



## Make grocery shopping easy!



### PLAN Meals: Aim for Balance

#### Follow Canada's Food Guide

- Eat regular meals and snacks.
- Include foods from 3 or 4 of the food groups at every meal.
- Choose:
  - colourful vegetables and fruits
  - lean meats and meat alternatives
  - whole grain foods
  - low fat dairy products
  - a small amount of unsaturated fat
  - foods low in fat, sugar or sodium (salt)

#### Simple Meal Ideas

##### Salads

- Mixed vegetable salad topped with canned tuna or salmon with a whole grain roll and fruit
- Tossed salad with leftover meat or chicken and fruit yogurt parfait

##### Sandwiches and Wraps

- Ham and low fat cheese on whole grain bread with raw vegetables
- Hummus, lettuce and tomato in a whole wheat wrap with fruit

##### Eggs

- Scrambled eggs cooked with chopped vegetables, whole grain toast and low fat milk
- Egg and cheese sandwich on whole wheat toast, salad and fruit

##### Pastas

- Pasta with meat sauce and salad
- Pasta salad with tuna, mixed vegetables and low fat cheese

##### Stir-fries

- Beef, pork, chicken or tofu vegetable stir-fry with rice and fruit salad

##### Legumes

- Baked beans, garden salad and whole wheat roll
- Dhal (lentils) with basmati rice and vegetables

## Menu Planner

Meal	Sample Menu	Day 1	Day 2	Day 3
<b><u>Breakfast</u></b>				
Vegetables and Fruit	Fresh orange			
Grain Products	Hot cereal with berries			
Milk and Alternatives	Milk			
Meat and Alternatives				
<b><u>Morning Snack</u></b>				
1-2 groups	Morning Glory Muffin Bars			
<b><u>Lunch</u></b>				
Vegetables and Fruit	Spinach salad with low fat dressing, apple			
Grain Products	Whole grain roll			
Milk and Alternatives	Chocolate Milk			
Meat and Alternatives	Southwest Baked Bean Soup			
<b><u>Afternoon Snack</u></b>				
1-2 groups	Cheese and crackers			
<b><u>Dinner</u></b>				
Vegetables and Fruit	Mixed vegetables			
Grain Products	Brown rice			
Milk and Alternatives	Yogurt			
Meat and Alternatives	Chili Orange Grilled Chicken			
<b><u>Evening Snack</u></b>				
1-2 groups	Hummus and raw vegetables			