

# Sample Meal Plans for Healthy Eating

This handout has 5 sample meal plans and a list of snacks. You can use these as ideas to build your own healthy meals and snacks. To help decide on the foods and portion sizes that are right for you, talk to your dietitian or healthcare provider.

## Tips for healthy eating

### Choose these foods more often:

- Vegetables and fruits. Fill half your plate with vegetables at most meals. Choose fresh, frozen, or canned with no added sugar or salt.
- Whole grains like barley, oats, and whole grain breads, pastas, and brown rice.
- Plant proteins like beans, peas, lentils, tofu, and other soy foods.
- Lean animal proteins like fish, seafood, eggs, chicken, and turkey. Eat fish at least 2 times a week.
- Healthy fats like nuts and seeds and their butters; avocados; oils like olive, canola, avocado, and walnut.

### Limit these foods:

- Limit foods higher in saturated fat like red meat (beef and pork); skin on poultry; bacon, sausage, and other processed meats; and higher fat dairy products.
- Limit foods with trans fats like hard margarine, some store-bought baked foods, chips, cookies, and deep fried foods.
- Add little or no salt to cooking or to your plate of food. Use flavourings like herbs, spices, garlic, lemon, or vinegar.
- Read labels to limit higher sodium foods like some processed foods, canned foods, and fast food.
- Limit foods and drinks with added sugars like juice, pop, candy, desserts, sweet baked foods, and sweet sauces.
- Choose water, milk, tea, or coffee, and drinks with no added sugar.

## What's in the meal plans?

The sample meals on pages 2 and 3 highlight vegetables, fruit, whole grains, and lean protein foods throughout the day. The meals are higher in fibre and lower in saturated fat, sodium, and sugar.

## Snacks

Healthy snacks are lower in sugar, unhealthy fats, and salt (sodium). Some snack ideas are listed on page 3.

**Not everyone needs a snack.** Eating healthy snacks can help you:

- Get important nutrients like fibre, vitamins, minerals, and healthy fats.
- Satisfy hunger if there is a long time between your meals.

## Recipes for meal ideas

To help with meal ideas, you can find healthy recipes online. In this handout, the menu items in **blue** are links to recipes found online.

- Alberta Health Services:  
[healthyeatingstartshere.ca](http://healthyeatingstartshere.ca)  
Search for *Inspiring Healthy Eating*
- Dietitians of Canada:  
[cookspiration.com](http://cookspiration.com)



# Sample Meal Plans

## Day 1

### Breakfast

¾ cup (175 mL) cooked oatmeal, no added sugar  
1 cup (250 mL) 1% milk  
2 Tbsp (30 mL) sunflower seeds  
½ cup (125 mL) strawberries  
*363 calories, 14 g fat, 44 g carbohydrate, 6 g fibre, 18 g protein*

### Lunch

½ cup (125 mL) **Avocado Tomato Salsa** with 5 (15 g) whole grain crackers  
2 fish cakes (½ the recipe below):  
1 can of salmon, tuna, or other seafood  
1 egg  
2 tsp (10 mL) mustard  
5 (15 g) crushed whole grain crackers  
Mix together. Form 4 round balls and flatten in hot pan with oil. Sauté on each side for 3 minutes, until browned.  
1 orange, sliced  
*524 calories, 28 g fat, 44 g carbohydrate, 9 g fibre, 31 g protein*

### Supper

2½ oz (75 g) baked chicken breast  
1 cup (250 mL) whole grain pasta  
½ cup (125 mL) low sodium pasta sauce  
½ cup (125 mL) frozen peas, boiled  
½ cup (125 mL) melon, sliced or cubed  
*463 calories, 6 g fat, 70 g carbohydrate, 12 g fibre, 38 g protein*

## Day 2

### Breakfast

1 **Orange Pumpkin Muffin**  
½ cup (125 mL) 1% M.F. cottage cheese  
½ cup (125 mL) canned fruit, no added sugar  
2 Tbsp (30 mL) ground flaxseeds  
*372 calories, 13 g fat, 46 g carbohydrate, 8 g fibre, 22 g protein*

### Lunch

Chicken pita:  
1 whole wheat pita (16.5 cm diameter)  
2½ oz (75 g) chicken breast, roasted  
Handful of leafy greens  
1–2 slices of tomato  
1 Tbsp (15 mL) low fat creamy dressing  
¾ cup (175 mL) 1% M.F. yogurt, no added sugar  
1 apple, sliced, with cinnamon  
*540 calories, 12 g fat, 76 g carbohydrate, 9 g fibre, 39 g protein*

### Supper

2½ oz (75 g) grilled flank steak, seasoned with herbs and spices  
1 cup (250 mL) baked yams  
½ cup (125 mL) broccoli, steamed  
½ cup (125 mL) mushrooms sautéed in oil  
1 cup (250 mL) 1% milk  
*545 calories, 15 g fat, 63 g carbohydrate, 9 g fibre, 40 g protein*

## Day 3

### Breakfast

2 pieces of French toast:  
Whip 1 egg with cinnamon. Dip each slice of whole grain bread in the egg.  
2 Tbsp (30 mL) syrup  
1 cup (250 mL) 1% milk or soy beverage  
1 banana  
*566 calories, 12 g fat, 96 g carbohydrate, 8 g fibre, 22 g protein*

### Lunch

Tuna sandwich:  
2 slices (60 grams) whole grain bread  
½ cup (125 mL) canned light tuna  
1 Tbsp (15 mL) light mayonnaise  
2 lettuce leaves  
1 cup (250 mL) raw vegetables with ¼ cup (60 mL) 1% M.F. plain Greek yogurt with green onions or herbs  
*365 calories, 7 g fat, 45 g carbohydrate, 7 g fibre, 31 g protein*

### Supper

1 cup (250 mL) **Turkey Shepherd's Pie with vegetables**  
1 cup (250 mL) tossed salad: diced cherry tomatoes, bell pepper, red onions, cucumber, 5 black olives, 2 Tbsp (30 mL) feta cheese, 1 tsp (5 mL) oil, garlic, and lemon juice  
*354 calories, 19 g fat, 31 g carbohydrate, 5 g fibre, 17 g protein*

## Day 4

### Breakfast

Yogurt parfait:

- ¾ cup (175 mL) 1% M.F. plain Greek yogurt
- 1 cup (250 mL) fresh, frozen, or canned fruit, no added sugar
- ⅓ cup (75 mL) bran cereal with psyllium
- 2 Tbsp (30 mL) walnuts

*359 calories, 14 g fat, 48 g carbohydrate, 17 g fibre, 21 g protein*

### Lunch

Cheese and vegetable wrap:

- 1 whole grain wrap
- 1½ oz (50 g) low fat mozzarella cheese
- 1 cup (250 mL) sliced cucumber, bell pepper, and cabbage
- 1 Tbsp (15 mL) low fat creamy dressing
- ½ cup (125 mL) steamed edamame pods
- 1 pear

*515 calories, 18 g fat, 63 g carbohydrate, 15 g fibre, 30 g protein*

### Supper

- 2½ oz (75 g) salmon filet, roasted, seasoned with dill and lemon juice
- 1 cup (250 mL) asparagus, steamed or roasted
- 1 cup (250 mL) baby potatoes, roasted
- 2 tsp (10 mL) oil for roasting
- 1 **Oatmeal Raisin Cookie**

*465 calories, 22 g fat, 44 g carbohydrate, 7 g fibre, 25 g protein*

## Day 5

### Breakfast

- 1 slice whole grain bread, toasted. Top with:
  - 2 eggs, poached, boiled, or fried
  - ½ avocado, sliced; 2 Tbsp (30 mL) salsa
- ½ cup (125 mL) fresh, frozen, or canned pineapple, no added sugar

*441 calories, 27 g fat, 35 g carbohydrate, 9 g fibre, 18 g protein*

### Lunch

Chickpea and vegetable salad:

- 2 cups (500 mL) mixed greens
- ¼ cup (60 mL) cucumber, chopped
- ¼ cup (60 mL) tomato, chopped
- ⅔ cup (150 mL) chickpeas, canned, rinsed
- 1 Tbsp (15 mL) almonds, chopped
- Salad dressing: 1 Tbsp (15 mL) red wine vinegar, 1 tsp (5 mL) oil, pepper, oregano
- 6–8 (30 g) whole wheat crackers

- 1 cup (250 mL) 1% milk or unsweetened fortified soy beverage

*488 calories, 22 g fat, 56 g carbohydrate, 13 g fibre, 20 g protein*

### Supper

- 1½ cups (325 mL) **Turkey Chili**
- 1 cup (250 mL) tossed salad
  - Salad dressing: 1 tsp (5 mL) oil and 2 tsp (10 mL) balsamic vinegar
- ½ cup (125 mL) blueberries

*383 calories, 13 g fat, 43 g carbohydrate, 12 g fibre, 25 g protein*

## Snacks

Use the list of healthy snacks below for ideas.

- Smaller snacks are 60–150 calories.
- Larger snacks are 160–250 calories.

### Smaller snacks:

A small snack can be as simple as vegetables and dip or a piece of fruit.

- 1 piece of fruit (apple, orange, pear, or banana)
- 1 cup (250 mL) raw vegetable sticks with 1 Tbsp (15 mL) salad dressing
- ¼ cup (60 mL) 1% M.F. cottage cheese with ½ cup (125 mL) pineapple chunks, drained
- ¼ cup (60 mL) hummus (**Chick Pea Dip**) with carrot sticks
- Hot chocolate: 1 cup (250 mL) 1% milk, 2 tsp (10 mL) honey, 1 Tbsp (15 mL) cocoa

### Larger snacks:

A large snack may include 2 or more food groups from Canada's Food Guide.

- 2 Tbsp (30 mL) nuts and 15 grapes
- 3 cups (750 mL) air popped popcorn with 1 tsp (5 mL) oil
- 1 apple with 1 Tbsp (15 mL) nut butter
- ¾ cup (175 mL) 1% M.F. yogurt, plain or no added sugar, with ½ cup (125 mL) frozen/thawed berries
- 1 slice whole grain toast with 2 tsp (10 mL) nut butter, and a sliced banana
- 2–3 rye crackers with 1 ounce (30 g) low fat cheese

# My sample meal and snack ideas

In the space below, write some ideas for your own healthy meals and snacks. You can use foods, meals, or snacks from the sample menus, or create your own.



If you use foods on pages 2 and 3, but change the portion sizes, the nutrient amounts will also change.

My Sample Day 1		My Sample Day 2	
<b>Breakfast</b>	<b>Time:</b>	<b>Breakfast</b>	<b>Time:</b>
<b>Lunch</b>	<b>Time:</b>	<b>Lunch</b>	<b>Time:</b>
<b>Supper</b>	<b>Time:</b>	<b>Supper</b>	<b>Time:</b>
<b>Snacks</b>	<b>Times:</b>	<b>Snacks</b>	<b>Times:</b>
Number of snacks each day: _____		Number of snacks each day: _____	