

# **HEALTHY MEAL PLANNING**

*These points are helpful especially if:*

- You're 'on the go' a lot during the day
- You're time limited when it comes to preparing food for your day in the mornings or even the night before.
- You snack a lot throughout the day as oppose to having a regular 'sit down' meal
- Have the urge to buy fast food because it's fast and convenient.
- You have kids
- Healthy quick food seems hard to find or have difficulty choosing healthier options
- travel a lot or have a busy work schedule
- You are a full time mom or dad

## **Dining out Guidelines**

Start with: salads, veggies, cold appetizers

**Choose:** plain greens, lettuces, steamed veggies, raw seafood, and clear soups (just broth)

**Avoid:** choosing foods with the words - crispy, sautéed, deep fried, stir fried, battered, glazed, simmered, and soaked.

**Avoid:** sauces, dressings, dips and other condiments that contain: mayonnaise, butter, creams, and sugar - Such as: teriyaki, Caesar, ranch, blue cheese, and aioli.

**Do choose:** oil, vinegar, lemon, lime, guacamole, salsa, hummus, mustard and hot sauce (Tabasco).

**Go for foods with the words** - steamed, boiled, grilled, baked, broiled, bbq.

**Examples of healthy lean meals:** steamed fish and veggies, grilled chicken and salad, baked sweet potatoes, top sirloin steak and steamed veggies, baked whole wheat flatbread with tomato sauce and veggies, grilled lean protein, and a little mozzarella sauce.

## Fast Food Guidelines

Any fast food chain and grocery store will have a selection of healthy food and drinks available. Subway, Starbucks, Panera Bread, Whole Foods, Longos, McDonalds, Loblaw's, etc.

### Example

#### On The Go Meal Plan:

**Meal 1:** Coffee with skim milk, oatmeal with hot water, fruit, nuts and yogurt or protein powder. (Starbucks)

Or substitute for egg whites, oatmeal and fruit if you're at home.

**Snack:** Protein Bar (low in sugar) example: The Simply Bar or Quest Bar (Supplement Store)

**Meal 2:** Whole wheat sub with grilled chicken, avocado, lettuce, veggies, and hot sauce, or burrito wrap with extra lean ground beef or chicken, avocado, lettuce, light cheese, light sour cream, hot sauce, corn, and beans.

(Subway)

**Snack:** Almonds, packaged boiled eggs, chopped packaged veggies without the dip, and fruit. (Any grocery store)

**Meal 3:** Grilled chicken burger on whole wheat bread, no sauce, only veggies, or Grilled Chicken Salad, fat free dressing, apple slices, tea or black coffee. (McDonalds)

**Snack:** Single serving size package of fat free, plain, Greek yogurt, one serving of fruit. (Any grocery store)

## Meal Prep Guidelines

**Pick one** – two days out of the week to cook and prepare food and then package them in containers to keep in the fridge for a couple days, or prepare them in packages portioned to eat the next day. (If you'd like you can also label each container with the name of the food and date prepared.

### Wash and Chop Fruits and Veggies:

Berries, cantaloupe, grapes, pineapple, celery, carrots, grape tomatoes, peppers, and cucumbers, lettuce, mixed greens...

### Bake, Grill, BBQ, Boil or Stir fry:

Eggs, Chicken, seafood, fish, lean pork, lean steak, shrimp, tofu, potatoes, quinoa, brown rice...

### Steam:

Broccoli, cauliflower, asparagus, eggplant, green beans, mushrooms, zucchini...

**Portion and package in single serving containers:** healthy home-made sauces, dips, spreads or dressings such as tzatziki, hummus, oil/vinegar dressing, salsa, guacamole, tomato sauce...

## To keep in your car

Bottle water, unsweetened electrolyte drink or supplement powder such as Vega or unsweetened coconut water, portioned scoops of protein powder in zip lock bags, rice cakes, nuts, peanut butter or almond butter, raisins, unsweetened oats pre-packaged, healthy and clean protein bars such as: the simply bar, quest bar, think thin crunch bar, luna bar.

Also keep utensils in the car such as plastic knives, forks, spoons, plates, and wipes.

## OK- List of sauces, mixtures, toppings, or substitutes

- Shirataki noodles instead of pasta
- Olive oil or Coconut oil cooking spray instead of Pam
- Fat free sour cream or fat free mayonnaise
- Balsamic vinegar not vinaigrette
- Fat free Italian dressing
- Hot sauce such as Tabasco or Frank's hot sauce
- Mustard
- Organic sugar free pasta sauce
- Unsweetened apple sauce
- Salsa
- Stevia or coconut sugar instead of processed sugar
- Over 80% dark chocolate instead (30g per serving)
- Low sodium dry seasonings – Mrs. Dash
- Nut butters
- Coconut oil instead of canola oil
- Unsweetened soy or almond milk instead of cow's milk
- 'Smart Pop'- pop corn or Blue Menu natural popcorn (from Loblaws), instead of chips or crackers.

## Snacks

- Frozen grapes
- Veggies and low fat cheese
- Rice Cakes with Peanut Butter
- Brown Rice Salmon and Avocado Roll
- Dried Fruit
- Cottage Cheese
- Yogurt and berries
- Any Nuts and Seeds
- Low fat natural popcorn
- Protein Shake (milk, fruit, protein powder)
- Dark Chocolate (85% or higher)