



The Original **NourishNow** Diet Meal Plan

Meal Plan

	Breakfast	Lunch	Dinner	Snack
Thu, Jul 21	Strawberry "cream" toast	Mexican buddha bowl	Garlic chicken zoodles	Vegetables & fruits
Fri, Jul 22	Banana berry smoothie	Chicken & snow pea sambal salad	Naked beef fajitas	Vegetables & fruits
Sat, Jul 23	Asparagus scramble	Protein-packed avocado toast	Leftover Naked beef fajitas	Vegetables & fruits
Sun, Jul 24	Strawberry "cream" toast	Chicken & snow pea sambal salad	Seared salmon with cucumber & tomato sambal	Vegetables & fruits
Mon, Jul 25	Banana berry smoothie	Leftover Mexican buddha bowl	Leftover Seared salmon with cucumber & tomato sambal	Vegetables & fruits
Tue, Jul 26	Strawberry "cream" toast	Protein-packed avocado toast	Leftover Naked beef fajitas	Vegetables & fruits
Wed, Jul 27	Banana berry smoothie	Cheese, tomato & avocado sandwich	Garlic chicken zoodles	Vegetables & fruits

Prep steps and tips for this week

Here's your checklist to help you prepare for the week:

- 1. Swap meals to suit your preferences.** If you don't like a particular meal, go to your [Meal Plan](#) and click the "Swap" button to select a different recipe.
- 2. Shop for all the ingredients.** Review the [Grocery List](#) at the end of this PDF or on the website. Adjust the list to cater for your family and needs. Check off items you already have.
- 3. Freeze banana for the Banana berry smoothie*.** You can purchase frozen banana or freeze them yourself. Frozen banana in smoothies adds a nice creamy texture.
- 4. Freeze leftover bread.** Most bread freezes well, so freeze leftover bread from this week and save it for future meals that call for toast.
- 5. Prepare your fruits and vegetables.** Wash, chop, shred and slice any fruits and vegetables you need for your meals and snacks this week and store them in separate airtight containers in the fridge. Alternately, you can buy pre-packaged cut fruit and vegetables at most supermarkets.
- 6. Get a head start on lunch the night before.** Roast the vegetables and boil the eggs for the Mexican buddha bowl* and chop the veggies for the Chicken & snow pea sambal salad*. This allows you to simply assemble quick-and-easy lunches the next day. (*Note: Hard-boiled eggs should be refrigerated within two hours of cooking and can be stored in the fridge for up to one week.*)
- 7. Cook once, eat twice.** When cooking your dinners, make a double batch of the recipes that appear twice. Store the second serving in an airtight container in the fridge for a quick reheat-and-eat dinner later in the week.

*Refers to recipes in the meal plan as specified. Your meal plan may differ if you have swapped meals.



Breakfast meals

Strawberry "cream" toast

Whole grain bread, 2 slice(s) (2.3oz)

Part skim ricotta cheese, 5 tbsp(s) (2.7oz)

Strawberries, 1 cup(s), sliced (5.9oz)

Sliced almonds, 1 tbsp(s), slivered (0.3oz)

Method

Toast bread and spread with ricotta. Top with strawberries and sprinkle with almonds.

TIP: You can defrost frozen strawberry slices or substitute strawberries for any other fresh or frozen fruit such as blueberries, apple or pear.

Makes 1 serve. Each serve provides: 0.9 Fruit, 2.3 Carbohydrates, 1.0 Protein/Dairy, 1.1 Fats, 370 calories, 19.7g protein.



Lunch meals

Mexican buddha bowl

Mexican buddha bowl, makes 2 servings

Butternut squash, raw, 2 cup(s), cubes, cut into 1-inch pieces (9.9oz)

Red bell pepper, chopped, 1/3 cup(s) (1.7oz)

Red onion, chopped, 1/3 cup(s) (1.9oz)

Extra virgin olive oil, 2 tsp(s) (0.3oz)

Taco seasoning, 1 tbsp(s) (0.3oz)

Eggs, 2 large (3½oz)

Instant brown rice, cooked, 2/3 cup(s) (4.9oz)

Black beans, canned, 1/2 cup(s), rinsed (4.2oz)

Cherry tomatoes, 5 cherry tomato(es), diced (3oz)

Baby spinach, raw, 1 cup(s) (0.7oz)

Cilantro, fresh, 1/2 cup(s), chopped (0.4oz)

Lime, 1/2 lime(s) (1.2oz)

Method

Preheat oven 400°F. Place the squash, peppers and onion in a small roasting pan and toss with the olive oil and taco seasoning, mix to coat. Roast for 20 minutes or until vegetables are golden and tender.

Meanwhile, cook the eggs in a small saucepan of water for 6 minutes for soft boiled or 8 minutes for hard boiled. Refresh in cold water, peel and cut eggs in half.

Divide the rice into two serving bowls. Divide the squash, peppers, onions, black beans, tomato and spinach between the bowls. Top with the egg halves and cilantro leaves. Squeeze over the lime juice to serve.

TIP: For a quicker method, place the squash into a microwave-safe dish, add a splash of water and cover. Microwave for 2 minutes, check and cook further until squash is soft. Drain water and sprinkle over taco seasoning. Peppers and onion can be added to the bowls raw.

Each serve of 'Mexican buddha bowl' provides: 1.2 Vegetables, 0.1 Fruit, 2.0 Carbohydrates, 1.2 Protein/Dairy, 0.9 Fats, 352 calories, 14.7g protein.



Dinner meals

Seared salmon with cucumber & tomato sambal

Seared salmon with cucumber & tomato sambal, makes 2 servings

Asparagus, 10 spear(s), thinly sliced crossways (5.3oz)

Extra virgin olive oil, 2 tsp(s) (0.3oz)

Black pepper, 1 dash(es), to taste

Cucumber, 1 medium, diced (7.1oz)

Cherry tomatoes, 10 cherry tomato(es), halved (6oz)

Ginger, minced, 2 tsp(s) (0.2oz)

Sweet chili sauce, low sodium, 1 tbsp(s) (0.6oz)

Lime, ½ lime(s), juiced (1.2oz)

Cilantro, fresh, ½ cup(s), chopped (0.4oz)

Atlantic salmon, farmed, 6 oz(s), two small fillets of 3oz each or one large piece, halved (6oz)

Baby spinach, raw, 2 cup(s) (1.3oz)

Method

For the sambal, place the asparagus in a heatproof bowl, cover with boiling water, stand for 3 minutes then drain. Refresh in cold water, drain well. Return to the bowl and stir in the remaining sambal ingredients: cucumber, tomato, ginger, sweet chili sauce, lime, and cilantro.

Lightly rub both sides of the salmon with oil and season to taste. Heat a non-stick frying pan over medium-high heat. Cook salmon 2-3 minutes each side or until cooked to your liking. Arrange the spinach on serving plates. Add salmon and spoon over the sambal.

Each serve of 'Seared salmon with cucumber & tomato sambal' provides: 2.1 Vegetables, 0.1 Fruit, 1.6 Protein/Dairy, 0.9 Fats, 0.2 Sweets, 289 calories, 21.3g protein.



Snack meals

Vegetables & fruits

Vegetable sticks (carrot, celery, cucumber, bell pepper), 1 cup(s) (4oz)

Fruit, any type, 2 small piece(s) (7.1oz)

Method

Enjoy unlimited servings of vegetables & fruits throughout the day.

Makes 1 serve. Each serve provides: 1.0 Vegetables, 2.1 Fruit, 148 calories, 2.6g protein.



Grocery List

Fruits & Vegetables

- ☐ Asparagus, 35 spear(s) (1.2lb)
- ☐ Avocado 3.2oz
- ☐ Baby spinach, raw 3.9oz
- ☐ Banana, 1 large (4.7oz)
- ☐ Butternut squash, raw 9.9oz
- ☐ Cherry tomatoes 2.1lb
- ☐ Cilantro, fresh 2.7oz
- ☐ Cucumber, 3 medium (1.3lb)
- ☐ Fruit, any type, 15 small piece(s) (3.3lb)
- ☐ Garlic, minced 0.7oz
- ☐ Ginger, minced 0.4oz
- ☐ Lime, 2¼ lime(s) (5.3oz)
- ☐ Red bell pepper, 1 pepper(s) (4oz)
- ☐ Red bell pepper, chopped 3.4oz
- ☐ Red onion, 1 small (2.1oz)
- ☐ Red onion, chopped 3.4oz
- ☐ Romaine lettuce 6.3oz
- ☐ Snow peas 11.3oz
- ☐ Strawberries 1.6lb
- ☐ Vegetable sticks (carrot, celery, cucumber, bell pepper), 7 cup(s) (1.8lb)
- ☐ Zucchini, noodles 12.9oz

Pantry Items

- ☐ Black pepper
- ☐ Cumin, ground 0.2oz
- ☐ Extra virgin olive oil 1.6oz
- ☐ Instant brown rice, cooked, ⅔ cup(s) (4.9oz)
- ☐ Instant brown rice, cooked, 8.8 oz (8.8oz)
- ☐ Old fashioned (rolled) oats 4.2oz
- ☐ Sliced almonds 2.2oz
- ☐ Sweet chili sauce, low sodium 1.9oz
- ☐ Taco seasoning 0.3oz

Bread & Bakery

- ☐ Whole grain bread, 14 slice(s) (15.8oz)

Meat, Poultry, Seafood

- ☐ Atlantic salmon, farmed 6oz
- ☐ Beef top sirloin steak, any grade, very lean 9oz
- ☐ Chicken breast, cooked 4oz
- ☐ Chicken breast, raw 6oz
- ☐ Eggs, 3 large (5.3oz)

Chilled & Frozen Goods

- ☐ 1% milk, 3 cup(s) (1.5pt)
- ☐ Cheddar cheese, reduced fat, shredded 1.3oz