

# 5 Step Menu Planning

- ① Check calendar ② Pick the Protein ③ Select the Style ④ Pair with Sides ⑤ Make Your List

## Breakfast Ideas

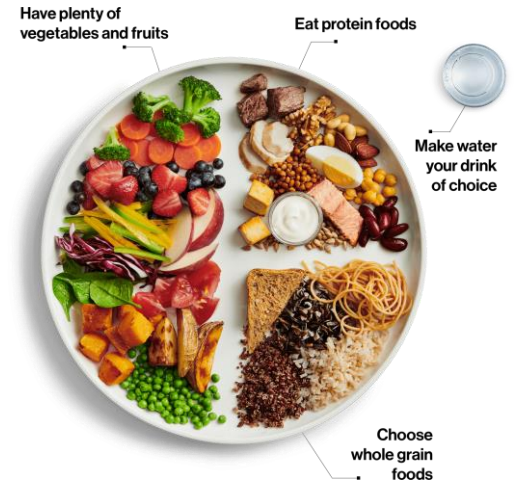
Protein | Whole Grain | Fruit or Vegetable

## Lunch Ideas

Protein | Whole Grain | Fruit or Vegetable

## Snack Ideas

≥ 8-10 g Protein | ≥ 5g Fibre



## Supper Ideas

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# Grocery List

## Produce Isles

### Fruit

- Apples
- Avocado
- Bananas
- Berries
- Lemon
- Lime
- Oranges
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Vegetables

- Bell peppers
- Broccoli
- Carrots
- Celery
- Cucumber
- Garlic
- Lettuce/Greens
- Onion
- Tomatoes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Inner Isles, Bakery, & Deli

### Proteins

- Canned fish
- Legumes/ beans
- Lentils
- Nut butter
- Unsalted Nuts
- \_\_\_\_\_
- \_\_\_\_\_

### Whole grains

- Brown rice
- Cold cereal
- Oatmeal/cooked cereal
- Pot barley
- Quinoa
- Whole grain crackers
- Whole grain pasta
- \_\_\_\_\_
- \_\_\_\_\_

### Bakery

- Whole grain bagels
- Whole grain bread
- Whole grain tortillas or roti
- \_\_\_\_\_

### Fruit & Vegetables

- Canned fruit
- Canned tomatoes
- Canned vegetables
- Fresh fruit tray
- Fresh vegetable tray
- Pasta sauce
- Tomato sauce
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Added fats

- Canola oil
- Olive oil
- Olives
- Pesto
- Seeds/ seed butters
- \_\_\_\_\_
- \_\_\_\_\_

### Planned treats

- Chips
- Cookies
- Popcorn
- \_\_\_\_\_

## Refrigerated & Frozen Isles

### Dairy & Soy

- Cheese, block or sliced
- Cheese, shredded
- Cottage cheese
- Kefir
- Milk (cow or soy)
- Yogurt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Meat protein

- Chicken breast
- Chicken thighs
- Eggs
- Fish/seafood
- Ground beef
- Ground poultry
- Pork
- Steak/beef cuts
- Tofu
- \_\_\_\_\_

### Added fats

- Butter
- Light sour cream
- Non-hydrogenated margarine
- Salad dressing
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen foods

- Frozen fruit
- Frozen mixed vegetables
- Frozen entree
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### % D.V. Targets per Serving

- ≤ 10% Saturated Fat
- ≤ 5% Sodium
- ≥ 15% Fibre