

SAMPLE 3 DAY HEALTHY EATING MENU

	DAY 1	DAY 2	DAY 3
BREAKFAST	Water with lemon ¾ cup cooked millet topped with seeds (pumpkin, sunflower), berries, pinch of cinnamon, drizzle of honey Green/herbal Tea	Water with lemon Sweet potato hash with onions and 2 vegetables topped with sprouts, ½ avocado Green/herbal Tea	Water with lemon 1-2 eggs boiled or poached with 1 sprouted wrap, & any 2 vegetables Green/herbal Tea
SNACK	*¾ cup of Chlorella smoothie (drink at room temperature)	¾ cup Chlorella smoothie (drink at room temperature)	¾ cup Chlorella smoothie (drink at room temperature)
LUNCH	Steamed greens with a grilled Portobello mushroom, ¾ cup of Brown rice, ½ avocado, sea salt/pepper, drizzle olive oil and sesame oil	*1 cup of Vegetarian Borscht	*½ cup of Brown rice and ½ avocado salad with 2 leftover vegetables
SNACK	1 cup of organic miso soup with 6-8 Marys crackers with organic almond butter	½ cup of Fruit compote	8-10 Marys crackers with organic almond or cashew butter
DINNER	4-6 oz. grilled salmon or whitefish with squeeze of lemon, steamed beans, roasted sweet potato and small cooked beet	1 turkey, chicken or lentil patty with ½ cup of grain & 2 steamed vegetables, topped with drizzle of tamari, sea salt/pepper	* Spaghetti squash and garlic kale with 4-6 oz. of poached or steamed fish of choice

PILATES with Cindy

I hope you enjoy this sample menu plan and the recipes provided. I am excited about my 5 week nutrition programs which are tailored to meet everyone's health needs, food tastes and busy lifestyle.

Whether you are a vegetarian, are dairy or gluten free or a carnivore; each program can be adjusted to meet your unique needs. Specialized plans can target hormone health, bone health, immune health as well as treating medical conditions such as Diabetes, IBS and Hypertension.

My focus is always to help provide balance to the body, using holistic nutrition approaches, Chinese Medicine dietary therapy, lifestyle recommendations and fitness conditioning.

My well researched and easy to follow nutrition programs are waiting for you. If you are ready to improve your overall health and quality of life or have any questions please contact me at info@pilateswithcindy.ca or call me at 647-888-3398.

All the best, Cindy

Brown Rice Avocado Salad (warm salad)

To 1 cup freshly cooked brown rice add sliced avocado, green beans (frozen & warmed OK), chopped red or yellow bell pepper, sliced Spanish or red onion (optional), warmed frozen corn, and ½ cup red kidney beans (canned drained and rinsed well). Toss with dressing.

Vinaigrette dressing:

- 3 Tbsp extra virgin olive oil
- 1 Tbsp fresh lemon juice or dark balsamic vinegar or cider vinegar
- Dash of sea salt and pepper

Add one of the following variations:

French: 1 tsp Dijon mustard

Asian: few drops of Tamari soy sauce, ½ tsp
grated ginger

Herb: 1 Tbsp chopped fresh herb (parsley, basil,
dill, chives, scallion, oregano etc.)

Garlic: 1 clove pressed garlic

Savory Spaghetti Squash

- 1 spaghetti squash
- 2 large garlic cloves, minced
- ½ teaspoon cinnamon
- 1-2 tablespoons flax oil

Cut squash in half, and scoop out the seeds. Place squash halves on a glass baking sheet, cut side down. Bake at 375F for 30 minutes. With a fork, separate the spaghetti pulp from the skin, and place the pulp in a serving dish. Sprinkle on garlic, cinnamon, and oil, and toss lightly.

Makes 4 servings.

Chlorella smoothie

- 2 cups frozen organic berries (raspberries, blueberries or blackberries)
 - 1/2 avocado
 - 1/2-1 tsp Chlorella powder
 - Pinch of cinnamon
 - Water as needed
- (can add 1/2 cup of plain organic yogurt to make it creamier and/or 1 tsp agave syrup to sweeten)

Place all ingredients in blender and mix until smooth. Enjoy at ROOM TEMPERATURE.

Vegetarian Borscht

- ½ medium green cabbage
- ½ medium red cabbage
- 2 medium red beets, peeled
- 6 ½ cups vegetable stock
- 1 parsnip peeled and halved
- A few cumin seeds
- 3 tbsp tomato paste
- 2 tbsp apple cider vinegar

Chop the cabbage and beets into thin strips. In a large saucepan, bring the stock to a boil and add the cabbage, beet strips, parsnip, carrot, cumin and tomato paste. Cover and simmer for approx.. 1 hour, adding more stock if necessary. Mash the parsnip and carrot with a fork, and add apple cider vinegar to the broth.