



NUTRITION BY AMY

May 2022 Week 1

Amy Conrad

<http://www.nutritionbyamy.ca>

Week One

- **Sunday:** freeze bananas, make lentil tortilla soup, marinate chicken (make double the marinade for salmon Thursday), if weeknights are busy you can also make your rice, salad dressing and prep your sweet potato for the shepherd's pie
- **Monday:** Bake the honey garlic chicken and asparagus, make rice
- **Tuesday:** Berry salad to go with the leftover chicken
- **Wednesday:** Sweet potato shepherd's pie, marinate salmon
- **Thursday:** Bake salmon to go with leftover rice & asparagus
- **Friday:** Berry salad to go with leftover salmon, marinate chicken for Saturday
- **Saturday:** Spicy ginger lime chicken & roasted vegetables

Plant Based Alternatives

- **Honey Garlic Chicken Thighs:** use tofu instead of chicken
- **Sweet Potato Shepherd's Pie:** use red lentils or veggie grounds
- **Honey Garlic Salmon:** use chickpeas
- **Spicy Ginger Chicken:** use cauliflower in place of chicken and mix edamame in with your roasted veggies

Additional Information

- **Blank Days:** each week has a couple of blank spots, this leaves room for some flexibility to: use up leftover ingredients/servings, eat a meal out, try another recipe from the bonus section, make something you've been craving, etc.

Ingredient Notes:

- **Blueberries & strawberries:** you'll have extra, you can eat as a snack or add to smoothies
- **Protein powder:** I recommend a vanilla whey protein and love the Tim's Whole Health brand, if you'd rather not buy or use protein powder you can also use vanilla or plain Greek yogurt
- **Tortilla Strips:** I like the Fresh Gourmet brand, if you can't find tortilla strips, tortilla chips work too



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Banana Cinnamon Green Smoothie	 Banana Cinnamon Green Smoothie	 Banana Cinnamon Green Smoothie	 Banana Cinnamon Green Smoothie	 Banana Cinnamon Green Smoothie	 Sweet Potato Hash with Eggs	 Sweet Potato Hash with Eggs
Lunch	 Lentil Tortilla Soup	 Lentil Tortilla Soup	 Lentil Tortilla Soup	 Sweet Potato Shepherd's Pie	 Sweet Potato Shepherd's Pie		 Spicy Ginger Lime Chicken Thighs with Broccoli
Dinner	 Honey Garlic Chicken Thighs	 Honey Garlic Chicken Thighs	 Sweet Potato Shepherd's Pie	 Honey Garlic Salmon	 Honey Garlic Salmon	 Spicy Ginger Lime Chicken Thighs with Broccoli	
	 Asparagus & Rice	 Berry Salad with Grapefruit Vinaigrette		 Asparagus & Rice	 Berry Salad with Grapefruit Vinaigrette	 Roasted Carrots, Peppers & Onion	



Fruits

- 2 1/4 Avocado
- 2 1/2 Banana
- 1/2 cup Blueberries
- 1/2 Grapefruit
- 2 Lime
- 1/2 cup Strawberries

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 2 1/2 tbsps Chili Powder
- 1 1/4 tsps Cinnamon
- 1 tsp Cumin
- 2 1/2 tsps Garlic Powder
- 1 tbsp Italian Seasoning
- 1/4 cup Pecans
- 2 1/4 tsps Sea Salt
- 1 1/4 tsps Smoked Paprika

Frozen

- 2 cups Frozen Corn

Vegetables

- 1 bunch Asparagus
- 7 cups Baby Spinach
- 1/4 cup Basil Leaves
- 4 cups Broccoli
- 4 Carrot
- 1/2 cup Cilantro
- 5 cloves Garlic
- 1 tbsp Ginger
- 4 cups Mixed Greens
- 1 Red Bell Pepper
- 1 cup Red Onion
- 3 Sweet Potato
- 1 Yellow Onion

Boxed & Canned

- 1/2 cup Basmati Rice
- 425 grams Black Beans
- 400 milliliters Canned Coconut Milk
- 1 cup Dry Red Lentils
- 2 cups Medium Salsa
- 2 tbsps Tomato Paste
- 1.2 liters Vegetable Broth

Baking

- 2 1/3 tbsps Honey

Bread, Fish, Meat & Cheese

- 800 grams Chicken Thighs
- 454 grams Extra Lean Ground Beef
- 400 grams Salmon Fillet

Condiments & Oils

- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Hot Sauce
- 1 tbsp Soy Sauce

Cold

- 2 Eggs
- 5 cups Unsweetened Almond Milk

Other

- 1 cup Tortilla Strips
- 1 1/4 cups Vanilla Protein Powder



Banana Cinnamon Green Smoothie

1 serving
5 minutes

Ingredients

1/2 Banana (frozen)
1 cup Unsweetened Almond Milk (cold)
1/4 Avocado
1 cup Baby Spinach (a handful)
1/4 tsp Cinnamon
1/4 cup Vanilla Protein Powder

Directions

1 Add all ingredients into a blender and blend until smooth.

Notes

No Spinach: Use kale instead.

No Protein Powder: Use greek yogurt or add a few spoonfuls of hemp seeds or collagen powder.

Not a Cinnamon Fan: Skip It

Add Ins: This is also great with frozen berries, chia, flax and/or cacao.

No Almond Milk: Any milk works, or even water in a pinch!

Need More: Use the whole banana, more avocado, oats, greek yogurt, hemp, flax and/or chia.



Sweet Potato Hash with Eggs

2 servings
30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 Sweet Potato (peeled and cut into small cubes ~3 cups)
- 1/2 cup Red Onion (chopped)
- 1/4 tsp Smoked Paprika
- 1/2 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cups Baby Spinach
- 2 Eggs

Directions

- 1 Heat olive oil in a non-stick pan over medium heat. Add the sweet potato (make sure it's cut into really small cubes). Cover and cook, stirring occasionally, for about five to six minutes or until soft. Add a splash of water or oil if needed to prevent sticking. Add the onion and spices and continue to cook until the potatoes are tender, seven to nine minutes more.
- 2 Add the spinach and stir until wilted, remove veggies from the pan.
- 3 Add eggs and cook 5 mins or until desired doneness (you'll cook your eggs each morning).
- 4 Divide the sweet potato hash and eggs between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

No Spinach: Use kale instead.

No Red Onion: Use yellow onion instead.

Optional Add Ins: Mushrooms, peppers.

Scramble: Option to scramble eggs instead.

Need More: Use 3 eggs, add avocado, fruit and/or add a slice of toast.

Not a Sweet Potato Fan: Use a white potato or add peppers instead.

Lower Carb: Use peppers and mushrooms in place of sweet potato and add avocado.



Lentil Tortilla Soup

5 servings

20 minutes

Ingredients

- 900 milliliters Vegetable Broth (low sodium)
- 400 milliliters Canned Coconut Milk (light)
- 2 cups Medium Salsa (1 x 430mL jar)
- 1 tsp Smoked Paprika
- 1 tsp Cumin
- 1/2 tsp Garlic Powder
- 1/4 tsp Black Pepper
- 1/2 tsp Sea Salt
- 1 cup Dry Red Lentils
- 425 grams Black Beans (1.5 cups)
- 1 cup Frozen Corn
- 1 Lime (juiced)
- 1 cup Tortilla Strips
- 1/2 Avocado (Peeled and cubed)
- 1/2 cup Cilantro (chopped, optional)

Directions

- 1 Add broth, coconut milk, salsa, spices and lentils to a large pot and bring to a boil. Cover and turn down to simmer for 5 minutes.
- 2 Add black beans, corn & half of the lime juice to the pot. Cook for 5 minutes longer or until lentils are soft.
- 3 Serve topped with 1/4 cup tortilla strips, avocado, cilantro and remaining lime juice.

Notes

No Lentils: Use shredded chicken instead.

Okay with Dairy: Add a bit of cheese and/or sour cream on top.

Leftovers: Freeze them for Week 3.

Serving Size: Each serving is ~1.5 cups.



Honey Garlic Chicken Thighs

2 servings
30 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 tbsp Honey
2 cloves Garlic (minced)
1 tbsp Chili Powder
1/4 tsp Sea Salt
400 grams Chicken Thighs (skinless, boneless, 4-6 thighs)

Directions

- 1 Preheat oven to 425°F.
- 2 Combine olive oil, honey, garlic, chilli powder and sea salt together in a large Ziploc bag (or bowl or container), add chicken and shake to coat. Place in the fridge.
- 3 Bake for 25 mins (add your asparagus with 15 minutes left).

Notes

No Chicken Thighs: Use chicken wings, drumsticks or breasts.

Skin On: Skin on chicken is often less expensive (though higher fat and calorie). You can definitely use if you'd prefer, you'll need to bake for about 45 minutes instead.

Time Saver: Use 1 tsp garlic powder in place of garlic clove.

Marinating: It's best if marinated overnight but in a pinch it's still delicious if done right before baking.



Asparagus & Rice

2 servings
25 minutes

Ingredients

- 1/2 cup Basmati Rice (dry)
- 1 bunch Asparagus (woody ends trimmed)
- 1 tsp Extra Virgin Olive Oil
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper

Directions

- 1 Rice: Cook according to package directions (this can vary between brands) or in a small pot combine 1/2 cup rice and 1 cup water, boil, turn down to a simmer, cover for 15 minutes then turn off heat & allow to sit covered for 5 mins before fluffing with a fork.
- 2 Asparagus: toss with 1 tsp olive oil and a pinch of salt and pepper. Bake for 15 minutes @ 425°F (you'll be adding this in with the honey garlic chicken - you can choose to bake it all at once or do half now and half with the salmon on Thursday).

Notes

No Basmati Rice: Use quinoa, brown rice, couscous, barley or cauliflower rice instead.

Leftovers: Will go with the honey garlic salmon later this week.

BBQ Weather: The asparagus is great on the grill.

Serving Size: Dry rice triples when cooked, so 1/2 cup dry = 1.5 cups cooked. Each serving is 3/4 cup.

Need More: Double the rice.

More Flavour: Cook the rice in broth.



Berry Salad with Grapefruit Vinaigrette

1 serving
10 minutes

Ingredients

1/4 Grapefruit (juiced)
1 1/2 tsps Extra Virgin Olive Oil
1/2 tsp Honey
1/16 tsp Sea Salt (a pinch)
1/16 tsp Black Pepper (a pinch)
2 cups Mixed Greens
2 tbsps Pecans
1/4 Avocado (peeled and diced)
1/4 cup Strawberries (quartered)
1/4 cup Blueberries
2 tbsps Basil Leaves (finely diced)

Directions

- 1 Create your dressing (double it to save this step when you make it again on Thursday) by combining your grapefruit juice, olive oil, honey, salt and pepper in a bowl and stir.
- 2 Fill your bowl with greens, pecans, avocado, strawberries and blueberries, sprinkle with chopped basil and pour dressing on top.

Notes

More Flavour: Toast the pecans, add feta or goat's cheese.

Mix It Up: Any berries work! This salad is also great with peaches and/or pears.

No Mixed Greens: Spinach or any lettuce work.



Sweet Potato Shepherd's Pie

3 servings
40 minutes

Ingredients

2 Sweet Potato (medium, peeled and chopped)
1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (medium, finely chopped)
1 Carrot (medium, finely chopped)
454 grams Extra Lean Ground Beef
1 tbsp Italian Seasoning
1 tsp Garlic Powder
1/2 tsp Sea Salt
1 cup Frozen Corn
2 tbsps Tomato Paste
250 milliliters Vegetable Broth

Directions

- 1 Place the sweet potatoes in a medium pot with just enough water to cover. Bring to a boil and cook until fork-tender, about 10 minutes. Drain the potatoes then mash them. Set aside.
- 2 Preheat oven to 350°F.
- 3 Heat oil over medium heat in a cast iron or non stick pan. Add onion & carrot and saute 5 mins, then add beef and seasoning and cook until beef is brown and veggies are soft, about 8 mins.
- 4 Add corn, tomato paste and broth and simmer another 5 mins.
- 5 Top the beef mixture with the mashed sweet potato and smooth them into an even layer. Bake 10 minutes. Enjoy!

Notes

Leftovers: You can freeze them if the servings are larger than you need.

Baking Dish: Use either a medium oven safe pan or a 8 x 8-inch baking dish.

No Ground Beef: Use lean ground turkey, chicken, lamb, or pork.

Sweet Potato: This can be boiled or baked.

Lower Carb: Use mashed cauliflower.

Plant Based: Use plant based grounds or lentils in place of beef.

Time Saver: Use frozen mix of corn, carrots & peas.



Honey Garlic Salmon

2 servings
20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1 tbsp Honey
1/4 tsp Sea Salt
2 cloves Garlic (minced)
1 tbsp Chili Powder
400 grams Salmon Fillet

Directions

- 1 Preheat oven to 475°F.
- 2 If you doubled your chicken marinade you can use it here and skip this step. If not in a small container mix together the olive oil, honey, garlic, chili powder and salt.
- 3 Place salmon in a small dish and brush the marinade on top. Place in the fridge.
- 4 Bake for 12 to 15 minutes or until salmon flakes with a fork.

Notes

No Salmon: Any fish fillet will work. Baking time will vary depending on fish and thickness.

Time Saver: Use garlic powder instead of cloves.



Spicy Ginger Lime Chicken Thighs with Broccoli

2 servings
30 minutes

Ingredients

400 grams Chicken Thighs (boneless, skinless, 4-6 thighs)
1 tbsp Soy Sauce
1 tbsp Ginger (grated)
1 Lime (zest & juice)
1 clove Garlic (minced)
4 cups Broccoli (cut into florets)
1 1/2 tbsps Extra Virgin Olive Oil
1 tbsp Hot Sauce (adjust to preference)

Directions

- 1 Mix all ingredients (except broccoli and 1 tbsp oil) in a large Ziploc bag or container, add chicken and shake to coat. Place in the fridge.
- 2 Preheat oven to 425°F and line a baking sheet with parchment paper.
- 3 In a bowl toss your broccoli with olive oil
- 4 Arrange chicken and broccoli on your baking sheet and bake for 25 mins or until cooked through.

Notes

BBQ Weather: This is also great BBQ'd.

Time Saver: Use ground ginger and garlic powder instead of fresh grated and minced.

Skin On: Skin on bone in thighs are usually cheaper, if using these bake for 45 minutes instead.



Roasted Carrots, Peppers & Onion

3 servings

30 minutes

Ingredients

- 3 Carrot (1.5 cups cubed)
- 1/2 cup Red Onion (sliced)
- 1 Red Bell Pepper (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 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.
- 2 Mix veggies and oil in a bowl, add spices, mix well then spread out on your prepared baking sheet.
- 3 Bake for 25 minutes.