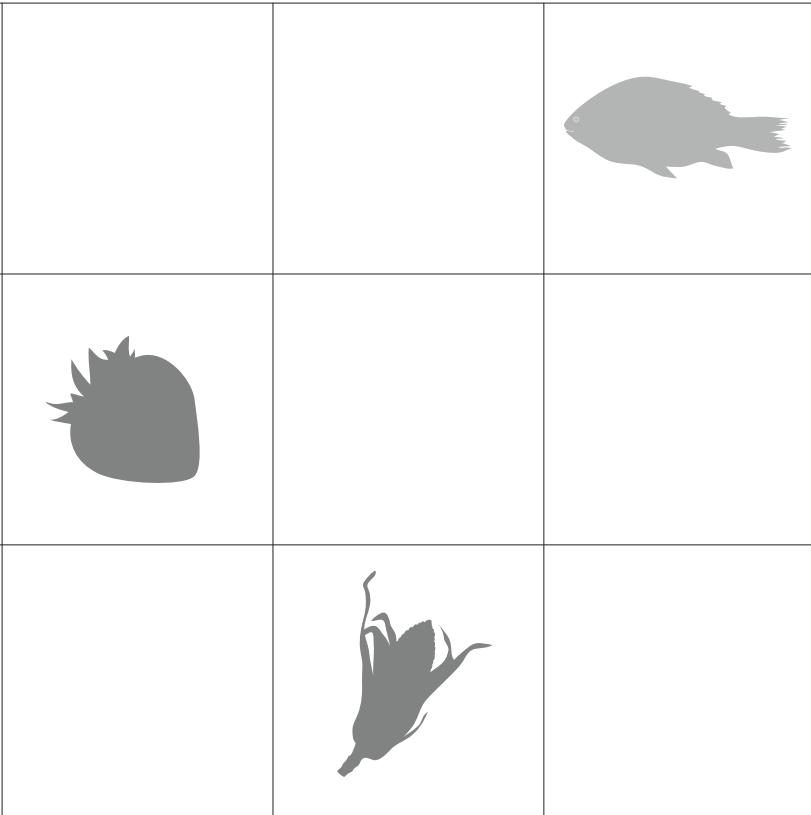


Four Weeks of Healthy Menus

With Grocery Lists and Recipes Included



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Introduction

Who can use these menus?

These four weeks of menus are based on *Eating Well with Canada's Food Guide*. They are planned for one adult woman, aged 19-50 years old, and show the amount of food an average woman needs. If you are using this resource for children, teens, men, women who are pregnant or breast feeding and seniors, use Canada's Food Guide found at the back of this resource to help you figure out what types and amounts of food these groups need. The grocery lists will also need to be changed.

These menus are healthy and can also be used by people with diabetes and heart disease. They contain foods that are higher in fibre and lower in fat and sodium. They meet the recommendations in Canada's Food Guide by including plenty of vegetables and fruit (especially dark green and orange vegetables and fruit), whole grain products, milk and milk products and legumes, lean meats, poultry and fish.

For more specific nutrition advice tailored to your lifestyle and health needs, speak to a registered dietitian.

Vegetables and Fruit

The menus use fresh, frozen and canned vegetables and fruit, which are all healthy choices. Use canned fruit packed in juice or water, rather than syrup. Drain and rinse canned vegetables to reduce the amount of salt. When in season, you can use fresh vegetables and fruit.

Milk and Milk Products

Look for the % M.F. (percent milk fat) on food packages in the store. The menus use lower fat milk and milk products such as skim, 1% or 2% milk.

Snacks

The snacks listed each day are grouped together, but can be divided throughout the day into 1-3 snacks, depending on your schedule and your needs.

Amounts to Buy and Freezing Leftovers

The Grocery Lists show the foods and amounts you need to buy each week to follow the menus and the recipes. For perishable items that can be frozen (e.g. breads, meats), you can buy the total amount you need for all four weeks at one time and then freeze them in the portions needed for each week. The Basic Pantry shows the staple foods and supplies (e.g. dried, canned and frozen) you will need to follow the menus and the recipes. You can buy all of these items at the beginning of the four weeks or when you need them.

You can only buy some foods in certain sizes (e.g. canned goods, a green pepper). If the amount you buy is more than what you need in the recipes, use up what's left by adding it to a salad or casserole, or freeze it.

Many of the Recipes make more than one serving. Freeze leftovers to use later.

Credits

Four Weeks of Healthy Menus was adapted (by the Community Nutritionists, Winnipeg Regional Health Authority in 2001 and revised in 2010) from Four Weeks of Low Cost Menus, Home Economics, Manitoba Health, MG-12267. A French version of this document is available on our website at www.wrha.mb.ca/healthinfo/prohealth/nutrition/resources.php

The Basic Pantry



The following lists are dried, canned or frozen items you will need to make the meals listed in the four weeks of menus. You can choose to buy these items at the beginning of the four weeks, or as you need them throughout the weeks. We have included all of these basic pantry items in the Week One Grocery List and highlighted them with an *.

Basic Foods: Staple foods (canned, frozen, dried) can be purchased once a month or less as needed and kept on hand. Add in additional staple foods that you use often in the blanks provided.



GRAIN PRODUCTS

(WW = whole wheat)

Cereal

Oatmeal	1 kg pkg
Bran flakes	475 g box
Whole grain cereal	750 g box

Pasta

WW spaghetti	375 g box
WW macaroni	500 g box
WW lasagna	500 g box
WW broad noodles	340 g pkg

Rice

Parboiled	900 g pkg (optional)
Brown	900 g pkg

Other

WW soda crackers	450 g box
Oatmeal cookies	350 g pkg
Pancake mix	1 kg pkg



MILK PRODUCTS

Frozen yogurt or low fat ice cream	2 L
Skim milk powder (optional)	500 g bag



VEGETABLES AND FRUIT

Frozen

Mixed vegetables	1 kg bag
Green peas	1 kg bag
Spinach	300 g pkg

Canned

Tomatoes	2-796 ml can
Tomato paste	156 ml can
Salsa	425 ml can
Yellow wax beans	398 ml can
Peaches	4-398 ml can
Pears	3-398 ml can
Pineapple	4-398 ml can
Fruit cocktail	3-398 ml can

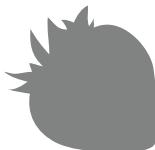


MISCELLANEOUS FOODS

Canned Soup

Tomato	284 ml
Cream of mushroom	284 ml
Sodium-reduced chicken broth	4-900 ml





MEAT AND ALTERNATIVES

Canned Legumes

Kidney beans	6-540 ml can
Chickpeas	398 ml
White beans (if using)	398 ml can

Dried Legumes

Split peas	450 g pkg
Green or brown lentils	450 g pkg
White beans (if using)	450 g pkg

Canned Fish

Tuna	2-170 g can
Salmon	2-213 g can
Peanut Butter	500 g jar



BASIC SUPPLIES:

Useful ingredients to have on hand at all times.

Baking

Flour	
All purpose white	
Whole wheat	

Sugar

White	
Brown	

Corn starch	
Baking powder	
Baking soda	
Wheat bran	
Vanilla	
Molasses	
Raisins	

Condiments

Salad dressing	
Light mayonnaise	
Ketchup	
Mustard	
Dry mustard powder	
Vinegar	
Soy sauce	
Worcestershire sauce	
Table syrup	
Jam or jelly	

Seasonings

Salt	
Pepper	
Beef bouillon (powder)	
Garlic powder	
Basil	
Oregano	
Thyme	
Parsley	
Cinnamon	
Chili powder	
Nutmeg	
Bay leaves	
Cumin	

Fats and Oils

Non-hydrogenated soft margarine	
Canola oil	

Other

Coffee	
Tea	

Non-Food Items

To freeze or refrigerate leftovers

Plastic wrap	
Freezer bags	
Freezer storage containers	

NOTES

Week 1

Week One Menu

LEGEND

* recipes are provided
WW whole wheat
CFG Canada's Food Guide
c cup
tbsp tablespoon

Food Group Symbols

- Vegetables & Fruit Food Group
- Grain Products Food Group
- Milk & Alternatives Food Group
- Meat & Alternatives Food Group

Note: Menus allow for a small amount (2-3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use condiments (jam, mustard, ketchup, etc.) as required.

For information on serving sizes, see The Hand Guide to Food Guide Servings on page 52.

	BREAKFAST	LUNCH	DINNER	SNACK	CFG Servings
Day 1	French toast* (2 slices) Syrup (2 tbsp) Fruit cocktail (½ c) Milk (1 c)	Minestrone soup* (1 c) WW crackers (10) Apple (1) Cheese (25 g) Milk (½ c)	Baked pork chop* (75 g) Brown rice (1 c) Stir-fried vegetables* (1½ c) Peaches, canned (½ c) Yogurt (¾ c)	WW toast (1 slice) Orange (1) Milk (½ c)	
Day 2	Whole grain cereal (1 c) Peaches, canned (½ c) Milk (½ c)	Leftover pork (75 g) Stir-fried vegetables* (1 c) Brown rice (1 c) Orange (1) Yogurt (¾ c)	Hamburger patty (75 g) on a WW bun Tomato, lettuce & onion Tossed salad* (1 c) with dressing Homemade French fries* (½ c) Milk (1 c)	Bran muffin* (1) Milk (½ c) Apple (1)	
Day 3	Poached egg (1) WW toast (2 slices) Bran muffin* (1) Apple (1) Milk (1 c)	Mixed bean salad* (¾ c) Scone* (1) Carrot sticks (½ c) Banana (1) Milk (½ c)	Baked fish fillet (75 g) Homemade French fries* (½ c) Steamed broccoli (1 c) WW dinner roll (1)	Bran flakes (1 c) Peaches, canned (½ c) Milk (½ c)	
Day 4	Whole grain bagel (1) Peanut butter (1 tbsp) Grapefruit (1) Milk (1 c)	Salmon salad* (75 g) in ½ a WW pita with lettuce & tomato Tomato soup (made with milk) (1 c) Carrot sticks (½ c) Fruit cocktail (½ c) Milk (½ c)	WW spaghetti (1 c) with homestyle tomato sauce* (½ c) Grated cheddar cheese (25 g) Tossed salad* (1 c) with dressing Apple (1)	Mixed bean salad* (¾ c) WW toast (1 slice) Banana (1)	
Day 5	Whole grain cereal (1 c) WW toast (1 slice) Banana (1) Milk (½ c)	Minestrone soup* (1 c) WW toast (2 slices) Cheese (25 g) Tomato slices (3) Fruit cocktail (½ c) Milk (1 c)	Meatloaf* (75 g) Steamed carrots (½ c) Steamed broccoli (½ c) Yellow wax beans (½ c) Coleslaw* (½ c) WW dinner roll (1) Milk (½ c)	Orange (1) Cheese (25 g) WW crackers (10) Nuts (2 tbsp)	
Day 6	WW English muffin (1) Peanut butter (1 tbsp) Grapefruit (1) Milk (½ c)	Whole grain bagel (1) with salmon salad* (75 g), lettuce & tomato Coleslaw* (½ c) Banana (1) Milk (1 c)	Bean burrito* with sour cream & salsa Mixed vegetables (1 c) Fruit cocktail (½ c)	Oatmeal cookies (2) Orange (1) Milk (½ c)	
Day 7	Scrambled egg (1) WW toast (1 slice) Orange (1) Milk (½ c)	Bean burrito* with sour cream & salsa Tomato soup (made with milk) (1 c) Carrot sticks (½ c) Apple (1) Milk (½ c)	Mini pizza* Tossed salad* (2 c) with dressing Banana (1) Bran muffin* (1) Milk (1 c)	Banana bread* (1 slice) Peaches, canned (½ c) Nuts (2 tbsp)	

Week One Grocery List

Note: The items in the list below are the groceries you will need for Week One. In some cases, we have included the amount you will need for all four weeks as some of these items can be purchased in bulk at a lower price. Freeze the extra items until you need them to keep them fresh.

Item	Quantity	Item	Quantity		
VEGETABLES & FRUIT					
Fresh					
Apples	5	Yogurt	650 g container (any flavour)		
Bananas	8	Cheddar cheese	Small brick (approximately 300 g), 20% M.F. or less (for all 4 weeks)		
Grapefruit	2	Sour cream	250 ml tub (for all 4 weeks), light		
Oranges	5	Milk	4 L jug, skim, 1% or 2%		
Broccoli	2 bunches				
Carrots	5 lb bag				
Romaine lettuce	1 head				
Potatoes or sweet potatoes	2 (or 1 large yam)				
Tomatoes	2				
Celery	1 stalk				
Onion, white	5 lb bag				
Green bell pepper	2				
Cabbage	2 heads				
Green onion	1 bunch				
Mushrooms	4				
Garlic	1 head				
Canned					
Yellow wax beans*	398 ml can	Pork chops	2 (buy 6 in bulk and freeze the rest for the other weeks)		
Fruit cocktail*	2-398 ml cans	Hamburger patties, frozen	2 patties (buy 1 box, will include extra)		
Peach slices*	2-398 ml cans	Ground beef	200 g (buy 1 kg and freeze the extra for the other weeks)		
Salsa*	1 small jar	Eggs	2 dozen (for all 4 weeks)		
Tomatoes*	796 ml can	Fish fillets, frozen, not battered	1 pkg with at least 3 fillets		
Tomato paste*	156 ml can	Salmon*	213 g can		
Tomato soup*	284 ml can	Kidney beans*	3-540 ml cans		
Frozen					
Mixed vegetables*	1 kg bag	Chickpeas*	398 ml can		
GRAIN PRODUCTS					
WW = whole wheat					
WW bread	1 loaf (for 2 weeks)	Nuts, unsalted	1 bag		
WW hamburger buns	2 (for all 4 weeks)	Peanut butter*	1 jar		
WW dinner rolls	Pkg of 6 (for all 4 weeks)				
WW bagels	Pkg of 6 (for all 4 weeks)				
WW English muffins	Pkg of 6 (for all 4 weeks)				
WW tortillas	Pkg of 6 (for all 4 weeks)				
WW pita	Pkg of 6 (for all 4 weeks)				
WW spaghetti*	1 box (375 g)				
Brown rice*	1 bag (900 g)				
WW soda crackers*	1 box				
Bran flakes cereal*	1 box				
Whole grain cereal*	1 box				
Oatmeal cookies*	1 bag				
MILK & ALTERNATIVES					
MEAT & ALTERNATIVES					
MISCELLANEOUS FOODS					
Sodium-reduced chicken broth*	900 ml tetra pak (buy 4-900 ml tetra paks for all 4 weeks)				

*These items are also found in the Basic Pantry List on page 6.



Week One Recipes

The number of servings from some of these recipes will be more than one adult woman will need. In this case, you can freeze the unused portions to use later.

Label unused portions with the date you froze them. Use leftovers in the fridge within a day or two. You can substitute the leftovers from one meal for one of the items on the menu. You can also freeze leftovers in single portions.



French Toast

Makes 1 serving (1 serving = 2 slices)

2 slices	whole wheat bread	2 slices
1	egg	1
3 tbsp	milk	45 ml
½ tsp	vanilla extract	2 ml
2 tsp	non-hydrogenated soft margarine	10 ml

Break the egg into a mixing bowl. Beat the egg slightly with a whisk or fork. Add milk and vanilla and mix. Melt the margarine in a frying pan. Dip each side of the bread quickly into the egg-and-milk mixture until it is coated, but not soaked with the mixture. Put the bread in the hot pan and cook it over low heat until it is golden brown on one side. Turn and brown on the other side. Serve hot with syrup.

Substitutions:

- Use any type of bread.
- Use skim, 1% or 2% milk.

NUTRIENTS

Per Serving - 2 slices (made with skim milk)

Calories:	335
Carbohydrates:	35.2 g
Calcium:	137 mg
Fat:	15.5 g
Fibre:	4.8 g
Iron:	2.9 mg
Sodium:	552 mg
Protein:	14.6 g

Minestrone Soup

Makes 3 servings (1 serving = 1 cup or 250 ml)

3 cups	sodium reduced chicken broth*	750 ml
2 cups	cabbage, chopped	500 ml
3	carrots, diced	3
19 oz can	kidney beans, drained and rinsed	540 ml
¾ cup	canned tomatoes	175 ml
¼ tsp	garlic powder	1 ml
	salt and pepper to taste	

Turn on the element to high heat. In a large pot, add the chicken broth and bring to a boil. Turn down the heat to low. Add the chopped cabbage and diced carrots. Cover and simmer until the vegetables are tender, about 20 minutes. Stir in the kidney beans, tomatoes and garlic powder. Add salt and pepper to taste. Cover and cook for about 5 minutes.

*If you are using canned condensed broth, use 3 cups of diluted broth. To dilute condensed chicken broth, combine one can of condensed broth with one can of water. If you are using ready-to-serve broth from a tetra pak, you don't need to add water.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	274
Carbohydrates:	46.2 g
Calcium:	119 mg
Fat:	2.5 g
Fibre:	12.4 g
Iron:	5.9 mg
Sodium:	775 mg
Protein:	18.9 g

Substitutions:

- Use regular chicken broth or 1½ tsp of chicken bouillon powder mixed with 3 cups of water instead of sodium reduced chicken broth.
- Use any kind of canned beans instead of kidney beans.

Baked Pork Chop

Makes 1 serving (1 serving = 1 pork chop)

1	pork chop	1
1½ tsp	canola oil	7 ml
2	thin onion slices	2
dash	salt	dash
dash	ground pepper	dash
1 tbsp	brown sugar	15 ml
1 tbsp	ketchup	15 ml

Preheat the oven to 350°F. Brown the pork chop in oil over medium heat. Season the chop with salt and pepper and place in a shallow baking dish. Top the pork chop with onion slices, brown sugar and ketchup. Cover and cook for 30 minutes. Uncover and cook until done, about 30 minutes longer.

Substitutions:

- Use any type of vegetable oil instead of canola oil.

NUTRIENTS

Per Serving - 1 pork chop

Calories:	290
Carbohydrates:	19.5 g
Calcium:	43 mg
Fat:	14.1 g
Fibre:	0.7 g
Iron:	1.1 mg
Sodium:	693 mg
Protein:	21.4 g

Stir-Fried Vegetables

Makes 4 servings (1 serving = ½ cup or 125 ml)

1 small bunch	broccoli, chopped	1 small bunch
1 tsp	canola oil	5 ml
1 clove	garlic, minced	1 clove
1 tsp	ginger (optional), minced	5 ml
¼	onion, thinly sliced	¼
1	carrot, thinly sliced	1
1 stalk	celery, thinly sliced	1 stalk
1 tsp	corn starch	5 ml
1½ tbsp	cold water	25 ml
1 tbsp	soy sauce	15 ml
1 tsp	sugar	5 ml
	ground pepper to taste	

Turn on the element to medium-high heat. Heat the oil in frying pan. Add garlic and ginger. Sauté briefly. Add the broccoli, onion, carrots and celery. Stir-fry until vegetables are tender crisp, about 6-8 minutes. While the vegetables are cooking, mix the corn starch, water, soy sauce and sugar in a small bowl. Stir this sauce mixture into the vegetables. Cook and stir until the sauce boils and thickens. Add pepper to taste. Serve immediately.

Substitutions:

- Use any vegetables you already have in your fridge or cupboard. Green or red peppers, snow peas, baby corn, mushrooms, cauliflower or green beans can also work well in a stir-fry.
- Use any type of vegetable oil instead of canola oil.

NUTRIENTS

Per Serving - ½ cup or 125 ml

Calories:	45
Carbohydrates:	7.9 g
Calcium:	26 mg
Fat:	1.3 g
Fibre:	1.4 g
Iron:	0.3 mg
Sodium:	233 mg
Protein:	1.2 g

Tossed Salad

Makes 1 serving (1 serving = 1 cup or 250 ml)

6	Romaine lettuce leaves, torn into bite-sized pieces	6
½	tomato, chopped	½
¼	cucumber, sliced	¼
2	mushrooms, sliced	2
1	green onion, chopped	1

Combine all ingredients in a bowl and toss lightly.

Substitutions:

- Use any type of lettuce instead of Romaine lettuce.
- Add or use other types of vegetables such as bell peppers, red onions, olives.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	34
Carbohydrates:	7.0 g
Calcium:	41 mg
Fat:	0.4 g
Fibre:	2.8 g
Iron:	1.1 mg
Sodium:	12 mg
Protein:	2.3 g

Bran Muffins

Makes 12 muffins

½ cup	whole wheat flour	125 ml
½ cup	all purpose flour	125 ml
1 tsp	baking soda	5 ml
½ tsp	salt	2 ml
2 cups	wheat bran	500 ml
½ cup	raisins	125 ml
1 cup	milk	250 ml
½ cup	molasses	75 ml
¼ cup	brown sugar	60 ml
1	egg, beaten	1
2 tbsp	canola oil	30 ml

Preheat the oven to 400°F (205°C). Mix the flours, bran, baking soda and salt in a bowl. Add the raisins and mix. In another bowl, mix the milk, molasses, sugar, beaten egg and oil. Add the wet ingredients to the dry. Stir just enough to moisten. Don't over mix. Fill small muffin tins about two thirds full. Bake for 15-20 minutes.

Substitutions:

- Use 1 cup of all purpose or whole wheat flour instead of ½ cup all purpose flour and ½ cup whole wheat flour.
- Use skim, 1% or 2% milk. For a less expensive option, use skim milk powder. Whisk ⅓ cup of milk powder with 1 cup of water to make 1 cup of milk.
- Instead of an egg, mix 1 tbsp ground flaxseed with 3 tbsp warm water. Let it stand for a few minutes to gel.
- Use any type of vegetable oil instead of canola oil.

NUTRIENTS

Per Serving - 1 muffin

Calories:	155
Carbohydrates:	31.1 g
Calcium:	132 mg
Fat:	3.5 g
Fibre:	5.2 g
Iron:	3.4 mg
Sodium:	229 mg
Protein:	4.4 g

Homemade French Fries

Makes 1 serving

1	medium sized potato or sweet potato	1
1 tsp	canola oil	5 ml
¼ tsp	salt	1 ml

Preheat the oven to 350°F (180°C). Thoroughly scrub the potato (making sure there is no dirt left on the potato). Cut the potato in half, then cut each half into ½ inch (1.5 cm) slices. Once the whole potato is sliced, cut each slice into long strips (so they look like French fries). Toss the fries with canola oil and salt. Mix well. Spread the fries onto a cookie sheet. Bake for 15 minutes on one side, then remove the cookie sheet from the oven and turn the fries over. Bake another 15 minutes (or until they are tender). Serve hot.

Substitutions:

- Use any type of vegetable oil instead of canola oil.
- For a spicy variation, try adding these ingredients: 1 tsp grated Parmesan cheese, 1 pinch each of oregano, onion powder and chili powder.

NUTRIENTS

Per Serving (for a potato)

Calories:	284
Carbohydrates:	55.4 g
Calcium:	39 mg
Fat:	4.8 g
Fibre:	5.1 g
Iron:	2.5 mg
Sodium:	604 mg
Protein:	6.4 g

Mixed Bean Salad

Makes 5 servings (1 serving = 1 cup or 250 ml)

14 oz can	kidney beans, drained and rinsed	398 ml
14 oz can	chick peas, drained and rinsed	398 ml
¾ cup	yellow wax beans, drained and rinsed	200 ml
½ cup	frozen green beans	125 ml
½	medium onion, chopped	½
½	medium green pepper, chopped	½
⅓ cup	vinegar	75 ml
⅛ cup	canola oil	40 ml
2 tbsp	white sugar	30 ml
¼ tsp	dried basil (optional)	1 ml
½ tsp	chili powder (optional)	2 ml
	salt and pepper to taste	

Mix the kidney beans, chick peas, yellow beans, green beans, onion and green pepper in a large bowl. Mix the vinegar, oil, sugar, basil and chili powder (if using) in a small bowl. Pour this dressing over the bean mixture. Mix well. Add salt and pepper to taste. Cover and refrigerate. Just before serving, stir gently.

This recipe makes a lot but it will keep well in the refrigerator for up to one week.

Substitutions:

- Use any combination of beans for this recipe, e.g. navy beans, black beans, pinto beans, etc.
- Use other vegetables you have on hand such as broccoli, red pepper or corn instead of the ones listed in the recipe.
- Other types of vinegar such as apple cider vinegar, balsamic vinegar or red wine vinegar would also work well.
- Use any type of vegetable oil instead of canola oil.
- For more flavour, add ½ tsp dry mustard.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	337
Carbohydrates:	50.7 g
Calcium:	84 mg
Fat:	9.6 g
Fibre:	12 g
Iron:	4.4 mg
Sodium:	11.6 mg
Protein:	14.5 g

Scones

Makes 12 scones (1 serving = 1 scone)

1 cup	all purpose flour	250 ml
1 cup	whole wheat flour	250 ml
1/2 tsp	baking soda	2 ml
1 tbsp	baking powder	15 ml
1 tsp	salt	5 ml
1/4 cup	non-hydrogenated soft margarine	60 ml
1	egg, beaten	1
3/4 cup	milk or water	175 ml
1 tbsp	white sugar	15 ml

Preheat the oven to 350°F (180°C). In a bowl, mix together the flours, baking soda, baking powder, salt and sugar. Blend in the margarine with a fork until crumbly. Stir in the milk and egg until a soft dough forms. On a smooth surface, press the dough into a flat sheet about 1-2 inches thick. Cut into 12 servings. Place each serving onto an ungreased cookie sheet. Bake for 12-15 minutes or until golden brown on top.

Substitutions:

- Use 2 cups of all purpose or whole wheat flour instead of 1 cup of each.
- Use skim, 1% or 2% milk. For a less expensive option, use skim milk powder. Whisk 1/3 cup of milk powder with 1 cup of water to make 1 cup of milk.
- Instead of using an egg, mix 1 tbsp ground flaxseed with 3 tbsp warm water. Let it stand for a few minutes to gel.
- Add 1/2 cup raisins or other dried fruit such as dried cranberries or chopped, dried apricots.
- For savoury scones, try adding 1/4 cup diced ham and 1/4 cup shredded cheddar cheese.

NUTRIENTS

Per Serving - 1 scone (made with skim milk)

Calories:	129
Carbohydrates:	18.4 g
Calcium:	63 mg
Fat:	4.8 g
Fibre:	1.6 g
Iron:	1 mg
Sodium:	390 mg
Protein:	3.7 g

Salmon Salad

Makes 1 serving (1 serving = 1/2 cup or 75 g)

1/2 cup	canned salmon	75 g
1/2	green onion, chopped	1/2
2 tbsp	salad dressing (e.g. light mayonnaise, Miracle Whip)	30 ml
dash	salt	dash
dash	ground pepper	dash

In a small bowl, mash the canned salmon with a fork. Add the chopped green onion. Combine the salad dressing, salt and pepper. Stir this into the salmon mixture.

Substitutions:

- Add chopped celery instead of or in addition to the green onion.

NUTRIENTS

Per Serving - 1/2 cup or 75 g (made using light mayonnaise)

Calories:	175
Carbohydrates:	3.1 g
Calcium:	188 mg
Fat:	11.8 g
Fibre:	0.3 g
Iron:	0.9 mg
Sodium:	444 mg
Protein:	13.5 g

Homestyle Tomato Sauce with Herbs

Makes 2 servings (1 serving = $\frac{1}{2}$ cup or 125 ml)

1½ tsp	canola oil	7 ml
¼	onion, chopped	¼
1 clove	garlic, minced	1 clove
¾ cup	canned tomatoes	200 ml
1½ tbsp	tomato paste	25 ml
½ tsp	white sugar	2 ml
¼ tsp	salt	1 ml
¼ tsp	dried basil	1 ml
¼ tsp	dried thyme	1 ml
¼ tsp	dried oregano	1 ml
¼ tsp	ground pepper	1 ml

Turn on the element to medium heat. Heat the oil in a saucepan. Add the chopped onion and cook until soft and clear, about 5-7 minutes. Add the garlic and cook for 1 minute. Stir in tomatoes, tomato paste, sugar, salt, basil, thyme, oregano and pepper. Heat to boiling. Turn down the heat to low, cover and simmer for 40 minutes. Stir several times while simmering.

This sauce can be made ahead of time and stored in the refrigerator or frozen for use in recipes that call for tomato sauce.

Substitutions:

- Use any type of vegetable oil instead of canola oil.
- Use ¾ tsp Italian seasoning instead of ¼ tsp each of basil, thyme and oregano.

NUTRIENTS

Per Serving - $\frac{1}{2}$ cup or 125 ml

Calories:	82
Carbohydrates:	12.3 g
Calcium:	53 mg
Fat:	3.7 g
Fibre:	2.2 g
Iron:	2.1 mg
Sodium:	459 mg
Protein:	1.8 g

Meatloaf

Makes 2 servings (1 serving = 75 g or about $\frac{1}{2}$ cup)

½ lb	lean ground beef	200 g
¼ cup	bread crumbs or 1 slice of whole wheat bread, torn into small pieces	60 ml
¼ tsp	salt	1 ml
¼ tsp	ground pepper	1 ml
½	onion, chopped	½
1	egg	1
1 tsp	dried parsley	5 ml
¼ cup	liquid (any one of: water, tomato juice, vegetable stock, milk)	60 ml

Preheat the oven to 350°F (180°C). Combine all the ingredients, mixing lightly. Press the mixture into a loaf pan and cover with foil. Bake for 30 minutes.

Substitutions:

- Use ground turkey, chicken, pork or lamb instead of ground beef. You can also mix any combination of ground meats to make up ½ lb of meat.
- Use any type of bread instead of whole wheat.
- For more flavour, add 1 minced garlic clove, 1½ tsp Dijon mustard and 1½ tsp Worcestershire sauce to the meat mixture.
- If you don't have a loaf pan, make meatballs with the ground meat mixture and place on a cookie sheet. Bake for 30 minutes at 350°F (180°C).

NUTRIENTS

Per Serving - $\frac{1}{2}$ cup or 75 g (recipe made using water)

Calories:	300
Carbohydrates:	19.2 g
Calcium:	68 mg
Fat:	11.1 g
Fibre:	1.9 g
Iron:	3.6 mg
Sodium:	498 mg
Protein:	29.5 g

Coleslaw

Makes 4 servings (1 serving = 1/2 cup or 125 ml)

2 cups	cabbage, shredded	500 ml
1	carrot, shredded	1
2	green onions, chopped	2
1/8 cup	green pepper, chopped (optional)	40 ml
	light mayonnaise OR oil and vinegar to taste	
	salt, pepper and sugar to taste	

Mix the vegetables with the mayonnaise or oil and vinegar to taste, depending on what you prefer. Add salt, pepper and sugar to taste. Chill.

NUTRIENTS

Per Serving -1/2 cup or 125 ml (made using oil and vinegar dressing)

Calories:	80
Carbohydrates:	4.7 g
Calcium:	27 mg
Fat:	6.9 g
Fibre:	1.3 g
Iron:	0.4 mg
Sodium:	21 mg
Protein:	0.8 g

Bean Burritos

Makes 2 servings

2	whole wheat flour tortillas	2
14 oz can	kidney beans, drained and rinsed	398 ml
1/4 tsp	chili powder	1 ml
1/2 cup	salsa	125 ml
1/4 cup	cheddar cheese, shredded	60 ml
1	green onion, chopped	1
1/4 cup	light sour cream	60 ml

Preheat the oven to 350°F (180°C). In a bowl, mash the beans with a potato masher. Add the chili powder and half of the salsa, and mix well. Spoon half of the bean mixture onto each tortilla, down the centre but not to the edge. Sprinkle half of the cheese and half of the green onions on each tortilla. Fold up the bottom of each tortilla, then the sides, then fold down the top. Place on an ungreased cookie sheet, seam side down. Bake in the oven for 10-15 minutes, or until heated thoroughly. Remove and top with sour cream and salsa.

Substitutions:

- Use regular or any flavour of flour tortillas, e.g. sundried tomato, flax seed.
- Use any type of canned beans, e.g. black beans.
- Use other types of cheese such as mozzarella or Monterey Jack.
- Use a heart healthy cheese, i.e. one that has less than 20% M.F.
- Use regular sour cream as an alternative to light.

NUTRIENTS

Per Serving - 1 burrito

Calories:	417
Carbohydrates:	59.3 g
Calcium:	227 mg
Fat:	11.4 g
Fibre:	12.3 g
Iron:	6 mg
Sodium:	682 mg
Protein:	21.6 g



Mini Pizza

Makes 1 serving

1	whole wheat English muffin	1
1/4 cup	Homestyle Tomato Sauce with Herbs (see recipe on page 17)	60 ml
1/2	green onion, finely chopped	1/2
1/4	green pepper, finely chopped	1/4
2	mushrooms, sliced	2
1/4 cup	mozzarella cheese, shredded	60 ml
	dried basil and oregano to taste	
	salt and pepper to taste	

Preheat the oven to 350°F (180°C). Place the English muffin halves on a baking sheet. Spread tomato sauce on each half of the muffin. Sprinkle with basil, oregano, salt and pepper to taste. Put the green onion, green pepper and mushrooms on top of each muffin half. Sprinkle with cheese. Bake until hot and bubbly, about 10-15 minutes.

Substitutions:

- Use plain or flavoured English muffins (e.g. cheese, sourdough), hamburger bun, dinner roll or pita.
- Try other toppings such as ham, pineapple, tomato slices, olives, broccoli or onions.
- Use a heart healthy cheese, i.e. one that has less than 20% M.F.

NUTRIENTS

Per Serving

Calories:	253
Carbohydrates:	33.9 g
Calcium:	354 mg
Fat:	8.6 g
Fibre:	5.9 g
Iron:	2.6 mg
Sodium:	879 mg
Protein:	13.4 g

Banana Bread

Makes 1 loaf (approximately 12 slices)

1/2 cup	canola oil	125 ml
3/4 cup	white sugar	175 ml
2	eggs	2
3	medium-sized bananas, mashed	3
1 tsp	vanilla	5 ml
1 cup	all purpose flour	250 ml
1/2 cup	whole wheat flour	125 ml
1 tsp	baking soda	5 ml
1/4 tsp	salt	1 ml

Preheat the oven to 350°F (180°C). Line a loaf pan with parchment paper or grease with oil. In a large bowl, cream together the oil and the sugar. Add the eggs, bananas and vanilla and mix well. Add all the dry ingredients and mix until just combined. Do not over mix. Pour the batter into the loaf pan and bake for 1 hour and 15 minutes or until a toothpick inserted into the centre comes out clean. Lift the loaf out of the pan and put it on a rack to cool.

Substitutions:

- Use any type of vegetable oil instead of canola oil.
- Instead of 2 eggs, mix 2 tbsp ground flaxseed with 6 tbsp warm water in a small bowl. Let it stand for a few minutes to gel.
- Use 1 1/2 cups of all purpose or whole wheat flour instead of a combination of the two.

Tip: Overripe bananas that have been frozen work well in baking loaves and muffins.

NUTRIENTS

Per Serving - 1 slice

Calories:	237
Carbohydrates:	32.1 g
Calcium:	9 mg
Fat:	10.7 g
Fibre:	1.5 g
Iron:	0.9 mg
Sodium:	165 mg
Protein:	3.2 g

NOTES

Week 2

Week Two Menu

LEGEND

* recipes are provided
WW whole wheat
CFG Canada's Food Guide
c cup
tbsp tablespoon

Food Group Symbols

- Vegetables & Fruit Food Group
- Grain Products Food Group
- Milk & Alternatives Food Group
- Meat & Alternatives Food Group

Note: Menus allow for a small amount (2-3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use condiments (jam, mustard, ketchup, etc.) as required.

For information on serving sizes, see The Hand Guide to Food Guide Servings on page 52.

	BREAKFAST	LUNCH	DINNER	SNACK	CFG Servings
Day 1	Pancakes (2) Syrup (2 tbsp) Banana (1) Milk (½ c)	Split pea soup* (1 c) Bannock* (1) Tossed salad* (1 c) with dressing Apple (1) Milk (½ c)	Baked chicken thighs* (75 g) Brown rice (1 c) Steamed carrots (½ c) Coleslaw* (½ c) Grapefruit (1) Milk (½ c)	Banana bread* (1 slice) Pears, canned (½ c) Milk (½ c)	
Day 2	Bran flakes (1 c) Banana bread* (1 slice) Grapefruit (1) Milk (½ c)	Chicken salad* (using 75 g baked chicken thighs) in a WW pita (1) with tomato & lettuce Cream of mushroom soup (made with milk) (1 c) WW crackers (10) Apple (1) Milk (½ c)	Meatloaf* (75 g) Baked potato* (1) Mixed bean salad* (¾ c) Steamed broccoli (½ c) Banana (1) Milk (½ c)	Bran muffin* (1) Dried apricots (3) Milk (½ c)	
Day 3	Oatmeal (¾ c) Bannock* (1) Banana (1) Milk (½ c)	Ham (75 g) & cheese (25 g) on a whole grain bagel with lettuce & tomato Carrot sticks (½ c) Orange (1) Milk (1 c)	Grilled chicken breast* (75 g) Baked potato* (1) Stir fried vegetables* (1 c) WW dinner roll (1) Milk (½ c)	Orange (1) Oatmeal cookies (2)	
Day 4	WW English muffin (1) Hard cooked egg* (1) Apple (1) Milk (½ c)	Split pea soup* (1 c) WW dinner roll (1) Carrot sticks (½ c) Banana (1) Milk (1 c)	Tuna casserole* (1½ c) Tossed salad* (1 c) with dressing Steamed broccoli (½ c) WW bread (1 slice) Orange (1) Milk (½ c)	Banana bread* (1 slice) Pears, canned (½ c)	
Day 5	Bannock* (2) Peanut butter (1 tbsp) Orange (1) Milk (½ c)	Grilled cheese (2 slices cheese) sandwich on WW bread (2 slices) Coleslaw* (½ c) Pears, canned (½ c)	Baked pork chop* (75 g) Baked potato* (1) Green peas (½ c) WW dinner roll (1) Pineapple, canned (½ c) Yogurt (¾ c)	Bran flakes (1 c) Dried apricots (3) Milk (½ c) Nuts (¼ c)	
Day 6	Poached egg* (1) WW toast (2 slices) Pineapple, canned (½ c) Milk (1 c)	Tuna casserole* (1½ c) Steamed broccoli (½ c) Steamed carrots (½ c) Apple (1)	Stir-fried vegetables* (1 c) with leftover pork (75 g) Brown rice (1 c) Milk (½ c)	WW toast (1 slice) Banana (1) Milk (½ c)	
Day 7	Whole grain cereal (1 c) Banana bread* (1 slice) Orange (1) Milk (1 c)	Split pea soup* (1 c) WW crackers (10) Tossed salad* (1 c) with dressing Pineapple, canned (½ c) Yogurt (¾ c)	Hamburger patty (75 g) on a WW bun (1) with tomato, lettuce & onion Homemade French fries* (½ c) Apple crisp* (¾ c) Frozen yogurt (½ c)	Apple (1) Nuts (¼ c)	

Week Two Grocery List

Note: The items in the list below are the groceries you will need for Week Two.

Item	Quantity
VEGETABLES & FRUIT	
Fresh	
Apples	9
Bananas	5
Grapefruit	2
Oranges	5
Broccoli	1 bunch
Carrots	8
Romaine lettuce	1 head
Potatoes or sweet potatoes	4
Tomatoes	1
Celery	4 stalks
Onion, white	1
Dried	
Dried apricots	1 bag (for all 4 weeks)
Canned	
Pears*	2-398 ml cans
Pineapple tidbits*	2-398 ml cans
Frozen	
Green peas*	1 kg bag
GRAIN PRODUCTS	
WW = whole wheat	
WW broad noodles*	1 bag (340 g)
Oatmeal*	1 kg bag
Pancake mix*	1 kg bag
MILK & ALTERNATIVES	
Milk	4 L jug
Frozen yogurt or low fat ice cream	2 L
MEAT & ALTERNATIVES	
Chicken thigh	3
Deli ham, shaved	75 g
Tuna*	170 g can
Kidney beans*	540 ml can
Dried split peas*	450 g pkg
MISCELLANEOUS FOODS	
Cream of mushroom soup*	2-284 ml can
Sodium-reduced chicken broth*	900 ml tetra pak (If 4 tetra paks were bought in Week 1, do not buy any this week)

* These items are also found in the Basic Pantry List on page 6.
If you have already bought the foods in that list, you do not
need to buy the ones on this grocery list.



Week Two Recipes

Split Pea Soup

Makes 4 servings (1 serving = 1 cup or 250 ml)

1 cup	dry split peas	250 ml
2 cups	water	500 ml
½	onion, chopped	½
1 stalk	celery, chopped	1 stalk
½ tsp	salt	2 ml
¼ tsp	ground pepper	1 ml
2 cups	reduced sodium chicken broth*	500 ml
1	carrot, diced	1
½ cup	ham, chopped (optional)	125 ml

Combine the split peas, water, onion and celery in a pot. Bring to a boil. Turn down the heat to low, cover and simmer until peas are tender (about 1 hour and 30 minutes). Add the chicken broth, carrots and ham (if using) and cook for half an hour more until carrots are soft.

*If you are using canned condensed broth, use 3 cups of diluted broth. To dilute condensed chicken broth, combine one can of condensed broth with one can of water. If you are using ready-to-serve broth from a tetra pak, you don't need to add water.

Substitutions:

- Use vegetable broth, regular chicken broth or chicken bouillon cubes instead of reduced sodium chicken broth.
- Use a ham bone with meat instead of chicken broth. Combine the split peas, 4 cups of water, the ham bone, onion, celery, salt and pepper in a pot. Bring to a boil. Turn down the heat to low, cover and simmer until peas are tender (about 2 hours and 15 minutes). Add the carrots and cook for half an hour more until carrots are soft. Remove the ham bone. Trim the meat from the bone and chop finely. Return the meat to the soup and heat thoroughly.
- For more flavour, when you add the chicken broth, also add a clove of finely chopped garlic, 1 bay leaf and a dash each of parsley, thyme, marjoram and cayenne pepper. Remove the bay leaf before serving.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	101
Carbohydrates:	15.9 g
Calcium:	28.5 mg
Fat:	1 g
Fibre:	2.5 g
Iron:	1.1 mg
Sodium:	476 mg
Protein:	7.4 g

Chicken Salad

Makes 1 serving (1 serving = ½ cup or 75 g)

½ cup	cooked chicken	75 g
½	green onion, chopped	½
2 tbsp	salad dressing (e.g. light mayonnaise, Miracle Whip)	30 ml
dash	salt	dash
dash	ground pepper	dash

Chop cooked chicken and place in a small bowl. Add the chopped green onion. Combine the salad dressing, salt, and pepper. Stir this into chicken mixture.

NUTRIENTS

Per Serving - ½ cup or 75 g (made with light mayonnaise)

Calories:	137
Carbohydrates:	3.6 g
Calcium:	16 mg
Fat:	4.9 g
Fibre:	0.5 g
Iron:	0.7 mg
Sodium:	632 mg
Protein:	18.5 g

Bannock

Makes 6 servings (Cut evenly into 6 pieces, 1 serving = 1 piece)

½ cup	all purpose flour	125 ml
½ cup	whole wheat flour	125 ml
¼ tsp	salt	1 ml
2 tsp	baking powder	10 ml
3 tbsp	non-hydrogenated soft margarine	45 ml
⅓ cup	warm water	75 ml
Optional:		
¼ cup	raisins	60 ml
½ tsp	cinnamon or nutmeg	2 ml

Preheat the oven to 350°F (180°C). In a bowl, mix together the flours, salt, baking powder and the raisins and cinnamon or nutmeg (if using). Add the margarine and blend with a fork until crumbly. Gradually stir in the water until a soft dough forms. Form the dough into a ball with your hands and flatten it onto a cookie sheet (so that the dough is about 2 inches thick all over). Do not over knead the dough otherwise the cooked bannock will be tough. Using a fork or knife, prick the flattened dough all over. Bake for 15-20 minutes.

Substitutions:

- Use 1 cup of all purpose or 1 cup of whole wheat flour instead of a ½ cup of each.

NUTRIENTS

Per Serving - 1 piece (made without optional ingredients)

Calories:	129
Carbohydrates:	16.6 g
Calcium:	52 mg
Fat:	6 g
Fibre:	1.6 g
Iron:	1 mg
Sodium:	276 mg
Protein:	2.6 g

Baked Potato

Makes 1 serving (1 serving = 1 potato)

1	medium potato	1
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Preheat the oven to 400°F. Scrub the potato and prick with a fork. Place the potato on a pan in the oven. Bake for 1 hour or until tender.

NUTRIENTS

Per Serving - 1 potato

Calories:	161
Carbohydrates:	36.6 g
Calcium:	26 mg
Fat:	0.2 g
Fibre:	3.8 g
Iron:	1.9 mg
Sodium:	17 mg
Protein:	4.3 g



Tuna Casserole

Makes 2 servings (1 serving = 1 cup or 250 ml)

1-6 oz can	tuna	170 g
½-10.5 oz can	cream of mushroom soup	142 ml
½ cup	milk	125 ml
1 cup	uncooked whole wheat noodles (any kind)	250 ml
4 cups	water	1 L
½	onion	½
1 cup	frozen peas	250 ml
1	celery stalk (optional)	1
¼ tsp	thyme (optional)	1 ml
1 tsp	non-hydrogenated soft margarine	5 ml

Preheat the oven to 350°F (180°C). Measure 4 cups of water into a pot and bring to a boil. Once it boils, add the noodles and peas, cook until they are tender (see package instructions for the exact cooking time). Drain well and set aside. Melt the margarine in a frying pan over medium heat and add the chopped onion and celery (if using). Cook the onion and celery until they are tender, about 5 minutes. Set aside. Mix the soup with the milk. Add the tuna, noodles, vegetables and thyme (if using). Mix well. Transfer the mixture into a casserole dish and bake for 20-25 minutes or until brown on top.

Substitutions:

- Use any kind of cream soup, such as cream of broccoli or cream of celery, instead of cream of mushroom soup.
- Use skim, 1% or 2% milk. For a less expensive option, use skim milk powder. Whisk ⅓ cup of milk powder with 1 cup of water to make 1 cup of milk.
- Use regular noodles or pasta such as macaroni or shells instead of whole wheat noodles.
- Used canned peas instead of frozen. Drain and rinse well. There is no need to cook them.
- Use any kind of fresh or frozen mixed vegetables instead of peas.
- Use any type of vegetable oil instead of margarine.

NUTRIENTS

Per Serving - 1 cup or 250 ml
(made with skim milk and optional ingredients)

Calories:	312
Carbohydrates:	27.5 g
Calcium:	144 mg
Fat:	11.4 g
Fibre:	5 g
Iron:	3.3 mg
Sodium:	820 mg
Protein:	25.2 g

Poached Egg

Makes 1 serving (1 serving = 1 egg)

1	egg	1
	water	

Break the egg into a saucer or small cup. In a medium saucepan, bring the water to a boil and reduce the heat to simmer the water (i.e. a gentle boil). Slip the egg gently into the water by lowering the lip of the saucer into the water. With a spoon, gently nudge the whites closer to their yolks. Immediately cover the saucepan with a lid and turn off the heat. Cook for 3-5 minutes, depending on how firm you want the egg. Remove the egg from the water with a slotted spoon. Serve right away.

NUTRIENTS

Per Serving - 1 egg

Calories:	74
Carbohydrates:	0.4 g
Calcium:	27 mg
Fat:	4.9 g
Fibre:	0 g
Iron:	0.9 mg
Sodium:	147 mg
Protein:	6.3 g

Apple Crisp

Makes 4 servings (1 serving = $\frac{3}{4}$ cup or 175 ml)

4	apples, cored and sliced	4
$\frac{1}{2}$ cup	brown sugar	125 ml
$\frac{1}{2}$ cup	whole wheat flour	125 ml
$\frac{1}{2}$ cup	rolled oats	125 ml
1 tsp	cinnamon	5 ml
1 tsp	nutmeg	5 ml
$\frac{1}{4}$ cup	non-hydrogenated soft margarine	60 ml

Preheat the oven to 350°F (180°C). Place the apple slices in a greased cake pan. Mix the remaining ingredients and sprinkle over the apples. Bake for 30 minutes, or until topping is golden brown and apples are soft.

Substitutions:

- Use pears, peaches, berries or a combination of different kinds of fruit instead of apples.
- Use all purpose flour instead of whole wheat flour.

NUTRIENTS

Per Serving - $\frac{3}{4}$ cup or 175 ml

Calories:	394
Carbohydrates:	67.9 g
Calcium:	57 mg
Fat:	13.7 g
Fibre:	6.2 g
Iron:	2.1 mg
Sodium:	176 mg
Protein:	4.5 g

Hard Cooked Egg

Makes 1 serving (1 serving = 1 egg)

1	egg	1
	water	

Place the egg in a saucepan and cover with cold water. Cover the saucepan and bring to a boil. Turn the heat down to very low and simmer for 15 minutes. Remove the egg from the stove and cover with cold water.

NUTRIENTS

Per Serving - 1 egg

Calories:	78
Carbohydrates:	0.6 g
Calcium:	25 mg
Fat:	5.3 g
Fibre:	0 g
Iron:	0.6 mg
Sodium:	62 mg
Protein:	6.3 g



NOTES

Week 3

Week Three Menu

LEGEND

* recipes are provided
WW whole wheat
CFG Canada's Food Guide
c cup
tbsp tablespoon

Food Group Symbols

- Vegetables & Fruit Food Group
- Grain Products Food Group
- Milk & Alternatives Food Group
- Meat & Alternatives Food Group

Note: Menus allow for a small amount (2-3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use condiments (jam, mustard, ketchup, etc.) as required.

For information on serving sizes, see The Hand Guide to Food Guide Servings on page 52.

	BREAKFAST	LUNCH	DINNER	SNACK	CFG Servings
Day 1	Whole grain bagel (1) Cheese (25 g) Apple (1) Milk (½ c)	Lentil soup* (1 c) Bannock* (1) Oatmeal cookies (2) Orange (1) Milk (1 c)	Baked chicken thigh* (75 g) Baked potato* (1 c) Green peas (½ c) WW bread (2 slices) Peaches, canned (½ c)	Whole grain cereal (1 c) Banana (1) Milk (½ c)	
Day 2	Bannock* (1) Scrambled eggs* (2) Orange (1) Milk (1 c)	Chicken sandwich (using 75 g leftover chicken) on WW bread (2 slices) with lettuce & tomato Carrot & celery sticks (1 c) Banana (1)	WW spaghetti (1 c) with homestyle tomato sauce* (½ c) Tossed salad* (1 c) with dressing Apple crisp* (¾ c) Milk (1 c)	Bran muffin* (1) Apple (1) Yogurt (¾ c)	
Day 3	Oatmeal (¾ c) Banana bread* (1 slice) Grapefruit (1) Milk (1 c)	Chicken & vegetable soup* (1 c) WW crackers (10) Cheese (25 g) Bran muffin* (1) Apple crisp* (¾ c) Milk (½ c)	Baked fish fillet (75 g) Brown rice (1 c) Mixed vegetables (1½ c) Orange (1)	Cantaloupe (½ c) Nuts (¼ c) Milk (½ c)	
Day 4	Scone* (1) Peanut butter (1 tbsp) Cantaloupe (½ c) Milk (½ c)	Tuna salad* (75 g) in a WW pita with lettuce & tomato Cucumber slices (½ c) Banana (1) Milk (½ c)	Baked beans* (¾ c) WW toast (2 slices) Carrot & cucumber slices (½ c each) Oatmeal cookies (2) Apple (1)	Pears, canned (½ c) Milk (1 c)	
Day 5	Bannock* (2) Peanut butter (1 tbsp) Grapefruit (1) Milk (½ c)	Lentil soup* (1 c) Scones* (2) Tossed salad* (1 c) with dressing Cantaloupe (½ c) Milk (½ c)	Beef stroganoff* (1 c) Mixed vegetables (½ c) WW bread (1 slice) Pears, canned (½ c) Milk (½ c)	WW toast (1 slice) Cottage cheese (½ c) Fruit cocktail (½ c)	
Day 6	WW English muffin (1) Poached egg* (1) Cantaloupe (½ c) Yogurt (¾ c)	Toasted whole grain bagel (1) Cottage cheese (1 c) Carrot & celery sticks (½ c each) Pears, canned (½ c)	Bean burrito* (1) with sour cream & salsa Brown rice (1 c) Tossed salad* (1 c) with dressing Fruit cocktail (½ c) Milk (½ c)	Cheddar cheese (25 g) Apple (1) Nuts (2 tbsp)	
Day 7	WW toast (1 slice) Scrambled eggs* (2) Banana (1) Milk (1 c)	Tuna salad* (75 g) sandwich (2 slices WW bread) with lettuce & tomato Cucumber slices (½ c) Orange (1) Yogurt (¾ c)	Vegetable lasagna* (1 c) Tossed salad* (1 c) with dressing Garlic toast* (1 slice) Milk (½ c)	Bran muffin* (1) Dried apricots (3)	

Week Three Grocery List

Note: The items in the list below are the groceries you will need for Week Three.

Item	Quantity	Item	Quantity		
VEGETABLES & FRUIT					
Fresh					
Apples	4	Ground beef	300 g (if 1 kg was bought in Week 1, do not buy any this week)		
Bananas	4	Chicken thighs	2 (or buy a pkg of 4 to use in Week 4 and freeze the extra)		
Grapefruit	2	Bacon	1 lb pkg (freeze the extra)		
Oranges	4	Tuna*	170 g can		
Cantaloupe	1	Kidney beans*	540 ml can		
Carrots	2 lb bag	Dried green lentils*	450 g pkg		
Celery	5 stalks	White beans*	398 ml can or 450 g pkg		
Cucumber	1				
Romaine lettuce	1 head				
Potatoes or sweet potatoes	4				
Tomatoes	1				
Mushrooms	20				
Canned					
Fruit cocktail*	398 ml can	Sodium-reduced chicken broth*	900 ml tetra pak (If 4 tetra paks were bought in Week 1, do not buy any this week)		
Peach slices*	2-398 ml cans				
Pears*	2-398 ml cans				
Tomatoes*	796 ml can				
Frozen					
Spinach*	300 g pkg				
GRAIN PRODUCTS					
WW = whole wheat					
WW English muffins	Pkg of 6				
WW bread	1 loaf				
WW lasagna noodles*	1 box				
MILK & ALTERNATIVES					
Yogurt	650 g container (any flavour)				
Milk	4 L jug				
Cottage cheese	500 g container				

* These items are also found in the Basic Pantry List on page 6. If you have already bought the foods in that list, you do not need to buy the ones on this grocery list.



Week Three Recipes

Lentil Soup

Makes 3 servings (1 serving = 1 cup or 250 ml)

1 cup	dried green or brown lentils	250 ml
1½ tbsp	canola oil	20 ml
1 clove	garlic, minced	1 clove
½	onion, chopped	½
5 cups	reduced sodium chicken broth*	1¼ L
½ tsp	cumin (optional)	2 ml
	salt and pepper to taste	

Pick out the broken lentils, wash the rest of the lentils under running water, drain and set them aside. In a saucepan over medium heat, add the oil and minced garlic and cook for 1 minute. Then add the chopped onions and cook until the onions are clear, about 3 minutes. Add the onion mixture, chicken broth and lentils into a pot. Bring to a boil, then lower the heat to medium. Add the cumin (if using) and simmer on low until the lentils are soft, about 30 minutes to an hour. Season with salt and pepper to taste.

*If you are using canned condensed broth, use 3 cups of diluted broth. To dilute condensed chicken broth, combine one can of condensed broth with one can of water. If you are using ready-to-serve broth from a tetra pak, you don't need to add water.

Substitutions:

- Use any type of vegetable oil instead of canola oil.
- Use water, vegetable broth, regular chicken broth or chicken bouillon cubes instead of sodium reduced chicken broth. Another option is to use a ham bone and 5 cups of water instead of 5 cups of chicken broth.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	384
Carbohydrates:	46.4 g
Calcium:	69.2 mg
Fat:	10 g
Fibre:	8.1 g
Iron:	7.4 mg
Sodium:	1126 mg
Protein:	28.3 g

Baked Chicken Thighs

Makes 1 serving (1 serving = ½ cup or 75 g)

2	chicken thighs	2
1 tbsp	canola oil	15 ml
dash	salt	dash
dash	ground pepper	dash

Preheat oven to 400°F. Coat the bottom of the baking pan with oil and rub some on the chicken thighs. Sprinkle both sides with salt and pepper. Place the thighs in the baking pan. Cook for 30 minutes. Lower the heat to 350°F and cook for 15 minutes longer.

NUTRIENTS

Per Serving - ½ cup or 75 g

Calories:	125
Carbohydrates:	0.3 g
Calcium:	2 mg
Fat:	13.8 g
Fibre:	0.1 g
Iron:	0.1 mg
Sodium:	475 mg
Protein:	0.5 g

Tuna Salad

Makes 1 serving (1 serving = ½ cup or 125 ml)

½ cup	canned tuna	75 g
½	green onion, chopped	½
1 tbsp	salad dressing (e.g. light mayonnaise, Miracle Whip)	15 ml
dash	ground pepper	dash

In a small bowl, mash the canned tuna. Add the green onion. Combine the salad dressing, salt and pepper. Stir this into the tuna mixture.

Substitutions:

- Add chopped celery instead of or in addition to the green onion.

NUTRIENTS

Per Serving - ½ cup or 125 ml

Calories:	150
Carbohydrates:	3.6 g
Calcium:	24 mg
Fat:	6.1 g
Fibre:	0.5 g
Iron:	1.1 mg
Sodium:	414 mg
Protein:	19.0 g

Vegetable Lasagna

Makes 3 servings (1 serving = 1 cup or 250 ml)

1 tsp	canola oil	5 ml
½	onion, chopped	½
1 cup	Homestyle Tomato Sauce with Herbs (see recipe on p. 17)	250 ml
4	mushrooms, sliced	4
6	whole wheat lasagna noodles	6
½ cup	cottage cheese	125 ml
1 small package	frozen chopped spinach, thawed and drained	1
1	egg, beaten	1
1 tsp	garlic powder	5 ml
¼ tsp	salt	1 ml
¼ tsp	pepper	1 ml
½ cup	mozzarella cheese, shredded	125 ml (65 g)

Preheat the oven to 375°F (190°C). Heat the oil in a frying pan over medium heat. Add the onions and cook until clear. Add the tomato sauce and mushrooms. Bring the mixture to a boil and then turn it down to low and let it simmer for 10 minutes.

Cook the lasagna noodles according to the instructions on the package.

In a bowl, mix together the cottage cheese, spinach, egg, garlic powder, salt and pepper. Set aside.

Grate ½ cup mozzarella cheese and set aside.

Spoon one third of the sauce into the bottom of a casserole dish. Cover with 2 lasagna noodles (cut the noodles if needed to make them fit into the pan). Spread another third of the sauce over the noodles and cover with 2 more noodles. Spread the cottage cheese, spinach and egg mixture over the noodles and cover with the last 2 lasagna noodles. Spoon the final third of the sauce over the noodles and top with mozzarella cheese.

Bake uncovered for 20-30 minutes until heated through and the cheese is melted.

Substitutions:

- Use any kind of vegetable oil instead of canola oil.
- Use store bought pasta sauce if you don't have any Homestyle Tomato Sauce with Herbs on hand.
- Use regular or spinach lasagna noodles instead of whole wheat.
- Use a mix of mozzarella and cheddar cheese or other cheeses. Use a cheese that has 20% M.F. or less.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	423
Carbohydrates:	54.4 g
Calcium:	317 mg
Fat:	14 g
Fibre:	5.9 g
Iron:	5.8 mg
Sodium:	971 mg
Protein:	22.7 g

Chicken and Vegetable Soup

Makes 4 servings (1 serving = 1 cup or 250 ml)

2	chicken legs, skin removed	2
4 cups	water	1 L
2	celery stalks (with leaves), chopped	2
1 cup	frozen peas	250 ml
2	potatoes or sweet potatoes, cubed	2
1/2 tsp	garlic powder	2 ml
1/2 tsp	salt	2 ml
1/4 tsp	pepper	1 ml
3 tsp	parsley	15 ml
1	bay leaf	1
2 tbsp	brown rice, uncooked	30 ml

Measure 4 cups of water into a large pot and place it over high heat. Add the chicken legs, garlic, salt, pepper, thyme, parsley and bay leaf. Bring to a boil, and once boiling, turn it down to low heat and let it simmer for 1 hour.

After 1 hour, add the celery, peas and potatoes. Add the rice. Let it simmer for 30 minutes to 1 hour until the rice and potatoes are soft. After the second hour, remove the meat from the chicken legs and put the meat back into the soup. Discard the bones.

Cool and freeze leftovers in single portions.

Substitutions:

- Use a chicken carcass (the bones left over after baking and carving a chicken) with leftover meat instead of the chicken legs.
- Use any kind of frozen or fresh vegetables such as carrots, broccoli, cauliflower or corn.
- Use parboiled white rice or small pasta, such as macaroni or shells, instead of brown rice.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	143
Carbohydrates:	26.5 g
Calcium:	32 mg
Fat:	1.2 g
Fibre:	3.8 g
Iron:	1.9 mg
Sodium:	355 mg
Protein:	7.2 g

Baked Beans

Makes 3 servings (1 serving = 3/4 cup or 175 ml)

1 cup	dry white beans	250 ml
3 slices	bacon, cooked and broken into small pieces	3
1/4 tsp	dry mustard powder	1 ml
1/4 tsp	ground pepper	1 ml
1/2 tsp	salt	2 ml
1 tbsp	ketchup	15 ml
1/4 cup	molasses	60 ml

Soak the beans in 2 cups of water for 12 hours overnight. Drain. Pour the beans into a pot or deep baking dish and stir in cooked bacon. Combine seasonings, ketchup and 1 cup of water and pour over the beans. Cover and bake for 2 hours at 250°F (120°C). Stir in the molasses and continue baking for 5-6 hours. If necessary, add more bean liquid. Bake uncovered for the last 30 minutes.

Substitutions:

- For a quicker dish, use canned white beans and bake the ingredients in the oven for 1 hour. If more liquid is needed, add water.

NUTRIENTS

Per Serving - 3/4 cup or 175 ml

Calories:	363 g
Carbohydrates:	62.1 g
Calcium:	425 mg
Fat:	4.8 g
Fibre:	10.7 g
Iron:	12.8 g
Sodium:	730 mg
Protein:	20 g

Beef Stroganoff

Makes 4 servings (1 serving = 1 cup or 250 ml)

½ lb	ground beef	200 g
2 cups	whole wheat noodles, uncooked	500 ml
¾ cup	frozen peas	175 ml
½-10.5 oz can	cream of mushroom soup	142 ml
¼ cup	milk	60 ml
¼ cup	onion, minced	60 ml
½ cup	light sour cream	125 ml
¼ tsp	salt	1 ml
dash	ground pepper	dash
dash	garlic powder	dash
1½ tsp	Worcestershire sauce	7 ml
Topping:		
1 tbsp	non-hydrogenated soft margarine	15 ml
2 tbsp	breadcrumbs	30 ml

Preheat the oven to 350°F. Cook the noodles according to the instructions on the package. Drain. Brown the ground beef over medium heat and drain the fat. Rinse with water and drain well. Sauté the onion with the ground beef for a few minutes. Combine the beef mixture with the rest of the ingredients in a pan and place in the casserole dish. Mix the margarine and breadcrumbs together. Top the casserole with the topping. Bake for 30 minutes.

Substitutions:

- Use ground chicken, turkey or any kind of ground meat instead of ground beef.
- Use regular noodles or other types of pasta instead of whole wheat noodles.
- Use any type of frozen or canned vegetables instead of frozen peas.
- Use any type of canned cream soup instead of cream of mushroom soup.
- Use skim, 1% or 2% milk for this recipe. For a less expensive option, use skim milk powder. Whisk $\frac{1}{3}$ cup of milk powder with 1 cup of water to make 1 cup of milk.
- Use regular sour cream instead of light sour cream.

NUTRIENTS

Per Serving - 1 cup or 250 ml
(made with skim milk)

Calories:	440
Carbohydrates:	55 g
Calcium:	91 mg
Fat:	13.5 g
Fibre:	3.6 g
Iron:	5 mg
Sodium:	558 mg
Protein:	23.8 g

Scrambled Eggs

Makes 1 serving (1 serving = 1 egg)

1	egg	1
1½ tsp	milk	7 ml
dash	salt	dash
dash	ground pepper	dash
1 tsp	non-hydrogenated soft margarine	5 ml

Break the egg into a small bowl. Add milk, salt and pepper and beat with a fork to blend the white and yolk. Melt the margarine in a frying pan over medium heat. Pour the egg mixture into the frying pan and cook over medium heat until solid.

Substitutions:

- Use vegetable oil instead of margarine.

NUTRIENTS

Per Serving - 1 egg (made with skim milk)

Calories:	110
Carbohydrates:	1.0 g
Calcium:	38 mg
Fat:	8.8 g
Fibre:	0.1 g
Iron:	0.7 mg
Sodium:	590 mg
Protein:	6.5 g

NOTES

Week 4

Week Four Menu

LEGEND

* recipes are provided
WW whole wheat
CFG Canada's Food Guide
c cup
tbsp tablespoon

Food Group Symbols

- Vegetables & Fruit Food Group
- Grain Products Food Group
- Milk & Alternatives Food Group
- Meat & Alternatives Food Group

For information on serving sizes, see The Hand Guide to Food Guide Servings on page 52.

Note: Menus allow for a small amount (2-3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use condiments (jam, mustard, ketchup, etc.) as required.

	BREAKFAST	LUNCH	DINNER	SNACK	CFG Servings
Day 1	French toast* (2 slices) Syrup (2 tbsp) Grapefruit (1) Milk (1 c)	Chunky vegetable soup* (1 c) Bean burrito* (1) with sour cream & salsa Banana bread* (1 slice)	Baked pork chop* (75 g) Baked potato* (1) WW bread (1 slice) Roast carrots* (½ c) Tossed salad* (1 c) with dressing Peaches, canned (½ c)	Cantaloupe (½ c) Yogurt (¾ c)	
Day 2	Whole grain bagel (1) Cheese (25 g) Tomato (½ c) Milk (½ c)	Pork sandwich (using 75 g leftover pork) on 2 slices WW bread Coleslaw* (½ c) Pineapple, canned (½ c)	Vegetable lasagna* (1 c) Garlic toast* (1 slice) Mixed vegetables (½ c) Orange (1) Yogurt (¾ c)	Apple (1) Nuts (¼ c)	
Day 3	Whole grain cereal (1 c) Bannock* (1) Orange (1) Milk (½ c)	Chunky vegetable soup* (1 c) Bran muffins* (2) Cottage cheese (½ c) Carrot sticks (½ c) Pineapple, canned (½ c)	Baked fish fillet (75 g) Brown rice (1 c) Stir fried vegetables* (1 c) Frozen yogurt (½ c) Milk (½ c)	Bran flakes (1 c) Banana (1) Milk (½ c) Nuts (¼ c)	
Day 4	WW English muffin (1) Peanut butter (1 tbsp) Grapefruit (1) Yogurt (¾ c)	Egg salad* (75 g) sandwich (2 slices WW bread) Coleslaw* (½ c) Milk (1 c) Nuts (2 tbsp)	Baked chicken thigh* (75 g) Baked potato* (1) Steamed carrots (½ c) Steamed broccoli (½ c) Orange (1)	Bran muffin* (1) Banana (1)	
Day 5	Bran flakes (1 c) Cheese (25 g) Apple (1) Milk (½ c)	Chunky vegetable soup* (1 c) Chicken salad* (75 g) sandwich (2 slices WW bread) Peaches, canned (½ c) Oatmeal cookies (2)	Beef & macaroni casserole* (1 c) Garlic toast* (1 slice) Tossed salad* (1 c) with dressing Green peas (½ c) Frozen yogurt (½ c)	Dried apricots (3) Yogurt (¾ c) Orange (1)	
Day 6	Oatmeal (¾ c) Bran muffin* (1) Orange (1) Milk (½ c)	Tossed salad* (1c) with dressing Salmon (75 g) WW bread (2 slices) Banana (1)	Baked beans* (¾ c) Garlic toast (2 slices) Carrot & cucumber slices (½ c each) Peaches, canned (½ c) Milk (1 c)	Apple (1) Oatmeal cookies (2) Milk (½ c)	
Day 7	WW English muffin (1) Peanut butter (1 tbsp) Pineapple, canned (½ c) Milk (1 c)	Salmon salad* (75 g) sandwich (2 slices WW bread) Coleslaw* (½ c) Apple (1)	Beef & macaroni casserole* (1 c) Tossed salad* (1 c) with dressing Mixed vegetables (1 c) Milk (½ c)	Whole grain cereal (1 c) Banana (1) Milk (½ c)	

Week Four Grocery List

Note: The items in the list below are the groceries you will need for Week Four.

Item	Quantity	Item	Quantity		
VEGETABLES & FRUIT					
Fresh					
Apples	4	Ground beef	400 g (If 1 kg was bought in Week 1, do not buy any this week)		
Bananas	4	Chicken thighs	2 (If they were not bought last week)		
Grapefruit	2	Salmon*	213 g can		
Oranges	5	Kidney beans*	540 ml can		
Cantaloupe	1				
Broccoli	1 bunch				
Potatoes or sweet potatoes	4				
Tomatoes	1				
Green bell pepper	1				
Cabbage	1 head				
Canned					
Pineapple tidbits*	2-398 ml cans				
GRAIN PRODUCTS					
WW = whole wheat					
WW bread	2 loaves				
WW macaroni*	1 box (500 g)				
MILK & ALTERNATIVES					
Yogurt	650 g container (any flavour)				
Milk	4 L jug				

* These items are also found in the Basic Pantry List on page 6. If you have already bought the foods in that list, you do not need to buy the ones on this grocery list.



Week Four Recipes

Chunky Vegetable Soup

Makes 4 servings (1 serving = 1 cup or 250 ml)

2 tsp	canola oil	10 ml
1	onion, chopped	1
4 cups	reduced sodium chicken broth*	1 L
1½ cups	canned tomatoes	375 ml
1 tbsp	dried parsley	15 ml
1 tsp	dried basil	5 ml
1 tsp	dried oregano	5 ml
2	bay leaves	2
2	carrots, diced	2
2	celery stalks, diced	2
2	potatoes or sweet potatoes, peeled and diced	2
1-28 oz can	kidney beans, drained and rinsed	796 ml
	salt and pepper to taste	

Heat the oil in a large pot over medium heat. Add the chopped onion and cook until soft, about 5 minutes. Add the chicken broth, tomatoes, parsley, basil, oregano, bay leaves, carrots, celery and potato. Turn up the stove to high and heat to boiling. Lower heat and simmer until potatoes are almost tender, about 15-20 minutes. Stir in kidney beans. Add salt and pepper to taste. Heat thoroughly before serving.

*If you are using canned condensed broth, use 3 cups of diluted broth. To dilute condensed chicken broth, combine one can of condensed broth with one can of water. If you are using ready-to-serve broth from a tetra pak, you don't need to add water.

Substitutions:

- Use any kind of vegetable oil instead of canola oil.
- Use regular chicken broth, vegetable broth or 2 tsp chicken bouillon powder mixed with 4 cups water instead of reduced sodium chicken broth.
- Use 2 tsp Italian seasoning instead of 1 tsp each of dried basil and oregano.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	333
Carbohydrates:	54.5 g
Calcium:	142 mg
Fat:	4.9 g
Fibre:	13.7 g
Iron:	7.1 mg
Sodium:	827 mg
Protein:	20.4 g

Roast Carrots

Makes 1 serving (1 serving = ½ cup or 125 ml)

1-2	medium sized carrots	1-2
1 tsp	non-hydrogenated soft margarine	5 ml
1-2 tbsp	water	15-30 ml

Slice the carrots. Place them in small baking dish. Dot the carrots with margarine. Add water. Cover and bake at 350°F until tender, about 30 minutes.

Substitutions:

- Use any type of vegetable oil instead of margarine.

NUTRIENTS

Per Serving - ½ cup or 125 ml

Calories:	100
Carbohydrates:	15.4 g
Calcium:	55 mg
Fat:	4.2 g
Fibre:	3.9 g
Iron:	0.5 mg
Sodium:	162 mg
Protein:	1.5 g

Garlic Toast

Makes 1 serving (1 serving = 1 slice)

1 slice	whole wheat bread	1 slice
1 tsp	non-hydrogenated soft margarine	5 ml
½ tsp	garlic powder	2 ml

Preheat the oven to 400°F. Spread the margarine on the bread. Place the bread on a baking sheet. Sprinkle with garlic powder. Bake for 10 minutes.

NUTRIENTS

Per Serving - 1 slice

Calories:	125
Carbohydrates:	17.2 g
Calcium:	28 mg
Fat:	5.3 g
Fibre:	2.6 g
Iron:	1.2 mg
Sodium:	236 mg
Protein:	3.7 g

Egg Salad

Makes 1 serving (1 serving = ½ cup or 125 ml)

2	eggs, hard cooked	2
½	green onion, chopped	½
1 tbsp	salad dressing (e.g. light mayonnaise, Miracle Whip)	15 ml
dash	salt	dash
dash	pepper	dash

In a small bowl, mash the cooked eggs. Add the chopped green onion. Combine the salad dressing, salt and pepper. Stir this into the egg mixture.

NUTRIENTS

Per Serving - ½ cup or 125 ml

Calories:	201
Carbohydrates:	4.2 g
Calcium:	58 mg
Fat:	14.4 g
Fibre:	0.3 g
Iron:	1.4 mg
Sodium:	713 mg
Protein:	12.8 g



Beef and Macaroni Casserole

Makes 2-3 servings (1 serving = 1 cup or 250 ml)

½ lb	ground beef	200 g
½ cup	onion, chopped	125 ml
1 tbsp	all purpose flour	15 ml
1½ cups	canned tomatoes	375 ml
½ tsp	salt	2 ml
dash	pepper	dash
½ tsp	oregano	2 ml
1 cup	whole wheat macaroni, uncooked	250 ml

Preheat the oven to 350°F (180°C). Cook the ground beef and onion in a frying pan on medium high heat, until the beef is brown and the onion is transparent. Drain the fat. Rinse the ground beef and drain well. Stir in the flour. Add the tomatoes and seasoning. Bring to a boil. Cook the macaroni according to the instructions on the package. Combine the meat mixture with the macaroni and put into a casserole dish. Bake until thoroughly heated.

Substitutions:

- Use ground chicken, turkey or any kind of ground meat instead of ground beef.
- Use any kind of small pasta such as shells, fusilli or bow tie pasta instead of macaroni.
- Use regular pasta instead of whole wheat.

NUTRIENTS

Per Serving - 1 cup or 250 ml

Calories:	309
Carbohydrates:	43.4 g
Calcium:	79 mg
Fat:	6.1 g
Fibre:	5.4 g
Iron:	4.8 mg
Sodium:	715 mg
Protein:	23.1 g



Blank Menu

LEGEND

- * recipes are provided
- WW** whole wheat
- CFG** Canada's Food Guide
- c** cup
- tbsp** tablespoon

Food Group Symbols

- Vegetables & Fruit Food Group
- Grain Products Food Group
- Milk & Alternatives Food Group
- Meat & Alternatives Food Group

For information on serving sizes, see The Hand Guide to Food Guide Servings on page 52.

Note: Menus allow for a small amount (2-3 tbsp) of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Use condiments (jam, mustard, ketchup, etc.) as required.

	BREAKFAST	LUNCH	DINNER	SNACK	CFG Servings
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Blank Grocery List

Item	Quantity
VEGETABLES & FRUIT	
Fresh	
Canned	
Frozen	
GRAIN PRODUCTS	
MILK & ALTERNATIVES	
MEAT & ALTERNATIVES	
MISCELLANEOUS FOODS	

Best Buys

Healthy eating starts with shopping for a variety of healthy foods from the four food groups in Canada's Food Guide. Shopping is an important skill for everyone to learn. By planning ahead, you can save money and time and get better food value for your dollar. Try some of the shopping tips below to help you get the most for your money and health.



VEGETABLES & FRUIT

Fresh

- Buy locally grown produce when it is in season.
- Shop at local farmers' stands or markets.
- Some vegetables and fruit are a good buy all year round (e.g. apples, bananas, cabbage, carrots, potatoes and spinach).
- It is less expensive to buy bags of produce, such as apples, oranges and potatoes, instead of single pieces. Share with a friend or be sure that you can use them all before they spoil.
- Visit pick-your-own farms. If you can't eat it all before it starts to spoil, freeze or can it.
- Grow your own vegetables. You can get started with a small garden or window box (e.g. tomatoes, peppers and fresh herbs are easy to try).



Frozen and Canned

- Frozen and canned vegetables and fruit cost less and are nutritious.
- Cook vegetables from frozen; this will help keep the nutrients.
- Try not to add lots of sauces or breading to vegetables. These are higher in fat.
- Look at the price of canned foods using the unit price (price/100 ml) on the store shelf sticker to find the best buy.
- Save money by buying store brands.

Juice

- Frozen concentrated juices are the best buy.
- Don't buy fruit "punches," "beverages" and "drinks." They only have a small amount of fruit juice, if any. Look for the words "100% juice" on the label.
- A juice box costs more per serving than juice bought in a larger container. For lunches use a small thermos or bottle to bring from home.

Value for Your Food Dollar

- Store vegetables and fruit separately to prevent spoiling.
- Use up fresh vegetables and fruit first, then go to canned and frozen.
- Choose smaller sized fruit for children or cut fruit into smaller pieces.
- Use leftover vegetables in a stir fry or add to a tossed salad.
- Add ripe fruit to cereal or mix into batter for baked goods (e.g. muffins, bread).
- Freeze fruit that is over-ripe. Use later in baking or in fruit shakes. (Note: Bananas can be frozen whole, with the peel on).



GRAIN PRODUCTS

Rice, noodles and other grains

- Buy rice, noodles and other grains on sale or in bulk. Store in a sealed container in a dry place.
- Avoid buying rice and noodle mixes. They cost more and are higher in fat and salt.
- For variety, enjoy whole grains such as whole wheat couscous, barley, brown rice, quinoa, wild rice or bulgur.



Breakfast cereals

- Hot cereals are the best buys. Instant and flavoured types can cost more and have added salt and sugar.
- For cold cereals, buy larger packages or buy in bulk to save money. Choose a higher fibre cereal made with whole grains such as wheat bran or oats. Unsweetened cereals cost less than sweetened.
- Watch for sales in the grocery store flyer. Cereals can store well in a dry place.

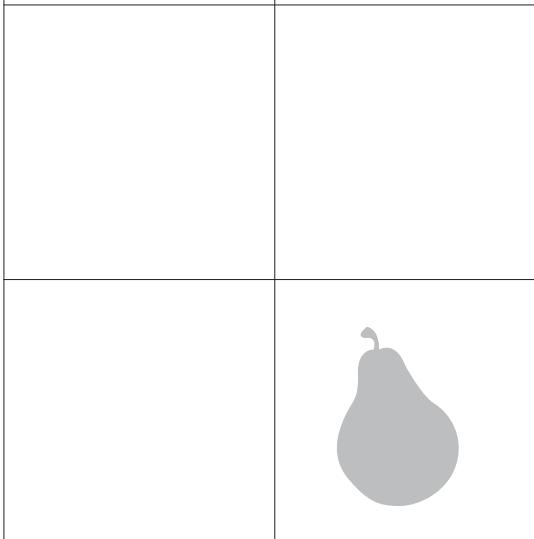


Breads

- 100% whole wheat bread has the best nutritional value for your dollar.
- Compare brands and nutrition labels to find the best buy. "No name" or store brands may cost less.
- Specialty breads like pumpernickel, rye and multigrain may cost a bit more but are nutritious and provide variety.
- Buy bagels and rolls pre-packed rather than individually.
- Day old breads can be a great bargain.

Value for your food dollar

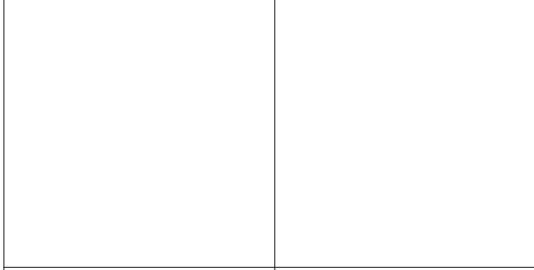
- Bread, buns, pita and tortillas will last longer if you freeze them. They can be thawed, toasted or heated in the microwave.
- If bread loses its freshness, try making grilled sandwiches, breadcrumbs, croutons or stuffing. Pita or tortillas can be cut up and baked into chips.
- Use cooked rice and noodles in stir fries, salads, soups, casseroles or stews, or reheat the next day and use as a side dish.



MILK & ALTERNATIVES

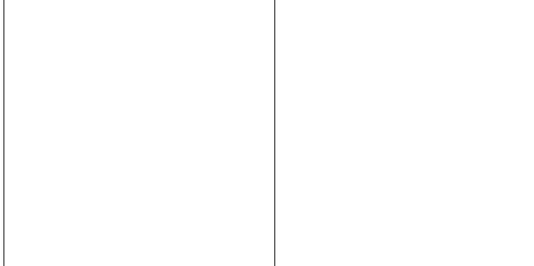
Milk and Cream

- Powdered milk is a great low cost alternative and provides the same nutrients as milk. Mix 75 ml ($\frac{1}{3}$ cup) of powder for every 250 ml (1 cup) of water. Add dried milk powder in cooking or baking for more nutrients.
- Buy milk in 4 L jugs. It is less expensive than buying in smaller cartons.
- Use evaporated 2% milk instead of cream in recipes. Creams have the highest fat and lowest nutrient contents. They are also more expensive.



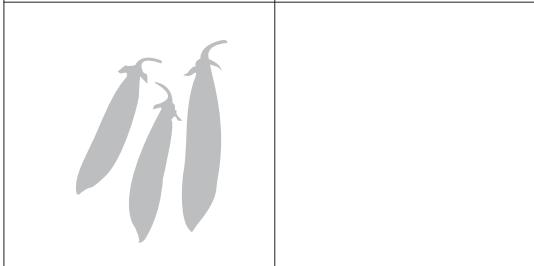
Cheese

- Compare the price of cheese per kilogram for best buys.
- Save 20–30% by buying "no name" or store-wrapped cheese.
- Buy cheese in blocks and slice or grate it yourself.
- Sliced cheese may cost less at the deli counter than in packages.
- Buy blocks of cheese on sale and freeze if you are not able to use it before the expiry date. Thawed cheese will crumble but it is just as nutritious.
- Processed cheeses are a good source of calcium but they cost more and are high in sodium.
- Cream cheese is not a good source of calcium or protein.



Yogurt

- Buy large containers instead of individual serving size containers.
- Store brands are less expensive.
- Buy plain yogurt and add your own fruit.



MEAT & ALTERNATIVES

Meat

- Buy less expensive cuts of meat such as:
 - Stewing meat
 - Outside, inside or eye of round
 - Pork shoulder
 - Ground meat
 - Brisket point
 - Cross rib
 - Flank steak
- Lower priced meats often have less fat and are less tender. Bring out the meat's great flavours by tenderizing. To tenderize:
 - Marinate the meat overnight in the refrigerator.
 - Pound the meat using a mallet before cooking.
 - Use slow cooking methods such as stewing, pot-roasting and braising in water or broth.
- Compare the price per kilogram of meat, poultry and fish. Also compare how much meat you are getting to how much is fat and bones.
- Buy family-sized packs of poultry and meats. Separate and freeze in smaller portions.

Meat alternatives

- Eggs, tofu, peanut butter, peas, beans and lentils are lower in price than meat, poultry or fish.
- Dried peas, beans and lentils cost less than canned.

Poultry (Chicken and Turkey)

- Buy a whole chicken or turkey and cut it up yourself. Poultry pieces, or boneless, skinless cuts cost more.

Fish

- Canned fish costs less than fresh fish. Canned salmon, "light" tuna and sardines in water are good choices.
- Frozen fish fillets such as pollock, wild salmon, tilapia or sole (Dover or Petrale) are good buys.
- Frozen battered fish fillets, fish sticks or battered fish are more expensive and are higher in fat and salt. For a healthier, lower cost option use breadcrumbs to make your own coating to bake in the oven.

Processed meats

- Processed meats, such as hot dogs, may cost less but have less protein and iron and more fat, salt and calories than fresh meats.
- It is less expensive to buy cold cuts from the deli counter.

Value for your food dollar

- Don't buy more than you need. A serving of cooked meat, poultry or fish is 75 grams (2.5 oz) or about the size of a deck of cards. For one serving, buy 120 grams (4 oz) of uncooked meat, poultry or fish.
- Toss leftovers into a salad, use in sandwiches or add to eggs, soups, stews, casseroles, pasta dishes, pizza or stir fries. Use leftover meat within two to three days.



Vegetables and Fruit in Season

When vegetables and fruit are in season, they tend to be cheaper and fresher. Visit your local farmers' market or grocery store for fresh, in season produce.

Vegetables

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
	Fresh Manitoba Produce				Stored Manitoba Produce			Fresh Imported Produce				
Asparagus												
Beans												
Beets												
Broccoli												
Brussels Sprouts												
Cabbage												
Carrots												
Cauliflower												
Celery												
Corn												
Cucumber												
Eggplant												
Garlic												
Leeks												
Lettuce												
Mushrooms												
Onions												
Parsnips												
Peas												
Peppers												
Potatoes												
Radishes												
Rutabaga												
Spinach												
Sprouts												
Squash												
Tomatoes												
Zucchini												

Fruit

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
Apple												
Chokecherry												
Crabapple												
Currant												
Gooseberry												
Highbush Cranberry												
Pincherry												
Plum												
Raspberry (Fall bearing)												
Raspberry (Summer bearing)												
Saskatoon												
Seabuckthorn												
Sour Cherry												
Strawberry (Day-neutral)												
Strawberry (June-bearing)												

Source: Manitoba Agriculture, Food and Rural Initiatives



Storing Vegetables and Fruit at Home

General Guidelines

Storing fresh vegetables and fruit properly at home helps to prevent spoiling, prevents you and your family from getting sick, ripens some fruit and helps you get the most value for your money. If you do not store some vegetables and fruit properly, they may lose nutrients and flavour.

Some fruits don't ripen after they are picked. Other fruits will keep ripening after they are picked. Fruits such as apples, tomatoes and bananas naturally produce a gas called "ethylene", which helps to ripen fruit. If vegetables are exposed to ethylene gas, they will spoil more easily. Store your vegetables and fruit in separate drawers in the fridge.

After you cut fresh vegetables and fruit, use them up quickly or store in a tightly covered container in the fridge for no more than two or three days. If you leave cut vegetables or fruit at room temperature for more than two hours, throw them out.

Other than leafy greens, do not wash fresh vegetables and fruit before storing them. Washing will cause it to spoil more quickly. Wash produce under clean, cold running water just before you prepare or eat it. Wash even if you plan to remove the peel. Be sure to wash your hands and use clean cutting boards and utensils when you prepare produce.

To get the most for your money, follow the storage times, temperatures and special tips in the charts below. Whole vegetables and fruit can be stored longer than the times shown, but they may lose nutrients and flavour.



Storing Vegetables

Leafy Greens

Leafy greens like iceberg, romaine, Boston, Bibb, green and red leaf lettuce and spinach will stay fresher if you wash them before you store them. Follow these steps:

1. Wash with clean, cold running water.
2. Discard wilted or bruised leaves.
3. Carefully dry leaves in a salad spinner or on paper towels.
4. Store leaves in a salad spinner or wrap the lettuce loosely in paper towels and store in a sealed plastic bag or container.
5. Use within one week.

Lettuce can turn pinkish-brown when exposed to air or ethylene. You can still use the lettuce if you trim off the brown ends first.

Lettuce and spinach bought in airtight packages should be refrigerated in these packages. Open and wash them just before using.



Other Vegetables

Vegetable	Storing at Room Temperature (20-22°C)	Storing in the Refrigerator (4°C)	Special Tips
Broccoli	No	5 days, store in a perforated plastic bag in the vegetable crisper	<ul style="list-style-type: none"> If it is exposed to ethylene, the buds will turn yellow more quickly
Cabbage (green or red)	No	2-3 weeks	<ul style="list-style-type: none"> Exposure to ethylene will cause the leaves to separate more quickly and lose its green colour Absorbs odours from apples and pears
Carrots	No	3-4 weeks, covered	<ul style="list-style-type: none"> Remove tops before storing Ethylene will make carrots taste bitter Absorbs odours from apples and pears
Cauliflower	No	1 week for whole head	<ul style="list-style-type: none"> 1 week for whole head Sensitive to ethylene gas
Celery	No	2 weeks	<ul style="list-style-type: none"> Absorbs odours from apples, carrots, onions and pears
Cucumbers (field or greenhouse)	No	1 week	<ul style="list-style-type: none"> Ethylene gas turns cucumbers yellow
Mushrooms	No	5 days in a paper bag	<ul style="list-style-type: none"> Absorb odours from green onions Just before using, rinse in cool water or wipe with a damp cloth or soft vegetable brush Bruise easily – do not store other vegetables on top of them
Onions (cooking)	3-4 weeks in a single layer, in a mesh bag (store in a dry, cool, dark place)	No	<ul style="list-style-type: none"> Absorb odours from apples and pears Draw moisture from vegetables they are stored with which may cause them to decay
Peppers (sweet bell peppers)	No	1 week	<ul style="list-style-type: none"> Sensitive to ethylene
Potatoes (mature)	1-2 weeks in a paper bag (store in a dry, cool, dark place)	No	<ul style="list-style-type: none"> If refrigerated, they may form dark spots and develop an unpleasant sweet flavour when cooked If kept at warm temperatures, will sprout and shrivel If exposed to light, may turn green. Trim any green areas before cooking
Sweet potatoes/yams	1 week, whole, (store uncovered in a dry, cool, dark place)	No	<ul style="list-style-type: none"> Sensitive to ethylene gas
Tomatoes	3-4 days, uncovered, out of direct sunlight until ripe	No. Stops ripening and affects the flavour.	<ul style="list-style-type: none"> When ripe, use in 1-2 days Produces ethylene gas Refrigerate only when very ripe, but it will affect the flavour

Storing Fruit

To ripen fruit, follow these steps:

1. Place the fruit in a paper bag. Loosely close the bag.
2. Leave the bag at room temperature but away from direct sunlight.
3. Fruits ripen at different rates depending on the type of fruit and the temperature of the room. Check on the fruit every day to ensure the best possible ripeness.
4. To check ripeness, place the fruit in the palm of your hand and gently squeeze it. If the fruit gives to light pressure and smells slightly sweet, it's ready to eat. If it's not ready, leave it in the bag and check it the next day. You can help the fruit ripen faster by adding a ripe banana or an apple to the bag.
5. Once the fruit is ripe, eat it right away for the best flavour, aroma and texture or store it in the refrigerator for a short time.

Only use paper bags because plastic bags and containers trap moisture and air and will cause the fruit to spoil.

Fruit	Storing at Room Temperature (20-22°C)	Storing in the Refrigerator (4°C)	Special Tips
Apples - August to January - February to July	No No	2 months 2-3 weeks in a perforated plastic bag in the crisper	<ul style="list-style-type: none">• Produce ethylene gas• Absorb odours from potatoes, onions and other fragrant produce• Tend to soften 10 times faster at room temperature
Bananas	Until ripe	1-2 days, uncovered (ripe) If refrigerated, the banana skin will become dark but it will stay fresh.	<ul style="list-style-type: none">• Unripe bananas are sensitive to ethylene gas• Ripe bananas produce ethylene gas
Blueberries	No	10 days, loosely covered (in a shallow container)	<ul style="list-style-type: none">• Ready to eat, no need to ripen
Grapes	No	5 days	<ul style="list-style-type: none">• Ready to eat, no need to ripen• Absorb odours from leeks and green onions
Oranges	1 week	1 month	<ul style="list-style-type: none">• Ready to eat, no need to ripen• Produce odours that are absorbed by meat, eggs and milk products• Store in an open or perforated plastic bag
Pears	Until ripe	2-3 days. Store uncovered in one layer.	<ul style="list-style-type: none">• Produce ethylene gas• Ripe when the flesh around the stem gives to gentle pressure
Strawberries	No	1-2 days, loosely covered in a shallow container.	<ul style="list-style-type: none">• Ready to eat, no need to ripen• Wash in cool water with the greens still attached• For optimal flavour, let strawberries reach room temperature before eating

For information on how to store other vegetables and fruit, visit www.cpma.ca/en_heo_storage.asp

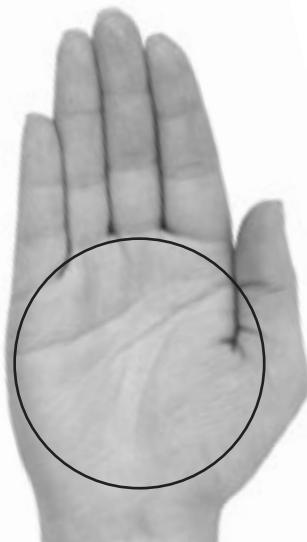
Adapted from Home Storage Guide for Fresh Fruits & Vegetables, Canadian Produce Marketing Association.
http://www.cpma.ca/en_heo_storage.asp

A Hand Guide to Food Guide Serving Sizes

Canada's Food Guide recommends we eat a certain number of servings of food from the four food groups each day. But what does one serving look like?

The serving sizes recommended by Canada's Food Guide are called "Food Guide Serving Sizes." These are different than portion sizes, which is the amount of food we actually eat. One portion of a food can include one or more Food Guide Servings.

Your hand is a great tool to help you figure out what a Food Guide Serving looks like.



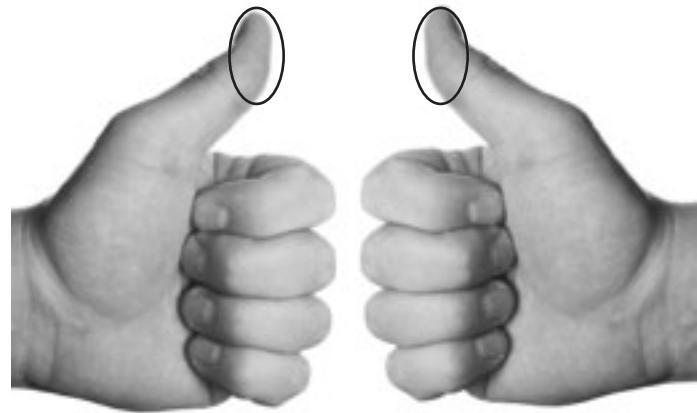
One Food Guide Serving of **meat, poultry or fish** is 75 g (2½ oz) or about 125 ml (½ cup). This is about the size of your palm and the width of your finger.



One Food Guide Serving of **grains** (e.g. rice, pasta, couscous) is 125 ml (½ cup). Your fist is about 1-2 Food Guide Servings of grains.



One Food Guide Serving of **fresh, frozen or canned vegetables or fruit** is 125 ml (½ cup). This is about half the size of your fist.



One Food Guide Serving of **cheese** is 50 g (1½ oz). This is about the size of two thumbs. Half a Food Guide Serving of cheese is 25 g (¾ oz) or one thumb.

One Food Guide Serving of **raw, leafy vegetables** (e.g. tossed salad) is 250 ml (1 cup). This is about the size of your fist.



Food Safety

Storing Food Safely

Foods in the supermarket are stored in the best way to keep them fresh and safe. Once you choose a food product from the shelf or cooler, you are responsible for making sure it is brought home and stored safely. If you don't store food safely, it may cause bacteria in food to grow and could lead to a foodborne illness if eaten.

At the supermarket

- Plan your trip. Choose canned and dry goods first. Shop for refrigerated, frozen and hot deli items last.
- Don't choose cans that have a bulge, leak or are dented.
- Place meat and poultry in a plastic produce bag to prevent cross-contamination of other foods from meat juices that may drip.
- Check eggs to make sure they are not cracked or dirty.

On your way home

- Keep foods out of the "Danger Zone" (between 4°C to 60°C, room temperature). If food is left at these temperatures for more than two hours, bacteria grow quickly and can reach levels that can make you sick if you eat the food.
- Go straight home after grocery shopping to store food in the fridge and freezer to make sure they stay as cold as possible.
- During summer months, bring a small cooler to take your fridge and freezer items home safely.



Storing foods in the pantry

- Store unopened dry or canned goods and high acid items (like ketchup, mustard and vinegar) in a clean, dry place where the temperature is neither too hot (above 38°C) nor too cold. After opening, refrigerate any foods that need to be kept cool.
- Do not use food from cans or jars that are damaged.

Storing foods in the fridge

- Keep food in the refrigerator to keep it fresh longer and slow down the growth of bacteria. However, there is still a limit to how long you can keep food. Once it begins to look or smell bad, or is past its "best before" date, throw it out. Follow these tips to help keep refrigerated food safe:
 - Keep your refrigerator at 4°C (40°F) or less to slow down the growth of bacteria.
 - Store eggs in their carton on a shelf, not in the door.
 - Keep meat and poultry products in the original packaging. The less you handle it, the less chance for cross-contamination.
 - Keep your refrigerator clean to avoid cross-contamination from spilled or spoiled foods.
 - Keep meat and poultry on the bottom shelf of the fridge to make sure their juices don't drip onto other foods or parts of the fridge.



Separate

Did you know that handling raw meat, poultry and seafood improperly can lead to spreading harmful bacteria around your kitchen or house?



- Always wash your hands, cutting boards, dishes and utensils with hot, soapy water after touching raw meat, poultry and seafood. Sanitize them for the safest results. (See the section on "Clean" for instructions on how to sanitize.)
- Use one cutting board for fresh vegetables and fruit and another one for raw meat, poultry and seafood.
- Separate raw meat, poultry and seafood from other foods in your shopping cart and in your fridge.
- Store raw meat, poultry or seafood in sealed containers or plastic bags on the bottom shelves to prevent juices from dripping onto other foods.

- Never place cooked food back on the same plate or cutting board that held the raw food.
- Do not use sauce you have used to marinate raw meat, poultry or seafood on cooked foods, unless it is boiled first. Place marinade in a saucepan and bring to a boil to make sure the bacteria are destroyed and the sauce is safe to eat. If you are using a basting brush, wash and sanitize your brush or use separate brushes when marinating raw and cooked foods.

Cook

Cook food to proper temperatures. Cooking times are different for various meats, poultry and seafood. See the chart below for safe cooking temperatures. You can use a meat thermometer to check the temperature of the meat, poultry or seafood you are cooking. After cooking, keep foods out of the “danger zone” (4°C-60°C or 40°F-140°F) by serving and storing leftovers right away.

- Keep hot foods hot.
- Cook foods properly by heating them for a period of time at a high enough temperature to kill harmful bacteria that can make you sick. Keep all soups, chili and hot dips hot before you serve them. If you’re travelling to a party or to work, keep hot foods hot in an insulated thermal container.
- When you cook in a microwave oven, make sure you cook the food thoroughly. Cover the food, stir and rotate it often to cook evenly. When cooking with microwave recipes, follow the suggested standing times afterwards to make sure the food finishes cooking properly.
- Use a clean thermometer to measure the inside temperature of cooked foods. This makes sure meat, poultry, egg dishes, casseroles and other foods are cooked all the way through. Insert the thermometer in different spots to check for even cooking.
- Wash your food thermometer with hot soapy water before using it again.

Food	Temperature
Ground meat and meat mixtures (e.g. sausages, meatballs) Beef, pork, veal, lamb Turkey, chicken	71°C (160°F) 74°C (165°F)
Fresh beef, veal, lamb Medium-rare Medium Well done	63°C (145°F) 71°C (160°F) 77°C (170°F)
Fresh pork Medium Ham Fresh (raw) Pre-cooked (to reheat)	71°C (160°F) 71°C (160°F) 74°C (165°F)
Poultry Chicken and turkey, whole Poultry parts Duck and goose Stuffing, cooked alone or in bird	85°C (185°F) 74°C (165°F) 74°C (165°F) 74°C (165°F)
Seafood Fish Shrimp, lobster, crab Clams, oysters, mussels Scallops	70°C (158°F) – until flesh is opaque 74°C (165°F) – until flesh is pearly & opaque Shells open during cooking Cook until milky white or opaque & firm
Eggs and egg dishes Egg dishes and casseroles	74°C (165°F)
Leftovers and casseroles	74°C (165°F)



Clean

- Always wash your hands with warm, soapy water for at least 20 seconds before handling food and after handling meat, poultry, eggs and seafood. Also wash your hands after changing diapers, touching pets and using the washroom. You can sing "Happy Birthday" or the "ABC's" to make sure you are washing your hands for the full 20 seconds.
- Clean and then sanitize counter tops, cutting boards and utensils with warm, soapy water and a mild bleach solution (5 ml/1 tsp bleach mixed with 750 ml/3 cups water) before and after preparing food.
- Throw out worn cutting boards. Use paper towels to wipe kitchen surfaces or change dishcloths every day to avoid the chance of cross-contamination and spreading harmful bacteria. Avoid using sponges because they are harder to keep bacteria-free.
- Thoroughly wash fresh vegetables and fruit under running water to remove dirt and residue. Scrub ones that have firm surfaces such as oranges, melons, potatoes and carrots.
- Cut away any damaged or bruised areas on produce. Bacteria can grow in these places.

You can't see, smell or taste bacteria, so keep it CLEAN!

Chill

- Keep cold foods cold.
- Refrigerate or freeze perishables, prepared foods and leftovers within two hours or less.
- Marinate foods in the refrigerator.
- Never defrost food at room temperature. Thaw food in either the fridge, cold running water, or in the microwave if you plan to cook it right away.
- Separate large amounts of leftovers into small, shallow containers to let it cool more quickly in the refrigerator.
- Don't overstuff the refrigerator. Cold air needs to circulate above and beneath food to keep it safe.

When travelling with food, be aware that time, temperature and cold containers are important. Here are some tips to keep food cool:

- Keep frozen foods in the refrigerator or freezer until you are ready to go.
- Always use ice or cold packs and fill your cooler with food. A full cooler will stay colder than one that is only partly filled.
- When travelling, keep the cooler in the air-conditioned passenger area of the car, rather than in a hot trunk.
- If you've asked for a 'doggie bag' to take home from a restaurant, refrigerate the food inside within two hours after it was served to you.
- When you run errands, do your grocery shopping last.

Adapted from:

Safe Food Storage Factsheet, Canadian Food Inspection Agency
A FightBac!® Focus on Separate, Canadian Partnership for Consumer Food Safety Education
A FightBac!® Focus on Cook, Canadian Partnership for Consumer Food Safety Education
A FightBac!® Focus on Clean, Canadian Partnership for Consumer Food Safety Education
A FightBac!® Focus on Chill, Canadian Partnership for Consumer Food Safety Education
Safe Cooking Temperatures Chart, Canadian Partnership for Consumer Food Safety Education
www.canfightbac.org



Cooking with Spices and Herbs

Dishes and foods low in salt can be appetizing, flavourful and interesting when you add spices and herbs. If you are looking for more flavour, try adding some of the following herbs and spices to the recipes found in this booklet or try them in your own recipes. You can buy small amounts to experiment with from bulk food stores.

Meat, Poultry, Fish and Eggs

Food	Herbs and Spices
Beef	allspice, basil, bay leaves, caraway seeds, chili powder, chives, cumin, curry, dill, dry mustard, garlic, marjoram, nutmeg, onion, oregano, paprika, parsley, pepper, poppy seeds, rosemary, sage, savory, Tabasco, thyme
Pork	allspice, applesauce, spiced apples, basil, cloves, coriander, garlic, ginger, marjoram, onion, oregano, paprika, parsley, pepper, poppy seeds, rosemary, sage, savory, thyme
Lamb	basil, curry, garlic, marjoram, mint, mint jelly
Veal	apricots, bay leaves, cumin, currant jelly, curry, ginger, marjoram, onion, oregano, paprika, parsley, pepper, poppy seeds, rosemary, Tabasco, thyme
Liver	basil, bay leaves, chives, onion, parsley, pepper
Chicken	basil, bay leaves, cranberry sauce, curry, ginger, lemon juice, marjoram, mushrooms, paprika, parsley, pepper, rosemary, sage, savory, thyme
Fish	curry, dill, lemon juice, marjoram, dry mustard, paprika, parsley, oregano, tarragon, thyme
Eggs	chives, curry, dill, green pepper, dry mustard, paprika, sage, savory, tarragon, thyme

Potatoes and Grains

Food	Herbs and Spices
Potatoes	unsalted butter or non-hydrogenated soft margarine, dill, green pepper, mace, onion, parsley, rosemary
Rice	add a bay leaf or pinch of saffron, turmeric or savory before boiling, cinnamon, pepper
Macaroni	dill, poppy seed
Spaghetti or noodles	poppy seed or caraway seed blended with noodles and unsalted butter or non-hydrogenated soft margarine



Vegetables

Try caraway seeds, chili powder, chives, cider vinegar, cumin, curry powder, garlic, lemon juice, onion, paprika, parsley or pimento. The following combinations are particularly good.

Food	Herbs and Spices
Asparagus	caraway seeds, chives, lemon juice, vinegar
Green beans	dill, unsalted French dressing, lemon juice, marjoram, mushrooms, nutmeg, sage, savory
Lima beans	rosemary, savory
Broccoli	lemon juice, tarragon
Cabbage	basil, unsalted butter with lemon juice, caraway seeds, dill, ginger, savory
Carrots	unsalted butter, dill, ginger, mint, nutmeg, oregano, parsley, thyme
Cauliflower	dill, ginger, nutmeg
Corn	chives, green peppers, onion, parsley, unsalted tomatoes
Onions	oregano, sage, thyme
Peas	green pepper, mint, mushrooms, onion, parsley, rosemary, savory, tarragon, thyme
Squash	basil, chives, cinnamon, cloves, ginger, lemon, mace, onion, oregano
Sweet potatoes	allspice, basil, bay leaves, chili powder, cloves, curry powder, dill, garlic, onion, oregano, sage, savory, tarragon, candied or glazed with cinnamon and nutmeg, scalloped with apples and sugar
Tomatoes	allspice, basil, bay leaves, chili powder, cloves, curry powder, dill, onion, oregano, sage, savory, tarragon
Turnips	basil, dill
Zucchini	dill

Miscellaneous

Food	Herbs and Spices
Fruit	Almond extract, allspice, cinnamon, cloves, ginger, nutmeg, peppermint extract
Cottage cheese	Caraway seeds, cinnamon, nutmeg

Adapted from Cooking with Spices and Herbs on a Low Sodium Diet, Health Sciences Centre Nutrition & Food Services

