



SUNDAY MEALS

Please tweet @Blogilates and @WeightTraining if you have any questions about your meal plan! Good luck!

In collaboration with the registered dietitians of **WEIGHT TRAINING** better diet • better workouts™

FOOD	CALORIES	CARB	FAT	PROTEIN	NOTES
Meal 1					
HEALTHY BANANA BERRY CREPES*	315	53.9	7.7	11.8	Mix your dry ingredients together (oats, cinnamon) and blend into a fine powder in a Magic Bullet or regular blender.
2 boiled egg whites	34	0.4	0.2	7.2	
	349	54.3	7.9	19	2. Then add half a ripe banana, an egg (or 2 egg whites), and almond milk. Blend! 3. Take your batter and pour into a pan on low-medium heat. Just a thin layer! 4. After you see mini bubbles form on top, flip it! This batter will make about 3 crepes about 8"-9" in diameter! 5. Now fill up your crepe with the strawberries and the other half of the banana! Roll it up. 6. Optional – to top, you can add nonfat Greek Yogurt and a honey drizzle!
<i>*HEALTHY BANANA BERRY CREPES RECIPE:</i>					
1 egg	72	0.4	4.8	6.3	
1 tsp cinnamon	6	1.8	0.1	0.1	
1 banana	105	26.9	0.4	1.3	
1/3 cup oats	101	18.1	1.7	3.5	
1/4 cup almond milk	15	2	0.6	0.3	
1 serving stevia	1	1	0	0	
4 strawberries	15	3.7	0.1	0.3	
Read more at http://www.blogilates.com/recipe-index/healthy-banana-berry-crepes-recipe					
Meal 2					
¼ cup Seapoint Farms Edamame, dry roasted, lightly salted	130	10	4	14	You can also sub with steamed edamame.
½ cup pineapple	40	11	0	0.5	
	170	22	4	14.5	
Meal 3					
ALMOND BUTTER & BANANA SMOOTHIE					Can sub peanut butter for almond butter.
2 TB almond butter	200	6.8	18.8	4.8	
1/2 medium Banana	53	13.5	0.2	0.6	
1 serving vanilla whey protein powder	150	7	2.5	26	
1/2 cup almond milk	30	4	1.3	0.5	
	433	31.3	22.8	31.9	
Meal 4					
1 cup Carrots	50	12	0.5	1	
½ cup hummus	135	12	8	6.5	
	185	24	8.5	7.5	
Meal 5					
HEALTHY CHEESEBURGER*	213.5	11.65	6.85	27.5	Cut potato into strips and spray with Pam. Bake on 400 degrees for 20-25 minutes.
Baked sweet potato fries (medium sweet potato)	100	24	0	2	
Dessert:					
ALL NATURAL BANANA ICE CREAM	105	26.9	0.4	1.3	
	418.5	62.55	7.25	30.8	
<i>*HEALTHY CHEESEBURGER RECIPE: (Makes 2 servings)</i>					
4 oz 95/5 lean beef	218	0	8.6	33	Roast your portabella mushrooms at 350F for 10-15 min until cooked. Mash beef, chopped onion, chopped celery, and Mrs. Dash into 2 patties and place on grill or pan. A George Forman Grill works perfectly.
1/3 chopped red onion chopped	21	5.1	0	0.5	
3 stalks celery chopped	17	4.1	0	0.8	
4 portabella mushrooms	74	13	1.2	7.1	Then take the mushrooms out of the oven and pat them dry on a paper towel.
2 slices low fat cheese	97	1.1	3.9	13.6	
TOTAL	427	23.3	13.7	55	Place your patty on the portabella bun with the cheese and veggies. Garnish with ketchup and mustard if you desire.
ONE SERVING	213.5	11.65	6.85	27.5	
Read more at http://www.blogilates.com/recipe-index/healthy-cheeseburger-recipe					
<i>*ALL NATURAL BANANA ICE CREAM RECIPE:</i>					
1 banana	105	26.9	0.4	1.3	Take your overripe banana, peel, and cut into small chunks or coins. Then freeze. Once frozen, whip out your food processor and blend it all up for a few minutes. Keep scraping down as it may get stuck. That's it! You've got a sweet and custardy treat that seriously tastes like ice cream!
Read more at http://www.blogilates.com/recipe-index/1-ingredient-all-natural-banana-ice-cream					
TOTAL	1555.5	194.15	50.45	103.7	
		50%	29%	27%	