



Meal Prep Monday

Protein Porridge ● Monterey Turkey Wrap ● Strawberry Banana Nice Cream
Grilled Chicken Salad with Raspberries ●● Crushed Cucumber Salad with Salmon



Grocery List

Red Bell Pepper	Rice Wine Vinegar	Reduced Fat Yogurt	Tomato
Cucumber	Sesame Oil	Whole Wheat	Avocado
Garlic	Black Sesame Seeds	Tortilla	Almond Milk
Coriander	Boneless, Skinless	Light Ranch Dressing	Oats
Hot smoked	Chicken Breast	Lettuce	Vanilla Whey
Salmon Fillets	Mixed Baby Greens	Deli Fresh Shaved	Raspberries
Lime	Goat Cheese	Honey Smoked	Bananas
Fish Sauce	Chopped Walnuts	Turkey Breast	Strawberries
Artichoke Hearts	Balsamic Vinaigrette	Reduced-Fat Sharp Cheddar Cheese	

Protein Porridge

2 cups almond milk,
unsweetened
1 cup oats
1 scoop vanilla whey
1 banana, sliced
¼ cup walnuts, chopped

1. In a small pot, bring the almond milk to a boil. Stir in the oats and cook over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.
2. Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.

Monterey Turkey Wrap

1 whole wheat tortilla
1 tbsp. light ranch dressing
1 lettuce leaf
6 slice Deli Fresh Shaved Honey Smoked Turkey Breast
1 slice reduced-fat sharp Cheddar cheese
2 slice tomato
2 slice avocado

1. Spread tortilla with dressing.
2. Cover with remaining ingredients.
3. Fold up bottom edge of tortilla, then roll up.

Strawberry Banana Nice Cream

1 medium banana, partly frozen
1 c. frozen strawberries
½ c. plain reduced fat yogurt, partly frozen

Blend all ingredients in a food processor or blender until smooth and creamy.
Freeze longer, if necessary.

Grilled Chicken Salad with Raspberries

6 ounces cooked boneless, skinless chicken breast; sliced
3 cups mixed baby greens
2/3 ounce goat cheese crumbled
2 in artichoke hearts quartered, water
1/2 cup fresh raspberries
1 tablespoon chopped walnuts
1 serving of balsamic vinaigrette

1. Make a base with a bed of greens.
2. Add chicken, raspberries, and artichoke hearts.
3. Top with goat cheese, walnuts and the dressing. Serve immediately and enjoy!

Crushed Cucumber Salad with Salmon

For the salad:

1 red bell pepper, chopped
1 cucumber, crushed, chopped
1 garlic clove, sliced
fresh coriander, chopped
6 oz. hot smoked salmon fillets

For the dressing:

1 lime, juiced
1 tbsp. fish sauce
1 tbsp. rice wine vinegar
1 tbsp. sesame oil
1 tbsp. black sesame seeds

1. Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.
2. Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.
3. To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.