



# Meal Planning Made Easy



- Use the **plate model** for balance, variety and portions.
- Aim for **all 3 food groups** at meals.

## Steps to Menu Planning



Think ahead. Plan meals around your family schedule. Include at least 1 fruit or vegetable at each meal.



Plan for 3 meals per day.



Keep it simple. Plan to make familiar and easy meals on weekdays.



Try new recipes, and make special meals that need more time to cook on the weekends. Before shopping, write a list of the grocery items for the week.

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain foods

Source: Canada Food Guide



### Nutrition Tip:

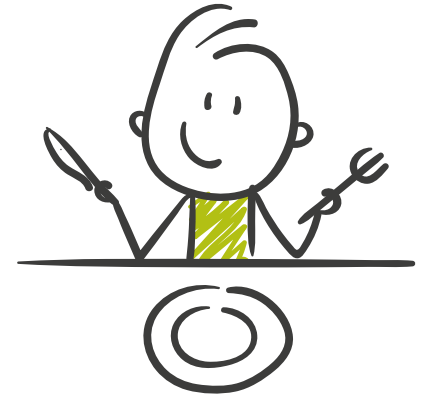
Choose whole wheat for roti flour, breads and wraps.  
Choose brown rice

## Time Saving Tips:

- Make enough food for two meals. Freeze leftovers for another meal in the future.
- Buy pre-cut vegetables or frozen vegetables.
- Sometimes, plan for a take-out meal.
- Prepare tarka in large amounts and freeze. Use as needed.



## Sample 7-Day Menu



	BREAKFAST	LUNCH	SUPPER	PREPARATION
MON	Low sugar and high fibre cereal with milk and fruit.	Hummus and vegetable wrap, fruit	Rice with masala chicken, salad	Make roti dough. Cut vegetables <i>Optional: Make dhal in slow cooker overnight</i>
TUES	Yogurt parfait	Cheese sandwich with vegetables, fruit	Roti with dhal, subji and salad	Cut vegetables for stir fry
WED	Peanut butter and banana on toast	Rice with dhal, vegetables	Tofu vegetable stir fry with noodles	Prepare vegetables
THURS	Blueberry nut muffin with milk	Roti roll with subji and yogurt	Homemade chicken strips with roasted vegetables	Prepare overnight oats
FRI	Overnight oats	Chicken wrap with Caesar salad	Pizza with salad	Marinate chicken
SAT	Pancake with fruit and milk	Egg bhurji with roti or bun with cut up vegetables	Tandoori chicken with roasted vegetables, naan	Make lentil dough for paratha Prepare ingredients for burgers
SUN	Eggs and toast	Lentil paratha with yogurt	Vegetarian burgers, roasted yams	Plan/or prepare for upcoming week

### Nutrition Tip:

Limit the number of packaged foods your family eats.

