

## Osmack Meal Plan

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>B</b>	Enjoy favourite breakfast at home or out. Rules: drink full cup of water first, do not add salt, must be a palm's worth of vegetables on the plate	2 boiled eggs chopped up on bed of 2 cups fresh spinach steamed 1/3 cup salsa  Smoothie	1/4 cup dry steel cut oats cooked topped & with cinnamon.  Smoothie	Boiled egg chopped up on bed of 2 cups fresh spinach steamed 1/3 cup salsa  Smoothie	1/4 cup dry steel cut oats cooked & topped with cinnamon.  Smoothie	Boiled egg chopped up on bed of 2 cups fresh spinach steamed 1/3 cup salsa  Smoothie	1/4 cup dry steel cut oats cooked & topped with cinnamon and ¼ cup warm berries.
<b>S1</b>	Won't need one	1 small zucchini halved lengthwise and grilled topped with 1/3 cup of salsa and 2 tps of shredded cheese	Tomatoes baked with shredded cheese & herbs or broccoli and humus	1 small zucchini halved lengthwise and grilled topped with 1/3 cup of salsa and 2 tps of shredded cheese	Tomatoes baked with shredded cheese & herbs or broccoli and humus	1 small zucchini halved lengthwise and grilled topped with 1/3 cup of salsa and 2 tps of shredded cheese	Tomatoes baked with shredded cheese & herbs or broccoli with hummus
<b>L</b>	SALAD CHALLENGE <a href="#">recipes from Annaliisa Kapp's eBook</a> (Make a double batch Thurs/Fri for dinner)						
<b>D</b>	Steak and Rainbow Salad  Make salsa for the week	Mustard-Crusted Salmon (use yogurt not sour cream) and ½ cup roasted vegetables.	Roast Chicken and rainbow salad bar  +Mashed potatoes for kids	Chicken noodle soup  +Bread for kids	2 <sup>nd</sup> portion of lunch salad  Healthy chicken strips & fries for the kids	2 <sup>nd</sup> Portion of lunch salad  Spaghetti and steamed veggies for the kids.	Eat out! Enjoy fresh, local food with plenty of veggies.

### Salsa

4 – 6 ripe plum tomatoes, chopped  
 ½ cup chopped onion (red or white)  
 1 jalapeno chile, stemmed, seeded, and finely chopped  
 1/2 cup chopped fresh cilantro  
 2 tablespoons fresh lime juice  
 ½ teaspoon salt or to taste  
 ½ teaspoon fresh black pepper or to taste

### Smoothie

½ frozen banana  
 ½ cup frozen berries  
 2 cups of fresh kale  
 Ice and a bit of water

### Mustard Crusted Salmon

<http://www.eatingwell.com/recipes/mustard-crusted-salmon.html>