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1 - WEEK

Healthy and Balanced meal plan



Plan Introduction

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of your favorite foods. Instead, it's about feeling great, having more energy, improving your health, and boosting your mood.

The cornerstone of a healthy diet should be to replace processed food with real food whenever possible. Eating food that is as close as possible to the way nature made it can make a huge difference to the way you think, look, and feel.

Below you will find a sample **7-day meal plan** for you and your family to share on your journey to optimal health.



This information is for educational purposes only and is not intended as a substitute for medical diagnosis or treatment. You should not use this information to diagnose or treat a health problem or condition. Before starting a new diet plan, consult with a healthcare provider or a registered dietitian, especially if you have an underlying health condition.

Tips for healthy eating

Choose these foods more often:

- **Vegetables and fruits.** Fill half your plate with vegetables at most meals. Choose fresh, frozen, or canned with no added sugar or salt.
- **Whole grains** like barley, oats, and whole grain breads, pastas, and brown rice.
- **Plant proteins** like beans, peas, lentils, tofu, and other soy foods.
- **Lean animal proteins** like fish, seafood, eggs, chicken, and turkey. Eat fish at least 2 times a week.
- **Healthy fats** like nuts and seeds and their butters; avocados; oils like olive, canola, avocado, and walnut

Limit these foods:

- **Limit foods higher in saturated fat** like red meat (beef and pork); skin on poultry; bacon, sausage, and other processed meats; and higher fat dairy products.
- **Limit foods with trans fats** like hard margarine, some store-bought baked foods, chips, cookies, and deep fried foods.
- **Add little or no salt to cooking** or to your plate of food. Use flavourings like herbs, spices, garlic, lemon, or vinegar.
- **Read labels to limit higher sodium foods** like some processed foods, canned foods, and fast food.
- **Limit foods and drinks with added sugars** like juice, pop, candy, desserts, sweet baked foods, and sweet sauces.
- **Choose water, milk, tea, or coffee**, and drinks with **no added sugar**.

Snack

Healthy snacks are lower in sugar, unhealthy fats, and salt (sodium).

Not everyone needs a snack. Eating healthy snacks can help you:

- **Get important nutrients** like fibre, vitamins, minerals, and healthy fats.
- **Satisfy hunger** if there is a long time between your meals.

7-day diet plan

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	<ul style="list-style-type: none"> 30g granola 100g unsweetened Greek yogurt 100g blueberries Coffee with low fat milk. 	<ul style="list-style-type: none"> Smoked salmon and egg bagel Portion of spinach 100g blueberries Medium low fat mocha drink. 	<ul style="list-style-type: none"> Blueberry-Avocado Smoothie Slice of whole grain toast with almond butter. 	<ul style="list-style-type: none"> Apple and peanut butter on a whole wheat English muffin, one cup of low fat milk. 	<ul style="list-style-type: none"> Berry smoothie with protein powder. 	<ul style="list-style-type: none"> Two quinoa edamame egg muffins Portion of grilled tomatoes and mushrooms drizzled with olive oil Glass of almond milk. 	<ul style="list-style-type: none"> 30g granola 100g unsweetened Greek yogurt 100g blueberries Coffee with low fat milk.
Morning Snack	<ul style="list-style-type: none"> Tofu "egg" salad stuffed tomato. 	<ul style="list-style-type: none"> One-quarter cup Brazil nuts, pear slices, a glass of kombucha. 	<ul style="list-style-type: none"> Red Lentil-Beet Hummus with oatcakes. 	<ul style="list-style-type: none"> Carrot Cake Energy Bar. 	<ul style="list-style-type: none"> Spanish oat omelet. 	<ul style="list-style-type: none"> Chocolate peanut butter cup, apple slices. 	<ul style="list-style-type: none"> Tofu "egg" salad stuffed tomato.
Lunch	<ul style="list-style-type: none"> Tuna salad Sandwich on whole grain bread Apple Handful of walnuts 	<ul style="list-style-type: none"> Sardines in tomato sauce on two slices of whole grain toast. 	<ul style="list-style-type: none"> A portion of slow cooker black bean soup Roasted beets with almond cream chees Grated carrot, and watercress. 	<ul style="list-style-type: none"> A medium baked potato 100g chili 28g creme fraiche Side of green beans. 	<ul style="list-style-type: none"> Sardines drizzled with olive oil on two slices of whole-grain toast with spread, leafy side salad. 	<ul style="list-style-type: none"> Seared sesame tuna bowl with julienned carrots, snow peas, pak choi, and bamboo shoots. 	<ul style="list-style-type: none"> Tuna salad Sandwich on whole grain bread Apple Handful of walnuts
Afternoon Snack	<ul style="list-style-type: none"> Lemon, pistachio & berry frozen yogurt bark. 	<ul style="list-style-type: none"> Raspberry cheesecake jar. 	<ul style="list-style-type: none"> 28g peanuts, an orange. 	<ul style="list-style-type: none"> Chocolate-avocado pop. 	<ul style="list-style-type: none"> One vegan blueberry truffle. 	<ul style="list-style-type: none"> Lemon, pistachio & berry frozen yogurt bark. 	<ul style="list-style-type: none"> A boiled egg, two oatcakes, and a portion of arugula.
Dinner	<ul style="list-style-type: none"> Tuna salad Sandwich on whole grain bread Apple Handful of walnuts. 	<ul style="list-style-type: none"> Sauteed shrimp with mango salsa & coconut cauliflower rice Banana Few walnuts. 	<ul style="list-style-type: none"> Chicken and vegetable stir fry served with 1 cup of steamed brown rice Two squares of dark chocolate with a handful of walnuts. 	<ul style="list-style-type: none"> Slow cooker sweet potato curry served with 1 cup of steamed rice One wheat paratha Satsuma and kombucha drink. 	<ul style="list-style-type: none"> Slow cooker peanut chicken with broccoli Baked sweet potato drizzled with extra virgin olive oil Portion of steamed kale. 	<ul style="list-style-type: none"> One medium baked potato, 100g chili 28g creme fraiche Portion of steamed broccoli. 	<ul style="list-style-type: none"> Rotisserie chicken tacos with pineapple salsa Portion of watercress 2 squares of dark chocolate with some Brazil nuts.

Tips to Save Calories

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Did you know that cutting 100 calories per day could help you lose over 10 lbs a year? We've put together simple swaps that save at least 100 calories a pop!

Breakfast Breakthroughs

- Make an omelet with 1 egg and 2 egg whites instead of 3 whole eggs.
- Choose a whole grain english muffin instead of a bagel.
- Spread 2 tbsp. sugar-free jam on an english muffin instead of 1 tbsp. butter.
- Replace ½ cup of granola with ½ cup of oatmeal cooked in water.
- Have 3 slices turkey bacon instead of 3 slices regular bacon.
- Replace fried eggs with hard boiled eggs.
- Top toast with 1 tbsp. of peanut butter instead of 2 tbsps.
- Cook ½ cup of oatmeal 1 cup of water instead of 1 cup of milk.
- Sweeten oatmeal with cinnamon instead of milk and sugar.
- Replace 3 oz. pork sausage with 3 oz. lean turkey sausage.

Dinner Developments

- Replace half of the beans in a chili recipe with an equivalent amount of mushrooms.
- Make a meatloaf with 98% lean ground beef instead of regular beef.
- Trim the fat off of your meat or poultry before cooking.
- Broil a 3 oz. steak instead of pan frying it in butter or oil.
- Skip the skin of rotisserie chicken.
- Swap 4 oz. of salmon for 4 oz. tilapia.
- Replace linguini pasta with spiralized zucchini noodles.
- Swap spaghetti squash for spaghetti.
- Leave the cheese out of homemade pesto sauce.

Lighter Lunches

- Skip the second piece of bread to make an open face sandwich.
- Top a salad with tuna packed in water instead of tuna packed in oil.
- Add lettuce and tomato to a sandwich instead of 1 slice of cheese.
- Make egg salad with low-fat plain greek yogurt instead of mayonnaise.
- Sweeten up a salad with ¼ cup of fresh raspberries instead of ¼ cup dried cranberries.
- Make a sandwich on a sandwich thin instead of on a bun.
- Dress a salad with fresh squeezed lemon or 1 tbsp. balsamic vinegar instead of 2 tbsps. regular salad dressing.
- Make a sandwich with 3 oz. lean turkey rather than 3 oz. roast beef.

Smarter Snacks

- Snack on a small apple instead of 1 cup dried apple slices.
- Snack on 1 cup of celery sticks with peanut butter instead of an apple with peanut butter.
- Opt for fruit packed in water instead of juice.
- Swap a serving of chips with 3 cups of plain air-popped popcorn.
- Order a kid-sized popcorn at the movie theater.
- Top popcorn with herbs and spices instead of butter and oil.
- Munch on ½ cup edamame instead of ¼ cup raw almonds.
- Swap a ¼ cup salted almonds for a 1 serving of lightly salted pretzels.
- Serve up hummus with 1 cup of raw veggies instead of 1 serving of crackers.



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