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SEPTEMBER  
MEAL PLAN

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BREAKFAST

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banana protein  
pancakes\*

1 cup strawberries

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SNACK

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1/4 cup hummus

1/2 cup red pepper  
strips

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LUNCH

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classic black bean  
soup

gluten free crackers

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DINNER

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Almond Crusted Cod  
with lemon dill  
sauce\*

1 cup steamed sugar  
snap peas

1/2 cup quinoa

62 grams **protein**

38 grams **fiber**

# Recipes

## Banana Protein Pancakes

1 cup old fashioned oats  
1 ripe banana  
3 eggs  
2 scoops whey protein powder  
1 tablespoon ground flax seeds  
1 teaspoon cinnamon  
2 teaspoons baking powder  
1/4 teaspoon salt

- Place all ingredients in a blender. Blend until smooth.
- Heat a large non-stick pan. Use a 1/4 cup measure to pour batter. Cook pancakes 2 to 3 minutes a side.
- Top with sliced strawberries

serves 2

## Almond Crusted Cod with lemon dill sauce

3/4 cup plain yogurt  
2 tablespoons lemon juice  
1 1/2 tablespoons chopped fresh dill  
1/2 teaspoon salt, divided  
1/2 cup almond meal  
3 tablespoons grated parmesan cheese  
1/2 pound cod (cut into 2 portions)

- Preheat oven to 400°F. Line a baking pan with parchment paper.
- Mix yogurt, lemon juice, dill, and 1/4 teaspoon salt in a small bowl.
- Combine almond meal, cheese, and 1/4 teaspoon salt in a wide, shallow bowl.
- Brush some of the lemon dill sauce over each cod portion. Coat with almond-cheese mixture and place on baking pan.
- Bake for 12 minutes, until cooked through and flaky. Serve with remaining lemon dill sauce.

serves 2