

Meatless Monday to Soup Saturday

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Future You Nutrition

Macro Nutrients



- Fats
- Carbohydrates
 - Fiber - essential for proper digestion, helping to regulate metabolism and intestinal motility, This is key for supporting nutrient absorption and a healthy gut microbiome.
 - Starch
 - Sugar
- Protein

Proteins are..



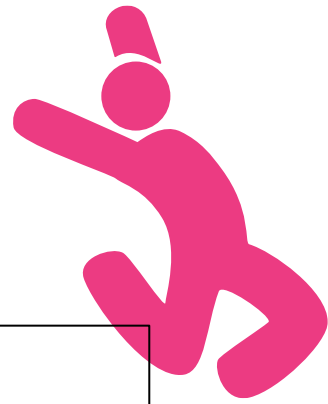
- an essential macronutrient, playing a role in all functions of our cells, It also reduces muscle loss, builds muscle mass, maintains healthy weight, and supports satiety
- are large molecules made up of chains of amino acids that are important for cell function, tissue structure, and body regulation.
- Nine of the amino acids that people need for making protein—histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine—must come from food.

Sources of Protein

- Beef, Poultry, Pork, Fish and Seafood
- Legumes
- Soy-based
- Grains & pseudo-grains
- Dairy & eggs
- Meat Alternatives & Supplements



Meat and Seafood (per 3 oz cooked)



Poultry

Chicken breast (skinless) - 26-27 g
Chicken thigh - 21 g
Turkey breast - 25-26 g
Turkey thigh - 20 g

Pork

Pork loin / tenderloin - 22-24 g
Pork chop - 23 g
Ham - 21 g
Bacon - 12 g (per 3 slices, much higher fat)

Beef

Lean beef (sirloin, 90% lean) - 24-26 g
Ground beef (80% lean) - 22 g
Ribeye / fattier cuts - 21-23 g

Fish

Tuna - 25-26 g
Salmon - 22 g
Cod - 20 g
Tilapia - 21 g
Halibut - 23 g
Trout - 22 g
Sardines - 22-23 g

Legumes

- **Lentils (cooked)** – 18 g per 1 cup
- **Split peas (cooked)** – 16 g per 1 cup
- **Black beans (cooked)** – 15 g per 1 cup
- **Kidney beans (cooked)** – 15 g per 1 cup
- **Chickpeas (cooked)** – 14–15 g per 1 cup



Soy-based

- Tofu (firm) – 20 g per 7 oz (200 g)
- Tempeh – 30 g per 1 cup (166 g)
- Edamame (shelled) – 18 g per 1 cup
- Soy milk – 7–8 g per 1 cup



Rustic Smoky Lentil Soup



- 1 tablespoon olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- **1 cup carrots, diced**
- **1 cup celery, diced**
- *1 teaspoon smoked paprika*
- *1/2 teaspoon ground cumin*
- *1/2 teaspoon dried thyme*
- **1 cup green lentils**
- **6 cups vegetable broth**
- **1 can (14.5 oz) diced tomatoes**
- 1 bay leaf
- Salt and pepper to taste
- 1 tablespoon apple cider vinegar
- 1/4 cup fresh parsley, chopped for garnish

Directions



- In a large pot, heat olive oil over medium heat.
- Add onions and garlic, sauté until onions are translucent.
- Add carrots and celery, cook for about 5 minutes until they begin to soften.
- Stir in smoked paprika, cumin, and thyme, cook for 1 minute until fragrant.
- Add lentils, vegetable broth, diced tomatoes, and bay leaf.
- Bring to a boil.
- Reduce heat to low, cover, and let simmer for 30-35 minutes or until lentils are tender.
- Remove bay leaf, season with salt, pepper, and stir in apple cider vinegar.
- Serve hot, garnished with fresh parsley.

Grains & pseudo-grains



- Spelt – ~10 g
- Kamut (Khorasan wheat) – ~10 g
- Sorghum – ~10 g
- Teff – ~10 g
- Amaranth – ~9 g
- Wheat berries – ~9 g
- Triticale – ~9 g
- Quinoa – ~8 g
- Whole-wheat pasta – ~8–9 g
- Wild rice – ~7 g
- Farro – ~7 g
- White pasta – ~7 g
- Buckwheat – ~6 g
- Millet – ~6 g
- Rye – ~6 g
- Bulgur – ~6 g
- Couscous – ~6 g
- Oats (cooked) – ~6 g
- Brown rice – ~5 g
- Corn (maize) – ~5 g
- White rice – ~4 g
- Barley (pearled) – ~4 g

Nuts (protein per 1 oz)



- Peanuts (technically a legume, but eaten as a nut) – 7 g
- Almonds – 6 g
- Pistachios – 6 g
- Cashews – 5 g
- Hazelnuts (filberts) – 4 g
- Brazil nuts – 4 g
- Walnuts – 4 g
- Pine nuts – 4 g
- Macadamia nuts – 2 g
- Pecans – 3 g
- Chestnuts (roasted) – 2 g per 1 oz (much lower fat than other nuts)

Seeds (protein per 1 oz)

- Hemp seeds – 9–10 g
- Pumpkin seeds (pepitas) – 7 g
- Sunflower seeds – 6 g
- Sesame seeds – 5 g
- Flax seeds – 5 g
- Chia seeds – 4–5 g
- Poppy seeds – 4 g
- Watermelon seeds (dried) – 7 g
- Squash seeds – 6 g
- Mustard seeds – 4 g



High-Protein Nut & Seed Power Bowl



- $\frac{3}{4}$ cup Greek yogurt (plain, nonfat or low-fat) – ~17–20 g protein
 - 3 tbsp hemp seeds – ~10 g
 - 2 tbsp chia seeds – ~5 g
 - 2 tbsp peanut butter or almond butter – ~7–8 g
 - 1 tbsp pumpkin seeds – ~3 g
 - Optional toppings: berries, cinnamon, cocoa powder, drizzle of honey
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- Spoon the yogurt into a bowl.
 - Stir in nut butter until smooth.
 - Sprinkle hemp seeds, chia seeds, and pumpkin seeds on top.
 - Add optional toppings if you want sweetness or crunch.
 - Eat immediately or let it sit 5–10 minutes for a thicker, pudding-like texture.

Dairy & Eggs



- Greek yogurt (plain, nonfat) – 17–20g per $\frac{3}{4}$ cup /170g
- Cottage cheese (low-fat) – 14g per $\frac{1}{2}$ cup/113 g
- Skyr (plain) 17g per 5.3 oz/150g
- Yogurt (plain, nonfat) – 8g per $\frac{3}{4}$ cup/170g
- Milk (cow's) – 8g per 1 cup
- Cheese (cheddar) – 7g per 1 oz
- Eggs – 6g per large egg
- Chevre/goat cheese – 4g per 1 oz/28g
- Oat Milk – 2-3g per 1 cup
- Almond milk (unsweetened) – 1g per 1 cup

Sheet Pan Asparagus Frittata



- Olive oil, for greasing
 - 12 large eggs
 - 2 tsp. Dijon mustard
 - 2 cups baby spinach, sliced
 - 1 lb. asparagus, trimmed
 - 1 cup milk
 - Kosher salt and pepper
 - 2 1/2 oz. goat cheese, crumbled (1/2 cup)
- Heat oven to 375° F. Lightly oil (1 teaspoon) rimmed baking sheet.
 - Slice asparagus ends on bias 1/4 inch thick, leaving top 4 inches of each spear intact, then halve each lengthwise (or quarter if thick).
 - In large bowl, whisk together eggs, milk, Dijon, 1 teaspoon salt, and 1/2 teaspoon pepper.
 - Stir in spinach and bias-cut asparagus, then pour into prepared baking sheet.
 - Scatter top with asparagus spears and goat cheese.
 - Bake, rotating pan halfway through, until eggs are puffed and middle no longer jiggles, 20 to 22 minutes.
 - Let rest 5 minutes before slicing.
 - Makes 12 servings

Meat alternatives & supplements



- Seitan – 21 g per 3 oz
- Plant-based protein powder – 20–25 g per 1 scoop
- Whey based protein powder - 20–26 g per 1 scoop
- Veggie burger patty – 15–20 g per patty (varies by brand)



What is a complete protein?

- Proteins are made from **20 amino acids**, but your body can only make some of them. The **9 essential amino acids** must come from food:
 - Histidine
 - Isoleucine
 - Leucine
 - Lysine
 - Methionine
 - Phenylalanine
 - Threonine
 - Tryptophan
 - Valine
- If a food contains **all nine**, it's called a **complete protein**.

Complete Proteins



Soybeans and soy foods

Quinoa

Amaranth

Buckwheat

Hemp seeds

Chia seeds

Eggs

Chicken

Fish

Beef

Dairy foods like yogurt and milk

Spicy Red Lentil Curry



- 1 cup (~190g) red lentils
- 4 tbsp avocado oil or olive oil
- 4 cloves garlic, finely minced
- 2 inch piece of fresh ginger, finely minced
- 2 serrano peppers, finely minced*
- 1 tsp ground cumin
- 1 tsp cayenne pepper**
- 1/2 tsp ground coriander
- 2 tsp curry powder
- 1 tsp garam masala
- 1 tsp ground turmeric
- 1 tsp kosher salt, use more as needed
- 1 tsp freshly cracked black pepper
- 1 (13.5-ounce/400 ml) can full-fat coconut milk
- 1 (14-ounce/400g) can crushed tomatoes
- 1 tbsp lemon juice
- 1/2 cup fresh cilantro, roughly chopped

Directions



- Rinse the lentils in cold water until the water runs clear.
- Then soak overnight or at least for 6 hours. This will help the lentils cook faster and help improve the absorption of important nutrients.***
- Heat a large, deep skillet over medium-high heat and add in the avocado oil or olive oil.
- Once the oil is shimmering, add in the garlic, ginger, and serrano pepper and cook for 3 minutes, stirring frequently to prevent the garlic from burning.
- Add in the cumin, cayenne pepper, coriander, curry powder, garam masala, turmeric, salt, and black pepper. Cook the aromatics for 30-60 seconds until fragrant, stirring constantly to prevent burning.
- Add in the lentils, crushed tomatoes, and coconut milk, and mix well.
- Reduce the heat to low and partially cover the pan with a lid. Simmer on low heat for 20 to 25 minutes, or until the lentils are cooked through and have mostly softened.
- Once cooked, the curry will thicken and become super creamy. If you find that the lentils are not quite soft after 25 minutes, add a few spoons of water and cook for another 5 minutes.
- Turn off the heat and stir in the lemon juice and cilantro. Adjust for salt as needed.
- Serve the curry with rice and/or flatbread (or keep it low carb with cauliflower rice) and garnish with additional cilantro. Store leftovers in the fridge for 3-4 days.
- *Use 1 serrano pepper if you can't handle too much spice.
- **You can decrease the cayenne pepper to 1/2 tsp if you don't want this curry too hot.
- ***Keep in mind that the lentils absorb a ton of water when they soak overnight, so if you don't soak them overnight, you'll need to add 1 cup of water (plus more as needed) to the curry.

Theme Ideas

- Meatless Monday
- Mexican Monday (enchiladas, fajitas)

- Thai Tuesday
- Taco Tuesday (salads, casserole, taco bowls)
- Italian Tuesday

- One Pan/One Pot Wednesday



More Theme Ideas



- Greek Thursdays (gyros, moussaka, olives, lemon, Tzatziki)
- Breakfast for dinner
- Indian
- Slow cooker Thursdays

- Finger Food Friday (grazing board, charcuterie board)
- Freezer Friday
- DIY Bar night (salad, tacos, baked potatoes)

- Soup Saturday

Menu Ideas



- Greek plate (olives, tomatoes, cucumbers, pan seared Halloumi Cheese)
- Build your own taco bowl
- Sheet Pan salmon and asparagus and roasted potatoes
- Slow Cooker Chicken Marsala
- Spaghetti Squash Pad Thai
- Lentil soup

- Mushroom Stroganoff w green salad

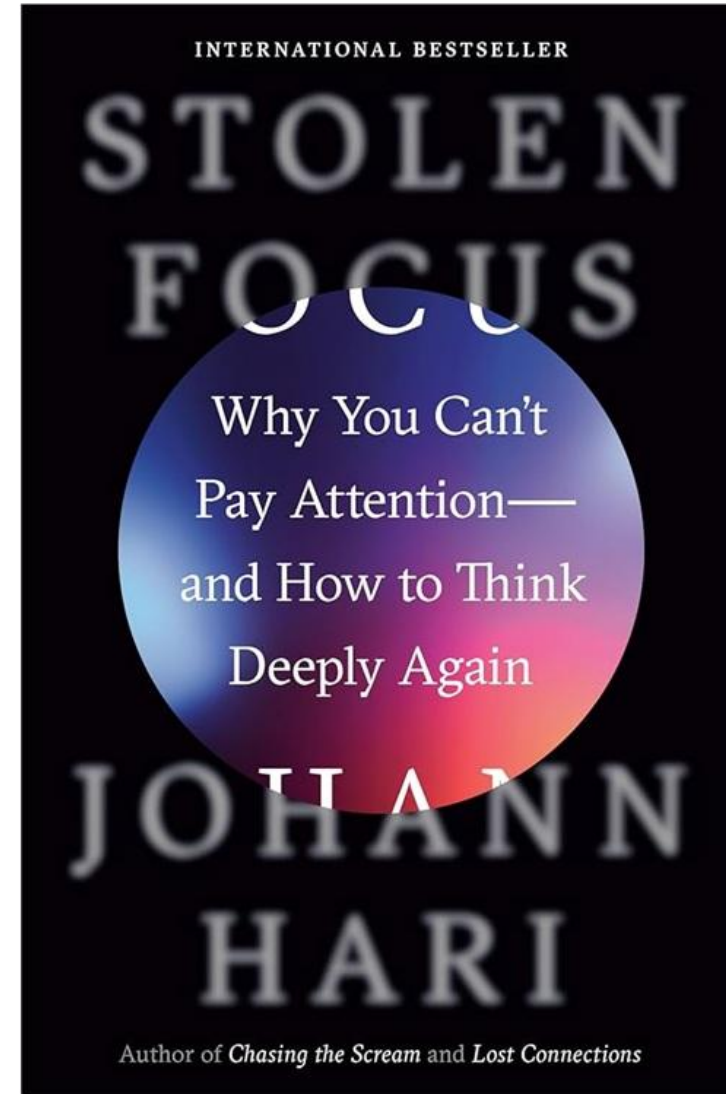
Next Month!

- April 9th
- Mind Diet & UPFs with Parkinson's
 - Based on Bas Bloem's podcast Parkinson's Weekly





Book Club!

- March 16th – in person or on Zoom
- 6:30-7:30 PM
- www.FutureYouNutrition.com/Conduct



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Sources



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