

# Simple Meal Plan

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

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

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

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

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

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

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

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