



May 2022 Week 3

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NUTRITION BY AMY

Week Three Prep Guide

- **Sunday:** prep overnight oats, make the kale Cesar salad, thaw shrimp (in fridge) and make shrimp seasoning (you'll cook the shrimp Monday), bake tofu (recipe on the tofu noodle bowls), make spicy peanut sauce
- **Monday:** cook shrimp for your Caesar Salad
- **Tuesday:** tofu & broccoli noodle bowl
- **Wednesday:** thaw soup, bruschetta pasta
- **Thursday:** none
- **Friday:** quinoa salad
- **Saturday:** breakfast quesadilla, flex meal
- **Sunday:** breakfast quesadilla, pineapple and chicken salad

Ingredient Information

- **Pineapple:** option to buy frozen or canned, if you buy fresh you'll have lots left for snacks
- **Snow peas:** you'll have extra for snacks
- **Lacinato Kale:** is also known as Tuscan kale or dinosaur kale, I prefer it's texture in salads but regular curly kale is okay too
- **Feta:** you should have feta left from week 2, if not you can use nuts on the pineapple chicken salad instead
- **Whole grain fusilli:** you can use any shape, or substitute gluten free or bean/legume based if you prefer
- **Corn starch:** optional, helps make tofu crispy
- **Cajun seasoning:** will be leftover from the mix you made Week 2 (not a separate ingredient you need to buy)
- **Bruschetta mix:** usually found with the hummus in grocery stores, you can also make your own or just use tomatoes but this option is quick and delicious!
- **Tortilla strips:** you should have some left from week 1, if you don't you have the option to use croutons instead in the Caesar salad
- **Shrimp:** buy frozen shrimp that says "cooked" on the bag, I like the 26-30 shrimp per pound size

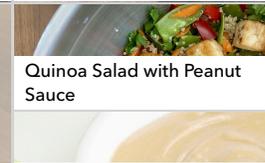
Time Savers

- Buy canned or frozen pineapple instead of using fresh
- Use pre-chopped garlic (not recommended for babies)
- Don't pound chicken out (increase cook time to 25-30 minutes, disclaimer it may be dry in some spots)
- Buy Caesar salad dressing instead of making it

Plant Based Swaps

- **Shrimp salad:** use tempeh instead of shrimp, you can also add hemp hearts
- **Bruschetta pasta:** use lentil or chickpea pasta, increase the amount and omit the chicken
- **Pineapple and chicken salad:** use chickpeas or edamame in place of chicken



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Carrot Cake Protein Overnight Oats	 Carrot Cake Protein Overnight Oats	 Carrot Cake Protein Overnight Oats	 Carrot Cake Protein Overnight Oats	 Carrot Cake Protein Overnight Oats	 Breakfast Quesadilla	 Breakfast Quesadilla
Lunch	 Greek Turkey Meatballs	 Kale Cesezar Salad with Cajun Shrimp	 Tofu & Broccoli Noodle Bowl	 Lentil Tortilla Soup	 Lentil Tortilla Soup	 Quinoa Salad with Peanut Sauce	
	 Tzatziki		 Spicy Peanut Sauce			 Spicy Peanut Sauce	
Dinner	 Kale Cesezar Salad with Cajun Shrimp	 Tofu & Broccoli Noodle Bowl	 Bruschetta Pasta	 Bruschetta Pasta	 Spicy Peanut Sauce	 Quinoa Salad with Peanut Sauce	
		 Spicy Peanut Sauce				 Pineapple & Chicken Salad	



Fruits

- 1/2 Avocado
- 1/2 cup Blueberries
- 1/2 Lemon
- 3 Lime
- 1/4 Pineapple

Breakfast

- 1 1/8 tbsps Maple Syrup
- 1/2 cup Peanut Butter

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 2 tsps Cajun Seasoning
- 1 1/4 tsps Cinnamon
- 1 1/2 tsps Garlic Powder
- 2 1/2 tsps Italian Seasoning
- 1/3 cup Pecans
- 1 tsp Sea Salt
- 1/2 tsp Smoked Paprika

Vegetables

- 6 cups Baby Spinach
- 1/4 cup Basil Leaves
- 4 cups Broccoli
- 3 1/2 Carrot
- 1 cup Cilantro
- 2 Garlic Cloves
- 1 bunch Lacinato Kale
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 cup Snow Peas
- 1 Tomato
- 1 Yellow Bell Pepper

Boxed & Canned

- 1 1/2 cups Quinoa
- 100 grams Rice Vermicelli Noodles
- 1/2 cup Salsa
- 1 1/2 cups Whole Grain Fusilli

Baking

- 3 3/4 cups Oats
- 1/3 cup Raisins

Bread, Fish, Meat & Cheese

- 1/2 cup Cheddar Cheese
- 400 grams Chicken Breast
- 400 grams Extra Firm Tofu
- 225 grams Extra Lean Ground Chicken
- 1/4 cup Feta Cheese
- 1/2 cup Parmigiano Reggiano
- 400 grams Shrimp
- 2 Whole Wheat Tortilla

Condiments & Oils

- 3 tbsps Balsamic Vinegar
- 1 tbsp Corn Starch
- 1 tsp Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Hot Sauce
- 2 tsps Mayonnaise
- 1/3 cup Soy Sauce

Cold

- 1/2 cup Bruschetta Mix
- 4 Egg
- 5 cups Unsweetened Almond Milk

Other

- 1/2 cup Tortilla Strips
- 1 1/4 cups Vanilla Protein Powder
- 3 1/2 cups Water



Carrot Cake Protein Overnight Oats

1 serving

8 hours

Ingredients

- 3/4 cup Oats (rolled)
- 1/2 Carrot (grated, 1/2 cup)
- 1/4 tsp Cinnamon
- 1 cup Unsweetened Almond Milk
- 1 tbsp Raisins (optional)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Pecans (roughly chopped)

Directions

- 1 In a jar or container mix together oats, grated carrot, cinnamon, almond milk, raisins and protein powder (you can prep 5 servings for the week at once). Cover and place in the fridge overnight, or for at least 4 hours.
- 2 Remove the oats from the fridge and divide them into jars. Top with pecans. Enjoy cold or warm.

Notes

Hot or Cold: I prefer these warm but they can be eaten either way. Reheat cold oats in the microwave or on the stove.

Stove Top Option: You can make this in the morning on the stove instead of doing overnight oats (one at a time or a big batch for the week).

Nut-Free: Omit, or use pumpkin seeds.

No Almond Milk: Use any other type of milk instead.

Don't Love Protein Powder: Omit and serve with 1/2 cup greek yogurt.



Breakfast Quesadilla

1 serving
10 minutes

Ingredients

- 2 Egg
- 1 cup Baby Spinach
- 1/8 tsp Sea Salt (a pinch)
- 1/8 tsp Black Pepper (a pinch)
- 2 tsps Extra Virgin Olive Oil (divided)
- 1/2 Tomato (chopped)
- 1 Whole Wheat Tortilla
- 1/4 cup Cheddar Cheese (shredded)
- 1/4 cup Salsa

Directions

- 1 In a small bowl whisk eggs, add chopped spinach, salt & pepper.
- 2 Heat a medium-sized skillet over medium-low heat. Add half the oil and once hot, add the eggs and spinach. Cook, stirring occasionally until fluffy and cooked through. Stir in the tomato and remove from the pan.
- 3 In the same skillet over medium heat, add remaining oil and then your tortilla. Add the cheese to one side of it, top with egg mixture. Fold the tortilla in half and gently press down. Cook for two to three minutes per side or until brown and crispy. Cut into wedges and enjoy dipped in salsa.

Notes

Leftovers: Best enjoyed when made fresh.

Dairy-Free: Use a dairy-free cheese.

Herbs Leftover: This would be great with added basil or parsley.

Like it Spicy: Add some hot sauce.



Kale Cesear Salad with Cajun Shrimp

2 servings

20 minutes

Ingredients

- 2 tbsps Mayonnaise
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 Garlic Cloves (minced)
- 1 tsp Dijon Mustard
- 1/3 cup Parmigiano Reggiano (grated)
- 1/2 Lemon (2 tbsps juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 bunch Lacinato Kale
- 400 grams Shrimp
- 2 tsps Cajun Seasoning (leftover from Week 2)
- 1/2 cup Tortilla Strips (or croutons)

Directions

- 1 Make your dressing by mixing together mayo, 1 tbsp olive oil, garlic, dijon, 3 tbsp parmesan, lemon juice, salt and pepper.
- 2 Finely chop kale then pour dressing on top. Massage into the leaves, cover and place in the fridge (having the kale chopped small and taking the time to massage the dressing in will make it less tough and bitter!)
- 3 Toss shrimp with 2 tsp cajun seasoning. Heat 1 tbsp oil in large pan, once it's hot add shrimp, cook 2-3 mins per side.
- 4 Top kale with cajun shrimp, tortilla strips, 1 tbsp parmesan and a squeeze of lemon juice.

Notes

Buying Shrimp: This recipe was made using frozen cooked shrimp, 26-30 shrimp per pound. If you're using this it's about 24 shrimp or 12 per salad. If you use raw shrimp you'll need to increase the cook time, shrimp is done when pink and opaque.

Not a Kale Fan: Use spinach or romaine.

Croutons: Can be used in place of tortilla strips.

Have Worcestershire: Add a 1/2 tsp to the dressing.

Lacinato Kale: Is also known as Tuscan kale or dinosaur kale. I prefer it's texture in salads but regular curly kale is okay to use too!



Tofu & Broccoli Noodle Bowl

2 servings
35 minutes

Ingredients

400 grams Extra Firm Tofu (cubed)
1 tbsp Soy Sauce
1 tsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder
1 tsp Corn Starch (optional)
1 Red Bell Pepper (sliced)
4 cups Broccoli (chopped into florets)
100 grams Rice Vermicelli Noodles
1/2 cup Cilantro

Directions

- 1 Preheat the oven to 400°F and line a baking sheet with parchment paper.
- 2 Use a clean dish cloth or paper towel to press out as much moisture as possible from the tofu then cut it into cubes.
- 3 Add the cubed tofu to a bowl with the soy sauce and garlic powder. Toss to combine. Add the corn starch and gently toss.
- 4 Place tofu on your prepared baking sheet alongside sliced pepper. Bake for 30 minutes, flipping halfway through.
- 5 While tofu cooks, bring a large pot of water to a boil, add rice noodles and broccoli (cook time depends on size of noodle, look at the package for recommendation). Strain.
- 6 Top noodles and broccoli with peppers, tofu, peanut sauce (each serving gets 1/2 cup tofu and 3 tbsp peanut sauce) and cilantro.

Notes

Leftover Tofu: You'll be using half the tofu you cook with this recipe and the other half with the quinoa bowls.

No Rice Vermicelli Noodles: Use any other rice noodle, or substitute with egg noodles or ramen.

No Tofu: Use chicken and omit corn starch.

Lower Carb: Double the tofu and saute another pepper to go with it.

Like it Saucy: Add another tbsp of peanut sauce.



Spicy Peanut Sauce

6 servings

5 minutes

Ingredients

1/2 cup Peanut Butter
2 Lime (2 tbsp juice)
1/4 cup Soy Sauce
2 tsps Hot Sauce
2 tsps Maple Syrup
1/2 cup Water (warm)

Directions

1

Combine all in a jar, shake until smooth (if your peanut butter is really thick you can also blend it). Use more water if needed to reach desired consistency. Refrigerate leftovers.

Notes

Serving Size: 3 tbsp or to taste (you'll have a bit leftover).

No Peanut Butter: Use almond butter or tahini.

Like it Really Spicy: Add more hot sauce

Making For Kids: Leave out the hot sauce and (optional) add more maple syrup.



Bruschetta Pasta

2 servings
15 minutes

Ingredients

- 1 1/2 cups Whole Grain Fusilli
- 1 tbsp Extra Virgin Olive Oil
- 225 grams Extra Lean Ground Chicken
- 2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 tbsp Balsamic Vinegar
- 1/2 cup Bruschetta Mix
- 1/4 cup Parmigiano Reggiano
- 1/4 cup Basil Leaves (chopped)

Directions

- 1 Add olive oil to a pan over medium heat, add chicken, italian seasoning, garlic powder, salt, pepper and balsamic vinegar. Cook until browned, breaking up as you go.
- 2 Boil a pot of water and cook pasta according to package directions. Strain.
- 3 For each serving top 1 cup cooked pasta with 3/4 cup ground chicken, 1/4 cup bruschetta mix and 2 tbsp each parmesan and basil. Enjoy!

Notes

Love Balsamic: Use 2 tbsp.

No Whole Grain Fusilli: Use any shape whole grain pasta, you can also use gluten free or bean/legume pastas.

Leftover Chicken: Freeze it! You probably bought 450g of ground chicken, you'll be using half for this recipe and half next week.



Quinoa Salad with Peanut Sauce

2 servings

20 minutes

Ingredients

- 1 1/2 cups Quinoa
- 3 cups Water
- 1 Carrot (grated)
- 1 cup Snow Peas (cut in thirds)
- 1 Yellow Bell Pepper (diced)
- 1/2 cup Cilantro (chopped)
- Extra Firm Tofu (prepped earlier in the week)
- 1 Lime

Directions

- 1 Combine quinoa and water in a small pot, bring to a boil, reduce heat to low, cover and cook 15 minutes more. Remove from heat and fluff with a fork. Note: This step makes enough quinoa to go with your week 4 recipes.
- 2 Combine 1.5 cups cooked quinoa with carrot, snow peas, bell pepper and cilantro. Toss with 1 cup prepped tofu and 1/3 cup peanut sauce and a squeeze of lime.

Notes

Quinoa: This recipe makes extra quinoa to go with a recipe you'll be making next week.

No Tofu: Sliced steak, pork or chicken all work too!

Temperature: This quinoa salad can be enjoyed cool or heated.

Need More: Increase the amount of quinoa or tofu.



Pineapple & Chicken Salad

2 servings
10 minutes

Ingredients

1/2 tsp Italian Seasoning
1/2 tsp Smoked Paprika
1/2 tsp Garlic Powder
1/4 tsp Sea Salt (divided)
1/4 tsp Black Pepper (divided)
400 grams Chicken Breast
1/4 Pineapple (sliced, see notes)
2 1/2 tbsps Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
1 1/2 tpsps Maple Syrup
1 Garlic Cloves (diced)
4 cups Baby Spinach
1/2 cup Blueberries
1/2 Avocado (diced)
1/4 cup Feta Cheese (crumbled)
1/4 cup Red Onion (thinly sliced)

Directions

- 1 Make chicken & pineapple: Preheat oven to 425°F. Line a baking sheet with parchment paper. Mix Italian seasoning, paprika, 1/8 tsp salt and 1/8 tsp pepper together in a small bowl. Pound chicken to even thickness about 1.5-2cm. Place chicken breasts & pineapple on the prepared baking dish. Drizzle chicken with oil and season with spice mix. Bake for 15-20 mins or until chicken is cooked through. Remove the chicken and pineapple from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
- 2 Make your dressing: mix olive oil, balsamic vinegar, maple syrup, garlic, 1/4 tsp salt and 1/4 tsp pepper in a small jar or bowl.
- 3 Make your salad: top the spinach with blueberries, avocado, feta and red onion in a large bowl. Chop pineapple and chicken into bite sizes pieces and add to salad. Divide onto plates and coat with salad dressing.

Notes

No Avocado: Use nuts.

No Blueberries: Use another berry.

Love to BBQ: Place pineapple slices and chicken breasts on the grill. Grill the chicken about 15 to 20 minutes or until cooked through, flipping halfway. Cook pineapple slices until grill marks appear, about 6 minutes each side.

Pounding the Chicken: Place it in a large ziploc bag and use either a meat mallet or any hard, flat object (wine bottle, rolling pin, etc.) to pound it to an even thickness.

Pineapple: If this is your first time using fresh pineapple check out this video:

<https://www.youtube.com/watch?v=IH7nfHbfHBY>.