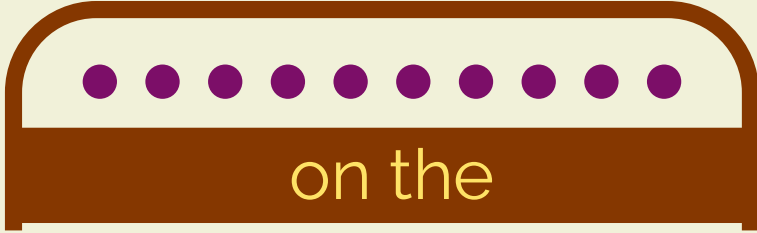


eat spin run repeat

# 3-day meal plan

nothing but real, delicious food




on the

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# menu

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Here are the tasty dishes you can look forward to enjoying this week:

The Sunshine Smoothie

The Exploding Burrito Bowl

Jamaican Jerk Burgers with Mango Salsa  
or  
Balsamic Portobello Burgers (vegetarian)





# The Plan



## Monday

**Breakfast:** Omelette made with 1 cup chopped greens of choice and 1/2 cup diced tomatoes. Serve with 1 piece of fruit.

**Lunch:** Exploding Burrito Bowl on greens

**Dinner:** Jamaican Jerk Burger with Mango Salsa OR Balsamic Portobello Burger, served with a side salad tossed in homemade balsamic vinaigrette dressing.

## Tuesday

**Breakfast:** The Sunshine Smoothie

**Lunch:** A Jamaican Jerk Burger patty OR Balsamic Portobello patty served on top of mixed greens and cucumber, topped with leftover salsa.

**Dinner:** Exploding Burrito Bowl on greens

## Wednesday

**Breakfast:** 1 piece whole grain toast topped with spinach, sliced tomato, and 1 egg, poached or fried. Serve with 1 piece of fruit.

**Lunch:** Exploding Burrito Bowl on greens

**Dinner:** 1/2 cup cooked quinoa + 1 baked fish fillet (your choice) OR 3/4 cup edamame, stir fried with 2 cups mixed veggies + 1 clove minced garlic + 1 tbsp low-sodium tamari or soy sauce + 2 tbsp rice vinegar + pinch of chili flakes.



# Super Chef Sundays

A really important part of staying on track with any meal plan is setting aside some time to do your prep work. Sundays are ideal for this because you're likely to have more time on the weekend than on weeknights. On the other hand, if you wait until you get home from work to make dinner, it's a lot more likely that you'll reach for the most convenient thing in sight... and often that's not the healthiest choice.

With all of this in mind, here's your schedule:

Sunday:

- Make the Jamaican Jerk Burgers and keep them in the fridge.
- Make the mango salsa for the burgers and keep it in a sealed container in the fridge.
- Make the Burrito Burst Bowl recipe but leave out the greens - you can mix them in separately each day that this is on the menu to ensure they don't get too soggy.
- Wash greens and store lightly wrapped in paper towels in the fridge.
- Chop vegetables for snacks and for Tuesday night's stir fry.

Tuesday:

- If fish is frozen, leave it in the fridge to defrost all day. At dinner time, cook quinoa in a small pot while you stir fry your veggies and cook the fish in the same skillet/wok.



# The Recipes

## The Sunshine Smoothie

Serves 1.

### Ingredients

1 cup pineapple, fresh or frozen

1/2 banana

1/2 navel orange

1 scoop vanilla protein powder (I used Vega Sport Performance Protein)

1 tsp maca root powder (optional)

1 tsp minced ginger

1 tsp chia seeds

1/4 tsp ground turmeric (optional, for reducing inflammation)

1 cup water or unsweetened almond milk

ice

### Instructions:

Add all ingredients except for ice to a blender and whirl until smooth.

Add ice cubes and continue blending until desired thickness is reached.

Pour into a tall glass and enjoy!



# The Recipes

## The Exploding Burrito Bowl

Serves 4.

### Ingredients

1/2 cup uncooked brown rice  
2.5 cups cooked black beans, well drained if canned  
1 orange pepper, seeded and diced  
1 yellow pepper, seeded and diced  
1 green onion, white and light green parts, diced  
1 jalapeno pepper, seeded and minced  
1.5 cups diced cherry tomatoes  
1 tsp chili powder  
2-3 tbsp loosely packed torn cilantro  
1/2 avocado, diced  
1 tbsp extra virgin olive oil  
juice of 1 lime

### Instructions:

In a pot, cook the rice according to package directions.

Meanwhile, drain and rinse beans and chop all vegetables as indicated.

Combine everything but the avocado, lime juice and olive oil in a large bowl, along with the rice once it's ready.

Whisk together the olive oil and lime juice, then drizzle it over the salad.

Toss in the avocado and toss gently to coat in dressing.

Serve over greens or with a side salad if desired.

### Tip

Leftover avocado and cilantro can be used to make homemade guacamole. To avoid having the avocado turn brown in this salad over time, wait until the day you eat each portion of this recipe to add it.



# The Recipes

Jamaican Jerk Burgers with Mango Salsa  
Makes 5 burgers.

Ingredients:

Burgers:

450g lean ground chicken or turkey

1 jalapeno pepper, seeded and finely diced

1 red bell pepper, finely diced

1/2 cup mango, finely diced

2 cloves minced garlic

1.5 tsp Jamaican jerk seasoning

1/2 tsp ground cumin

1 cup whole grain bread crumbs, crushed cracker crumbs, or crushed cereal (gluten free if necessary)

5 whole grain hamburger buns

Salsa:

1/2 large ripe mango, chopped into small pieces

2 tbsp finely diced red onion

1 cup diced tomatoes

1 tbsp roughly chopped cilantro (optional)

1/4 tsp ground cumin

juice of 1 lime

a few pinches of cayenne pepper



If you don't have whole grain bread crumbs, just whirl some crackers or cereal in a food processor - you'll have crumbs in seconds!

Instructions:

To make the salsa: Chop mango, onion, tomato and cilantro, and combine in a small bowl with the spices and lime juice. Allow the flavours to blend while the burgers are cooking.

To make the burgers, place the first 7 ingredients in a large bowl and mix everything together until evenly incorporated. Shape the mixture into 5 patties, and make a small indentation with your thumb in the center of each one. (This prevents them from puffing up in the middle when on the grill.)

After the barbecue has heated for about 5 minutes, grill the patties for 3 to 5 mins, then flip and cook for another 2 to 4.

When burgers are ready, line hamburger buns with lettuce if desired. Place a patty inside each bun, top with salsa, and serve.

# The Recipes

## Balsamic Portobello Burgers

Makes 4 burgers.

### Ingredients:

2 tbsp olive oil  
1/4 cup dark balsamic vinegar  
4 medium portobello mushroom caps, stems removed  
2 small or 1 large zucchini  
sea salt and black pepper  
1 large or 2 smaller roasted red peppers, rinsed, patted dry  
1/2 cup homemade or prepared hummus  
thinly sliced red onion (optional)  
torn or shredded basil leaves  
4 whole grain burger buns (gluten-free if necessary)

### Instructions

In a resealable bag, combine the olive oil and balsamic vinegar.

Slice the zucchini ends off, then cut it lengthwise into strips about 2" long and 1/2" thick. Place the portobello caps and zucchini pieces into the bag, seal it, and toss to coat in balsamic marinade. Allow them to sit for 15 minutes.

Preheat grill to medium-high. Slice roasted red peppers into strips about 2" long.

Remove mushrooms and zucchini from the marinade and sprinkle with sea salt and black pepper. Carefully place them on the grill. Cook for about 4 minutes per side, or until lightly charred, basting with the leftover marinade every couple of minutes.

Remove the mushrooms and zucchini from the grill.

Spread hummus inside the bottom of each burger bun. Follow with a layer of spinach, grilled zucchini, the mushroom caps, roasted red pepper, onion slices, and a couple of torn basil leaves.

Place the other half of each bun on top and serve.

