

Impact of a whole food, plant-based diet on LDL-cholesterol and cardiovascular risk factors in adults with heterozygous familial hypercholesterolemia: a randomized, crossover, fully controlled feeding trial

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Whole-food, plant-based diet recipe book

Table of contents

Monday	1
Snack	1
Oat granola bars	1
Lunch	2
Vegetarian chili	2
Date brownies bites	3
Dinner	4
Tofu and vegetable stir-fry	4
Roasted nuts	5
Tuesday	6
Snack	6
Fruit salad	6
Lunch	7
Shrimp rice salad	7
Tzatziki dip	8
Dinner	8
Italian-style veal meatballs	9
Vegetable quinoa	10
Silken tofu and mango verrine	11
Wednesday	12
Breakfast	12
Overnight oats with apple and cinnamon	12
Snack	13
Bran and raisin muffins	13
Lunch	14
Vegetable couscous with chickpea	14
Greek yogurt and berries	15
Dinner	16
Vegetarian spaghetti	16
Garden salad	17
Parmesan vegetarian substitute	18
Thursday	19

Breakfast	19
Strawberry and blueberry smoothie	19
Lunch	20
Vegetable and lentil soup	20
Tuna salad	21
Dinner	22
BBQ chicken.....	22
Herb-seasoned potatoes.....	23
Coleslaw	24
Friday	25
Breakfast	25
Whole wheat burritos	25
Lunch	26
Squash soup	26
Shepherd's pie with turkey and lentil.....	27
Ketchup	28
Silken tofu and peach verrine	29
Dinner	30
Vegetable pizza	30
Roasted chickpea snacks	31
Saturday.....	32
Breakfast	32
Vegetarian pâté.....	32
Lunch	33
Hummus	33
Greek chicken pita.....	34
Fruit salad.....	35
Dinner	36
Honey salmon	36
Whole wheat pasta.....	37
Apple and blueberry crisp.....	38
Sunday	39
Breakfast	39

Whole wheat pancakes	39
Fruit salad	40
Snack.....	41
Zucchini and nut muffins	41
Lunch	42
White bean soup	42
Cheese and vegetable frittata.....	43
Dinner	44
Jambalaya (vegetarian)	44
Cherry tomato salads	45

Monday

Snack

Oat granola bars

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 25 g water
- 18 g dried dates
- 18 g large flake oats
- 6 g sliced raw almonds
- 6.3 g honey
- 6 g regular peanut butter
- 6 g wheat bran

Preparation

- 1) In a saucepan, combine the dates and water. Bring to a boil and cook for about 5 minutes, until the mixture reaches a paste-like consistency.
- 2) Mash the dates with a fork until smooth.
- 3) In a skillet, toast the oats and almonds over medium heat for about 8 minutes.
- 4) In the microwave, melt the honey and peanut butter.
- 5) Mix everything together and add the wheat bran.
- 6) Spread the mixture into a pan lined with parchment paper and press down evenly.
- 7) Refrigerate for at least 1 hour before serving.

Inspired by Canada's Food Guide (CFG): <https://food-guide.canada.ca/en/recipes/no-bake-toasted-oat-granola-bars/>

Lunch

Vegetarian chili

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 5 g canola oil
- 1 g fresh garlic, minced
- 25 g red bell peppers, diced
- 25 g green bell peppers, diced
- 25 g yellow bell peppers, diced
- 20 g tomato paste
- 125 g canned diced tomatoes, no added salt
- 4 g commercial chili seasoning
- 25 g frozen whole corn kernels
- 83 g canned black beans, rinsed and drained
- 83 g canned red beans, rinsed and drained

Preparation

- 1) In a medium pot, sauté the garlic and bell peppers in canola oil over medium heat for about 10 minutes, stirring frequently.
- 2) Add the tomato paste, diced tomatoes, and chili seasoning.
- 3) Simmer, partially covered, for about 2 hours.
- 4) Add the beans and corn 30 minutes before the end of cooking.

Date brownies bites

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 5.5 g water
- 11 g dried dates
- 11 g semi-sweet chocolate chips
- 11 g graham cracker crumbs

Preparation

- 1) In a saucepan, combine the water and dates. Bring to a boil and cook for about 5 minutes until it reaches a paste-like consistency.
- 2) Mash the dates with a fork until smooth.
- 3) Stir in the chocolate chips to melt them.
- 4) Add the graham cracker crumbs.
- 5) Spread the mixture evenly into a pan lined with parchment paper and press down firmly.
- 6) Refrigerate for at least 1 hour before serving.

Dinner

Tofu and vegetable stir-fry

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 185 g extra firm tofu, diced
- 2 g fresh ginger, grated
- 0.4 g curry powder
- 0.1 g pepper
- 20.2 g canola oil
- 30 g onions, diced
- 2 g garlic in oil, minced
- 25 g green bell peppers, diced
- 25 g red bell peppers, diced
- 25 g yellow bell peppers, diced
- 45 g low-sodium vegetable broth
- 10 g low-sodium soy sauce
- 5 g oyster sauce
- 0.7 g cornstarch
- 65 g frozen Asian vegetables

Preparation

- 1) In a non-stick skillet, combine the tofu, ginger, curry powder, pepper, and oil. Sauté until the tofu is browned, then transfer to a bowl and set aside.
- 2) In the same skillet, sauté the onions, garlic, and bell peppers for about 5–10 minutes.
- 3) In a small bowl, mix the vegetable broth, soy sauce, oyster sauce, and cornstarch. Add this mixture to the vegetables in the skillet and cook for 5–10 minutes.
- 4) Add the frozen Asian vegetables and the tofu back to the skillet. Heat through for 5 minutes before serving.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/tofu-vegetable-stir-fry/>

Roasted nuts

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 5 g salted butter, melted
- 14 g maple syrup
- 0.5 g Sriracha sauce
- 15 g chopped pecans
- 15 g raw almonds

Preparation

- 1) Preheat the oven to 325°F.
- 2) In a bowl, mix all the ingredients together.
- 3) Spread the mixture evenly on a baking sheet lined with parchment paper.
- 4) Bake for 25 minutes, stirring once or twice during baking.
- 5) Let cool for 10 minutes, then allow to cool completely before serving.

Tuesday

Snack

Fruit salad

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 50 g red grapes, halved
- 50 g apples with skin, diced
- 50 g honeydew melon, diced
- 50 g pears with skin, diced
- 100 g orange juice

Preparation

1) Mix all ingredients together.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/fruit-salad/>

Lunch

Shrimp rice salad

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 60 g long-grain white rice, uncooked
- 150 g water
- 5 g raw green onions, thinly sliced
- 25 g raw celery, thinly sliced
- 50 g red bell peppers, diced
- 25 g cucumber, diced
- 75 g small cooked frozen shrimp

Dressing:

- 7 g lime juice
- 1.5 g sugar
- 5 g regular mayonnaise
- 0.2 g pepper
- 0.1 g garlic powder
- 4 g olive oil
- 15 g plain yogurt (1–2% fat)

Preparation

- 1) Cook the white rice over low heat until the water is absorbed (about 20 minutes). Set aside.
- 2) In a large bowl, combine the green onions, celery, bell peppers, and cucumber.
- 3) In a separate bowl, mix all the dressing ingredients and set aside.
- 4) Add the cooked rice and shrimp to the vegetable mixture, pour in the dressing, and mix well.

Tzatziki dip

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 9 g cucumber with skin, grated
- 0.2 g salt
- 0.1 g garlic powder
- 0.2 g dried dill
- 20 g regular mayonnaise
- 10 g plain yogurt (1–2% fat)
- 0.1 g pepper

Preparation

- 1) In a bowl, mix all the ingredients together.

Dinner

Italian-style veal meatballs

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

Meatballs:

- 103 g ground veal, raw
- 10 g freshly grated Parmesan cheese
- 15 g plain breadcrumbs
- 8 g whole egg
- 0.3 g salt
- 0.1 g dried oregano
- 0.1 g crushed red pepper flakes

Tomato sauce:

- 11.5 g olive oil
- 1 g fresh garlic, minced
- 15 g tomato paste
- 2.5 g sugar
- 0.3 g salt
- 200 g canned whole tomatoes, no salt added
- 10 g maple syrup

Preparation

Meatballs:

- 1) Preheat the oven to 375°F.
- 2) Mix all the meatball ingredients together and shape into small balls using a 1 1/3 oz. (purple) scoop.
- 3) Bake only the meatballs for about 15–20 minutes, or until they reach an internal temperature of 74°C (165°F).
- 4) Let cool.
- 5) When ready to serve, pour the sauce over the meatballs.

Tomato sauce :

- 1) Mix all the sauce ingredients together. Heat in a saucepan and let simmer for about 5 minutes.
- 2) Let cool, then blend using an immersion blender.

Vegetable quinoa

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 50 g reduced-sodium chicken broth
- 50 g water
- 20 g peeled carrots, diced
- 20 g parsnips, diced
- 20 g sweet potatoes, diced
- 45 g dry quinoa
- 12 g canola oil
- 0.1 g salt
- 0.1 g pepper

Preparation

- 1) Rinse the quinoa thoroughly.
- 2) In a medium pot, mix all the ingredients together.
- 3) Cover partially and simmer over low heat for about 10–15 minutes.

Silken tofu and mango verrine

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 110 g silken tofu
- 50 g unsweetened applesauce
- 10 g regular coconut milk
- 24 g sugar
- 80 g frozen mango, diced

Preparation

- 1) In a small food processor, blend all the ingredients until smooth, except the mango.
- 2) Portion the mango on top of each serving cup.

Wednesday

Breakfast

Overnight oats with apple and cinnamon

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 90 g plain soy milk
- 87.5 g vanilla Greek yogurt, 0% fat
- 50 g apple with skin, diced
- 5 g chia seeds
- 6.7 g maple syrup
- 0.2 g ground cinnamon
- 30 g quick oats

Preparation

- 1) Mix all the ingredients together, except the oats and chia seeds. Portion individually.

Place the quick oats and chia seeds in a separate dish.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/classic-overnight-oats/>

Snack

Bran and raisin muffins

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 13 g all-purpose flour
- 4 g wheat bran
- 3 g almond powder
- 3 g wheat germ
- 0.4 g baking powder
- 0.2 g baking soda
- 0.2 g ground cinnamon
- 10.8 g canola oil
- 10 g brown sugar
- 5 g whole egg
- 10.5 g plain Greek yogurt (0% fat)
- 0.4 g vanilla extract
- 10 g mashed bananas
- 10 g zucchini with skin, grated
- 5 g walnuts
- 5 g raisins

Preparation

- 1) Preheat the oven to 350°F.
- 2) In a bowl, mix the flour, wheat bran, almond powder, wheat germ, baking powder, baking soda, and cinnamon.
- 3) In another bowl, beat the canola oil with the brown sugar and eggs. Add the yogurt and vanilla.
- 4) Incorporate the dry ingredients into the wet ingredients.
- 5) Add the banana, zucchini, walnuts, and raisins.
- 6) Spoon the batter into muffin cups lined with paper liners and bake for 20–30 minutes.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/marvellous-muffins/>

Lunch

Vegetable couscous with chickpea

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

Vegetables:

- 90 g peeled turnip, diced
- 90 g peeled carrot, diced
- 6.7 g canola oil
- 120 g canned chickpeas, rinsed and drained
- 50 g reduced-sodium vegetable broth
- 240 g canned diced tomatoes, no salt added
- 0.3 g ground paprika
- 0.5 g ground turmeric
- 0.7 g ground coriander
- 0.5 g curry powder
- 1 g salt
- 0.2 g pepper
- 18 g water
- 180 g zucchini with skin, sliced into half-moons

Couscous:

- 30 g whole wheat couscous, dry
- 10 g canola oil
- 40 g water

Preparation

Vegetables:

- 1) In a pot, combine all ingredients except the zucchini. Cover and simmer for 20 minutes, until the vegetables are tender.
- 2) Add the zucchini and continue cooking for 10 minutes.

Couscous:

- 1) In a pot, mix all ingredients and cook over low heat for about 5 to 10 minutes.
- 2) Combine the vegetables and couscous before serving.

Greek yogurt and berries

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 175 g plain Greek yogurt, 0% fat
- 30 g frozen raspberries
- 30 g frozen blueberries
- 5 g maple syrup

Preparation

- 1) Mix all ingredients together.

Dinner

Vegetarian spaghetti

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 2 g fresh garlic, chopped
- 9.3 g canola oil
- 35 g onion, diced
- 15 g celery, diced
- 30 g green bell peppers, diced
- 15 g peeled carrot, diced
- 29 g textured vegetable protein
- 40 g mushrooms, sliced
- 240 g canned diced tomatoes, no salt added
- 75 g reduced-sodium vegetable broth
- 15 g tomato paste
- 0.5 g marinade spice blend
- 0.3 g fennel seeds
- 0.3 g dried oregano
- 0.2 g crushed red pepper flakes
- 0.3 g bay leaf
- 0.2 g pepper
- 1.2 g salt

Preparation

- 1) In a large pot, sauté the garlic, onions, celery, bell peppers, and carrots in the oil. Cover and cook over medium heat for about 10 minutes, stirring frequently.
- 2) Add the textured vegetable protein and mushrooms. Cook for 2 minutes.
- 3) Add the tomatoes, vegetable broth, tomato paste, and seasonings. Partially cover and simmer for about 2 hours.

Garden salad

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

Salad:

- 50 g romaine lettuce, sliced
- 20 g fresh tomato, diced
- 20 g cucumber, diced

Dressing:

- 12 g olive oil
- 4 g balsamic vinegar
- 2 g maple syrup

Preparation

Salad:

- 1) Place the vegetables in a bowl.

Dressing:

- 1) Mix all ingredients together.

Parmesan vegetarian substitute

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 14 g almond flour
- 0.5 g salt
- 0.1 g garlic powder
- 7.5 g nutritional yeast flakes

Preparation

- 1) In a small food processor, blend into a powder.

Thursday

Breakfast

Strawberry and blueberry smoothie

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 40 g frozen blueberries
- 60 g frozen strawberries
- 96 g plain soy beverage
- 2 g sugar
- 50 g mixed berry juice

Preparation

- 1) Place all ingredients in a blender.
- 2) Blend until smooth and uniform in consistency.

Lunch

Vegetable and lentil soup

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 25 g minced onion
- 1 g minced fresh garlic
- 9.1 g canola oil
- 100 g no-salt-added chicken broth
- 25 g green cabbage, thinly sliced
- 25 g peeled carrots, diced
- 25 g celery, diced
- 65 g canned diced tomatoes, no sodium
- 0.4 g dried parsley
- 0.5 g salt
- 0.1 g pepper
- 150 g water
- 40 g canned green lentils, rinsed and drained

Preparation

- 1) In a pot, sauté the onions and garlic in the oil.
- 2) Add the broth and bring to a boil.
- 3) Add the vegetables and seasonings, then simmer until tender, about 45 minutes.
- 4) Add the lentils 10 minutes before the end of cooking.

Tuna salad

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 65 g light tuna in water, drained
- 14 g regular mayonnaise
- 2 g yellow mustard
- 2 g lemon juice
- 20 g diced celery
- 20 g diced green bell peppers
- 0.1 g black pepper

Preparation

- 1) Drain the tuna and mash it with a fork.
- 2) In a bowl, mix all the ingredients together.

Dinner

BBQ chicken

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 116 g raw chicken breasts

Sauce:

- 9.2 g canola oil
- 15 g diced onion
- 0.5 g minced garlic in oil
- 0.1 g dried thyme
- 0.5 g chili powder
- 0.1 g black pepper
- 50 g tomato purée
- 10 g dried dates
- 5 g apple cider vinegar
- 1.5 g Worcestershire sauce
- 0.1 g Tabasco sauce

Preparation

Chicken:

- 1) Cook the whole chicken breast in the oven at 375°F for 20 minutes, or until it reaches an internal temperature of 74°C (165°F).

Sauce:

- 1) In a saucepan, combine all the sauce ingredients.
- 2) Cook over medium heat, then simmer on low for about 5 minutes.
- 3) Let cool, then blend with an immersion blender.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/lip-smacking-bbq-drumsticks/>

Herb-seasoned potatoes

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 150 g quartered potatoes with skin
- 160 g peeled, quartered sweet potatoes
- 13 g canola oil
- 7 g honey
- 0.3 g dried parsley
- 0.3 g dried basil
- 0.5 g salt

Preparation

- 1) Preheat the oven to 375°F
- 2) Cut potatoes and sweet potatoes into equally sized quarters
- 3) Place vegetables in a mixing bowl. Add remaining ingredients and mix
- 4) Spread on a baking sheet lined with parchment paper
- 5) Bake for about 45 minutes, turning halfway through

Coleslaw

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 5 g sugar
- 16 g white vinegar
- 16 g canola oil
- 0.8 g garlic powder
- 160 g chopped green cabbage
- 40 g peeled, grated carrot
- 0.4 g onion salt

Preparation

- 1) Mix all ingredients.

Friday

Breakfast

Whole wheat burritos

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 50 g beaten whole egg
- 50 g egg white
- 35 g diced red bell pepper
- 30 g diced zucchini with skin
- 0.1 g pepper
- 25 g light cheddar cheese (22% fat)
- 85 g whole wheat tortillas

Preparation

- 1) In a small microwave-safe bowl, mix the eggs, bell peppers, and zucchini. Cook for 1 minute.
- 2) Add this mix and cheese to the tortillas.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/good-morning-egg-roll/>

Lunch

Squash soup

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 200 g butternut squash, peeled, cubed
- 20 g onions, sliced
- 1 g fresh garlic, minced
- 5 g canola oil
- 0.1 g pepper
- 0.5 g curry powder
- 200 g reduced sodium vegetable broth

Preparation

- 1) In a saucepan, sauté the butternut squash, onions, and garlic in canola oil for a few seconds
- 2) Add the remaining ingredients
- 3) Bring to a boil, then reduce the heat to simmer
- 4) Cook until the squash is tender, about 45 minutes
- 5) Puree everything using a blender

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/spiced-butternut-squash-soup/>

Shepherd's pie with turkey and lentil

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 170 g potatoes, peeled, diced
- 12.6 g margarine
- 30 g milk (2% m.f.)
- 35 g onions, sliced
- 30 g water
- 68 g lean ground turkey
- 5 g Worcestershire sauce
- 5 g tomato paste
- 35 g canned lentils, rinsed and drained
- 35 g frozen corn
- 35 g frozen peas
- 0.2 g dried paprika

Preparation

- 1) Boil the peeled and diced potatoes for about 15-20 minutes. Drain the remaining water.
- 2) Mash the potatoes with the margarine and milk.
- 3) In a non-stick pan, cook the onions, water, lean ground turkey, Worcestershire sauce, tomato paste, and lentils until the meat is fully cooked.
- 4) Add the corn and peas to thaw for about 5-10 minutes.
- 5) Assemble the shepherd's pie by layering the meat mixture first, then the mashed potatoes on top.
- 6) Sprinkle the paprika over the mashed potatoes at the end.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/shepherd-s-pie/>

Ketchup

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 22 g fresh tomato with skin, diced
- 13 g apple, peeled, diced
- 7 g onion, diced
- 2 g red bell pepper, diced
- 2 g green bell pepper, diced
- 4 g white vinegar
- 8 g sugar
- 0.3 g salt
- 0.1 g marinade spices

Preparation

- 1) Place the marinade spices in a spice infuser.
- 2) In a large pot, mix all the ingredients and add the spice infuser.
- 3) Cook over medium heat for about 1 hour and 15 minutes, stirring frequently.
- 4) Let cool.

Silken tofu and peach verrine

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 50 g silken tofu
- 20 g unsweetened applesauce
- 5 g regular coconut milk
- 9 g sugar
- 30 g frozen peaches, diced

Preparation

- 1) In a small food processor, blend all ingredients except the peaches until smooth.
- 2) Portion the peaches on top of each serving.

Dinner

Vegetable pizza

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 75 g whole wheat pita
- 25 g tomato sauce
- 10 g canola oil
- 0.5 g fine herbs
- 50 g red bell pepper, diced
- 15 g mushroom, sliced
- 15 g marinated artichoke hearts
- 5 g black olives, sliced
- 35 g regular mozzarella cheese
- 15 g regular feta cheese

Preparation

- 1) Preheat the oven to 375°F
- 2) Prepare each pizza individually for each participant
- 3) Mix the oil into the tomato sauce before spreading it on the pita
- 4) Assemble the pizzas by adding all the ingredients onto the pitas. Top with cheeses
- 5) Bake on a parchment-lined baking sheet for about 8 minutes or until the cheese is melted

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/fun-flatbread-pizza/>

Roasted chickpea snacks

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 150 g canned chickpeas, rinsed and drained
- 10 g canola oil
- 0.2 g curry powder
- 0.2 g ground turmeric
- 0.2 g ground paprika
- 0.1 g salt
- 0.2 g pepper
- 2.2 g brown sugar

Preparation

- 1) Preheat the oven to 350°F.
- 2) Drain the chickpeas. Thoroughly dry the chickpeas using a clean kitchen towel.
- 3) In a bowl, mix all the ingredients together.
- 4) Line a baking sheet with parchment paper and spread the mixture evenly.
- 5) Bake for 1 hour and 15 minutes, stirring frequently to move the chickpeas around.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/crispy-chickpeas/>

Saturday

Breakfast

Vegetarian pâté

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 9 g peeled carrot, grated
- 10 g peeled potato, grated
- 9 g raw sunflower seeds
- 17 g almond butter
- 20 g onion, diced
- 8 g water
- 3.7 g canola oil
- 4 g lemon juice
- 0.6 g salt
- 0.1 g pepper

Preparation

- 1) Preheat the oven to 350°F.
- 2) In a food processor, blend all ingredients into a very smooth purée.
- 3) Bake in an oven-safe dish for 45 minutes or until the veggie pâté starts to brown.

Lunch

Hummus

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 30 g canned chickpeas, rinsed and drained
- 6 g tahini
- 0.1 g ground cumin
- 5 g reduced sodium chicken broth
- 3 g lemon juice
- 5 g olive oil
- 0.3 g fresh garlic, minced

Preparation

- 1) In a food processor, blend all ingredients into a very smooth purée.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/creamy-dreamy-hummus/>

Greek chicken pita

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 60 g cooked chicken breast
- 10 g diced red bell pepper
- 0.1 g dried oregano
- 0.1 g dried basil
- 5 g lemon juice
- 13.8 g regular mayonnaise
- 25 g regular feta cheese
- 0.1 g black pepper
- 60 g whole wheat pita bread

Preparation

- 1) In a bowl, mix all ingredients except the pita bread.
- 2) Serve on the pita bread.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/greek-style-chicken-sandwiches/>

Fruit salad

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 50 g red grapes, halved
- 50 g apples with skin, diced
- 50 g honeydew melon, diced
- 50 g pears with skin, diced
- 100 g orange juice

Preparation

2) Mix all ingredients together.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/fruit-salad/>

Dinner

Honey salmon

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 120 g raw salmon
- 5 g sodium-reduced soy sauce
- 8 g canola oil
- 4 g honey
- 4 g brown sugar
- 0.2 g dried thyme
- 0.1 g pepper

Preparation

- 1) Preheat the oven to 350 °F.
- 2) Cook the salmon on a baking sheet for about 15 minutes or until the flesh flakes easily with a fork.
- 3) In a saucepan, bring all the other ingredients to a boil, stirring well.
- 4) Pour the sauce over the salmon.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/honey-grilled-salmon-asparagus/>

Whole wheat pasta

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 75 g whole wheat penne
- 1 g salt
- 0.5 g dried parsley
- 15 g olive oil

Preparation

- 1) Cook the penne.
- 2) Mix the cooked pasta with salt, parsley, and olive oil.

Apple and blueberry crisp

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

Oat crisp:

- 15 g large oat flakes
- 15 g all-purpose flour
- 2.5 g wheat bran
- 4.5 g almond powder
- 9.8 g brown sugar
- 0.1 g ground cinnamon
- 11.5 g margarine

Filling:

- 75 g apple with peel, diced
- 40 g frozen blueberries
- 8 g brown sugar
- 2 g all-purpose flour
- 0.5 g vanilla extract

Preparation

Oat crisp:

- 1) In a bowl, mix all the ingredients. Set aside.

Apple and blueberry filling:

- 1) Preheat the oven to 375°F.
- 2) In another bowl, mix all the ingredients.
- 3) In a rectangular dish lined with parchment paper, spread half of the oat crisp and press lightly.
- 4) Spread the apple filling over the oat crisp.
- 5) Gently sprinkle the remaining oat crisp over the apple filling.
- 6) Bake in the oven for about 40 minutes or until the crisp is golden brown.
- 7) Let cool before removing from the dish.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/apple-berry-crisp/>

Sunday

Breakfast

Whole wheat pancakes

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 16 g whole wheat flour
- 8 g all-purpose flour
- 3 g sugar
- 1 g baking powder
- 45 g milk (2% m.f.)
- 5.5 g whole egg
- 4 g canola oil
- 1.2 g vanilla extract

Preparation

- 1) In a bowl, mix the dry ingredients (flours, sugar, and baking powder).
- 2) In another bowl, mix the wet ingredients (milk, egg, oil, and vanilla).
- 3) Pour the dry mixture into the wet mixture. Mix well using a mixer.
- 4) Heat a pan over medium-high heat and pour a small ladle (about 60 ml). Cook for 1 minute or until small bubbles appear on top. Flip the pancake and cook for another 1 minute. Repeat for the entire batter.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/strawberry-pancakes/>

Fruit salad

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 50 g red grapes, halved
- 50 g apples with skin, diced
- 50 g honeydew melon, diced
- 50 g pears with skin, diced
- 100 g orange juice

Preparation

3) Mix all ingredients together.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/fruit-salad/>

Snack

Zucchini and nut muffins

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 12 g all-purpose flour
- 10 g whole wheat flour
- 0.2 g baking soda
- 0.2 g baking powder
- 0.1 g salt
- 15.5 g brown sugar
- 9 g canola oil
- 8 g whole egg
- 20 g zucchini with peel, grated
- 8 g dried dates, chopped
- 8 g walnuts, chopped

Preparation

- 1) Preheat the oven to 350 °F
- 2) In a bowl, mix the flours, baking soda, baking powder, and salt.
- 3) In another bowl, beat the canola oil with the brown sugar and eggs.
- 4) Incorporate the wet ingredients into the dry ingredients.
- 5) Add the zucchini, dates, and walnuts.
- 6) Spoon the batter into muffin liners and bake in the oven for 20-30 minutes.

Lunch

White bean soup

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 170 g low-sodium chicken broth
- 40 g cabbage, diced
- 45 g peeled carrot, diced
- 40 g canned white beans, rinsed and drained
- 85 g canned diced tomatoes, no salt added
- 0.1 g garlic powder
- 0.1 g pepper
- 0.2 g dried parsley
- 0.5 g garlic, chopped in oil

Preparation

- 1) In a large pot, add the chicken broth, cabbage, and carrots. Bring to a boil and simmer covered over medium heat for about 35 minutes until the vegetables are tender.
- 2) Add the remaining ingredients and continue cooking for 5 minutes.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/mighty-minestrone-soup/>

Cheese and vegetable frittata

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 55 g baby spinach
- 70 g red bell peppers, diced
- 1 g garlic, chopped in oil
- 0.1 g pepper
- 0.1 g crushed red pepper flakes
- 3.1 g canola oil
- 100 g whole egg
- 30 g milk (2% m.f.)
- 25 g regular cheddar cheese, shredded

Preparation

- 1) In a skillet, sauté the baby spinach, red bell pepper, garlic, pepper, and crushed red pepper flakes in canola oil.
- 2) In a bowl, beat the eggs with the milk.
- 3) Add the egg mixture to the vegetables and cook covered on very low heat for 15-20 minutes or until the frittata is set.
- 4) Add the shredded cheddar cheese on top 5 minutes before the end of cooking and keep the lid on the frittata.

Inspired by CFG: <https://food-guide.canada.ca/en/recipes/eat-your-greens-frittata/>

Dinner

Jambalaya (vegetarian)

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 90 g diced onions
- 75 g diced red bell peppers
- 30 g diced celery
- 2 g garlic in oil
- 12.6 g canola oil
- 45 g raw long-grain brown rice
- 100 g water
- 0.3 g dried parsley
- 0.3 g pepper
- 200 g reduced-sodium vegetable broth
- 4 g reduced-sodium soy sauce
- 115 g canned red kidney beans, rinsed and drained
- 117 g Italian-style vegetarian sausages
- 75 g tomato sauce

Preparation

- 1) In a large pot, sauté the onions, bell peppers, celery, and garlic in the oil over medium heat for a few minutes.
- 2) Add the rice, parsley, and pepper. Cook for about 1 minute, stirring occasionally.
- 3) Add the vegetable broth, soy sauce, and water. Cover and simmer over medium heat for 25 to 35 minutes or until the rice is cooked. Let cool.
- 4) Add the red kidney beans, vegetarian sausage, and tomato sauce.

Cherry tomato salads

Ingredients for 1 serving (for total daily energy intake of 2500 kcal)

- 225 g cherry tomatoes, halved
- 3 g fresh basil leaves
- 15 g olive oil
- 2 g maple syrup
- 7 g balsamic vinegar
- 0.6 g salt

Preparation

- 1) In a bowl, mix all the ingredients together.