

# Meal Planning

A great way to make sure your family eats a healthy, home cooked meal is by planning. If you know what is planned for dinner, and you have all of the ingredients, putting a meal together won't seem like such a chore.

Plan meals to look like Canada's Food Guide plate. Remember, the 3 food groups are: Vegetables and Fruit, Whole Grain Products, and Protein foods.

Here's an example of a meal and how to determine the food groups:

## Meal: Bean and cheese burritos with salad

---

**Beans** = Protein Food

---

**Cheese** = Protein Food

---

**Tortilla** = Grain Products

---

**Salad** = Fruit and Vegetable

---

**Total Food Groups = 3 out of 3**

---

Try to make sure your meal plans are simple, especially when starting out. Set aside time for meal planning. Involve your child in helping plan meals. Make a shopping list and do all your grocery shopping once a week.



# Sample Meal Plan:

## Sunday

---

- > Hamburger
  - > Salad/mixed greens
  - > Glass of milk
- Food Groups = 3

## Monday

---

- > Baked beans on toast with grated cheese on top
  - > Steamed broccoli
- Food Groups = 3

## Tuesday

---

- > Avocado and shrimp with mozzarella quesadilla
  - > Roasted asparagus
- Food Groups = 3

## Wednesday

---

- > Shake n' bake chicken and rice
  - > Mixed greens
  - > Glass of milk
- Food Groups = 3

## Thursday

---

- > Orzo and shredded chicken salad (with sweet peppers and feta cheese)
  - > Cut up cucumbers and carrots
- Food Groups = 3

## Friday

---

- > Lentil dahl with rice and plain yogurt
  - > Peas and carrots
- Food Groups = 3

## Saturday

---

- > Tuna pasta casserole (with cheese)
  - > Roasted vegetables
- Food Groups = 3

Make your own meal plan. See if you can figure out how many food groups each meal has.

Sunday
Food Groups =

Monday
Food Groups =

Tuesday
Food Groups =

Wednesday
Food Groups =

Thursday
Food Groups =

Friday
Food Groups =

Saturday
Food Groups =

Here is a list of foods from each of the 3 food groups. You can also use this as a grocery list.

## Fruits and Vegetables

- Corn
- Peas
- Broccoli
- Asparagus
- Edamame
- Carrots
- Cucumber
- Beets
- Bok Choy
- Gai Lan
- Squash
- Spinach
- Tomatoes
- Green beans
- Potatoes
- Lettuce
- Sweet peppers
- Kale/collards
- Yam
- Pumpkin
- Zucchini
- Cauliflower
- Cabbage
- Kohlrabi
- Mushrooms
- Apple
- Banana
- Kiwi
- Pear
- Peach
- Watermelon
- Nectarine
- Blueberries
- Lemon/Lime
- Cherries
- Grapes
- Mango
- Strawberry
- Raspberry
- Apricot
- Avocado
- Berries
- Grapefruit
- Honeydew
- Guava
- Lychee
- Orange
- Papaya
- Pineapple
- Rhubarb

## Grain Products

(choose whole grain when possible)

- Pasta
- Crackers
- Bread
- Pita
- Tortilla
- Naan
- Cereal
- Couscous
- Bulgur
- Quinoa
- Barley
- Bannock
- Congee
- Cornbread
- English muffin
- Waffle
- Pancake
- Roll
- Rice

## Protein Foods

- Deli meat
- Tofu
- Hummus
- Canned fish (salmon, tuna, crab)
- Fresh fish (herring, salmon, trout)
- Lentils
- Nuts (shelled)
- Baked beans
- Refried beans
- Peanut butter or nut butters
- Seeds (shelled)
- Beef
- Bison/ Buffalo
- Chicken
- Game birds (partridge, grouse)
- Game meats (deer, moose, caribou, elk)
- Goat
- Ham
- Lamb
- Turkey
- Eggs
- Cottage Cheese

## Calcium-rich Protein Foods

- Milk
- Buttermilk
- Cheese
- Fortified soy beverage
- Kefir
- Paneer
- Yogurt