

Eating Healthy Together (EHT) – Sample Meal Plan

Breakfast

Option 1

- Scrambled eggs with vegetables and/or turkey/chicken
- Fresh fruit
- Breakfast potatoes/sweet potatoes (baked with minimal oil)
- Whole grain toast with condiments/spreads available
- Water, coffee & tea (with condiments), milk

Option 2

- Fresh fruit
- Yogurt (plain and flavoured options)
 - Can make into a yogurt breakfast bar with seeds, nuts, whole grain granola, honey, etc
- Whole grain muffins and bagels with condiments/spreads available. Water, coffee & tea (with condiments), milk

Snacks (Morning)

- Fresh Fruit and/or veggies
- Yogurt (plain and flavoured options)
- Whole grain muffins
- Snack bars that are low in sugar and high in fibre (e.g. Kind Fruit and Nut bars)
- Water, coffee & tea (with condiments), milk

Lunch

Option 1

- Garden salad with dressing on the side (offer oil and vinegar option when possible)
- Selection of sandwiches or wraps on whole grain breads/pitas
 - Include lean, un-processed meats (e.g. no deli meat), tuna or egg salad, with lots of fresh vegetables on it and low-sodium sauces
- Offer fresh vegetable or fruit trays on the side
- Water, milk, naturally flavoured soda water, black coffee/ tea, herbal tea

Option 2

- Soup made with vegetables, un-processed meat, and whole grains (such as wild rice, barley, whole grain rice) *preferably homemade
- Whole grain crackers cheese
- Salad made with lentils or beans
- Whole grain rolls or bread

- Water, milk, naturally flavoured soda water, black coffee/tea, herbal tea

Snacks (Afternoon)

- Snack bars that are low in sugar and high in fibre (e.g. Kind Fruit and Nut bars)
- Fresh vegetables with dip or hummus on the side
- Whole grain crackers and cheese
- Nuts or trail mix with low sodium and no candy pieces (e.g. Munchies Fruit & Nut)
- Water, naturally flavoured water

Dinner

Option 1

- Chili made with lean ground beef
- Cheddar cheese, avocado, low-fat sour cream, and/or chives available as toppings
- Whole grain buns
- Salad bar with a variety of fresh vegetables, seeds, cheese as toppings with dressing on the side (oil and vinegar option available)
- Water, naturally flavoured water

Option 2

- Stir-fry made with fresh or frozen vegetables, lean meat such as chicken or lean beef, whole grain brown rice or quinoa, for example
- Fresh vegetables and hummus or dip available on the side
- Water, naturally flavoured water

Option 3

- Whole grain pasta with tomato sauce (low sodium version preferred), and vegetables
- Chicken and/or meatballs made with lean ground meat available
- Parmesan cheese provided as a topping
- Mixed green salad with dressing on the side provided
- Whole grain bread
- Water, naturally flavoured water

Dessert

- Offer fresh fruit on platters or in small individual dishes
- Serve baked goods such as whole grain muffins that are made with whole grain and free from candied toppings (e.g. chocolate chips) or icings.