



2020 Week 4



NUTRITION BY AMY

Amy Ritchie

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Prep Guide

- **Sunday:** chicken fajita soup
- **Monday:** smoothie
- **Tuesday:** smoothie, one pan steak & veg
- **Wednesday:** avocado egg salad
- **Thursday:** avocado egg salad, chicken mandarin salad with sesame dressing
- **Friday:** leftover ingredients/meal
- **Saturday:** omelet, crispy tofu mango bowls
- **Sunday:** omelet, steak & goat cheese salad with blueberry balsamic dressing

Notes

- Boil all of your eggs in advance of the avocado egg salad, so it's quick in the morning
- Make all of your veggies for 2x omelets at once, then it'll be quick Sunday morning
- You can use any type of steaks for the one pan steak & veg and steak salad
- Extra firm tofu is best, but if you can only find firm that works too!



	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Low Carb Filling Smoothie	 Low Carb Filling Smoothie	 Avocado Egg Salad	 Avocado Egg Salad	 Avocado Egg Salad	 Amy's Veggie Goat Cheese Omelette	 Amy's Veggie Goat Cheese Omelette	
Lunch	 Chicken Fajita Soup	 Chicken Fajita Soup	 Chicken Fajita Soup	 Chicken Fajita Soup	 Chicken Mandarin Salad	 Chicken Mandarin Salad	 Amy's Crispy Tofu Bowls + Mango Slaw	
Dinner	 Dill Walnut Salmon	 Amy's One Pan Steak & Veg	 Amy's One Pan Steak & Veg	 Chicken Mandarin Salad		 Asian Sesame Dressing	 Amy's Crispy Tofu Bowls + Mango Slaw	 Steak & Goat Cheese Salad
Snack 3	 Pecan Parm					 Blueberry Balsamic Dressing		



Fruits

- 3 3/4 Avocado
- 1 Banana
- 1 1/2 cups Blueberries
- 1 tbsp Lemon Juice
- 1 Lime
- 6 Mandarin
- 1 Mango
- 1 Navel Orange

Breakfast

- 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 2 tbsps Chia Seeds
- 1 tsp Cumin
- 1/2 tsp Dried Rosemary
- 1/2 tsp Garlic Powder
- 2 tbsps Hemp Seeds
- 1 tsp Paprika
- 1/4 cup Pumpkin Seeds
- 3/4 tsp Salt
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tpsps Sesame Seeds
- 1/3 cup Slivered Almonds

Vegetables

- 8 cups Baby Spinach
- 1/2 cup Cherry Tomatoes
- 1/2 cup Cilantro
- 3 cups Coleslaw Mix
- 1 Cucumber
- 2 cloves Garlic
- 2 Garlic
- 1 cup Mini Potatoes
- 4 cups Mixed Greens
- 1 cup Mushrooms
- 1/4 cup Parsley
- 2 Red Bell Pepper
- 3/4 cup Red Onion
- 1/2 tsp Thyme

Boxed & Canned

- 1 cup Black Beans
- 4 cups Chicken Broth
- 1 cup Corn
- 2 cups Corn Chips
- 1 1/2 cups Lite Coconut Milk
- 2 cups Salsa

Baking

- 1/4 cup All Purpose Gluten Free Flour
- 1 tbsp Honey

Bread, Fish, Meat & Cheese

- 2 lbs Chicken Breast
- 14 ozs Extra Firm Tofu
- 2/3 cup Goat Cheese
- 8 ozs Ny Striploin Steak
- 8 ozs Top Sirloin Steak
- 6 slices Whole Grain Bread

Condiments & Oils

- 2 tbsps Almond Butter
- 1/3 cup Balsamic Vinegar
- 1 1/3 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Rice Vinegar
- 3 1/2 tbsps Sesame Oil
- 3 2/3 tbsps Soy Sauce
- 1 tbsp Tahini

Cold

- 11 Egg
- 2 cups Unsweetened Almond Milk

Other

- 8 Ice Cubes
- 1/2 cup Vanilla Protein Powder



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.



Avocado Egg Salad

1 serving
15 minutes

Ingredients

2 Egg
1/2 Avocado
1/3 cup Baby Spinach (chopped)
1 tsp Dijon Mustard
1/2 tsp Lemon Juice (juiced)
Sea Salt & Black Pepper (to taste)
2 slices Whole Grain Bread (or gf)

Directions

- 1 Place eggs in a pot of cold water, bring to a boil, then simmer for 5-6 minutes. Run under cold water to cool. Peel the eggs and chop roughly.
- 2 In a bowl, mash and combine the chop boiled eggs, avocado, baby spinach, dijon mustard, lemon juice, salt and pepper.
- 3 Spread onto toast or just eat egg & avo mix

Notes

Add a Kick, Add red chili flakes or hot sauce.

Vegan, Use mashed chickpeas or white kidney beans instead of eggs.



Amy's Veggie Goat Cheese Omelette

1 serving
15 minutes

Ingredients

- 1 1/2 tsps Soy Sauce
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 cup Mushrooms (sliced)
- 2 tsps Red Onion (diced)
- 1 clove Garlic (minced)
- 1 cup Baby Spinach
- 2 tsps Parsley (chopped)
- 2 1/2 Egg
- 2 2/3 tsps Goat Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Heat a skillet over medium heat and add olive oil and tamari. Saute mushrooms and red onion for 10 minutes or until soft. Add in garlic and saute for another minute. Add in spinach and parsley and saute just until wilted. Remove from heat and transfer into a bowl.
- 2 Whisk eggs together in a mixing bowl.
- 3 Place your skillet back over medium heat and add another splash of olive oil to coat the pan. Pour in half the egg mixture. Let sit until egg is cooked most of the way through and then flip. Add half of the sauteed vegetables (adjust if batch cooking) and half of the goat cheese to one side of the omelette and fold the other half over top. Transfer to a plate and garnish with a bit of chopped parsley, sea salt and pepper.
- 4 Repeat with remaining ingredients to create another omelette. Enjoy!

Notes

Prep Tip, Make veggies for multiple omelettes in advance!



Chicken Fajita Soup

6 servings
30 minutes

Ingredients

4 cups Chicken Broth
2 cups Salsa (1 430mL jar)
1 1/2 cups Lite Coconut Milk
1 tsp Paprika
1 tsp Cumin
1/4 tsp Cayenne Pepper (Optional)
1/4 tsp Black Pepper
1/2 tsp Salt
1/2 tsp Garlic Powder
1 lb Chicken Breast (1lb)
1 cup Corn
1 cup Black Beans
2 cups Corn Chips
1/2 cup Cilantro (chopped, optional)
1 Lime (1 tbspc juice)
1 1/2 Avocado (Peeled and cubed)

Directions

- 1 Add broth, coconut milk, salsa, spices and chicken to a large pot and bring to a boil. Cover and turn down to simmer for 10-15 minutes to cook chicken.
- 2 Carefully remove chicken and put it on a plate or cutting board. Add black beans, corn & lime juice to the pot. Use 2 forks to shred the chicken and return it to the pot. Cook for 5 minutes longer, taste and adjust spices if necessary.
- 3 Serve topped with 1/2 cup crushed corn chips, 1/4 of and avocado and cilantro.

Notes

Slow Cooker, You can also do this in a slow cooker, add all the ingredients except corn chips and cilantro and cook on low for 4-6 hours or until chicken is cooked through. Remove chicken and shred with 2 forks.

Vegetarian, Use chickpeas in place of chicken and veggie broth in place of chicken broth.

Okay with Dairy?, Add a bit of cheese and/or sour cream!



Amy's One Pan Steak & Veg

2 servings
30 minutes

Ingredients

1 cup Mini Potatoes (halved)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice (+ zest of 1 lemon)
1 Garlic (cloves, minced)
1/2 tsp Dried Rosemary
1/2 tsp Thyme
1/2 tsp Sea Salt
1/8 tsp Black Pepper
2 Red Bell Pepper (chopped)
8 ozs Top Sirloin Steak (or steak of choice, cut into 1-inch cubes)

Directions

- 1 Preheat oven to 350. Line a baking sheet with aluminum foil.
- 2 In a small bowl mix together oil, lemon, herbs & spices
- 3 Place potatoes on baking sheet in a single layer pour oil mixture over top, mix well. Bake for 20-30 minutes or until potatoes are tender.
- 4 Mix steak and peppers into potato mixture, bake another 10-20 minutes depending on how you like your steak done.

Notes

Leftovers, Refrigerate in an airtight container up to 3 days. Reheat in the microwave or in a skillet.

Optional Topping, Chive or garlic butter. Melt 1/4 cup butter, ghee, oil or and combine with 2 tbsp diced chives and/or 1 clove garlic. Drizzle over the steak.

No Red Bell Pepper, Use cherry tomatoes, eggplant or any other veggies instead.

No Rosemary/Thyme?, Using Italian seasoning!



Chicken Mandarin Salad

3 servings

35 minutes

Ingredients

- 1 lb Chicken Breast
- 3 cups Baby Spinach (chopped)
- 1/3 cup Red Onion (diced, less to taste)
- 1/3 cup Slivered Almonds (toasted)
- 6 Mandarin (peeled & seperated)
- 3/4 Avocado

Directions

- 1 Preheat oven to 350, drizzle chicken with some olive oil and sprinkle with salt & pepper, bake for 30 mins, let cool & cube.
- 2 Top spinach with red onion, chicken, almonds, mandarin, avocado & dressing.

Notes

No Spinach?, Use romaine, arugula or lettuce instead

Prefer Plant Based?, Use chickpeas instead of chicken

Need More?, Increase the portion of avocado and/or chicken



Asian Sesame Dressing

6 servings
5 minutes

Ingredients

- 1 Navel Orange
- 1 Garlic (clove, diced)
- 1 tbsp Tahini
- 2 tbsps Sesame Oil
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Soy Sauce
- 1 tbsp Honey
- 1 tbsp Rice Vinegar (or other vinegar)

Directions

- 1 Blend all ingredients or whisk well.



Amy's Crispy Tofu Bowls + Mango Slaw

2 servings

20 minutes

Ingredients

- 1/4 cup All Purpose Gluten Free Flour
- 1/4 tsp Salt (to taste)
- 1/8 tsp Black Pepper
- 14 ozs Extra Firm Tofu (firm, sliced and patted dry)
- 1 1/2 tbsps Sesame Oil
- 3 cups Coleslaw Mix
- 1 tbsp Extra Virgin Olive Oil
- 2 tps Balsamic Vinegar
- 2 tps Soy Sauce
- 2 tps Maple Syrup
- 1 Mango (frozen or fresh, sliced)
- 2 tps Sesame Seeds

Directions

- 1 Prep Tofu: press out as much moisture as possible with paper towel or a dry dish towel, slice into 1/2 inch thick slices, and press out the moisture again (not essential but this will help your tofu get crispy!)
- 2 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture, tap off excess and set aside.
- 3 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 4 Meanwhile, combine coleslaw, olive oil, balsamic vinegar, soy sauce, maple syrup & mango in a large bowl. Mix well.
- 5 Serve with tofu slices and sprinkle everything with sesame seeds. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container up to 3 to 4 days.

No Tofu, Use a protein of your choice instead like diced chicken breast, flaked tuna or roasted chickpeas.



Steak & Goat Cheese Salad

2 servings
15 minutes

Ingredients

8 ozs NY Striploin Steak
Sea Salt & Black Pepper (to taste)
4 cups Mixed Greens
1/2 cup Cherry Tomatoes (halved)
1/4 cup Red Onion (finely sliced)
1/4 cup Pumpkin Seeds
1/2 cup Blueberries
1 Cucumber (small, 1/2 cup chopped)
1/4 cup Goat Cheese

Directions

- 1 Season steak with salt and pepper, cook on the grill to desired done-ness.
- 2 Top greens with sliced steak, cherry tomatoes, red onion, cucumber, blueberries, pumpkin seeds, avocado & blueberry balsamic dressing.

Notes

No BBQ? In a large pan heat oil on high heat sear steak 2 mins per side and then place pan in the oven @ 250 for 2-6 mins depending on desired doneness (I find 2 minutes makes the perfect medium rare)

No Mixed Greens? Use baby spinach, lettuce, arugula or baby kale instead.

Steak Lover? Cook and season however you like it best!

No Pumpkin Seeds? Use any other nuts or seeds.

Not a Steak Fan? Use chicken or fish instead.

Optional Add-Ins, Celery, avocado, roasted red peppers, strawberries or peaches.



Blueberry Balsamic Dressing

9 servings

5 minutes

Ingredients

1 cup Blueberries
1 tbsp Extra Virgin Olive Oil
1/4 cup Balsamic Vinegar
1 tsp Dijon Mustard
1/2 tsp Sea Salt
1/2 tsp Black Pepper
2 tbsps Maple Syrup

Directions

1 Blend everything and enjoy on your favourite salad!

Notes

Serving, Recipe makes ~1 1/4 cups, use 2 tbsp per salad

Leftover Dressing, Save for next week

Fresh or Frozen Blueberries?, Both work!

Consistency, This tends to set/thicken in the fridge (olive oil gets hard when it's cold) so I like to take it out 30 mins before using if possible and stir it well.