

PERFORMANCE NUTRITION

A Sample Meal Plan for Busy Families

By: Melissa Piercell, BScH, ND

OVERALL GOAL

The overall goal is to aim to eat fruit and vegetables at every meal as well as a bit of protein. Shop to keep protein on hand (e.g. eggs and legumes) and vegetables that aren't hard to prep (e.g. baby carrots, cucumbers and tomatoes) for easy snacking.

Give up one afternoon to think about meals and make an army's worth of one thing to grab for lunches all week (soups and stir-fries are great for this)!

Food For Thought

“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.”
– Thomas Edison

BRAIN POWER SMOOTHIE

ONE WAY TO PACK BETTER BRAIN FOODS INTO YOUR DAY:

ONE BANANA
2 HANDFULS OF SPINACH OR KALE
1 TABLESPOON OF GROUND FLAX SEED
½ AVOCADO
1 TEASPOON GRATED GINGER
ABOUT ½ TEASPOON OF TURMERIC ROOT
ABOUT ¾ CUP OF ALMOND MILK
(A little more or less depending on your preferred thickness)
ADD A SCOOP OF YOUR DESIRED PROTEIN POWDER.
WELL LIVING FUEL AND VEGA MAKE GREAT PLANT BASED PROTEINS.

Add all ingredients to a blender and blend on high for 60 seconds.



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Day #1

Breakfast: Overnight Oatmeal

Put a portion of rolled oats into a mason jar then add ½ cup of frozen berries, 3 tbsp hemp hearts and ½ tsp cinnamon. Add enough nut/coconut milk to cover the other ingredients and give it a shake before storing it in the fridge overnight. In the morning everyone can grab their jar and dig in without cooking. Perhaps the kids versions might need a dollop of peanut butter or raw honey to encourage them to eat it!

Snack: Handful of raw pumpkin seeds

Lunch: Salad

Ready to eat salad with leftover trout on top.
Use mustard, dill, lemon and olive oil as dressing

Snack: 15 Rice crackers and hummus

Dinner: Omelet

Omelet with goat's cheese, spinach and mushrooms.
Add a few boiled new potatoes if craving starch.

Day #2

Breakfast: Brown Rice Cakes

Brown Rice cakes with almond butter, sliced pear and cinnamon.
Make it into a sandwich the night before if running out of the house in a rush in the mornings!

Snack: Protein Powder

Vegan protein powder and water
(choose chocolate flavour if craving something decadent)

Lunch: Lentil soup

Amy's Organic Lentil soup – serve with 5 Mary's crackers

Snack: Cucumber with Guacamole

Baby cucumber with guacamole. You can pick up the individual packs at Costco if short on time

Dinner: Chicken Breast

BBQ chicken breast with red peppers, zucchini slices and portobello mushrooms (add these to a roasting pan with grape-seed oil, rosemary, salt and pepper)

Day #3

Breakfast: Egg Muffins

Coat a muffin tin with coconut oil, then add 1 scrambled egg. Put shredded spinach, quartered grape tomatoes and feta cheese on top and bake in the oven for about 20 minutes. I recommend making a big batch of these on Sundays and keeping them in the freezer until ready for breakfast. Take 2-3 of them with you on your way out the door!

Snack: Kiwi

Eat with the skin on for extra fibre

Lunch: BBQ Chicken

Left over BBQ chicken and vegetables in a Swiss chard wrap with hot sauce.

Snack: Oatmeal Cookies

Add 1 ripe banana to 1 tsp cinnamon and 1tbsp natural peanut butter. Form into cookie shapes and bake at 350 for about 15 minutes. Also great in huge batches and frozen (use pumpkin seed butter instead of nuts and add a touch of maple syrup to make them more kid friendly).

Dinner: Chilli

Add tomatoes, garlic, onions, leeks, celery, carrots, bell peppers and beans to a pot and add enough broth until desired consistency is reached. Add chilli powder, salt, pepper, turmeric and jalapeños to spice it up!

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