



TOLL FREE
Central Booking Line
(C) 1-833-962-5359

HAMILTON • HALTON • NIAGARA • TORONTO

MEAL PLANNING IDEAS

- ✓ **Ensure you have both protein and carbohydrate at every meal.**
- ✓ **Determine appropriate portion sizes for each meal and snack idea ahead of time, to ensure they fit the recommended calories for your specific meal plan.**

Here are some examples if you get stuck for ideas. You may find it easier to pick just one option from a category and stick with it.

BREAKFAST - Personal Target Calories = _____ cal

- High Fiber Cereal + Skim Milk + Fruit
- Scrambled Egg Whites + Bread + Tomato Slices
- Omelette + Veggies + low-fat cheese
- Yogurt + Berries + 1/3 Cup High Fibre Cereal
- Boiled Egg + English Muffin + Tomato
- Meal Replacement + Fruit

Option 1: Breakfast

Portion size + Item	Cal	Prot	Fat	Carb	Fibre

LUNCH - Personal Target Calories = _____ cal

- Tuna/Egg Wrap + Veggie Sticks
- Mixed Bean Salad + Fruit + Yogurt
- Mixed Salad + Chicken / Egg / Low-fat Cheese
- Whole Grain Pita + Turkey + Vegetables
- Chicken Vegetable Soup + Whole Grain Crackers
- Meal Replacement + Fruit/Veggies

Option 2: Lunch

Portion size + Item	Cal	Prot	Fat	Carb	Fibre

DINNER - Personal Target Calories = _____ cal

- Chicken/Fish + Vegetables + Potato/Rice
- Vegetable Omelet + Salad
- Chili + Salad
- Vegetable Stir Fry + Chick Peas + Rice
- Whole Wheat Pasta + Tomato Sauce + Extra Lean Ground Beef
- Meal Replacement + Fruit/Veggies
- Healthy Choice, or another Frozen Dinner

Option 1: Dinner

Portion size + Item	Cal	Prot	Fat	Carb	Fibre

SNACKS - Personal Target Calories = _____ cal

- Crackers + Low Fat Cheese
(e.g. Light cheddar / Light Babybel / Light Laughing Cow / Allegro Cheese / mozzarella cheese strings)
- Fruit + Peanut Butter / Low Fat Cheese / 1% Cottage Cheese
- Veggies sticks + Hummus
- Low Fat or Fat Free Yogurt + Bran Buds
- Turkey pepperette + Sliced Veggies
(e.g. Schneiders - "Slims")
- Protein Bar (e.g. Kashi, Gnu fibre bar, Elevate Me)
- Soy Nuts + Sliced Veggies
- Tuna Snack (e.g. Cloverleaf- Dill and Lemon)
- Trail Mix (eg. Bulk Barn - "Mix and Mingle")
- Glass of 1%/skim milk + veggies sticks/a piece of fruit

Sample Snack Options

Portion size + Item	Cal	Prot	Fat	Carb	Fibre

The WMC list of foods containing Protein

Food Item	Serving Size	Protein (g)	Calories	% Protein	Fat (g)
Lean ground beef – 95% lean	3oz	25	164	61%	6.4
Beef tenderloin	3oz	24	179	54%	9
Chicken breast	3oz	23	100	92%	1
Chicken thigh (roasted)	3oz	23	187	49%	9.5
Chicken wing (skin, fried)	1 wing (32g)	8	103	31%	7
Tuna (light, canned in water)	1 can	26	120	87%	0
Wild Salmon fillet	3oz	19	110	69%	3
Shrimp	15 shrimp	7	30	93%	0.3 (chol 140mg)
Lobster (boiled)	3oz	18	87	83%	1
Pork chop (lean)	3oz	26	164	63%	6
Bacon (regular)	3 slices	12	220	22%	18
Chicken bacon	3 slices	9	90	40%	4
Eggs (large)	1 egg	6	70	34%	4.5
Skim milk	1 cup	9	90	40%	0
1% milk	1 cup	9	110	34%	2.5
2% milk	1 cup	9	130	27%	5
Soy milk (fat free)	1 cup	7	70	40%	0.25
Yogurt "Source" (fat free)	100g	4	35	46%	0
Yogurt "Activia" (fat free)	100g	4	80	20%	0.4
Greek Yogurt "PC" brand (fat free)	¾ cup (175g)	18	120	60%	0
Greek Yogurt "Liberte" (fat free)	¾ cup (175g)	15	150	40%	0
Greek Yogurt "Oikos" (fat free)	1 container (150 g)	15	80	75%	0
Mozzarella (partly skimmed)	3cm cube (30g)	9	90	40%	5
Mozzarella (regular)	3cm cube (30g)	7	100	28%	8
Cheddar	3cm cube (30g)	7	120	23%	11
Cottage cheese (1%)	½ cup	14	100	56%	1
Dry pressed cottage cheese	55g	11	50	88%	0.3
Tofu (firm)	3oz (85g)	16	140	45%	7
Tofu (soft)	3oz (85g)	4	45	35%	2.5
Edamame beans	1 cup	17	190	36%	6
Red Kidney beans	1 cup	16	219	29%	0
White Kidney beans	1 cup	16	220	29%	1
Lentils	1 cup	16	240	26%	1
Chick peas	1 cup	11	210	21%	3
Peanut butter "Kraft" (smooth)	1 tbsp	3	90	13%	8
Almonds (dry roasted)	¼ cup	8	206	13%	18
Pistachios (dry roasted)	¼ cup	3	85	14%	7
Cashews (dry roasted)	¼ cup	5	197	10%	16
Walnuts	¼ cup	5	210	9%	20
Pumpkin seeds (dry)	¼ cup	7	160	18%	14
Hulled hemp seeds	1 tbsp	2	39	20%	3
Ground flax seeds	1 tbsp	2	37	22%	3
Ground chia seeds	1 tbsp	2	68	12%	5
White rice (long grain, cooked)	1 cup	4	205	8%	0
Quinoa (cooked)	1 cup	8	222	14%	4
Spelt bran	100g	19	190	40%	3
White bread	2 slices	4	120	13%	1
Light rye bread – fewer carbs!	2 slices	6	140	17%	0
Ancient grain bread "Dempster's"	2 slices	16	220	29%	3

Measures: 1oz = 30g = 2 tbsp 3oz of meat = deck of cards 1 tbsp = 15 mL 1 cup = 250 mL

The WMC list of Snack Ideas

Snack Ideas (protein or fibre)	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Fibre (g)
Hardboiled egg	1	70	6	5	0	0
"BabyBel" Light Cheese	1 wheel	50	6	3	0	0
"Allegro" Cheese (4%)	3cm cube	60	11	1	0	0
"Laughing Cow" Light	1 wedge	35	2	1.5	1	0
Cheesestring (mozz.)	1 string	60	6	4	0	0
Greek yogurt "Source" 0%	100g	50	8	0	5	0
Yogurt "Source" 0%	100g	35	4	0	5	0
Greek yogurt "Oikos" (fat free)	150g	120	12	0	19	0
Glass of Skim Milk	1 cup	90	9	0	13	0
Almonds, whole dry roasted	14 almonds	103	4	9	3	2
Turkey pepperettes (Schneiders "Slims")	1 pepperette	60	6	3	1	
Selection Tuna Snack	1 can (85g)	90	13	1.5	4	
"Egg Beaters" Cheddar & Chive	50ml	25	5	1	1	
Proti 15 Hot Chocolate	1 pouch	90	15	1.5	5	
Proti Diet Protein Bar	1 bar	150	15	4.5	15	0-4
Slimdown Bar	1 bar	150	15	6	15	0
Simply Whey protein bar – apple cinnamon	1 bar	150	15	2	18	5
Kashi Bar – Cherry Dark Chocolate	1 bar	120	5	2	24	4
Boiled edamame beans	½ cup	120	10	0	8	5
Apple	1 medium	72	0	0	19	3
Mixed berries	1 cup	80	0	0	16	4
Gnu – "Flavour and Fibre"	1 bar	140	4	4	30	12
Fibre One Bar	1 bar	140	2	4	29	9
All-Bran Bar	1 bar	130	2	6	20	4

IDEAL MEAL REPLACEMENTS – WHAT TO LOOK FOR:

Calories 200-250
Protein 20-35g
Fat 3-5g
Carbohydrates 15-22g
Fibre ++more is better

Ideally you can have a fruit/some vegetables with your meal replacement!



+



or






WMC list of meal replacement examples

Snack Ideas (protein or fibre)	Serving Size	Calories	Protein (g)	Fat (g)	Carbs (g)	Fibre (g)
PGX Meal Replacement	2 scoops	250	25	8	19	9
Vega Meal Replacement	1 scoop	260	25	9	21	21
Slimfast Chocolate Shake	1 can (325 mL)	245	12	5.0	38	3.5
Boost Meal Replacement – strawberry	1 bottle (237 mL)	240	10	4	41	0
Elevate Me! bars – Matcha Green Tea with Cranberries	1 bar	230	16	4	35	7
PowerBar – Vanilla Yogurt	1 bar	210	20	5	26	4
Pure Protein bars – peanut butter	1 bar	180	21	4.5	17	2
Equate High Protein Energy Bars – Vanilla Yogurt	1 bar	270	20	5	36	1
Clif Builder's Protein Bar -- chocolate	1 bar	270	20	8	30	3
Optimal Protein Diet Bar	1 bar	180	20	2.5	23	0
Zone bar – chocolate mint	1 bar	210	13	4.5	24	3
Premier protein bar	1 bar	280	30	7	23	1

(above MP examples are widely available at Walmart / Costco / Bulk Barn / local grocery stores / health food stores)

CARBOHYDRATES, FAT, AND FIBRE

	INCLUDE MORE OFTEN	WHY?	DECREASE MORE OFTEN	WHY?
CARBOHYDRATES  	<ul style="list-style-type: none"> • Whole grain breads, cereals, pastas • High fibre cereals ie. All-Bran, Bran Buds, 100% Bran, Fibre One, Kashi Cereal, oatmeal) • Brown rice • Quinoa • Kamut • Beans ie. black beans, kidney beans, pinto beans, garbanzo beans, lima beans • Lentils • Vegetables ie. carrots, broccoli, brussel sprouts, beet greens, collards, kale, spinach, peas • Fruits ie. blackberries, raspberries, apples, pears, oranges, grapes 	<p>These choices are high in fiber. Fiber helps stabilize blood sugars and increase the feeling of satiety (fullness). These choices are also good sources of vitamins and minerals.</p>	<ul style="list-style-type: none"> • White breads, pasta, rice, flour • Refined, low-fiber cereal ie. Frosted Flakes, Corn Pops • Sugar ie. white sugar, brown sugar, icing sugar, honey, syrup • Snacks foods ie. cookies, cakes, sweets, chips, most packaged snacks • Pop, fruit juice, fruit smoothies 	<p>These choices are low in fiber. They contribute to fluctuating blood sugar and increased hunger. They also lack in vitamins and minerals.</p>
FATS 	<ul style="list-style-type: none"> • Monounsaturated fats ie. olive oil, canola oil, peanut oil, olives, peanut butter, nuts, avocados • Polyunsaturated Fats ie. fish (salmon, albacore tuna, mackerel, sardines), fish oil supplements, walnuts, almonds, pumpkin seeds, flax seed oil, soybeans 	<p>These choices decrease bad cholesterol levels. This leads to decreased risk of heart disease.</p>	<ul style="list-style-type: none"> • Trans fats ie. stick margarine, shortening, hydrogenated oils, cookies, crackers, doughnuts, cakes, snack foods, some frozen meals, potato chips • Saturated fats ie. butter, ice cream, whole milk, full fat cheese, meat fat, palm oil, coconut oil 	<p>These choices raise bad cholesterol levels. Trans fats also decrease good cholesterol levels. This leads to increased risk of heart disease.</p>

The WMC list of foods containing Fibre

Food Item	Serving Size	Fibre (g)	Calories	Sugar (g)
Bran buds	1/3 cup	13	80	8
Ground chia seeds	1 tbsp	6	70	0
Ground flax seeds	1 tbsp	3	30	0
Psyllium husk	1 tbsp	4	10	0
Quinoa (cooked)	1 cup	5	222	0
Edamame beans	1 cup	10	240	6
White kidney beans	1 cup	11	220	1
Red kidney beans	1 cup	16	219	0
Lentils	1 cup	16	230	4
Chick peas	1 cup	16	220	2
Avocado	1 medium	13	322	1

Food Item	Serving Size	Fibre (g)	Calories	Sugar (g)
Raspberry	1 cup	8	64	5
Blackberry	1 cup	8	62	7
Strawberry	1 cup	3	49	7
Cauliflower (raw)	1 cup	3	25	2
Broccoli (raw)	1 cup	2	30	1
Plain instant oatmeal	1 packet	3	100	0
Whole wheat bread	1 slice	2	70	6
White bread	1 slice	1	60	2
All bran flakes cereal	1 cup	5	110	5
Fibre One Bar (chocolate)	1 bar	5	100	8
PGX fibre supplement	4 capsules	3	40	0