

Cinthia's Nutrition Plan, Week 1

CINTHIA'S NUTRITION PLAN

WEEK 1



Cynthia's Nutrition Plan, Week 1

Cynthia's Nutrition Plan, Week 1

Abigail's Wellness

Hi Cynthia,

Great session today! Here is a recap, along with everything you need to start on the recommendations we discussed.

Over the next two weeks, our goal is to work on improving your gut health so that bowel movement frequency increases from once per week, to at least five times per week. I'm confident that this will make a dramatic difference in the way you feel!

We'll start by upping your fibre intake, increasing your water consumption and improving gut flora. In addition, we'll add in some lifestyle and supplement habits, as outlined below.

Nutrition Recommendations:

- Include two tablespoons of ground flaxseed per day into your diet. You can add this to smoothies, sprinkle over salads or stir into soups. This will increase your daily fibre intake, which will help promote more regular bowel movements.
- Consume 3.5 litres of water per day. Do this by setting a timer on your phone to remind yourself to drink 500 milliliters every two hours. Dehydration can worsen constipation, so proper hydration will be key in getting and keeping things moving!

Lifestyle Recommendations:

- This week, I'd love for you to focus on walking more! Just 20 minutes of walking per day can improve digestion, reduce bloating, and help stimulate peristalsis, which promotes bowel movements. Use your FitBit to track steps, and make a game out of it!

Supplement Suggestions:

- Probiotic, 1 capsule/day, 50 billion CFU
- Start taking a probiotic daily, preferably in the morning with breakfast. This will help replenish your healthy gut bacteria. Having healthy gut bacteria will promote more frequent bowel movements, which are essential for detoxification

Next Steps:

- We have you scheduled in for your next appointment on Thursday June 21 at 10AM.
- I've included a meal plan with recipes and a grocery list on the following pages. Try following the plan until our next appointment.
- Keep a daily food journal with notes about how you are feeling, including any bloating and bowel movements. Also use it to keep track of your daily steps and water intake.
- We'll review your journal at our next appointment, and use it to identify any potential food sensitivities.

If you have any questions, you can always reach out to me via email, abigail@abigailswellness.com. I look forward to seeing you soon, and can't wait to hear how you are doing with our plan!

Cynthia's Nutrition Plan, Week 1

Cynthia's Nutrition Plan, Week 1

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Blueberry Protein Smoothie	Blueberry Protein Smoothie	Pear Blackberry Smoothie	Pear Blackberry Smoothie	Pear Blackberry Smoothie
Snack 1	Apple with Almond Butter	Apple with Almond Butter	Baby Carrots & Hummus	Baby Carrots & Hummus	Baby Carrots & Hummus
Lunch	Rainbow Chopped Salad Jars	Rainbow Chopped Salad Jars	Rainbow Chopped Salad Jars	Lentil, Sweet Potato & Arugula Salad	Baked Salmon with Broccoli & Quinoa
Snack 2	Celery & Hummus	Celery & Hummus	Toasted Walnuts	Toasted Walnuts	Toasted Walnuts
Dinner	One Pan Roasted Chicken, Broccoli & Sweet Potato	One Pan Roasted Chicken, Broccoli & Sweet Potato	Lentil, Sweet Potato & Arugula Salad	Baked Salmon with Broccoli & Quinoa	Spinach, Tomato & Goat Cheese Pizza

Cynthia's Nutrition Plan, Week 1

Cynthia's Nutrition Plan, Week 1

39 items

Fruits

- 2 Apple
- 3 cups Blackberries
- 2 1/2 Lemon
- 3 Pear

Breakfast

- 1/4 cup Almond Butter
- 1 tbsp Maple Syrup

Seeds, Nuts & Spices

- 1/8 tsp Black Pepper
- 1/8 tsp Cayenne Pepper
- 1 1/2 tsps Cinnamon
- 1/2 cup Ground Flax Seed
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/16 cups Walnuts

Frozen

- 1 Brown Rice Tortillas
- 2 cups Frozen Blueberries

Vegetables

- 2 cups Arugula
- 2 1/4 cups Baby Carrots
- 6 cups Baby Spinach
- 1/4 cup Basil Leaves
- 7 cups Broccoli
- 4 stalks Celery
- 1 1/4 cups Cherry Tomatoes
- 1 cup Matchstick Carrots
- 3 cups Purple Cabbage
- 2 Sweet Potato
- 1 Yellow Bell Pepper

Boxed & Canned

- 3 cups Chickpeas
- 1 cup Lentils
- 1/2 cup Quinoa

Bread, Fish, Meat & Cheese

- 10 ozs Chicken Breast
- 2 tsps Goat Cheese
- 1 1/4 cups Hummus
- 10 ozs Salmon Fillet

Condiments & Oils

- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup Tahini

Other

- 18 Ice Cubes
- 1/2 cup Vanilla Protein Powder
- 6 1/8 cups Water

Cinthia's Nutrition Plan, Week 1

Blueberry Protein Smoothie

5 ingredients • 5 minutes • 1 serving



Directions

1. Throw all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Blueberries

Use any type of frozen berry instead.

No Protein Powder

Use hemp seeds instead

Ingredients

- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 cup Water (cold)

Nutrition

Calories	207	Sodium	69mg
Fat	4g	Vitamin A	2884IU
Saturated	0g	Vitamin C	12mg
Trans	0g	Calcium	190mg
Carbs	23g	Iron	3mg
Fiber	7g	Vitamin B12	1µg
Sugar	13g	Magnesium	84mg
Protein	22g	Zinc	2mg
Cholesterol	4mg	Selenium	7µg

Cinthia's Nutrition Plan, Week 1

Pear Blackberry Smoothie

7 ingredients • 10 minutes • 1 serving



Directions

1. Add all ingredients to your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Ground Flax Seed
Use chia seeds instead.

No Blackberries
Use blueberries instead.

Ingredients

- 1 Pear
- 1 cup Blackberries
- 2 tbsps Ground Flax Seed
- 1/2 tsp Cinnamon
- 1 cup Baby Spinach
- 1 cup Water
- 6 Ice Cubes

Nutrition

Calories	243	Sodium	32mg
Fat	6g	Vitamin A	3169IU
Saturated	0g	Vitamin C	46mg
Trans	0g	Calcium	145mg
Carbs	47g	Iron	5mg
Fiber	18g	Vitamin B12	0µg
Sugar	25g	Magnesium	71mg
Protein	7g	Zinc	1mg
Cholesterol	0mg	Selenium	1µg

Cinthia's Nutrition Plan, Week 1

Apple with Almond Butter

2 ingredients • 5 minutes • 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Nutrition

Calories	287	Sodium	4mg
Fat	18g	Vitamin A	98IU
Saturated	1g	Vitamin C	8mg
Trans	0g	Calcium	120mg
Carbs	31g	Iron	1mg
Fiber	8g	Vitamin B12	0µg
Sugar	20g	Magnesium	96mg
Protein	7g	Zinc	1mg
Cholesterol	0mg	Selenium	1µg

Cinthia's Nutrition Plan, Week 1

Baby Carrots & Hummus

2 ingredients • 5 minutes • 3 servings



Directions

1. Divide carrots between bowls. Serve with hummus on the side for dipping. Enjoy!

Notes

No Baby Carrots

Use celery sticks, cucumber slices or sliced bell peppers instead..

Like it Spicy

Top with a pinch of cayenne pepper or chili powder.

Ingredients

- 2 1/4 cups** Baby Carrots
- 3/4 cup** Hummus

Nutrition

Calories	191	Sodium	360mg
Fat	11g	Vitamin A	17264IU
Saturated	2g	Vitamin C	9mg
Trans	0g	Calcium	89mg
Carbs	20g	Iron	3mg
Fiber	6g	Vitamin B12	0µg
Sugar	6g	Magnesium	46mg
Protein	5g	Zinc	1mg
Cholesterol	0mg	Selenium	3µg

Cinthia's Nutrition Plan, Week 1

Rainbow Chopped Salad Jars

9 ingredients • 30 minutes • 3 servings



Directions

1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage

Keeps well in the fridge for up to 4 days.

No Tahini

Use a nut butter or sunflower seed butter instead.

Ingredients

- 1/3 cup** Tahini
- 2** Lemon (juiced)
- 1/2 tsp** Sea Salt
- 2 tbsps** Water
- 3 cups** Chickpeas (cooked, from the can)
- 1 cup** Cherry Tomatoes
- 1 cup** Matchstick Carrots
- 1** Yellow Bell Pepper (chopped)
- 3 cups** Purple Cabbage (chopped)

Nutrition

Calories	496	Sodium	493mg
Fat	18g	Vitamin A	4596IU
Saturated	2g	Vitamin C	189mg
Trans	0g	Calcium	251mg
Carbs	69g	Iron	8mg
Fiber	19g	Vitamin B12	0µg
Sugar	16g	Magnesium	131mg
Protein	22g	Zinc	4mg
Cholesterol	0mg	Selenium	15µg

Cinthia's Nutrition Plan, Week 1

Celery & Hummus

3 ingredients • 5 minutes • 2 servings



Directions

1. Sprinkle hummus with paprika for some added flavour (optional). Dip, dunk and enjoy!

Notes

Make it Yourself

Check out our Green Pea Hummus or Sweet Potato Hummus recipes.

Ingredients

- 4 stalks** Celery (cut into sticks)
- 1/2 cup** Hummus
- 1/2 tsp** Paprika (optional)

Nutrition

Calories	159	Sodium	327mg
Fat	11g	Vitamin A	658IU
Saturated	2g	Vitamin C	2mg
Trans	0g	Calcium	62mg
Carbs	12g	Iron	2mg
Fiber	5g	Vitamin B12	0µg
Sugar	2g	Magnesium	55mg
Protein	5g	Zinc	1mg
Cholesterol	0mg	Selenium	3µg

Cinthia's Nutrition Plan, Week 1

Toasted Walnuts

1 ingredient • 15 minutes • 3 servings



Directions

1. Preheat oven to 350F and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
2. Remove from oven, let cool and enjoy!

Notes

Extra Flavour

Sprinkle with sea salt or spices of your choice.

Ingredients

1 cup Walnuts (shelled)

Nutrition

Calories	230	Sodium	1mg
Fat	23g	Vitamin A	7IU
Saturated	2g	Vitamin C	0mg
Trans	0g	Calcium	35mg
Carbs	5g	Iron	1mg
Fiber	2g	Vitamin B12	0µg
Sugar	1g	Magnesium	56mg
Protein	5g	Zinc	1mg
Cholesterol	0mg	Selenium	2µg

Cinthia's Nutrition Plan, Week 1

One Pan Roasted Chicken, Broccoli & Sweet Potato

9 ingredients • 30 minutes • 2 servings



Directions

1. Preheat oven to 410 degrees F and line a large baking sheet with parchment paper.
2. Place chicken breasts on the baking sheet and season with sea salt and black pepper.
3. Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
4. Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets overtop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
5. Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
6. Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

Notes

Storage

Store in an airtight container in the fridge up to 3 days.

Vegan & Vegetarian

Replace the chicken breast with black beans.

Ingredients

- 10 ozs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1** Sweet Potato (medium, diced)
- 1 tbsp** Extra Virgin Olive Oil (divided)
- 3 cups** Broccoli (chopped into small florets)
- 2 tbsps** Tahini
- 1 1/2 tsps** Maple Syrup
- 2 tbsps** Water
- 1/8 tsp** Cayenne Pepper

Nutrition

Calories	478	Sodium	172mg
Fat	20g	Vitamin A	10174IU
Saturated	4g	Vitamin C	123mg
Trans	0g	Calcium	161mg
Carbs	29g	Iron	3mg
Fiber	7g	Vitamin B12	0µg
Sugar	8g	Magnesium	108mg
Protein	51g	Zinc	3mg
Cholesterol	147mg	Selenium	49µg

Cinthia's Nutrition Plan, Week 1

Lentil, Sweet Potato & Arugula Salad

8 ingredients • 35 minutes • 2 servings



Directions

1. Preheat oven to 425 degrees F and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, stirring at the halfway point.
3. Meanwhile, prepare the dressing by combining the tahini, water and maple syrup in a jar. Season with a pinch of sea salt and black pepper to taste. Seal with a lid and shake well to mix. Set aside.
4. Divide arugula into bowls and divide the lentils on top. Next, divide the roasted sweet potato between bowls. Drizzle with tahini dressing and enjoy!

Notes

No Lentils

Use chickpeas or ground meat instead.

No Tahini

Use sunflower seed butter instead.

No Arugula

Use baby spinach, kale or mixed greens instead.

Likes it Spicy

Add cajun spice or hot sauce into the tahini dressing.

Ingredients

- 1 Sweet Potato (medium, diced)
- 3/4 tsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 tbsps Water
- 1 1/2 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 2 cups Arugula
- 1 cup Lentils (cooked)

Nutrition

Calories	292	Sodium	62mg
Fat	10g	Vitamin A	9714IU
Saturated	1g	Vitamin C	6mg
Trans	0g	Calcium	141mg
Carbs	40g	Iron	5mg
Fiber	12g	Vitamin B12	0µg
Sugar	8g	Magnesium	77mg
Protein	13g	Zinc	2mg
Cholesterol	0mg	Selenium	8µg

Cinthia's Nutrition Plan, Week 1

Baked Salmon with Broccoli & Quinoa

7 ingredients • 20 minutes • 2 servings



Directions

1. Preheat the oven to 450 degrees F and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 10 ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 4 cups** Broccoli (sliced into small florets)
- 1 tbsp** Extra Virgin Olive Oil
- 1/2 cup** Quinoa (uncooked)
- 3/4 cup** Water
- 1/4** Lemon (sliced into wedges)

Nutrition

Calories	619	Sodium	683mg
Fat	37g	Vitamin A	1527IU
Saturated	5g	Vitamin C	172mg
Trans	0g	Calcium	135mg
Carbs	41g	Iron	4mg
Fiber	8g	Vitamin B12	0µg
Sugar	3g	Magnesium	124mg
Protein	34g	Zinc	2mg
Cholesterol	65mg	Selenium	8µg

Cinthia's Nutrition Plan, Week 1

Spinach, Tomato & Goat Cheese Pizza

10 ingredients • 20 minutes • 1 serving



Directions

1. Preheat oven to 410 and line a baking sheet with parchment paper.
2. Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
3. Take the remaining baby spinach and finely chop.
4. Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
5. Place on baking sheet and bake in the oven for 10 minutes.
6. After 10 minutes, remove and slice using a pizza cutter. Enjoy!

Notes

More protein

Add diced chicken, lentils or chickpeas.

Ingredients

- 2 2/3 tbsps** Walnuts
- 2 tbsps** Extra Virgin Olive Oil
- 1/4** Lemon (juiced)
- 1 cup** Baby Spinach (divided)
- 1/4 cup** Basil Leaves
- 1/16 tsp** Sea Salt
- 1/8 tsp** Black Pepper
- 1** Brown Rice Tortillas
- 1/4 cup** Cherry Tomatoes (halved)
- 2 tbsps** Goat Cheese (crumbled)

Nutrition

Calories	571	Sodium	409mg
Fat	45g	Vitamin A	3445IU
Saturated	7g	Vitamin C	20mg
Trans	0g	Calcium	76mg
Carbs	34g	Iron	3mg
Fiber	6g	Vitamin B12	0µg
Sugar	5g	Magnesium	64mg
Protein	9g	Zinc	1mg
Cholesterol	5mg	Selenium	1µg