

**Have plenty of
vegetables and fruits**

Eat protein foods

**Make water
your drink
of choice**

**Choose
whole grain
foods**



Sample Menu – Breakfast

Choose **one to two foods** from each food group to create a balanced meal.

Protein	Fruit/vegetable	Grain/starch
2 poached egg	½ cup vegetables (frozen or fresh)	1 slice of whole wheat bread
2 scrambled eggs	1 medium fruit (apple, pear, peach, or orange)	1 whole wheat English muffin
½ cup cottage cheese		1 small bran muffin
2 tbsp peanut or other nut butter	2 cups strawberries, blackberries, or raspberries	3-4 whole wheat crackers
2 oz lean ham	15 grapes	¾ cup high fibre cereal
½ cup yogurt (regular, Greek, or Icelandic style)	½ cup canned or diced fruit	2-3 tbsp Bran Buds
		¾ cup oatmeal

Healthy fats

1 tsp margarine, soft non-hydrogenated	2 tbsp ground flaxseeds
7 nuts, almonds	4 halves walnuts
1 tsp = 5 mL	1tbsp = 15 mL
1 cup = 250 mL	1 oz = 30 g

Try these breakfast ideas

Peanut butter pipe

6-inch whole wheat flour tortilla
 1-2 tbsp peanut butter
 ½ banana (or thinly slice apple with cinnamon)

Assemble ingredients in the wrap and roll. Eat with ½ cup of Greek or Icelandic style yogurt or cottage cheese.

Homemade egg muffin

Whole wheat English muffin
 1-2 tsp Dijon mustard
 1-2 tomato slice(s)
 1 slice lean ham
 1-2 scrambled or boiled eggs

Make a sandwich with the above ingredients

Sample Menu – Lunch

Choose **one to two** foods from each food group to create a balanced meal.

Protein	Fruit/vegetable	Grain/starch
2-3 oz canned tuna	1 cup salad	5-8 whole wheat crackers
½ cup cottage cheese	½ cup vegetables (frozen or fresh)	2-3 slices of baguette
Egg salad – (2 eggs)	1 medium fruit (apple, pear, peach, or orange)	1 slice of whole wheat bread
½ cup of beans	2 cups strawberries, blackberries, or raspberries	6-inch whole wheat tortilla
2-3 oz diced chicken	15 grapes	½ cup rice, pasta, grains
2.5 oz tofu	½ cup canned or diced fruit	6-inch whole wheat pita
2-4 slices lean deli meat		

Healthy fats			
2-3 slices of avocado (1/6 of an avocado)		1 tbsp salad vinaigrette	
1 tbsp of nuts or seeds		7 nuts, almonds	
1 tsp = 5 mL	1tbsp = 15 mL	1 cup = 250 mL	1 oz = 30 g

Try these lunch ideas

Black bean fajita

6-inch whole wheat tortilla
 ½ cup black beans
 2 tbsp salsa
 1 tbsp sour cream
 Sprinkle of cheese
 Diced lettuce and tomato

Assemble ingredients in the wrap and roll.

Pita pizza

6-inch whole wheat pita
 2-3 tbsp tomato or pizza sauce
 2-3 oz diced chicken or ham
 2 oz shredded cheese
 Vegetables (peppers, onion, mushroom)

Place ingredients on pita and bake in oven until cheese is melted.

Sample Menu – Supper

Choose **one to two** foods from each food group to create a balanced meal.

Protein	Fruit/vegetable	Grain/starch
½ cup chili with beans or ground beef/chicken	1 cup salad	½ cup of baked or mashed potatoes or sweet potatoes
3 oz chicken	½ cup vegetables (frozen or fresh)	2-3 slices of baguette
3 oz fish	1 medium fruit (apple, pear, peach, or orange)	1 slice of toast (whole grain)
3 oz pork	2 cups strawberries, blackberries, or raspberries	6-inch whole wheat tortilla
3 oz lean beef	15 grapes	½ cup rice, pasta, grains
½ -1 cup lentils	½ cup canned or diced fruit	6-inch whole wheat pita

Healthy fats			
2-3 slices of avocado (1/6 of an avocado)		1 tbsp salad vinaigrette	
1 tbsp of nuts or seeds		7 nuts, almonds	
1 tsp = 5 mL	1tbsp = 15 mL	1 cup = 250 mL	1 oz = 30 g

Try these supper ideas

Fish and “chips”

3 oz fish
1 cup of steamed vegetables
½ cup of baked sweet potato wedges

Cut sweet potato into wedges and bake until crispy on the outside. Serve with 3 oz baked fish and steamed vegetables.

Pita pizza

Veggie burger

1 whole wheat bun
1 veggie burger
Vegetable toppings (lettuce, tomato, etc.)
1 oz cheese

Serve with:
1 cup of salad
1 tbsp salad vinaigrette

Thoughtful Snack Ideas

Snacks can boost your nutrition and control hunger throughout the day. A snack should include carbohydrates to help fuel your body and protein to keep you full for longer. Choose one carbohydrate food choice and one protein food choice from the list below.

Carbohydrate food (choose 1)	+	Protein food (choose 1)	
<ul style="list-style-type: none"> • 1 cup frozen berries • ½ cup canned or diced fruit • 1 medium piece of fruit • 2 tbsp dried fruit (apricots, raisins, dates, figs, or dried cranberries) • 2-4 high fibre crackers • ½ whole wheat pita or 1 small whole wheat tortilla • 1 small homemade low fat, high fibre muffin • 1 slice whole grain bread • ½ cup high fibre cereal <p>Add vegetables for variety and fibre</p>		<ul style="list-style-type: none"> • 1 hard-boiled egg • ½ cup chickpeas, kidney beans, navy beans, black beans, baked beans split peas or lentils • 1 cup plain or artificially sweetened yogurt (regular, Greek, or Icelandic-style) • ½ cup cottage cheese • 10-12 dry roasted almonds • 1/3 cup pistachios (with shells) • 2 tbsp dry roasted sunflower or pumpkin seeds (shelled) • 1 oz cheese • 1/3 cup hummus • 2 tbsp peanut or other nut butter • 1 cup milk or unsweetened soy milk 	
1 tsp = 5 mL	1tbsp = 15 mL	1 cup = 250 mL	1 oz = 30 g