

# Build a Balanced Plate

The following formula provides a template that can be used to assemble a balanced, filling & satisfying meal or snack. Aim to incorporate most components at your meals, and 2-3 components at a snack. Work with your dietitian to build up a meal/snack repertoire, incorporate these components into mixed meals, add fun foods & adjust for your unique lifestyle/activity level!

## PROTEIN 1/4 plate



- Aim for protein at each meal and snack for optimal muscle synthesis
- Fullness between meals
- Get it from:

- **Plant-based sources**

Soy (edamame, tofu, tempeh), nuts & seeds, hemp hearts, pulses, seitan, quinoa, plant protein powders (soy, pea)

- **Animal sources**

Eggs, yogurt (Greek, Skyr), meat, poultry & fish



## COLOUR 1/2 plate

- Packed with fiber, water, vitamins, minerals & antioxidants
- Get it from:

- **Vegetables:** Leafy greens (spinach, arugula, kale), cruciferous (cabbage, broccoli, Brussels, cauliflower), edible stems (celery, asparagus), allium family (onion, garlic) starchy veggies, etc.
- **Fruit:** Berries (blue, black, raspberries & strawberries), stone fruit (peaches, plums, nectarines), citrus (limes/lemons, clementines, oranges, grapefruit), tropical (mangoes, bananas), apples, pears, etc.
- **Fungi:** White button, cremini, portobello, shiitake, oyster & enoki mushrooms

## STARCH/WHOLE GRAIN 1/4 plate



- Provides energy & fiber
- Get it from:
  - **Bread**  
Whole grain, sprouted grain
  - **Whole grains**  
Barley, oats, cornmeal, brown rice, popcorn
  - **Pulses**  
Beans, peas, lentils  
*\*Provide starch & protein*
  - Seeds
  - **Starchy vegetables**  
White & sweet potatoes, yams, pumpkin, squash



## FAT

- Cell & hormonal health
- Nutrient absorption, fullness
- Get it from:
  - Higher fat dairy (2-3% MF)
  - Nut/seed butters, oils
  - Chia & ground flax seed
  - Avocado
  - Canned fish
  - Eggs



# Build a Balanced Breakfast

## SETTING YOURSELF UP FOR SUCCESS

Our rule of thumb for a filling and satisfying breakfast meal is to fill your plate with carbohydrate rich in fiber, a source of fat and protein. Start to identify a source of each of these nutrients on your breakfast plate, and this will help you feel full and energized until your next meal or snack.



### PROTEIN

- Aim for **20-25g** at breakfast
- Fullness, muscle synthesis
- Get it from:
  - 1 egg (6g)
  - 1/4 cup black beans (4g)
  - 2 tbsp peanut butter (7g)
  - 3 tbsp hemp hearts (10g)
  - Greek yogurt, 100g (8g)
  - Smooth cottage cheese, 100g (10g)



### FIBER

- Aim for **10g** at breakfast
- Promotes regularity
- Get it from:
  - Fruit & Veg
    - 1/2 cup raspberries (4g)
    - 1/2 avocado (6g)
  - Whole grains (barley, oats)
    - 1 cup cooked oats (4g)
  - Beans & lentils
    - 1/2 cup black beans (7g)
  - 1 tbsp chia seeds (5g)
  - 2 tbsp flax seed (4g)



### FAT

- Cell & hormonal health
- Nutrient absorption, fullness
- Get it from:
  - Higher fat dairy (2-3% MF)
  - Nut/seed butters, oils
  - Avocado
  - Eggs



### If you wake up on time

- **Egg scramble:** Customize based on ingredients you have in the fridge, or the following themes
  - Mediterranean- feta, tomatoes, green onion & pepper
  - Mexican- salsa, black beans, onion, dried herbs
  - Pair with- whole fruit or toast (i.e. peanut butter + frozen raspberries, avocado + hemp hearts)
  - Add to a tortilla and eat as a wrap
- **Egg sandwich:** Place 1-2 fried eggs in a whole wheat English muffin and add toppings (cheese, spinach, avocado and/or hummus)
- **Egg-in-a-nest:** Pair with whole fruit or Greek yogurt/Skyr
- **Yogurt parfait:** Add-ins include frozen/fresh fruit, seeds (chia, ground flax, hemp or pumpkin), maple syrup (if using plain yogurt)

## If you press the snooze button one too many times

- **Banana wrap:** Generously coat a tortilla in nut/seed butter, add sliced banana and other toppings as desired (ground flax seed, hemp hearts)
- **Oats:** Oatmeal of choice + milk/alternative + nut/seed butter + hemp hearts + fruit of choice
- **One-minute eggs:** Add eggs + splash of milk/alternative in a bowl and microwave for 30 seconds. Remove, stir and return to microwave for another 10 seconds, or until cooked! Enjoy with a piece of fruit or 100g yogurt cup!

## If you are tight for time in the morning, plan ahead!

- **Mini quiche:** Ahead of time, prepare mini crustless quiches in muffin tins (or portioned from a baking dish). Filling may consist of mushrooms, peppers, tomatoes, green onions, cheese, etc!
- **Sweet potato:** Cut a sweet potato lengthwise and bake as meal prep, then microwave/toast/ pan-fry to reheat. Add nut/seed butter as a topping!
- **Oatmeal recipes:** Enjoy a versatile baked or overnight oat recipe packed with protein, fat and fibre!
- **Waffles & Pancakes:** prepare in larger batches and freeze for an easy breakfast idea! Quickly toast in your toaster oven or microwave and top with fruit, + greek yogurt for a balanced meal!

## Build a balanced smoothie!

### FLUID



Milk or alternative  
Kefir  
Water  
Kombucha  
Splash of 100%  
fruit juice



### PROTEIN

Greek yogurt  
Skyr yogurt  
Hemp hearts  
Protein powder  
Nut/seed butter

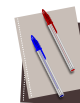
### FIBER

Fruit or vegetable  
i.e. banana,  
spinach, berries  
Chia or flax seed  
Oatmeal



### FAT

Higher fat dairy  
(milk, yogurt)  
Nuts/seeds and  
their butters  
Avocado



### Tips

Smoothies blend the plant walls & start the digestion process for you.

It's okay if a smoothie alone doesn't sustain you! Try portioning out into one cup and pairing with eggs or another breakfast option!

***Plan for success! Be prepared with the basics (oats, eggs, milk, cheese, canned beans, bread/tortillas) and you are halfway to a breakfast with staying power!***

# Strategic Snacking

For sustained energy and balanced blood sugars

A good rule of thumb for a satisfying snack is to prepare food combinations that contain complex carbohydrate rich in **fiber** and a source of **protein**. If you include a source of fat, this is a bonus and can help keep you satiated (full & satisfied) between meals. Understanding the sources of each of these nutrients in your snack will help you plan snacks that sustain your energy levels throughout the day.

## FIBER

- From complex carbohydrate
- Sustains energy and satiety
- Aim for 5g at snacks
- Get it from:
  - 1/2 cup raspberries (4g)
  - 1 kiwi (3g)
  - 1/2 avocado (7g)
  - Whole grains crackers i.e. Triscuits (8 crackers) (4g)
  - 1/4 cup roasted lentils (5g)
  - 1/2 cup edamame (4g)
  - 4 cups popcorn (5g)
  - 1/4 cup hummus (4g)



## PROTEIN

- Aim for **10-15g** at snacks
- Fullness, muscle synthesis
- Get it from:
  - 1 egg (6g)
  - 2 tbsp peanut butter (7g)
  - 3 tbsp hemp hearts (10g)
  - Greek yogurt, 100g (8g)
  - Flavoured tuna (16g)
  - Smooth cottage cheese, 100g (10g)
  - 1 cup edamame (17g)



## FAT

- Cell & hormonal health
- Nutrient absorption, fullness
- Get it from:
  - Higher fat dairy (2-3% MF)
  - Nut/seed and their butters
  - Avocado
  - Eggs
  - Chia and ground flax seed

## Prepare-ahead snacks to fuel activity

- **Energy Bites:** Pack 2 energy balls with some water to enjoy before, during or following activity
- **Granola bars:** A great opportunity to jam pack your snack with protein, fibre and fat!
- **Trail Mix:** Fill a snack-size ziplock bag or Tupperware, approximately 1/4-1/3 cup of trail mix. Add-ins can include: Dried fruit, popcorn, roasted or regular nuts/seeds, dry cereal/granola, coconut flakes, chocolate, etc. You can also add a little spice to some oil-coated almonds, pecans or walnuts and roast at 450 F for 15-20 minutes!

## Snacks to sustain energy between meals

Snacks do not solely serve as a hunger/energy stabilizer between meals. They may provide us comfort, memories, texture/mouthfeel, distraction from work, or fill a void. Consider the snacks listed below and start to think about what motivates you to snack? What textures, flavours and food do you normally seek out?

- Two deviled eggs with nuts, fruit or deli meat skewer - **Salty, creamy mouthfeel**
- Cheese with fibre-rich crackers and veggies - **Crunchy, creamy, hydrating**
- Greek yogurt/Skyr/smooth cottage cheese paired with fresh or frozen berries- **Sweet, creamy**
- Roasted chickpeas or lentils (homemade or Crunchy Little Lentils) - **Crunchy, salty**
- Homemade roasted nuts with cheese and fruit or veggies (snack board) - **Sweet, salty, crunchy**
- Make a balanced smoothie, freeze and enjoy! - **Creamy, cool, soothing**
- Fruit drizzled, sandwiched or dipped in melted chocolate + nut/seed butter - **Creamy, crunchy, sweet**
- Spiced or salty roasted veggie chips (kale, broccoli, etc) - **Bitter, salty, spicy**



### Your turn! What will you stash in your snack box?

**Just eat the cookie (or two)!**

Part of what normalizes eating is giving yourself permission to eat foods that fuel the soul. This may look like: purchasing single-serving treats, preparing a healthified version of a favourite treat, or planning them into your routine to prevent feelings of deprivation.

**Plan for success! Be prepared with the basics for making and/or grabbing easy, balanced snacks and you're already halfway to snacks that sustain and satisfy!**

## The Ultimate Salad Guide! | Happiness is... a Luscious Salad

Salads get a bad reputation for being “boring” or “crummy diet food”. This guide will help you to transform an ordinary salad into an extraordinary meal! The portions below give you an idea of how much you should be adding to your bowl but always remember to eat mindfully and adjust your portion size based on your hunger level. The portions are for one meal-sized individual salad; scale up for more people or meal prep!

Base (Choose 1-2)	Fruit & Veggies (Choose 2-3)		Protein (Choose 1)	Fats (Choose 1-2)	Carbohydrate (Choose 1)	Extras/Toppings (Choose 1-3)	Dressing (Choose 1)
2 cups total	¼ cup sliced, diced, chopped each		3-4 oz (animal pro) ½ cup (veg pro)	1-2 tbsp (nuts/seeds) 1.5 oz (cheese)	½ cup	1-2 tbsp	2-3 tbsp
Arugula	Artichoke	Apple	Beef	Almonds	Amaranth	Bacon Bits	Asian Sesame
Boston Lettuce	Bell Peppers	Blackberries	Black Beans	Avocado	Barley	Basil	Balsamic
Butterleaf Lettuce	Broccoli	Blueberries	Chicken	Blue Cheese	Brown/Wild Rice	Chives	Basil Balsamic
Cabbage	Brussel Sprouts	Cantaloupe	Chickpeas	Bocconcini Cheese	Buckwheat	Cilantro	Caesar
Collard Greens	Carrots	Figs	Falafels	Burrata Cheese	Bulgar	Croutons	Catalina
Curly Endive	Cauliflower	Grapes	Hard Boiled Eggs (2)	Cashews	Corn	Dates	Creamy Poppyseed
Dandelion	Celery	Honeydew Melon	Hemp Hearts (3 tbsp)	Cheddar Cheese	Couscous	Dill	Cucumber Dill
Endive	Cucumber	Kiwis	Lamb	Feta Cheese	Farro	Dried Apricots	Fig Balsamic
Iceberg Lettuce	Fennel	Mandarin Oranges	Lentils	Goat Cheese	Freekeh	Dried Cranberries	Greek
Kale	Mushrooms	Mangoes	Pork Loin	Halloumi Cheese	Millet	Goji Berries	Honey Dijon
Lolla Rosa	Radish	Peaches	Salmon	Olives	Pasta	Green Onions	Italian Vinaigrette
Mixed Baby Greens	Red Onion	Pears	Scallops	Parmesan Cheese	Pita (On Side)	Mint	Lemon/Olive Oil
Radicchio	Roasted/ Pickled / Spiralized Beets	Persimmon	Shelled Edamame	Pecans	Quinoa	Nutritional Yeast	Pesto
Red Leaf Lettuce	Roasted/ Pickled Jalapenos	Pineapple	Shrimp	Pine Nuts	Roasted Acorn Squash	Parsley	Ranch
Romaine	Snow/ Sugar Snap Peas	Pomegranate Seeds	Tempeh	Pistachios	Roasted Butternut Squash	Raisins	Raspberry Vinaigrette
Spinach	Tomato	Raspberries	Tofu	Pumpkin Seeds	Roasted Pumpkin	Seaweed Crisps	Sundried Tomato
Swiss Chard	White Onion	Strawberries	Tuna	Sunflower Seeds	Roasted Sweet Potato Chunks	Sprouts	Sweet Onion
Watercress	Zucchini	Watermelon	Turkey	Walnuts	Whole Grain Bread (On Side)	Tortilla Strips	Thousand Island

## The Ultimate Salad Guide! | Inspiration Station:

*Look below for some suggested salad combinations; try a few out and get creative!*

**Asian:** Romaine, Cabbage, Bell Pepper, Carrot, Mango, Edamame, Cashews, Brown Rice, Green Onions, Asian Sesame Dressing

**Berry Bliss:** Spinach, Mixed Greens, Strawberries, Blueberries, Blackberries, Roasted Turkey, Goat Cheese, Pecans, Quinoa, Dried Cranberries, Raspberry Vinaigrette

**Caesar:** Romaine, Tomato, Bell Pepper, Grilled Chicken, Parmesan Cheese, Bacon Bits, Whole Grain Bread (on the side), Croutons, Caesar Dressing

**Caribbean:** Mixed Baby Greens, Mango, Pineapple, Jalapenos, Jerk Chicken, Avocado, Wild Rice, Cilantro, Lemon/ Olive Oil

**Cobb:** Romaine, Mixed Baby Greens, Tomato, Cucumber, Red Onion, Blue Cheese, Avocado, Hard Boiled Eggs, Corn, Bacon Bits, Ranch Dressing

**Fall Fruit:** Spinach, Radicchio, Persimmon, Pear, Pomegranate Seeds, Roasted Pork Loin, Avocado, Amaranth, Dried Cranberries, Creamy Poppy Seed Dressing

**Feel-Good Fall:** Kale, Brussel Sprouts, Roasted Carrots & Beets, Roasted Turkey, Goat Cheese, Walnuts, Roasted Butternut Squash, Dried Cranberries, Balsamic Dressing

**Greek:** Romaine, Tomato, Cucumber, Red Onion, Herb Grilled Chicken, Feta Cheese, Black Olives, Whole Grain Bread (on the side), Parsley, Greek Dressing

**Hearty Fall:** Arugula, Caramelized Onions, Sautéed Mushrooms, Pomegranate Seeds, Spiced Lentils, Pistachios, Roasted Sweet Potato, Dried Apricots, Lemon/ Olive Oil

**Italian:** Lolla Rosa, Endive, Tomato, Red Onion, Pepperoncini Peppers, Sundried Tomato, Chickpeas, Parmesan, Pine Nuts, Basil, Croutons, Italian Vinaigrette

**Just Peachy:** Butterleaf Lettuce, Arugula, Peaches, Blueberries, Pan Seared Scallops, Burrata, Bulgar, Dried Cranberries, Basil, Basil Balsamic Dressing

**Mediterranean:** Arugula, Artichoke, Cucumber, Pomegranate Seeds, Roasted Lamb, Halloumi, Pine Nuts, Freekeh, Dill, Cucumber Dill Dressing

**Mexican:** Romaine, Cabbage, Bell Peppers, Jalapenos, Tomato, Black Beans, Avocado, Cheddar Cheese, Millet, Tortilla Strips, Sweet Onion Dressing

**Moroccan:** Romaine, Spinach, Carrots, Bell Pepper, Spiced Chickpeas, Walnuts, Quinoa, Parsley, Dried Cranberries, Raisins, Lemon/ Olive Oil/ Honey

**One in a Melon:** Arugula, Cantaloupe, Spiralized Zucchini, Tofu (on side), Bocconcini, Pasta, Bacon Bits, Basil, Basil Balsamic Dressing

**Paramount:** Curly Endive, Dandelion, Roasted Cauliflower, Tomato, Cucumber, Falafels, Olives, Pita (on side), Parsley, Lemon Tahini Dressing

**Pesto Paradise:** Romaine, Curly Endive, Tomato, Cucumber, Pesto Shrimp, Parmesan Cheese, Pine Nuts, Couscous, Basil, Lemon/ Olive Oil

**Summer Herb Salad:** Red Leaf Lettuce, Romaine, Tomato, Cucumber, Grilled Salmon, Feta Cheese, Olives, Farro, Cilantro, Dill, Basil, Cucumber Dill Dressing

**Taco:** Romaine, Tomato, Bell Pepper, Jalapenos, Taco Spiced Ground Beef, Avocado, Cheddar Cheese, Corn, Tortilla Strips, Cilantro, Salsa, Catalina Dressing

**Wedge Salad:** Iceberg lettuce, Tomato, Cucumber, Grilled Chicken, Blue Cheese, Barley, Bacon Bits, Ranch Dressing

**Winter Citrus:** Spinach, Radicchio, Mandarin Oranges, Pomegranate Seeds, Hemp Hearts, Avocado, Sunflower Seeds, Pumpkin Seeds, Honey Dijon Dressing

**Watermelon:** Spinach, Watermelon, Spiralized Beets, Turkey, Avocado, Feta Cheese, Quinoa, Sprouts, Pumpkin Seeds, Mint, Balsamic Dressing

**Other Tips & Tricks:**

- Roast/Grill or Bake some protein to have on hand for your salads (\*cooked animal protein should be refrigerated and consumed within 3-4 days)
- Keep staples such as canned beans, legumes, lentils and tuna on hand for quick protein options
- Boil a few eggs at a time and store in the fridge for 3-4 days, peel before adding to your salad
- Buy pre-washed greens and pre-cut fruits/veggies to save on preparation time if desired
- Your veggies do not always have to be raw! Try roasting and grilling some for added flavour and variety.
- Try roasting chickpeas or other legumes in the oven with olive oil and desired spices for extra flavour and/ or crunch
- Prepare your salad in mason jars for an easy grab and go-lunch (keep salad dressing separate until ready to eat)
- Use store-bought dressing or make your own salad dressing in larger portions to have on hand

***Your Turn! Brainstorm 2-3 Salad Combos below that you would like to try!***



## The Ultimate Dinner Guide! | Dinner is Better When... We Eat Together!

Tired of eating the same thing all the time? This dinner guide will help you to keep dinner both exciting and nutritious! The portions below give you an idea of how much you should be adding to your plate or bowl but always remember to eat mindfully and adjust your portion size based on your hunger level. The portions are for an individual plate; scale up for more people or meal prep!

Fruit & Veggies (Choose 2-3)		Protein (Choose 1)	Marinades/ Spices/ Herbs/ Seasonings (Choose 1-2)	Fats (Choose 1-2)	Carbohydrate (Choose 1-2)
½ -1 cup sliced, diced or chopped each		4-5 oz (animal pro) ¾ cup (veg pro)	* Purchased /Prepared Marinade or Spice Blend	1-2 tbsp (nuts/seeds) 1.5 oz (cheese)	½ cup – 1 cup
Artichoke	Apple	Beef	Asian*/ Korean BBQ*/ Spicy Szechwan*	Almonds	Acorn Squash
Asparagus	Banana	Bison	Basil	Avocado	Amaranth
Beets	Blackberries	Black Beans	Chives/ Green Onions	Blue Cheese	Barley
Bell Peppers	Blueberries	Chicken	Cilantro	Bocconcini Cheese	Butternut Squash
Broccoli	Cantaloupe	Chickpeas	Citrus Herb*	Burrata Cheese	Buckwheat
Brussel Sprouts	Dragon Fruit	Cod	Curry Paste/ Powder	Canola Oil	Bulgar
Carrots	Figs	Eggs (2)	Dill	Cashews	Corn
Cauliflower	Grapes	Falafels	Fajita/ Taco	Cheddar Cheese	Couscous
Celery	Grapefruit	Haddock	Garlic	Coconut Oil	Farro
Collard Greens	Honeydew Melon	Hummus	Garlic Herb*	Feta Cheese	Freekeh
Cucumber	Kiwis	Hemp Hearts (3 tbsp)	Indian*	Ghee	Millet
Fennel	Mandarin Oranges	Lamb	Italian*	Goat Cheese	Pasta
Mushrooms	Mangoes	Lentils	Jalapenos/ Hot Peppers	Halloumi Cheese	Pita
Kale	Peaches	Pork	Jerk Spice*	Olive Oil	Pizza Dough/Crust
Radish	Pears	Salmon	Mint	Olives	Potato
Rapini	Papaya	Scallops	Parsley	Parmesan Cheese	Pumpkin
Red Onion	Passionfruit	Shelled Edamame	Pepper	Pecans	Rice
Snow/ Sugar Snap /Sweet Peas	Persimmon	Shrimp	Peri-Peri*	Peanuts/ Peanut Butter/ Peanut Oil	Rice Noodles
Spinach	Pineapple	Tilapia	Poultry*	Pine Nuts	Roasted Potatoes
Swiss Chard	Pomegranate Seeds	Tempeh	Souvlaki*	Pistachios	Quinoa
Tomato	Raspberries	Tofu	Steak Spice*	Sesame Oil	Sweet Potato
White/ Yellow Onion	Strawberries	Tuna	Vegetable Seasoning*	Tahini	Tortilla
Zucchini	Watermelon	Turkey	Zaatar*	Vegetable Oil	Whole Grain Bread

## The Ultimate Dinner Guide! | Inspiration Station:

### Breakfast for Dinner

**Omelet:** Mushrooms, Onions, Peppers, Eggs, Pepper, Vegetable Seasoning, Cheese, Olive Oil, Whole Grain Bread (on side)

**French Toast:** Banana, Strawberries, Eggs, Cinnamon, Vanilla, Vegetable Oil, Whole Grain Bread, Maple Syrup

**Frittata:** Spinach, Artichoke, Eggs, Garlic, Pepper, Vegetable Seasoning, Feta Cheese, Olive Oil, Sliced Potatoes

**Crustless Quiche:** Spinach, Peppers, Mushrooms, Onions, Vegetable Seasoning, Pepper, Goat Cheese, Olive Oil, Shredded Potatoes

**Flap Jacks:** Blueberries, Banana, Smooth Cottage Cheese (on side), Vanilla, Cinnamon, Nut Butter, Pancakes

**Sweet & Savoury Flap Jacks:** Sautéed Mushrooms and Spinach, Bacon, Ricotta Cheese, Green Onions, Balsamic Reduction, Maple Syrup, Pancakes

### Burgers and Sandwiches

**Classic:** Iceberg Lettuce, Tomato, Onion, Beef Burger Patty, Cheddar Cheese, Ketchup, Mayo, Mustard, Pickle

**Gobbler:** Boston Lettuce, Roasted Beets, Fennel, Turkey Burger Patty, Goat Cheese, Balsamic Reduction, Cranberry Sauce

**Lamb:** Cucumber, Tomato, Red Onion, Lamb Burger Patty or Shredded Roasted Lamb, Feta Cheese, Zaatar, Tzatziki

**Pesto:** Arugula, Tomato, Artichoke, Chicken Burger Patty or Grilled Chicken Breast, Parmesan Cheese, Pesto, Mayo

**True North:** Romaine Lettuce, Caramelized Onions, Sautéed Mushrooms, Bison Burger Patty, White Cheddar, Dijon Mustard,

**Beyond Meat:** Grilled Eggplant, Zucchini and Mushrooms, Veggie Burger Patty, Vegetable Seasoning, Hummus

### Tips & Tricks:

- Burgers and sandwiches are easily paired with a side salad or grilled vegetables for a quick and balanced meal
- You can also make a “naked burger bowl” by skipping the bun and pairing your meal with baked fries or sweet potato fries
- Pre-made burgers can be a time saver- if you opt for these, look for a patty that is lower in sodium (aim for 350mg or less per patty) and saturated fat (aim for 6g or less per patty)
- If you make your own patties from scratch, try to buy extra lean ground meat. To make your own patties: Mix 450g (1lb) of ground meat with 1 egg, ½ cup breadcrumbs or quick oats and seasonings of choice. Divide into 4 equal portions and flatten/shape into patties (ensure you make the middle thinner to promote even cooking). Grill or pan fry to appropriate internal temperature.

Comfort Foods:

**Meat Loaf:** Roasted Broccoli and Cauliflower (on side), Ground Beef or Chicken,

**Shepherds Pie:** Peas, Carrots, Ground Beef or Lentils, Vegetable Seasoning, Olive Oil, Mashed Potatoes

**Perogies:** Bell Peppers, Mushrooms, Onions, Lean Ground Pork, Salsa, Sour Cream, Perogies

**Roast Beef:** Roasted Carrots, Parsnips and Brussel Sprouts, Sirloin Beef, Steak Spice, Olive Oil, Roasted Potatoes

**Chilli:** Bell Peppers, Onion, Ground Chicken or Beef, Mixed Bean Medley, Tomato Sauce, Salsa, Sour Cream, Whole Grain Bread (on side)

**Soup:** Tomato, Mixed Vegetable, Beef and Barely etc. Pair with additional Veggies and Sides to Balance out Meal

**Grilled Cheese:** Sliced Apple, Baby Carrots, Snow Peas (veggies on side with hummus), Cheddar Cheese, Whole Grain Bread

Entrée Salad: See, The Ultimate Salad Guide

Fiesta- Burritos, Fajitas, Tacos and Quesadillas

**Classic Burrito:** Romaine Lettuce, Tomato, Onion, Chicken or Beef, Burrito or Taco Seasoning, Cheddar Cheese, Guacamole, Ranch, Salsa, Brown Rice, Tortilla

**Classic Taco:** Romaine Lettuce, Tomato, Bell Pepper, Onion, Ground Beef, Turkey or Chicken, Taco Seasoning, Cheddar Cheese, Sour Cream, Salsa, Tortilla

**Surf Taco:** Cabbage, Carrot, Bell Pepper, Shrimp, Taco Seasoning, Avocado, Mango Salsa, Cilantro, Tortilla

**Fins Up Taco:** Cabbage, Tomato, Red Onion, Lime, White Fish (Cod/ Tilapia), Taco Seasoning, Avocado, Pineapple Salsa, Cilantro, Tortilla

**Veggie Taco:** Romaine Lettuce, Tomato, Onion, Black Beans or Baked Tempeh, Taco Seasoning, Salsa, Tortilla

**Classic Fajita:** Bell Peppers, Onions, Sliced Chicken or Beef, Fajita Seasoning, Sour Cream, Salsa, Tortilla

**Classic Quesadilla:** Bell Peppers, Onions, Mushrooms, Chicken, Jalapenos, Sour Cream, Salsa, Tortilla

Tips & Tricks:

- You can also make a “naked burrito/taco/fajita bowl” by skipping the tortilla and pairing your meal with just rice or baked tortilla chips
- Choose lower sodium salsas, seasonings and lower fat sour cream

### Pastas:

**Under the Sea:** Mushrooms, Onion, Bell Peppers, Linguine, Parsley, Basil, Parmesan Cheese, Scallops

**Chicken Pesto:** Spinach, Roasted Red Peppers, Onion, Sundried Tomato, Rotini Noodles, Pesto, Basil, Parmesan Cheese, Herb and Garlic Roasted Chicken

**Classic Spaghetti and Meatballs:** Mushrooms, Onion, Bell Peppers, Spaghetti, Basil, Tomato Sauce, Parmesan Cheese, Beef Meatballs

### Tips & Tricks:

- Restaurant portions of pasta are often much larger than needed. Start with 1 cup of cooked pasta as a serving and add more vegetables and protein to round out your meal.
- Choose 100% whole wheat pasta or smart pasta most often to get more fibre into your diet. If you don't love the taste/texture of whole wheat pasta, try using half white, half whole wheat to start. You can also experiment with lentil and pea pasta varieties.
- Ready made meatballs can save on time, if you opt for these choose a product that is lower in sodium (aim for 350mg or less per serving/~ 6 meatballs) and saturated fat (aim for 5g or per serving)
- If you make your own meatballs, choose extra lean meat and double the batch/freeze half so that you have some ready to go for your next meal.

### Stir-Fry:

**Chicken:** Mushrooms, Bell Peppers, Snow Peas, Chicken, Spicy Szechwan Sauce, Sesame Oil, Jasmine Rice

**Beef:** Broccoli, Carrots, Onions, beef Strips, Asian Sesame Sauce, Sesame Oil, Cashews, Basmati Rice

**Shrimp:** Bok Choy, Carrots, Bell Peppers, Shrimp, Citrus Herb Sauce, Coconut Oil, Millet

**Vegetarian:** Carrots, Broccoli, Baby Corn, Pineapple, Tempeh or Tofu, Sweet and Sour Pineapple Sauce, Toasted Almonds, Rice Noodles

### Sheet Pan Dinner Combos:

**Chicken:** Bell Peppers, Broccoli, Carrots, Onions, Chicken, Peri-Peri Sauce, Garlic, Olive Oil, Sweet Potatoes

**Beef:** Kale, Onion, Tomato, Beef, Zaatar, Olive Oil, Garlic, Olives (after baking), Tahini (after baking), Freekeh (on side)

**Shrimp:** Asparagus, Bell Peppers, Onion, Shrimp, Citrus Herb, Olive Oil, Potato

**Vegetarian:** Brussel Sprouts, Beets, Carrots, Tempeh, Parsley, Garlic, Vegetable Seasoning, Olive Oil, Acorn and Butternut Squash

Pizza Combos:

**Deluxe:** Green Peppers, Onion, Mushroom, Ground Beef, Tomato Sauce, Mozzarella Cheese, Pizza Dough

**Hawaiian:** Bell Peppers, Mushrooms, Pineapple, Lean Ground Pork, Tomato Sauce, Mozzarella Cheese, Pizza Dough

**Mediterranean:** Tomato, Roasted Red Peppers, Grilled Chicken, Mozzarella Cheese, Feta Cheese, Olives, Pizza Dough

**Caesar:** Mushroom, Onion, Tomato, Roasted Chicken, Alfredo Sauce (base, instead of tomato sauce), Garlic, Mozzarella Cheese, Parmesan Cheese, Pizza Dough

- Purchasing frozen or ready-made pizza dough can be a time saver; you can also use a pita or nann bread as your pizza base
- Be careful not to overload your pizza with too many toppings to ensure even cooking- pair with a side salad or fruit for dessert to balance out your meal
- Save on time by saving protein from your meal the night before so it can be easily added to your pizza

Additional Tips & Tricks:

- When deciding on a dinner to add to your meal prep menu, consider ingredients already in your fridge or pantry that need to be used up
- Challenge yourself to build a dinner option around a new-to-you ingredient
- Incorporate batch cooking by scaling up a recipe, making a large one-pot, instant pot or slow cooked meal which can be eaten over 3-4 days or frozen for quick freezer meals
- Depending on your (and your family's) weekly schedule, choose themes for your dinners based on time to prep and family favourites, for example:
  - o Meatless Monday/Taco Tuesday/ Fish Friday/ Breakfast for Dinner/ Sandwich Night/ Build-your-own-Pizza
- Plan ahead 1-2 meals that you may eat out to take the pressure off of planning for every meal of the week
- If applicable, delegate age-appropriate tasks for your children (i.e. meal prep, clean up)
  - o Speak with your Dietitian about ideas that fit with your family

***Your Turn! Brainstorm 2-3 Dinner Combos below that you would like to try!***

## The Ultimate Lunch Guide! | Lunch Hour... is the Best Hour of the Day

Does your boring lunch leave you looking at takeout as the only option? This lunch guide will help you to keep your lunchbox both exciting and nutritious! The portions below give you an idea of how much you should be adding to your lunch box but always remember to eat mindfully and adjust your portion size based on your hunger level. The portions are for an individual portion; scale up for more people or meal prep!

**Buddha Bowls** | are a quick and easy way to use up leftovers in your fridge; they are a little heartier than a salad, but just as customizable!

Fruit & Veggies (Choose 2-4)		Protein (Choose 1)	Fats (Choose 1-2)	Carbohydrate (Choose 1-2)	Extras/Toppings (Choose 1-3)	Dressing/Sauce (Choose 1)
¼ - ½ cup sliced, diced, chopped each		3-4 oz (animal pro) ½ cup (veg pro)	1-2 tbsp (nuts/seeds) 1.5 oz (cheese)	1 cup Total	1-2 tbsp	2-3 tbsp
Apple	Mandarin Oranges	Beef	Almonds	Amaranth	Basil	Asian Sesame
Artichoke	Mangoes	Black Beans	Avocado	Barley	Chives	Balsamic
Arugula	Mixed Baby Greens	Chicken	Blue Cheese	Brown/Wild Rice	Cilantro	BBQ
Bell Peppers	Mushrooms	Chickpeas/ Falafels	Cashews	Buckwheat	Croutons	Creamy Cashew
Blackberries	Onion	Fish	Cheddar Cheese	Bulgar	Dill	Curry Sauce
Blueberries	Peaches	Hard Boiled Eggs (2)	Feta Cheese	Corn	Dried Apricots	Greek
Broccoli	Pears	Hemp Hearts (3 tbsp)	Goat Cheese	Couscous	Dried Cranberries	Green Goddess
Brussel Sprouts	Persimmon	Lamb	Halloumi Cheese	Farro	Goji Berries	Honey Dijon
Cabbage	Pomegranate Seeds	Lentils	Olives	Freekeh	Green Onions	Pesto
Carrots	Radicchio	Pork Loin	Parmesan Cheese	Millet	Mint	Ranch
Cauliflower	Raspberries	Scallops	Pecans	Pasta	Nutritional Yeast	Siracha
Collard Greens	Roasted/ Pickled / Spiralized Beets	Shelled Edamame	Pine Nuts	Quinoa	Parsley	Spicy Yogurt Sauce
Cucumber	Spinach	Shrimp	Pumpkin Seeds	Roasted Acorn Squash	Raisins	Spicy Peanut Sauce
Figs	Snow/ Sugar Snap Peas	Tempeh	Sesame Seeds	Roasted Butternut Squash	Seaweed Crisps	Sweet Onion
Grapes	Swiss Chard	Tofu	Sunflower Seeds	Roasted Pumpkin	Sprouts	Teriyaki Sauce
Kale	Tomato	Turkey	Walnuts	Roasted Sweet Potato Chunks	Tortilla Strips	Turmeric Tahini

## Buddha Bowls | Inspiration Station:

**Asian:** Broccoli, Carrots, Cabbage, Tofu, Peanuts, Rice Noodles, Green Onions, Spicy Peanut Sauce

**Bamboo:** Roasted Broccoli, Carrots, Cabbage & Mushrooms, Beef, Brown Rice, Cilantro, Curry Sauce

**Crisp & Hearty:** Kale, Beets, Swiss Chard, Salsa Fresca, Black Beans, Avocado, Corn, Farro, Crispy Tortilla Strips, Spicy Yogurt Sauce

**Green Goddess:** Kale, Spiralized Beets, Tomato, Hard Boiled Eggs, Avocado, Bacon Bits, Quinoa, Green Goddess Dressing

**Mediterranean:** Mixed Baby Greens, Red Onion, Cucumber, Roasted Red Pepper, Tomatoes, Falafels, Feta Cheese, Black Olives, Quinoa, Cilantro, Greek Dressing

**Moroccan:** Carrots, Kale, Cucumber, Tempeh, Raisins, Dried Cranberries, Quinoa, Parsley, Honey Dijon

**Pangoa:** Cherry Tomatoes, Cucumber, Spinach, Black Beans, Cheddar Cheese, Corn, Wild Rice, Cilantro, BBQ Sauce

**Plant Power:** Roasted Artichokes, Swiss Chard, Sautéed Mushrooms & Onions, Chickpeas, Brown Rice, Roasted Sweet Potato, Nutritional Yeast, Tahini

**Spicy Mediterranean:** Radicchio, Roasted Cauliflower, Carrots and Jalapenos, Pomegranate Seeds, Falafels, Toasted Almonds, Brown Rice, Parsley, Tahini

**Taste of Fall:** Apple, Kale, Roasted Brussel Sprouts, Chickpeas, Pumpkin Seeds, Roasted Acorn Squash, Bulgar, Dried Apricots, Creamy Cashew Sauce

**Teriyaki Twist:** Broccoli, Carrots, Cucumber, Edamame, Sesame Seeds, Brown Rice, Green Onion, Teriyaki Sauce

**Thai Tempeh:** Bell Peppers, Broccoli, Carrots, Snow Peas, Tempeh, Sesame Seeds, Avocado, Jasmine Rice, Cilantro, Green Onion, Spicy Peanut Sauce

**unBEETable:** Sautéed kale, Roasted Brussel Sprouts & Beets, Turkey, Roasted Butternut Squash, Freekeh, Dried Cranberries, Turmeric Tahini

**[FUN FACT]** Buddha bowls gets their name from the belief that Buddha carried a bowl with him on his journeys and accepted food as donations, which he would eat at the end of the day.

### Tips & Tricks:

- Roast/Grill or Bake some protein to have on hand for your bowls or use up leftovers from last night's dinner! (\*cooked animal protein should be refrigerated and consumed within 3-4 days)
- Keep staples such as canned beans, legumes, lentils and tuna on hand for quick protein options
- Boil a few eggs at a time and store in the fridge for 3-4 days, peel before adding to your bowl
- Buy pre-washed greens and pre-cut fruits/veggies to save on preparation time if desired
- Your veggies do not always have to be raw! Try roasting and grilling some for added flavour and variety.
- Try roasting chickpeas or other legumes in the oven with olive oil and desired spices for extra flavour and/or crunch
- Use store-bought dressing/sauce or make your own salad dressing in larger portions to have on hand

**Bento Boxes** | a delicious and healthy lunch, ready in a flash!

Fruit & Veggies (Choose 2-4)		Protein (Choose 1)	Fats (Choose 1-2)	Carbohydrate (Choose 1-2)
½ cup each/ 1 whole or ¼ each (dried fruit)		3-4 oz (animal pro) ½ cup (veg pro)	1-2 tbsp (nuts/seeds/olives) 1.5 oz (cheese)	See Below
Apple	Honeydew Melon	Beef	Almond Butter	Brown/Wild Rice (½ Cup)
Banana	Kiwi	Bean Salad (¾ cup)	Almonds	Couscous (½ Cup)
Bell Peppers	Lettuce/ Spinach	Canned Salmon	Avocado	Low Sodium Triscuits (40g)
Blackberries	Mangoes	Canned Tuna	Cashews	Marys Gone Crackers (30g)
Blueberries	Onion	Chicken	Cheddar Cheese	Nann Bread (1/2 large)
Broccoli	Peaches	Chickpeas (1/2 cup)	Feta Cheese	Pancakes (1 med each)
Cantaloupe	Pears	Cottage Cheese (100g)	Guacamole	Pasta (½ Cup)
Carrots	Persimmon	Greek Yogurt (100g)	Olives	Quinoa (½ Cup)
Cauliflower	Pomegranate Seeds	Falafels	Parmesan Cheese	Tortilla (1/2 large)
Celery	Raspberries	Hard Boiled Eggs (2)	Pecans	Tortilla Chips (50g)
Clementine Oranges	Raisins	Hummus (½ Cup)	Peanut Butter	Waffles (1 med each)
Cucumber	Seaweed Crisps	Legumes	Pumpkin Seeds	Whole Grain Crackers (30-40g)
Dates	Strawberries	Shelled Edamame	Sunflower Seeds	Whole Grain/ Homemade Muffin (1 each)
Dried Apricots	Sugar Snap Peas	Skyr (100g)	Swiss Cheese	Whole Grain Pita Bread (1/2 large)
Grapes	Tomato	Tempeh	Walnuts	Whole Wheat English Muffin (1 each)
Goji Berries	Watermelon	Tofu	Energy Bites (2-3 each)	





## Bento Boxes | Inspiration Station:

**Greek:** Tomato, Cucumber, Red Onion, Sliced Chicken, Feta Cheese, Olives, Tzatziki

**Breakfast Box:** Blackberries, Raspberries, Strawberries, Almond Butter, Cottage Cheese (drizzle with honey), Whole Wheat English Muffin

**Breakfast Box 2.0:** Apple Slices, Clementine Oranges, Greek Yogurt, Almond Butter, Blueberry Pancakes

**Tuna Protein Box:** Carrot, Cucumber, Sugar Snap Peas, Grapes, Canned Tuna, Cheddar Cheese, Whole Grain Crackers

**Taco Salad:** Tomato, Lettuce, Corn, Salsa, Black Beans, Cheddar Cheese, Guacamole, Tortilla Chips

**Chickpea Salad:** Carrot, Celery, Cucumber, Grapes, Chickpea Salad, Roasted Lightly Salted Almonds, Nann Bread

**Spring Strawberry:** Arugula & Strawberries (with balsamic dressing), Vanilla Bean Smooth Cottage Cheese, Goat Cheese, Pecans, Mary's Gone Crackers

**Plant Power:** Bell Peppers, Cucumber, Tomato, Hummus, Pumpkin Seeds, Whole Wheat Pita Bread

**Stud Muffin:** Bell Peppers, Carrots, Cucumber, Grape Tomatoes, Hard Boiled Eggs, Swiss Cheese, Homemade Muffin

**Colourful Finger Foods Box:** Cherry Tomatoes, Carrots, Greek Yogurt, Date/Pecan Rolls OR Stuff 3-4 dates with Nut Butter, Whole Wheat Pita

**Balanced Bento:** Mixed Berries, Carrots, Cucumber, Grapes, Hummus, Energy Bites, Whole Grain Crackers

### Tips and Tricks:

- Invest in a good bento box container with dividers and smaller silicone molds to help separate foods
- Make a big batch of mini pancakes, energy bites and/or muffins and freeze them
- If you are adding a baked good, such as a muffin to your bento box, ensure it is lower in sugar and fat (use ingredients like applesauce to add moisture and sweetness)
- Dry fruit as much as possible before portioning out
- Keep leafy greens away from wet fruit or vegetables
- Keep chips, crackers or breads separate from vegetables
- Keep condiments in containers and add dressings right before serving
- If desired, add a little something sweet such as a cookie or 2-3 squares of chocolate

## Sandwiches, Wraps and Flatbreads | Life is like a sandwich... you have to fill it with the best ingredients!

Fruit & Veggies <i>(Choose 2-4)</i>		Protein <i>(Choose 1)</i>	Fats <i>(Choose 1-2)</i>	Carbohydrate <i>(Choose 1-2)</i>	Extras/ Toppings <i>(Choose 0-2)</i>	Dressing/ Sauce <i>(Choose 0-1)</i>
2-4 tbsp each		3-4 oz (animal pro) ½ cup (veg pro)	1-2 tbsp (nut butter) 1.5 oz (cheese)	½ or 1 each	1-2 tbsp each	1-2 tbsp
Apple	Kale	Beef	Almond Butter	Brioche Bun (1 each)	Bacon	Asian Sesame
Artichoke	Mandarin Oranges	Chicken	Avocado/ Guacamole	Ciabatta Bun (1 each)	Basil	Balsamic Reduction
Arugula	Mangoes	Chickpeas/ Falafels	Blue Cheese	Challah Bread	Chives	BBQ
Bell Peppers	Mixed Baby Greens	Fish	Cheddar Cheese	Corn Tortilla (1/2 large)	Cilantro	Curry Sauce
Blackberries	Mushrooms	Hard Boiled Eggs (2)	Cream Cheese	Flour Tortilla (1/2 large)	Dill	Greek
Blueberries	Onion	Hemp Hearts (3 tbsp)	Feta Cheese	Focaccia Bread	Green Onions	Green Goddess
Broccoli	Peaches	Lamb	Goat Cheese	Gluten Free Bread (1 slice)	Hot Peppers	Honey Dijon Mustard
Brussel Sprouts	Pears	Legumes	Halloumi Cheese	Nann Bread (1/2 large)	Mint	Ketchup
Cabbage	Persimmon	Pork Loin	Havarti Cheese	Multigrain Baguette	Nutritional Yeast	Mayonnaise
Carrots	Radicchio	Scallops	Mozzarella Cheese	Pumpernickel Bread (1 slice)	Parsley	Pesto
Cauliflower	Raspberries	Shelled Edamame	Olives	Rye Bread (1 slice)	Pickles	Ranch
Collard Greens	Romaine	Shrimp	Parmesan Cheese	Sourdough Bread (1 slice)	Pickled Turnip	Salsa
Cucumber	Roasted/ Pickled / Spiralized Beets	Tempeh	Ricotta Cheese	Sprouted Grain Bread (1 slice)	Sage	Siracha
Figs	Spinach	Tofu	Swiss Cheese	Whole Grain Pita Bread (1/2 large)	Sprouts	Sweet Onion
Grapes	Tomato	Turkey	Tahini Paste	Whole Wheat English Muffin (1 each)	Zaatar	Tomato Sauce

## Sandwiches, Wraps and Flatbreads | Inspiration Station:

### Sandwiches:

**BEALT:** Lettuce, Tomato, Egg, Bacon, Avocado, Sprouted Grain Bread, Ketchup

**Breakfast Sandwich:** Sautéed Bell Pepper, Onion and Spinach, Egg, Cheddar Cheese, Whole Wheat English Muffin, Bacon, Ketchup or Hot Sauce

**Chicken Parmesan Sandwich:** Spinach, Tomato, Lightly Bread Chicken Breast (Baked), Mozzarella Cheese, Ciabatta Bread, Basil, Tomato Sauce

**Fall Feature Sandwich:** Arugula, Roasted Beets and Butternut Squash, Roasted Turkey, Goat Cheese, Ciabatta Bun, Cranberry Sauce

**Grilled Cheese Sandwich:** Sliced Apple, Baby Carrots, Snow Peas (veggies on side with hummus), Cheddar Cheese, Whole Grain Bread

**Meatball Sub:** Spinach, Roasted Tomatoes, Sautéed Onions, Beef Meatballs, Mozzarella Cheese, Multigrain Baguette, Basil, Tomato Sauce

**Smoked Salmon Sandwich:** Spinach, Tomato, Smoked Salmon, Cream Cheese, Pumpernickel Bread, Dill

**Pesto Sandwich:** Roasted Artichoke, Eggplant, Zucchini and Bell Pepper, Roasted Chicken, Havarti Cheese, Focaccia Bread, Pesto

**Roast Beef:** Arugula, Tomato, Pickled Red Onions, Roast Beef, Havarti Cheese, Rye Bread, Horseradish, Mayonnaise

**Veggie Panini:** Roasted Bell Pepper, Mushroom, Eggplant and Zucchini, Grilled Tofu, Goat Cheese, Rye Bread, Balsamic Reduction

### Wraps:

**Asian Chicken Wrap:** Cabbage, Matchstick Carrots, Chopped Chicken Breast, Peanut Butter, Sesame Oil, Soy Sauce, Tortilla, Cilantro, Green Onion, Ginger

**Buffalo Ranch Wrap:** Romaine Lettuce, Matchstick Carrots, Bell Peppers, Buffalo Grilled Chicken, Blue Cheese, Tortilla, Ranch

**Chicken Caesar Wrap:** Romaine Lettuce, Tomato, Red Onion, Grilled Chicken, Parmesan Cheese, Tortilla, Caesar Dressing

**Mediterranean Wrap:** Romaine Lettuce, Tomato, Cucumber, Falafel, Hummus, Tahini, Olives, Pita Bread, Garlic Sauce

### Flatbreads:

**Blueberry Flatbread:** Blueberries, Caramelized Onions, Chicken, Ricotta Cheese, Nann Bread, Balsamic Reduction

**Roasted Vegetable Flatbread:** Bell Pepper, Mushroom, Red Onion, Zucchini, Chicken, Feta Cheese, Nann Bread, Basil

**Pesto Peach Flatbread:** Peaches, Ricotta Cheese, Nann Bread, Pesto, Pesto, Balsamic Reduction

**Additional Tips & Tricks:**

- Enjoy your sandwich/ wraps warm by grilling them in a pan or panini press
- Prepare the night before or the day of depending on your schedule
- Warm your protein and roast/grill your veggies
- Pair your sandwich/wrap/ flatbread with a side salad, piece of fruit or small bowl of soup to ensure you meet your fruit and veggie needs
- If you choose to use deli meats, look for options that are lower in sodium, saturated fat as well as nitrites and potassium additives

**Other Hot Lunch Ideas:**

**Omelet:** Mushrooms, Onions, Peppers, Eggs, Pepper, Vegetable Seasoning, Cheese, Olive Oil, Whole Grain Bread (on side)

**Chilli:** Bell Peppers, Onion, Ground Chicken or Beef, Mixed Bean Medley, Tomato Sauce, Salsa, Sour Cream, Whole Grain Bread (on side)

**Soup:** Tomato, Mixed Vegetable, Beef and Barely etc. Pair with additional Veggies and Sides to Balance out Meal

**Entrée Salad:** See, The Ultimate Salad Guide

***Your Turn! Brainstorm 2-3 Lunches below that you would like to try!***