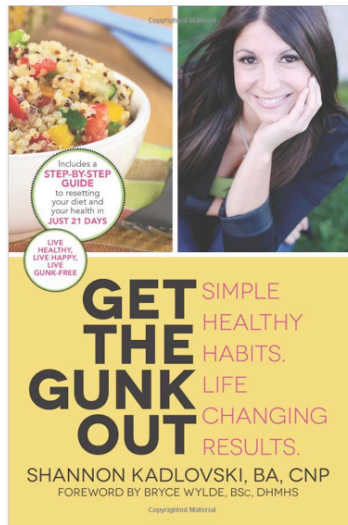


14-day eat real food

Featuring Recipes From
[Get The Gunk Out: Simple Healthy Habits, Life Changing Results](#)



Getting Started Instructions

Our Eat Real Food 14 Day Meal plan focuses on eating real food easily found at any grocery store. Each day you will enjoy a variety of whole foods including lean proteins, complex carbohydrates and good quality fats. Wherever possible we have indicated the portion sizes for both females and males.

You may notice there are no calories counts. This is done on purpose. Everything is portioned out for you. Get to know these portions. Stop counting calories.

If there is a snack or meal choices you really love, feel free to repeat it whenever you'd like over the 14 day plan. If you come across a food you don't like, don't eat it! We don't want you shoving food down your throat just because you think it's going to help you lose fat faster. It won't. Only eat foods you like.

The snacks are there for a reason. Do not cut out the snacks in an effort to lose more weight or lose weight faster. It doesn't work like that. The snacks are a vital part of the fat loss plan. They are there to help you to feel full, to keep your blood sugar levels stable, to avoid the hormone ghrelin from taking control and creating feelings of hunger.

It's best if you take a couple of minutes and review the 14 day plan. Create a grocery shopping list based on the meals and snacks provided. Cook in large batches. Prepare whatever you can ahead of time. Commit to following the plan for the full 14 days.

You are not alone. I'd love to hear your comments, feedback and your success story. Send me an email at northshorenutrition@shaw.ca.

In good health,
Cheryl Wahl, RHN
Certified Professional Cancer Coach
Personal Trainer

Breakfast:

Chocolate Peanut Butter Shake

Makes 1 Serving

Ingredients:

2 scoops protein powder
1 cup unsweetened almond chocolate milk
1.5 tsp natural creamy peanut butter
¾ cup blueberries
1 tbsp of chia seeds (whole or ground)

Directions:

Combine in blender and blend until smooth.

Very Berry Chia Yogurt

Makes 1 Serving

Ingredients:

Cheryl Wahl, RHN, CPCC, Personal Trainer

www.northshorenutrition.ca

1 cup plain Greek yogurt
½ cup raspberries
¼ cup blueberries
1 tbsp ground chia seeds

Directions:

Mix all ingredients.

Creamy Berry Green Shake

Makes 1 Serving

Ingredients:

2 scoops protein powder
½ cup frozen mixed berries
½ small frozen banana
2 handfuls of spinach (you can't taste it)
1 cup unsweetened almond milk
1 tbsp ground chia seeds

Directions:

Combine all ingredients and blend for 90 seconds.

Egg Muffins

Makes 12 Muffins (2 muffins per serving)

Ingredients:

6 whole eggs
1 cup of egg whites
½ cup skim shredded cheddar cheese
½ tbsp olive oil
1 cup broccoli, finely ground
1 cup mushroom, finely chopped
½ cup onion, chopped

Directions:

1. Preheat oven to 350 degrees.
2. Grease muffin tin (use oil mister) and set aside.
3. Using a food processor or blender, pulse the raw broccoli until it's finely ground, set aside and chop mushrooms and onions.
4. Heat frying pan to medium heat and add oil. Sautee mushrooms and onions until tender. Mix mushroom and onion mixture in with broccoli. Stir to combine.
5. Using a tablespoon, spoon vegetable mixture into the bottom of each muffin tin.

6. Combine whole eggs with liquid whites and cheese. Whisk until combined.
 7. Pour egg mixture over vegetables until $\frac{3}{4}$ way full.
 8. Bake for 15 – 20 minutes or until firm. Reheat 2 muffins in the microwave for breakfast.
- Tip:** Double the batch and freeze. Wrap 2 in tin foil then toss into a freezer bag and pull a little bundle out when needed and defrost (unwrapped of course) in the microwave.

Oatmeal with Fresh Fruit

Makes 2 Servings

Ingredients:

- 1 cup oatmeal (quick-cook)
- 2 cups unsweetened almond milk
- 1/2 cup fresh blueberries
- 1/2 cup fresh strawberries, sliced
- 1 tbsp organic honey

Directions:

1. Mix oatmeal and almond milk in a microwave safe bowl, and microwave about 2 minutes. Stir well.
2. Divide between 2 bowls and toss berries over the oatmeal, then drizzle with the honey.

GTGO Gluten Free Pancakes

This recipes comes straight from Shannon Kadlovski's book [Get The Gunk Out](#)

Makes 1 Serving

Ingredients:

- 1 small banana
- 2 egg whites
- $\frac{1}{4}$ cup brown rice flour or chickpea flour or coconut flour
- 1 tbsp ground flax seed
- 1 tbsp dried shredded coconut

Directions:

1. Combine all ingredients in a bowl
2. Lightly oil a stainless frying pan with coconut oil or grapeseed oil
3. Once batter starts to bubble flip pancake and cook the other side
4. Pancakes are ready when the top is hardened and is a golden brown colour

Lunch:

Tossed Chicken Salad

Makes 1 Serving

Ingredients:

4 oz (F) 6 oz (M) baked chicken breast, seasoned with salt and pepper
2 cups mixed green lettuce with 4 slices tomato, ½ cup cucumber, ½ cup peppers (any colour)
1 tsp extra virgin olive oil with 1 tbsp balsamic vinegar
½ cup (F) 1 cup (M) canned chickpeas, drained and rinsed

Directions:

1. Cut chicken breast into slices.
2. In a bowl, combine chicken, chickpeas, lettuce and veggies
3. Add extra virgin olive oil and balsamic vinegar and toss thoroughly.

Tip: To ease digestion troubles that can occur with the addition of beans make sure to drain and rinse them with hot water until no more bubbles form.

Quick Turkey Chili

Makes 1 Serving

Ingredients:

1 tsp extra virgin olive oil
4 oz (F) 6oz (M) lean ground turkey
¼ cup chopped onion
½ cup (F) 1 cup (M) canned red kidney beans, drained and rinsed
1 tsp chili powder
½ tsp garlic powder
1 tsp ground black pepper
1 cup canned stewed tomatoes

Directions:

1. Heat oil in a large non-stick pan over medium heat.
2. Add ground turkey and sauté for 5 minutes or until lightly browned. Stir often.
3. Add onions, kidney beans, chili powder, garlic powder, pepper and stewed tomatoes. Simmer for approximately 20 minutes.
4. Place in a bowl and serve.

Tip: Definitely make a double or triple batch to freeze in single-servings size for an easy, already made dinner or even a take-and-go lunch. Defrost overnight in the refrigerator.

Turkey Spinach Sandwich

Makes 1 Serving

Ingredients:

2 slices of Stonemill bread (or other wheat free/gluten free bread)
2 tbsp avocado
1 tbsp Dijon mustard
4 oz (F) 6oz (M) nitrate-free oven roasted turkey breast (3-5 slices)
1 cup raw spinach
3 slices of tomato
4 slices of cucumber
Handful of alfalfa sprouts

Directions:

1. Using 2 slices of Stonemill bread spread avocado on both sides of the bread. Drizzle 1 tbsp of Dijon mustard dressing on top of the avocado.
2. Place the roast turkey on 1 slice of bread. Top with spinach, tomato, cucumber and sprouts. Close the sandwich and enjoy.

Tuna Nicoise Salad

Makes 1 Serving

Ingredients:

1 small boiled potato (size of golf ball)
½ tsp chopped scallions or spring onions
¼ cup green beans
3 cups romaine lettuce
½ can (F) 1 can (M) tuna in water, drained
¼ cup cucumber, peeled and sliced
½ red tomato
1 hard-boiled egg
½ cup (F) 1 cup (M) chickpeas, drained and rinsed
1/8 tsp minced garlic
½ tsp chopped parsley
2 tsp red wine vinegar
1 ½ tsp lemon juice
½ tsp mustard
1 tsp olive oil

Directions:

1. Cook potato, uncovered, in salted water until tender when pierced with a fork. Drain, peel and slice. Combine with chopped green onion and dash of salt and pepper; set aside.
2. Snip the ends off the green beans. Rinse clean and set aside.
3. Arrange lettuce, green beans, tuna, potato slices, cucumber slices, tomato wedges and egg slices on a plate. Pour chickpeas on top.
4. For dressing, mix garlic, parsley, vinegar, lemon juice, mustard and oil in a small bowl. Drizzle dressing over salad. Serve chilled.

Dinner:

Grilled Salmon with Dijon Mustard Sauce

Makes 1 Serving

Ingredients:

- 3 oz (F) or 5 oz (M) raw salmon fillet
- 1 tsp lemon juice
- 1 tbsp Dijon mustard
- 1 tsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp dried dill weed
- 1 tbsp dried pine nuts
- 1 cup broccoli florets
- 6 medium spears raw asparagus
- 1 small baked sweet potato with skin

Directions:

1. Preheat grill or oven.
2. Rinse fillet with cold water. Squeeze 1 tsp lemon juice over fillet and season to taste.
3. To make the sauce, mix mustard, oil, 1 tbsp lemon dill and pine nuts in a bowl.
4. Grill the fish on high heat. Pour sauce over fish and serve with steamed broccoli, asparagus and sweet potato.
*Also a dinner recipe

Greek Spinach Salad with Chicken

Makes 1 Serving

Ingredients:

- 3 cups raw spinach
- ½ cup chopped or sliced red tomato
- ½ cup sliced raw onion
- ½ cup peeled and sliced cucumber

4 black pitted olives
4 oz (F) or 6 oz (M) grilled chicken breast
½ cup (F) 1 cup (M) black beans, drained and rinsed
1 tsp olive oil
1 tbsp balsamic vinegar
1 lemon wedge

Directions:

1. Mix spinach, tomatoes, sliced onions, cucumbers and olives in a large bowl.
2. Top with grilled chicken and black beans
3. Add oil, vinegar and lemon salad dressing.

*Also a dinner recipe

Dinner

Mexican Turkey and Black Bean Salad

Makes 1 Serving

Ingredients:

1 tsp olive oil
1/3 cup chopped raw green pepper
1/3 cup chopped raw sweet red pepper
¼ cup chopped onion
½ tsp minced garlic
A dash of cayenne pepper
¼ tbsp dried basil
4 oz lean ground turkey
¼ cup mild or medium salsa
½ cup black beans
3 cups leaf lettuce

Directions:

1. Heat oil over medium- high heat in a non stick skillet. Sauté all vegetables with garlic, a dash of cayenne pepper and ¼ tbsp dried basil. Add turkey and cook until it browns. Drain thoroughly.
2. Add salsa and black beans and warm through. Add salt, pepper and hot sauce, if desired.
3. Serve over mixed green salad.

Thai Beef with Stir-Fried Veggies

Makes 1 Serving

Ingredients:

3 oz (F) or 5 oz (M) broiled top sirloin beef
½ cup raw snow peas
½ cup sliced raw sweet red pepper
1 tbsp teriyaki sauce
½ tbsp natural creamy peanut butter
1/8 tsp cornstarch
1 tsp sesame oil
1 cup frozen stir-fry vegetable blend
½ cup pineapple chunks in its own juice

Directions:

1. Preheat oven to 400F.
2. Cut up beef into strips. Place beef in the center of a piece of aluminium foil, ensuring that foil is large enough to fit all ingredients and to secure edges by folding. Place snow peas and peppers on top of beef.
3. In a small bowl, mix together teriyaki sauce, peanut butter and cornstarch. Pour mixture over and vegetables. Fold up sides and ends of the foil to seal.
4. Place package on a baking sheet in the oven and cook for 10 to 15 minutes, or until beef and vegetables are done. Serve with vegetables stir-fried in sesame oil.
5. Enjoy with fruit for dessert.

Tip: Triple this recipe and freeze to take out for another night when you know you'll be home late. Freeze in an airtight container and defrost overnight in the refrigerator.

Grilled Chicken and Green Beans

Makes 1 Serving

Ingredients:

4 oz (F) or 6 oz (M) raw boneless skinless chicken breast
½ cup green beans
1 small baked sweet potato with skin (size of 3 golf balls)
1 tsp extra virgin olive oil

Directions:

1. Preheat grill and grill chicken until fully cooked.
2. Serve with green beans and sweet potato. Drizzle with olive oil.

Tip: Sub in steamed broccoli and cauliflower with a tiny drizzle of sesame oil for a punch of flavour and a nice change.

Lemon Basil Chicken Breast

Makes 4 Servings

Ingredients:

Olive oil cooking spray
3 tbsp chopped basil
3 tbsp chopped parsley
3 cloves garlic, crushed
2 tsp grated lemon zest
16 ounces of chicken breast (4 oz for females or 6 oz for males)
Sea salt and freshly ground pepper to taste

Directions:

1. Pre-heat the grill.
2. Lightly coat the grill rack with olive oil cooking spray.
3. In a small bowl, mix together the basil, parsley, garlic and lemon zest. Set 1 tbsp of seasoning mix aside.
4. Coat the chicken with the seasoning mix pressing it into the meat on both sides.
5. Grill the chicken for 6 to 10 minutes, turning several times, until the meat is cooked through and tender.
6. Sprinkle the reserved tbsp of seasoning on top and add salt and pepper to taste. Serve with your favourite vegetables.

Tip: Excellent for freezing and using in a salad for lunch. Defrost in the refrigerator overnight.

No-Fry Salmon Patties

Makes 2 Servings

Ingredients:

1 small red pepper, finely chopped
2-3 celery stocks, finely chopped
1 can sockeye salmon with bones, drained
1 whole egg
½ cup whole wheat bread crumbs
Salt and pepper to taste

Directions:

1. Preheat oven to 375F.
3. Use a mini processor to chop pepper and celery and drain excess water then put in a bowl and add salmon, egg, bread crumbs and salt and pepper.
5. Line a baking sheet with parchment paper.
6. Using your hands make patties and place on baking sheet with space between them.
7. Depending on the size of the patties will depend on cook time.
8. The patties should be firm and hold together when cooked – approximately 20 minutes.

Tip: Triple the recipe so you have for a few day's snacks. Will keep in the fridge in an airtight container for 3-4 days.

Get The Gunk Out Baked Chicken (Or Turkey) Meatballs

4 Meatballs (F) or 6 Meatballs (M) is equal to 1 serving

Ingredients:

- 2 pounds lean ground chicken or turkey
- ½ cup chopped basil or parsley
- 3 garlic cloves, minced
- 1 tsp sea salt
- ¼ tsp black pepper
- ½ cup spelt or gluten free bread crumbs
- 2 eggs

Sauce:

- 4 cups canned crushed tomatoes
- 1 clove garlic, crushed
- ½ tsp sea salt
- black pepper to taste
- 1 tsp fresh or dried basil
- 1 tsp fresh or dried parsley

Directions:

1. Preheat oven to 450F
2. Grease a baking dish with grapeseed oil
3. Combine all meatball ingredients into bowl and mix with hands thoroughly
4. Roll mixture into balls the size of golf balls
5. Bake for 20 – 25 minutes or until cooked through
6. Place all sauce ingredients into a medium size sauce pan and cook on low to medium heat and let it come to a boil and then reduce heat to a low simmer
7. Combine cooked meatballs and sauce into bowl. Serve over [kelp noodles](#).

Turkey Burger

Makes 4 Servings

Ingredients:

1 lb. ground turkey
1 egg
¼ red onion, diced
1 garlic clove, finely chopped
1 tsp. cayenne

Directions:

1. Preheat oven to 375 degrees.
2. In a large bowl, combine the ground turkey, egg, onion, garlic and cayenne and mix together (it's best to use your hands to mix instead of a spoon).
3. Form the turkey into 4 patties and place them on a greased baking sheet and place in oven.
4. Cook for 10 minutes then flip over and cook for another 10 -15 minutes.

Tip: You definitely should triple this recipe so you have leftovers for lunch, or dinner. Also freezes amazing. Wrap each burger separately in foil then toss in a freezer bag and take one out when you need it. Defrost overnight in the refrigerator.

Grilled Halibut with Cilantro Garlic Butter

Makes 4 Servings

Ingredients:

1 lime, cut into wedges
36 ounces of halibut fillets (4 – 6 oz pieces)
Salt and pepper to taste
3 cloves garlic, coarsely chopped
½ cup fresh cilantro
1 tbsp fresh lime juice
2 tbsp butter

Directions:

1. Preheat a grill. Squeeze the juice from the lime wedges over fish fillets, then season them with salt and pepper.
2. Grill fish fillets for about 5 minutes on each side, until browned and fish can be flaked with a fork. Remove to a warm serving plate.
3. Heat the oil in a skillet over medium heat. Add the garlic; cook and stir just until fragrant, about 2 minutes. Stir in the butter, remaining lime juice and cilantro. Serve fish with the cilantro butter sauce.

Side Dishes

Get The Gunk Out Avocado And Goat Cheese Dip

2 tbsp is equal to 1 serving

Ingredients:

2 ripe avocados
2 tbsp goat cheese - crumbled
2 cloves garlic, crushed
¼ cup parsley, chopped
½ tsp sea salt
¼ tsp black pepper or to taste
1 lime freshly squeezed

Directions:

1. Mash avocados in a bowl using a fork
2. Add the rest of the ingredients and combine well (you can also use a food processor for a smooth texture)

Kale And Cabbage Coleslaw

Makes 6-8 servings

Ingredients:

1 tbsp olive oil
1 tbsp Dijon mustard
1 tsp apple cider vinegar
2 tbsp red onion, diced
1 head of kale, stems removed and leaves shredded
½ head of red cabbage, shredded

Directions:

1. In a small bowl, whisk olive oil, apple cider vinegar with salt and pepper to taste
2. In a larger bowl combine onion, kale and cabbage
3. Pour dressing over mixed kale and cabbage and mix thoroughly