

# Menu Planning Ideas

## Breakfast Ideas

≥10-15 g Protein | ≥8 grams fibre

- Steel cut oats topped with fresh fruit and seeds and a glass of milk
- Overnight oats made with high protein milk, nut butter and a banana
- High fibre cereal with high protein milk and fresh fruit
- Omelet with leftover roasted vegetables and quinoa
- Greek yogurt parfait: yogurt, berries, and granola
- Cottage cheese topped with pineapple and muesli
- Fruit smoothie with high protein milk and large flaked oats

## Lunch Ideas

Leftovers | Stand-by Staples | Meal Prep Bowls

- Rotate your 'sandwich' by using a variety of bread, tortillas, and pitas
- Make a grain-based bowl; rotate rice, quinoa, teff, farro, or wheat berries
- Create a 'restaurant-worthy' salad
- Planned leftovers: keep as is or create a makeover leftover
- Make your own 'Bento Box' lunch combinations
- Pull from your freezer: soups & stews
- Meal prep once a week for 5 lunches

## Snack Ideas

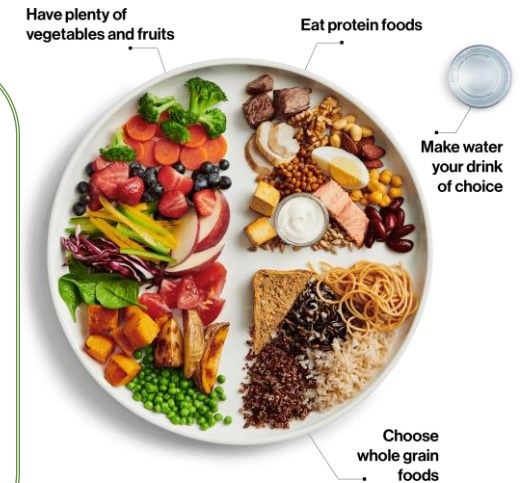
≥ 8-10 g Protein | ≥ 5g Fibre  
Fridge before Pantry Snacking

### Dynamic Duos

- Apple & cheese
- Strawberries & cottage cheese
- Blueberries & Greek yogurt
- Cucumber with tuna salad
- Tomato & hard boiled or deviled eggs
- Carrots & hummus or Greek yogurt dip

### Dynamic Trios

- Tomato, smoked salmon & triscuits
- PB & Banana wrapped in a whole grain tortilla
- Black bean & avocado quinoa salad
- Fruit & Yogurt parfait with nuts or seeds



## Supper Ideas

Protein Source | Whole Grain or Starchy Vegetable | Non-Starchy Vegetable(s)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Baked (Oven)</i></p> <p>Baked Chicken Parmesan</p> <p>Whole grain pasta</p> <p>Italian Salad</p>	<p><i>Instant Pot or Slow Cooker</i></p> <p>(V) Red Lentil and Spinach Masala</p> <p>Brown Rice</p> <p>Plain yogurt dip</p>	<p><i>Baked (Oven)</i></p> <p>(V) Crustless Broccoli, Cheddar &amp; Quinoa Quiche</p> <p>Cold tomato and cucumber salad</p>	<p><i>Sautéed Meal</i></p> <p>Greek-Style Baked Cod with Lemon &amp; Garlic</p> <p>Lemon Potatoes</p> <p>Greek Salad</p>	<p><i>Panini Press</i></p> <p>(V) Black Bean &amp; Guacamole Burritos with a cilantro-lime yogurt sauce</p> <p>Carrot sticks</p>	<p><i>Sheet Pan Meal</i></p> <p>Salmon or Rainbow Trout</p> <p>Yams</p> <p>Green beans</p>	<p><i>Skillet/BBQ</i></p> <p>Steak, Chicken or Tofu Fajitas with all the fixings</p> <p>Whole grain tortillas</p>

# Easy Creativity

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## Fruit & Vegetables

- Fresh: serve as is with or without a dip
- Frozen: add to yogurt or smoothies
- Leftover fruit: make a smoothie or fruit salad
- Leftover vegetables: add to a casserole, soup, cooked grain, or omelet

## Cooking Styles

- Baked / Roasted / Sheet pan meal
- Barbeque
- Microwave
- Panini press
- Sautéed
- Skillet / pan fried
- Slow cooker / Instant Pot / Pressure Cooker
- Steamed
- Wok / Stir-fry

## Flavor Profile

- Childhood favorites
- Asian / South Pacific
- East Indian
- Greek / Mediterranean
- Italian
- Mexican
- North American
- Spicy / Hot

## Rotate Protein Foods

- Beans and lentils: soups, stews, wraps, casseroles
- Beef and pork: roasted, stews, stir-fry's, barbequed
- Dairy: smoothies, casseroles, soups
- Eggs: scrambled, poached, omelets, quiche, casseroles
- Fish: baked, barbequed, sautéed, steamed, casseroles
- Poultry: baked, barbequed, stir-fried, soups, sandwiches

## Rotate Grains & Starchy Vegetables

- Bread /Pita / Tortilla
- Bulgar
- Millet
- Pasta: salad, in a casserole, in soup, or as is
- Potato: baked, roasted, barbequed, steamed, mashed
- Quinoa: cold or hot
- Rice: pilaf, fried, or as is
- Teff

## Makeover Leftovers (or) Make Once, Use Twice

- Baked cod → Fish tacos
- BBQ chicken → Chicken and cheese panini
- Black bean & avocado salad → Use as a filling for a wrap
- Roasted turkey / chicken → Turkey or chicken soup
- Sautéed Shrimp → Stir-fry and a tossed pasta dish
- Steak fajitas → Steak and strawberry salad
- Tacos → Taco Salad
- Tuna salad sandwich → Tuna Melts