

### Breakfast (Meal #1)

	Protein	(Whole)Grain	Vegetable/Fruit	Calcium/Vit D	Other
<i>Example:</i>	2 eggs	whole- wheat toast	Avocado/tomato	Milk	Margarine
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Use this template to plan your meals for a week – try to include all the Food Groups for most of your meals. Not every meal has to be different, it's ok to use leftovers or eat your favourite meals often.

### Lunch (Meal #2)

	Protein	(Whole)Grain	Vegetable/Fruit	Calcium/Vit D	Other
<i>Example:</i>	Black beans	Quinoa	Onions, celery, peppers, carrots	Yogurt smoothie	Salad dressing
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

### Dinner (Meal #3)

	Protein	(Whole)Grain	Vegetable/Fruit	Calcium/Vit D	Other
<i>Example:</i>	Burger patty (soy or beef)	whole-wheat bun	Lettuce, tomato	Cheese slice	
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

## Sample Grocery List

Produce Section	Aisles/Dry & Canned Foods	Cleaning/Paper Supplies, Pet Food, etc.	Meat & Frozen Food	Other
Spinach or lettuce Ready-made coleslaw mix Mini carrots Celery Bell peppers Avocado Onions Squash Apples Bananas Oranges or mandarins Grapes	Tomato (pasta) sauce Diced tomatoes Fruit canned in water Canned or dried chickpeas, black beans, refried beans Canned salmon, tuna, sardines or clams Quinoa or kasha (Buckwheat) Parboiled (quicker cooking) brown rice Pasta or noodles Whole-wheat crackers (ex. Triscuits, Ryvita)		Lean ground beef, pork, turkey or chicken Turkey or chicken breast or thighs Pork tenderloin Lean beef steak or cubes Fish (fresh or frozen); unbreaded Unbreaded meat patties (beef, chicken, turkey) or veggie-soy burgers	
<p style="text-align: center;"><b>Bakery Section</b></p> Whole-wheat bread, pita, roti, flatbread, or buns Corn or whole-wheat tortillas (wraps)	Lower-sugar cereal Oats or instant oatmeal packets Hot sauce, mustard, BBQ sauce, salsa, etc. Salad dressing		Frozen berries Frozen mixed vegetables (cauliflower, carrots, corn, etc.)	
<p style="text-align: center;"><b>Cooler (Dairy) Section</b></p> Milk or soy beverage (or other milk alternative) Yogurt Cheese – Cheddar, Feta Eggs Tofu or other plant-based/soy products (ex. “Veggie” ground-round or sausage) Deli meat – lean turkey, ham or beef Dips or hummus Margarine, butter	Bottled sauces, like Stir Fry sauce or Hoisin sauce Spices Cooking oil – canola or light olive oil All-natural peanut butter or almond butter			

Plenty of vegetables & fruit – include these as snack too, to aim for “1/2 your food” intake as vegetables & fruits

Protein foods – meats, fish, poultry, beans, eggs, nuts, tofu and other plant-based proteins

Calcium & Vitamin D-rich foods like milk, yogurt, cheese, and fortified almond- or soy-beverage



Grain products like bread, rice, noodles, pasta; include whole grains like brown rice, quinoa, kasha, wild rice, barley and whole-wheat products most often

## SERIOUSLY EASY/CHEAP/QUICK recipes

### Lettuce Wraps

- Brown ground chicken, beef, pork or turkey OR diced firm tofu in a skillet
- Stir in a bag of ready-chopped coleslaw mix (cabbage, red cabbage, carrots)
- Stir in bottled Hoisin sauce until just moistened
- Top with chopped green onion (optional)
- Wrap in lettuce leaf (or a tortilla or pita)

### Stir fry

- Brown diced boneless chicken, lean steak, or pork tenderloin OR diced tofu
- Stir in frozen mixed vegetables (broccoli, cauliflower or similar) and bottled Stir Fry sauce, heat through
- Serve over vermicelli noodles (to cook: add hot water, stir, then drain)

### Tuna or Salmon Melt

- Drain canned tuna or salmon, stir together with mayonnaise to moisten
- Spread on whole-wheat bread
- Sprinkle with grated cheese
- Place in toaster oven or under broiler until cheese is melted and bubbly
- Enjoy with celery or carrot sticks

### Bean Quesadillas

- Spread canned refried beans on a corn or whole-wheat tortilla
- Sprinkle with grated cheese
- Top with another tortilla and place in a hot skillet; fry until cheese is melted and tortilla is browned on both sides
- Serve with tomato slices &/or tomato salsa

### “Pulled Chicken”

- Cook a chicken breast in a pot with boiling water or chicken broth OR use ready-cooked grilled/roisserie chicken
- Shred the chicken using 2 forks
- Stir in enough BBQ sauce to moisten
- Serve on a bun with ready-made coleslaw or tomato/lettuce topping

### Vegetarian Meal

- Cook pasta noodles according to package directions
- In a separate pot, stir together a can of tomatoes (with juice) and rinsed/drained canned beans or chickpeas; bring to a boil
- Stir in a bag of pre-washed spinach leaves
- Pour tomato-spinach sauce over pasta and top with cheese if desired

For more: <https://www.utm.utoronto.ca/health/health-promotion/nutrition-healthy-eating/recipes>