

EASe-GAD Meal Ideas

Note: These meal ideas are general guidelines. Please consider your cultural traditions and use spices, grains, and vegetables that you enjoy. See the **Cooking Education and Recipe Documents** for more information.

Breakfast Meal Ideas

Meal Idea	Protein	Complex Carbohydrate	Vegetable or Fruit
Eggs prepared the way you like	Eggs	Whole grain bread/naan/tortilla, or potato	Cooked tomatoes, mushrooms, or spinach
Oatmeal/porridge	Nuts or seeds	Rolled Oats	Berries, apple, or other fruit
Yoghurt and berries	Greek yoghurt (unsweetened), nuts/seeds	Muesli (optional)	Berries, apple, or banana
Smoothie	Protein powder, nuts/seeds	Frozen fruit	

Lunch Meal Ideas

Meal Idea	Protein	Complex Carbohydrate	Vegetable or Fruit
Meal Salad	Any of the following: fish, boiled eggs, lentils, beans, chickpeas, tofu, tempeh, chicken, or turkey	Fruit	Lettuce, spinach, or arugula A variety of other vegetables chopped up
Lentil Soup	Lentils	Brown rice	Carrots, celery, onion
Wrap, Pita, Naan or Sandwich	Fish, chicken, tofu or hummus	Large whole wheat wrap, pita, naan or bread	Lettuce or arugula, tomato, onion, sliced cucumber
Quinoa Salad	Beans or lentils	Quinoa	Diced carrots, celery, peppers, cucumbers or tomato
Leftovers	Try cooking extra of your dinner and reheating it for an easy lunch		

Dinner Meal Ideas

Meal Idea	Protein	Complex Carbohydrate	Vegetable or Fruit
Fish	Baked fish	Brown rice	Sautéed vegetables
Chicken	Roasted chicken	Roasted potatoes or yams	Roasted vegetables
Legume pasta	Legume pasta with tomato sauce or pesto		Steamed broccoli
Fish Tacos	Baked white fish	Whole grain wrap	Coleslaw, lettuce, tomato, onion, salsa, guacamole
Mediterranean Pasta	Canned beans	Whole grain pasta (whole wheat or brown rice)	Sautéed onion, garlic, peppers, mushrooms, tomato and zucchini
Tofu Stir-fry	Baked tofu	Brown rice	Sautéed mushrooms, carrots and Bok choy

Snacks Ideas

Tip: the best snacks include vegetables, fruit, or nuts

Snack Tips	
Fresh fruit with nuts or seeds	Try apple, banana, pear, orange, cherries, nectarine/peach, pineapple, berries, kiwi or any others.
Vegetable sticks with dip	Try carrot, celery, cucumber, cherry tomatoes, broccoli, cauliflower, sweet peppers, snow peas. For dips, try hummus, guacamole, pesto, tzatziki, bean dip or salad dressing
Apple or banana with peanut butter	Choose unsweetened peanut butter
Yoghurt with mixed berries and seeds	Choose Greek yogurt with no sugar added
Whole grain crackers with hummus	Try brown rice crackers, rice cakes, or Mary's crackers
Edamame in the shell	Steam them in the shell and add a bit of salt
Lightly salted popcorn mixed with nuts	
Dark chocolate with nuts	Choose a dark chocolate with higher cocoa and lower sugar