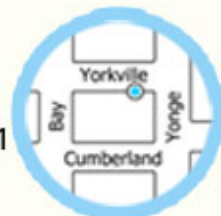




Meals



27 Yorkville Ave., Suite 207, Toronto, M4W 1L1
(416) 922 - 0387 or visit www.pilatesforlife.ca



Day 1

Breakfast

Appetizing Oatmeal

Warm oatmeal topped with 1 packet of Stevia, walnuts, berries or sliced bananas, cinnamon and skim milk.

Half a grapefruit.

Mid-Morning Snack

Fruit smoothie

In a blender, mix 1 cup of skim milk, ½ cup frozen banana, 1/2 cup of frozen fruit and 1 scoop of protein powder.

Lunch

Mix one can of tuna with half an avocado, alfalfa sprouts, cherry tomatoes and chopped celery.

One apple.

Mid-Afternoon Snack

Low-fat cream cheese on carrots.

Dinner

*Honey Mustard Chicken.**

Spinach Salad with tangerine slices, berries, toasted pecans and an olive oil vinaigrette.

Dessert

Sugar-free bran cookie topped with peanut-only peanut butter, bananas slices and 10 chocolate chips.

Day 2

Breakfast

Savory Omelet

Spray frying pan lightly with low-calorie canola or vegetable oil spray, add 8 Tbsp egg whites, grated low-fat cheese, grilled red peppers, pizza olives and top with wilted spinach. Serve with salsa.

Mid-Morning Snack

*Nourishing Carrot-Pineapple Muffin**

Lunch

*Best Bean Salad**

Mid-Afternoon Snack

Whole-wheat toast topped with melted low-fat cheese.

Dinner

Make Your Own Pizza

Whole-wheat or spelt crust topped with pizza sauce, slightly cooked broccoli, sun-dried tomatoes, artichoke hearts, fresh garlic, olives, roasted red peppers, herbes-de-Provence and feta cheese or chevre.

Tossed vegetable salad with olive oil vinaigrette.

Dessert

Two low-fat graham crackers with cream cheese and strawberries.

Day 3

Breakfast

Fill half a whole-wheat pita with 1/2 cup low-fat cottage cheese and sliced pear, apple or banana.

An orange.

Mid-Afternoon Snack

12 baked tortilla chips with salsa.

Dinner

Wholesome Cobb Salad

Romaine lettuce, chopped low-fat bacon, grilled chicken breast, tomatoes, cucumber, walnuts and crumbled Gorgonzola or blue cheese, topped with low-fat oil-and-vinegar or clear vinaigrette dressing.

Mid-Morning Snack

1 slice of low-carb, flour-free or whole-wheat toast with peanut-only peanut butter, topped with sliced banana.

Lunch

Cold Plate: wrap low-fat brick cheese, avocados, grilled peppers, sun-dried tomatoes and olives in low-fat cold cuts. Serve with 1/2 cup low-fat cottage cheese.

Dessert

1 sliced apple topped with brown sugar, cinnamon and pecans, baked at 350 degrees for 20 minutes.

Day 4

Breakfast

Hot whole grain cereal, such as Red River, topped with dried cranberries, pecans, a little syrup and skim milk. OR Cold whole-wheat, sugar-free cereal, such as Shredded Wheat n' Bran, with skim milk and fruit.

Half a grapefruit.

Mid-Morning Snack

Celery with peanut-only peanut butter.

Lunch

Top Thai Cabbage Salad (see recipes @ end)*

Dinner

Whole-wheat pasta with marinara sauce.

Dessert

Low-fat low-sugar yogurt, topped with fresh fruit and granola.

Day 5

Breakfast

Fresh Omelet

Spray frying pan briefly with low-calorie canola or vegetable oil spray, add egg whites, cottage cheese, turkey slices, fresh cilantro and pear slices.

Mid-Morning Snack

Individual portion of low-fat yogurt.

Lunch

Open-Faced Egg and Shrimp Sandwich

Slice 2 hard-boiled eggs, mix with 3/4 cup baby shrimp, fresh dill, chopped cucumber and super-thinly sliced lemon. Lightly spread low-fat mayonnaise on 2 slices of whole-wheat toast and cover with mixture.

Mid-Afternoon Snack

1 apple.

Dinner

One or two veggie or chicken or turkey burgers topped with cream cheese, Dijon mustard, tomatoes, pizza olives, grilled peppers and alfalfa sprouts.

Dessert

3/4 of a cup of low-fat ricotta cheese mixed with a sprinkle of Stevia, 1 tbsp of peanut butter, 1 tsp of cocoa, 10 unsalted peanuts and 10 chocolate chips.

Day 6

Breakfast

Fit French Toast

Soak two slices of Ezekiel sprouted-grain bread in egg whites and cinnamon. Spray frying pan lightly with low-calorie canola or vegetable oil spray. Fry soaked bread and sliced bananas in frying pan next to bread. Serve toast topped with sugar-free syrup, cinnamon and warm bananas.

Mid-Morning Snack

Small brick of low-fat cheese.
Fruit slices or berries.

Lunch

One cup of *Hearty Meat Soup*.^{*} (see recipes @ end)

Mid-Afternoon Snack

One fruit cup topped with low-fat, sugar-free yogurt.

Dinner

Fresh Fish Tacos

Cook white fish fillet, coated with lemon juice, sea salt and black pepper, at 350 degrees for 15 minutes or until lightly browned. Heat low-carb or whole-wheat soft taco shells and fill with chopped lettuce, onions, tomatoes, avocados, fresh cilantro, grated low-fat cheese and top with low-fat sour cream and salsa.

Dessert

Four low-fat graham crackers, each topped with low-fat nut butter, 5 chocolate chips and sliced bananas.

Day 7

Breakfast

Energizing Eggs and Bacon
Spray frying pan lightly with low-calorie canola or vegetable oil spray. Fry three slices of turkey bacon, chicken bacon or low-fat pork bacon. Serve bacon slices with two poached eggs and one slice of whole grain toast topped with low-calorie, low-fat margarine.

An orange.

Mid-Morning Snack

Individual portion of low-fat yogurt topped with low-fat granola.

Lunch

Chicken and the Sea Salad

Slice 1 grilled chicken breast, 1 roasted red pepper, and a handful of de-veined, tailed cooked shrimp, combine in a bowl with a sprinkling of herbs de Provence, a tablespoon of Dijon mustard and two tablespoons of apple sauce. Serve at room temperature on a bed of mâche greens.

One cup of miso soup.

Mid-Afternoon Snack

Handful of nuts and dried fruit.

Dinner

Simple Broccoli and Tuna Casserole

In a casserole dish, combine 1 cup of cooked whole-wheat pasta, 1 can of drained tuna, 1 cup of cooked broccoli, 1 can of low-fat cream of mushroom soup. Top with low-fat Parmesan cheese. Cook at 350 degrees for 20 minutes or until top browns slightly.

Dessert

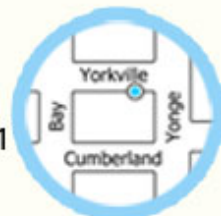
One low-fat waffle (such as Optimum) with sugar-free syrup, one scoop of fat-free frozen yogurt and berries or banana slices.



Recipes



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Honey Mustard Chicken

- 4 whole chicken breasts, split, boned and skinned
- 1/4 cup transfat-free margarine
- 1/4 cup Dijon mustard
- 2 tablespoons prepared mustard
- 1/2 cup honey
- 2 tsp curry powder
- 2 tsp lemon or lime juice
- 1 tsp salt
- 1/8 tsp garlic powder, or 1 small garlic clove, chopped

Preheat oven to 350 degrees. Place chicken in baking pan in a single layer.

Melt margarine in saucepan and add all ingredients. Stir until smooth. Pour over chicken and bake, uncovered, at 350 degrees for 45 minutes, until tender and golden. Baste occasionally. Garnish with parsley.

Serve hot or cold.

Serves 4.

Carrot Pineapple Muffins

- 
- 1 1/2 cups whole wheat flour
 - 1/2 cup granulated sugar
 - 1 tsp. baking powder
 - 1 tsp. baking soda
 - 1 tsp. ground cinnamon
 - dash of salt
 - 1/3 cup canola oil
 - 4 egg whites
 - 2 tsp. vanilla
 - 1 cup finely grated carrot
 - 3/4 cup crushed pineapple with juice
 - 1/2 cup chopped nuts (optional)

Preheat oven to 350 degrees. Sift together flour, sugar, baking powder, soda, cinnamon and salt. Set aside. In a large mixing bowl, beat together oil, eggs and vanilla. Beat in dry ingredients. Be sure to stir the pineapple well before measuring. By hand, stir in the carrot and pineapple. Mix well. Add nuts if desired. Fill greased muffin tins to 1/2 full. Bake 25 minutes or until golden brown.

May be frozen.

Makes 24 muffins.

Best Bean Salad

Combine together in a bowl and chill:

2 cup cooked brown rice

1 can (15 oz.) black beans, rinsed well

2 cups corn kernels

1 red bell pepper, chopped

1/2 onion, finely chopped

1 fresh tomato, diced

1 clove of fresh garlic, diced

Salt and pepper to taste

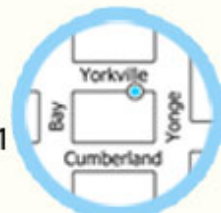
Dash of cumin

Squirt 1 lime over top



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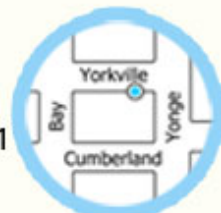


Top Thai Cabbage Salad

- 1 tsp fresh lime juice
- 1 tsp sugar
- 3/4 tsp salt
- 1 tsp sesame oil
- 1 tsp rice wine vinegar
- 4 cups finely shredded Napa cabbage
- 1/2 small red onion, sliced thin
- 1/2 cup grated carrot
- 2 Tbsp finely chopped fresh mint leaves
- 2 Tbsp chopped fresh coriander
- 1 Tbsp olive oil

In a bowl stir together lemon juice, sugar, salt, sesame oil, and rice vinegar until sugar and salt are dissolved.

Add cabbage, onion, carrot, mint, coriander, and the oil, and toss salad well.



Hearty Meat Soup

- 1 lb. extra-lean ground beef
- 5 cups water
- 1 16-oz. can diced tomatoes
- 1 cup onions, chopped
- 1 cup carrots, chopped
- 1 cup corn kernels
- 1.3 cup pearl barley
- 1/4 cup ketchup
- 1 cube instant beef flavoring
- 2 tsp. seasoned salt
- 1 tsp. dried basil, crushed
- 1 bay leaf
- salt and pepper to taste

In large saucepan, brown beef, stirring to break up large pieces. Drain off excess fat. Add water, tomatoes and remaining ingredients. Bring to a boil, reduce heat and simmer, covered for one hour or until vegetables are tender.

(Cooked turkey may be substituted for the ground beef in this receipt, in which case, chicken flavoring should be used in place of beef.)

May be frozen

Makes 10 cups



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