124	36.5	117

TUESDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	Eggs (2) – scrambled with ½ tomato + 1 cup spinach wilted	3.5	2	13
	1 7-inch whole grain tortilla	13	2	3
	1 cup milk (1%-2%)/unsweetened soymilk	12		8
Lunch	2 quesadillas* (black beans, roasted bell peppers, onions, jalapeno, cheese)	22.5	9	8
	+ 3oz leftover roast chicken			23
	Toppings: 2 tbsp salsa	1	1	0.5
	¼ cup plain Greek yogurt 0%-2%	1		6
	¼ small avocado	1	3.5	1
Dinner	6 oz Baked pesto tilapia (onions, tomatoes, parmesan)	3.5	1	27
	1 cup frozen corn (cooked)	30	3	5
	2 cups simple salad (mixed greens, tomatoes, cucumber, red onion + balsamic dressing)	4	2	1
Snack	Chia seed pudding (1/2 cup milk/soymilk and 1 tbsp nuts, 2 tbsp chia)	13	8	12
	½ cup pomegranate seeds	13.5	4	2
Total		118	35.5	109.5

WEDNESDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	Overnight oats			
	1/3 cup oats	17	2.5	4.5
	1 tbsp chia seeds	1	4	2
	1/2 cup 2% milk	6		4
	1/4 cup 2% Greek yogurt, plain	2	0.5	6
	1 tbsp peanut butter	2	1.5	4
	1/2 cup banana	12.5	1	0.5
Lunch	Garlic Sesame Noodles (chickpea spaghetti vegetables)	48	10	17
Dinner	1 Oven Baked Pork Chop with 200 g potato	32	4.5	27
	1 cup roasted brussel sprouts (olive oil, pinch salt)	8	6	3
Snack	1/3 cup mixed nuts with dried fruit	11	3	11
Total		139.5	33	79

THURSDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	Smoothie bowl:			
	1/2 cup frozen berries	5	2.5	0.5
	1/2 cup frozen cauliflower	1	2	0.5
	1/2 scoop vanilla protein powder	1	2	12
	1/2 cup 2% Greek yogurt	4	1	12
	1/4 avocado	1	3	1
	1 tsp ground flaxseed		0.5	
	Toppings: 1 tsp chia seeds, berries, 1 tbsp sliced almonds	1	2	1.5
Lunch	2 cups Vegetable Soup	30	10	6.5
	4-6 whole grain crackers	17	4	3
	1/2 cup 2% cottage cheese	5		12.5
	1/2 cup orange slices	7	1.5	
Dinner	2 cups baked or microwaved spaghetti squash	16	5	2
	4oz extra lean ground beef marinara sauce (onion, garlic, marinara)	20	4	30
Snack	1 medium peach	11.5	3	1
	1 square dark chocolate	3		
Total		122.5	40.5	82.5

FRIDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	Cinnamon quinoa breakfast bowl*			
	¼ cup uncooked quinoa	26	3	6
	½ tsp cinnamon			
	½ cup 2% milk	6		4
	1 tbsp chia seeds	1	4	2
	1 tsp flax seeds		0.5	
	1 tbsp raisin	7		
	1 tbsp almonds	1	1	1.5
Lunch	Tofu Spinach Stir fry	7	5	22
	+ ¼ cup frozen edamame	3	3	6
	¾ cup cooked brown rice	32	2	2.5
Dinner	Chicken fajitas	7	3	37
	2 whole grain 7" tortilla	26	4	6
Snack	1 cup diced cantaloupe	12	1	
	¼ cup roasted almonds	4	4	7
Total		132	30.5	94

SATURDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	Roasted cherry tomatoes with eggs	5	3	10
	2 slices whole grain bread	26	4	8
Lunch	Dahl with spinach (lentil curry)	16	12	11
	¾ cup brown rice	32	2	2.5
Dinner	6oz Baked Lemon Garlic Salmon			34
	1 cup whole wheat couscous	34	2	6
	2 cups steamed frozen vegetables (e.g. broccoli/cauliflower)	7	3	3
Snack	1 cup mixed berries (fresh/frozen)	10	5	1
	½ cup plain 0-2% Greek yogurt	4	1	12
	¼ cup dry roasted almonds	7	4	7
Total		141	36	94.5

* Recipe below adapted from hyperlink

SUNDAY		Net Carbs (g)	Fibre (g)	Protein (g)
Breakfast	Banana oatmeal blender pancakes (3 each)	45	7.5	12
Lunch	Canned vegetable salad*	30	12	20
Dinner	Turkey Kidney Bean Chili (1.5 cup)	29	17	32
	0%-2% Plain Greek Yogurt (1/4 cup)	1		6
	1/4 small avocado	1	3.5	1
	1 slice whole grain bread	13	2	4
Snack	1/2 cup cucumber	2	0.5	
	2 tbsp jalapeno Greek yogurt dip	4		2
	1 cup milk (1%-2%)/unsweetened soymilk	12		8
Total		137	42.5	85

* Nutrition is for double the recipe – consumed as a meal.