



NUTRITION BY AMY

May 2022 Week 4

Amy Conrad

<http://www.nutritionbyamy.ca>

- **Sunday:** freeze bananas, make coffee and keep in fridge, if time make curry and balsamic salad dressing
- **Monday:** Thai red lentil curry (use leftover quinoa to go with it)
- **Tuesday:** pork tenderloin, peach & goat cheese salad
- **Wednesday:** none - pack flex lunch for tomorrow
- **Thursday:** pork skewers
- **Friday:** pita pizza & simple salad
- **Saturday:** quiche, burgers & sweet potato fries
- **Sunday:** flex dinner

Ingredient Information

- **Sweet potato:** buy 3 small sweet potatoes
- **Green pepper:** use another colour if you're not a fan of green peppers
- **Coffee:** optional, omit if not a coffee drinker
- **Cacao powder:** optional, can also use cocoa, chocolate protein powder or omit
- **Pie crust:** found in the freezer section, option to omit and make a frittata instead
- **Skewers:** skip if making these on the stove instead of BBQing
- **Curry paste:** I used Thai Kitchen red curry paste, if using another type you may need to adjust quantities

Time Savers

- Bake the full pork tenderloin Tuesday, and just add the sides on Thursday
- Buy sweet potato fries and/or burgers instead of making from scratch
- Buy balsamic dressing instead of making







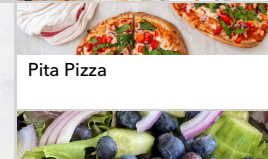

Notes

- You'll have some extra quinoa, option to use if you need extra or add to salads
- If you froze your ground chicken last week, take out to thaw on Thursday
- For the burgers Saturday and Sunday, you have the option of serving on greens or using a bun, add buns to the shopping list if using

Plant Based Swaps

- **Pork Tenderloin:** make the crispy tofu from the bonus section and add to salad
- **Pork Skewers:** use tofu instead of pork and sauté everything in a pan vs on the BBQ
- **Pita Pizza:** skip the chicken and add chickpeas to the salad
- **Burgers:** make the curried veggie burgers from the bonus section



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Mocha Smoothie	 Mocha Smoothie	 Mocha Smoothie	 Mocha Smoothie	 Mocha Smoothie	 Mushroom & Spinach Quiche	 Mushroom & Spinach Quiche
Lunch	 Pineapple & Chicken Salad	 Thai Red Lentil & Spinach Curry	 Thai Red Lentil & Spinach Curry		 Pork Skewers with Pita & Hummus	 Pita Pizza	 Veggie Packed Beef Burgers
Dinner	 Thai Red Lentil & Spinach Curry	 Peach & Goat Cheese Salad	 Peach & Goat Cheese Salad	 Pork Skewers with Pita & Hummus	 Pita Pizza	 Veggie Packed Beef Burgers	
	 Quinoa	 Pork Tenderloin	 Pork Tenderloin		 Simple Salad	 Sweet Potato Fries	



Fruits

- 5 Banana
- 1 cup Blueberries
- 1/2 Lemon
- 1/2 Lime
- 2 Peach

Breakfast

- 2 1/2 cups Coffee
- 1 tbsp Maple Syrup
- 1/3 cup Peanut Butter

Seeds, Nuts & Spices

- 1 1/2 tsps Black Pepper
- 1/8 tsp Cayenne Pepper
- 3/4 tsp Garlic Powder
- 2 1/8 tsps Italian Seasoning
- 1/2 tsp Onion Powder
- 1/4 cup Pecans
- 2 1/2 tsps Sea Salt
- 1 1/4 tsps Smoked Paprika

Frozen

- 20 Ice Cubes

Vegetables

- 5 1/4 cups Baby Spinach
- 1 Carrot
- 1 cup Cherry Tomatoes
- 1/2 Cucumber
- 8 Garlic Cloves
- 1 tbsp Ginger
- 1 Green Bell Pepper
- 10 cups Mixed Greens
- 4 cups Mushrooms
- 1 1/4 cups Red Onion
- 2 Sweet Potato
- 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 400 milliliters Canned Coconut Milk
- 1 cup Dry Red Lentils
- 1/4 cup Tomato Paste
- 2 cups Vegetable Broth

Baking

- 1/3 cup Cacao Powder
- 1 Pie Crust

Bread, Fish, Meat & Cheese

- 1/4 cup Breadcrumbs
- 135 grams Cheddar Cheese
- 454 grams Extra Lean Ground Beef
- 227 grams Extra Lean Ground Chicken
- 1/3 cup Goat Cheese
- 1/2 cup Hummus
- 454 grams Pork Tenderloin
- 4 Whole Wheat Pita

Condiments & Oils

- 1/4 cup Balsamic Vinegar
- 1 tbsp Corn Starch
- 1 tbsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 2 tsps Thai Red Curry Paste

Cold

- 7 Egg
- 2 1/2 cups Unsweetened Almond Milk

Other

- 4 Barbecue Skewers
- 1 1/4 cups Vanilla Protein Powder



Mocha Smoothie

1 serving
5 minutes

Ingredients

1/2 cup Unsweetened Almond Milk
1/2 cup Coffee
1 Banana (frozen)
1/4 cup Vanilla Protein Powder (or 1 scoop)
1 tbsp Cacao Powder
1 tbsp Peanut Butter
4 Ice Cubes

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Need More: Add more peanut butter, oats, chia, flax and/or hemp hearts.

No Coffee: Increase the amount of almond milk.

No Cacao: Use chocolate protein powder instead of vanilla or just leave it out. You can also add 1/4 tsp cinnamon for flavour.

Not a Coffee Drinker: But still want that mocha flavour? Add 1 tsp of instant coffee.

Espresso: Can be used instead of coffee, make sure you have 1 cup liquid total between espresso and almond milk.



Mushroom & Spinach Quiche

3 servings
40 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 4 cups Mushrooms (Sliced, 200g)
- 1/2 cup Red Onion (sliced)
- 1 Garlic Cloves (diced)
- 2 cups Baby Spinach (chopped)
- 6 Egg
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 75 grams Cheddar Cheese (1/3 cup, shredded)
- 1 Pie Crust

Directions

- 1 Preheat oven to 375F.
- 2 Heat oil on medium in a non-stick pan pan. Add mushrooms and onion and saute 10 mins or until mushrooms are soft and browned. Add the garlic and spinach and stir until wilted then remove from heat.
- 3 In a bowl, whisk the eggs, salt & pepper.
- 4 Put the mushroom mix into the crust then pour egg mixture over top. Top with cheese and bake for 30 minutes until cooked through (make sure the middle doesn't wiggle).

Notes

Dairy Free: Omit or use vegan cheese.

Not a Mushroom Fan: Use broccoli or asparagus instead.

Low Carb: Skip the crust and make a frittata. Add some more veg, eggs and/or avocado.



Thai Red Lentil & Spinach Curry

3 servings
25 minutes

Ingredients

- 1 1/2 tpsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, 1 cup chopped)
- 2 Garlic Cloves (minced)
- 1 tbsp Ginger (fresh, minced or grated)
- 2 tpsps Thai Red Curry Paste
- 2 cups Vegetable Broth (low sodium)
- 400 milliliters Canned Coconut Milk
- 1/2 tsp Sea Salt (adjust to preference)
- 1 cup Dry Red Lentils
- 3 cups Baby Spinach (chopped)
- 1/2 Lime (juice)

Directions

- 1 Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
- 2 Add the vegetable broth, coconut milk and salt and bring the sauce to a simmer.
- 3 Add the lentils and cook for 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Serve over 1/2 cup cooked quinoa.

Notes

Serving Size: One serving is approximately 1 cup.

Additional Toppings: Extra lime wedges, cilantro, green onion, soy sauce, or hot sauce.

Curry Paste: This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

No Quinoa: Use rice.

Need More: Use 1 cup quinoa.



Peach & Goat Cheese Salad

2 servings

10 minutes

Ingredients

- 1/3 cup Extra Virgin Olive Oil
- 3 tbsps Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 1 tbsp Maple Syrup
- 2 Garlic Cloves (diced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 4 cups Mixed Greens
- 2 Peach (sliced)
- 1/4 cup Red Onion (thinly sliced)
- 2 tbsps Goat Cheese
- 1/4 cup Pecans (chopped)

Directions

- 1 Make dressing by mixing olive oil, balsamic, mustard, maple syrup, garlic, salt and pepper (you'll be using this dressing throughout the week, refrigerate leftovers).
- 2 Top greens with peach slices, red onion, goat cheese and pecans. Top each salad with 2 tbsp dressing.

Notes

No Mixed Greens: Use spinach or lettuce.

Dairy Free: Add avocado, more pecans or sunflower seeds.

Leftover Dressing: You'll be using it for the simple salad too.



Pork Tenderloin

2 servings

30 minutes

Ingredients

- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 227 grams Pork Tenderloin (fat trimmed, patted dry)
- 1 1/2 tsps Extra Virgin Olive Oil

Directions

- 1 Preheat the oven to 400°F.
- 2 Mix spices together in a small bowl.
- 3 Pierce pork all over with a fork. Rub oil all over (top and bottom) and then spice mix.
- 4 Bake for 20-30 minutes or until at least 145° F (cooking time varies depending on your oven and the size of tenderloin you use). Remove from the oven. Slice and enjoy!



Pork Skewers with Pita & Hummus

2 servings

20 minutes

Ingredients

227 grams Pork Tenderloin (cut into 1-inch pieces)
2 tbsps Extra Virgin Olive Oil
1/2 Lemon (juice)
1 Garlic Cloves (minced)
1 tbsp Italian Seasoning
1/4 tsp Sea Salt
1/4 tsp Black Pepper
4 Barbecue Skewers
1 Green Bell Pepper (medium, chopped)
1 cup Cherry Tomatoes
2 Whole Wheat Pita (sliced in half)
1/2 cup Hummus

Directions

- 1 In a bowl mix pork with olive oil, lemon juice, garlic, Italian seasoning, salt and pepper.
- 2 Pierce the pork, bell pepper, and tomatoes onto the barbecue skewers.
- 3 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached. You can throw the pita on during the last minute of cooking if you'd like them warm.
- 4 Serve the skewers with pita and hummus. Enjoy!

Notes

Stovetop Option: Skip the skewers and heat a large pan over medium heat. Add marinated pork, peppers and tomatoes and cook for 10 minutes, stirring occasionally, or until pork is cooked through.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

Serving Size: One serving equals approximately two 12-inch skewers, one pita, and 1/4 cup of hummus.

No Green Pepper: Any colour works.

Add to the Skewers: Onions and/or mushrooms are great with this too.

No Hummus: Use baba ganoush or tzatziki instead.

Need More: Add a side of quinoa, rice or potatoes or increase the amounts of pork.



Pita Pizza

2 servings
20 minutes

Ingredients

227 grams Extra Lean Ground Chicken
1 tsp Extra Virgin Olive Oil
2 tsps Italian Seasoning
1/4 tsp Sea Salt
1/4 tsp Black Pepper
1 tbsp Balsamic Vinegar
2 Whole Wheat Pita
1/4 cup Tomato Paste
60 grams Cheddar Cheese (1/2 cup grated)
1/4 cup Baby Spinach (chopped)

Directions

- 1 Preheat your oven to 375°F.
- 2 In a pan heat olive oil over medium heat, add chicken, Italian seasoning, salt, pepper and balsamic vinegar. Break apart and cook until browned and cooked through.
- 3 Top pita with 2 tbsp tomato paste,, 1/2 cup ground chicken, 1/4 cup cheese and spinach.
- 4 Place in the oven and bake for 10 minutes or until the cheese has melted.
- 5 Remove from the oven, slice, and enjoy!

Notes

Serving Size: One serving is equal to one pita pizza.

Gluten-Free: Use a gluten-free pita or tortilla.

Dairy-Free: Use dairy-free cheese.

No Tomato Sauce: Use marinara sauce, pizza sauce or pesto instead.

No Pita: Use naan, tortilla or a pizza crust.

Plant Based: Leave off the chicken and add chickpeas to the side salad.

Extra Veg: Add it on! This is great with peppers and red onion too.



Simple Salad

2 servings

5 minutes

Ingredients

- 4 cups Mixed Greens
- 1/2 Cucumber (1 cup chopped)
- 1 cup Blueberries
- 1/4 cup Red Onion (thinly sliced)

Directions

- 1 Top greens with cucumber, blueberries, red onion and 2 tbsp of your balsamic dressing per serving.

Notes

Mix it Up: If you have fruits and veggies to use up, throw them in!



Veggie Packed Beef Burgers

6 servings
30 minutes

Ingredients

- 454 grams Extra Lean Ground Beef
- 2 Garlic Cloves (minced)
- 1/4 cup Red Onion (finely chopped)
- 1 Carrot (1 cup grated)
- 1 Zucchini (1 cup grated)
- 1 Egg
- 1/4 cup Breadcrumbs
- 1 tsp Smoked Paprika
- 1/8 tsp Cayenne Pepper
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 tbsps Extra Virgin Olive Oil
- 2 cups Mixed Greens
- 1/4 cup Goat Cheese

Directions

- 1 In a large mixing bowl, combine the beef, garlic, onion, grated carrot, grated zucchini, egg, breadcrumbs, smoked paprika, cayenne salt and pepper. Mix well and form the mixture into six patties about 4-inches in diameter (avoid making them tall or round, and instead flatten them so they can cook through without burning).
- 2 Heat a pan over medium heat. Add 1 tbsp olive oil. Then add patties in batches of 2 or 3 depending on the size of your pan.
- 3 Cook for five to seven minutes per side or until the burgers are cooked through.
- 4 Serve on a bed of mixed greens with some goat's cheese on top or with any toppings you love on your burgers!

Notes

Leftovers: Freeze them, separated by parchment paper.

Serving Size: One serving is equal to one burger.

Additional Toppings: Top with your favourite burger toppings and condiments. Use a bun instead of lettuce leaves.

No Beef: Use ground pork, turkey, chicken, or plant-based meat instead.

BBQ: Grill 5-7 minutes per side or until cooked through. Flip carefully.



Sweet Potato Fries

2 servings
40 minutes

Ingredients

- 2 Sweet Potato (small, sliced into 1/4 inch strips)
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Corn Starch
- 1/4 tsp Garlic Powder
- 1/4 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper

Directions

- 1 Preheat oven to 425°F and line a baking sheet with parchment paper (trim to fit). Place the baking sheet in the oven to heat it up before you put the fries on it.
- 2 Once you've cut your sweet potato, rinse it under cold water and dry with a dish towel or paper towel.
- 3 Toss them in a bag or bowl with seasoning and corn starch until well coated.
- 4 Arrange the strips onto your heated baking sheet, being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
- 5 Remove from oven, let them cool and enjoy!

Notes

Crispy Fries: For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serving Size: About 1.5 cups.

Disclaimer: Oven-baked sweet potato fries won't get crispy like deep-fried sweet potato fries do, but the steps like preheating the pan, adding corn starch and running under cold water or soaking will help!