



2020 Week 3



NUTRITION BY AMY

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Prep Guide

- **Sunday:** sweet potato hash
- **Monday:** protein box x 2
- **Tuesday:** egg roll in a bowl
- **Wednesday:** none!
- **Thursday:** smoothies, shrimp tacos
- **Friday:** smoothie, chickpea waldorf (prep in advance if needed)
- **Saturday:** smoothie, free meal!
- **Sunday:** French toast, salmon, kale pecan salad & pecan parm (see notes on the week 4 prep guide, you'll be roasting extra pecans for next week's recipes!)



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Amy's Sweet Potato & Sausage Hash	 Amy's Sweet Potato & Sausage Hash	 Amy's Sweet Potato & Sausage Hash	 Low Carb Filling Smoothie	 Low Carb Filling Smoothie	 Low Carb Filling Smoothie	 Vegan Blueberry French Toast
Lunch	 Reset Peanut Noodle Bowl	 Protein Box Lunch	 Protein Box Lunch	 Amy's Egg Roll in a Bowl (3)	 Amy's Chickpea Waldorf Salad	 Amy's Chickpea Waldorf Salad	 Amy's Chickpea Waldorf Salad
Dinner	 Amy's Asian Meatballs with Cauliflower Rice	 Amy's Egg Roll in a Bowl (3)	 Amy's Egg Roll in a Bowl (3)	 Shrimp Tacos with Mango Slaw (shrimp separate)	 Shrimp Tacos with Mango Slaw (shrimp separate)		 Dill Walnut Salmon
Snack 3							 Kale Pecan Salad
							 Pecan Parm



Fruits

- 3 Apple
- 1/2 Avocado
- 2 Banana
- 1 cup Grapes
- 2 1/2 Lemon
- 1 tbsp Lime Juice
- 1 Mango

Seeds, Nuts & Spices

- 1 1/8 tsps Black Pepper
- 3 1/2 tsps Chia Seeds
- 1/2 tsp Cinnamon
- 3 tsps Hemp Seeds
- 1 1/2 tsps Italian Seasoning
- 1/2 tsp Onion Powder
- 2 tsps Paprika
- 1 cup Pecans
- 1/8 tsp Red Pepper Flakes
- 1 2/3 tsps Sea Salt
- 1/2 cup Walnuts

Frozen

- 1 cup Frozen Blueberries

Vegetables

- 3 cups Baby Spinach
- 8 stalks Celery
- 6 cups Coleslaw Mix
- 2 tsps Fresh Dill
- 2 cloves Garlic
- 1 Garlic
- 2 tsps Ginger
- 4 stalks Green Onion
- 6 cups Kale
- 2 1/4 cups Kale Leaves
- 1 1/2 cups Mushrooms
- 1/4 cup Parsley
- 2/3 cup Red Onion
- 3/4 Sweet Potato
- 1/2 Yellow Onion

Boxed & Canned

- 2 cups Chickpeas
- 2 ozs Seed Crackers

Baking

- 3 tsps Dried Unsweetened Cranberries
- 1 1/2 tsps Nutritional Yeast

Bread, Fish, Meat & Cheese

- 3 ozs Cheddar Cheese
- 4 Corn Tortilla
- 2 slices Gluten Free Bread
- 2 tsps Hummus
- 13 1/4 ozs Italian Turkey Sausage
- 1 lb Lean Ground Pork
- 1 1/8 lbs Salmon Fillet
- 14 1/16 ozs Shrimp

Condiments & Oils

- 3 tsps Almond Butter
- 2 tsps Avocado Mayo
- 1 1/2 tsps Coconut Oil
- 2 1/2 tsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 2 tsps Rice Vinegar
- 1 tbsp Sesame Oil
- 2 tsps Siracha
- 2 tsps Soy Sauce

Cold

- 4 Egg
- 3 1/4 cups Unsweetened Almond Milk

Other

- 12 Ice Cubes
- 3/4 cup Vanilla Protein Powder
- 2 1/2 tsps Water



Amy's Sweet Potato & Sausage Hash

3 servings
30 minutes

Ingredients

2 1/4 tps Extra Virgin Olive Oil
1/3 cup Red Onion (diced)
3/4 Sweet Potato (medium, diced into cubes, ~2 cups)
1 1/2 cups Mushrooms (sliced)
13 1/4 ozs Italian Turkey Sausage (casings removed)
2 1/4 cups Kale Leaves (chopped)
1/8 tsp Sea Salt

Directions

- 1 In a large skillet heat the olive oil over medium heat and add the diced sweet potato, red onions & mushrooms. Cook for 8-10 minutes or until tender and cooked through.
- 2 In a separate pan cook the sausage over medium heat, breaking it up into crumbles with the back of a spoon as it cooks.
- 3 Add the kale and cover with a lid. Cook over medium for 1 to 2 minutes, or until the kale is wilted. Then add the sausage to the skillet and mix until warmed through. Add sea salt to taste. Divide into bowls and enjoy!

Notes

Prep Ahead, Cook the sweet potato in advance to save time.

No Kale, Use another hearty green such as dandelion or shaved brussels sprouts or a light green like spinach or arugula.

No Pork, Use turkey sausage, chicken sausage or ground meat instead.

Vegans & Vegetarians, Use lentils instead of sausage.

Mix it Up, Try omitting the mushrooms and adding 1 apple and 1/4 tsp of cinnamon



Low Carb Filling Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk (more if desired)
- 1 tbsp Almond Butter
- 1/2 Banana
- 1 tbsp Chia Seeds
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder (or 1 scoop)
- 1 tbsp Hemp Seeds
- 4 Ice Cubes

Directions

- 1 Blend & enjoy!

Notes

No Hemp Hearts?, Use another tbsp almond butter.
No Chia?, Use flax.



Vegan Blueberry French Toast

1 serving

20 minutes

Ingredients

- 1/2 Banana (ripe)
- 1 1/2 tsps Chia Seeds
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1 1/2 tsps Coconut Oil
- 2 slices Gluten Free Bread (or other bread of choice)
- 1 cup Frozen Blueberries

Directions

- 1 In a large, shallow bowl mash the banana. Add the chia seeds, almond milk, and cinnamon. Let stand for about 5 minutes. During this time, heat a non-stick skillet over medium heat and grease with coconut oil.
- 2 Dip the bread slices into the banana mixture, making sure each side is coated, then immediately transfer them to the skillet. Cook for about 4 minutes per side, flipping carefully. They're done when they're crispy and brown on both sides.
- 3 While the french toast is cooking, add the frozen blueberries to a small saucepan. Heat over medium-high heat until the berries become soft and the juices are released.
- 4 Divide the french toast between plates and top with blueberry sauce. Enjoy!

Notes

No Blueberries, Use raspberries, strawberries, blackberries or peaches instead.

Optional, Add a small drizzle of maple syrup or coconut whip.

Too Much?, Have 1 slice or 1 slice with 2 pieces of turkey bacon.



Protein Box Lunch

1 serving

10 minutes

Ingredients

- 2 Egg (hard boiled)
- 1 1/2 ozs Cheddar Cheese (or other cheese)
- 1 oz Seed Crackers (10 crackers)
- 1 tbsp Hummus (or peanut butter)
- 1 Apple (or other fruit)
- 2 stalks Celery (or other veg)

Directions

- 1 Enjoy!



Amy's Chickpea Waldorf Salad

4 servings

15 minutes

Ingredients

- 1/2 Avocado (or whole avocado if small)
- 1 tbsp Rice Vinegar (or any vinegar)
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Water
- 2 cups Chickpeas (cooked, drained and rinsed)
- 4 stalks Celery (chopped)
- 1 Apple (cored and diced)
- 1 cup Grapes (red, halved)
- 1/4 cup Red Onion (finely diced)
- 1/4 cup Parsley

Directions

- 1 Prepare your dressing by combining your avocado, apple cider vinegar, mustard, olive oil, salt, pepper and water. in a blender or food processor. Blend until smooth.
- 2 Combine chickpeas, celery, apple, grapes, onion & parsley in a large bowl. Stir in the dressing and toss until evenly coated.

Notes

- Extras,** Add walnuts or sunflower seeds.
- Need more?,** Serve in a wrap or with rice.
- Animal Protein,** Use chicken in place of chickpeas.



Amy's Egg Roll in a Bowl (3)

3 servings
30 minutes

Ingredients

- 1 tbsp Sesame Oil
- 2 cloves Garlic (minced)
- 1/2 Yellow Onion (small, diced, ~1 cup)
- 2 tsps Ginger (peeled and grated)
- 1 lb Lean Ground Pork
- 2 tsps Sriracha (or more to taste)
- 2 tsps Soy Sauce
- 1 tbsp Rice Vinegar
- 1/4 tsp Black Pepper
- 4 cups Coleslaw Mix (397g bag)
- 4 stalks Green Onion (diced)

Directions

- 1 Heat sesame oil in a pan over medium-high heat. Add the onion, garlic, and ginger. Cook for 3-5 minutes, stirring frequently, until soft.
- 2 Add the pork, sriracha, rice vinegar, soy sauce, pepper and break it up as it cooks. Cook for about 7-10 minutes, or until cooked through.
- 3 Stir in the coleslaw mix, cover 5 mins or until veggies have softened.
- 4 Top with green onions and additional Sriracha or soy sauce to service.

Notes

Meat-Free, Replace the ground meat with tofu or the crumbled/ground meat alternative.

No Pork?, Use ground turkey or chicken.

Sriracha Mayo, Optional topping: mix 1/4 cup mayo (preferably avocado or olive oil mayo) with 1-2 tbsp sriracha or hot sauce



Shrimp Tacos with Mango Slaw (shrimp separate)

2 servings
10 minutes

Ingredients

2 cups Coleslaw Mix
2 tbsps Avocado Mayo
1 tbsp Lime Juice
1 Mango (chopped)
4 Corn Tortilla (small)

Directions

- 1 Mix the coleslaw with mayo, lime juice & mango
- 2 Serve shrimp & mango slaw in corn tortillas - optional to add additional lime juice or cilantro!

Notes

No Tortillas?, You can also do a lettuce wrap or if you feel okay with wheat a flour tortilla
Not a Shrimp Fan?, Use shredded chicken instead.



Amy's Sweet Paprika Shrimp

2 servings
15 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Maple Syrup
- 1 1/2 tsps Paprika
- 1 1/2 tsps Italian Seasoning
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes (optional)
- 14 1/16 ozs Shrimp (large, peeled and deveined)
- 1 1/2 tsps Water
- 1/2 Lemon

Directions

- 1 In a mixing bowl whisk the olive oil, maple syrup, paprika, Italian seasoning, salt and red pepper flakes, if using, until combined. Add the shrimp to the sauce and toss to coat.
- 2 Heat a large non-stick pan or skillet over medium-high heat.
- 3 Add the shrimp and all of the sauce to the pan. Let the shrimp cook for 1 to 2 minutes per side. Add the water and lemon juice. Stir to coat the shrimp in the sauce. Let the sauce come to a gentle bubble then remove from the heat and season with additional salt and lemon juice if needed.
- 4 Divide between plates and serve immediately. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

More Flavor, Serve with extra lemon wedges or fresh ground pepper on top.

Make it a Meal, Serve shrimp beside cooked quinoa or brown rice with sauteed greens.



Dill Walnut Salmon

3 servings
20 minutes

Ingredients

- 1 1/8 lbs Salmon Fillet (3 fillets)
- 1 1/2 tbsps Dijon Mustard
- 1/2 cup Walnuts (chopped)
- 2 tbsps Fresh Dill (Chopped)
- 1/2 tsp Paprika
- 1/2 tsp Onion Powder
- 1/4 tsp Sea Salt (more to taste)
- 1/4 tsp Black Pepper
- 1 Lemon (zest & juice)
- 1 tbsp Extra Virgin Olive Oil

Directions

- 1 Preheat oven to 400 degrees F, and line a baking sheet with parchment paper.
- 2 Pat dry the salmon and lay out the fillets on the parchment paper. Brush the tops of the salmon with mustard.
- 3 In a large bowl, combine the walnuts, dill, 2 tsp lemon zest, paprika, onion powder, salt, pepper and olive oil and mix together. Press the topping on the salmon.
- 4 Bake for 12-15 minutes, depending on the thickness of the fish, until it's flaky.
- 5 Squeeze lemon juice on top to serve.

Notes

How Do You Like Your Veggies?, 15 mins leaves them a bit crunchy still, so if you prefer them softer cook them for an additional 15 mins before or after your salmon!

Not a Mustard Fan?, Use maple syrup instead.

No Walnuts?, Use pecans!

Need More?, Serve with rice, peas, potato or sweet potato.



Kale Pecan Salad

3 servings

20 minutes

Ingredients

6 cups Kale (chopped)
1 Garlic (Cloves, diced)
1 Lemon (juiced, use 2 tbsp)
2 tbsps Extra Virgin Olive Oil (Seperate
1 tbsp)
1/4 tsp Sea Salt (Divided)
1/8 tsp Black Pepper
3 tbsps Dried Unsweetened
Cranberries

Directions

- 1 Chop kale and put in a large bowl.
- 2 In a small dish mix the olive oil, garlic, lemon juice, salt & pepper. Pour the dressing onto the kale and massage in WELL. Place in fridge.
- 3 Add cranberries and place in fridge. Per serving top with 2 tbsp pecan parm. (see other recipes)

Notes

Serving Size, 1.5 cups (the kale shrinks after the dressing is massaged in!)

Prep Ahead, This salad is so much better the next day. If you can prep the night before!



Pecan Parm

8 servings
20 minutes

Ingredients

1 cup Pecans
1 1/2 tbsps Nutritional Yeast
1 tbsp Extra Virgin Olive Oil
1/4 tsp Sea Salt

Directions

- 1 Preheat the oven to 300F. Spread the pecans onto a baking sheet and toast in the oven for 8-10 minutes until fragrant and lightly golden (you can also dry toast in a pan on the stove - just be careful nuts burn quickly!)
- 2 In a food processor add the pecans and process until they are the size of peas or a bit larger. Then add in the nutritional yeast, oil, and salt and process again until it's a coarse crumb (don't over process or it will be a paste!)

Notes

Prep Ahead, This salad is so much better the next day. If you can prep the night before!