

Healthy, Simple & Yummy

MEAL PLAN

WITH TIFFANIE CARR



Sabor Mediterráneo

Sabor Mediterráneo

*Bizcocho
sandanos*

tra

c.
ceces
gregar
la espátula.
co a poco, con
o envolvente,
masa homogénea.
solde rectangular.
masa y hornear durante
nutos a 170°C, horno
precalentado, calor arriba y abajo.
Retirar del horno, dejar reposar
10 minutos, desmoldar y dejar

Consejo
Los frutos secos deberían tomarse con
la piel que los recubre, ya que es muy rica
en vitaminas



SAMPLE MEAL PLAN VOL. 1

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CHAPTER

01

Welcome

What to Eat vs. Avoid
Thumbs Up/Down List



Welcome!

I'm happy to be sharing healthy and yummy meals with you.

My goal with this e-book is to offer you tried and tested quick and easy recipes that you can make anytime!

We all live busy lives and many of us don't have much time or patience to spend hours prepping, cooking, and cleaning in the kitchen. That's why I choose to keep my meals simple and easy to make.

Remember the 80/20 rule:

If you eat wholesome foods 80% of the time, you can allow for indulgences 20% of the time (or 2 meals/week). As long as you get back on track and make your other meals healthy, you should be good to go!

Are you ready to jump into action and make yourself delicious and nutritious foods?

I am, so let's GO!

Today, let's celebrate food & ourselves!

In this sample 3-day meal-plan, I will share healthy, yet yummy meal options that you can easily (and quickly) make for yourself and your whole family.

Choose whole foods, as in lots of fruits, veggies, grains, and nuts, and limit processed foods that include unhealthy fats, lots of sodium, many foreign ingredients and sugar (glucose, fructose, sucrose, etc.).

Your mission is to read food labels and become a detective as to what food items is best for you and your health.

Tip: usually the first 3-4 ingredients are those that are the most concentrated in the food item, so notice where sugar falls on the list.

Don't get me wrong, processed foods sure do taste good, but that's usually because of all those mysterious ingredients and high sugar content that's included. Consider chips, frozen pizzas, cookies, candies, etc. to fall into this category. Limit your intake of processed foods as much as possible and opt for healthier, homemade foods instead.

Tip: In life, we need to be flexible, so don't feel constrained by the ingredients listed in this sample menu. Instead, feel free to add your own spin to the recipes listed in this e-book. Play with these recipes and use what you have on hand or to suit your individual needs.

Dirty 12 & Clean 15 List

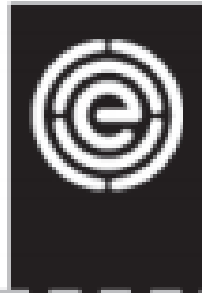
What is the EWG's "Dirty Dozen and Clean Fifteen" list?

EWG's Shopper's Guide to Pesticides in Produce™ is a list of whole foods that is updated every year since 2004, which ranks the pesticide contamination of 46 popular fruits and vegetables.

See below what made the clean and dirty list in 2021.

EWG'S 2021 DIRTY 12™

- | | |
|-----------------------------------|------------------------|
| 1. Strawberries | 7. Cherries |
| 2. Spinach | 8. Peaches |
| 3. Kale, collard & mustard greens | 9. Pears |
| 4. Nectarines | 10. Bell & hot peppers |
| 5. Apples | 11. Celery |
| 6. Grapes | 12. Tomatoes |



EWG'S 2021 CLEAN 15™

- | | |
|------------------------|--------------------|
| 1. Avocados | 9. Broccoli |
| 2. Sweet corn | 10. Cabbage |
| 3. Pineapple | 11. Kiwi |
| 4. Onions | 12. Cauliflower |
| 5. Papaya | 13. Mushrooms |
| 6. Sweet peas (frozen) | 14. Honeydew melon |
| 7. Eggplant | 15. Cantaloupe |
| 8. Asparagus | |

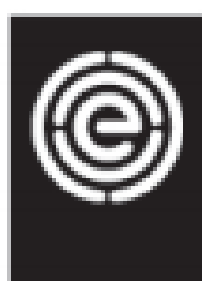


Photo credit: <http://www.ewg.org>

THUMBS UP LIST:

- Buy a variety of seasonal fruits & vegetables. Mix it up regularly!
- Herbs are an awesome way to add flavour to your meals. Consider chives, parsley, rosemary, basil, cilantro, dill, oregano, sage, and mint (mint is also delicious in hot/cold water!).
- Choose to buy organic when you can, especially for your eggs and meat.
- Buy lots of nuts, seeds, lentils, and legumes
- Probiotic are great for your gut/digestion! Consider using kefir, kombucha, kimchi, and miso in your diet.
- Choose gluten-free grains, such as quinoa, millet, buckwheat, and brown rice.
- Buy quality oils for cooking/dressings. My favourites include coconut oil, avocado oil, and olive oil.

THUMBS DOWN LIST:

- Refined sweeteners: note that many words can refer to sugar, so make sure to read the labels and avoid foods that have too many unknown ingredients, ex: Dextrose, Lactose, Maltodextrin, Diastatic malt, High-Fructose Corn Syrup, etc.
- Dairy (Choose healthy substitutions like almond, coconut, cashew milk, etc.)
- Processed foods/foods with preservatives (think of chips, store-bought cookies, donuts, candies, etc.)
- Fast food, namely stay far far away from deep fried foods (You know the ones!)
- Red Meat (beef, pork, lamb) and processed meat (deli meats).
- Soda/pop/fruit juices, etc. They all contain way too much sugar that will eventually make you feel sluggish .

CHAPTER

02

Breakfast

Lunch

Dinner



Chia Breakfast Jars:

Prepare the night before for the next morning!

What you need:

- Mason jars (Prep as many as you wish – good for 3-5 days)
- Your choice of milk-substitute (almond, cashew, etc.)
- chia seeds
- cut fruit/frozen fruit > I would suggest using organic strawberries, but the choice is yours!
- Optional: add a tsp of honey

Directions:

- 2 Tbsp of chia seeds to 1/2 cup of milk (play around if you wish!)
- Mix chia seeds thoroughly in milk. Wait 3-min and mix again.
- Add garnish of fruit and honey
- Leave overnight and enjoy the next morning!



Smoothie Yumbo Bowls

What you need:

- 1 Banana
- 1 cup of frozen blueberries and/or raspberries and/or strawberries
- A small handful of baby spinach
- A couple ice cubes (optional)
- Collagen powder (optional)
- 1/4 cup of water (not too much as we want the smoothie to be thick)
- 1 tbsp of Hemp seeds
- 1 tbsp of walnuts

Directions:

- Add all the ingredients (except for hemp seeds and nuts) in the blender and blend for 1-min
- Only once the smoothie is thick, pour contents into a bowl (s)
- Add hemp seeds and walnuts on top and enjoy!



Banana-Bonanza Egg Pancakes

What you need:

- 1 banana
- 2 eggs
- Fruits (of your choosing for toppings)
- cinnamon
- maple syrup

Directions:

- Begin by blending the banana, eggs and a sprinkle of cinnamon to the mix!
- (2nd option, you can puree the banana with a fork, and add the eggs in after)
- Then, heat up a pan over medium-heat.
- Make small pancakes as they can break easily. (2-3 tbsp of batter is sufficient for each pancake)
- Once golden, carefully flip the pancake.
- Serve with a garnish of fruits and a sprinkle of cinammon and maple syrup!



Badass Salad

What you need:

- Use any lettuce you have in your fridge
- Optional: add cabbage for that extra crunch!
- Include seasonal veggies (carrots, cucumber, bell pepper, celery, etc.)
- 1/2 avocado
- 1 tbsp hemp seeds (protein substitute)
- 1 tbsp of nutritional yeast (optional)
- Add any additional protein you wish, but not necessary (e.g. chicken, tofu, etc.)

Directions:

- Chop all your veggies and mix it all in one big bowl (tip: make more than needed so that you have extra for dinner-time!)
- Make your dressing out of balsamic vinaigrette, dijon mustard, and a splash of liquid honey!
- Serve yourself a bowl (or two) and enjoy!



Avocado Toast

What you need:

- 1/2 ripe avocado
- 1 slice of THICK whole-grain OR gluten-free bread
- 1 tsp Cholula hot sauce
- A splash of salt and pepper
- 2 tsps of hemp seeds
- Serve with cut veggies (carrot sticks or cherry tomatoes)
- Optional: Add any extra dressing of your choosing!

Directions:

- Toast bread
- In a bowl, mash cut avocado
- Then spread avocado on toast and sprinkle hemp seeds, hot sauce, and salt and pepper to taste!



Tuna salad served in Bell Pepper.

What you need:

- 1 can of chunky tuna in water
- 1 or 2 bell peppers
- 2 dill pickles
- 1 small green apple
- 1/4 onion
- 1 garlic clove
- A splash of salt and pepper
- 1 tsp lemon juice
- 1 or 2 tsp of Greek yogourt (optional)
- 2 or 3 tsp of mayonnaise (choose the healthiest version, like avocado oil mayo!)



Directions:

- Drain tuna can and empty can in a big bowl
 - Dice pickles, apple, onion, and garlic into small pieces and add in a bowl, along with a splash of lemon juice and a sprinkle of salt/pepper.
 - Mix yogurt and mayo with tuna.
 - Refrigerate for 5-minutes.
 - Stuff into 1/2 cut bell-peppers and serve with a side of rice crackers and enjoy!
- Note: the tuna mix is good for up to 5 days. Store in a tight container in the fridge.

Healthylicious Pita-Pizzas!

Enjoy creating your own version of a healthy Pizza!

What you need:

- 1-2 whole wheat pitas (select medium rounds)
- Chop 3-4 of your favourite veggies and place aside
- Grate a healthy cheese of your liking (e.g. feta or mozzarella)
- Pizza sauce of your choosing (can be as simple as using tomato paste diluted with a little water.)
- Add basil for a punch of flavour!
- Optional: add protein of your choosing.

Directions:

- Set your oven at 350
- Spread sauce on pitas and sprinkle cheese on top
- Add chopped veggies
- Bake until crispy
- Serve with a side salad
- Eat right away and enjoy!



Fritata Broccoli Party

What you need:

- 1 or 2 cups of chopped broccoli florets
- 2 bell peppers (sliced into thin pieces)
- 8 eggs
- 1/2 cup of almond milk
- 1/2 cup of crumbled feta
- 1 tbsp of olive oil AND coconut oil
- 2-3 cloves of garlic
- 1 small diced onion

Directions:

- Set your oven at 375F
- In an ovenproof large skillet (make sure the handle is not plastic), or wok, heat coconut oil over medium heat and sauté the following veggies for 6-8-min in this order: onions, garlic, peppers, and broccoli last.
- In a separate bowl, whisk eggs, milk, and add cheese. Add into the skillet and stir occasionally for 3-minutes.
- Then place in oven and bake for 15 minutes
- Broil in high heat for last 2-3 minutes
- Carefully take out of the oven (watch the hot handle), and cut into 4 portions.
- Serve with steamed green beans and enjoy!



Yummy-Honey-Mustard Salmon

What you need:

- Choose 2-4 fresh, good quality salmon pieces (but frozen will also do!)
- 3 tbsp of honey and Dijon mustard (equal parts of both, then mix together)
- 3 tbsp of olive or avocado oil
- 2-3 cloves of minced garlic
- 1 tspn of lemon juice
- 1 tbsp chopped fresh dill
- A sprinkle of salt

Directions:

- Set your oven at 400F
- In a bowl, combine all ingredients together, except salmon and lemon juice.
- Set salmon on a baking pan lined with parchment paper, and before pouring the mixture, brush the salmon on both side with oil.
- Then pour the honey-mustard mixture on top of each salmon
- Bake salmon for 8-10 minutes, depending on thickness.
- Before serving, top with a little lemon juice!
- Serve with a side of quinoa and steamed carrots and enjoy!



CHAPTER

03

*Extras
References*



SNACK IDEAS

- Rice-cakes with guacamole: Mix 1 avocado, lemon juice, 3 tsp of olive oil, and minced garlic, and spread over 2-3 rice cakes.
- Apple slices with peanut butter and a sprinkle of cinnamon.
- Raw sugar snap peas with hummus.

HEALTHY DESSERTS IDEAS

- Frozen banana pops: Freeze two halves of a ripe and unpeeled banana overnight, then drizzle dark chocolate, cashews chunks, and coconut flakes when ready to eat. Oh, so yummy!
- Frozen grapes: wash and leave in the freezer for whenever you get a sugar craving!
- Pan-fried Cinna-honey bananas: heat banana halves in a pan over medium heat for 2-min per side. Then serve with a drizzle of honey and cinnamon on top! Option, add sliced almonds for that extra crunch! Yum.



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"Happiness is the
Highest Form of Health"

-Dalai Lama

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Here's to your health,

Tiffanie xo