

# 3 DAY HEALTHY EATING MENU PLAN



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MENU PLAN WITH RECIPES

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## MENU PLAN WITH RECIPES

### HELLO !

I hope you find my [3 DAY HEALTHY EATING MENU PLAN](#) a valuable and useful tool when planning your weekly menu for you and/or your family.

I have included, along with each meal, some useful suggestions and tips designed to ensure that you have as much information as possible to make your weekly meal plans as “jam packed” as possible with good quality , nutrient dense, whole food selections.

I have also incorporated your plan into a handy “calendar view” that you can print off and post on your fridge to make planning and preparation a little easier; with your plan right there at your fingertips.

I have included a collection of recipes with your meal plan and have indicated with a \* the meals that you will find a recipe for. To find other great recipes... hop on over to some of my favorite recipe sites:

- 1) [www.draxe.com](http://www.draxe.com)
- 2) [www.foodmatters.com](http://www.foodmatters.com)
- 3) <http://www.produceonparade.com>
- 4) <http://citronlimette.com>
- 5) <http://foodiesnpup.blogspot.ca>

If you've found my [3 DAY HEALTHY EATING MENU PLAN](#) an informative, valuable and useful tool then be sure to visit [www.balancedwithjenny.com](http://www.balancedwithjenny.com) for more information, tools and resources including my:

- 1) 7 DAY MIX and MATCH MENU PLAN AND GUIDE
- 2) 7 DAY HEALTHY EATING MENU PLAN
- 3) 14 DAY VEGETARIAN MENU PLAN AND GUIDE

Great on-line education/learning sessions including:

- 1) BALANCED NUTRITION: What is a Balanced Diet?
  - 2) DIGESTION AND A HAPPY GUT
  - 3) SUPPLEMENTS: VITAMINS AND MINERALS
- watch for more being added soon

Great resources/services including:

- 1) PANTRY REBOOT AND GROCERY STORE TOUR
- 2) GROUP AND COPORATE EDUCATION/INFORMATION SESSIONS

#### DAY 1

|                  |  |   |
|------------------|--|---|
| <b>Breakfast</b> | 1 large portion of plain organic yogurt sprinkled with ½ portion of Granola* and one piece of fresh fruit of your choice, chopped. | Homemade granola makes a great snack alone, as a topping for yogurt, or as a cereal with milk and topped with fruit.<br><br>Never skip breakfast. We all need food in the morning to resupply ourselves with sources of glucose, which is not stored in the body and is needed to fuel the brain. |
| <b>Lunch</b>     | Squash soup*<br><br>Whole grain bread<br><br>1 slice organic cheddar<br><br>Handful of grapes                                      | Leftovers make great lunches too.<br><br>Using local produce in season supports local farming, and saves money on the grocery bill.   |
| <b>Dinner</b>    | Spinach and cheese cannelloni<br><br>Mixed greens salad with orange dressing*  | Avoid buying products that have many unfamiliar ingredients or just too many ingredients.   |
| <b>Snacks</b>    | 1 hard boiled egg<br><br>A few olives, and a slice of crusty bread   | Eliminate energy robbers: such as sugar, coffee, pop, candy. Always choose free range eggs, “free run” does not always mean hormone and drug free. Keep informed  |

*\*Recipe Provided*

When buying fruits and vegetables choose organic when possible. Visit EWG ([ewg.org](http://ewg.org)) and refer to their “dirty dozen plus” and “clean fifteen” lists for guidance.

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## DAY 2

|                  |   |  |
|------------------|---|--|
| <b>Breakfast</b> | Oatmeal with raisins or cranberries and cinnamon – homemade with soy, almond or rice milk<br><br>Pineapple juice                      | Raw honey or maple syrup should be your sweeteners of choice.<br><br>Pineapple juice is a good alternative to orange, as pineapple has an abundance of enzymes that promote good digestion.                        |
| <b>Lunch</b>     | Nut butter and banana sandwich on multi-grain bread<br><br>Salad – variety of peppers, red onion, grated carrot, and orange dressing* | Avoid buying products containing MSG, and the preservatives BHA, and BHT.  |
| <b>Dinner</b>    | Oriental chicken in parchment*<br><br>Vegetable fried rice*   | This rice dish is a great way to use up left over vegetables. Kids love it too! Be sure to wash all fruits and vegetables thoroughly before preparing to eat.  |
| <b>Snacks</b>    | Fruit Crisp*<br><br>Cheese and whole grain crackers   | Avoid artificial sweeteners. They are not recognized by the body as food and go into the intestines undigested, causing a variety of digestive problems, and neurological problems when consumed in large amounts. |

\*Recipe Provide

When making meat selections choose antibiotic and hormone-free organic, wild or grass-fed selections

#### DAY 3

|                  |   |   |
|------------------|---|---|
| <b>Breakfast</b> | Large fresh fruit salad – mangoes, berries, melons, topped with a large dollop of plain organic yogurt and a handful of seeds<br><br>1 piece of toasted multi-grain bread with butter | Nuts and seeds should be eaten raw. The oils on roasted nuts and seeds are often rancid. Roasting your own is preferred as long as roast small quantities and consume right away.             |
| <b>Lunch</b>     | One large whole wheat flour tortilla stuffed full of veggies and a few strips of chicken or cheese for a filling, healthy lunch.<br><br>Fresh vegetable juice                         | The best way to lose weight is to adopt a healthier, more active lifestyle. Choose food for its nutrient value rather than its calorie content.   |
| <b>Dinner</b>    | Two-bean Vegetarian Chili*<br><br>Mixed vegetable salad with Classic Vinaigrette* and a few seeds and raisins   | After your heart, the liver is the next most important organ in your body. Be nice to your liver by incorporating more wholesome, good quality foods and less processed, refined food choices |
| <b>Snacks</b>    | ½ multi-grain bagel with a slice of cheese or nut butter<br><br>Homemade trail mix  | Do not chew gum. Most gum is sweetened with artificial sweeteners. Chewing gum starts the digestive juices flowing and makes you feel hungry.   |

*\*Recipe Provided*

**Be sure to cook using healthier saturated fats that tolerate heat well such as butter, ghee or coconut oil. Butter should be from a grass-fed source**

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|       | BREAKFAST  | LUNCH   | DINNER  | SNACKS   |
|-------|--|---|---|--|
| DAY 1 | 1 large portion of plain organic yogurt sprinkled with ½ portion of Granola and one piece of fresh fruit of your choice, chopped | Squah Soup<br><br>Whole grain bread<br>1 slice organic cheddar<br><br>Handful of grapes   | Spinach and cheese cannelloni<br><br>Mixed Greens salad with orange dressing                                      | Morning: 1 hard boiled egg<br><br>Afternoon: a few olives and a slice of crusty bread                  |
| DAY 2 | Oatmeal with raisins or cranberries and cinnamon<br><br>Pineapple juice  | Nut butter and banana sandwich on multi-grain bread<br><br>Salad – variety of peppers, red onion, grated carrot and orange dression | Oriental chicken in parchment<br><br>Vegetable fried rice   | Morning: fruit crisp<br><br>Afternoon: cheese and whole grain crackers                                 |
| DAY 3 | Large fresh fruit salad<br><br>A piece of toasted multi-grain bread with butter  | 1 large whole wheat flour tortillia stuffed full of veggies and a few strips of chicken or cheese<br><br>Fresh vegetable juice      | Two bean vegetarian chilli<br>Mixed vegetable salad with classic vinaigrette dressing and a few seeds and raisins | Morning: ½ multi grain bagel with a slice of cheese or nut butter<br><br>Afternoon: homemade trail mix |
| DAY 4 |  |   |   |  |
| DAY 5 |  |   |   |  |
| DAY 6 |  |   |   |  |
| DAY 7 |  |   |   |  |

## RECIPES

### Granola

2 tbsps grapeseed or canola oil

½ cup sesame seeds

½ cup honey

1 tbsp pure vanilla extract

2 cups old-fashioned rolled oats

½ cup slivered almonds

1 tbsp orange zest

½ cup unsweetened coconut

1 tbsp. cinnamon

Preheat oven to 350°

Put oil, sesame seeds, honey, vanilla, oats, almonds, orange zest, and coconut in large bowl. Stir everything together until thoroughly coated. Turn out onto a greased baking pan with a rim, and spread out ingredients. Sprinkle the cinnamon on top and bake for 20 minutes moving everything around a couple of times with a spatula until all the oats are evenly browned. Let cool 5-10 mins. Store in a zip-lock plastic bag in the freezer until ready to eat.

Can be enjoyed as a cereal with milk, as a snack by itself, or as a topping for yogurt

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### Squash Soup

This soup is very tasty. The ginger adds a lot of flavour and hotness. A very rich and comforting soup.

2 butternut squash (beige coloured, pear shaped squash)

3 onions, chopped

1 head garlic

Olive oil

1 tbsp curry powder, mild

2 tins organic chicken broth (found in natural foods section of grocery store)

1 tbsp fresh ginger, chopped

Preheat oven to 350°

Wash squash and pierce twice. Place both squash whole, in a large baking dish or baking sheet. Bake at 350° for one hour or until well done. In the same oven, take one head of garlic, slice small amount off top and drizzle with 1 tsp. olive oil. Wrap in foil and place next to squash.

When well done, let squash cool, then cut lengthwise and scoop out seeds and discard. Scoop out the squash and place in large pot.

In frying pan, add 2 tps olive oil and sauté onions until quite golden and soft. Add curry powder and ginger, and blend for 1 minute. Add chicken broth and squash. Squeeze garlic from its skin and add to squash mixture. Mix well and simmer for 5 mins to blend flavours.

In small batches, blend in blender until smooth. Add more broth or a little water if needed.

Serve with crusty bread. Freezes well.

Serves 6 to 8



### 3 DAY HEALTHY EATING MENU PLAN

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#### Orange Dressing

¼ cup orange juice

1 tbsp. red wine vinegar

1 clove garlic

1 tsp Dijon mustard

¼ cup olive oil

Salt and pepper

Blend all ingredients and store covered in refrigerator for up to two days.

#### Hummus

1 clove of garlic

1 ½ cups cooked chickpeas (1 - 15 ½ oz tin)

1 green onion

3 tbsps. fresh lemon juice

½ tsp. salt

1-2 tbsps. olive oil (just enough to provide smooth consistency)

Cayenne or cumin to taste (optional)

In a food processor or blender: place garlic, green onion, and mince. Add chickpeas, lemon juice, salt, and puree – while drizzling olive oil until texture is creamy yet still a thick paste. Season to taste with cayenne and/or cumin. Transfer to tightly lidded container and chill. Serve with pita bread, corn tortilla chips, or use as a spread on sandwiches. Goes great in a cheese and veggie sandwich. Make approx. 1 ¼ cups. (3 to 4 servings)

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*Oriental Chicken in Parchment*

The presentation is beautiful and the aroma released when their contents is revealed makes these surprise packages something worth making again and again.

½ tsp sesame oil  
1 clove garlic, crushed  
1 slice fresh ginger, minced  
1 tsp. soy sauce (low sodium)  
2 tbsps. sherry  
1 whole skinless, boneless chicken breast, cut in half lengthwise  
2 tbsps julienned leeks  
½ carrot, cut into matchsticks  
6 slices julienned red bell pepper  
2 slices fresh ginger, peeled

Combine sesame oil, garlic, minced ginger, soy sauce, and sherry. Pour over chicken, cover, and refrigerate for at least two hours.

Cut 2 pieces of parchment paper, each slightly more than double the size of the chicken. Fold the sheets in half.

Divide ingredients into two equal portions and arrange as follows for both packets: first put the leeks on one side of the folded parchment, then place the carrots on top of the leeks, followed by the chicken. Crisscross the bell pepper over the chicken, and place the ginger next to the chicken, and with a knife edge, crease and seal the ends of the packets.

Placed the closed packets on a baking dish and bake in a preheated 350° oven for 30 mins.

Remove packets from the oven and place on dinner plates. Being careful of the escaping steam, cut an X in both and serve.

Serves 2

#### *Vegetable Fried Rice*

3 cups cooked brown basmati rice  
1 carrot chopped fine  
1 small onion finely chopped  
1 cup broccoli florets  
1 cup red cabbage, shredded  
1 tbsp. olive oil  
1 tbsp. low sodium soy sauce

Add oil to deep frying pan. Saute vegetables until tender crisp. Add cooked rice to vegetable mixture. Toss until well blended. Add soy sauce, toss to blend. Serve immediately.

#### *Fruit Crisp*

Preheat oven to 375°

4 cups of fruit – choose a combination of apples and berries, or other fruit such as peaches, pears, plums. Whatever you happen to have.  
1 tbsp. instant tapioca  
1 tsp. cinnamon  
¼ cup maple syrup

Toss sliced apples in a large bowl with whatever other fruit you choose, with tapioca, cinnamon, and maple syrup.

Pile mixture into a greased 8x10 baking dish.

#### *Topping*

1 ½ cups old-fashioned rolled oats  
½ cup toasted wheat germ  
½ tsp. sea salt  
1 ½ tsps cinnamon  
½ cup maple syrup  
1/3 cup canola or grapeseed oil

Mix together ingredients for the topping and spread over the fruit. Cover the baking dish with aluminum foil and bake for 20 mins. Uncover and bake for 40 more minutes until the apples are soft

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*Two-bean Vegetarian Chili*

2 tablespoons olive oil  
1 onion, chopped  
2 carrots, peeled and diced  
½ red bell pepper, seeded, chopped  
½ green pepper, seeded, chopped  
2 large chipotle chilies, seeded, minced (can be found in a can in the gourmet cooking section of grocery store)  
1 28-ounce can crushed tomatoes with added puree  
3 cups water  
1 15-ounce cans black beans, rinsed, drained  
1 15-ounce cans kidney beans, rinsed, drained  
1/2 cup bulgur - Also called cracked wheat; available at natural foods stores and supermarkets.  
1 tablespoon white wine vinegar  
5 garlic cloves, minced  
2 tablespoons chili powder  
1 1/2 teaspoons ground cumin  
1 1/2 teaspoons ground coriander  
1/4 teaspoon ground cinnamon

Heat 2 tablespoons olive oil in heavy large pot over medium-high heat. Add onion, carrots, red and green peppers, and chipotle chilis and sauté until onion and carrots are almost tender, about 8 minutes. Add tomatoes, 3 cups water, beans, bulgur, white wine vinegar, garlic, and spices. Bring to boil. Reduce heat to medium-high and cook, uncovered, until bulgur is tender and mixture thickens, stirring often, about 20 minutes. Serve over basmati or brown rice. Soooo good!

Makes 6 servings.

#### *Homemade Mayonnaise*

May be made in a blender or food processor. If made in processor, recipe can be doubled. However, the recipe cannot be doubled if made in a blender as it will not thicken properly.

1 whole egg

1 – 1¼ cups olive oil

1 tbsp. fresh lemon juice

¼ tsp. dry mustard powder

salt and pepper to taste

a little honey (optional)

Process in blender or processor for a few seconds: egg, lemon juice, and mustard. While machine is running, add the oil in a fine stream. Do not add oil quickly; it should take at least 60 seconds. As mayonnaise thickens, the sound of the machine will deepen. Use right away.

#### *Classic Vinaigrette*

1-2 tsps. grainy mustard

2 tbsps. fresh lemon juice

6 tbsps. olive oil

crushed garlic to taste

sea salt and pepper

Blend all ingredients and store covered in refrigerator for up to two days.

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I hope you find my [3 DAY HEALTHY EATING MEAL PLAN](#) an informative and useful tool! I value all feedback so please forward any comments, suggestions, ideas to [contactme@balancedwithjenny.com](mailto:contactme@balancedwithjenny.com) and indicate in the subject line 3 DAY PLAN

*SENDING WISHES YOUR WAY FOR A WELL BALANCED DAY*

*Jenny*