

Hunger-Buster Meal Plan *part one*

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Breakfast

loaded avocado toast

1-2 slices whole grain toast
 ½ avocado, slices or mashed
 1 hard boiled egg
 ½ cup sauteed mushrooms
 "Everything bagel" seasoning to taste

1-2 bran muffins (homemade or store bought)
 1 pat butter

1 Tbsp fruit preserves
 1 Tbsp chia seeds, for garnish
 1 cup fruit medley (chopped strawberries, cherries, kiwi)

chocolate peanut butter oatmeal

½ cup dry oatmeal, then cooked in skim milk
 1-2 Tbsp peanut butter
 1 Tbsp chia seeds
 2 Tbsp dark chocolate chips

breakfast bean quesadilla

1 Whole grain tortilla
 ¼ cup black beans, drained
 1 egg, scrambled
 ½ cup watercress, wilted
 Dip in salsa and/or plain, nonfat Greek yogurt

¾ cup Greek yogurt, nonfat

½ cup cherries, pitted
 ½ kiwi, chopped
 1 Tbsp sliced almonds
 Drizzle of honey

savory cottage cheese breakfast bowl

¾ cup cottage cheese, nonfat
 1 soft boiled egg
 1oz smoked salmon
 1 Tbsp spring onion, sliced
 "Everything bagel" seasoning to taste

1 cup strawberry rhubarb breakfast oatmeal crisp

Made with strawberries and chopped rhubarb
 Crisp made with old fashioned oats, whole wheat pastry flour, butter, buttermilk, coconut sugar
 Garnished with strawberry slices, sliced almonds, dollop of coconut yogurt

Lunch

pineapple avocado salad

Made with chopped pineapple, avocado, lime juice, chili flakes, oil, chopped onion
 Serve with 1-2 grilled shirpm skewers and ¾ cup cooked quinoa

tuna salad sandwich

1-2 slices wholegrain bread
 ½ cup tuna salad made with tuna, julienned carrots, celery, mayo, spices, green peas

bistro lunch box

1 hard boiled egg
 ½ cup snap peas, raw
 ½ cup chicken, skinless and boneless, cubes
 1 slice whole grain bread
 1-4 green olives
 1 Tbsp ranch dressing
 Lemon wedge

1.5 cups pea and lemon pasta salad

Made with shell pasta, peas, cooked fava beans, spring onion, cooked artichoke
 Garnish with lemon juice, herbs and seasonings to taste

2 cups spring vegetable stew

Made with fava beans, peas, green onion, cubed potato, fennel, bacon, salt, black pepper, olive oil
 Serve with crusty bread

spinach artichoke grilled cheese sandwich

1-2 slices focaccia bread
 Mix together chopped spinach, softened artichoke hearts, nutritional yeast, mayo, garlic, red pepper, black pepper, low fat cream cheese
 Serve with 1 cup strawberry and orange medley

1 cup Egyptian fava beans

Pasty mash made with fava beans, garlic, cumin, lemon juice, chili peppers, oil, parsley, spring onion
 Serve with pita bread, olives, cucumbers and tomatoes (if available)

Foods in Season: Foods in season: asparagus, artichoke, snap peas, fava beans, carrots, leeks, fennel, spring onion, rhubarb, radish, grapefruit, strawberries, cherries, kiwi, avocado, watercress, oragnes, papaya, shallots, chives, pineapple, kiwi, lemon/lime, mushrooms, bok choy

Hunger-Buster Meal Plan *part two*

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Dinner

Parmesan-baked artichoke hearts

Made in a roasting pan with artichoke, lemon juice, garlic, olive oil, Parmesan, breadcrumbs

Serve with choice of protein (beef, poultry, fava beans)

beef stir fry

Made with rice, steak strips, stir fry vegetables (carrots, mushrooms, bok choy, snap peas)

Garnish with sesame seeds and sliced spring onions

Add spicy peppers or spicy sauce if desired

carrot tart with ricotta

1 whole grain pita bread, ~6in diameter

Smear with ricotta, part skim

Topped with sliced carrots, watercress, chives, honey, lemon juice, lemon zest, thyme, olive oil, spices

honey orange-glazed salmon

1 fillet salmon

Glaze made with butter, orange juice, honey, soy sauce, garlic, black pepper

Garnish with orange slices

Serve with a brown rice/quinoa medley

Add a side of roasted vegetables (carrots, leeks, asparagus)

1.5 cups turkey chili

Made with beans, ground turkey, shallots, canned tomatoes, seasoning

Garnish with sour cream, spring onions

Add a side of cornbread, if desired

unstuffed beef cabbage rolls

Made in Dutch oven with ground beef, chopped cabbage, crushed tomatoes, tomato sauce, garlic, salt, black pepper

Serve with rice

1.5 cups caramelized shallot pasta

Made with olive oil, shallots, black pepper, red pepper flakes, anchovies, tomato paste, spaghetti noodles, fresh parsley

Snack

¼ cup spicy roasted cashews

Cashews tossed in olive oil, rosemary, paprika, black pepper and salt. Then roasted in oven.

protein snack pack

¼ of an avocado, cubed

1-2 oz chicken or turkey, skinless and boneless, cubed

1 Tbsp nuts

*Can also use store bought protein snack packs

¼ cup hummus (homemade or store bought)

¼ cup radishes, sliced

¼ cup celery stalks

¼ cup baby carrots

1-2 small avocado brownies

Made with avocado, instant coffee, dark chocolate, maple syrup, cocoa powder, almond flour

gingered grapefruit and pineapple topping with frozen yogurt

For the topping/crumble: Mix together grapefruit segments, chopped pineapple, sugar, cinnamon, fresh ginger, fresh basil, oats, flour, butter, macadamia nuts. Then bake to create a crispy topping.

1-2 scoops vanilla frozen yogurt, low fat

1 cup roasted snap peas

Snap peas roasted in olive oil, salt, black pepper, thyme, garlic.

*Can also try store bought snap pea crisps

2-3 pineapple coconut energy balls

Made with dates, rolled oats, pineapple chunks, ground flaxseed, unsweetened coconut flakes

Blended in a food processor and rolled into balls

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