

EXPLORING HEALTHY FOODS

5-Day Meal Plan

January 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast:</i> Non Fat Greek Yogurt Topped with Granola & Blueberries Chocolate Almond Milk	<i>Breakfast:</i> Overnight Oats Chocolate Almond Milk	<i>Breakfast:</i> Non Fat Greek Yogurt Topped with Granola & Blueberries Chocolate Almond Milk	<i>Breakfast:</i> Overnight Oats Chocolate Almond milk	<i>Breakfast:</i> Non Fat Greek Yogurt Topped with Granola & Blueberries Chocolate Almond Milk
<i>Lunch:</i> Sunday dinner leftovers	<i>Lunch:</i> African Peanut Stew Leftovers	<i>Lunch:</i> Turkey Taco Salad leftovers	<i>Lunch:</i> Leftover Garlic Potatoes & Kale Salad	<i>Lunch:</i> Chicken and Vegetable leftovers
<i>Dinner:</i> Soul-Soothing African Peanut Stew	<i>Dinner:</i> Turkey Taco Salad	<i>Dinner:</i> Egg Avocado and Tomato Sandwich with Garlic Potatoes	<i>Dinner:</i> Lemon Herbed Chicken, Rice and Steamed Vegetables	<i>Dinner:</i> Poached Eggs, Kale, and Potatoes Dish

Snacks:

Cliff bars, Carrots & Hummus, Almonds

Dessert:

Dark Chocolate



RECIPES

Soul-Soothing African Peanut Stew

This recipe is by [Oh She Glows](http://runningmagazine.ca/soul-soothing-african-peanut-stew/) and can be found at:
<http://runningmagazine.ca/soul-soothing-african-peanut-stew/>

Recipe makes about 6 servings therefore you can adjust the recipe to make a smaller batch or freeze the leftovers and reheat when ready to eat at a later day. Be sure to make at least 2 servings of this stew to have for dinner and for lunch the next day!

**All ingredients are included in the grocery list.*



REAL Fast Food: This recipe can be made ahead of time, placed in freezer and then simply reheated.

Overnight Oats

1 Serving

½ cup Rolled Oats
1½ cup Unsweetened Almond Milk
½ tbsp. Maple Syrup
½ cup Blueberries
1 tbsp. Chia Seeds

Add oats, almond milk and maple syrup into an airtight container or Mason jar. Place in refrigerator for 5-6 hours or overnight. Garnish with blueberries and chia seeds when ready to eat.

REAL Fast Food: This recipe should be made the night before. In the morning, simply top with blueberries and chia seeds and it is ready to eat!

Turkey Taco Salad

2 Servings of ground turkey & sautéed vegetables {2nd serving for leftovers}

1 Serving of salsa & tortilla chips

2 cups Ground Turkey
¼ cup Salsa
Handful of Tortilla Chips
1 Tomato, diced
1 cup Mushrooms, sliced
1 Red Bell Pepper, chopped
1 Avocado, sliced
Handful of Spinach
2 tbsp. Extra-Virgin Olive Oil
1 tbsp. Mrs. Dash Garlic & Herb Seasoning Blend

Begin by frying ground turkey in 1 tbsp. of olive oil. Add Mrs. Dash seasoning at half waypoint. In another frying pan, place 1 tbsp. oil, mushrooms, red bell pepper and tomatoes on medium heat until vegetables have softened.

Once ground turkey has fully cooked, add turkey to a plate with tortilla chips. Then add salsa, sautéed vegetables, avocado, and top with a handful of spinach.



**Set aside cooked ground turkey and sautéed vegetables for tomorrow's lunch!*

REAL Fast Food: Ground turkey and sautéed vegetables can be made a couple days in advanced, kept in airtight container in the fridge and then simply reheated when wanting to eat.

Egg, Avocado and Tomato Sandwich with Garlic Potatoes

1 Serving of Eggs, Avocado & Tomato Sandwich

2 Servings of Garlic Potatoes

2 Eggs

1 tbsp. Extra-Virgin Olive Oil

½ Avocado, sliced

1 small Tomato, sliced

2 pieces Bread, toasted

10 Baby Potatoes

1 tbsp. Mrs. Dash Garlic & Herb Seasoning Blend

Ground pepper (optional)

Begin by boiling water and potatoes for about 20 minutes until potatoes have softened.

In the meantime, fry 2 eggs with 1 tbsp. of extra-virgin olive oil. Once eggs are almost ready, cut potatoes in half and add to frying pan (keeping the eggs and potatoes on separate sides of frying pan). Sprinkle potatoes with Mrs. Dash Garlic & Herb seasoning. Once potatoes have browned on the edges (about 10 minutes), remove from frying pan and add to plate.

Assemble the sandwich by placing each egg on a piece of toast, topped with tomato slices and avocado. Sprinkle with ground pepper (optional).

**Set aside some potatoes for tomorrow's lunch!*

REAL Fast Food: Garlic Potatoes can be made ahead of time and reheated when ready to eat.

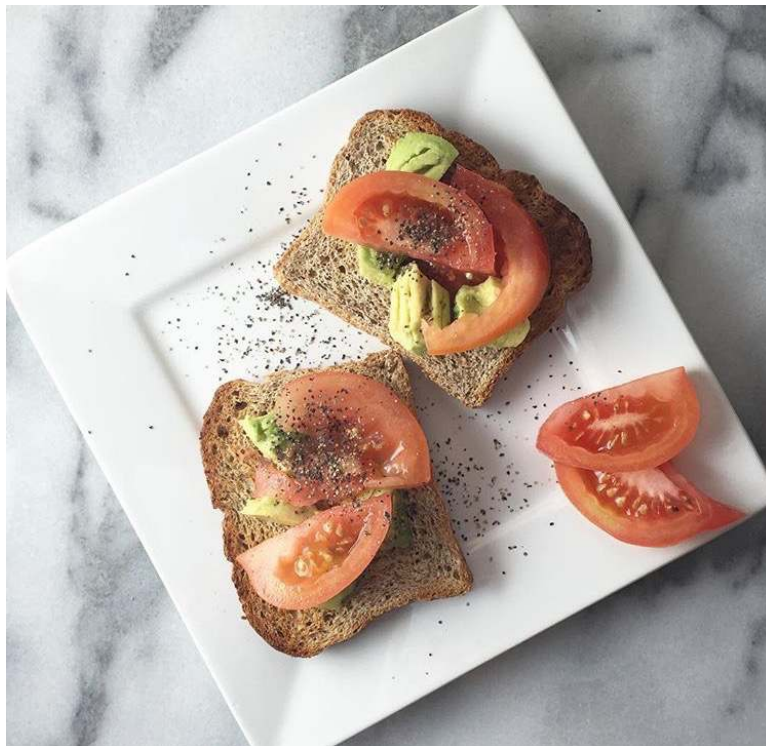


Photo does not include garlic potatoes.

Lemon Herbed Chicken, Rice and Steamed Vegetables

2 Servings

2 pieces of Chicken Breast (or 4 chicken thighs)
1 tbsp. Extra-virgin Olive Oil
1 tbsp. Mrs. Dash Lemon Pepper Seasoning Blend
2 servings of Rice
2 cups Frozen Vegetable
Vegetable Seasoning or Salt (optional)

Directions:

Add 1 tbsp. of oil to frying pan. Place 2 pieces of chicken breasts (or 4 chicken thighs) on hot frying pan and cover. Once chicken is about half way cooked, sprinkle 1 tbsp. Mrs. Dash Lemon Pepper Seasoning Blend on chicken. Cook chicken thoroughly- no pink, and browned on the outside.

In the meantime, cook rice in rice cooker or saucepan. Use instructions on packaging for accurate water to rice ratio when cooking.

In a saucepan bring water to a boil and place vegetables in vegetable steamer. After about 10 minutes, remove vegetables from vegetable steamer and place on plate. Add seasoning or a tiny bit of salt if desired.

**Set aside 1 piece of chicken and rice and steamed vegetables for tomorrow's lunch!*

REAL Fast Food: Full recipe can be made ahead of time and simply reheated when ready to eat!

Kale Potatoes and Poached Eggs Dish

1 Serving

3 Kale leaves, chopped
4 Mushrooms, chopped
7 Baby Potatoes
¼ Onion, sliced
2 Eggs
1 tbsp. Extra-Virgin Olive Oil

Bring water to a boil and add baby potatoes to water for about 20 minutes. In the meantime, chop up kale, mushrooms and onion and add to skillet drizzled with olive oil. Once potatoes have boiled for 20 minutes, drain and cut baby potatoes in half then add to skillet with vegetables.

For the Poached eggs:

Bring water to a boil then bring to a light simmer.

Crack an egg into a small round cup then slowly drop it into the water. After about 4 minutes remove the egg from water and top over kale mixture.

*Video tutorial available here at exploringhealthyfoods.com.



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SHOPPING LIST

Fruits & Vegetables

- Blueberries
- 3 Avocado
- 1 Sweet Onion
- 3 Garlic Cloves
- 2 Red Bell Pepper
- 1 Sweet Potato
- 1 ½ cups Mushrooms
- 1 jalapeno (optional)
- 2 Tomato
- Carrots
- Spinach
- 3 Kale leaves
- Small Baby Potatoes
- Fresh Cilantro or Parsley (optional)
- Frozen Vegetables
- Prepackaged Kale Salad {or make your own!}

Dairy & Substitutes

- Vanilla Non Fat Greek Yogurt (Liberté)
- Chocolate Almond Milk
- Unsweetened Almond Milk
- Eggs (4)

Meat

- Ground Turkey
- Chicken Breasts (2) or Chicken Thighs (4)

Other

- _____
- _____
- _____
- _____

Dried Goods

- Granola (store bought or Power Packed Granola)
- Roasted Peanuts
- Almonds
- Tortilla Chips (Que Pasa Tortilla Chips- unsalted)
- Bread (Silver Bread Sprouted Grain)
- Cliff Bars
- Dark Chocolate

Canned Items

- Vegetable broth (4 cups)
- 1 (15-ounce) Can chickpeas
- Salsa
- 1 (28 -ounce) Can diced tomatoes

Other

- Hummus

Pantry items {make sure you got these!}:

- Rice
- Natural Peanut Butter
- Rolled Oats
- Chia Seeds
- Extra-Virgin Olive Oil
- Maple Syrup
- Chili powder
- Cayenne pepper
- Mrs. Dash Lemon Pepper Seasoning Blend
- Mrs. Dash Garlic & Herb Seasoning Blend
- Sea Salt