

Meal Planning Tool Kit

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| | |
|---|---|
| √ | Meal Planning Checklist |
| | Did you plan meals around Healthy Plate Model? |
| | Did you include something from at least 3 of the 4 main food groups at each meal The four main food groups are: Vegetables and Fruit, Grain Products (Starchy Foods), Milk and Alternatives, Meat and Alternatives (Protein Foods)? |
| | Did you use whole grains? |
| | Did you use lower fat milk products more often, such as skim or 1% milk and yogurt with less than 2% M.F.? |
| | Did you maximize nutrient intake by consuming a variety of different foods from within each food group each day? For example, eating five different fruits and vegetables each day provides far more nutritional benefits than simply eating five apples. |
| | You don't need to give up your favourite foods that are high in fat, sugar, calories or sodium. Did you plan to eat those foods less often and/or have smaller amounts? |
| | Did you try adding high fibre, high water foods (Volumetrics) to make your meals more satisfying? |

Suggested Pantry List

| Location | Product | Examples |
|------------------------|-----------------------------------|--|
| In The Cupboard | Canned beans and legumes | Baked beans in tomato sauce, black beans, kidney beans, chickpeas, navy beans, lentils |
| | Bread | Whole grain breads, rolls, pita bread, bagels |
| | Cereals | Whole grain, bran, quick cooking oatmeal |
| | Condiments and flavourings | Mustard, ketchup, vinegar, soya sauce, bouillon cubes, hoisin sauce |
| | Canned fish | Tuna, salmon, sardines, clams |
| | Flour | Whole grain flour |
| | Canned fruit (packed in juice) | Peaches, pears, pineapple, mandarin orange segments, applesauce |
| | Herbs and spices | Pepper, garlic, ginger, oregano, thyme, tarragon, coriander, cumin |
| | Nuts and seeds | Almonds, walnuts, peanuts, pine nuts |
| | Oil | Olive oil, canola oil |
| | Pasta | Whole grain, variety of shapes |
| | Canned/bottled pasta sauces | Prepared tomato and vegetable |
| | Rice | Brown rice, wild rice, basmati rice |
| | Sweeteners | Sugar, honey, syrup, jam |
| | Canned vegetables | Stewed/diced tomatoes, corn kernels, pumpkin |
| | Fresh vegetables | Potatoes, sweet potatoes, onions |
| On The Counter | Fresh fruit | Bananas, cantaloupe, tomatoes |
| In The Fridge | Cheese | Cheddar, parmesan, ricotta, mozzarella, cheese slices; lower fat choices |
| | Eggs | Regular, Omega-3, Omega-Pro liquid |
| | Fats | Non-hydrogenated margarine |
| | Fresh fruit | Oranges, kiwi, apples, grapes, pears |
| | Juice | Tomato, vegetable, fruit, lemon |
| | Meat and poultry | Freeze poultry and meat if you can't use it within 2 days of purchasing |
| | Milk | Skim or low-fat, buttermilk |
| | Vegetables | Choose your favourite. Look for convenient pre-packed vegetables such as salad greens, carrots, broccoli, mushrooms, cabbage, stir-fry mixes |
| | Yoghurt | Plain and flavoured – lower fat |
| In The Freezer | Bread | Pita bread, flour tortillas – whole grain |
| | Frozen fish and seafood | Sole, perch, halibut, haddock, cooked shrimp, salmon |
| | Frozen fruit | Strawberries, raspberries, blueberries, mixed fruit |
| | Frozen vegetables, plain or mixed | Peas, corn, broccoli, cauliflower, oriental mix |

Printable

PRODUCE SHELF LIFE GUIDE

USE
ASAP

3-5 DAYS



- Asparagus
- Basil
- Bok Choy
- Chard
- Chives
- Cilantro
- Escarole
- Kale
- Okra
- Onions, Cut
- Raddicchio
- Snow Peas
- Spinach
- Tomatoes
(Countertop)

USE
SOON

5-7 DAYS

- Artichokes
- Arugula
- Bell Peppers
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage, Savoy & Napa
- Cauliflower
- Eggplant
- Endive
- Fennel
- Green Beans
- Jicama
- Leeks
- Lettuce/Mixed Greens
- Mint
- Mushrooms
(Paper bag in fridge)
- Potatoes, Baby
(Cool dark place away from onions)
- Radishes
- Scallions/Green Onions
- Winter Squash, Cut
- Zucchini & Summer Squash

NO
RUSH

2+ WEEKS



- Cabbage, Green & Red
- Carrots
- Celery
- Rosemary
- Sweet Potatoes
(Countertop)
- Thyme
- Turnips
- Beets
- Ginger
- Lemons
- Limes
- Potatoes, Large
(Cool dark place away from onions)
- Parsnips
- Onions, Whole
(Cool dark place away from potatoes)
- Winter Squashes
(Countertop)

COOKSMARTS

COOKSMARTS

Adapted From: <http://www.cooksmarts.com/>

Reducing & Improving Fat in Recipes

When Baking

| When a recipe calls for... | Try this instead... |
|--|---|
| Butter, margarine, shortening or oil | Replace up to $\frac{1}{2}$ the fat in muffins, quick breads, cookies, and cakes with mashed fruit or vegetables (i.e. unsweetened applesauce, mashed bananas, pureed pumpkin). |
| Solid fat (i.e. butter, margarine, shortening) | Replace with canola oil in the following measures: 1 cup solid fat = $\frac{3}{4}$ cup canola oil $\frac{3}{4}$ cup solid fat = $\frac{2}{3}$ cup canola oil $\frac{1}{2}$ cup solid fat = $\frac{1}{3}$ cup canola oil $\frac{1}{4}$ cup solid fat = 3 tbsp canola oil |
| Full fat cream cheese | Use fat-free or lower fat cream cheese options, cottage cheese or partly-skimmed ricotta cheese pureed until smooth. |
| Full fat sour cream | Use lower fat sour cream, part-skim ricotta cheese, lower fat plain yogurt, or fat free Greek yogurt |
| Full fat milks | Choose 2% M.F. or less. Consider substituting with unsweetened soy or water. |
| Whole egg | Substitute with 2 egg whites or $\frac{1}{4}$ cup fat-free egg substitute. Can also substitute with 1 tbsp ground flax and 3 tbsp water (let sit for 5 min first) |

When Cooking

| When a recipe calls for... | Try this instead... |
|---|---|
| Cream for cream soups | Thicken soups using pureed potatoes, carrots, lentils or silken tofu. |
| Cream for sauces | If light cream, can replace 1 cup cream with 1 cup evaporated lower fat milk or 2 tbsp of oil and skim milk to equal 1 cup. If heavy cream, can replace 1 cup cream with 1 cup evaporated lower fat milk or 1/3 cup oil and 2/3 cup skim milk. |
| Oil-based marinades | Reduce oil by up to ½ and increase other ingredients like balsamic vinegar, 100% fruit juice or low-sodium broth. |
| Oil in sautéing | Use beer or wine (3 tbsp of beer or wine for every 1 tbsp of butter). Use low-sodium vegetables or chicken broths. |
| Butter or oil on cooked vegetables | Season vegetables with lemon juice, lemon zest, herbs or vinegar. |
| Oil and pan drippings for basting/gravies | Substitute vegetable juice or low-sodium vegetable broth. |
| Cheese | Choose lower-fat cheeses with 20% M.F. or less or limit the amount of cheese used. |

Easy Skillet Casseroles

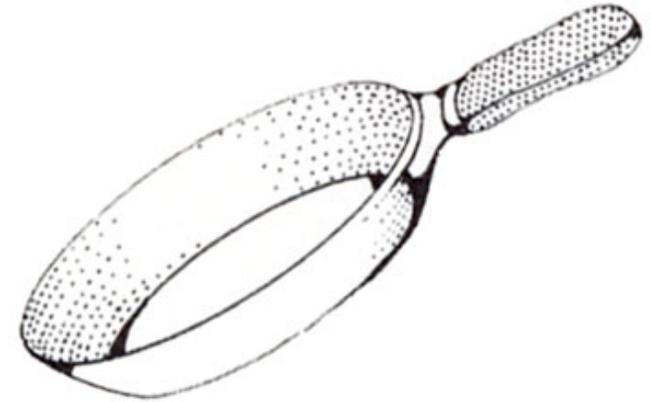
Directions:

1. In a 10-inch skillet or electric fry pan, combine choices from each of the boxes below.
2. Bring mixture to a boil. Use medium flame.
3. Reduce heat to low, cover and let simmer for about 25 minutes. Stir once in awhile.
4. Sprinkle with one of the following toppings and serve.

Toppings:

- 50mL (1/4 cup) breadcrumbs, crushed unsweetened cereal such as bran flakes, shredded wheat, cracker crumbs, grated cheese, 30 mL (2 tbsp) bran or wheat germ.

Makes 3 servings



| Grain/Starch (1 choice) | Meat or Meat Alternative (2 choices) | Vegetable (3 or more choices) | Liquid (1 choice) | Seasoning (2 choices) |
|--|--|--|---|--|
| <ul style="list-style-type: none"> ▪ 150 mL (2/3 cup) uncooked rice ▪ 250 mL (1 cup) uncooked fine or medium noodles ▪ 250 mL (1 cup) uncooked elbow macaroni ▪ 250 mL (1 cup) uncooked macaroni shells ▪ 500 mL (2 cups) raw, diced potatoes (do not use broth if you choose potato)  | <ul style="list-style-type: none"> ▪ 125 mL (1/2 cup) cooked, cut-up of any of the following or a combination: <ul style="list-style-type: none"> ➢ turkey ➢ chicken ➢ beef ➢ veal ➢ pork ▪ 125 mL (1/2 cup) canned tuna, salmon, or sardines drained and flaked ▪ 125 mL (1/2 cup) cooked fish, flaked ▪ 125 mL (1/2 cup) raw ground beef ▪ 200 mL (3/4 cup) drained cooked or canned chickpeas ▪ 200 mL (3/4 cup) tofu | <ul style="list-style-type: none"> ▪ 125 mL (1/2 cup) fresh cut-up, frozen, or drained canned of any of the following or a combination: <ul style="list-style-type: none"> ➢ carrots ➢ peas ➢ corn ➢ green beans ➢ mixed vegetables ➢ celery ➢ green pepper ➢ mushrooms  | <ul style="list-style-type: none"> ▪ 550 mL (2 1/4 cup) broth, use low salt cubes or powder ▪ 625 mL (2 1/2 cup) tomato sauce or puree ▪ 625 mL (2 1/2 cup) stewed tomatoes ▪ 500 mL (2 cups) 2%, 1%, or skim milk ▪ 1 can evaporated skim milk plus 1 can water | <ul style="list-style-type: none"> ▪ 5 mL (1 tsp) of any of the following (dry): <ul style="list-style-type: none"> ➢ onion powder ➢ garlic powder ➢ parsley ➢ chives ➢ oregano ➢ basil ➢ thyme (use only 1/4 - 1/2 tsp.) ➢ etc. <p>*adjust amounts to taste</p>  |

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Breakfast and Lunch Ideas to Get You Started

Breakfast and Lunch:

If these meals need to be quick, eaten on the run, or taken in a lunch bag, you need to stock up on simple portable foods.

Some examples for breakfast are:

- fruit and yogurt shake with a bran, oatmeal or other whole grain muffin (make muffins ahead of time and freeze)
- peanut butter and sliced banana on whole grain bread with a glass of low fat milk
- toasted whole grain English muffin with a slice of low fat cheese and a piece of fruit
- high fibre cereal with low fat milk and fruit
- cereal bar (without hydrogenated oil), low fat/no sugar yogurt and a fruit
- bag of mixed dry high fibre cereals, nuts and dried fruit and a container of low fat milk
- small whole grain bagel with low fat cheese and vegetable juice cocktail
- poached egg on whole grain toast and a cup of low fat milk

Some ideas for lunch are:

- make salads, sandwiches and dips the night before and keep in fridge overnight
- wash raw vegetables and cut them up when you get home from shopping; keep them in a Tupperware-type dish in the fridge; or put them in individual containers so they are ready to grab and go
- if you don't have time to put a lunch together, fill a cooler bag with fresh fruit, whole grain bread rolls or low fat crackers, low fat/low sugar yogurt, low fat cheese or sliced lean meat/poultry



Plan a menu to suit you!

| | Breakfast | Lunch | Dinner | Snack | Snack |
|-----------|-----------|-------|--------|-------|-------|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |