

Meal Plan for Olympic Dairy - Weight Loss



Day 1

Lunch: Egg Salad Sandwich. Hard boil an egg. Chop egg and mix with celery and mayonnaise.

Breakfast

1 packet nature's path, instant oatmeal, flax plus
 1 tbsp cranberry, dried, sweetened
 175g olympic dairy yogurt, no fat, fruit flavoured

Morning Snack

1 medium pear, raw, with skin
 8 almonds, dry roasted, unsalted

Lunch

2 slice bread, whole wheat
 1 egg
 1/2 tbsp mayonnaise, light
 15ml diced celery, raw
 5 medium carrot, baby, raw
 12 fruits grapes, red or green

Afternoon Snack

1 serving Dani's Orange-Cinnamon Yogurt *See Recipe

Dinner

1 serving Seared Salmon with cucumber-cilantro salsa *See Recipe
 1/4 cup grains, couscous, dry measure
 50g green beans, raw or steamed
 1 cup olympic dairy organic skim milk

NUTRITION FACTS - DAY 1	
CALORIES (kCal)	1617
CARBOHYDRATE (g)	238.76
PROTEIN (g)	82.72
TOTAL FAT (g)	40.2
FIBRE (g)	27.9
CALCIUM (mg)	1014
IRON (mg)	9.13
SODIUM (mg)	1502
VITAMIN C (mg)	145.3
VITAMIN D (MICROGRAMS) (µg)	28.056
CHOLESTEROL (mg)	334
SATURATED FAT (g)	8.461
TRANS FAT (g)	0.096

Recipes

Dani's Orange-Cinnamon Yogurt

1 Serving

Ingredients

1 medium	orange, navel
1ml	spices, cinnamon, ground, dash
5ml	honey, 1 tsp
125g	olympic dairy yogurt, original probiotic, plain, 1/2 cup

Directions

1. Place 1/2 cup yogurt in a bowl.
2. Add diced orange.
3. Drizzle honey over yogurt and orange pieces.
4. Sprinkle with cinnamon and enjoy!

Seared Salmon with cucumber-cilantro salsa

4 Servings

Here, a fresh salsa contributes color, flavor and texture to basic pan-seared salmon. You can make the salsa several hours in advance and refrigerate it until you're ready to serve.

Ingredients

15ml	lime juice, raw
1.5 tsp	vegetable oil, canola
1 tsp	honey
2.5ml	pepper, red, hot chili, sun-dried, optional
1 tsp	salt
1ml	spices, pepper, black
1/4 fruit (5 cm dia)	lime, raw, wedge
125ml slices	cucumber, raw, peeled, seeded & diced
30ml chopped	shallot, raw, optional
560g	salmon, sockeye (red), raw
15ml	coriander (cilantro), raw, chopped
250ml cherry totalatoes	tomato, quartered

Directions

1. In a bowl, combine the cucumber, tomatoes, shallot and chopped cilantro. Toss gently to mix. In a small bowl, whisk together the lime juice, 1 teaspoon of the canola oil, the honey, red pepper flakes and 1/2 teaspoon of the salt. Pour the lime juice mixture over the cucumber mixture and toss gently to mix and coat evenly. Set aside.
2. Sprinkle the salmon fillets on both sides with the remaining 1/2 teaspoon salt and the black pepper. In a large, nonstick frying pan, heat the remaining 1/2 teaspoon canola oil over medium-high heat. Add the fish to the pan and cook, turning once, until opaque throughout when tested with the tip of a knife, about 4 to 5 minutes on each side.
3. Transfer the salmon fillets to warmed individual plates and top each with 1/4 of the salsa. Garnish the plates with the cilantro sprigs and lime wedges. Serve immediately.