

ELM Meal Plan Recipes

Metagenics Keto Shake - 1 serving, 220 calories, 20g protein, 1g fibre

1. Blend, shake, or briskly stir 2 scoops (49 grams) of Keto Shake with 237 mL (8 fl. oz./1 cup) of chilled water
2. You can also mix in a blender with ice and/or frozen fruit and slightly reduce water for desired consistency.

Peach Melba Shake - 1 serving, 300 calories, 23g protein, 4g fibre

- 1 serving Metagenics Keto Shake
 - 6 oz unsweetened almond or coconut milk (not canned)
 - 2-4 oz cold water
 - ½ peach
 - ¼ cup raspberries, fresh or frozen
 - 2 ice cubes (omit if using frozen fruit)
1. Add all ingredients in a blender and blend.
 2. Adjust liquid according to personal taste.

German Chocolate Shake - 1 serving, 226 calories, 20g protein, 1g fibre

- 1 serving Metagenics Keto Shake, chocolate flavour
 - 6 oz unsweetened coconut milk (not canned)
 - 4 oz water
 - ¼ tsp coconut extract
 - 2 ice cubes
1. Add all ingredients in a blender and blend.
 2. Adjust liquid according to personal taste.

Salsa - 3 servings, 100 calories, 4g protein, 4g fibre

- 2 large tomatoes, diced
 - 2 scallions, chopped
 - 1 tbsp cilantro, chopped
 - 1 clove garlic, chopped
 - 1 tbsp cold-pressed, extra virgin olive oil
 - 2 tsp fresh lime juice
1. Combine ingredients in bowl. Feel free to add chili powder or other spices for a zippier taste.
 2. Service with raw veggies of choice--cucumbers, celery, zucchini, etc.
 3. Also makes a great topping for fish.

Roasted Cauliflower - 4-5 servings, 384 calories, 22g protein, 24g fibre

- 1 head cauliflower
 - 2 tbsp cold-pressed, extra virgin olive oil
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Preheat oven to 425°F (220°C).
 2. Break apart cauliflower into bite-sized pieces or florets and place in large mixing bowl.
 3. Add olive oil and stir to be sure that all cauliflower pieces are drizzled with oil.
 4. Sprinkle with salt and pepper.
 5. Transfer mixture evenly onto baking sheet and roast, uncovered, for 20-25 minutes or until the top and edges of cauliflower are lightly brown.
 6. Service immediately or at room temperature. Can be served as an appetizer or side dish.

Stuffed Celery - 1 serving, 93 calories, 10g protein, 2g fibre

- ½ cup reduced fat cottage cheese
 - 1 scallion, chopped
 - Pinch of horseradish
 - Pinch of garlic powder
 - 2-3 ribs of celery, cut into 3" pieces
 - Paprika for garnish
1. In a small bowl, thoroughly combine cottage cheese, scallion, horseradish, and garlic powder and mix.
 2. Spoon into celery and sprinkle with paprika.

Mustard Vinaigrette Dressing - 10 servings, 943 calories, 9g protein, 13g fibre

- ¼ cup balsamic vinegar or any type of vinegar you prefer
 - ¼ cup water
 - 1 tsp Dijon mustard
 - Herbs (oregano, basil, parsley, tarragon, etc.) to taste
 - ½ cup cold-pressed, extra virgin olive oil
 - ½ cup flaxseed oil (or use total of ⅔ cup of olive oil)
 - 1 clove garlic, minced
 - Sea salt to taste
 - Freshly ground pepper to taste
1. Measure all ingredients (except oils) into a jar with a tight-fitting lid.
 2. Shake vigorously or use a whisk.
 3. When well combined, add oils and shake again.
 4. Store in refrigerator. Remove and allow to soften for 5-10 minutes before use.

Tangy Tahini Dressing - 12 servings, 1350 calories, 11g protein, 6g fibre

- ½ cup cold-pressed, extra virgin olive oil
 - ¼ cup sesame tahini
 - 2-3 tbsp apple cider vinegar
 - ½ lemon (juiced)
 - 2 tbsp reduced sodium natural tamari
 - 2 tbsp water
 - 1 tsp dried dill
 - 1 tsp dried chives (optional)
1. Combine all ingredients in a bottle with a tight lid and shake well.
 2. Will keep for up to 2 weeks refrigerated. Shake well before each use.

Sesame Dressing - 3 servings, 322 calories, 0g protein, 0g fibre

- 2 tbsp lemon juice
 - 1 garlic clove, finely minced
 - 1½ tbsp sesame oil
 - 1 tbsp extra virgin olive oil
 - Sea salt to taste
 - Fresh ground pepper to taste
1. In a small bowl, whisk the lemon juice, garlic, salt, pepper, sesame oil, and olive oil.
 2. Pour dressing over salad and toss gently.
 3. Additional salt/sesame oil can be added if desired to taste.

Smoked Salmon Omelet - serves 1 meal or 2 snacks, 355 calories, 30g protein, 0g fibre

- 2 eggs
 - 1 slice of smoked salmon
 - ¼ cup tomato, sliced
 - 1 tbsp fresh dill, diced OR 1 tsp dried
 - 1 tbsp low fat sour cream
 - 1 tsp olive oil
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Preheat broiler. Whisk eggs and dill. Add salt and pepper to taste.
 2. Pour mixture into oiled ovenproof pan on medium heat and cook for 1 minute in pan and then for 1 minute under broiler.
 3. Place eggs on a plate and lay salmon, sour cream, and sliced tomato on one half.
 4. Garnish with dill and fold in half.
 5. Serve immediately with additional allowed vegetables (optional).

Quiche Delight - serves 2 meals or 4 snacks, 449 calories, 34g protein, 2g fibre

- 4 eggs
 - 1 medium onion, finely sliced
 - ¼ cup grated zucchini
 - ¼ cup finely chopped broccoli
 - 1 oz low fat cheddar or Parmesan cheese, grated
1. Preheat oven to 350°F (180°C). Lightly spray a quiche dish or similar with olive oil or rub with coconut oil.
 2. Combine all ingredients together into greased dish and bake in preheated oven for 25 minutes or until quiche is set.
 3. Serve warm or at room temperature.

Spring Salad - 6 servings, 682 calories, 16g protein, 25g fibre

- 1 tbsp fresh lemon juice
 - 2 tbsp cold-pressed extra virgin olive oil
 - 1 clove garlic, crushed
 - ½ tsp kosher or sea salt
 - ½ tsp black pepper
 - 1 lb asparagus, ends snapped off
 - ½ English cucumber, cut into quarters and sliced thinly (unpeeled)
 - 3 scallions, sliced, white part only
 - 1 ripe avocado, diced into 1" pieces
1. Combine lemon juice, oil, and garlic in a jar. Shake vigorously, add salt and pepper, and set aside.
 2. Slice asparagus into 1-inch pieces diagonally. Blanche 3 minutes, remove with strainer, and run under cold water. Set aside.
 3. Combine all veggies in a serving bowl. Shake dressing and toss into salad. Add avocado right before serving.

Snow Pea & Asparagus Salad - 4 servings, 486 calories, 12g protein, 12g fibre

- Dressing:
 - Grated zest of ½ lemon
 - 2 tbsp lemon juice
 - 1 tsp Dijon mustard
 - 2 tbsp extra virgin, cold-pressed olive oil
 - Sea salt to taste
 - Fresh ground pepper to taste

- Salad:
 - 1 tbsp extra virgin, cold-pressed olive oil
 - 1 lb fresh asparagus, ends snapped off, sliced in 1" pieces
 - ¾ lb snow peas, ends and strings removed
 - 1 tbsp minced fresh dill (or 1 tsp dried)
1. In a small jar, shake together all dressing ingredients, except olive oil. When all mixed, add olive oil and shake again.
 2. Set aside while fixing the vegetables.
 3. Stir-fry asparagus and peas in olive oil until tender but not soft, about 3-5 minutes. Allow to cool.
 4. Combine vegetables with dill, salt, and pepper and toss with the dressing.

Meta Soup - 1 serving, 220 calories, 20g protein, 1g fibre

1. Directions: Add 1 packet (47.5 g) to 205 mL (7 fl. oz.) of hot water and stir until dissolved. You may also add the powder to cold water and microwave for one to one and a half minutes to heat. Adjust water content if you prefer a thicker or thinner consistency.
2. For more texture and variety, you may also add fresh herbs and sautéed vegetables or greens.
3. Try adding fresh spinach, kale, or other greens that are hopped fine and simmered for just a few minutes. In this case, you will also need to add more water (about 4 oz).

Roasted Asparagus Soup - 4 servings, 727 calories, 43g protein, 41g fibre

- 2½ lb asparagus, ends removed, cut into 2" pieces
 - 2 large leeks, dark green ends discarded
 - 2 tbsp olive oil
 - 2-3 cups vegetable or chicken broth
 - 1 tbsp fresh parsley or tarragon, chopped
 - 1 clove garlic, minced
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Preheat oven to 425°F. Combine vegetables in a large bowl and add oil, mixing well.
 2. Put veggies on a large baking sheet with sides and sprinkle with salt and pepper. Roast in preheated oven for about 45 minutes, until asparagus is soft and leeks are golden brown, stirring occasionally. Remove from oven and set aside to cool.
 3. Blend ½ of cooled vegetables, along with garlic and parsley/tarragon, in food processor or blender with 2 cups broth. When smooth, transfer to a soup pot and repeat with remaining veggies. Warm soup and add more broth if too thick.

Gazpacho - 8 servings, 255 calories, 11g protein, 9g fibre

- 1 cucumber, chopped
 - 1 scallion, chopped
 - 1 clove garlic
 - 4 cups tomato juice
 - 1 green pepper, chopped
 - ½ tsp dill weed
 - 1 cup spicy salsa (no added sugar)
 - Sliced mushrooms OR tomato chunks for garnish
 - Fresh ground pepper to taste
1. Combine all ingredients in small amounts in blender and blend until smooth. Add ground pepper. Stir in salsa.
 2. Chill several hours before serving and garnish with mushrooms or tomatoes.

Salmon in Coconut Milk - 4-6 servings, 954 calories, 143g protein, 6g fibre

- 14 oz coconut milk (not canned)
 - 2 tsp arrowroot or cornstarch
 - 1½ tsp curry powder
 - 1½ lb salmon fillets
 - 2 large tomatoes, chopped OR 2 cups cherry tomatoes, cut in half
 - 1 handful baby spinach leaves
 - ¼ cup chopped fresh basil or cilantro
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Preheat oven to 350°F. Mix coconut milk, arrowroot/cornstarch and curry in a 2- or 3-qt oven-proof dish.
 2. Add salmon and bake covered for about 20 minutes.
 3. Uncover and add spinach leaves, stirring. Cook 5-10 minutes more. Add salt and pepper to taste.
 4. Serve immediately with some of the sauce on top of each fillet and top with chopped tomatoes and some basil or cilantro.
 5. Remaining sauce may be used to top veggies (cauliflower, broccoli, green beans, etc.)

Roasted Salmon/Snapper - 6-8 servings, 690 calories, 90g protein, 0g fibre

- 2 lb salmon or red snapper fillets
 - 4 tsp cold-pressed, extra virgin olive oil
 - 1 tbsp fresh lime juice
 - 1 tbsp cilantro, freshly chopped
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Preheat oven to 400°F. Brush 1 tsp olive oil on a baking sheet and place fish, skin side down. Combine remaining olive oil, lime juice, and cilantro; and brush on each fillet. Sprinkle with salt and pepper to taste. Allow to sit for 15 minutes, then bake for 20 minutes or until cooked.
 2. For added veggies or flavour, garnish with *Salsa*.

Coconut Curried Shrimp - 4-6 servings, 1037 calories, 163g protein, 2g fibre

- 1½ lb peeled and deveined shrimp
 - 1 tbsp minced fresh ginger OR 1 tsp ground ginger
 - 2 garlic cloves, minced
 - 1 tbsp sesame oil
 - 1 red/green bell pepper, diced
 - 1½ cups fresh broccoli florets, broken into small pieces
 - ½-1½ tsp Thai red or green curry paste (more = spicier)
 - 1 tsp curry powder
 - ½ cup canned coconut milk (light)
 - ½ cup water
 - 2 tbsp soy sauce
 - ¼ cup chopped fresh basil OR 1 tbsp dried
1. Heat sesame oil in a large skillet or wok, over medium high heat. Add shrimp, and ginger and cook 3-4 minutes, stirring. Remove shrimp and set aside (they are not yet fully cooked).
 2. Add bell pepper, broccoli, curry paste, garlic, and curry powder to skillet or wok and cook for 3-4 minutes, stirring constantly.
 3. Lower heat to medium and add coconut milk, water, and soy sauce and cook for 4-5 minutes more, stirring often.
 4. Add shrimp back and cook another 2 minutes until shrimp are no longer pink. Do NOT overcook, as shrimp will be tough. Remove from heat and stir in fresh basil before serving.
 5. If using dried basil, add to skillet or wok with the coconut milk.

Turkey Lettuce Wraps - 4 servings, 1130 calories, 129g protein, 6g fibre

- 1 tbsp coconut or grapeseed oil
 - 1-2 cups shredded cabbage
 - 1 medium zucchini, shredded
 - 4 green onions, thinly sliced
 - 1 lb ground turkey
 - ¼ cup tamari/soy sauce
 - Dash of garlic powder
 - Crisp lettuce leaves (butter lettuce, green leaf)
1. Heat oil in a large skillet. Add cabbage, zucchini, and onions and sauté until tender.
 2. Add turkey and stir into the vegetables, breaking up the meat. Cook and stir for 5-7 more minutes.
 3. Add tamari/soy sauce and garlic powder, stir and cook for another 2 minutes.
 4. Divide into 4 portions and stuff each into a lettuce leaf.

Halibut with Broccoli - 3-4 servings, 1194 calories, 75g protein, 3g fibre

- 2-3 cups small broccoli florets, fresh or frozen
 - ¼ cup finely ground almonds (use blender to grind or purchase “almond meal”)
 - 2 tsp minced fresh tarragon or basil (or 1 tsp dried)
 - 1 tbsp olive oil or coconut oil
 - 1 lb halibut fillets
 - ½ cup chicken broth or fish stock
 - Fresh or dried basil for garnish
 - ⅓ cup lemon juice
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Steam broccoli until slightly tender, but not too soft. Set aside.
 2. In a small bowl, mix herbs with ground almonds. Dip each halibut filet into the almond mixture. Heat oil in a large skillet over medium heat and sauté halibut for about 4 minutes on each side, depending on thickness.
 3. Transfer to serving dish and cover with foil to keep warm.
 4. Add ½ cup of broth or stock to skillet and stir in broccoli to reheat. Add lemon juice and season to taste with salt, if needed, and pepper.
 5. Spoon broccoli with juices on top of halibut fillets, garnish with sprinkle of basil and serve immediately.

“I Can’t Believe It’s Not Mashed Potatoes” - 4 servings, 302 cal, 14g protein, 12g fibre

- 1 large head cauliflower
 - 1 tbsp cold-pressed, extra virgin olive oil
 - ½ cup soy milk
 - 1-2 tsp garlic powder OR curry powder and nutmeg (optional)
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in blender or food processor with remaining ingredients and blend until the consistency of mashed potatoes.
 2. Serve immediately and enjoy the unique flavour!

Summer Squash & Leeks - 6 servings, 463 calories, 6g protein, 9g fibre

- ¾ lb small patty pan squash or other yellow squash
 - ½ lb small zucchini
 - 2 tbsp olive oil
 - 1 cup finely chopped leeks (include some tender green)
 - 2 tbsp veggie broth
 - 1 tbsp unseasoned rice vinegar
 - 1½ tbsp freshly squeezed lemon juice
 - Sea salt to taste
 - Fresh ground pepper to taste
1. Cut both types of squash in half and then slice ½” thick on the diagonal. Add to a steamer basket with 1-2 inches of water in the bottom. Cover and steam until tender, about 7-8 minutes.
 2. While squash is cooking, heat olive oil over medium heat in a medium saucepan. Sauté leeks until softened, about 10 minutes.
 3. Remove from heat and add veggie broth, vinegar, and lemon juice. Add squash and toss gently. Season with salt and pepper.

Roasted Asparagus (or Green Beans) - 4-6 servings, 329 calories, 10g protein, 10g fibre

- 1 bunch asparagus OR 1 lb green beans
- 2 tbsp cold-pressed, extra virgin olive oil

1. Preheat oven to 425°F. Break off ends of asparagus or green beans and place in flat dish.
2. Add olive oil and stir to be sure that all vegetable pieces are drizzled with oil. Transfer mixture evenly onto baking sheet and roast, uncovered, for 5-15 minutes or until the pieces begin to brown. Smaller pieces will take a shorter time to cook.
3. Serve immediately or at room temperature.

Shirataki Noodles - 1 serving, 20 calories, 0g protein, 4g fibre

- These noodles are made from tofu and contain all fiber. You will find them in the refrigerated section of your grocery store.
 - They are 20 calories for a 4-oz serving. Do not buy clear noodles, but the ones that are made from tofu.
1. Drain and rinse the noodles 2 or 3 times, and cook in boiling, salted water for only 2-3 minutes.
 2. Drain and put back into the same pan, with no liquid added. Stir for a few minutes over low heat until noodles are somewhat dry. Now they can be added to a stir-fry of veggies and whatever else you like. You can also add them to soup.