

# **Vic's Healthy Meal Plans**

**October 2009**

This month's healthy meal plans will show you how to eat burgers & tacos while trying to get lean! The salmon roll is a new dish I've been trying out and is delicious. It works well as a post workout meal as well with the sweet potatoes!

BTW I also added a bonus recipe this month!

## **Salmon Rolls**

1 cup Sweet Potato  
1 Avocado  
1 Tbs Lime Juice  
1 Tbs Olive Oil  
2 cloves Garlic  
4-5 Thin Slices Of Smoked Salmon

Boil the sweet potato until it softens. Mash together the avocado and sweet potato and add finely chopped garlic, the lime juice and olive oil. Allow to cool in the refrigerator.

Lay out the salmon in strips and place a few spoons of the mash on the salmon. Roll the salmon up like a sushi roll.

This is a good breakfast or lunch recipe.

## **The No Bun Burger...**

¼ lb of ground beef (the leaner the better, but at least get 80-20)  
grilled onions  
lettuce  
tomato  
Big side of steamed squash, zucchini and green beans  
salt & pepper

Cut up your veggies into small pieces. Add salt and pepper and steam them in a pan (with a lid) with ¼ of water for about 5 minutes. Set them aside and start to work on your burger.

For the burger, put ¼ lb of ground beef in a bowl. Add some salt & pepper. You may also add a SMALL amount of hot sauce or worstechire sauce if youd like.

Chop up your onions into small ½ inch pieces.

Make a pretty flat hamburger patty with your hands. The flatter you make it the quicker it will cook. Pan sear it with a bit of olive oil until your desired doneness. While this is cooking, make sure to add in your chopped onions to the pan. Let them cook until they are a caramel brown color.

Top your burger with lettuce, tomato and the onions. Serve the big side of fresh veggies along with it!

If you're using this for lunch, pack your burger in a plastic container & your veggies in a separate container. You can take this to work & heat it up in the microwave (or oven) and be ready to eat in 2 minutes.

## **The No Taco Taco**

1 lb of Ground Beef (Get 95 -5 if you can afford it)

½ cup of onions

Dash of garlic

chipotle pepper (ground up)

1 tomato

salt, pepper

Loose leaf lettuce (crisp if you can find it)

Grill the onions up in a pan with a small amount of olive oil. Add in the ground beef and cook until your desired doneness.

Add in garlic, chipotle pepper, salt & pepper.

When everything is ready, spoon it out and wrap with a crisp piece of lettuce. If you like tomatoes, chop them up and add them in over the top of the meat.

This will feed multiple people, or you can just refrigerate the left overs and eat them for lunch/dinner.