

Sample Family Meal Plan

The Sample Family Meal Plan is a family-friendly general healthy eating plan. Portion sizes are not included so that the meals, snacks and beverage quantities can be adjusted for each unique family.

Sunday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Whole-grain Banana-Flavoured French Toast & Mandarin Oranges</p> <p><i>Whole-grain banana-flavoured French toast:</i> Whole grain bread Milk Egg Cinnamon & nutmeg Ripe banana, blended into egg & milk mixture</p> <p>Canned mandarin oranges</p> <p><i>Milk or fortified soy beverage</i></p> <p>Tip: For French toast: Mix milk, egg, cinnamon and nutmeg. Dip bread into mixture and cook in a non-stick pan on both sides.</p>	<p>Vegetarian Chili over a Baked Potato with Green Beans & Rutabaga Sticks</p> <p>Vegetarian chili over half a baked potato</p> <p>Green beans, raw Rutabaga sticks Ranch dip</p> <p><i>Water</i></p>	<p>Roast Turkey, Roasted Vegetables, Roll & Rhubarb and Apricot Bread Pudding</p> <p>Roasted turkey</p> <p>Vegetables for roasting (asparagus, rutabaga, carrots, potatoes, parsnips)</p> <p>Whole grain dinner rolls</p> <p>Rhubarb and Apricot Bread Pudding</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Strawberry-Apple Salsa with Cinnamon Crisps</p> <p>Strawberry (frozen) Apple, diced</p> <p><i>Cinnamon Crisps:</i> Whole grain tortilla dusted with cinnamon, cut into wedges and baked until crispy</p> <p><i>Water</i></p>	<p>Edamame (green soybeans)</p> <p>Edamame (green soybeans)</p> <p><i>Water</i></p>

Monday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Leftover Whole-grain Banana-Flavoured French Toast & Peaches</p> <p>Leftover French Toast</p> <p>Canned peaches</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Leftover Roast Turkey Sandwich & Homemade Chunky Apple-Rhubarb Sauce</p> <p><i>Leftover Roast Turkey Sandwich:</i> Leftover roasted turkey Whole grain bread Spinach leaves Mustard</p> <p>Homemade chunky apple-rhubarb sauce</p> <p><i>Water</i></p>	<p>Slow-Cooker Beef & Barley Stew with Roll & Green Salad</p> <p>Slow-cooker beef & barley stew</p> <p>Whole grain dinner rolls</p> <p><i>Green Salad:</i> Salad greens Grated carrot Salad dressing</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Orange & Cheese</p> <p>Orange, sliced</p> <p>Cheddar cheese, cubed</p> <p><i>Water</i></p> <p>Tip: Keep the skin on your fruit for extra fibre!</p>	<p>Make-Your-Own-Fruit-Yogurt Smoothie</p> <p>Homemade fruit yogurt smoothie</p>

Tuesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Nut Butter on Whole-Grain Toast & Orange</p> <p>Whole grain bread, toasted Peanut, soy, or other nut/seed butter</p> <p>Orange</p> <p><i>Milk or fortified soy beverage</i></p> <p>Tip: Look for “whole grain” as the first ingredient on breads and grains. Use what you need and freeze the rest.</p>	<p>Leftover Beef & Barley Stew, Apple, & Granola Bar</p> <p>Leftover beef & barley stew in a thermos</p> <p>Apple</p> <p>Plain granola bar</p> <p><i>Water</i></p>	<p>Grilled Salmon, Asparagus, & Squash with Couscous & Apple-Rhubarb Sauce</p> <p>Grilled salmon, asparagus, and squash</p> <p>Whole-wheat couscous cooked in orange juice</p> <p>Homemade chunky apple-rhubarb sauce topped with low-fat vanilla yogurt</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Popcorn</p> <p>Air-popped or low-fat popcorn</p> <p><i>Chocolate milk or fortified soy beverage</i></p> <p>Tip: When a chocolate craving hits, reach for a glass of cold chocolate milk!</p>	<p>Carrot-Raisin Salad</p> <p><i>Carrot-raisin salad:</i> Grated carrot Raisins Light mayonnaise</p> <p><i>Water</i></p>

Wednesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Homemade Muesli</p> <p><i>Homemade Muesli:</i> Uncooked oats Low-fat plain yogurt Frozen berries Milk Honey or maple syrup</p> <p><i>100% unsweetened orange juice</i></p>	<p>Fruity Tuna Salad on Rye Crackers with Salad & Yogurt</p> <p><i>Fruity Tuna Salad:</i> Apple, chopped Canned tuna Low-fat yogurt Canned pineapple tidbits Chopped lettuce leaves Rye crackers</p> <p><i>Side Salad:</i> Tomato Green pepper Cucumber Salad dressing</p> <p>Low-fat yogurt</p> <p><i>Water</i></p>	<p>Minestrone Soup with Garlic Toast & Ice Cream Sandwich</p> <p>Minestrone Soup</p> <p>Garlic toast</p> <p>Ice cream between two oatmeal cookies</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Cereal & Banana</p> <p>Mixed dry whole grain cereals</p> <p>Banana</p> <p><i>Water</i></p> <p>Tip: Choose high fibre foods often. Check the label for products with at least 4 g of fibre per serving.</p>	<p>Crackers with Spread & Raw Carrots</p> <p>Whole grain crackers spread with peanut, soy or other nut/seed butter</p> <p>Carrots cut into sticks</p> <p><i>Water</i></p>

Thursday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Congee & Apple</p> <p>Congee (thick rice & broth soup)</p> <p>Apple</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Egg-Salad Lettuce Wraps, Homemade Apple-Oat Bran Muffin & Canned Apricots</p> <p><i>Egg-Salad Lettuce Wraps:</i> Hard-boiled egg Avocado Mayonnaise Lettuce (Use lettuce instead of tortillas as a wrap. Pack the lettuce and egg salad separately.)</p> <p>Homemade apple-oat bran muffin Canned apricots</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Cook’s Night Off (Rotisserie Chicken, Potato, Roll & Veggies)</p> <p>Rotisserie cooked chicken Microwaved potato Whole grain rolls Soft margarine</p> <p>Raw green beans Baby carrots Ranch dip</p> <p><i>Water</i></p>	<p>Make-Your-Own Yogurt Sundae</p> <p><i>Make-your-own yogurt sundae:</i> Low-fat yogurt Mix and match fruit, nut and whole grain cereal toppings</p> <p><i>Water</i></p>	<p>Homemade Guacamole & Chips</p> <p>Lightened-Up Guacamole & Chips</p> <p><i>100% orange juice</i></p>

Friday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Whole Grain Cereal & Fruit Salad</p> <p>Whole grain cereal Milk or fortified soy beverage Walnut pieces</p> <p>Fruit salad</p> <p><i>Water</i></p>	<p>Chicken (leftover) Vegetable Fried Rice, Orange Slices Sprinkled with Cinnamon, & Cookie</p> <p><i>Chicken vegetable fried rice:</i> Leftover rotisserie chicken Broccoli florets Orange or red pepper, sliced Brown rice</p> <p>Orange slices sprinkled with cinnamon</p> <p>Cookie</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Make-Your-Own Omelet with Whole Grain Bagel, Homemade Baked Sweet Potato Fries, Greek Salad & Rhubarb Apple Loaf</p> <p>Make-your-own omelet Tip: Use up leftover vegetables by adding them into the omelet</p> <p>Whole grain bagel, toasted Soft margarine</p> <p>Homemade baked sweet potato fries (peel on)</p> <p>Greek Salad</p> <p>Rhubarb Apple Loaf with Brown Sugar-Cinnamon Topping</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Cinnamon Crisps</p> <p><i>Cinnamon Crisps:</i> Whole grain tortilla dusted with cinnamon, cut into wedges and baked until crispy</p> <p><i>Chocolate milk or fortified soy beverage</i></p>	<p>Khao Tom (Thai Rice Soup)</p> <p>Khao Tom (Thai Rice Soup)</p>

Saturday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
<p>Scrambled Egg on English Muffin & Mixed Fruit</p> <p>Scrambled egg Whole wheat English muffin, toasted</p> <p>Canned mixed fruit</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Panini with Oranges & Apples</p> <p>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.</p> <p>Cut-up oranges and apples</p> <p><i>Water</i></p>	<p>Meatballs with Fusilli, Spinach-and-Mandarin Orange Salad & Baguette</p> <p>Meatballs Whole wheat fusilli</p> <p>Spinach and mandarin orange salad Turnip sticks</p> <p>Whole grain baguette Soft margarine</p> <p><i>Milk or fortified soy beverage</i></p>	<p>Beet Hummus with Veggies</p> <p>Beet Hummus</p> <p>Pepper slices and carrot sticks</p> <p><i>Water</i></p>	<p>Yogurt</p> <p>Low-fat yogurt</p> <p><i>Water</i></p>

Note: The underlined recipes in this menu can be found on the Recipes for Family Meals Handout.