

# HGC BLOCK PLAN DAY 5

**Breakfast:** green smoothie (made with ½ banana + ½ cup frozen mango + 1 cup kale + ½ cup plain, low-fat Greek yogurt + ½ small avocado + ½ cup nonfat milk)

- IF you don't like smoothies- have a [Low- Fat Greek yogurt](#) and a [banana](#)

**Morning snack:** 1 [apple](#) + 1 oz [raw almonds](#)

**Lunch:** 3 oz tuna (canned) + 2 cups [mixed greens](#) + 1 cup [cherry tomatoes](#) & chopped [cucumber](#) + 1 tablespoon [vinaigrette](#)

**Afternoon snack:** 1 cup [baby carrots](#) & [sugar snap peas](#) + 2 tablespoons [hummus](#)

**Dinner:** 4 oz lean [steak](#) + 1 cup roasted [sweet potatoes](#) + 1 cup roasted [Brussels sprouts](#) + 1 tablespoon [olive oil](#)

**Notes:** Chop the sweet potatoes and halve the Brussels sprouts, and place on a sheet pan. Drizzle with 2 teaspoons olive oil, season with salt and pepper, and toss to coat. Roast at 450°F (230°C) until tender, about 15 minutes. Season the steak with light salt and pepper. In a frying pan over medium-high heat, warm 1 teaspoon olive oil. Cook the steak until done to your liking, about 3 minutes per side for medium-rare. (Consuming raw or undercooked meats may increase your risk of foodborne illness.)

**OR replace the meat with [Swordfish](#):**

## **INGREDIENTS**

2 swordfish steaks (3/4 to 1 inch thick, each weighing about 8oz)  
1 tablespoon olive oil  
1/2 teaspoon table salt

### **Optional Topping Ideas:**

- freshly squeezed lemon or lime juice
- salsa verde
- pico de gallo or salsa

## **INSTRUCTIONS**

Set the oven to 400 Degrees Fahrenheit. Meanwhile, Pat the steaks dry with paper towels. Sprinkle both sides of each steak with pepper and light salt. Set aside.

In a 10-inch nonstick pan, heat olive oil over medium-high heat for a few minutes or until very hot, adding garlic until browned. Add swordfish steaks to the pan. Let simmer for 4 minutes on 1 side. Then flip the swordfish and place it in the over. **IMPORTANT:** Shut the oven off once it reaches 400 to then place in the pan with swordfish raw side up. Let swordfish cook for 5-7 minutes. Serve when hot transfer the steaks to serving plates, or to a different dish to collect juices if you don't want them pooling on serving plates.

**1,358 TOTAL CALORIES FOR THE DAY**

## SWORDFISH 2 SERVING

Nutrition Facts (per serving)

Calories 350  
Protein 45 g  
Total fat 15 g  
Saturated fat 5 g  
Carbs 0 g  
Fiber 5 g  
Total sugars 0 g  
Added sugars 0 g  
Sodium 355 mg