

Quick Start Meal Plan For The Busy Nurse

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What is It?

- The 5 Day Fast Track is an 1,100 Calorie per day plan that contains a healthy balance of protein, carbohydrates and fats
- You might be little hungry for the next 5 days. That's normal. Remember, just because your body wants food doesn't mean you always need food. However if you're feeling low on energy, lagging in your workouts or having problems concentrating, you might benefit from a few more calories. You can do this by doubling up on one or both of your daily snacks.

What do I drink?

- Water is best.
- Caffeine-free herbal tea is also great.
- Coffee is ok with breakfast, but skip the milk, creamer and sugar.
- Avoid alcohol, sports drinks, juices and sodas – even diet sodas!



Day 1

- Breakfast **Raspberry Protein Smoothie**
- AM Snack **Sweet Citrus Yogurt**
- Lunch **Chicken & Spinach Salad**
- PM Snack **Turkey, Goat Cheese & Avocado Rolls Grilled**
- Dinner **Fish Tacos with Cabbage Citrus Slaw**

Day 2

- Breakfast *Silky Almond Smoothie*
- AM Snack *Grapes*
- Lunch *Avocado Veggie Burger*
- PM Snack *High Protein Hard-Boiled Egg Snack*
- Dinner *Chicken in Foil*

Day 3

- Breakfast Yogo Berry Blast smoothie
- AM Snack Tropical Quinoa Snack
- Lunch The Perfect Food Improved Chicken
- PM Snack & Swiss Cheese Cracker
- Dinner Lemon-Dill Halibut

Day 4

- Breakfast Morning Delight Smoothie
- AM Snack Cinnamon-Ricotta Berries
- Lunch Sirloin-Topped Arugula Salad
- PM Snack Tuna & Celery Boat
- Dinner Roasted Tofu with Veggies

Day 5

- Breakfast Peanut Butter Cup smoothie
- AM Snack Fresh Melon
- Lunch Turkey & Vegetable Sandwich
- PM Snack Roast Beef Roll-ups
- Dinner Chef Salad

Smoothie Recipes

* All Recipes make 1 Serving

• Raspberry Protein Smoothie

- 1 cup nonfat milk
- ½ cup fresh or frozen raspberries
- 1 scoop Shakeology or any all natural protein powder, any flavor
- 1 tbsp. flaxseeds
- 1 cup ice
- Place all ingredients in blender, cover & blend until smooth

• Silky Almond Smoothie

- ½ cup nonfat milk
- ¼ cup unsweetened almond milk
- ¼ cup water
- 1 scoop Shakeology or any all natural protein powder, any flavor
- 1 tbsp. all-natural almond butter
- 1 cup ice
- Place all ingredients in blender, cover & blend until smooth

• Yogo Berry Blast smoothie

- 1 cup water
- ½ cup nonfat vanilla yogurt
- 1 cup fresh or frozen mixed berries
- 1 scoop Shakeology or any all natural protein powder, any flavor
- ½ cup ice
- Place all ingredients in blender, cover & blend until smooth

• Morning Delight Smoothie

- 1 cup 100% orange juice
- ½ medium banana, cut into chunks
- 1 scoop Shakeology or any all natural protein powder, any flavor
- 1 cup ice
- Place all ingredients in blender, cover & blend until smooth

• Peanut Butter Cup smoothie

- ½ cup water
- ½ cup unsweetened almond milk
- 1 tbsp. all-natural peanut butter (or almond butter)
- 1 scoop Shakeology or any all natural protein powder, any flavor
- ½ medium banana, cut into chunks
- ½ cup ice
- Place all ingredients in blender, cover & blend until smooth

AM Snack Recipes

* All Recipes make 1 Serving

- **Sweet Citrus Yogurt**

- ❑ ½ cup nonfat plain yogurt combined with 2 tsp. raw honey and 1 tsp. finely grated grapefruit peel

- **Grapes**

- ❑ 1 cup red or green grapes

- **Tropical Quinoa Snack**

- ❑ ½ cup cooked quinoa topped with 2 tbsps. coconut milk and 4 sliced medium strawberries

- **Cinnamon-Ricotta Berries**

- ❑ ½ cup part-skim ricotta cheese topped with ¼ cup fresh or frozen strawberries, 1 tsp. slivered raw almonds and 1 dash ground cinnamon

- **Fresh Melon**

- ❑ ½ cantaloupe (or 1 ½ cups cubed honeydew or 1 ½ cups cubed watermelon)

Lunch Recipes

* All Recipes make 1 Serving

• Chicken & Spinach Salad

- 2 cups fresh baby spinach
- ¼ medium cucumber, sliced
- ½ cup sliced mushrooms
- 1 medium carrot, shredded
- 1 ½ tsp. extra-virgin olive oil
- 1 tbsp. red wine vinegar
- 4 oz. cooked chicken breast, boneless, skinless, sliced
- Place spinach, cucumber, mushrooms and carrot in a large serving bowl
- Drizzle with oil and vinegar, toss gently to blend
- Top with Chicken

• Avocado Veggie Burger

- 1 veggie burger patty
- 1 whole-grain hamburger bun
- 1/8 medium avocado, mashed
- 1 tbsp. prepared salsa
- ¼ medium apple sliced
- Preheat grill or broiler to high
- Grill or broil patty for 3 to 4 minutes on each side to desired doneness
- Place patty on bottom half of bun, top with avocado, salsa and top half of bun
- Serve with apple on the side

• Chicken & Spinach Salad

- 2 large hard-boiled eggs, cut in half, yolks removed and reserved
- 4 tsp. mayonnaise
- 1 tsp. mustard
- 1 green onion, finely chopped
- Sea salt and ground black pepper (to taste, optional)
- Paprika (optional)
- Combine egg yolks, mayonnaise, mustard and green onion in a medium bowl, mix until smooth
- Season with salt and pepper if desired
- Fill each egg white half with one-fourth of yolk mixture. Sprinkle with paprika if desired

• Turkey and Vegetable Sandwich

- 2 slices whole-grain bread
- 2 tsp. prepared pesto sauce
- ¼ medium avocado, sliced
- 2 oz. low sodium, nitrite-free, lean turkey breast
- ¼ medium cucumber, sliced
- 1 slice medium tomato
- 1 thin slice medium red onion
- 2 romaine lettuce leaves, washed, patted dry
- Top one slice of bread with pesto sauce, avocado, turkey, cucumber, tomato, onion, lettuce and second slice of bread

• Sirloin-Topped Arugula Salad

- 4 oz raw lean top sirloin steak
- 2 cups fresh arugula
- 10 cherry tomatoes (or grape tomatoes), cut in half
- ½ cup canned, drained artichoke hearts
- 1 ½ tsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- Preheat grill or broiler to high
- Grill or broil sirloin for 3 to 5 minutes on each side, or to desired doneness. Remove sirloin from heat, allow to stand for 5 minutes
- Place arugula, tomatoes and artichoke hearts in a large serving bowl
- Drizzle with oil and vinegar, toss gently to blend
- Cut sirloin into thin slices; place on top of salad

PM Snack Recipes

* All Recipes make 1 Serving

- Turkey, Goat Cheese and Avocado Rolls

- ❑ 2 slices (1 oz.) low-sodium, nitrite-free, lean turkey breast, spread with 1 tbsp. (1/2 oz.) soft goat cheese, topped with 1/2 tsp. chopped raw walnuts and 2 thin slices of avocado and rolled up

- High Protein Hard-Boiled Egg Snack

- ❑ 1 large hard-boiled egg, cut in half, drizzled with 1/2 tsp. extra-virgin olive oil and sprinkled with 1 dash ground black pepper

- Chicken and Swiss Cheese Crackers

- ❑ 1 large whole wheat cracker topped with 1/2 tsp. prepared mustard, 1 slice (1/2 oz.) low-sodium, nitrite-free chicken breast and 1 slice (1/2 oz.) Swiss cheese

- Tuna and Celery Boat

- ❑ 1 medium celery stalk filled with 2 oz. drained and solid white tuna (packed in water) and drizzled with 1 tsp. fresh lemon juice and 1/2 tsp. extra-virgin olive oil.

- Roast Beef Roll-Ups

- ❑ 4 slices (2 oz.) low-sodium, nitrite-free, lean roast beef, placed on 4 lettuce leaves, spread with 2 tsp. Dijon mustard, topped evenly with 1/4 sliced medium red bell pepper and rolled into 4 rolls.

Dinner Recipes

* All Recipes make 1 Serving

• Grilled Fish Tacos with Cabbage Citrus Slaw

- 6 oz. raw cod, washed, patted dry
- ¼ tsp. sea salt
- 3 (4-inch) corn tortillas
- ¾ cup shredded raw cabbage
- 6 fresh cilantro sprigs
- 2 tbsp. fresh lime juice
- 1 dash cayenne pepper (to taste, optional)
- ¼ medium avocado, cut into 6 slices
- Preheat grill or broiler to high
- Grill or broil fish for 3 to 5 minutes on each side or until it flakes easily with a fork. Set aside
- Wrap tortillas in a damp paper towel and microwave for 30 seconds
- Place tortillas on a serving plate. Top each tortilla with 1/3 fish, cabbage and cilantro
- Season with lime juice and cayenne (if desired).
- Top each tortilla with two avocado

• Chicken in Foil

- 1 (4 oz.) raw chicken breast, boneless, skinless
- Sea salt and ground black pepper (to taste, optional)
- 1 medium new potato, sliced
- ¼ medium red bell pepper, chopped
- ¼ medium onion, chopped
- 1 fresh thyme sprig
- Preheat oven to 375 F
- Season chicken with salt and pepper if desired. Set aside
- Place potato slices on a piece of aluminum foil. Top with chicken, bell pepper, onion and thyme; fold foil over and seal edges securely to form a pouch
- Place pouch on baking sheet. Bake for 15 to 18 minutes or until chicken is cooked through and no longer pink in the middle.

• Lemon-Dill Halibut

- 1 (6 oz.) raw halibut filet
- 1 ½ tsp. extra-virgin olive oil
- ¼ tsp. lemon pepper
- 1 dash sea salt
- 1 fresh dill sprig, finely chopped
- ½ cup cooked whole wheat couscous, hot
- Lemon wedges (for garnish, optional)
- Preheat oven to 500 F
- Brush both sides of halibut with oil. Place on baking pan.
- Sprinkle halibut with lemon pepper, salt and dill
- Bake for 4 to 5 minutes on each side or until halibut flakes easily when tested with a fork
- Place couscous on a serving plate; top with halibut. Garnish with lemon wedges if desired

Dinner Recipes (Continued)

* All Recipes make 1 Serving

• Roasted Tofu with Veggies

- 1 lb. firm tofu, drained, cut into cubes
- 5 cloves garlic, chopped
- 12 oz. green beans, trimmed
- 1 cup medium mushrooms, cut into quarters
- 1 medium onion, cut into chunks
- 3 medium red potatoes, cut into quarters
- 1 tbsp. reduced sodium soy sauce
- All-purpose seasoning blend, salt-free (to taste; optional)
- Preheat oven to 375 F
- Place tofu, garlic, green beans, mushrooms, onion and potatoes in a glass baking dish, drizzle with oil and soy sauce
- Sprinkle with seasoning blend if desired; toss gently to coat well
- Bake for 45 to 60 minutes or until vegetables are tender, stirring every 20 minutes
- One serving equals one-fourth of recipe, refrigerate leftovers for up to 4 days

• Chef Salad

- 2 cups chopped romaine lettuce
- 1 oz. low-sodium, nitrite-free, lean ham, chopped
- 1 oz. low-sodium, nitrite-free, lean turkey breast, chopped
- 1 oz. part-skim mozzarella cheese, chopped
- Medium tomato, chopped
- 1/8 medium avocado, diced
- 5 medium black olives
- 1 tsp. extra-virgin olive oil
- 1 tbsp. red wine vinegar
- Place lettuce, turkey, ham, cheese, tomato, avocado and olives in a large serving bowl
- Drizzle with oil and vinegar, toss gently to blend