

POWER/UP

2017



POWER UP MEAL PLAN

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Congrats on reaching 5,000 Power Points! This milestone is an incredible testament to your dedication in the studio and commitment to your wellbeing. Now it's time to take your wellness journey one step further.

In addition to your time in the saddle or on the mat, paying attention to the food you nourish and rejuvenate your body with is key. When you're putting so much effort into strengthening your body, getting the nutrients you need is critical for success.

This meal plan is a 7-day jump-start that will nourish your body with powerful, revitalizing and energizing ingredients and transform you from the inside out.

The following meals and snacks contain invigorating nutrients and phytochemicals, while eliminating highly processed, calorie-dense foods that slow you down. Each meal and snack focuses on real, single-ingredient foods that you can recognize easily – think lentils, rice, carrots, fish, blueberries, and almonds. You'll also find minimally processed foods like yogurt, cheese, and whole grain bread.

The program limits refined carbohydrates (i.e., white flour foods like white bread, crackers, cookies, and pasta) as well as packaged foods. These can wreak particular havoc on your metabolism, due to their effect on blood sugar and fat storage, as well as their ability to be more easily eaten mindlessly or in large

portions. Instead, you'll find lots of hearty, satisfying carbohydrates like whole grains, fruits, vegetables, and beans alongside muscle-building protein and restorative healthy fats.

To help you plan for the week, you'll find a shopping list and recipes for each meal. Each meal is designed to be whipped up quickly, with minimal ingredients and items you will repurpose throughout the week. If you need to mix and match, go for it! Dinners and lunches can be swapped and you can substitute like ingredients for other similar foods in the same food group. Most meals are naturally gluten free, and can easily be modified to create vegetarian or vegan options.

This week is designed to give you the direction and nourishment you need to perform at your best. Savor every bite and know that you're doing something meaningful and powerful for your body. And keep up the great work!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Banana Ginger Zinger Smoothie	Quick Parmesan Avocado Toast with an Egg	Carrot Cake Overnight Oats	Hard Boiled Egg and Avocado Bowl	Green Tea, Blueberry and Banana Smoothie	Kale, Chickpeas and Potatoes with an Oven-Baked Egg	Banana Oat Pancakes
LUNCH	Rosemary Tuna Salad with Quinoa, Apples and Almonds	Chickpea Salad Stuffed Avocado	Kale, Brown Rice and Egg Chopped Salad	Black Bean and Salsa Stuffed Sweet Potato	Arugula, Pear and Goat Cheese Salad	Kale Salad with Chicken or Tofu and Tahini Caesar Dressing	Green Lunch Smoothie
SNACK	Two Handfuls of Pumpkin Seeds and Cup of Blueberries	Pear Wedges and Cheddar Cheese	Fresh Juice or Kombucha	4-5 pieces Dried Mango or Dried Apricots and Two Handfuls of Pumpkin Seeds or Almonds	Apple with 2 tbsp. Nut (or Sun) Butter	Two Handfuls of Almonds and a Banana	Carrots and 2 tbsp. Hummus
DINNER	Asian Chicken, Veggie and Brown Rice Bowls	Grilled Portobello Salad with Figs, Goat Cheese, and Walnuts	Spinach, Mushroom, and Sweet Potato Frittata	Grilled Steak Salad with Figs, Parmesan, and Sliced Almonds	Spaghetti Squash Burrito Bowl	Tempeh & Mushroom Tacos	Ginger Salmon with Crispy Green Beans and Potato
TREAT	2 Cups Air-Popped Popcorn	4-5 pieces Dried Mango or Dried Apricots	Sliced Fruit Drizzled with Honey	3 Dark Chocolate Squares	Glass of wine	Cocktail	Tortilla Chips and Salsa

(ALWAYS OPTIONAL AND INTERCHANGEABLE!)

SHOPPING LIST

BASICS

- Almond/Cashew Milk
- Baking Powder
- Balsamic or Red Wine Vinegar
- Brown Rice
- Chili Powder
- Cinnamon
- Coriander
- Cumin
- Dark Chocolate Bar **(70% cocoa)**
- Dijon Mustard
- Green Tea
- Honey
- Hummus
- Maple Syrup
- Mayonnaise
- Olive Oil
- Paprika
- Popping Corn
- Quinoa
- Rolled Oats
- Rosemary
- Salsa
- Soy Sauce
- Tahini **(sesame seed paste)**
- Turmeric
- Vanilla Extract
- Whole Grain Bread **(1/2 loaf)**
- Whole Wheat or Corn Tortillas **(small)**

PRODUCE + HERBS

- Avocado **(x4)**
- Apples **(x4)**
- Arugula
- Bananas
- Black Beans **(x2 cans)**
- Blueberries
(one large container or one bag frozen)
- Carrots
- Chickpeas **(x2 cans)**
- Dried Mango or Apricot
- Figs **(dried or fresh)**
- Garlic
- Ginger
- Grape Tomatoes
- Green Beans
- Kale
- Mushrooms - Cremini
- Mushrooms - Portobello **(x4)**
- Onion **(x2)**
- Pears **(x4)**
- Red Bell Pepper **(x2)**
- Spaghetti Squash **(x1)**
- Sweet Potato **(x4)**

DAIRY + FISH + MEATS

- Eggs **(1 dozen)**
- Cheddar Cheese
- Goat Cheese
- Chicken Breast **(x2)**
- Parmesan Cheese
- Salmon Filet
- Tempeh **(or ground turkey)**
- Tuna **(1 can in water)**
- Siggis 4% Plain Yogurt
(x4 small containers or one large)

NUTS + NUT BUTTER + SEEDS

- Flaxseed
- Nut Butter **(peanut, almond, cashew, or sun)**
- Pumpkin or Sunflower Seeds
- Sliced Almonds
- Walnuts



BREAKFAST RECIPES

Banana Ginger Zinger Smoothie

Combine 1 frozen banana, 1 small container Siggi's 4% plain yogurt, 1 cup almond or cashew milk, 1 tbsp. honey, 1/2 tsp. freshly grated ginger, and 1-2 tbsp. ground flaxseed and blend on high until smooth and creamy.

Quick Parmesan Avocado Toast with an Egg

Cut a small circle out of the center of 1 piece of whole grain bread. Place in hot pan with olive oil and crack one egg into the hole. Flip once, until egg is cooked to desired consistency. Top with 1/2 an avocado and sprinkle with Parmesan cheese.

Carrot Cake Overnight Oats

In a glass jar or cereal bowl, stir together 1 small container Siggi's 4% plain yogurt, 1/2 cup rolled oats, 2/3 cup almond or cashew milk, 1/2 tsp. vanilla extract, 1 tbsp. ground flaxseeds, 1-2 tbsp. honey, 1 large carrot peeled and shredded, 1/2 tsp. ground cinnamon. Cover and let sit in the refrigerator overnight, or at least 4 hours. Top with 2 tsp. chopped almonds, 1 tbsp. raisins, and 1/2 tsp. drizzle of honey.

Hardboiled Egg and Avocado Bowl

Combine 2 chopped hardboiled eggs, 1/2 chopped avocado, 1 tbsp. finely chopped red onion and 1 tbsp. finely chopped red bell pepper in a bowl. Sprinkle on sea salt and ground pepper.

Serve and enjoy!

NUTRITION TIP: Fats from whole foods are a critical part of maintaining a healthy diet and can keep you full all morning.

Green Tea, Blueberry and Banana Smoothie

Boil 1/2 cup of water and add green tea bag to steep for 3 minutes. Remove bag and add 2 tsp. honey into tea until dissolved. While tea is cooling, combine 1 1/2 cups of blueberries, 1 frozen banana, and 1/2 cup almond/ cashew milk with ice in blender. Add tea and blend on high until smooth and creamy.

Kale, Chickpeas and Potatoes with Oven-Baked Egg

Preheat oven to 375F. In a frying pan, sauté 1/2 yellow onion in 1 tbsp. olive oil and a pinch of salt until onion turns translucent. Add 1/2 diced sweet potato until cooked through. Add 1/2 bunch of kale and 1 cup cooked chickpeas to pan. Add seasonings like harissa, hot sauce, white/black pepper, cumin, turmeric, or coriander. Scoop mixture into an oven-safe dish. Crack 1-2 eggs in a dish and gently slide onto mixture. Bake for 5-7 minutes, until white is solid and yolk is at desired consistency.

Banana Oat Pancakes

In a blender, combine 2 peeled bananas, 2 eggs, 1/2 cup rolled oats, 1/2 tsp. baking powder, pinch of salt, 1/2 tsp vanilla extract, 1/2 tsp. turmeric and a shake of cinnamon until the mixture is smooth Allow the batter to stand for 10-20 minutes until thickened slightly. Heat a non-stick frying pan over medium heat. Pour batter into pan and cook until golden brown on both sides. Serve with a drizzle of maple syrup and a side of blueberries.



LUNCH RECIPES

Rosemary Tuna Salad with Quinoa, Apples, and Almonds

In a small bowl, combine 1 can tuna (or 1/2 block tofu) cut into 1/2-inch cubes with 1/2 cup chopped apple (any kind), 1/2 cup cooked quinoa or brown rice, 1 tbsp. sliced almonds, 1 tbsp. mayonnaise, 1 tbsp. plain yogurt, 1/4 tsp. dried (or 1/2 tsp. fresh) rosemary, 1/4 tsp. salt, and black pepper to taste. Stir all ingredients to combine well. Serve over a bed of kale or lettuce.

Chickpea Salad Stuffed Avocado

Mix together 3/4 cup rinsed and drained canned chickpeas, 1/2 cup halved cherry tomatoes, 2 tbsp. chopped black olives, and 1 tbsp. minced red onion. Add 2 tsp. olive oil, 2 tsp. balsamic vinegar, a pinch sea salt, and 1/8 tsp. dried oregano and toss to coat. Scoop the chickpea mixture into half an avocado (seed removed) and allow the extra to fall along the sides.

Kale, Brown Rice and Egg Chopped Salad

In a bowl, toss together 2 cups kale, 1/2 cup leftover brown rice, 1 tbsp. sunflower or pumpkin seeds, 5-6 grape tomatoes halved, 1 tbsp. kalamata olives. Whisk 1 tbsp. cup chopped red onion, 2 tbsp. olive oil, 1 tbsp. balsamic or red wine vinegar, 1 tbsp. lemon juice and a pinch of salt and pepper. Top with sliced hard-boiled egg and drizzle top with dressing.

Black Bean & Salsa Stuffed Sweet Potato

Poke holes in a washed and dried medium-sized (about 6" by 3") sweet potato and microwave on high until soft, about 5 minutes. The timing will vary depending on your microwave, so check every minute and remove when it gets soft. Mix 1 cup rinsed and drained black beans with 1/4 cup salsa. Slice the potato open and lightly mash the insides. Pour the bean mixture into the open sweet potato, allowing it to spill over the sides. Top with 2 tbsp. shredded cheddar cheese and microwave or broil until melted, about 30 seconds. Garnish with chopped fresh cilantro or parsley and a pinch of salt and pepper (optional).

Arugula, Pear, Goat Cheese and Walnut Salad

Slice 1-2 Bosc pears lengthwise into 1/4 inch thick wedges. In a separate bowl, whisk together 1 tsp. lemon juice, 2 tsp. balsamic or red wine vinegar, 1/2 tsp. honey, and 2 tsp. olive oil and salt and pepper to taste. Toss 2 cups of arugula into dressing. Arrange pear slices over arugula and drizzle with honey. Scatter the walnuts and goat cheese over the arugula and pears. Add 1/2 tbsp. chives for extra flavor.

Kale Salad With Chicken And Tahini Caesar Dressing

Mix together 2 cups chopped kale, 2 tbsp. chopped red onion, and 1/4 cup chopped tomatoes. Top with 4 ounces roasted or grilled chicken (or tofu), 1/3 cup chickpeas, and 1 tbsp. Parmesan cheese. Make the dressing by whisking together 1 tbsp. tahini with 1 tbsp. water, 1/4 tsp. minced garlic, 1 tsp. lemon juice, 2 tsp. grated Parmesan, a dash black pepper and salt.

Green Lunch Smoothie

In a blender, in this order, combine: 1 cup almond milk, 1/4 cup nut butter, 1 container Siggi's 4% plain yogurt, 1/4 avocado, 1 cup spinach/kale, 1 large ripe banana. Blend on high until smooth. Add a handful of ice and blend again for a frothier smoothie.



DINNER RECIPES

Asian Chicken Veggie and Brown Rice Bowls

Prepare a marinade of 1/4 cup soy sauce/tamari, 2 cloves minced garlic, and 1 tsp. Dijon mustard, reserve 2 tbsp. of marinade. Place 1/2 cup cubes of raw chicken breast or tofu in marinade and let sit for 15 minutes. Prepare brown rice according to package directions. While rice is cooking, cut 1/4 cup each of red pepper, onion, mushrooms and chopped carrot. Sauté vegetables in pan with 1 tsp. oil over medium heat. Add marinated squares of chicken or tofu and cook through, allowing marinade to coat all vegetables in pan. Just before removing mixture from heat, add 1/2 cup of shredded kale to pan and let wilt. Place rice (covered by vegetable mixture) in a bowl and drizzle with reserved marinade. Top with sliced almonds.

Grilled Portobello Salad with Figs, Goat Cheese and Walnuts

Season 2 Portobello mushroom caps with salt, pepper, and garlic powder. Brush with 1/2 tsp. olive oil and grill until soft and releasing juices. Slice into 1/4-inch strips. Toss 2 cups of arugula with 1/2 cup sliced figs, 1/2 cup cooked quinoa or brown rice, 3 tbsp. crumbled goat cheese, and 2 tbsp. toasted sliced almonds. Whisk together 1 tsp. lemon juice, 2 tsp. balsamic vinegar, 1/2 tsp. honey, 1/2 tsp. minced garlic, and 2 tsp. olive oil. Toss the dressing into the arugula salad and top with mushrooms.

Kale, Onion, And Sweet Potato Frittata

Heat 1 tbsp. olive oil in a medium skillet over medium heat. Add 1 cup diced sweet potato (1/4-inch dice) and 1/2 cup sliced yellow onion and cook, stirring often, until potato is tender and onion is golden, about 15 minutes. Add 1 cup kale and stir just until wilted. Whisk together 2 eggs and 1 tbsp. water and pour mixture over the potato-onion mixture. Allow to cook over medium heat until the egg begins to firm up, about 3 minutes. Sprinkle the top with 2 tbsp. cheddar cheese and transfer to the broiler until the egg is firm and golden on top and the cheese is melted, about 2 more minutes (time will vary depending on your broiler, so watch it closely!).

Grilled Steak Salad with Figs, Parmesan, And Sliced Almonds

Season a 4-ounce sirloin tip or top round steak with salt, pepper, and garlic powder. Brush with 1/2 tsp. olive oil and grill to desired doneness. Let rest 5 minutes before slicing steak into 1/4 inch strips. Toss 2 cups of chopped kale with 1/2 cup chopped figs, 1/2 cup cooked quinoa or brown rice, 3 tbsp. shaved Parmesan cheese, and 2 tbsp. toasted sliced almonds. Whisk together 1 tsp. lemon juice, 2 tsp. red wine vinegar, 1/2 tsp. Dijon mustard, 1/2 tsp. minced garlic, and 2 tsp. olive oil. Toss the dressing into the spinach salad and

top with steak.

VEGETARIAN OPTION: Substitute Beef Steak with Salmon or Tofu

Spaghetti Squash Burrito Bowls (serves 2)

Preheat oven to 375F. Cut stem off of spaghetti squash and cut in half, lengthwise. Use a spoon to scoop out seeds and rub a little olive oil on the squash. Place face down on baking sheet and roast for 40 minutes. While squash is roasting, sauté 1 diced red onion, 1 diced red pepper, and 1/2-1 jalapeno (depending on how spicy you like things!). Sprinkle with salt, pepper, garlic powder and cumin. When squash is done, let cool for a few minutes and then use a fork to scrape out the “spaghetti strands.” Turn oven to broil. The squash rind will become your bowl. Layer onion/pepper mixture, 1/2 can black beans, and 1/4 cup salsa and spaghetti squash strands. Top with 1/2 cup of shredded cheese. Place in oven for 5 minutes until cheese is bubbling and golden. Top with fresh cut avocado and cilantro to add some healthy fat and flavor.

NOTE: The squash can be roasted and prepared ahead to cut down on prep time. This makes two bowls, so have a friend over to share or save the second one for lunch!

Tempeh and Mushroom Tacos

Heat 2 tsp. coconut oil in a pan over medium heat. Once warmed, sauté 1/2 medium onion (chopped) for 2-3 minutes. Add 1 clove minced garlic and cook for another minute. Add 2 cups chopped mushrooms and 1 package of chopped or crumbled tempeh (for a meatier version, use ground turkey) to pan, and continue to cook for about 5 minutes. Stir in juice from 1/2 lime, a splash of soy sauce, 2 tsp. of cumin, 2 tsp. of chili powder, a few shakes of turmeric and paprika, a dash of cayenne pepper (if you like it spicy), and sea salt and pepper to taste. Warm whole wheat or corn tortillas in microwave covered with a damp paper towel for 15 seconds. Serve tacos with sliced avocado and lime wedges

Ginger Salmon, Crispy Green Beans, and Potato

Preheat oven to 400F. Slice a small sweet potato into 1/4 inch thick slices and season with 1 tsp. olive oil, 1/8 tsp. salt, and 1/4 tsp. sweet paprika. Toss 1 cup green beans with 1 tsp. olive oil and a dash of garlic powder. Spread the potatoes and green beans onto a baking sheet lined with aluminum foil and spray with olive oil or cooking spray, being careful not to overlap pieces and leaving space in the center for the salmon. Brush the top and two sides of a 3-ounce piece of salmon with a combination of 2 tsp. Dijon mustard, 1/2 tsp. chopped fresh ginger, 1/2 tsp. honey, and 1 tsp. olive oil. Place the salmon on the sheet with the beans and potatoes. Bake for 10 minutes. Flip the potatoes and green beans. Bake another 5 minutes, or until vegetables are cooked through and slightly browned and salmon is cooked through and flakes with a fork.

