

Meal Ideas for Everyone

Breakfast Ideas

- Yogurt topped with berries, nuts, and low-fat granola or a high fiber cereal
- Whole grain English muffin topped with egg, cheese, tomato and avocado
- Whole grain toast with nut butter topped with sliced strawberries and served with a glass of milk
- Breakfast burrito made with a whole wheat wrap filled with scrambled egg, cheese, avocado and salsa
- Minute-oats made with milk and topped with sliced banana and slivered almonds
- High fibre cereal served with milk and topped with slivered nuts and berries
- Whole grain muffin served with a slice of cheese and a fruit
- Whole wheat wrap spread with nut butter and rolled around a banana
- Overnight oats made with large flake oats, chia, ground flaxseed, yogurt, plain milk, and nut butter
- Small fruit smoothie served with a slice of whole grain toast spread with almond butter

QUICK TIPS

- ✓ When choosing milk and yogurt, look for 1-2% milk fat (M.F.) on the label.
- ✓ When choosing cheese, try to pick one that has no more than 20% M.F.
- ✓ When choosing grain products, look for the word "whole grain" and aim for at least 3 grams of fibre per 30 gram serving of the product.

See How to Read Nutrition Facts Table for more tips.

Lunch or Dinner Ideas

- Baked salmon with oven-roasted veggies and brown rice
- Roasted chicken served with brown rice, sweet potato and green beans

- Stir-fry made with chicken and sautéed vegetables served on quinoa
- Corn tortillas filled with fish or black beans, tomatoes, avocado, lettuce, cheese, and sour cream
- Homemade baked chicken strips served with baked sweet potato fries and broccoli
- Skewers made with vegetables and meat or tofu served on brown rice
- Dahl (lentil stew) served with chappati, plain yogurt and a side of salad
- Whole wheat pasta with tomato or meat sauce (i.e. ground turkey or lean ground beef) served with salad
- Quesadilla made with a whole wheat wrap, roasted chicken or black beans, cheese and vegetables
- One pot casserole (i.e. Shepherd's pie, lasagna, tuna bake, quiche)
- Pizza on whole wheat crust topped with tomato sauce, vegetables, cheese, and a lean protein
- Canned baked beans on whole grain toast served with pre-packaged salad
- Minestrone soup served with a sandwich on whole grain bread
- Perogies served with a side of veggies and a small dollop of sour cream
- Pre-made pizza (topped with extra veggies) and served with a salad
- Whole wheat pita stuffed with chickpea falafels, veggies, tzatziki or hummus
- Sushi made with brown rice served with edamame or salad
- Vegetable omelette served with whole grain toast and fruit salad

QUICK TIPS

- ✓ Prep meals for the week ahead. Cook extra grains, roast some vegetables, and prep some meats/alternatives to make your week day meal prep quicker.

Meal Ideas for Everyone

- ✓ Stock your freezer. Cook and freeze a meal on the weekend (i.e. lasagna, burgers, casserole, soup) so that you have a healthy, convenient option for a busy week night.
 - ✓ Try the slow cooker. Pre-portion some slow cooker recipes in freezer bags so all you have to do in the morning is pull a bag out of the freezer and turn your slow cooker on before you head out the door.
 - ✓ Cook once, eat two or more times. Prepare enough food for a few meals so that you don't need to cook as often during the week. Plate what is needed for the meal, and put leftovers away immediately.
- Whole grain pita or naan pizza topped with tomato sauce, veggies and cheese.
 - Skewers of leftover whole wheat waffles and berries served with a yogurt dip.
 - Mexican pizza buns made with whole wheat dough, ground meat or black beans, tomato sauce and grated cheese.
 - Lasagna rolls ups made with whole wheat noodles, ricotta cheese, meat sauce, spinach, and roasted veggies.
 - Left-overs in a thermos - extra dinner portions of meat, grain and vegetables and/or fruit make an easy lunch to go!

School Lunches

- Tuna or chicken salad sandwich on whole grain bread served with a fruit.
- Peanut butter banana sandwich on whole grain bread.
- Bento lunch of roasted chicken, whole grain English muffin or crackers, cheese, apple slices and cherry tomatoes.
- Grilled cheese sandwich on whole grain bread served with cut up veggies.
- Low sodium soup with whole grain crackers and cheese.
- Egg salad served with whole grain crackers and veggie sticks.
- Salmon or egg pinwheels made with whole wheat wrap spread with salmon dip or egg salad served with carrot sticks.
- Cold whole wheat pasta salad made with vegetables, feta and dressing.
- Sandwich skewers made with cubes of whole grain bread, roasted chicken, cheese, tomatoes, and cucumbers.
- Whole wheat pita stuffed with grilled turkey slices, cucumbers, bell peppers, mozzarella and a spread/dressing.

QUICK TIPS

- ✓ Children love to eat what they create. Let your child choose from a healthy list of foods to create his or her own lunch.
- ✓ Set aside time with the children to pack lunches before bed. You will be teaching them important life skills.
- ✓ Take turns making lunch among different family members.
- ✓ Invest in a thermos for hot or cold leftovers or a re-usable container with divided sections.
- ✓ Freeze items like yogurt or a water bottle to keep foods in the lunchbox cool.
- ✓ Pack plain milk or water as the drink of choice with school lunches.

For recipe ideas, check out:

- www.bettertogetherbc.ca/recipes
- www.cookspiration.com/
- www.healthyfamiliesbc.ca/

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