

HGC BLOCK PLAN DAY 1

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: 2 cups [Veggie Soup](#) (recipe below- or buy lower calorie, lower sodium soup)

OR : **Lunch:** 3 oz [grilled chicken](#) + ½ cup cooked [quinoa](#) + 1 cup [cherry tomatoes](#) & [chopped cucumber](#) + 2 tablespoons [feta cheese](#) + 1 tablespoon [vinaigrette](#)

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

Dinner: 4 oz [salmon](#) + 1 cup [steamed carrots](#) + 1 cup [steamed broccoli](#) + 2 tablespoons [teriyaki sauce](#) + 1 teaspoon [sesame seeds](#)

Notes: Bake the salmon at 400°F (200°C) until firm to the touch, 10 to 15 minutes, depending on the thickness. Chop the carrots and broccoli and steam until tender-crisp, about 5 minutes for the carrots, 3 minutes for the broccoli. Drizzle everything with the teriyaki sauce and sprinkle with the sesame seeds. **1,226 TOTAL CALORIES FOR THE DAY**

Veggie Soup:

INGREDIENTS

1 tablespoon extra-virgin olive oil
1 small onion, chopped
1 carrot, chopped
1 rib celery, chopped
1 clove garlic, smashed
4 cups (32 fl oz/1 l) chicken stock, reduced sodium
1 large can (28 oz/875 g) diced tomatoes
1 can (15 oz/470 g) chickpeas, no salt added, rinsed and drained
1 lb (500 g) frozen mixed vegetables, no salt added
1 dried bay leaf
Fresh pesto for topping
Freshly ground pepper

INSTRUCTIONS

In a large pot over medium-high heat, warm the olive oil. Add the onion, carrot, and celery and sauté until tender, about 5 minutes. Add the garlic and stir until fragrant, 1 minute. Add the stock, tomatoes, chickpeas, frozen vegetables, and bay leaf. Bring to a simmer, adjust the heat to maintain, and cook until the flavors have blended, about 10 minutes. Remove and discard the bay leaf. Ladle the soup into bowls, dollop each with 1 tablespoon pesto, grind with pepper, and serve warm.

MAKES 8 SERVINGS
SERVING SIZE: 2 CUPS (16 FL OZ/500 ML)

Nutrition Facts (per serving)

Calories 223
Protein 9 g
Total fat 12 g
Saturated fat 2 g
Carbs 22 g
Fiber 6 g
Total sugars 7 g
Added sugars 0 g
Sodium 284 mg