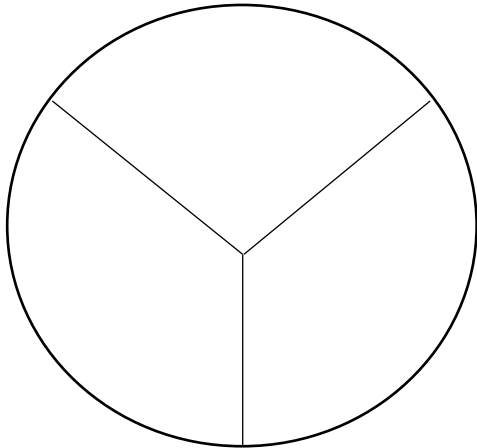


# Meal Planning

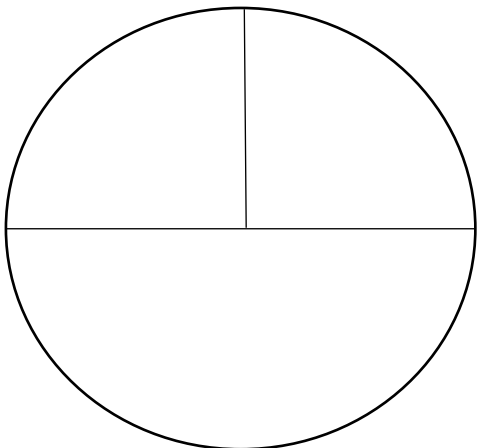
## Breakfast



## Components

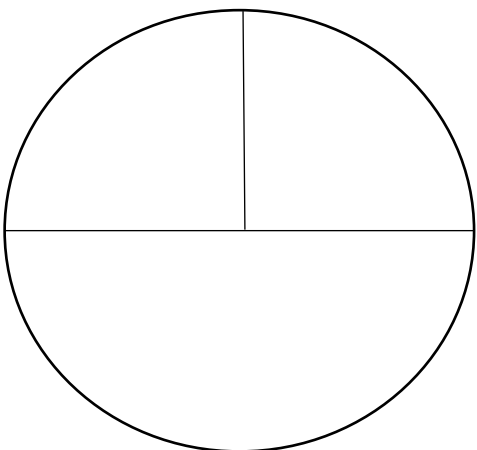
- 1/3 protein-rich food
- 1/3 fiber-rich grain or starch
- 1/3 fruit or vegetable

## Lunch



- 1/4 protein-rich food
- 1/4 fiber-rich grain or starch
- 1/2 vegetable

## Dinner



- 1/4 protein-rich food
- 1/4 fiber-rich grain or starch
- 1/2 vegetable

## Fiber-Rich Grains and Starches

- Oats
- Whole grain bread
  - 3 grams fiber per slice or more
  - First few ingredients should include the words whole grain
- High fiber cereal
  - 4 grams = good source of fiber
  - 6 grams = very good source of fiber
- Rice
  - Whole grain brown
  - Wild
  - Basmati
- Quinoa
- Couscous
  - Whole wheat
- Pasta
  - Whole grain/multigrain
  - Or fiber enriched
- Potato/sweet potato with skin
- Corn

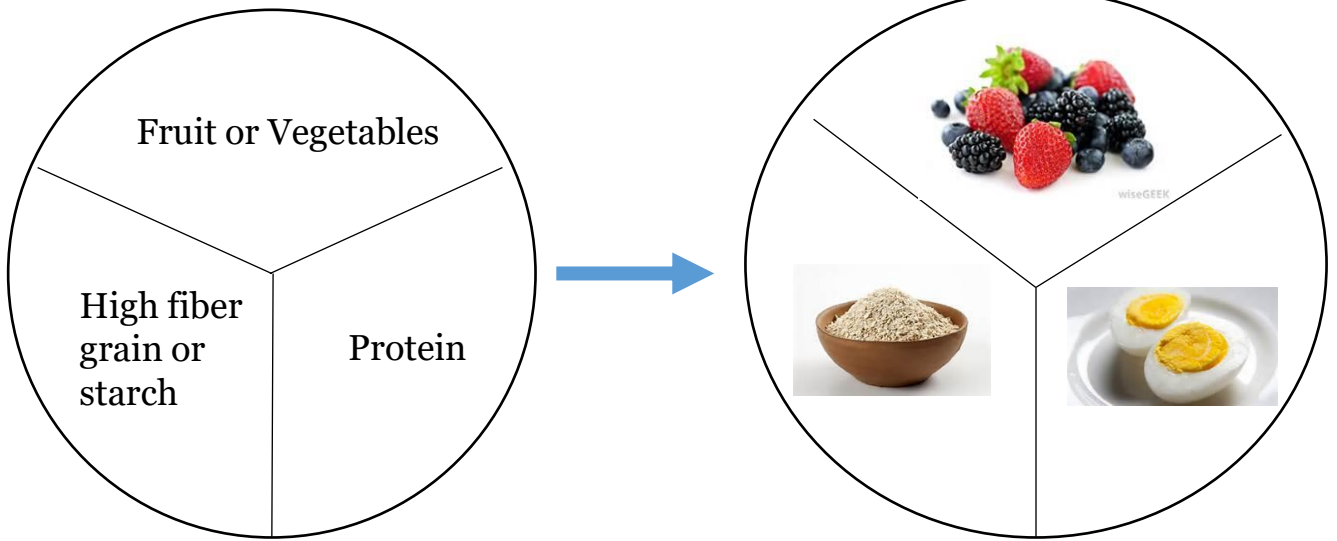
\*could include legumes (chickpeas, beans, lentils)

## Protein-Rich Foods

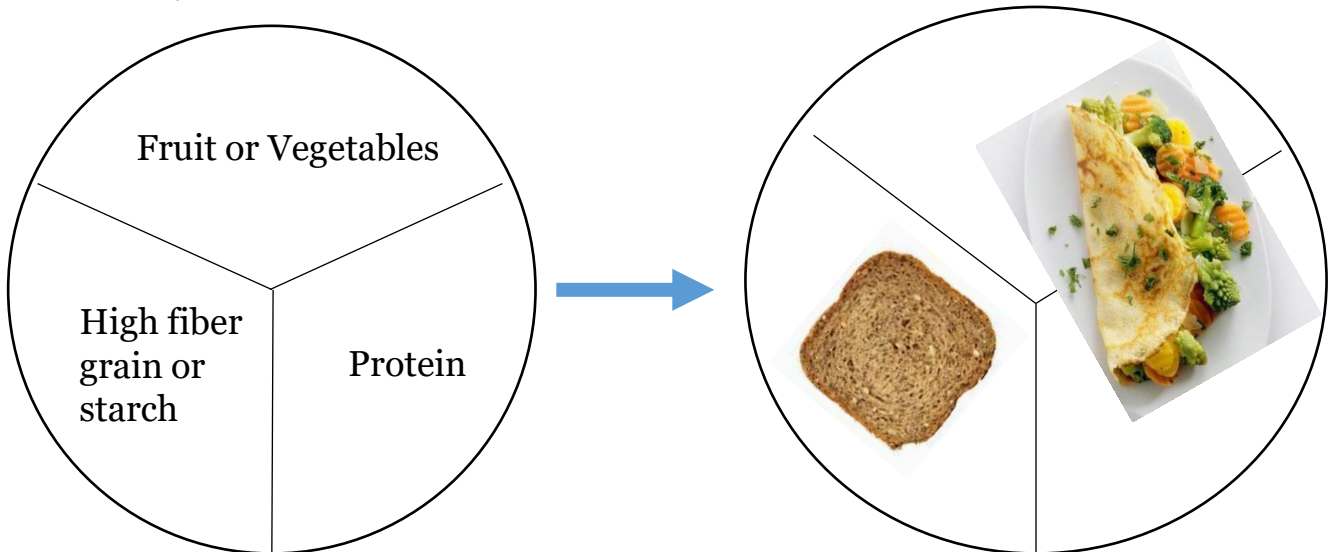
- Dairy – Milk, yogurt, cheese, cottage cheese  
(not cream cheese or sour cream)
- Eggs
- Poultry, meat, fish
- Nuts and nut butters
- Seeds → ie. sunflower seeds, hemp seeds
- Legumes → beans, lentils, chickpeas
- Hummus
- Tofu
- Edamame

# Balanced Breakfasts

Example 1

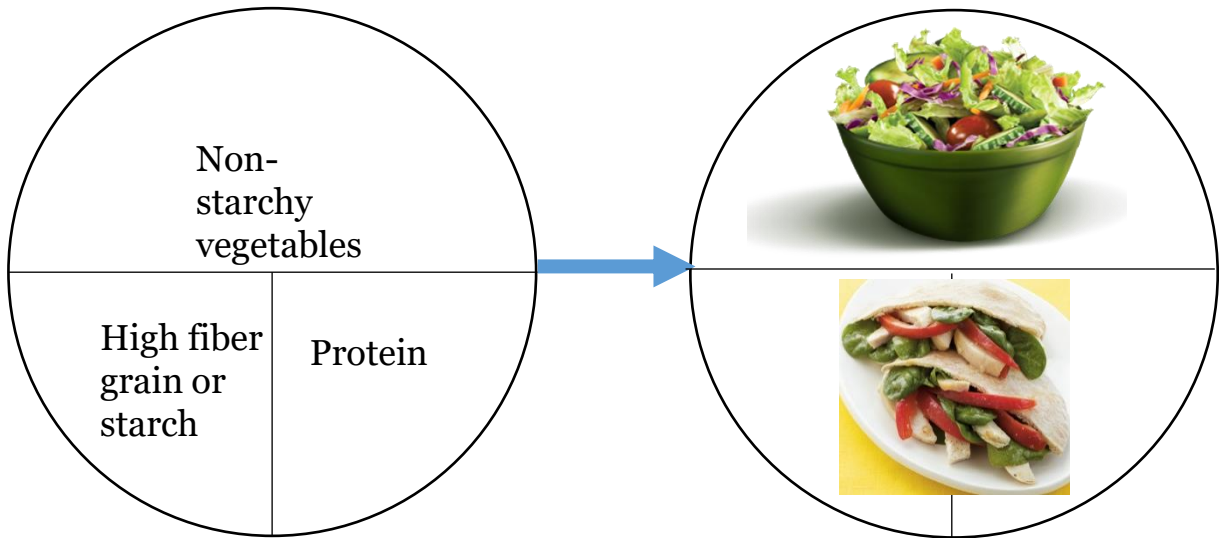


Example 2

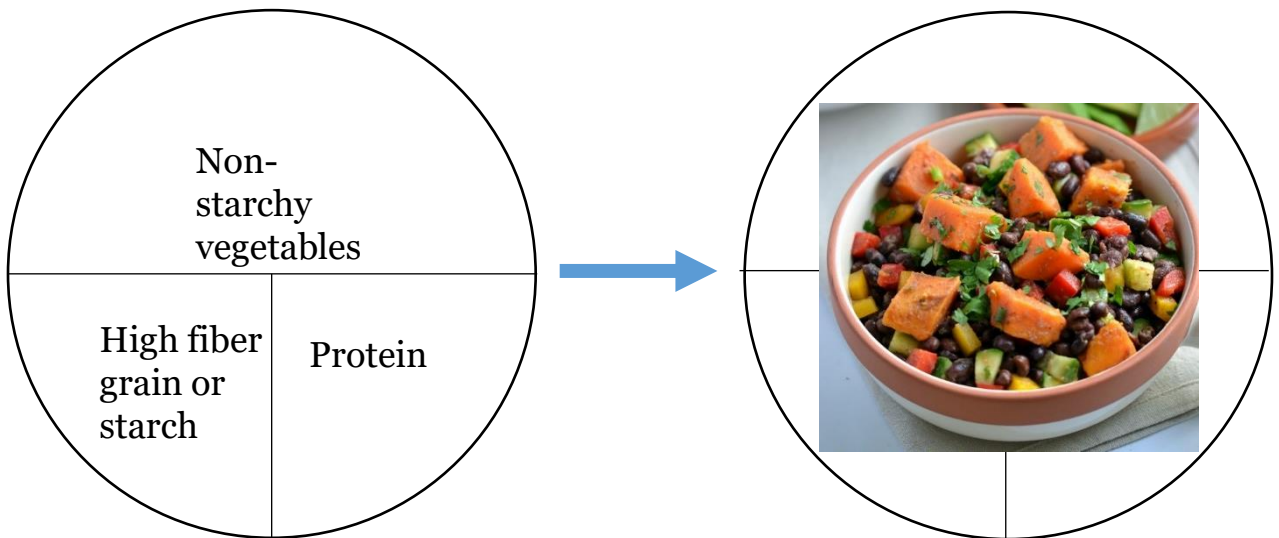


# Balanced Lunches

Example 1

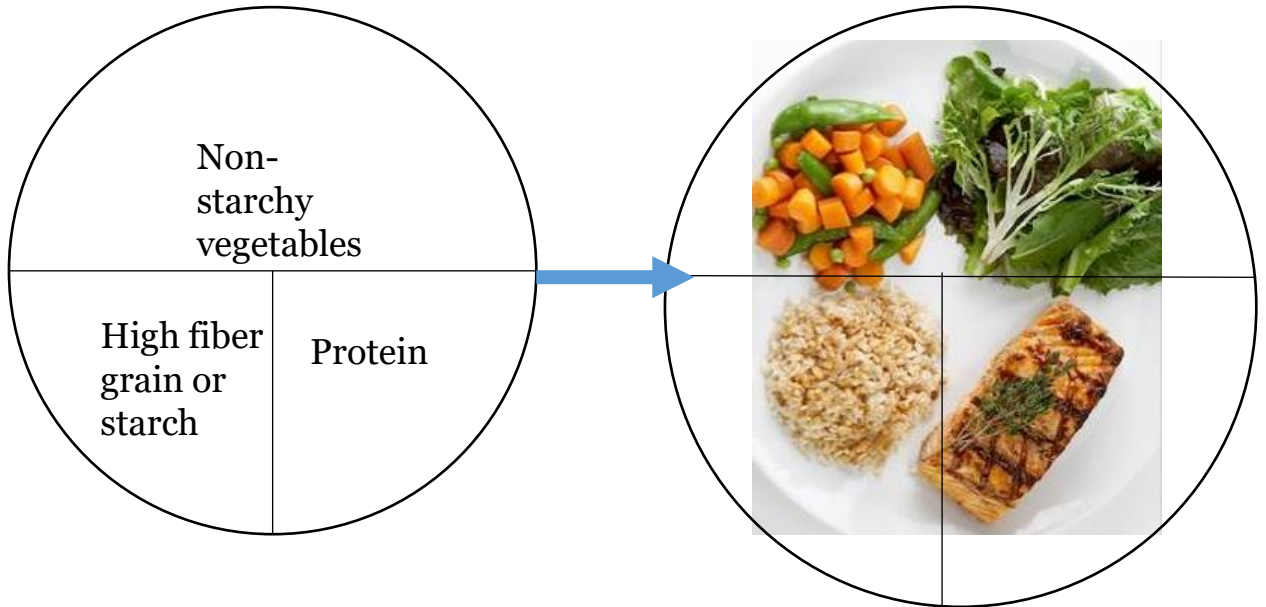


Example 2

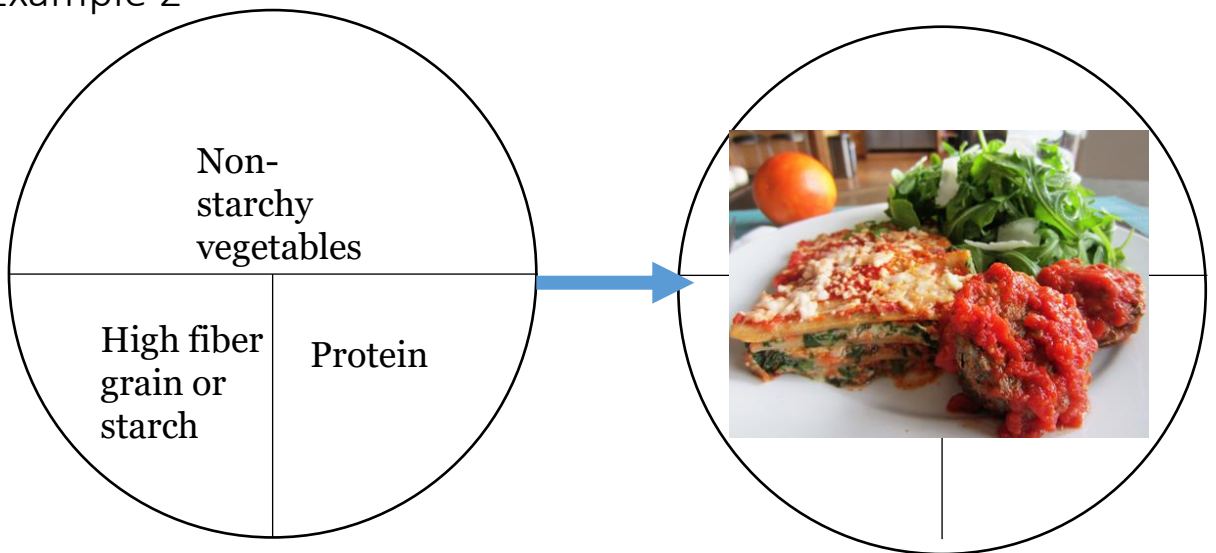


# Balanced Dinners

Example 1






Example 2





# Portion Sizing

## Fruits and Vegetables


1/2 cup (125 ml) = 1/2 fist	
	<ul style="list-style-type: none"><li>• Fresh, frozen or canned vegetables</li><li>• Fresh, frozen or canned fruit</li><li>• Juice</li></ul>
1 cup (250 ml) = 1 fist	
	<ul style="list-style-type: none"><li>• Leafy Vegetables</li><li>• 1 medium fruit</li></ul>
1/4 cup (60 ml) = cupped hand	
	<ul style="list-style-type: none"><li>• Dried fruit</li></ul>

# Portion Sizing

## Grains and Starches




Size of hand	
	<ul style="list-style-type: none"><li>• 1 slice bread</li><li>• 1/2 small bagel</li></ul>
1 cup (250 ml) = 1 fist	
	<ul style="list-style-type: none"><li>• Cold Cereal</li></ul>
1/2 cup (125 ml) = 1/2 fist	
	<ul style="list-style-type: none"><li>• Pasta</li><li>• Rice</li><li>• Potato</li><li>• Corn</li></ul>

## Milk and Alternatives


3/4 - 1 cup (175-250 ml) = 1 fist	
	<ul style="list-style-type: none"><li>• Milk or fortified beverages</li><li>• Yogurt</li></ul>
1.5 oz (50 grams) = 2 thumbs	
	<ul style="list-style-type: none"><li>• Cheese</li></ul>

# Portion Sizing

## Meat and Alternatives

2.5-3 oz (75-85 grams) = palm of hand	
	<ul style="list-style-type: none"> <li>• Poultry/meat</li> <li>• Fish</li> </ul>
3/4 cup (175 ml) = 1 fist	
	<ul style="list-style-type: none"> <li>• Legumes (kidney beans/chickpeas/lentils)</li> <li>• Tofu</li> <li>• Edamame</li> </ul>
2 tbsp. (30 ml) = 2 thumbs	
	<ul style="list-style-type: none"> <li>• Nut butter (peanut butter)</li> </ul>
1/4 cup (60 ml) = cupped hand	
	<ul style="list-style-type: none"> <li>• Nuts and seeds</li> <li>• Hummus</li> </ul>

## Added Fats

1 tsp (5 ml) = 1 thumb tip 1 tbsp. (15 ml) = 1 thumb	*choose olive oil or vinaigrette based dressings more often
	<ul style="list-style-type: none"> <li>• Mayonnaise</li> <li>• Butter/margarine</li> <li>• Salad dressing/oil</li> </ul>



## Simple Breakfast Ideas

- Yogurt Parfait
  - 1/2-3/4 cup plain Greek yogurt (1-2%), 1/2 cup mixed berries, 1/4 cup all bran buds, 1/2-1 tsp honey (optional), dash of cinnamon (optional)
- Green Smoothie:
  - 1 cup spinach or kale, 1/2 banana, 1 tbsp. flaxseed or bran buds, 1 cup milk/almond milk (unsweetened), 1/2 cup frozen berries
- 1 slice toast with 1-2 tsp butter/margarine, 2 hardboiled eggs, 1 medium fruit (ie. apple)
- 3/4 cup oatmeal (cooked)/1 pkg instant plain oats, ½ cup milk, 1/2 cup berries/other mixed fruit, 1 tbsp. flaxseed/bran buds, 2 tbsp. chopped nuts/1 tbsp. nut butter
- 1 whole wheat English muffin with 2 tsp butter/margarine, 1/2 cup cottage cheese, ½-1 cup chopped fruit
- 1 whole wheat wrap with 1 scrambled egg, 1 oz shredded cheese, diced peppers and onions
- 1 homemade muffin, 1/2-3/4 cup plain Greek yogurt w/1 tsp honey/maple syrup/sugar, 1 cup berries (fresh or frozen)
- 2 shredded wheat/1 cup shreddie/bran flakes, 1 cup milk, 1/2 medium banana sliced, 2 tbsp chopped nuts

## Simple Lunch Ideas

- Quinoa and nut salad
  - 1 cup greens
  - 1/2 cup cooked quinoa
  - 1.5 tbsp. chopped pecans
  - 1 tbsp. goat cheese
  - 1 tbsp. dressing (red wine vinegar + canola oil)
- 1 cup homemade chili (with extra lean meat or ground turkey/chicken), 1 slice whole grain toast, 1 apple, 1 cup milk
- Whole grain tortilla, ½ baked chicken breast, 1 tbsp. feta cheese, 1 handful chopped greens, tomato, 1 tbsp. hummus or tzatziki
- 1 sandwich w/1/2 can tuna or salmon or 3 oz. leftover meat on whole grain bread with 1 cup raw veg or salad
- 1 cup baby spinach topped with ½ cup chick peas or kidney beans, ¼ cup feta, tomatoes, cucumbers, peppers, olive oil, red wine vinegar
- Vegetable bean or lentil vegetable soup (homemade) with 2 ryvita crackers and 1 oz cheese
- Mixed bean and sweet potato salad
  - 1/2 cup mixed beans (from can, drained and rinsed)
  - 1/2 medium sweet potato (baked or roasted)
  - 1/2 chopped red pepper or cherry tomatoes
  - 1 tbsp. dressing (lime juice, balsamic vinegar, garlic, dash salt and pepper)

## Simple Dinner Ideas

- 3 ounces meat/poultry/fish, 1/2 medium baked potato, 1 cup green beans and carrots mixed
- 1 cup whole grain spaghetti with homemade spaghetti sauce, extra lean ground beef or ground turkey/chicken, 1-2 cup side salad w/greens and 1-1.5 tbsp. vinaigrette dressing
- Burrito
  - 3/4 cup black beans
  - 1 whole wheat tortilla
  - 1 ounce cheddar cheese grated
  - 1 tbsp. salsa
  - ½-1 cup baby kale
  - 1 whole red bell pepper, sliced (on the side)
- Stir fry
  - 3 ounces (1/2 cup) shrimp or chicken
  - 1/2 cup cooked basmati rice
  - 1 cup mixed vegetables (ie. peppers, carrots, green beans)
  - Sauce (1-1.5 tbsp. per serving): 1/4 cup low sodium soy sauce, 1 tbsp. fresh ginger, 1 tbsp. brown sugar

\*see any of the lunch ideas as other Dinner options

# Snack Ideas

General Rule of Thumb: Fruit or Vegetable + Protein Source

<b>Fruit/Vegetable</b>	<b>Protein Source</b>
1 pear	1 oz hard cheese/1 babybel
1/2 cup berries	1/2 cup (or 100 g) greek yogurt
1/2 cup chopped cucumber and peppers	1/4-1/3 cup roasted chickpeas
1 apple	10-15 almonds
1 medium banana	1 tbsp. peanut butter