

## Dinner Ideas

### Key Points:

- Include 3 of the 4 food groups
- Include lean protein
- Choose higher fibre foods (Aim to get at least 8 grams of fibre)
- Include at least 1 cup of vegetables

### 1) Spaghetti Squash (serves 4 with 1 serving = 1 1/2 cup)

1 medium spaghetti squash (halved, seeded & baked at 425°F for ~ 1 hour)

3 Tbsp olive oil

A dash of salt + pepper

1 Tbsp lemon juice

1/2 cup chopped flat-leaf parsley (toss squash w/ salt, pepper, lemon juice + parsley)

1/2 tsp. crushed red pepper flakes (season w/ red pepper + cheese)

1 Tbsp. grated parmesan cheese

### 2) Tofu Stir-Fry (serves 2-3 with 1 serving = 1 cup)

1 (14oz) package firm or extra firm tofu (absorb liquid w/ paper towel for ~ 1 hour)

2 cups roughly chopped green beans

1 cup diced carrots or red pepper

2 Tbsp toasted sesame oil for sautéing

Sauce (1 1/2 Tbsp/serving)

1/4 cup low sodium sauce, 1 Tbsp fresh grated ginger, 2 Tbsp brown sugar, 1 Tbsp pure maple syrup, 1 Tbsp corn starch

### 3) Whole wheat sweet potato pizza

1 small whole wheat naan bread

1/2 mashed sweet potato (spread on naan bread)

2 Tbsp caramelized onions

1 Tbsp goat cheese

1 Tbsp chopped pecans

A drizzle of honey