



Simple Meal Plan

MONDAY	
BREAKFAST	Hard-boiled egg • Whole grain toast • Apple • Low-fat milk
LUNCH	Chicken sandwich on whole grain bread, with mustard and low-fat mayo • Carrot and celery stick • Grapes • Low-fat yogurt
SNACK*	Orange slices
DINNER	Grilled salmon • Asparagus • Brown rice

TUESDAY	
BREAKFAST	Healthy shake, with blended fruit juice, frozen fruit, plain yogurt and low-fat milk
LUNCH	Fresh greens with cherry tomatoes, cucumber, celery, topped with grilled salmon, low-fat dressing and a few grindings of Romano cheese • Pita
SNACK*	Apple
DINNER	Pork chops • Baked potato • Green beans • Raspberries

WEDNESDAY	
BREAKFAST	Whole grain, high-fibre cereal, with low-fat milk • Sliced strawberries
LUNCH	Whole wheat pita, spread with hummus, and filled with lettuce and shredded carrots • Cherry tomatoes • Orange slices
SNACK*	Plain popcorn
DINNER	Whole grain pasta with tomato sauce and grilled shrimp • Sautéed onions, mushrooms and zucchini

THURSDAY	
BREAKFAST	Scrambled eggs in a whole wheat tortilla with shredded cheese, green peppers • Low-fat milk
LUNCH	Low-fat cheese, with low-salt crackers • Cherry tomatoes and cucumber slices • Plums
SNACK*	Banana
DINNER	Beef stew with veggies and steamed potatoes



FRIDAY	
BREAKFAST	Whole grain toast topped with peanut butter • Banana • Low-fat milk
LUNCH	Cauliflower or broccoli soup • Whole wheat bagel and a slice of low-fat cheese • Blueberries • Low-fat yogurt
SNACK*	Grapes
DINNER	Black beans and kidney beans mixed with corn, chopped tomatoes, onions and peppers • Whole grain pasta

SATURDAY	
BREAKFAST	Oatmeal with low-fat milk, topped with cinnamon and raisins
LUNCH	Turkey sandwich on rye, with low-fat mayo and mustard • Zucchini sticks and cherry tomatoes • Grapes • Low-fat milk
SNACK*	Almonds
DINNER	Baked haddock • Couscous • Broccoli

SUNDAY	
BREAKFAST	Omelette filled with low-fat cheese and veggies • English muffin • Low-fat milk
LUNCH	Vegetarian chili • Whole wheat roll • Carrot and celery sticks
SNACK*	Hummus and carrots
DINNER	Roast chicken • Roasted carrots and parsnips

* Ask your dietitian or healthcare team if a snack is an appropriate addition to your meal plan.