

## The Ultimate Dinner Guide

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 cup - 1 cup sliced, diced or chopped each		4-5 oz (animal-based protein) ¾ cup (veg protein)	*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” and pair your meal with white or sweet potato fries
- Pre-made burgers can be a time saver, speak with your Dietitian about choices that may be right for you!
- If you make your own patties from scratch, opt for lean/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, based on the type of meat.

## Comfort Foods

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

**Shepherds Pie:** Peas, Carrots, Ground Beef or Lentils, Vegetable Seasoning, Olive Oil, Mashed White or Sweet 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, Cheddar Cheese, Whole Grain Bread, Baby Carrots, Snow Peas (veggies on side with hummus)

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” and pair your meal with rice or baked tortilla chips

## Pastas

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

**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 or Turkey Meatballs

### Tips & Tricks

- Consider choosing 100% whole wheat pasta or smart pasta most often for extra fibre. If you don't enjoy the flavour or 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 – speak with your Dietitian about choices that may be right for you!
- If you make your own meatballs, choose lean/extra lean meat and double the batch/freeze half so you have some ready-to-go for your next meal

## Stir-Fry

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

**Beef:** Broccoli, Carrots, Onions, Beef Strips, 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 naan 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 household's weekly schedule, choose themes for your dinners based on time to prep and family favourites, for example:
  - 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 tasks)
  - 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!***