

# Meal Plan for Olympic Dairy - Heart Health



## Day 1

Afternoon Snack: Mix bran buds and blueberries in yogurt.

### Breakfast

1 slice bread, whole wheat  
 1 tsp adams peanut butter, crunchy  
 1 serving Olympic Smoothie \*See Recipe

### Morning Snack

1 medium apple with skin, sliced

### Lunch

10 fruits grapes, red or green  
 1 tin/can cloverleaf, tuna, spicy thai chili  
 10 crackers blue diamond nut thins, almond or pecan  
 5 medium carrot, baby, raw  
 1/4 medium cucumber, raw

### Afternoon Snack

1/4 cup blueberry, raw  
 175g olympic dairy yogurt, no fat, fruit flavoured  
 2 tbsp all bran buds, kellogg's

### Dinner

1 serving Turkey Taco Bowls \*See Recipe  
 2 cup mixed greens or fresh herb salad  
 1 tbsp salad dressing, oil & vinegar, homemade  
 1 cup olympic dairy organic skim milk

NUTRITION FACTS - DAY 1	
CALORIES (kCal)	1622
CARBOHYDRATE (g)	221.5
PROTEIN (g)	75.59
TOTAL FAT (g)	47.81
FIBRE (g)	26.4
CALCIUM (mg)	1468
IRON (mg)	9.26
SODIUM (mg)	2216
VITAMIN C (mg)	167.3
VITAMIN D (MICROGRAMS) (µg)	7.014
CHOLESTEROL (mg)	170
SATURATED FAT (g)	13.867
TRANS FAT (g)	0.29

# Recipes

## Olympic Smoothie

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1 Serving

### Ingredients

100g olympic dairy yogurt, no fat, vanilla  
1 cup olympic dairy organic skim milk  
1/2 medium banana  
4 medium strawberry, raw

### Directions

1. Place all ingredients in blender and mix.
2. Add ice and or water for desired consistency.

## Turkey Taco Bowls

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1 Serving

### Ingredients

30g cheese, cheddar, shredded  
2 small whole wheat wrap, tortilla, dempsters  
3 tbs sauce, salsa, ready-to-serve  
1/2 cup shredded lettuce, iceberg, raw  
or chopped  
1/2 cup chopped tomato  
2ml spices, chili powder, just a dash  
1 tbs sour cream, light  
2ml spices, cumin seed, just a dash  
1/2 large onion, raw  
1/2 clove garlic, raw  
100g turkey, ground

### Directions

1. Preheat oven to 375°F.
2. Wrap the tortillas in a damp towel and microwave for 10-15 seconds. Baste tortilla on both sides with canola oil and gently push them into a jumbo muffin tin, forming a cup shape.
3. Bake tortillas for about 10-12 minutes or until they are golden brown and hold their shape.
4. While the tortillas are cooking, place a medium-size, nonstick skillet over medium-high heat and add 2 turns of the pan of canola oil, about 1 tablespoon. Add the ground turkey, season with salt and pepper and cook, breaking up the pieces with the back of a wooden spoon, about 6-7 minutes until brown all over.
5. Add onion and grate the garlic right over the skillet with a microplane grater or the fine side of a box grater.
6. Cook for about 3-4 minutes, then add the chili powder and cumin, and cook for another couple minutes. If the mixture seems dry, add a couple tablespoons of water to loosen it up. Turn the heat off and set aside to keep warm.
7. Chop up the lettuce with kitchen scissors.
8. Place the tortilla bowls into deep cereal bowls and scoop a couple of big spoonfuls of the turkey mixture into each tortilla. Top the turkey with a sprinkle of cheese, some chopped tomatoes and shredded lettuce on top. Spoon a couple tablespoons of salsa over the top and serve.