



CHARLES & BARBARA DUBOC
CARDIO HEALTH & WELLNESS CENTER

Cardio Wellness Center

One Month Meal Plan

A time-saving, realistic meal plan designed to help you nourish your body, optimize energy, lose weight, and manage your blood sugar and lipids!

Eating a wholesome diet can be time consuming due to meal planning and time spent chopping and cooking. Following this meal plan will save you time since the planning and shopping list are already done for you, as well as tips on how to meal prep for the week ahead of time. You will notice that meals and snacks are repeated throughout the week. This is done to save you time and to keep your shopping list shorter and simpler! However, there is still plenty of variety to keep your taste buds excited!

This meal plan is approximately 1,400 calories which is average for people trying to lose weight. Each person's calorie needs are different based on weight, height, age, activity level and metabolism. Instead of focusing solely on calories, focus on how to maximize nutrition at each meal with wholesome REAL food ingredients that are found naturally on the earth. Mindfully eat. Listen to your internal hunger cues. Are you still hungry after eating the portion size listed on the meal plan? Keep eating. Do you feel full before finishing the portion listed on the meal plan? Stop eating.

***Every time you eat is an opportunity to
nourish and heal your body.***

Notes about the plan

What kind of diet is the meal plan based on? The meal plan is not a specific type of diet. It is a whole foods diet filled with foods found naturally on the earth and void of ingredients made in a factory. **Nutrition is NOT one-size-fits-all.** Nutrition is individualized based on a person's metabolism, digestion, health conditions, activity level, genetics, etc. Paleo might work great for one person, but not another. Some people feel better without grains, some people feel better with small amounts of grains. One person may have digestive symptoms after eating an apple while another person feels energized after eating an apple. Be in tune with your own body and note how you feel after eating certain foods. Meet with the dietitian to individualize your nutrition plan.

Simple swaps can be made due to taste preferences, allergies/intolerances and seasonal produce. For example, if the plan calls for pomegranates but pomegranates are not available, use blueberries or grapes instead.

Does the plan seem too overwhelming? Maybe start out by just choosing a few recipes from the plan to try! The plan can be modified as needed.

Meal plan serving sizes are for one person. The shopping lists are based off of a family of 2. Adjust as needed based on family size.

Pay attention to serving size listed on recipes. The meal plan is based off of one serving of each recipe. For example, the Chicken Pomegranate Salad recipe serves six. So for a family of 2, each person will eat this salad three times in week one for a total of 6 servings.

To eliminate food waste:

-Freeze leftover ingredients as needed. For example, each week calls for fresh herbs. You likely won't need to use the whole bunch of herbs that week. Herbs can be wrapped in plastic wrap and frozen, or can chop the herbs and freeze in an ice cube tray with water. Other fruits and veggies can be chopped and frozen. Leftover spinach and kale can be frozen and used for smoothies in the future.

-Before shopping each week, look in your refrigerator, freezer and pantry to see if you already have the ingredients listed.

Before grocery shopping and meal prepping, read over the upcoming weeks plan and recipes to make a plan and make adjustments as needed.

TIME SAVING TIP

Reserve a few hours one day a week to do most of your meal prepping all at once for the whole week. Look for "**meal prep day**" instructions in bold. This will save you tons of time and fewer dishes to clean during the week! To make all of the meal prep day instructions, reserve approximately 4 hours one day/week.

Week 1	Breakfast	Snack	Lunch	Snack	Dinner
1	Almond Butter Banana Smoothie	6 mini peppers 2 TBSP hummus	Chicken Pomegranate Quinoa Salad 1/2 bottle kombucha	1 piece Dove dark chocolate with ¼ cup cashews	Ten Vegetable Soup with Tempeh
2	Almond Butter Banana Smoothie	1 cup raw broccoli 2 TBSP Bolthouse Farms Ranch Dressing	Chicken Pomegranate Quinoa Salad Chobani 100 yogurt	Epic Bar with ¼ cup walnuts	Ten Vegetable Soup with Tempeh
3	Almond Butter Banana Smoothie	6 mini peppers 2 TBSP hummus	Chicken Pomegranate Quinoa Salad	1 piece Dove dark chocolate with ¼ cup cashews	3 oz baked or grilled hamburger (no bun, 97% lean beef) with spinach, avocado, tomato, mustard 2 dill pickle spears or 4 mini pickles Sweet potato fries
4	Raspberry Chocolate Overnight Oats	1 cup raw broccoli 2 TBSP Bolthouse Farms Ranch Dressing	Asian Chicken Salad-in-a-Jar 1/2 bottle kombucha	Epic Bar with ¼ cup walnuts	3 oz baked or grilled hamburger (no bun, 97% lean beef) with spinach, avocado, tomato, mustard 2 dill pickle spears or 4 mini pickles 1 cup steamed green beans
5	Raspberry Chocolate Overnight Oats	6 mini peppers 2 TBSPs hummus	Asian Chicken Salad-in-a-Jar	1 piece Dove dark chocolate with ¼ cup cashews	Tuna Avocado Boats
6	Raspberry Chocolate Overnight Oats	1 cup raw broccoli 2 TBSP Bolthouse Farms Ranch Dressing	Asian Chicken Salad-in-a-Jar	Epic Bar with ¼ cup walnuts	Salmon Pecan Cakes Roasted Brussels sprouts
7	Almond Butter Banana Smoothie	6 mini peppers 2 TBSP hummus	Asian Chicken Salad-in-a-Jar	1 piece Dove dark chocolate with ¼ cup cashews	Salmon Pecan Cakes and Roasted Brussels sprouts

Week One Recipes

Almond Butter Banana Smoothie

Ingredients:

- 1 cup spinach
- 1/2 banana
- 1 tbsp almond butter
- 1 tbsp ground flax seed
- 1 tbsp unsweetened cocoa or cacao
- 1 cup 1% milk
- 1 scoop vanilla whey protein powder

Instructions:

- Meal prep day:** Place all ingredients except milk in a quart-size bag.
- Make 4 bags/person. Freeze.
- Day of: dump ingredients into blender. Add milk. Blend.

Chicken Pomegranate Quinoa Salad

Makes 6 servings

Ingredients:

- ¾ cup quinoa
- 1¾ cup water
- ¾ tsp sea salt, divided
- 1 Fuji apple, cored and finely chopped (place in orange juice for 10 minutes to keep fresh)
- ½ cup pomegranate seeds (arils) *Can buy arils already seeded at some grocery stores. Alternatively, use blueberries.*
- 1/3 cup fresh cilantro, finely chopped
- ¼ cup fresh mint, finely chopped
- ¼ cup fresh parsley, finely chopped
- 1/3 cup fresh scallions, green and white parts, finely chopped
- ¼ cup slivered almonds

8 ounces boneless skinless chicken breast, cooked, chopped or shredded

2 cups baby spinach

1/2 cup orange juice

¼ tsp black pepper

2 tsps extra virgin olive oil

Instructions:

- Rinse quinoa in strainer, drain well, and place moist grain in heavy, medium saucepan. Cook over medium-high heat, stirring constantly with wooden spatula until grains stick to bottom of pot and then start to move freely and smell toasty, about 5 minutes.
- When grains of quinoa start to pop, move pot off heat and pour in 1 3/4 cups water, being cautious, as it will splatter. Immediately return pot to heat, and reduce heat to medium. Add ¼ tsp salt, cover and simmer for 15 minutes, or until quinoa is almost tender. Remove from heat and let sit covered, for about 10 minutes. Using fork, fluff quinoa, and transfer it to a medium to large mixing bowl.
- After quinoa is at room temperature, add apple, pomegranate seeds, cilantro, mint, parsley, scallions, almonds, and chicken. **Mix. Meal prep day:** Divide this mixture into 6 containers. Divide spinach in 6 small bags to keep fresh.
- In small bowl, whisk together orange juice (or the two citrus juices) with remaining ½ tsp salt until it dissolves. Add pepper, then whisk in oil. Divide dressing into 6 small containers.
- Day of: Add dressing and spinach over salad and toss with fork to distribute it evenly. Eat within 2 hours.

Ten Vegetable Soup with Tempeh

Serves 4

Ingredients:

2 TBSPs extra virgin olive oil
3 cups chopped green cabbage, chopped (save remaining cabbage for salad-in-a-jar)
1 cup cauliflower florets, 1-inch pieces
1 medium leek, sliced (use white and 1 inch of light green part)
1 small onion, chopped
1 medium carrot, chopped
1 medium celery stalk, chopped
1 can (14.5 ounces) diced tomatoes (no salt added)
4 cups low-sodium chicken or vegetable broth
1 medium yellow-fleshed potato, diced
¼ cup chopped flat-leaf parsley (fresh)
1 TBSP dried thyme
1.5 cups packed spinach, chopped
2 cups tempeh
½ tsp sea salt
¼ tsp freshly ground pepper
Pinch red pepper flakes or cayenne

Note: this recipe does take longer than most due to all the chopping. Can also buy pre-chopped frozen veggies like 2 bags of mixed veggies to replace some of the fresh veggies to make the process faster.

Instructions:

1. **Meal prep day:** chop all veggies. Place cabbage, cauliflower, leek, onion, carrot and celery in a covered bowl or air-tight bag. Place Swiss chard or spinach in a separate bowl or air-tight bag.
2. Day of: using a large Dutch oven or heavy soup pot with tight-fitting cover, heat oil over medium heat.
3. Add cabbage, cauliflower, leek, onion, carrot, and celery. Stirring occasionally, cook vegetables until cabbage is limp and onion translucent (about 4 to 5 minutes). Cover, reduce heat to

low, and cook about 8 minutes (until vegetables release their juices).

4. Add tomatoes (with the liquid), broth, potato, parsley and thyme. Increase heat to medium-high until liquid boils. Cover, reduce heat, and simmer soup for 10 minutes.
5. Add spinach and tempeh, and simmer for 10 minutes. Season soup with sea salt and pepper (and red pepper flakes, if desired). Let sit for 15 minutes before serving.

Asian Chicken Salad in-a-Jar

Serves 1

Ingredients:

2 TBSPs organic sesame ginger salad dressing
½ cup shredded or coined carrots
½ cup shredded cabbage
3 oz pre-cooked grilled chicken strips
1 Mandarin orange, peeled and sectioned
1 cup spinach, roughly chopped
2 TBSPs dry roasted edamame

Instructions:

1. Meal prep day (evening of day 3): Starting from the top of the ingredient list, place all ingredients in a large canning jar. *Alternatively, place all ingredients in a regular food storage container in the same order and keep salad dressing separate.*
2. Make 6 jars.

Raspberry Chocolate Overnight Oats

Serves 1

Ingredients:

¼ cup old fashioned oats
1 tbsp chia seeds
1 tbsp unsweetened cocoa powder

1 tsp honey
1 tbsp cacao nibs
¾ cup 1% milk
½ cup raspberries

Instructions:

1. **Meal prep day:** Place all ingredients except milk and raspberries in pint canning jar. Secure lid on jar.
2. Make 3 jars/person.
3. Night before: add milk to jar. Stir. Place in refrigerator.
4. Remove lid. Eat cold or heat in microwave for 1 minute. Add raspberries.

Sweet Potato Fries

Serves 2

Ingredients:

2 medium sweet potatoes
2 tsps avocado oil
Pinch of salt
Pinch of pepper

Instructions:

1. Cut sweet potato into sticks. Add to bowl.
2. Add oil, salt and pepper to bowl. Toss to coat.
3. Spread sweet potato sticks on a baking sheet coated with avocado oil.
4. Bake on 400 for 30-40 minutes or until fries are well-cooked and slightly crispy.

Tuna Avocado Boats

Serves 2

Ingredients:

2 avocados, pitted and mashed
1 (5 ounce) cans tuna, drained

1/4 cup red onion, chopped
Juice from 1/2 lemon
2 TBSPs plain Greek yogurt
2 tsps lemon pepper
1 tsps dill
1/4 tsp salt
2 TBSPs shredded cheddar cheese

Instructions:

1. Mix all ingredients (except cheese) in a bowl.
2. Place avocado mixture into the four empty avocado shells. Top with shredded cheese.
3. Broil on high in the oven for 5 minutes or until cheese is melted. Serve.

Salmon Pecan Cakes

Serves 8

Ingredients:

1 ¾ cups pecans
1 can (7.5 ounces) wild salmon, drained
2 eggs
3 small scallions, chopped
1 small celery stalk, chopped
1 TBSP extra-virgin olive oil
1 TBSP lime juice
½ tsp salt
1 pinch paprika

Optional toppings:

Greek yogurt
Dill
Lemon juice

Instructions:

1. **Meal prep day:** in a food processor, grind pecans to a fine texture.
2. Add remaining ingredients to food processor, and pulse to combine.
3. Remove mixture from food processor, and separate into eight medium patties on a baking sheet. Salmon cakes may be runny. Can drop them from a spoon onto the baking sheet (like cookies). They will flatten out in the oven.
4. Place in freezer for one hour. Remove from freezer, wrap each patty in foil or plastic wrap and place in gallon size bag. Place back in the freezer. Skip this step if making and eating the same day.
5. Day of: Thaw patties. Preheat oven to 350 F. Place on a lightly oiled baking tray, and bake until golden, about 25-30 minutes.
6. Top patties with a mixture of plain Greek yogurt with lemon juice and dried dill.
7. Keep remaining patties in the freezer to use later in the month.

Roasted Brussels Sprouts

Serves 4

Ingredients:

- 4 cups Brussels sprouts, cleaned and halved or quartered
- 2 cloves garlic, minced (about 2 tsps minced)
- 1 small apple, peeled, cored and cut into eighths
- 1 TBSP extra-virgin olive oil
- ¼ tsp salt
- ¼ tsp black pepper

Instructions:

1. Preheat oven to 375 F.
2. In a large bowl, toss together all ingredients.
3. Pour out into a cookie sheet lined with parchment paper, and spread mixture evenly in a single layer.
4. Roast uncovered for 20 minutes. Serve

Week One Shopping List

Produce

18 cups spinach
4 bananas
2 Fuji apples
1 pomegranate (need ½ cup seeds. Can buy arils already seeded at some grocery stores. Alternatively, use blueberries.)
One bunch cilantro
One package fresh mint
One bunch fresh parsley
One bunch scallions
1 tomato
Green cabbage
1 head cauliflower
1 leek
2 red onions
1 package carrots
1 package celery
1 potato
7 mandarin oranges (or 4 regular oranges)
3 cups raspberries (can buy frozen)
2 sweet potatoes
3 avocados
1 lime
4 cups Brussels sprouts
1 jar minced garlic
Broccoli (enough for 6 cups)
2 bags mini peppers
Bolthouse Farms Yogurt Ranch Dressing

Dairy

1 gallon milk (need 8.5 cups)
Eggs (need 2)
1 bag shredded cheddar cheese (need 4 TBSPs)
4 cups low-sodium chicken or vegetable broth
Dried thyme
Dill

6 oz plain Greek yogurt
No sugar added orange juice (need ½ cup. Can also use fresh squeezed OJ from mandarin oranges)
2 (6 oz) Chobani 100 yogurts

Frozen

Pre-cooked grilled chicken strips (need at least 18 oz bag)
1 bag steam quick green beans

Meat

8 oz boneless skinless chicken breast
1 lb 97% lean ground beef

Health Section

Natural almond butter (or peanut butter)
Ground flax seed
Vanilla whey protein powder (like Cardio Tabs)
¾ cup quinoa
Tempeh (enough for 2 cups)
Organic sesame ginger dressing
Dry roasted edamame
Chia seeds
Cacao nibs (or dark chocolate chip with little sugar)
Avocado oil
Natural bottled lemon juice (or buy fresh)
6 Epic bars (can also use natural jerky)
1 jar refrigerated dill pickles
2 bottles kombucha

General grocery

Unsweetened baking cocoa powder
Extra- virgin olive oil
No salt added diced tomatoes (14.5 ounces)

Honey

1 (5 ounce) can wild-caught tuna

1 bag Dove dark chocolate

Mustard

Paprika

1 $\frac{3}{4}$ cup pecans

2 cups roasted unsalted cashews

$\frac{1}{4}$ cup slivered almonds

1 can (7.5 ounces) wild-caught salmon

1.5 cups old fashioned oats

Hummus (need one cup)

Salt

Ground black pepper