



NUTRITION BY AMY

Summer 2020 Week Two

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Prep Guide

- **Sunday:** mango black bean salad
- **Monday:** avo toast, pork lettuce wraps, cook rice for chickpea burgers
- **Tuesday:** avo toast, chickpea burgers, option to make veggies for omelette
- **Wednesday:** omelette, peanut noodle bowl
- **Thursday:** omelette, fish tacos
- **Friday:** omelette, chicken salad wraps
- **Saturday:** breakfast burrito, taco salad
- **Sunday:** breakfast burrito

Time Savers

- Buy veggie burgers instead of making them (you do need a food processor for this recipe)
- Buy taco seasoning instead of using your own spices
- Skip the omelette/burrito and just do a scramble
- Buy rotisserie chicken to use in the noodle bowl and/or chicken salad

BBQ Options

- You can BBQ the chicken (noodle bowl/chicken salad), fish (fish tacos) and burgers (I would still pan fry quickly to help keep them together!)

Family Friendly Tweaks

- Use taco salad ingredients to make regular tacos
- Use whichever veggies kids like in the noodle bowl and lettuce wraps
- Serve a side of mango instead of mango salad
- Use chicken instead of fish in the fish tacos
- Make chicken salad sandwich, skip any veggies they won't eat



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Avo Toast & Breakfast Salad	 Avo Toast & Breakfast Salad	 Amy's Veggie Goat Cheese Omelette	 Amy's Veggie Goat Cheese Omelette	 Amy's Veggie Goat Cheese Omelette	 Breakfast Burrito	 Breakfast Burrito
Lunch	 Chicken Avocado Burger	 Asian Pork Lettuce Wraps	 Curried Chickpea & Carrot Burgers	 Peanut Noodle Bowl	 Fish Tacos	 Chicken Salad Wraps	 Chicken Salad Wraps
	 Mango Black Bean Salad		 Mango Black Bean Salad				
Dinner	 Asian Pork Lettuce Wraps	 Curried Chickpea & Carrot Burgers	 Peanut Noodle Bowl	 Fish Tacos	 Chicken Salad Wraps	 Taco Salad	
		 Mango Black Bean Salad					 Mango Black Bean Salad



Fruits

- 1 Avocado
- 1 cup Grapes
- 1/2 Lemon
- 2 1/2 Lime
- 1 1/2 Mango

Breakfast

- 3 tbsps Peanut Butter

Seeds, Nuts & Spices

- 1/4 tsp Black Pepper
- 0 tsp Chili Flakes
- 1 tsp Chili Powder
- 2 3/4 tsps Cumin
- 1 tbsp Curry Powder
- 1 1/2 tsps Garlic Powder
- 1/4 tsp Onion Powder
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 tsps Smoked Paprika
- 1 tsp Toasted Sesame Seeds

Vegetables

- 5 cups Baby Spinach
- 1/2 head Boston Lettuce
- 1 1/2 cups Broccoli
- 5 Carrot
- 2 stalks Celery
- 3/4 cup Cilantro
- 2 cups Coleslaw Mix
- 1 Cucumber
- 5 Garlic Cloves
- 5 stalks Green Onion
- 2 cups Mushrooms
- 1 Orange Bell Pepper
- 1/4 cup Parsley
- 1 1/16 cups Red Onion
- 4 cups Romaine
- 2 Tomato
- 1/2 Yellow Onion

Boxed & Canned

- 1/3 cup Basmati Rice
- 1 cup Black Beans
- 1 1/2 cups Chickpeas
- 1/2 cup Corn
- 1 cup Corn Chips Or Tortilla Strips
- 1/2 cup Salsa
- 4 ozs Vermicelli Noodles

Baking

- 1 1/3 tbsps Honey
- 1/2 cup Rolled Oats

Bread, Fish, Meat & Cheese

- 3 ozs Cheddar Cheese
- 1 1/2 lbs Chicken Breast
- 4 Corn Tortilla
- 8 ozs Extra Lean Ground Beef
- 2/3 cup Goat Cheese
- 10 ozs Lean Ground Pork
- 14 ozs Tilapia Fillet Or Other White Fish
- 2 slices Whole Grain Bread
- 2 Whole Wheat Tortilla

Condiments & Oils

- 3 tbsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1 tsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1/2 cup Rice Vinegar
- 1 1/3 tbsps Sesame Oil
- 3 1/2 tbsps Soy Sauce

Cold

- 16 Egg

Other

- 1/4 cup Water



Avo Toast & Breakfast Salad

1 serving
10 minutes

Ingredients

1 slice Whole Grain Bread (or
sourdough or gf)
2 Egg
1/4 Avocado
1 cup Baby Spinach
1 tsp Extra Virgin Olive Oil
1 tbsp Goat Cheese
1/4 Tomato (chopped, or use sundried
tomatoes)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Toast your bread and cook your eggs.
;
- 2 Spread avocado on toast and top it with the egg, salt & pepper.
;
- 3 For your breakfast salad mix spinach with olive oil, add tomatoes, cheese, salt & pepper.

Notes

Salad for Breakfast?!: Trust me on this one, it's the best!

No Sourdough?: Use gluten free bread or whole wheat bread.

Need More?: Add another egg, slice of toast and/or more avocado.

Like it Spicy?: Add hot sauce.



Amy's Veggie Goat Cheese Omelette

3 servings

15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (+ 3 tsp to cook eggs)
- 2 cups Mushrooms (sliced)
- 1/3 cup Red Onion (diced)
- 1 tbsp Soy Sauce
- 1 tbsp Balsamic Vinegar
- 3 Garlic Cloves (diced, adjust to preference)
- 3 cups Baby Spinach (chopped)
- 6 Egg
- 1/2 cup Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- Parsley (chopped, optional 1/4 cup if leftover)

Directions

- 1 *To prep this meal you'll be cooking all of your veggies in advance, then just cooking the eggs in the morning for a fast meal!
- 2 Chop your veggies.
- 3 Heat a skillet over medium heat and add olive oil. Saute mushrooms and red onion for 5 minutes or until soft. Add in soy sauce, balsamic & garlic and saute for another minute. Add in spinach and saute just until wilted. Save this mix to add to your eggs.
- 4 In the morning: whisk eggs together. Heat 1 tsp oil in a medium pan, pour in the egg mixture, let sit until cooked most of the way through then add veggies & goat cheese to one side of the eggs. Fold the other half over top. Top with salt & pepper. Optional to add parsley & hot sauce.

Notes

Don't Like Mushrooms?: Use another veggie! Peppers would be great as well!

Need More?: Add another egg, avocado or serve with potatoes or toast.



Breakfast Burrito

1 serving
10 minutes

Ingredients

- 1 Whole Wheat Tortilla
- 2 Egg
- 1/8 tsp Garlic Powder (just a pinch)
- 1/8 tsp Smoked Paprika (just a pinch)
- 1/8 tsp Sea Salt
- 1 oz Cheddar Cheese
- 1/4 Avocado
- 1/4 Tomato (chopped)
- 2 tbsps Red Onion (diced)

Directions

- 1 Pour the eggs non-stick skillet, (or add a little oil if needed), add seasonings & salt, stir to scramble.
- 2 Add cheese to your tortilla, then add cooked eggs, then avocado, tomato & red onion.
- 3 Fold into a burrito, add back to pan and cook 1-2 mins per size or until brown and deeeelicious!

Notes

Optional Add Ins: This is great with added spinach, peppers, bell peppers, pesto, cilantro and/or black beans.

Make it Mediterranean : Use goat's cheese instead and add sundried tomatoes

Spice It Up: Add chilli flakes or hot sauce

Need More?: Use 3 eggs, additional egg whites, black beans and/or sausage.



Mango Black Bean Salad

3 servings

15 minutes

Ingredients

- 1 cup Black Beans
- 1 Mango (chopped)
- 1 Orange Bell Pepper (chopped)
- 1/2 cup Corn
- 1 stalk Green Onion (chopped)
- 1/2 Tomato (add day of*)
- 1/4 cup Cilantro (optional)
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lime (juice of)
- 1/2 tsp Cumin (ground)
- 1/4 tsp Sea Salt
- Chili Flakes (to taste)

Directions

- 1 Mix together all ingredients except tomato & cilantro. Place in the fridge.
- 2 Add tomato & cilantro before serving.



Asian Pork Lettuce Wraps

2 servings
15 minutes

Ingredients

- 1 Cucumber (thinly sliced)
- 1/2 cup Rice Vinegar
- 1 tsp Extra Virgin Olive Oil
- 10 ozs Lean Ground Pork
- 1 Garlic Cloves (minced)
- 1 tbsp Soy Sauce
- 1 tsp Sesame Oil
- 1 tsp Honey
- 1/2 head Boston Lettuce (leaves separated)
- 1 Carrot (shredded)
- 1 tsp Toasted Sesame Seeds (optional, for garnish)

Directions

- 1 Put thinly sliced cucumber in a small bowl, cover with vinegar (use enough to fully submerge the cucumbers), put aside.
- 2 Add oil to a pan over medium heat, cook pork breaking up as you do until it's cooked through.
- 3 In a small bowl, mix together the garlic, soy sauce, sesame oil and honey. Add the sauce to the pork and stir to combine, cooking for another 1 to 2 minutes.
- 4 Put the pork mixture into individual lettuce leaves. Top with shredded carrot, pickled cucumbers and sesame seeds, if using. Enjoy!

Notes

More Flavor: Add ginger to the meat mixture.

Additional Toppings: Top with avocado, cashews, hot sauce or chili flakes.

Plant Based: Use lentils (cooked) instead of pork.



Curried Chickpea & Carrot Burgers

4 servings

1 hour

Ingredients

1 tbsp Extra Virgin Olive Oil
2 Carrot (2 cups chopped or shredded)
1/2 Yellow Onion (1/2 cup diced)
1 1/2 cups Chickpeas (drained & rinsed, 19oz can)
1 tbsp Curry Powder
1 tsp Cumin
1 tsp Smoked Paprika
1/2 tsp Garlic Powder
1 tsp Sea Salt (to taste)
1/2 cup Rolled Oats
2 Egg
1/3 cup Basmati Rice (1 cup cooked)
3 tbsps Avocado Oil

Directions

- 1 If rice isn't cooked yet, cook rice.
- 2 Heat oil in a large pan, add carrots, onion, chickpeas and all spices & salt, stirring well to combine. Saute 5-10 mins or until veggies are soft.
- 3 In a food processor pulse oats (you don't want a flour, but close, there should be some chunks).
- 4 Add eggs & veggie to the food processor and pulse a few times. You want to keep some chunkiness.
- 5 Pour mixture into a bowl and add the rice. Combine and place in the fridge to let it cool.
- 6 Roll mixture into balls then press into patties.
- 7 Heat avocado oil in a pan over medium heat (should cover the bottom), cook patties ~10 mins per side waiting until they're golden brown to flip.

Notes

Time Saver: This recipe is a bit more complicated than most of mine, so if you're using it in a meal plan & are short on time, it's fine to buy veggie burgers instead and make this another time!

Freeze: Leftovers.

Prep: Prep your rice ahead of time.



Peanut Noodle Bowl

2 servings
30 minutes

Ingredients

3 tbsps Peanut Butter
1 1/2 tbsps Soy Sauce
1 tbsp Honey
1 tbsp Sesame Oil
1/2 Lime
1 Garlic Cloves (small, diced)
1/4 cup Water (less if you like a thicker sauce)
8 ozs Chicken Breast (sliced into bite sized pieces)
4 ozs Vermicelli Noodles (1 cup cooked per serve)
1 1/2 cups Broccoli (florets)
2 Carrot (1 cup shredded)
3 stalks Green Onion (chopped)

Directions

- 1 In a small bowl or jar mix the peanut butter, soy sauce, honey, sesame oil, lime juice, garlic and water until smooth and creamy. You can also blend this or shake it in a jar to combine well.
- 2 Combine 2 tbsps sauce with your cut chicken, then saute until cooked through.
- 3 Place uncooked noodles & raw broccoli in a large bowl (or 2 smaller bowls), pour boiling over and let rest 5-10 mins or until noodles are soft.
- 4 Top your rice noodles with chicken, broccoli, carrots, green onion & peanut sauce. Mix well and enjoy!

Notes

Prep Ahead: Make the sauce and chicken ahead to save time - you can also use a rotisserie chicken instead of cooking it yourself.

Spice Up Your Sauce: Add in chili flakes, hot sauce or ginger (I use 1/4 tsp ground ginger).

Make it Vegan: Omit the chicken and use cooked tofu or chickpeas instead.

More Flavour : Top your bowl with cilantro, crushed peanuts, more lime, soy sauce or tortilla strips/chips.

More Veg: Add in bell peppers, chopped spinach or cucumber.

Need More?: Increase the amount of chicken or rice noodles.

Nut-Free: Use sunflower seed butter instead of peanut butter.

Lower Carb?: Skip the rice noodles and increase the amount of veggies & chicken.

Like it Saucy?: Double the sauce.



Fish Tacos

2 servings

25 minutes

Ingredients

- 14 ozs Tilapia Fillet Or Other White Fish (400g)
- 2 tsps Extra Virgin Olive Oil
- 1 Lime (divided)
- 3/4 tsp Cumin
- 1/2 tsp Chili Powder
- 1/2 tsp Sea Salt (to taste)
- 1/2 tsp Garlic Powder
- 1/2 Mango (1 cup cubed)
- 2 cups Coleslaw Mix
- 1 1/2 tbsps Mayonnaise (or other oil)
- 1 stalk Green Onion (chopped)
- 1/4 cup Cilantro (optional)
- 4 Corn Tortilla (small)

Directions

- 1 Preheat oven to 425F (or follow cooking directions on the package for your fish). Mix half of your lime juice with olive oil, cumin, chilli powder, salt & garlic powder. Brush this mixture onto your fish and bake for 15 mins or until flaky and cooked through.
- 2 In a bowl mix mango, coleslaw, remaining lime juice, mayo, green onion, cilantro & a pinch of salt & chilli powder.
- 3 Serve fish and salsa mix on tortillas (you can also heat this up in the oven or on a frying pan!)

Notes

Citrus: This recipe is quite citrus-y, so if you don't love that, decrease the amount of lime slightly.

Low Carb: Use lettuce wraps.

Can't Have Fish? : Use chicken or black beans (black beans can go right into the slaw mix).

BBQ: You can also BBQ your fish!



Chicken Salad Wraps

3 servings
20 minutes

Ingredients

- 1 lb Chicken Breast
- 2 stalks Celery (chopped)
- 1/2 cup Red Onion (diced)
- 1 cup Grapes (red, halved)
- 1/4 cup Parsley (chopped)
- 1/4 cup Mayonnaise
- 1 tsp Dijon Mustard
- 1/2 Lemon (juiced)
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper

Directions

- 1 Place chicken in a large pot, cover with cold water and a sprinkle of salt, bring to a boil, simmer & cover 10 mins or until cooked through. Remove and put in the fridge to cool.
- 2 Chop celery, grapes, parsley and red onion. Mix in a medium bowl.
- 3 Add mayo, lemon juice, dijon, salt & pepper, mix well.
- 4 Chop chicken and add, mix well & enjoy!

Notes

Time Saver: Use rotisserie chicken.

To Serve: You can have this as is or serve in a lettuce wrap or over chopped greens.

Need More?: Serve in a wrap or as a sandwich or increase serving size.

Make it Lighter: Use plain Greek yogurt in place of mayo



Taco Salad

2 servings

15 minutes

Ingredients

- 1 1/2 tps Extra Virgin Olive Oil
- 8 ozs Extra Lean Ground Beef
- 1/2 tsp Chili Powder
- 1/2 tsp Cumin
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1/2 cup Salsa (& more to serve)
- 4 cups Romaine (or other lettuce/greens)
- 1 oz Cheddar Cheese
- 1/2 Tomato (chopped)
- 1 cup Corn Chips Or Tortilla Strips
- 1/4 cup Cilantro (optional)
- 1/2 Lime (squeeze to serve)

Directions

- 1 Heat oil over medium heat, add ground beef and spices and cook until browned and cooked through
- 2 Top romaine with seasoned beef, cheese (if using), tomato, corn chips or tortilla strips, cilantro and some extra salsa & lime to serve!

Notes

- Time Saver:** Use a taco seasoning mix.
- No Dairy?:** Leave out the cheese!
- Okay With Dairy?:** Add some sour cream!
- Not a Fan of Beef?:** Use ground chicken, turkey or lentils instead.
- Like it Classic/Family Friendly?:** Make tacos instead of taco salad!
- Plant Based?:** Use black beans in place of ground beef (still season them!)