



Back on Track Program

Created by Kim Lee-Thorp, FMCHC



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Between barbecues, cottage weekends, wedding season and patio drinks it sure is difficult to stick to health goals in the summer time.

Don't fret! Use this easy 1-week long program in between festivities and travels. It is designed to help you take control, detox a bit and fuel your body with clean and delicious food.

Enjoy ~ Kim

Back on Track Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Blueberry Overnight Oats	Blueberry Overnight Oats	Green Apple Cinnamon Smoothie	Green Apple Cinnamon Smoothie	Roasted Tomato Egg Bowl	Roasted Tomato Egg Bowl
Lunch	Burrito Bowl Mason Jar	Burrito Bowl Mason Jar	White Bean Burgers	Creamy Carrot Soup	Spicy Curried Kale & Quinoa Stir Fry	Fusilli with Grilled Eggplant
Snack 1	Grapes & Almonds	Apple Cinnamon Chips	Apple with Almond Butter	Baby Carrots & Hummus	Banana with Almond Butter	Apple with Almond Butter
Dinner	One Pan Chicken, Golden Cauliflower & Carrot Fries	White Bean Burgers	Creamy Carrot Soup	Spicy Curried Kale & Quinoa Stir Fry	Fusilli with Grilled Eggplant	Baked Salmon with Green Beans & Squash
Snack 2	Apple Cinnamon Chips	Organic Popcorn	Baby Carrots & Hummus	Grapes & Almonds	Organic Popcorn	Banana with Almond Butter

Back on Track Program

6 days

Mon	Tue	Wed	Thu	Fri	Sat
Calories 1781	Calories 1507	Calories 1174	Calories 1291	Calories 1438	Calories 1671
Fat 90g	Fat 68g	Fat 54g	Fat 60g	Fat 64g	Fat 90g
Saturated 12g	Saturated 10g	Saturated 6g	Saturated 14g	Saturated 16g	Saturated 10g
Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g	Trans 0g
Polyunsaturated 15g	Polyunsaturated 11g	Polyunsaturated 14g	Polyunsaturated 18g	Polyunsaturated 14g	Polyunsaturated 12g
Monounsaturated 43g	Monounsaturated 22g	Monounsaturated 22g	Monounsaturated 24g	Monounsaturated 28g	Monounsaturated 36g
Carbs 166g	Carbs 175g	Carbs 158g	Carbs 162g	Carbs 163g	Carbs 160g
Fiber 43g	Fiber 48g	Fiber 45g	Fiber 40g	Fiber 29g	Fiber 27g
Sugar 55g	Sugar 34g	Sugar 71g	Sugar 68g	Sugar 27g	Sugar 53g
Protein 96g	Protein 66g	Protein 35g	Protein 41g	Protein 61g	Protein 73g
Iron 15mg	Iron 17mg	Iron 16mg	Iron 18mg	Iron 14mg	Iron 9mg

Back on Track Program

59 items

Fruits

- 10 Apple
- 2 Avocado
- 4 Banana
- 1 cup Blueberries
- 4 cups Grapes
- 8 Kiwi
- 3 1/2 Lemon
- 2 Lime

Breakfast

- 3/4 cup Almond Butter
- 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 2 tbsps Chia Seeds
- 1 2/3 tbsps Cinnamon
- 1 tsp Cumin
- 1 tbsp Curry Powder
- 1 tsp Dried Thyme
- 1/4 cup Ground Flax Seed
- 1/4 cup Raw Peanuts
- 1 tsp Red Pepper Flakes
- 1/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Slivered Almonds
- 2 tsps Turmeric

Vegetables

- 3 cups Baby Carrots
- 15 cups Baby Spinach
- 3/4 cup Basil Leaves
- 10 Carrot
- 1/2 head Cauliflower
- 1 Eggplant
- 7 Garlic
- 1 cup Green Beans
- 4 stalks Green Onion
- 8 cups Kale Leaves
- 1/4 cup Red Onion
- 1/2 Spaghetti Squash
- 2 Sweet Onion
- 9 Tomato
- 1 Yellow Bell Pepper

Boxed & Canned

- 2 cups Black Beans
- 2 1/2 cups Brown Rice Fusilli
- 8 cups Organic Popcorn
- 1/2 cup Organic Salsa
- 3 cups Organic Vegetable Broth
- 1 1/2 cups Quinoa
- 2 cups White Navy Beans

Baking

- 1/2 cup Almond Flour
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 16 ozs Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 1 cup Hummus
- 10 ozs Salmon Fillet

Condiments & Oils

- 1 tbsp Balsamic Vinegar
- 2 1/2 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Green Olives
- 3 tbsps Tamari

Cold

- 7 Egg
- 6 1/2 cups Unsweetened Almond Milk

Other

- 3 1/4 cups Water

Blueberry Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

Ingredients

1 1/2 cups	Oats
1 1/2 cups	Unsweetened Almond Milk
2 tbsps	Chia Seeds
2 tbsps	Maple Syrup
1 tsp	Cinnamon
1/2 cup	Water
1 cup	Blueberries
1 cup	Slivered Almonds

Nutrition

Calories	365	Carbs	42g
Fat	19g	Fiber	9g
Saturated	1g	Sugar	11g
Trans	0g	Protein	12g
Polyunsaturated	2g	Iron	4mg
Monounsaturated	1g		

Green Apple Cinnamon Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

Ingredients

- 2 Apple (peeled, cored and chopped)
- 4 Kiwi (peeled and sliced)
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon
- 2 cups Unsweetened Almond Milk
- 4 cups Baby Spinach

Nutrition

Calories	260	Carbs	52g
Fat	6g	Fiber	13g
Saturated	0g	Sugar	32g
Trans	0g	Protein	6g
Polyunsaturated	3g	Iron	4mg
Monounsaturated	2g		

Roasted Tomato Egg Bowl

4 ingredients · 35 minutes · 4 servings



Directions

1. Preheat your oven to 450.
2. Cut your tomatoes in half and scoop out the seeds and flesh so it looks like a cup. You may need to slice a small piece of the bottom of the tomato off to create a flat surface so the cup will sit upright.
3. Place the tomato cups on a baking sheet and pack $\frac{1}{4}$ cup sliced spinach into the bottom of each. Crack an egg in each tomato cup to cover the spinach. Place on a baking sheet and bake in the oven for 15 - 20 minutes (depending on how runny you like your eggs).
4. Remove from oven and season with sea salt, black pepper and herbs of your choice (I like fresh basil and red pepper flakes). Serve alone or on top of a piece of toasted organic bread. Enjoy!

Ingredients

- 2 Tomato (cut in half)
- 1 cup Baby Spinach (finely sliced)
- 4 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	83	Carbs	2g
Fat	5g	Fiber	1g
Saturated	2g	Sugar	0g
Trans	0g	Protein	7g
Polyunsaturated	1g	Iron	1mg
Monounsaturated	2g		

Burrito Bowl Mason Jar

10 ingredients · 25 minutes · 4 servings



Directions

1. Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
3. Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

Ingredients

1 cup	Quinoa
2 cups	Water
1 lb	Extra Lean Ground Chicken
1/2 cup	Organic Salsa
2	Avocado (peeled and diced)
2	Tomato (diced)
1 cup	Baby Spinach (chopped)
2 cups	Black Beans (cooked, drained and rinsed)
1	Lime (juiced)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	616	Carbs	61g
Fat	27g	Fiber	19g
Saturated	5g	Sugar	2g
Trans	0g	Protein	37g
Polyunsaturated	5g	Iron	6mg
Monounsaturated	15g		

Grapes & Almonds

2 ingredients · 5 minutes · 2 servings



Directions

1. Combine grapes and almonds together in a bowl.
2. Happy snacking!

Ingredients

2 cups	Grapes
1/2 cup	Almonds

Nutrition

Calories	269	Carbs	23g
Fat	18g	Fiber	5g
Saturated	1g	Sugar	17g
Trans	0g	Protein	8g
Polyunsaturated	5g	Iron	2mg
Monounsaturated	11g		

Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



Directions

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

Ingredients

- | | |
|---------|---------------|
| 2 | Apple |
| 1/4 cup | Almond Butter |

Nutrition

Calories	287	Carbs	31g
Fat	18g	Fiber	8g
Saturated	1g	Sugar	20g
Trans	0g	Protein	7g
Polyunsaturated	4g	Iron	1mg
Monounsaturated	10g		

Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings



Directions

1. Slice banana.
2. Dip in almond butter.
3. Bam.

Ingredients

- 2 Banana
- 1/4 cup Almond Butter

Nutrition

Calories	297	Carbs	33g
Fat	18g	Fiber	6g
Saturated	1g	Sugar	16g
Trans	0g	Protein	8g
Polyunsaturated	4g	Iron	1mg
Monounsaturated	10g		

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

- 2 Carrot (medium)
- 1/2 head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 8 ozs Chicken Breast
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- Sea Salt & Black Pepper (to taste)

Nutrition

Calories	418	Carbs	14g
Fat	24g	Fiber	5g
Saturated	4g	Sugar	6g
Trans	0g	Protein	38g
Polyunsaturated	3g	Iron	3mg
Monounsaturated	16g		

White Bean Burgers

13 ingredients · 30 minutes · 4 servings



Directions

1. In a large mixing bowl, mash your white beans with a fork. Add minced garlic, basil leaves, and egg. Season generously with fresh ground pepper and add sea salt to taste. Mix well. Add in almond flour and mix again. With clean hands, form medium-sized patties and place on waxed paper. Place in the freezer until ready to cook.
2. Make Tomato & Olive Salsa mix by combining tomatoes, olives, red onion, olive oil, balsamic vinegar and sea salt and pepper to taste. Mix well and set aside.
3. In a large skillet, heat a splash of olive oil over medium heat. Fry white bean patties for 6 - 7 minutes per side or until golden brown.
4. Plate baby spinach and lightly drizzle with a lemon wedge. Serve white bean patty on top with a few spoonfuls of the salsa. Enjoy!

Ingredients

2 cups	White Navy Beans (cooked, drained and rinsed)
1	Garlic (clove, minced)
1/4 cup	Basil Leaves (chopped)
1	Egg (whisked)
1/2 cup	Almond Flour
2	Tomato (diced)
1/2 cup	Green Olives (pits removed and chopped)
1/4 cup	Red Onion (finely diced)
1 tbsp	Extra Virgin Olive Oil
1 tbsp	Balsamic Vinegar
	Sea Salt & Black Pepper (to taste)
4 cups	Baby Spinach
1	Lemon (cut into wedges)

Nutrition

Calories	303	Carbs	33g
Fat	14g	Fiber	13g
Saturated	2g	Sugar	2g
Trans	0g	Protein	14g
Polyunsaturated	1g	Iron	6mg

Monounsaturated 4g

Creamy Carrot Soup

11 ingredients · 50 minutes · 4 servings



Directions

1. In a large pot, heat olive oil over medium heat. Stir in onion, garlic, carrots, cumin and turmeric. Season with salt and pepper to taste. Sauté for about 10 minutes or until veggies start to brown.
2. Add in vegetable broth. Cover with lid and let simmer for 30 minutes.
3. After 30 minutes, pour in almond milk and stir well. Transfer soup to a blender to puree. Always be careful to leave a hole for the steam to escape or the lid will pop off while blending (DANGER!). Blend in batches and transfer back to pot. Taste and season with more sea salt and pepper if desired.
4. Ladle soup into bowls. Garnish with chopped spinach and drizzle with a squeeze of lemon wedge. Serve with an organic piece of bread for dipping and/or a mixed greens salad.

Ingredients

1 tbsp	Extra Virgin Olive Oil
8	Carrot (chopped into 1 inch rounds)
1	Sweet Onion (chopped)
2	Garlic (cloves, minced)
1 tsp	Cumin
1 tsp	Turmeric
	Sea Salt & Black Pepper (to taste)
3 cups	Organic Vegetable Broth
1 cup	Unsweetened Almond Milk
1	Lemon (cut into wedges)
1 cup	Baby Spinach (chopped)

Nutrition

Calories	133	Carbs	22g
Fat	5g	Fiber	5g
Saturated	1g	Sugar	11g
Trans	0g	Protein	3g
Polyunsaturated	1g	Iron	2mg
Monounsaturated	3g		

Spicy Curried Kale & Quinoa Stir Fry

14 ingredients · 15 minutes · 3 servings



Directions

1. Combine quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 to 15 minutes or until all water is absorbed. Fluff with a fork and set aside.
2. Heat a skillet over medium heat. Add a splash of oil to make it non-stick and scramble your eggs. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat and add the coconut oil. Add the yellow pepper and green onion. Saute until vegetables are tender (about 4 - 5 minutes).
4. Add in the garlic. Saute for another minute then add the kale, sea salt, tamari, chili flakes and curry powder. Stir for about 2 minutes or just until the kale is wilted. Turn off the heat.
5. Add in the eggs and cooked quinoa. Stir well to combine. Divide the stir fry onto plates and top with chopped peanuts. Squeeze a lime wedge over top. Enjoy!

Notes

Extra Garnish

Serve with hot sauce and chopped cilantro for an added touch.

Leftovers

Store covered in the fridge up to 3 days.

Ingredients

1/2 cup	Quinoa (uncooked)
3/4 cup	Water
2	Egg (whisked)
2 tbsps	Coconut Oil
1	Yellow Bell Pepper (thinly sliced)
4 stalks	Green Onion (chopped)
2	Garlic (cloves, minced)
8 cups	Kale Leaves (chopped)
1/4 tsp	Sea Salt
2 tbsps	Tamari
1 tsp	Red Pepper Flakes
1 tbsp	Curry Powder
1	Lime (cut into wedges)
1/4 cup	Raw Peanuts (chopped)

Nutrition

Calories	438	Carbs	45g
Fat	20g	Fiber	11g
Saturated	10g	Sugar	2g
Trans	0g	Protein	19g
Polyunsaturated	4g	Iron	7mg

Monounsaturated 5g

Fusilli with Grilled Eggplant

10 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the grill to medium-high heat. If you do not have a grill, preheat oven to 425.
2. Add your tomato, onion and eggplant pieces to a large mixing bowl and toss with half of your extra virgin olive oil and season with salt and pepper. Toss well and transfer veggies directly onto the grill with tomatoes facedown. Let cook for about 7 - 8 minutes or until slightly charred, flipping the eggplant half way through. If using the oven, roast veggies for 25 to 30 minutes flipping the eggplant half way through and leaving tomatoes and onions faceup.
3. Remove your vegetables from the heat. Place tomatoes in a mixing bowl and slice and mash with a fork and knife. When cool enough to handle, finely chop the grilled onions and place in mixing bowl with mashed tomatoes. Mix well. Chop your grilled eggplant rounds into cubes and set aside.
4. Create the basil-lemon olive oil sauce by combining fresh basil leaves, remaining olive oil, lemon juice and minced garlic clove. Season with a pinch of salt and pepper and stir well with a fork. Set aside.
5. Cook your brown rice fusilli according to the directions on the package. Once al dente, strain and run cold water over the pasta to prevent from over-cooking.
6. Toss pasta in desired amount of basil-lemon oil. Plate pasta and spoon the tomato/onion mix over top. Finish by topping with grilled eggplant pieces and seasoning with fresh ground pepper. Serve alongside a grilled chicken breast (optional). Enjoy!

Ingredients

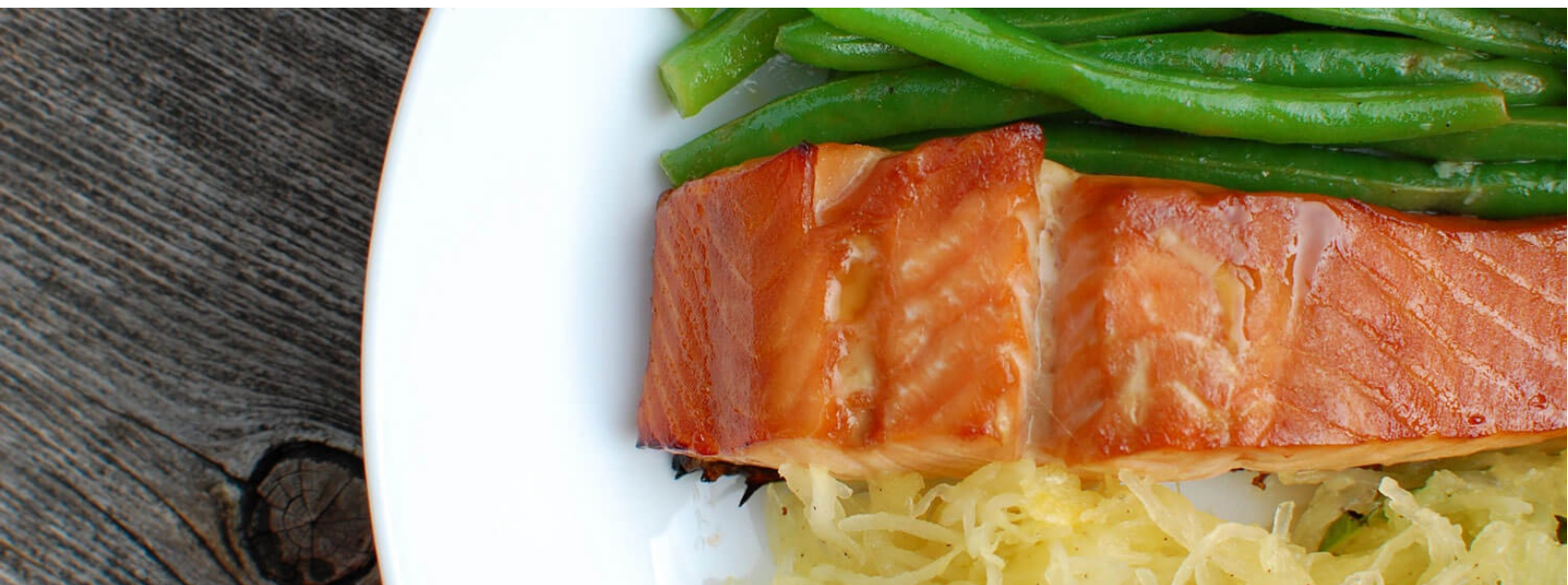
- 8 ozs** Chicken Breast (grilled or baked)
- 3** Tomato (sliced in half)
- 1** Sweet Onion (coarsley chopped)
- 1** Eggplant (sliced into 1/2 inch rounds)
- 3 tbsps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1** Lemon (juiced)
- 1** Garlic (clove, minced)
- 1/4 cup** Basil Leaves (chopped)
- 2 1/2 cups** Brown Rice Fusilli (uncooked)

Nutrition

Calories	510	Carbs	70g
Fat	15g	Fiber	9g
Saturated	2g	Sugar	9g
Trans	0g	Protein	25g
Polyunsaturated	2g	Iron	4mg
Monounsaturated	9g		

Baked Salmon with Green Beans & Squash

10 ingredients · 1 hour · 2 servings



Directions

1. Combine maple syrup and tamari sauce to create salmon marinade. Place marinade and salmon fillets together in a ziploc baggie and shake well to coat. Place in fridge and let marinate until ready to cook.
2. Preheat oven to 375. Slowly and carefully cut spaghetti squash in half lengthwise with a sharp knife. Scoop out the seeds and discard. Place on a baking sheet and bake in the oven on the middle rack for 45 minutes. Remove from oven and let sit until cool enough to handle. Use a fork to carve spaghetti-like noodles out of the flesh into a large bowl. Toss spaghetti squash noodles with half of your extra virgin olive oil, basil leaves, half of the lemon juice, half of the minced garlic clove and season with sea salt and pepper to taste. Set aside.
3. Increase the heat of the oven to 500 and move the rack to the top setting. Allow time for the oven to preheat. Place your salmon fillets on a foil-lined baking sheet (skin side down) and bake for 7 - 9 minutes (or until fish flakes with a fork).
4. While the fish cooks, place your trimmed beans in a saucepan and fill with enough water to steam. (This will vary depending on the size of your saucepan but for me was about 1 cup.) Place sauce pan over high heat and let beans steam for 7 minutes. Remove from heat and toss beans with remaining extra virgin olive oil, lemon juice, minced garlic and season with sea salt and pepper to taste.
5. Place green beans on one half of plate and herbed spaghetti squash on the other. Lay your salmon across the middle. Enjoy!

Ingredients

10 ozs	Salmon Fillet
1 tbsp	Maple Syrup
1 tbsp	Tamari
1 cup	Green Beans (washed and trimmed)
1 tbsp	Extra Virgin Olive Oil (divided)
1/2	Lemon (juiced)
1	Garlic (cloves, minced)
1/2	Spaghetti Squash
1/4 cup	Basil Leaves (chopped)
	Sea Salt & Black Pepper (to taste)

Nutrition

Calories	494	Carbs	24g
Fat	34g	Fiber	3g
Saturated	4g	Sugar	8g
Trans	0g	Protein	26g
Polyunsaturated	1g	Iron	2mg
Monounsaturated	5g		

Apple Cinnamon Chips

3 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 230 degrees F. Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and and toss well.
2. Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

Notes

Keep Them Crispy

If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.

Ingredients

4	Apple
2 tsps	Cinnamon
1 1/2 tsps	Coconut Oil

Nutrition

Calories	113	Carbs	26g
Fat	2g	Fiber	5g
Saturated	1g	Sugar	19g
Trans	0g	Protein	1g
Polyunsaturated	0g	Iron	0mg
Monounsaturated	0g		

Organic Popcorn

1 ingredient · 2 minutes · 4 servings



Directions

1. Pour into bowls and enjoy!

Ingredients

8 cups Organic Popcorn

Nutrition

Calories	110	Carbs	13g
Fat	6g	Fiber	2g
Saturated	1g	Sugar	0g
Trans	0g	Protein	2g
Polyunsaturated	3g	Iron	1mg
Monounsaturated	2g		

Baby Carrots & Hummus

2 ingredients · 5 minutes · 4 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

3 cups	Baby Carrots
1 cup	Hummus

Nutrition

Calories	191	Carbs	20g
Fat	11g	Fiber	6g
Saturated	2g	Sugar	6g
Trans	0g	Protein	5g
Polyunsaturated	5g	Iron	3mg
Monounsaturated	3g		