

# HOW TO MAKE A 7-DAY PLANT-BASED MEAL PLAN

# A 7-DAY MEAL PLAN FOR PLANT-BASED EATING



## LEGEND



### F=Flexitarians

(emphasizes plant-based foods with small amounts of animal-based foods)



### VT=Vegetarians

(emphasizes plant-based foods but may contain dairy or egg)



### VG=Vegans

(contains only plant-based foods)



### M/N=Mediterranean/Nordic

(encourages plant-based foods, seafood, grains and small amount of animal foods with a preference for local foods)



### D=DASH

(emphasizes vegetables, fruits and low-fat dairy foods — with moderate amounts of whole grains, fish, poultry and nuts and may have guidelines on reducing sodium)

Plant-based foods are prominent on the 2019 Canada Food Guide plate. But what does plant-based eating really mean?

In general, plant-based eating means the majority of foods in your diet come from plants – think fruits and veggies, whole-grains, legumes (such as beans, lentils and edamame), nuts, seeds and plant oils and fats.

However, plant-based diets aren't necessarily exclusively vegan – they can include small amounts of meat, fish and dairy products.

Adopting more plant-based foods may be beneficial to your health, because plant-based foods are generally lower in saturated fat than animal-based foods, and rich in fibre, vitamins, minerals and other nutrients.<sup>2</sup>

Remember that a healthy diet should always be balanced in terms of energy and nutrients and should incorporate a variety of foods. It's also advisable to limit the amount of “non-nutrient dense” foods you consume. In other words, avoid empty calories from things like, sugar-sweetened beverages, sweets, and foods high in saturated fats, sugars and sodium, even if they are plant-based.

**WITH ALL OF THAT IN MIND, HOW CAN YOU GET STARTED WITH PLANT-BASED EATING?**

## Your One-Week Meal Plan

Starting a new way of eating doesn't have to be overwhelming.

This 7-day plant-based diet guide is designed to give you some ideas on how to put together healthier, plant-based plates that will please even the pickiest eaters in your home.

We have included the occasional dish made with chicken, fish and dairy as small amounts of these foods can still fit into a plant-based diet. However, we have also included tips for those who prefer vegetarian options.

# DAY 1 MEAL PLAN

## **BREAKFAST**

Breakfast panini with banana  
and berries

.....

## **LUNCH**

Vegetarian quinoa bowl

.....

## **DINNER**

Chicken fajitas

.....

## **SNACK**

Date squares



**COOKING TIME:**  
5 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 2

#### TIPS:

To increase fibre and protein, have apple slices spread with nut butter on the side.

#### NUTRITIONAL INFORMATION 1 SERVING:

260	CALORIES
8 g	PROTEIN
26 g	CARBOHYDRATES
15 g	TOTAL FAT
2 g	SATURATED FAT
4 g	POLYUNSATURATED FAT
7 g	MONOUNSATURATED FAT
8 g	FIBRE
340 mg	SODIUM

## DAY 1 // BREAKFAST

# BREAKFAST PANINIS WITH BANANA & BERRIES

#### INGREDIENTS:

- 4 TSP.** BECEL® BUTTERY TASTE MARGARINE
- 2 TSP.** FIRMLY PACKED DARK BROWN SUGAR
- 1/8 TSP.** GROUND CINNAMON
- 1** LARGE BANANA, THINLY SLICED
- 1/4** CUP SLICED STRAWBERRIES
- 4** SLICES WHOLE GRAIN BREAD

#### INSTRUCTIONS:

- 1.** Combine Becel® Buttery Taste margarine, brown sugar and cinnamon in small bowl.
- 2.** Evenly arrange banana and strawberries on 2 bread slices then top with remaining bread.
- 3.** Evenly spread outside of sandwiches with margarine mixture.
- 4.** Cook sandwiches in large nonstick grill pan or skillet over medium heat, turning once until golden brown, about 5 minutes.





**COOKING TIME:**  
10 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Serves 4

#### TIPS:

Have a hot green tea and an orange for dessert.

#### NUTRITIONAL INFORMATION 1 SERVING:

270	<b>CALORIES</b>
12 g	<b>TOTAL FAT</b>
1 g	SATURATED FAT
0 g	TRANS FAT
4.5 g	POLYUNSATURATED FAT
5 g	MONOUNSATURATED FAT
95 g	<b>SODIUM</b>
30 mg	<b>CARBOHYDRATES</b>
6 g	<b>FIBRE</b>
5 g	<b>SUGARS</b>
13 g	<b>PROTEIN</b>

## DAY 1 // LUNCH

# VEGETARIAN QUINOA BOWLS

#### INGREDIENTS:

- 2 TBSP. BECEL AVO PLUS™ OIL BLEND
- 8 OUNCES SHELLED EDAMAME
- 8 OUNCES SNOW PEAS, THINLY SLICED LENGTHWISE
- 2 HEADS BABY BOK CHOY, QUARTERED
- 1 CUP SHREDDED CARROTS
- 1/2 CUP SWEET ONION, THINLY SLICED
- 1 TBSP. GOCHUJANG HOT PEPPER PASTE
- 2 TBSP. LIME JUICE
- 2 CUPS HOT, COOKED QUINOA
- 1/4 CUP CHOPPED FRESH CILANTRO

#### INSTRUCTIONS:

1. Heat Becel Avo Plus™ Oil Blend in large nonstick skillet over medium-high heat and cook edamame, snow peas, bok choy, carrots, onion and gochujang, stirring occasionally, until vegetables are tender, about 6 minutes. Stir in lime juice.
2. Evenly divide hot cooked quinoa into 4 serving bowls. Top with edamame mixture, then sprinkle with cilantro.



**COOKING TIME:**  
15 minutes



**PREPPING TIME:**  
15 minutes



**SERVINGS:**  
Serves 4

#### TIPS:

Make a vegetarian version of this recipe by replacing the chicken with cooked black beans.

#### NUTRITIONAL INFORMATION 1 SERVING:

370	<b>CALORIES</b>
13 g	<b>TOTAL FAT</b>
2 g	SATURATED FAT
0 g	TRANS FAT
2.9 g	POLYUNSATURATED FAT
3.5 g	MONOUNSATURATED FAT
580 mg	<b>SODIUM</b>
39 mg	<b>CARBOHYDRATES</b>
6 g	<b>FIBRE</b>
4 g	<b>SUGARS</b>
27 g	<b>PROTEIN</b>

## DAY 1 // DINNER

# CHICKEN FAJITAS

#### INGREDIENTS:

- 2 TBSP. BECEL® OIL , DIVIDED
- 1 LARGE ONION , THINLY SLICED
- 1 MEDIUM GREEN BELL PEPPER , CUT INTO THIN STRIPS
- 1 MEDIUM RED BELL PEPPER, CUT INTO THIN STRIPS
- 1 CLOVE GARLIC , FINELY CHOPPED
- 8 WHOLE WHEAT TORTILLAS, (15 CM. EA.) HEATED
- 3/4 LB. BONELESS, SKINLESS CHICKEN BREASTS, CUT INTO THIN STRIPS
- 1 TBSP. LIME JUICE
- 2 TSP. CHILI POWDER
- 1/2 TSP. GROUND CUMIN
- 1/4 TSP. CAYENNE PEPPER

#### INSTRUCTIONS:

1. Heat 1 Tbsp. (15 mL.) Becel® Oil in large skillet over medium-high heat and cook onion, peppers and garlic until vegetables are tender, about 3 minutes. Remove vegetables from skillet; set aside.
2. Add remaining Oil to skillet and brown chicken, stirring occasionally, until thoroughly cooked, about 2 minutes. Stir in lime juice, chilli powder, cumin and cayenne pepper. Return vegetables to skillet; heat through.
3. Spoon chicken and vegetables onto tortillas. Top, if desired, with chopped tomatoes, refried beans, low fat yogurt, light sour cream and shredded lowfat cheddar cheese. Roll up and enjoy.





**COOKING TIME:**  
35 minutes



**PREPPING TIME:**  
15 minutes



**SERVINGS:**  
Makes 20 squares

#### NUTRITIONAL INFORMATION FOR 1 SQUARE:

180	<b>CALORIES</b>
5 g	<b>TOTAL FAT</b>
1.5 g	SATURATED FAT
0 g	TRANS FAT
1 g	POLYUNSATURATED FAT
2.5 g	MONOUNSATURATED FAT
75 g	<b>SODIUM</b>
31 g	<b>CARBOHYDRATES</b>
3 g	<b>FIBRE</b>
19 g	<b>SUGARS</b>
2 g	<b>PROTEIN</b>

## DAY 1 // SNACK

# DATE SQUARES

### INGREDIENTS:

- 2 1/2 CUPS** PITTED DATES , CHOPPED
- 1 1/2 CUPS** WATER
- 1 TBSP.** LEMON JUICE
- 1 TSP.** VANILLA EXTRACT
- 1 1/4 CUPS** WHOLE WHEAT FLOUR
- 1 1/4 CUPS** LARGE FLAKE OATS
- 2/3 CUP** FIRMLY PACKED LIGHT BROWN SUGAR
- 1/2 TSP.** BAKING SODA
- 1/2 CUP** BECEL® SALTED
- (1 STICK)** MARGARINE STICKS
- 2 TBSP.** WATER

### INSTRUCTIONS:

1. Bring dates and 1-1/2 cups water to a boil in medium saucepan. Reduce heat and simmer uncovered, stirring occasionally, until mixture is thickened and only few pieces of dates remain, about 3 minutes. Stir in lemon juice and vanilla. Let stand to cool.

2. Preheat oven to 350° F (180° C). Lightly spray 23 cm square baking dish with no-stick cooking spray; set aside.
3. Combine flour, oats, sugar and baking soda in medium bowl. Cut in Becel® sticks and 2 tablespoons water with pastry blender or finger tips until mixture is size of small peas. Press 1/2 of the mixture onto bottom of dish. Top evenly with cooled date mixture. Crumble remaining oatmeal mixture over date mixture; press gently.
4. Bake until crumb is golden brown, about 30 minutes. Cool completely on wire rack before cutting.

# DAY 2

# MEAL PLAN

## **BREAKFAST**

Vegan walnut and oat  
pancakes

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## **LUNCH**

Greek pasta salad

.....

## **DINNER**

Chana masala

.....

## **SNACK**

Cranberry almond  
energy bites





**COOKING TIME:**  
10 minutes



**PREPPING TIME:**  
5 minutes



**SERVINGS:**  
Serves 4

#### TIPS:

Serve with a sliced banana to add a serving of fruit. To make these pancakes gluten free, replace all-purpose flour with gluten free flour.

#### NUTRITIONAL INFORMATION 1 SERVING:

290	<b>CALORIES</b>
18 g	<b>TOTAL FAT</b>
2.5 g	SATURATED FAT
0 g	TRANS FAT
7 g	POLYUNSATURATED FAT
7 g	MONOUNSATURATED FAT
380 mg	<b>SODIUM</b>
28 g	<b>CARBOHYDRATES</b>
2 g	<b>FIBRE</b>
1 g	<b>SUGARS</b>
6 g	<b>PROTEIN</b>

## DAY 2 // BREAKFAST

# VEGAN WALNUT AND OAT PANCAKES

#### INGREDIENTS:

**1 CUP** ALL-PURPOSE FLOUR  
**1 1/2 TSP.** BAKING POWDER  
**1/4 TSP.** SALT  
**1/8 TSP.** GROUND NUTMEG  
**1/8 TSP.** GROUND CINNAMON  
**1/4 CUP** CHOPPED WALNUTS  
**1/4 CUP** QUICK-COOKING OATS  
**4 TBSP.** BECEL® VEGAN MARGARINE, DIVIDED  
**1 CUP** CLUB SODA

#### INSTRUCTIONS:

1. Combine flour, baking powder, salt, nutmeg and cinnamon in medium bowl. Stir in walnuts, oats, 2 Tbsp. (30 mL) melted Becel® Vegan margarine, then club soda. Let batter stand 5 minutes to thicken.
2. Melt 2 tsp. (10 mL) margarine in large nonstick skillet over medium-high heat, then drop batter by 1/4-cupfuls (60 mL). Cook pancakes, turning once, until done. Repeat with remaining margarine and batter. Serve, if desired, with sliced bananas, maple syrup and a dollop of margarine.



**COOKING TIME:**  
N/A



**PREPPING TIME:**  
25 minutes



**SERVINGS:**  
Serves 6

#### TIPS:

Top off your meal with a fig, apricot, or both. Increase your fibre by choosing whole grain pasta.

#### NUTRITIONAL INFORMATION 1 SERVING:

230	<b>CALORIES</b>
10 g	<b>TOTAL FAT</b>
2.5 g	SATURATED FAT
0 g	TRANS FAT
2.7 g	POLYUNSATURATED FAT
4 g	MONOUNSATURATED FAT
320 mg	<b>SODIUM</b>
28 g	<b>CARBOHYDRATES</b>
3 g	<b>FIBRE</b>
4 g	<b>SUGARS</b>
8 g	<b>PROTEIN</b>

## DAY 2 // LUNCH

# GREEK PASTA SALAD

#### INGREDIENTS:

- 2 CUPS** UNCOOKED SPIRAL-SHAPED PASTA
- 1** MEDIUM ONION, THINLY SLICED
- 1** LARGE TOMATO, CHOPPED
- 1/2** SEEDLESS CUCUMBER, CHOPPED
- 1** MEDIUM RED BELL PEPPER, SEEDED AND CHOPPED
- 3/4** CUP CRUMBLLED LIGHT FETA CHEESE (17% M.F)
- 1/2 CUP** BLACK OLIVES
- 1 TBSP.** BALSAMIC VINEGAR
- 3 TBSP.** BECEL® OIL
- 3 CLOVES** GARLIC, FINELY CHOPPED
- 2 TBSP.** CHOPPED FRESH MINT LEAVES, (OPTIONAL)
- 2 TBSP.** CHOPPED FRESH BASIL LEAVES, (OPTIONAL)

#### INSTRUCTIONS:

- 1.** Cook pasta according to package directions until almost tender. Drain and rinse with cold water until completely cool.
- 2.** Toss cooked pasta with remaining ingredients in large serving bowl. Season to taste with salt and pepper. Serve at room temperature. Refrigerate up to 2 days.





**COOKING TIME:**  
20 minutes



**PREPPING TIME:**  
15 minutes



**SERVINGS:**  
Serves 6

#### TIP:

Have a mango for dessert.

#### NUTRITIONAL INFORMATION 1 SERVING:

240	<b>CALORIES</b>
9 g	<b>TOTAL FAT</b>
1 g	SATURATED FAT
0 g	TRANS FAT
2.8 g	POLYUNSATURATED FAT
3.5 g	MONOUNSATURATED FAT
260 mg	<b>SODIUM</b>
37 g	<b>CARBOHYDRATES</b>
2 g	<b>FIBRE</b>
7 g	<b>SUGARS</b>
13 g	<b>PROTEIN</b>

## DAY 2 // DINNER

# CHANA MASALA

#### INGREDIENTS:

- 3 TBSP. BECEL® BUTTERY TASTE MARGARINE
- 2 ZUCCHINI, HALVED LENGTHWISE AND SLICED
- 1 SWEET ONION, CHOPPED
- 2 CLOVES GARLIC, FINELY CHOPPED
- 2 TSP. GROUND CHILI POWDER
- 2 TSP. GROUND CUMIN
- 1 1/4 TSP. GROUND CORIANDER
- 1/2 TSP. GROUND GINGER
- 1/2 TSP. CURRY POWDER
- 1 CAN NO SALT ADDED TOMATO SAUCE (240 ML.)
- 1 TBSP. FIRMLY PACKED BROWN SUGAR
- 2 CANS CHICKPEAS OR GARBANZOS, (470 G. EA.) RINSED AND DRAINED
- 2 TSP. FRESH LEMON JUICE
- 1 1/2 CUPS NONFAT PLAIN GREEK YOGURT

#### INSTRUCTIONS:

1. Melt Becel® Buttery Taste margarine in medium saucepan and cook onion and zucchini until crisp-tender, about 5 minutes. Stir in garlic and cook 1 minute. Stir in spices and cook 1 minute. Stir in tomato sauce and brown sugar. Bring to a boil over high heat.
2. Reduce heat to low and stir in chick peas. Simmer covered until heated through, about 10 minutes. Stir in lemon juice. Serve dolloped with Greek yogurt.



**COOKING TIME:**  
5 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Makes 24 balls

#### TIP:

Prefer an energy bar? Roll out mixture between two sheets of plastic wrap to 10-in. x 4-in. (25 cm x 7.5 cm). Remove top sheet of plastic wrap and cut into 12 bars.

#### NUTRITIONAL INFORMATION PER 2 BALLS:

80	<b>CALORIES</b>
4 g	<b>TOTAL FAT</b>
0.5 g	SATURATED FAT
0 g	TRANS FAT
1 g	POLYUNSATURATED FAT
2 g	MONOUNSATURATED FAT
15 mg	<b>SODIUM</b>
10 g	<b>CARBOHYDRATES</b>
2 g	<b>FIBRE</b>
7 g	<b>SUGARS</b>
13 g	<b>PROTEIN</b>

## DAY 2 // SNACK

# CRANBERRY ALMOND ENERGY BITES

#### INGREDIENTS:

- 3 TBSP.** BECEL® UNSALTED MARGARINE STICKS OR SALTED MARGARINE STICKS
- 1 CUP** SLICED ALMONDS
- 1 CUP** DRIED CRANBERRIES OR DRIED CHERRIES
- 1/2 CUP** PITTED DATES
- 1/4 CUP** GROUND FLAX SEEDS
- 1/4 CUP** ROLLED OATS

#### INSTRUCTIONS:

1. Melt Becel® sticks in large nonstick skillet over medium heat. Add almonds and cook 2 minutes or until golden and toasted. Remove from heat and cool slightly.
2. Combine all ingredients in food processor and pulse until mixture is blended and sticks together.
3. Shape into 24 balls.



# DAY 3 MEAL PLAN

## **BREAKFAST**

Vegan breakfast rice pudding

.....

## **LUNCH**

Fresh black bean salad with  
corn

.....

## **DINNER**

Grilled halibut with lemon,  
shallots & herbs

.....

## **SNACK**

Grandma's waldorf squares



**COOKING TIME:**  
25 minutes



**PREPPING TIME:**  
5 minutes



**SERVINGS:**  
Serves 4

#### TIPS:

Top off your pudding with fresh berries.

#### NUTRITIONAL INFORMATION 1 SERVING:

290	<b>CALORIES</b>
14 g	<b>TOTAL FAT</b>
2.5 g	SATURATED FAT
0 g	TRANS FAT
7 g	POLYUNSATURATED FAT
3 g	MONOUNSATURATED FAT
230 g	<b>SODIUM</b>
37 g	<b>CARBOHYDRATES</b>
1 g	<b>FIBRE</b>
1 g	<b>SUGARS</b>
4 g	<b>PROTEIN</b>

## DAY 3 // BREAKFAST

# VEGAN BREAKFAST RICE PUDDING

#### INGREDIENTS:

- 3 CUPS** ALMOND AND COCONUT MILK BLEND
- 1 CUP** ARBORIO RICE
- 1/4 CUP** BECEL® VEGAN MARGARINE

#### INSTRUCTIONS:

1. Combine milk blend, rice and Becel® Vegan margarine in medium saucepan and bring to a boil over medium-high heat. Reduce heat and cook covered until rice is tender, about 20 minutes.
2. Serve, if desired, with toppings and additional almond and coconut milk.



**COOKING TIME:**  
3 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 4

#### NUTRITIONAL INFORMATION 1 SERVING:

220	CALORIES
6 g	TOTAL FAT
1 g	SATURATED FAT
0 g	TRANS FAT
2 g	POLYUNSATURATED FAT
2.9 g	MONOUNSATURATED FAT
90 mg	SODIUM
37 g	CARBOHYDRATES
9 g	FIBRE
3 g	SUGARS
10 g	PROTEIN

## DAY 3 // LUNCH

# FRESH BLACK BEAN SALAD WITH CORN

### INGREDIENTS:

- 2 TBSP. BECEL® BUTTERY TASTE MARGARINE
- 1 CLOVE GARLIC, FINELY CHOPPED
- 1 CAN (398 G.) BLACK BEANS
- 2 CUPS FROZEN WHOLE KERNEL CORN, THAWED
- 1 LARGE TOMATO, CHOPPED
- 2 GREEN ONIONS, THINLY SLICED (OPTIONAL)
- 1/4 CUP CHOPPED FRESH CILANTRO
- 1 1/2 TBSP. LIME JUICE
- 1/2 TSP. GROUND CUMIN
- 6 CUPS SPRING SALAD MIX

### INSTRUCTIONS:

1. Melt Becel® Buttery Taste margarine in large nonstick skillet over medium-high heat and cook garlic, stirring occasionally, 30 seconds. Stir in remaining ingredients except salad mix and cook 1 minute. Remove from heat; cool.
2. Arrange salad mix on serving platter, then top with bean mixture.





**COOKING TIME:**  
10 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 4

#### TIP:

Not a fan of fish? Replace it with grilled paneer cheese or tamagoyaki, a rolled Japanese omelette and serve with vegetables.

#### NUTRITIONAL INFORMATION 1 SERVING:

<b>300</b>	<b>CALORIES</b>
<b>16 g</b>	<b>TOTAL FAT</b>
<b>2.5 g</b>	<b>SATURATED FAT</b>
<b>0 g</b>	<b>TRANS FAT</b>
<b>200 mg</b>	<b>SODIUM</b>
<b>1 g</b>	<b>CARBOHYDRATES</b>
<b>0 g</b>	<b>FIBRE</b>
<b>0 g</b>	<b>SUGARS</b>
<b>37 g</b>	<b>PROTEIN</b>

## DAY 3 // DINNER

# GRILLED HALIBUT WITH LEMON, SHALLOTS & HERBS

#### INGREDIENTS:

- 1/4 CUP** BECEL® BUTTERY TASTE MARGARINE
- 2 TSP.** FINELY CHOPPED SHALLOTS
- 2 TSP.** FINELY CHOPPED FRESH TARRAGON
- 2 TSP.** FINELY CHOPPED FRESH PARSLEY LEAVES
- 1/2 TSP.** DIJON MUSTARD
- 1 TSP.** LEMON JUICE
- 1/4 TSP.** CRUSHED GARLIC
- 4** HALIBUT FILLETS, (ABOUT 6 OZ./175 G EA.)

#### INSTRUCTIONS:

- 1.** Combine Becel® Buttery Taste margarine, shallots, tarragon, parsley, mustard, lemon juice and garlic in small bowl. Store covered in refrigerator until ready to use.
- 2.** Grill or broil halibut, turning once, until fish flakes with a fork, about 10 minutes. Remove halibut to serving platter, the spread about 1 tbsp. (15 mL) Becel mixture over each fillet to create a sauce.





**COOKING TIME:**  
40 minutes



**PREPPING TIME:**  
15 minutes



**SERVINGS:**  
Serves 25

#### NUTRITIONAL INFORMATION 1 SERVING:

220	<b>CALORIES</b>
12 g	<b>TOTAL FAT</b>
3.5 g	SATURATED FAT
0 g	TRANS FAT
3.5 mg	POLYUNSATURATED FAT
4 g	MONOUNSATURATED FAT
105 mg	<b>SODIUM</b>
28 g	<b>CARBOHYDRATES</b>
1 g	<b>FIBRE</b>
22 g	<b>SUGARS</b>
2 g	<b>PROTEIN</b>

## DAY 3 // SNACK

# GRANDMA'S WALDORF SQUARES

### INGREDIENTS:

#### COOKIE BASE:

**1/2 CUP (1 STICK) BECEL® UNSALTED MARGARINE STICKS**  
**1 CUP ALL-PURPOSE FLOUR**

#### FILLING:

**2 EGGS**  
**1/2 CUP FIRMLY PACKED BROWN SUGAR**  
**1 CUP SHREDDED COCONUT**  
**1 CUP CHOPPED WALNUTS**  
**2 TBSP. PURE MAPLE SYRUP**  
**1 TSP. VANILLA EXTRACT**  
**1/3 CUP ALL-PURPOSE FLOUR**  
**1 TSP. SALT**  
**1/2 TSP. BAKING POWDER**

#### FROSTING:

**6 TBSP. BECEL® UNSALTED MARGARINE STICKS**  
**1 BOX (16 OZ.) ICING SUGAR**  
**1/4 CUP HEAVY CREAM**  
**1 1/2 TSP. VANILLA EXTRACT**  
**ADDITIONAL CHOPPED WALNUTS, OPTIONAL**

### INSTRUCTIONS:

1. Melt Becel® Buttery Taste margarine in medium saucepan and cook onion and zucchini until crisp-tender, about 5 minutes. Stir in garlic and cook 1 minute. Stir in spices and cook 1 minute. Stir in tomato sauce and brown sugar. Bring to a boil over high heat.
2. Reduce heat to low and stir in chick peas. Simmer covered until heated through, about 10 minutes. Stir in lemon juice. Serve dolloped with Greek yogurt.

# DAY 4 MEAL PLAN

## **BREAKFAST**

Buttermilk pancakes

.....

## **LUNCH**

Falafel salad with tahini  
dressing

.....

## **DINNER**

Vegan mushroom wellington

.....

## **SNACK**

Fresh chive spread



**COOKING TIME:**  
12 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Makes 10 pancakes

#### TIPS:

Serve these up with fresh fruit.

#### NUTRITIONAL INFORMATION FOR 2 PANCAKES:

<b>250</b>	<b>CALORIES</b>
<b>12 g</b>	<b>TOTAL FAT</b>
<b>2 g</b>	SATURATED FAT
<b>0 g</b>	TRANS FAT
<b>2.5 g</b>	POLYUNSATURATED FAT
<b>4.5 g</b>	MONOUNSATURATED FAT
<b>260 mg</b>	<b>SODIUM</b>
<b>29 g</b>	<b>CARBOHYDRATES</b>
<b>1 g</b>	<b>FIBRE</b>
<b>6 g</b>	<b>SUGARS</b>
<b>7 g</b>	<b>PROTEIN</b>

## DAY 4 // BREAKFAST

# BUTTERMILK PANCAKES

#### INGREDIENTS:

**1 CUP** ALL-PURPOSE FLOUR  
**2 TBSP.** SUGAR  
**2 TSP.** BAKING POWDER  
**1 1/2 CUPS** LOW-FAT BUTTERMILK  
**1** EGG, SLIGHTLY BEATEN  
**3 TBSP.** BECEL® BUTTERY TASTE MARGARINE

#### INSTRUCTIONS:

1. Combine flour, sugar and baking powder in medium bowl. Whisk in buttermilk, egg and 2 Tbsp. (30 mL) melted Becel® Buttery Taste margarine.
2. Melt remaining 1 Tbsp. (15 mL) Becel® Buttery Taste margarine in large nonstick skillet over medium heat. Drop batter into skillet by 1/4 cupfuls (60 mL). Cook pancakes over medium heat, turning once, until done, about 3 minutes.





**COOKING TIME:**  
25 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Serves 6

#### TIPS:

Serve yours with a whole wheat pita.

#### NUTRITIONAL INFORMATION 1 SERVING:

440	CALORIES
25 g	TOTAL FAT
3.5 g	SATURATED FAT
0 g	TRANS FAT
4 g	POLYUNSATURATED FAT
10 g	MONOUNSATURATED FAT
300 mg	SODIUM
34 g	CARBOHYDRATES
10 g	FIBRE
7 g	SUGARS
12 g	PROTEIN

## DAY 4 // LUNCH

# FALAFEL SALAD WITH TAHINI DRESSING

#### INGREDIENTS:

- 2 CUPS BECEL® WITH AVOCADO OIL MARGARINE FOR FRYING
- 2 CUPS ORGANIC CHICKPEAS RAW (SOAKED OVERNIGHT, WATER DRAINED)
- 1 SMALL ONION
- 4 GARLIC CLOVES
- 1/4 CUP FRESH CHOPPED PARSLEY
- 1 TSP. GROUND CORIANDER
- 1/4 TSP. CAYENNE
- 1/4 TSP. BLACK PEPPER
- 1 PINCH GROUND CARDAMOM
- 2 EGGS
- 1 1/2 TBSP. ALL-PURPOSE FLOUR
- 1 3/4 TSP. SALT
- 1 HEAD ROMAINE LETTUCE, THOROUGHLY WASHED, DRIED AND CUT IN 6 LENGTH-WISE
- 2 RIPE TOMATOES, DICED
- 4 LEBANESE CUCUMBERS, DICED (SKIN ON)
- 1/4 RED ONION, CHOPPED VERY THINLY
- 1 FENNEL BULB, CHOPPED AND KEPT IN COLD WATER WITH ICE AND A SLICE OF LEMON UNTIL

#### PLATING TO AVOID OXIDIZATION.

- 1 CUP PITTED KALAMATA OLIVES
- FRESH PARSLEY FOR GARNISH

#### INSTRUCTIONS:

1. Heat Becel® with Avocado Oil margarine in a skillet or frying pan on high heat to 350° F (180° C).
2. Mix the chickpeas, onion, garlic, parsley, and spices in the blender until somewhat smooth. Add eggs one at a time and add the flour at the end. With a small ice cream scooper or spoon, make balls.
3. Fry falafel balls in pan on all sides until golden brown. Once cooked, let drain on paper towel and season with salt immediately.

CONTINUED >>





**COOKING TIME:**  
25 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Serves 6

## DAY 4 // LUNCH

# TAHINI DRESSING

### INGREDIENTS:

- 1/3 CUP** TAHINI (SESAME PASTE)
- 3 TBSP.** BECEL OLIVE PLUS™ OIL BLEND
- 1/4 CUP** LEMON JUICE
- PLUS 1 TBSP.**
- 2 CLOVES** GARLIC , MINCED
- 1/3 CUP** WATER , (MORE IF NEEDED FOR DESIRED THICKNESS)

### INSTRUCTIONS:

4. Take 6 dinner plates and place romaine lettuce on each dish, fanning it out for presentation and keeping the base on.
5. Drizzle with a little Becel Olive Plus™ Oil Blend, add equal portions of cucumber, tomato, fresh fennel, black olives and onion on top of the lettuce in a rustic style, then add 4 falafel balls on each plate.
6. For the dressing, add all the ingredients in a blender and pulse until smooth. You can add additional cold water if the vinaigrette is too thick! Drizzle on top of salad and serve.
7. Serve with grilled whole wheat pita on the side, if desired.



**COOKING TIME:**  
55 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Serves 6

#### NUTRITIONAL INFORMATION 1 SERVING:

330	CALORIES
24 g	TOTAL FAT
6 g	SATURATED FAT
0 g	TRANS FAT
4 g	POLYUNSATURATED FAT
8 g	MONOUNSATURATED FAT
620 mg	SODIUM
23 g	CARBOHYDRATES
3 g	FIBRE
5 g	SUGARS
6 g	PROTEIN

## DAY 4 // SNACK

# VEGAN MUSHROOM WELLINGTON

### INGREDIENTS:

- 5 TBSP. BECEL® VEGAN MARGARINE,  
PLUS 2 TBSP. MELTED BECEL® VEGAN  
MARGARINE
- 1 CUP FINELY DICED YELLOW  
ONION, (1 MEDIUM)
- 1 1/2 TSP. CRUSHED FRESH GARLIC,  
(3-4 LARGE CLOVES)
- 4 PORTOBELLO MUSHROOMS,  
CLEANED AND CUT INTO  
1/2-INCH SLICES
- 4 LARGE BROWN MUSHROOMS,  
CUT IN QUARTERS
- 4 CUPS SLICED WHITE AND BROWN  
MUSHROOMS (MIXED)
- 1/2 CUP RED WINE
- 1 TSP. CHOPPED FRESH THYME  
LEAVES
- 1 TSP. SEA SALT
- 1/2 TSP. FRESH GROUND PEPPER
- 1 SHEET OF PUFF PASTRY OR
- 5 SHEETS OF FILO PASTRY
- EXTRA THYME SPRIGS  
FOR GARNISH

### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C) and line a large baking sheet with parchment paper.
2. Thaw the filo or puff pastry according to the package directions and if using the filo pastry, cover with a damp cloth.
3. In a large frying pan, heat Becel® Vegan margarine on medium heat and add the diced onion. Sauté until the onion is transparent, 3-4 minutes. Add the garlic and sauté for an additional 1-2 minutes, stirring.
4. Add all of the mushrooms and cook, stirring occasionally, until the mushrooms start to soften, approximately 10 minutes.

CONTINUED >>





**COOKING TIME:**  
55 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Serves 6

## NUTRITIONAL INFORMATION 1 SERVING:

330	<b>CALORIES</b>
24 g	<b>TOTAL FAT</b>
6 g	SATURATED FAT
0 g	TRANS FAT
4 g	POLYUNSATURATED FAT
8 g	MONOUNSATURATED FAT
620 mg	<b>SODIUM</b>
23 g	<b>CARBOHYDRATES</b>
3 g	<b>FIBRE</b>
5 g	<b>SUGARS</b>
6 g	<b>PROTEIN</b>

## DAY 4 // SNACK

# VEGAN MUSHROOM WELLINGTON

### INSTRUCTIONS (CONTINUED):

5. Add the wine, thyme, salt and pepper and stir occasionally until the mushrooms are fully cooked and softened and the mixture is thick with no excess moisture at the bottom of the pan. Remove the mixture from the stove, place in a medium bowl and cool to room temperature.
6. If using the filo pastry, place one sheet of filo on to the middle of the parchment-lined baking sheet and brush the filo sheet or puff pastry lightly with melted Becel® Vegan using a pastry brush. Place another layer directly on top of the first sheet, lining them up, and brush again with melted Becel® Vegan. Repeat until you have 5 layers on top of each other.
7. If using the puff pastry, roll out the pastry on a lightly floured surface to approximately 14" x 18".

Place the rolled sheet of puff pastry on top of the parchment-lined baking sheet. Spoon the cooled mushroom mixture lengthwise in the middle of the pastry of your choice, leaving a 3-4" border along the edges of the pastry.

8. Carefully fold the pastry over the mushroom mixture in a burrito style, rolling it from the long end and gently tucking in the ends as you roll.
9. Lightly brush the exterior of the Wellington with melted Becel® Vegan margarine and bake until the pastry is golden brown, approximately 25-30 minutes.
10. Remove from the oven, transfer the Wellington to a long plate or platter, and garnish with the fresh thyme sprigs. Cut into pieces before serving.



**COOKING TIME:**  
N/A



**PREPPING TIME:**  
5 minutes



**SERVINGS:**  
Makes 1/2 cup (125 mL)

#### NUTRITIONAL INFORMATION FOR 1 TBSP:

100	CALORIES
12 g	TOTAL FAT
1.5 g	SATURATED FAT
0 g	TRANS FAT
3.5 g	POLYUNSATURATED FAT
6 g	MONOUNSATURATED FAT
85 mg	SODIUM
0 g	CARBOHYDRATES
0 g	FIBRE
0 g	SUGARS
0 g	PROTEIN

## DAY 4 // SNACK

# FRESH CHIVE SPREAD

#### INGREDIENTS:

- 1/2 CUP** BECEL® BUTTERY TASTE  
MARGARINE
- 2 TBSP.** FRESH CHIVES
- 1/2 TSP.** GRATED LEMON PEEL
- .....

#### INSTRUCTIONS:

1. Combine Becel® Buttery Taste margarine and all other ingredients in small bowl.
2. Refrigerate until ready to use. Store covered in refrigerator up to 5 days.
3. Spread on whole grain cracker, toast or toasted whole grain bagel.



# DAY 5 MEAL PLAN

## **BREAKFAST**

Honey spread with cranberry &  
orange on whole wheat toast

.....

## **LUNCH**

Vegan black bean tacos

.....

## **DINNER**

Butternut squash and apple soup  
with vegan kale and chickpea sauté

.....

## **SNACK**

Granola bars



**COOKING TIME:**  
N/A



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Makes 1/4 cup (60 mL)

**TIP:**

This meal pairs well with peach slices.

**NUTRITIONAL INFORMATION  
FOR 1 TBSP:**

<b>70</b>	<b>CALORIES</b>
<b>6 g</b>	<b>TOTAL FAT</b>
<b>1 g</b>	<b>SATURATED FAT</b>
<b>0 g</b>	<b>TRANS FAT</b>
<b>1.5 g</b>	<b>POLYUNSATURATED FAT</b>
<b>3 g</b>	<b>MONOUNSATURATED FAT</b>
<b>55 mg</b>	<b>SODIUM</b>
<b>5 g</b>	<b>CARBOHYDRATES</b>
<b>0 g</b>	<b>FIBRE</b>
<b>4 g</b>	<b>SUGARS</b>
<b>0 g</b>	<b>PROTEIN</b>

**DAY 5 // BREAKFAST**

# HONEY SPREAD WITH CRANBERRY & ORANGE

**INGREDIENTS:**

- 1/4 CUP** BECEL® ORIGINAL MARGARINE
- 1 1/2 TBSP.** FINELY CHOPPED DRIED CRANBERRIES
- 1 TBSP.** HONEY
- 1 1/2 TSP.** GRATED ORANGE PEEL

**INSTRUCTIONS:**

1. Combine all ingredients in small bowl. Store covered in refrigerator and use within 2 days.
2. Spread on whole wheat toast.



**COOKING TIME:**  
7 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 4

#### NUTRITIONAL INFORMATION 1 SERVING:

420	<b>CALORIES</b>
15 g	<b>TOTAL FAT</b>
2 g	SATURATED FAT
0 g	TRANS FAT
7 g	POLYUNSATURATED FAT
4.5 g	MONOUNSATURATED FAT
640 mg	<b>SODIUM</b>
61 g	<b>CARBOHYDRATES</b>
16 g	<b>FIBRE</b>
5 g	<b>SUGARS</b>
13 g	<b>PROTEIN</b>

## DAY 5 // LUNCH

# VEGAN BLACK BEAN TACOS

### INGREDIENTS:

- 1/4 CUP** BECEL® VEGAN MARGARINE
- 2** SMALL ZUCCHINI, CHOPPED
- 1** SMALL RED BELL PEPPER, CHOPPED
- 1** SMALL ONION, CHOPPED
- 2 TSP.** CHILI POWDER
- 1** GARLIC CLOVE, FINELY CHOPPED
- 1/2 TSP.** SALT
- 2 CUPS** REDUCED SODIUM BLACK BEANS, RINSED AND DRAINED
- 12** CORN TORTILLAS, WARMED
- 4 CUPS** SHREDDED ROMAINE LETTUCE
- 1/4 CUP** CHOPPED FRESH CILANTRO LEAVES
- 1** LARGE LIME, CUT INTO WEDGES

### INSTRUCTIONS:

- 1.** Melt Becel® Vegan margarine in large nonstick skillet over medium-high heat and cook zucchini, red pepper, onion, chili powder, garlic, and salt, stirring occasionally, until vegetables are tender, about 5 minutes.
- 2.** Stir in beans and cook until heated through, about 2 minutes. Stir in cilantro.
- 3.** Spoon bean mixture into tortillas. Top with lettuce and serve with lime wedges.





**COOKING TIME:**  
40 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 8

#### NUTRITIONAL INFORMATION 1 SERVING:

120	<b>CALORIES</b>
1.5 g	<b>TOTAL FAT</b>
0 g	SATURATED FAT
0 g	TRANS FAT
0.5 g	POLYUNSATURATED FAT
0.5 g	MONOUNSATURATED FAT
270 mg	<b>SODIUM</b>
28 g	<b>CARBOHYDRATES</b>
3 g	<b>FIBRE</b>
10 g	<b>SUGARS</b>
2 g	<b>PROTEIN</b>

## DAY 5 // DINNER

# BUTTERNUT SQUASH AND APPLE SOUP

### INGREDIENTS:

- 1 TBSP. BECEL® BUTTERY TASTE MARGARINE
- 1 MEDIUM ONION, CHOPPED
- 3 GARLIC CLOVES, FINELY CHOPPED
- 1/8 TSP. FIVE SPICE POWDER
- 2 QUARTS CUT-UP BUTTERNUT SQUASH, (ABOUT 1 LARGE)
- 1 MEDIUM GRANNY SMITH APPLE, PEELED, CORED AND DICED
- 1 CARTON CHICKEN BROTH (900 ML.)
- 1/2 CUP UNSWEETENED APPLE JUICE
- FIRMLY PACKED LIGHT
- 2 TBSP. BROWN SUGAR

### INSTRUCTIONS:

1. Melt Becel® Buttery Taste margarine in large heavy-duty soup pot over medium heat and cook onion with garlic, stirring occasionally, until onion is tender, about 7 minutes.
2. Add five spice powder and cook, stirring frequently, 1 minute. Stir in squash, apple, broth and juice. Bring to a boil over high heat. Reduce heat and simmer covered, stirring occasionally, 30 minutes.
3. Stir in brown sugar. Purée soup with immersion blender or in traditional blender in batches until smooth. Return soup to pot; heat through.



**COOKING TIME:**  
8 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 4

#### NUTRITIONAL INFORMATION 1 SERVING:

260	<b>CALORIES</b>
15 g	<b>TOTAL FAT</b>
2 g	SATURATED FAT
0 g	TRANS FAT
4 g	POLYUNSATURATED FAT
7 g	MONOUNSATURATED FAT
340 mg	<b>SODIUM</b>
26 g	<b>CARBOHYDRATES</b>
8 g	<b>FIBRE</b>
6 g	<b>SUGARS</b>
8 g	<b>PROTEIN</b>

## DAY 5 // DINNER

# VEGAN KALE AND CHICKPEA SAUTE

### INGREDIENTS:

- 1/4 CUP** BECEL® VEGAN MARGARINE, DIVIDED
- 1/2 CUP** CHOPPED ONION
- 1 CAN (470 G.)** CHICKPEAS
- 2 TSP.** CHOPPED GARLIC
- 1 BUNCH** KALE, TOUGH STEMS REMOVED AND CHOPPED (ABOUT 9 CUPS)
- 1** SMALL LEMON, CUT INTO WEDGES

### INSTRUCTIONS:

1. Melt 1 Tbsp. (15 mL) Becel® Vegan margarine in large nonstick skillet over medium-high heat and cook onion, stirring occasionally, until tender and starting to brown, about 5 minutes. Stir in chickpeas and garlic and cook, stirring, until fragrant, about 1 minute.
2. Stir in remaining 3 Tbsp. (45 mL) margarine and kale and cook, stirring frequently, until wilted, about 2 minutes. Serve with lemon wedges and season, if desired, with salt and pepper.





**COOKING TIME:**  
8 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Makes 24 cookies

#### NUTRITIONAL INFORMATION FOR 1 SQUARE:

90	<b>CALORIES</b>
3 g	<b>TOTAL FAT</b>
1 g	SATURATED FAT
0 g	TRANS FAT
0.5 g	POLYUNSATURATED FAT
1.5 g	MONOUNSATURATED FAT
170 mg	<b>SODIUM</b>
14 g	<b>CARBOHYDRATES</b>
1 g	<b>FIBRE</b>
2 g	<b>SUGARS</b>
2 g	<b>PROTEIN</b>

## DAY 5 // SNACK

# GRANOLA BAR COOKIES

### INGREDIENTS:

- 2 1/4 CUPS ALL-PURPOSE FLOUR
- 1 TSP. BAKING SODA
- 1/2 TSP. SALT
- 1 CUP CHOPPED ASSORTED DRIED FRUIT
- 1/2 CUP ROLLED OATS
- 1/2 CUP FLAX SEEDS
- 1 CUP (2 STICKS) BECEL® SALTED MARGARINE STICKS
- 1 CUP FIRMLY PACKED LIGHT BROWN SUGAR
- 1/4 CUP GRANULATED SUGAR
- 2 LARGE EGGS
- 1 TSP. VANILLA EXTRACT
- 1 TSP. GROUND CINNAMON

### INSTRUCTIONS:

1. Preheat oven to 375°F (190 C). Line 13 x 9-in. baking pan with foil or parchment paper leaving 2-in. overhang; set aside. Combine flour, baking soda and salt in medium bowl; set aside.
2. Combine fruit, oats and flax seed in large bowl; set aside.
3. Beat Becel® sticks with sugars in large bowl. Beat in eggs and vanilla until blended. Gradually add in flour mixture; beat just until blended. Stir in cinnamon and 2 cups (500 mL) fruit mixture. Spread into prepared baking pan. Top with remaining 1 cup (250 mL) fruit mixture and gently press into dough.
4. Bake 25 minutes or until edges are golden. Cool in pan on wire rack 10 minutes. Using foil overhang, lift out of pan and cool completely.



# DAY 6 MEAL PLAN

## **BREAKFAST**

Blueberry buttermilk muffins

.....

## **LUNCH**

Grilled chicken salad with  
caramelized apples

.....

## **DINNER**

Lentil and mushroom stew

.....

## **SNACK**

Apricot and almond biscotti



**COOKING TIME:**  
25 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Makes 12 muffins

Did you know that these muffins are gluten-free?

#### NUTRITIONAL INFORMATION FOR 1 MUFFIN:

<b>340</b>	<b>CALORIES</b>
<b>80 g</b>	<b>TOTAL FAT</b>
<b>1.5 g</b>	SATURATED FAT
<b>0 g</b>	TRANS FAT
<b>2.6 g</b>	POLYUNSATURATED FAT
<b>4.2 g</b>	MONOUNSATURATED FAT
<b>390 mg</b>	<b>SODIUM</b>
<b>62 g</b>	<b>CARBOHYDRATES</b>
<b>1 g</b>	<b>FIBRE</b>
<b>31 g</b>	<b>SUGARS</b>
<b>4 g</b>	<b>PROTEIN</b>

## DAY 6 // BREAKFAST

# GLUTEN-FREE BLUEBERRY BUTTERMILK MUFFINS

### INGREDIENTS:

<b>2 1/2 CUPS</b>	GLUTEN-FREE PANCAKE AND BAKING MIX
<b>1/4 TSP.</b>	SALT
<b>2 CUPS</b>	FRESH BLUEBERRIES
<b>1/2 CUP</b>	BECEL® BUTTERY TASTE MARGARINE
<b>1 1/2 CUPS</b>	FIRMLY PACKED LIGHT BROWN SUGAR
<b>2</b>	LARGE EGGS
<b>1 CUP</b>	LOW-FAT BUTTERMILK
<b>1 TSP.</b>	VANILLA EXTRACT
<b>1 TSP.</b>	FINELY GRATED LEMON PEEL

### INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Line 12-cup muffin tin with paper liners; set aside.
2. Combine gluten free pancake and baking mix with salt in medium bowl; gently toss in blueberries.
3. Beat Becel® Buttery Taste margarine with brown sugar in large bowl with electric mixer on medium-high speed until light and fluffy, about 5 minutes. Beat in eggs, buttermilk, vanilla and lemon peel. Gently stir in pancake and baking mixture with wooden spoon. Evenly spoon into prepared muffin pan.
4. Bake 25 minutes or until toothpick inserted in center comes out clean. Let cool 10 minutes on wire rack; remove from pan and cool completely.



**COOKING TIME:**  
25 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Serves 2

#### NUTRITIONAL INFORMATION 1 SERVING:

370	<b>CALORIES</b>
13 g	<b>TOTAL FAT</b>
2 g	<b>SATURATED FAT</b>
0 g	<b>TRANS FAT</b>
360 mg	<b>SODIUM</b>
36 g	<b>CARBOHYDRATES</b>
6 g	<b>FIBRE</b>
25 g	<b>SUGARS</b>
28 g	<b>PROTEIN</b>

## DAY 6 // LUNCH

# GRILLED CHICKEN SALAD WITH CARAMELIZED APPLES

### INGREDIENTS:

- 2 TBSP.** BECEL® BUTTERY TASTE MARGARINE
- 1** LARGE GRANNY SMITH APPLE, PEELED, CORED AND THINLY SLICED
- 1** LARGE ONION, SLICED BONELESS, SKINLESS
- 2** CHICKEN BREAST HALVES (ABOUT 8 OZ./227 G), GRILLED OR BROILED
- 4** CUPS MIXED SALAD GREENS
- 1/4 CUP** FAT-FREE BALSAMIC VINAIGRETTE DRESSING
- 1/2** CUP TOASTED, CHOPPED WALNUTS (OPTIONAL)

### INSTRUCTIONS:

- 1.** Melt Becel® Buttery Taste margarine in large skillet over medium-high heat and cook apple and onion, stirring occasionally, until tender, about 4 minutes. Reduce heat to medium and cook uncovered, stirring occasionally, until apple and onion are golden brown, about 20 minutes.
- 2.** Meanwhile, slice chicken and keep warm. Spoon warm apple mixture over greens, then top with chicken. Drizzle with dressing and garnish with walnuts.





**COOKING TIME:**  
1 hour 10 minutes



**PREPPING TIME:**  
15 minutes



**SERVINGS:**  
Serves 8

#### TIP:

Serve your stew with brown rice.

#### NUTRITIONAL INFORMATION 1 SERVING:

140	<b>CALORIES</b>
3 g	<b>TOTAL FAT</b>
0 g	SATURATED FAT
0 g	TRANS FAT
1.1 g	POLYUNSATURATED FAT
1.4 mg	MONOUNSATURATED FAT
180 mg	<b>SODIUM</b>
21 g	<b>CARBOHYDRATES</b>
4 g	<b>FIBRE</b>
5 g	<b>SUGARS</b>
9 g	<b>PROTEIN</b>

## DAY 6 // DINNER

# LENTIL AND MUSHROOM STEW

#### INGREDIENTS:

- 2 TBSP. BECEL® SALT-FREE MARGARINE
- 1 MEDIUM ONION, CHOPPED
- 2 STALKS CELERY, CHOPPED
- 2 MEDIUM CARROTS, CHOPPED
- 1 MEDIUM ZUCCHINI, CHOPPED
- 8 OUNCES CREMINI MUSHROOMS, SLICED
- 3 GARLIC CLOVES, FINELY CHOPPED
- 1/4 TSP. GROUND RED PEPPER
- 2 1/2 CUPS WATER
- 2 CUPS FAT FREE REDUCED SODIUM VEGETABLE BROTH
- 1 CAN (411 G.) DICED TOMATOES
- 1 CUP LENTILS, RINSED AND DRAINED
- 1 TBSP. BALSAMIC VINEGAR

#### INSTRUCTIONS:

1. Melt Becel® Salt-Free margarine in large saucepot and cook onion, celery, carrots, zucchini, and mushrooms over medium heat, stirring occasionally, until vegetables are tender, 8 minutes.
2. Stir in garlic and ground red pepper and cook, stirring frequently, 1 minute.
3. Stir in water, broth, tomatoes and lentils and bring to a boil over high heat.
4. Reduce heat to low and simmer covered, until lentils are tender, about 55 minutes. Stir in vinegar.



**COOKING TIME:**  
50 minutes



**PREPPING TIME:**  
20 minutes



**SERVINGS:**  
Makes 36 biscotti

#### NUTRITIONAL INFORMATION FOR 1 BISCOITI:

80	CALORIES
2 g	TOTAL FAT
0 g	SATURATED FAT
0 g	TRANS FAT
0.5 g	POLYUNSATURATED FAT
1 mg	MONOUNSATURATED FAT
55 mg	SODIUM
15 g	CARBOHYDRATES
1 g	FIBRE
6 g	SUGARS
2 g	PROTEIN

## DAY 6 // SNACK

# APRICOT AND ALMOND BISCOITI

### INGREDIENTS:

- 3 CUPS ALL-PURPOSE FLOUR
- 1 CUP SUGAR
- 3/4 TSP. BAKING SODA
- 1/4 TSP. SALT
- 1/2 CUP DRIED APRICOTS,  
FINELY CHOPPED
- 1/3 CUP SLIVERED ALMONDS, TOASTED
- EGGS
- 2 EGG WHITES
- 3 TBSP. BECEL® BUTTERY TASTE  
MARGARINE, MELTED
- 1 TSP. ALMOND EXTRACT

### INSTRUCTIONS:

1. Preheat oven to 350°F (180°C).
2. Combine flour, sugar, baking soda, salt, apricots, and almonds in large bowl. Make a well in centre of flour mixture; set aside.
3. Beat eggs, egg whites, melted Becel® Buttery Taste margarine, and almond extract in small

bowl or measuring cup with wire whisk. Add to well in flour mixture and mix until combined.

4. Press and shape dough into a ball. Arrange ball on ungreased baking sheet, then shape into 40 cm-long by 2.5 cm-thick log with slightly moist hands. Bake until light golden brown and cracked on top, about 30 minutes. Let stand on baking sheet 10 minutes. Decrease oven temperature to 325°F (160°C).
5. Place warm log on cutting board and cut on sharp diagonal 8 mm slices with serrated knife. Arrange, cut side down, on baking sheet. Bake an additional 20 minutes or until pale golden brown. Cool biscotti on baking sheet (biscotti will harden while cooling). Store biscotti in an airtight container.

# DAY 7 MEAL PLAN

## **BREAKFAST**

French Toast with cinnamon  
& vanilla

.....

## **LUNCH**

Bean & corn chowder

.....

## **DINNER**

Maple mustard salmon

.....

## **SNACK**

Baked tortilla chips with chili  
pepper seasoning





**COOKING TIME:**  
15 minutes



**PREPPING TIME:**  
5 minutes



**SERVINGS:**  
Serves 4

#### NUTRITIONAL INFORMATION 1 SERVING:

280	<b>CALORIES</b>
11 g	<b>TOTAL FAT</b>
1.5 g	SATURATED FAT
0 g	TRANS FAT
3.1 g	POLYUNSATURATED FAT
4.9 g	MONOUNSATURATED FAT
370 mg	<b>SODIUM</b>
32 mg	<b>CARBOHYDRATES</b>
4 g	<b>FIBRE</b>
12 g	<b>SUGARS</b>
12 g	<b>PROTEIN</b>

## DAY 7 // BREAKFAST

# FRENCH TOAST WITH CINNAMON & VANILLA

#### INGREDIENTS:

**3/4 CUP** SKIM MILK  
**1/2 CUP** EGG SUBSTITUTE  
**1 TBSP.** FIRMLY PACKED BROWN SUGAR  
**1/2 TSP.** VANILLA EXTRACT  
**1/2 TSP.** GROUND CINNAMON  
**3 TBSP.** BECEL® BUTTERY TASTE MARGARINE, DIVIDED  
**1 TBSP.** PURE MAPLE SYRUP  
**8 SLICES** WHOLE GRAIN CINNAMON BREAD

#### INSTRUCTIONS:

1. Beat milk, egg substitute, sugar, vanilla and cinnamon in medium bowl with wire whisk; set aside.
2. Microwave 1 Tbsp. (15 mL) Becel® Buttery Taste margarine with syrup in small microwave-safe bowl until margarine is melted, about 30 seconds.
3. Melt 1 Tbsp. (15 mL) margarine in large nonstick skillet over medium heat.
4. Meanwhile, dip 4 slices bread into milk mixture. Add to skillet and cook, turning once, until golden brown, about 5 minutes. Repeat with remaining margarine and bread.
5. Drizzle with syrup mixture and serve, if desired, with fresh berries.



**COOKING TIME:**  
20 minutes



**PREPPING TIME:**  
15 minutes



**SERVINGS:**  
Serves 5

#### TIP:

Add a side of crusty whole grain bread.

#### NUTRITIONAL INFORMATION 1 SERVING:

260	<b>CALORIES</b>
6 g	<b>TOTAL FAT</b>
1 g	SATURATED FAT
0 g	TRANS FAT
1.8 g	POLYUNSATURATED FAT
2.2 g	MONOUNSATURATED FAT
560 mg	<b>SODIUM</b>
43 g	<b>CARBOHYDRATES</b>
10 g	<b>FIBRE</b>
12 g	<b>SUGARS</b>
13 g	<b>PROTEIN</b>

## DAY 7 // LUNCH

# BEAN & CORN CHOWDER

#### INGREDIENTS:

- 2 TBSP. BECEL® ORIGINAL MARGARINE
- 2 MEDIUM CARROTS, CHOPPED
- 1 MEDIUM ONION, CHOPPED
- 1 GARLIC CLOVE, FINELY CHOPPED
- 4 TSP. ALL-PURPOSE FLOUR
- 2 1/2 CUPS SKIM MILK
- 1 1/2 TSP. CHILI POWDER
- 1 TSP. WORCESTERSHIRE SAUCE
- 1/2 TSP. SALT
- 1 CAN (540 ML) RED KIDNEY BEANS, RINSED AND DRAINED
- 1 CAN (341 ML) WHOLE KERNEL CORN, DRAINED
- 2 TSP. DRIED PARSLEY

#### INSTRUCTIONS:

1. Melt Becel® Original margarine in large saucepan over medium heat and cook carrots, onion, and garlic, stirring occasionally, until vegetables are crisp-tender, about 3 minutes. Stir in flour. Stir in milk, chilli powder, Worcestershire sauce, and salt. Bring to boil over high heat, stirring frequently.
2. Reduce heat to low and stir in remaining ingredients. Simmer until heated through, about 10 minutes.





**COOKING TIME:**  
12 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Serves 4

#### TIP:

Serve with grilled zucchini and red peppers and brown rice. Don't like fish? Try grilled tofu and veggie kabobs.

#### NUTRITIONAL INFORMATION 1 SERVING:

370	<b>CALORIES</b>
24 g	<b>TOTAL FAT</b>
4 g	SATURATED FAT
0 g	TRANS FAT
5 g	POLYUNSATURATED FAT
11 g	MONOUNSATURATED FAT
320 mg	<b>SODIUM</b>
15 mg	<b>CARBOHYDRATES</b>
0 g	<b>FIBRE</b>
12 g	<b>SUGARS</b>
23 g	<b>PROTEIN</b>

## DAY 7 // DINNER

# MAPLE MUSTARD SALMON

#### INGREDIENTS:

- 1-LB.** SALMON FILLET , BONES REMOVED AND CUT INTO 4 PIECES
- 1/4 CUP** BECEL® BUTTERY TASTE MARGARINE
- 1/4 CUP** MAPLE SYRUP
- 4 TSP.** DIJON MUSTARD
- 1 TSP.** LOW SODIUM SOY SAUCE

#### INSTRUCTIONS:

- 1.** Preheat oven to 425°F (220°C). Arrange salmon in 8-inch (20-cm) baking dish.
- 2.** Microwave Becel® Buttery Taste margarine at HIGH until melted about 15 seconds. Stir in maple syrup, Dijon mustard and soy sauce. Pour over salmon.
- 3.** Bake until salmon flakes with a fork, about 12 minutes. Serve, if desired, with hot rice and vegetables.





**COOKING TIME:**  
8 minutes



**PREPPING TIME:**  
10 minutes



**SERVINGS:**  
Makes 48 chips

#### NUTRITIONAL INFORMATION FOR 12 CHIPS:

170	CALORIES
13 g	TOTAL FAT
1.5 g	SATURATED FAT
0 g	TRANS FAT
390 g	SODIUM
16 g	CARBOHYDRATES
11 g	FIBRE
0 g	SUGARS
8 g	PROTEIN

## DAY 7 // SNACK

# BAKED TORTILLA CHIPS WITH CHILI PEPPER SEASONING

#### INGREDIENTS:

- 1/4 CUP** BECEL® BUTTERY  
TASTE MARGARINE
- 1/2 TSP.** CHILI POWDER
- 1/2 TSP.** GARLIC POWDER
- 1/2 TSP.** GROUND CUMIN
- 1/4 TSP.** GROUND CAYENNE PEPPER
- 6** BURRITO-SIZE LOW-FAT  
FLOUR TORTILLAS  
(ABOUT 10-IN./25 CM)

#### INSTRUCTIONS:

1. Preheat oven to 425°F (220 C).
2. Combine all ingredients except tortillas in small bowl. Brush mixture on one side of each tortilla, then cut into 8 wedges. Arrange wedges in single layer on baking sheet.
3. Bake 8 minutes or until golden and crisp. Serve warm or remove to wire rack and cool. Store in airtight container.

