

Sample Menu Plan

	Breakfast	Lunch	Dinner	Snack	Snack
Monday	Leftover French toast Canned peaches Milk or fortified soy beverage	Sandwich with leftover roast turkey Homemade chunky apple- rhubarb sauce Water	Slow-cooker beef & barley stew Whole-grain rolls Green salad Milk or fortified soy beverage	Orange slices Cheese cubes Water	Make-you-own fruit-yogurt smoothie
Tuesday	Peanut butter on whole-grain toast Orange Milk or fortified soy beverage	Leftover stew in a thermos Apple Plain granola bar Water	Grilled salmon, asparagus and squash Whole-wheat couscous cooked in orange juice Homemade chunky apple-rhubarb sauce topped with vanilla yogurt Milk or fortified soy beverage	Air-popped or low- fat popcorn Chocolate milk or fortified soy beverage	Carrot-raisin salad Water
Wednesday	Homemade muesli 100% unsweetened orange juice	Fruity tuna salad on rye crackers Tomato, green pepper and cucumber salad Low-fat yogurt Water	Minestrone Soup* Garlic toast Ice cream between two oatmeal cookies Milk or fortified soy beverage	Mixed dry whole- grain cereals Banana Water	Crackers spread with almond or peanut butter Raw carrots Water
Thursday	Congee (thick rice/broth soup) Apple Milk or fortified soy beverage	Egg-salad lettuce wraps (Use lettuce instead of tortillas as a wrap. Pack the lettuce and egg salad separately.) Homemade apple-oat bran muffin Canned apricots Milk or fortified soy beverage	Cook's night off Rotisserie cooked chicken Microwaved potato Whole-grain rolls Raw green beans and baby carrots Ranch dip Water	Make-your-own yogurt sundae Mix and match fruit, nut and cereal toppings Water	Lightened-up Guacamole and Chips  100% Orange juice
Friday	Whole-grain cereal Milk or fortified soy beverage Walnut pieces Fruit salad Water	Chicken (leftover) vegetable fried rice Orange slices sprinkled with cinnamon Cookie Milk or fortified soy beverage	Make-your-own-omelet Toasted whole-grain bagel Homemade baked sweet potato fries (peel on) Greek salad Rhubarb Apple Loaf* Milk or fortified soy beverage	Chocolate milk or fortified soy beverage and cinnamon crisps (whole-wheat tortillas dusted with cinnamon, cut into wedges and baked until crispy)	Khao Tom (Thai rice soup)*
Saturday	Scrambled egg on toasted whole-wheat English muffin Canned mixed fruit Milk or fortified soy beverage	Panini (layered sandwich heated/toasted) Filling ideas: Sliced hard-cooked eggs, grilled veggies, cooked meats, tomato slices, grated carrots or beets, raw spinach, avocado slices. Pinch of oregano, garlic powder and parsley. Cut-up oranges and apples Water	Meatballs with whole-wheat fusilli Spinach-and-mandarin orange salad Turnip sticks Whole-grain baguette Milk or fortified soy beverage	Beet Hummus with veggies Water	Low-fat yogurt Water
Sunday	Whole-grain banana- flavoured French toast (blend a ripe banana into egg mixture) Canned mandarin oranges Milk or fortified soy beverage	Vegetarian chili over half a baked potato Raw green beans and rutabaga sticks Ranch dip Water	Roast turkey Vegetables for roasting (asparagus, rutabaga, carrots, potatoes, parsnips) Whole-grain rolls Rhubarb and Apricot Bread Pudding* Milk or fortified soy beverage	Strawberry (frozen) -apple salsa with cinnamon crisps Water	Edamame (green soybeans) Water

<sup>\*</sup> Find these recipes at www: Ontario.ca/EatRight

