Sarah Remmer RD
From Stork to Fork & Nutrition For Real Life

Weekly Menu Plan 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Hot oatmeal Milk or soy milk Cut up fresh fruit salad or thawed berries	Yogurt Sliced Banana Granola	Almonds or cashews Nectarine/ Cantaloupe **Pumpkin Bran Muffin**	High-fibre breakfast cereal Milk/soymilk Grapefruit or orange	**Fruit Smoothie** (frozen fruit, yogurt and milk in blender) 100% whole wheat, rye or multigrain toast	100% whole wheat, rye or multigrain toast or wrap Scrambled Eggs, salsa	**Healthy Blueberry Pancakes** Yogurt or cottage cheese Frozen berries thawed
Lunch	**Curry Chicken salad sandwich** Raw veggies (such as carrots, sugar snap peas, grape tomatoes, broccoli etc.) and low fat dip	**Quesadillas:** Tortilla with deli chicken/ turkey, grated cheese and red pepper slices. Serve with salsa + LF sour cream Raw veggies such as cherry tomatoes, carrots, celery etc.)+ dip	**Egg Salad Sandwich**: 100% whole wheat, rye or multigrain bread/bun Tomato, cucumber Eggs Light mayo An apple	Vegetable Soup Pita bread Hummus Grape/cherry tomatoes and carrots	**Bean Burritos**: (tortilla with refried beans, grated cheddar cheese, salsa, tomatoes, avocado) Raspberries and blueberries	**Tuna salad sandwich:** Whole wheat bread Light mayo Canned tuna Sliced cucumber Fresh fruit	Whole wheat pita bread Leftover pork tenderloin sliced, lettuce, tomato, Dijon mustard Cheese(optional) Raw carrots and celery
Dinner	Baked/BBQ Fish Couscous or rice Steamed frozen mixed Asian veggies Sliced cucumber salad with light creamy dressing	**Yogurt marinated Chicken** Quinoa, Raw broccoli and cauliflower with reduced-fat dip	Spaghetti with ground beef or turkey, tomato sauce Tossed Salad Vinaigrette dressing	Top sirloin or tenderloin Beef or Bison steak Brown/wild rice Steamed vegetables	**Sweet Ginger Turkey Kabobs** Grilled/baked baby potatoes **Homemade Caesar Salad**	BBQ Pork tenderloin with applesauce or Dijon mustard Pasta with pesto or tomato sauce Grilled bell peppers and Zucchini	Grilled Chicken Breast on a Whole wheat bun Light mayo Tomato, lettuce Raw veggies and dip Grapes
Snacks for the day	Milk Dried fruit and nuts Mango or apple	Applesauce or other fruit sauce Chocolate milk or soymilk	Smoothie with milk, yogurt, ½ cup frozen berries, ½ banana	Pear Cheese and whole wheat crackers	Cottage cheese and berries Mixed nuts High fibre Granola bar	Fruit Salad Milk or soymilk	High fibre granola bar Rice cakes and peanut butter + banana slices

Nutrition Coaching and Resources for Expectant and New Moms

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Easy Curry Chicken Sandwiches

My dear friend Megan gave this recipe to me. It's a nice change from Tuna Salad.

What you need:

- 2 1/2 to 3 cups cooked chicken (1-2 breasts depending on size)* if you're time crunched: use canned chicken breast- try to find a low sodium version.
- 1/2 cup chopped celery
- 1/2 cup chopped apple
- 1/4 cup light mayonnaise
- 1/2 teaspoon salt
- 1/2 teaspoon curry powder
- celery and apple in the food processor

What to do:

- Boil the chicken for 35-40 minutes (place raw chx breast in boiling water and then turn down to a simmer for 40 mins)
- I then shred the chicken, apple and celery in my small food chopper – super easy!
- Top with delicious tomatoes and butter lettuce and have on multi-grain bread.

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BBQ Yogurt Marinated Chicken

Whether you are barbecuing a chicken breast or thigh, this marinade will add some great flavor and ensure that your chicken is tender, moist and delicious!

Ingredients

- 1 cup low-fat plain yogurt
- ¼ cup Olive oil
- 2 tbsp lemon juice
- 2 garlic cloves, chopped
- 1 tbsp dried thyme
- 1/2 tsp salt
- 1 tsp black pepper
- 4 skinless boneless chicken breasts

Directions

1. In a medium size bowl, combine yogurt, olive oil, lemon juice, rosemary, thyme, salt and pepper.
2. Add chicken breasts and allow marinating for at least 2 hours.
3. Grill chicken on medium-high and serve with grilled corn and asparagus or any other favorite side dishes.

Serves 4

Nutrition Information Per serving: 310 cals, 9g total fat.

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Pumpkin Bran Muffins

Prep time: 20 minutes/cooking time: 15-20 minutes
Two 12-cup muffin tins, lightly greased or lined with paper cups

Ingredients

- 2 cups bran cereal
- 1 ¼ cups all-purpose or barley flour
- 1 ¼ whole wheat flour
- 1 cup raisins
- ½ cup sesame seeds
- ½ cup ground flaxseed
- ¼ cup wheat germ
- 2 ½ tsp baking soda
- ½ tsp salt
- 2 eggs, lightly beaten
- 2 cups buttermilk or sour milk
- 1 ½ cups lightly packed brown sugar
- 1 cup mashed cooked pumpkin
- ½ cup vegetable oil

Instructions

- In large bowl, combine bran cereal, flours, raisins, sesame seeds, flaxseed, wheat germ, baking soda and salt
- In a very large bowl, combine eggs, buttermilk, brown sugar, pumpkin and oil. Gradually fold in bran mixture until well combined- do not overmix. Bake immediately or cover and refrigerate for up to 1 week. Preheat oven to 400ºF
- Scoop about 1/3 cup batter per muffin into prepared muffin cups.
- Bake for 15-20 minutes or until tops are firm to touch and a tester inserted in the centre of a muffin comes out without residue.
- Let cool in tins for 10 minutes, then remove to a wire rack to cool completely.

Each muffin has:

216 calories, 8.2 grams of fat, 3.1 grams of fibre and 4.7 grams of protein
Recipe adapted from the Dietitians of Canada Simply Great Food Cookbook.

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Sweet Ginger Turkey Kabobs

Ingredients:

- 1 - 2lbs boneless, skinless turkey breast
- 0.5 - 1kg raspberry jam (or other jam/jelly)
- 1/2 cup (125mL) light soy sauce
- 1/4 cup (50mL) ginger root, grated
- 2 tbsp (25mL) lemon juice
- 2 tbsp (25mL) cloves garlic, minced

Instructions:

- Slice turkey breast into 3/4 inch (2cm) cubes.
- Combine remaining ingredients and pour into a large plastic (zip-loc) bag.
- Mix in turkey, remove air and seal.
- Refrigerate for at least 2-24 hours, turn bag occasionally to ensure marinade contacts all of the meat.
- Place the turkey cubes onto skewers and grill 5-10 minutes over medium heat, turning occasionally. Meat is done when juices run clear. Do not overcook! To prevent sticking, spray the grill with Pam before heating.

Makes 6 servings.

Nutritional information:

Per serving:
113 cal; 0.6g fat; 20mg cholesterol; 432mg sodium; 8.8g protein; 19.2g carbohydrates.

This recipe can be found at:
www.albertaturkey.com

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Caesar Salad Dressing

This is an amazing Caesar Salad dressing that my Dad has made for years. Enjoy!

Serves 4-6 or more depending on how wet you like your Salad

Ingredients

- 1 clove garlic, crushed
- 1/4 tsp coarse sea salt
- 2 1/2 tablespoons extra-virgin olive oil
- 1/2-1 lemon, zested and juiced
- 2 tablespoons anchovy paste or anchovy filets
- 1/3 cup grated Parmigiano-Reggiano
- 2 teaspoons Worcestershire sauce
- 1/2 teaspoon of dry Dijon mustard powder
- 1/2 teaspoon coarse black pepper
- 3-4 tablespoons reduced fat mayonnaise

Instructions:

- Step 1: Crush anchovies, garlic, mustard powder and sea salt together with a spoon in a large wooden salad bowl
- Step 2: Add olive oil, Worcestershire, lemon juice, mayo and continue to stir and crush until nice and creamy
- Step 3: Add fresh romaine lettuce (enough for 4-6 people), croutons, freshly ground pepper and bacon pieces if desired. Toss and serve with freshly grated Parmesan cheese.

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Make-ahead healthy blueberry pancakes

Makes 12 servings

These pancakes are made with whole-wheat flour and flax for a good source of fibre and some heart-healthy omega-3. Freeze them for a quick breakfast (just pop them in the toaster) or for a great grab-and-go snack. You can also enjoy them right off the griddle.

Ingredients

- 2 cups (500 mL) buttermilk
- 1 tbsp (15 mL) canola oil
- 2 tsp (10 mL) vanilla extract
- ¾ cup (50 mL) maple syrup
- 2 eggs
- 1/2cup (250 mL) whole-wheat flour
- ½ cup all-purpose flower
- 1 cup (125 mL) ground flax seed
- 1 cup (125 mL) oat bran or wheat bran
- 1 tsp (5 mL) baking soda
- 1 tsp (5 mL) baking powder
- tsp (1 mL) salt
- cup (125 mL) frozen wild blueberries

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Directions

1. In a large bowl mix together buttermilk, oil, vanilla, maple syrup, and eggs.
2. In a second bowl combine flour, flax, oat bran, baking soda, baking powder and salt.
3. Add dry ingredients to the wet ingredients and whisk together until you get a smooth batter. Gently stir in blueberries.
4. Preheat non-stick fry pan or griddle to medium heat. Use a cup measure to spoon the batter into the pan. When finished cooking, place on wax paper to cool. There should be 12 pancakes.
5. When fully cooled, stack pancakes with wax paper in between and place in a resealable freezer bag. Place in freezer.
6. To serve: Remove one pancake from the freezer and place in toaster on the darkest setting. When finished, cut in half, spread with apple butter and serve like a sandwich. Perfect for running out the door!

Nutritional information per serving (1 pancake)

Calories: 132
Protein: 6 g
Fat: 5 g
Saturated fat: 1 g
Dietary cholesterol: 32 mg
Carbohydrate: 19 g
Dietary fibre: 3 g
Sodium: 232 mg
Potassium: 190 mg

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