

# What's for dinner?

AN OBESITY MEDICINE EXPERT'S 3-DAY  
BALANCED MEAL PLAN THAT YOUR WHOLE  
FAMILY WILL LOVE



Dr. Tahrin Siddiqua

# SO HAPPY YOU'RE HERE!

As a busy mom and physician, I understand the struggles of trying to maintain a healthy lifestyle amidst the chaos of everyday life. It's all too easy to fall into the trap of convenience foods and hectic schedules, leaving little time or energy for mindful eating. That's why I'm thrilled to share this 3-day balanced meal guide with you—a collection of my favorite easy, nutrient-dense recipes designed to simplify mealtime while nourishing your whole family!

In crafting this meal plan, I've drawn upon my own experiences as both a mother and a healthcare professional. I know firsthand the importance of finding balance and simplicity in our dietary choices. After all, if something feels like a chore or is overly complicated, it becomes difficult to maintain in the long run.

With that in mind, these meals are not only delicious and nutritious but also practical and straightforward to prepare. They're meant to serve as a guide, offering flexibility for you to customize according to your family's preferences and dietary needs.

So, whether you're a seasoned chef or just starting out on your journey to healthy meals at home, I invite you to embrace these recipes with an open mind and a hungry heart.

Together, let's rediscover the joy of mindful eating and embark on a path toward improved health and well-being.

Yours in Health,

*Dr. Siddiqua*



# Protip

Batch Cooking is one of the biggest hacks to consistently eating home cooked meals.

You can batch cook parts of your meals to use for multiple different dishes throughout the week. For example you can bake extra chicken and store it to use one day for chicken salad, another day for the chicken stir fry, or another day to make a sandwich.

Another method of batch cooking is making extra portions with the intention of freezing the extra. For example, you can make a large pot of soup and set aside half the pot in a glass airtight container in the freezer. When you don't have time to prepare meals, you can always bring out one of your glass containers the night before so it will naturally defrost overnight. Simply pour the contents into a pot and heat on the stove.

Another tip for easier cooking is “pre-prepping”. For lentils, soak them overnight. Not only does this reduce the cooking time, but it also improves their digestibility and enhances nutrient absorption. As far as cutting vegetables, you can save time by pre-cutting them or buying them pre-cut from the store. You can also keep bags of frozen vegetables in your freezer which are already pre-cut. The nutritional value of frozen fruits and vegetables are almost nutritionally equivalent.

Eating as a family is one of the best things you can do to promote better physical and mental health. Start out with eating one meal together as a family. Not only is this a bonding experience, the conversation around the table helps develop skills for more mindful eating. If you have picky eaters, encourage them to try one bite before denying the food. Also adding something familiar to something new might help as well. For example, adding regular spaghetti to spaghetti squash.

## Breakfast:

### ***Power Pancakes (Serves 1):***

Blend:

½ cup rolled oatmeal

¼ cup cottage cheese (or tofu for vegan)

4 egg whites or equivalent

1 teaspoon Vanilla extract

½ teaspoon pumpkin spice or cinnamon

Lightly spray oil on skillet on medium heat, pour your batter and cook both sides until medium brown



Of note if making recipe for family of 4, multiply all the ingredients by 4 except the egg whites, use 1 ¼ cup of egg whites to keep the pancake consistency

Nutrition: 288 calories, 28g protein, 32g Carbohydrates, 4g Fat, 1g Saturated Fat, 5g Fiber

Perfect as is.

Optional add ins:

Dark Chocolate Chips (>70% cacao)-kids always want this!

Top off with berries- I add to mine for antioxidants



## ***Veggie Quiche To Go (Serves 6)***

What you need:

10 ounces frozen chopped spinach

4 ounces frozen bell pepper/onion mix

$\frac{3}{4}$  cup egg whites

$\frac{3}{4}$  cup shredded reduced fat cheese

Optional to taste : Black pepper, Tony Cachere hot pepper sauce

**ProTip:** You can change out your veggies with whatever you have in your fridge! You can also exclude the cheese.

Preheat oven 350 F

Either thaw out frozen foods by keeping out the night before and strain out the water or saute frozen veggies and drain out excess liquid.

Mix all the ingredients.

Spray avocado oil on 12 baking cups or a baking dish, divide mixture into cups, bake for 20 mins.

Nutrition: 77 calories, 9g protein, 3g Carbs, 3 g Fat, 2g Saturated fats, 2 g fiber

May substitute with any veggies

## Loaded Toast (serves 1):

Ezekiel Bread 1 slice- toast

1 egg



Toast your bread.

Poach 1 egg (salt and pepper to taste), place on top of bread, add toppings as desired.

I usually place avocado slices, micro greens and everything but the bagel seasoning.

For vegan option you may add the chickpea salad (recipe below) on top of the bread

Nutritional information (not including any additional toppings)

151 calories, 10g protein, 15g carbohydrates, 0.5g fat, 3g fiber

## Lunch

### Baked chicken Mediterranean Salad:

2 Chicken breast, 8 ounces each (pro tip: you can make extra and put aside for other dishes)

Avocado oil

Suggested Dry Rub ingredients:

½ tsp sea salt

¼ tsp black pepper

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp paprika

¼ tsp dried oregano

¼ tsp cumin



Nutrition facts for 4 ounce baked chicken:

126 calories, 26g protein, 0.5g carbohydrates, 2.5g fat, 0.5g saturated fats,

Preheat oven 450F. Lightly grease the bottom of an oven safe baking dish. Mix all your dry rub ingredients in a bowl, Brush all sides of the chicken breast with oil, and apply your dry rub to the chicken. Bake the chicken uncovered for about 20-30 mins depending on the thickness of the chicken breast. Cook until the internal temperature reaches 165F, the center of the chicken should be white and opaque. Allow to rest for 5-10 minutes on a platter loosely covered with foil.

## Salad:(serves 2)

Use veggies of your choice.

Suggested:

1 english cucumber cubed  $\frac{1}{4}$  inch

2 cups romaine lettuce

1 bell pepper cubed 1in

2 cups cherry tomatoes halved

2.5 ounces feta cheese  $\frac{1}{2}$  inch cubes

$\frac{1}{4}$  cup thinly sliced red onion

$\frac{1}{3}$  cup Kalamate olives

$\frac{1}{3}$  cup fresh mint or basil leaves

Nutrition facts per serving Salad:

104 calories 11g fat 8g Protein

Dressing:

2 tbsp extra virgin olive oil

2 tablespoons balsamic vinegar

2 minced garlic

$\frac{1}{2}$  tsp dried oregano

$\frac{1}{4}$  tsp dijon mustard

$\frac{1}{4}$  tsp sea salt

$\frac{1}{4}$  tsp black pepper

255 calories 27g fat 3.7g saturated fat for all the dressing

After cutting your salad, mix all the dressing ingredients and pour on your salad. Cut your cooled chicken and place on the side (vegetarian option to add cooked chickpeas instead of chicken)



## Beans and Veggies Power Soup (serves 8):

2 cups dry black beans soaked 3 hours or overnight  
1 ½ dry cup Lentil based pasta  
2 cups butternut squash cubed  
2 cups sweet potato cubed  
1 cup potato cubed  
1 cup carrots  
2 cups celery 2 inch cubes, 1 celery stalk for soup base  
1 tomato cubed  
⅓ onion chopped  
3 garlic clove  
Avocado oil 2 tbsp  
Seasoning suggestion: 2 tsp Tony Chachere creole seasoning,  
1 tsp black pepper,  
1 tsp cumin, salt to taste



First make your bean soup base:

Night before, rinse your beans and then soak them in water overnight. You will notice your beans splitting and expanding in the morning. In a large pot, heat beans on medium heat with 6 cups of water, 2 tsp salt or Tony Chachere, garlic, tomato, 1 celery stalk and one carrot, ½ tsp black pepper. Cover with lid and boil for 20 mins or until beans are easy to smash with a fork.

In another pot, make your pasta as instructed on the box.

Meanwhile in another large soup pot on medium heat put avocado oil, after a few minutes, carefully saute onions to caramelize, add your seasoning (see suggestion).

Add your veggies one at a time with your heartiest vegetable first and cover your pot for 2 mins and then adding the next heartiest vegetable (you can use any veggies in your fridge, the order I cook is sweet potato, regular potato, butternut squash, carrots). Once your beans and pasta are ready, add beans, pasta and celery, cover 2 mins, then add your bean soup base water.

Cover and simmer on medium to low heat for another 5 mins or until veggies are tender. Optional to add cumin powder and cilantro at the end. Pair with a lentil bun for added protein.

**Nutrition Facts:**

295 calories, 16g protein, 44g carbohydrates, 10g fiber, 3g fat



## **Mashed chickpeas and avocado sandwich with side mediterranean salad (Serves 6):**

2 cups canned chickpeas rinsed or use fresh chickpeas  
4 tablespoon lemon juice  
6 tablespoon hummus  
3 teaspoon Dijon mustard  
5 ribs celery diced  
2 teaspoon extra virgin olive oil  
2 tablespoon fresh dill thinly chopped  
2 tablespoon parsley thinly chopped  
2 scallion thinly sliced  
½ tsp Black pepper  
½ tsp sea salt to taste



Boil your chickpeas until soft when pressed with a fork (usually takes one hour, can boil quicker if you pre soak your chickpeas overnight).

Make your sandwich filling: combine chickpeas with all the liquids: lemon juice, hummus, and dijon mustard, mash all the ingredients with a fork. Mix in the remaining ingredients, taste for salt.

Assemble your sandwich by placing your avocado, tomatoes on both slices of Ezekiel bread, add a layer of spinach leaves, microgreens or whatever veggies you desire and the mashed chickpea filling.

You can store the mashed chickpea filling separately for up to 4 days in an airtight container and assemble the sandwich when you're ready to eat to avoid sogginess. You can exchange the bread for a lettuce or tortilla wrap, or use it as a dip for your veggies.

Nutrition facts for 1 serving chickpea filling:  
332 calories, 17g protein, 48g carbohydrates, 9g fat, 1g saturated fats,

Recommend pairing with 2 slices Ezekiel bread (4g protein per slice) or Flax wrap ( 6g protein) for added protein

# Dinner

## Stir fry chicken (serves 3)

½ pound chicken breast  
10 ounce frozen stir fry veggies  
2 tablespoons amino acid  
2 tablespoon avocado oil  
1 tablespoon sesame oil



Heat a large skillet high heat until water sizzles. Add the avocado oil stir fry chicken 4 mins until cooked through, set to side in the pan, stir fry the vegetables, stir fry for another 5 mins, incorporating the chicken back in, add the amino acids and sesame oil and cover on medium heat for 3 mins. Option to add cashews in the end

Option to put on bed of quinoa, brown rice or cauliflower rice depending on your nutritional needs

Nutrition per serving (not including optional ingredients):  
309 calories, 30g protein, 9g carbohydrates, 16g fat, 1g saturated fats,

## **Baked Chicken (Or Tofu and chickpeas) with Roasted Veggies (make enough to make chickpea salad)**

Use baked chicken from lunch recipe

Preheat oven 390F and keep baking pan in there

Mix with splash of avocado oil, black pepper, garlic powder, dash of sea salt:

Butternut squash cubed  $\frac{3}{4}$  in  
Brussel Sprouts halved  
Carrots, cut long  
Bell pepper (de core and cut  $\frac{1}{2}$  in strips)  
Red onion  
2 whole garlic cloves



Mix everything except onions, place on a hot pan (hear sizzle), place in oven. After 30 mins, add onion, mix and roast another 1 hour until looks caramelized

Option to change out vegetables with any hearty vegetables (suggestions broccoli, cauliflower, parsnips, beets, potatoes) May use softer vegetables like eggplants, zucchini, cherry tomatoes, but recommend roasting on a separate sheet pan so it doesn't leak to your heartier vegetables.

Save time with pre chopped vegetables, or chop them yourself ahead of time, you can also skip peeling the carrots and potatoes as long as you thoroughly wash them

If you have a picky eater, sprinkle some Parmesan cheese on top while warm.



## Spaghetti Squash Bolognese (serves 4)

- 1 spaghetti squash
- 1 lb ground beef, turkey or chicken or tofu
- ½ onion diced
- 1 cup sliced mushroom
- 1 cup zucchini cubed
- ½ cup carrots chopped
- 1 bell pepper chopped
- 28 ounce can crushed tomato
- 2 teaspoon dried oregano seasoning
- ¼ cup chopped fresh basil
- ¼ cup chopped fresh parsley

Preheat oven 400F, pour water into a baking dish about ½ inch deep. Cut spaghetti squash lengthwise in half, remove the seeds and place cut side down into a baking dish. Bake for 40 minutes

While spaghetti squash bakes, medium heat skillet and line bottom with avocado oil, caramelize the onions, add the meat, once meat browns, put meat to the side of the pan or set aside. Add the remainder of your ingredients to the pan, cover and let simmer for 10 mins. Integrate your meat back in and simmer low heat.

Once spaghetti squash is roasted, carefully scrape with a fork the interior of the spaghetti squash causing it to fall apart and appear as noodles. Add your meat sauce.

For picky eaters, try adding a familiar pasta to the mix of the spaghetti squash, also may add parmesan cheese

Nutrition (when using chicken):  
305 calories, 28g protein, 24g carbohydrates, 12g fat

## Snack

### **Crunchy Chickpea Craving Buster**

2 cups pre-soaked chickpeas overnight  
1/8 cup avocado oil  
1 tsp Tony Chachere seasoning  
1 tsp black pepper  
1/4 tsp cumin  
1/4 tsp of red pepper or paprika

Preheat Oven to 425F

Drain the chickpeas and dry. In a mixing bowl add the remainder ingredients, toss in the chickpeas and put on hot preheated pan for 25 minutes or until golden and crisp



## Desserts:

### **Berries and cream (serves 1)**

3/4 cup greek nonfat plain yogurt  
1/2 cup chopped berries of choice

Put yogurt in parfait cup, add berries on top

Nutrition Facts per serving:  
140 calories, 19g protein, 15g carbohydrates,  
0g fat, 0g saturated fats,



## Vanilla Creme Delight balls (serves 1)

½ cup part skim ricotta cheese  
¼ teaspoon vanilla extract

Mix and serve chilled, option to roll balls and dust with pumpkin spice

Nutrition Facts per serving:  
178 calories, 14g protein, 7g carbohydrates, 10g fat, 6g saturated fats,



## Banana Bread (10 servings)

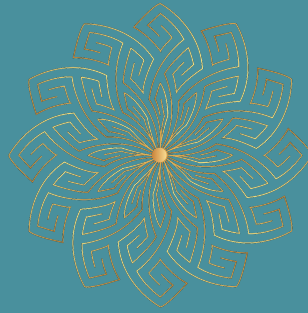
3 medium ripe bananas  
3 eggs  
1 cup almond flour  
1 tablespoon Vanilla  
1 tablespoon pumpkin spice or cinnamon  
1 teaspoon baking powder

Optional: Chocolate Chips, Pecans, raisins, chia seeds  
For added protein add 1 scoop of whey or pea protein.

Preheat the oven to 350F, blend all ingredients until cake batter consistency, spray bread pan, bake 45 mins. Cool for 10 mins

Nutrition Facts per serving (without optional ingredients):  
125 calories, 5g protein, 10g carbohydrates, 7g fat





# Elevate

I hope this 3-day balanced meal guide brings a breath of fresh inspiration to your kitchen and a nourishing boost to your family's well-being. Remember, healthy living is a journey, not a destination, and I'm here to support you every step of the way.

For more delicious recipes, wellness tips, and daily doses of inspiration, be sure to follow me:

Instagram @fitdoctor.siddiqua

TikTok @dr.siddiqua

Together, let's cultivate a life filled with vitality, joy, and deliciously nutritious meals!



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