

**Vic Magary's**

# **Healthy Meal Plans**

**September 2009**

## Curried Chicken Salad (w/homemade Mayo)

I got this recipe from my friend Mark Sisson. It's a delicious meal that uses all natural ingredients! You can even make a big batch of it and use it as leftovers for the next day's lunch.

- 1 pound organic, boneless skinless chicken breast
- 3-4 stalks of celery, sliced lengthwise then chopped
- 1 cup chopped apple (or grapes)
- ½ cup chopped walnuts
- 3-4 tablespoons blender homemade Mayonnaise (more if needed)
- Curry powder
- Sea salt & pepper to taste

For the Mayonnaise

- \* 1 egg
- \* 1 1/4 cup olive oil
- \* 2 tablespoons fresh lemon juice, or, 1 tablespoon lemon juice, 1 tablespoon rice wine vinegar
- \* pinch of cayenne pepper
- \* 1 teaspoon dry mustard

Start off with making the mayonnaise... Here's how to do that...

Blend egg, mustard, pepper and 1/4 cup oil in blender until smooth. Add the rest of the oil and blend again until well mixed. After blending, take off lid and add lemon juice, mixing well with a spatula. Put lid back on and blend again until mixed. Pour into bowl or Mason jar and refrigerate.

The mayo will not be as thick as a store bought mayonnaise. It will be a bit more runny which works well for this recipe.

For the chicken salad, start by cooking the chicken in a pan with a bit of olive oil.

Once your chicken is cooked, cut it up into really small pieces (or shred it). Get out a big bowl & mix the chicken with all of the other ingredients and pour your mayo over top. Mix all the ingredients together.

If you have time, wrap it and let it set in the fridge for an hour. If not, just scoop out a few spoonfuls of curried chicken salad and wrap it in a piece of lettuce. And thats it!

Enjoy!

## **Egg & Spinach Fritata**

1 cup spinach leaves  
½ cup of veggies  
olive oil  
6+ eggs

In a pan with some olive oil cook up some spinach leaves, broccoli & red pepper strips.

Once your veggies are cooked about half way through, take them out and put them in a baking dish (oil or spray the baking dish first). Mix up 6+ eggs in a bowl and add them to the baking dish.

Place the baking dish in the oven on 400 degrees for about 12-15 minutes. Just make sure the eggs aren't runny.

You can make this dish with more veggies and more eggs if you want and then simply refrigerate it & pre package them as meals for the week.

Enjoy your meals for September!

If there are any meals you'd like to see for October, please let me know in the forum or by emailing me [vic@gymjunkies.com](mailto:vic@gymjunkies.com)