







## Tofu Stir Fry

Makes 3-4 servings

- 1 tbsp oil 
- 1 small onion, sliced ✓
- 2 garlic cloves, minced ✓
- 1 zucchini/pepper, sliced ✓
- 2 carrots, sliced ✓
- 1 cup cooked noodle or rice 
- 1/2 cup stir fry sauce 
- 1 package extra firm tofu 
- Salt and Pepper to taste 

✓ Item in grocery hamper  Grocery List Items

- + Use any vegetable you have on hand
- + Substitute tofu for canned beans or lentils

## Protein

Protein helps build and repair body tissues, support the immune systems, and is a source of energy. Eat a minimum of one gram per kg of body weight every day.

### Sources:

- Nuts/Seeds
- Eggs
- Dairy products
- Beans and Lentils
- Meat/Poultry
- Tofu



## Spinach Omelette

Makes 1 serving

- 1 tbsp oil 
- 2 eggs ✓
- 2 tsp cheese, grated ✓
- 2 tsp zucchini/pepper, chopped ✓
- 1/4 small onion, chopped ✓
- 1 handful spinach 
- Pinch salt and pepper 

✓ Item in grocery hamper  Grocery List Items

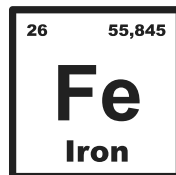
- + Add an orange to increase iron absorption
- + Pair with toast (whole grain) to add fibre

## Iron

It's recommended that adults (age 50+) get 8mg of iron every day. Iron from animal sources absorb better than iron from plants.

### Sources:

- Spinach
- Eggs
- Tofu
- Oatmeal
- Meat/Poultry
- Fortified Cereal
- Beans and Lentils



# Meal Planning Guide



## Yogurt Parfait

Makes 2 servings

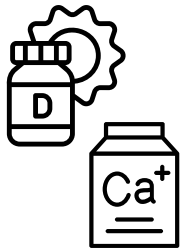
- 1 cup plain yogurt ✓
- 1 small orange, chopped ✓
- 1 small banana, chopped ✓
- 2 tbsp oats or granola 🛒
- 1 tsp honey or maple syrup 🛒

✓ Item in grocery hamper 🛒 Grocery List Items

- + Substitute with any fruit you have on hand
- + Blend with milk to make a smoothie

## Vitamin D & Calcium

Important for building strong, healthy bones and helping your muscles work. Vitamin D is important for calcium absorption. Aim for 1000-1200mg of calcium and least 600 IU Vitamin D daily.



### Sources:

- Dairy products such as milk, cheese, yogurt
- Fortified beverages such as oat and soy milk
- Tofu

## Tuna Melt

Makes 2 servings

- 2 tsp butter or margarine 🛒
- 1/2 small onion, diced ✓
- 2 pickles, diced 🛒
- 1 tbsp mayonnaise 🛒
- 1 can tuna packed in water 🛒
- 4 slices cheddar cheese ✓
- 4 slices bread ✓
- Salt and Pepper to taste 🛒

✓ Item in grocery hamper 🛒 Grocery List Items

- + Choose skipjack or canned light varieties for lower mercury content

## Omega-3

Omega-3 fats may promote brain health, heart health, and reduce inflammation. They add flavour to food and help us feel full for longer. Eat 2 servings every week or 1.1-1.6 grams.



### Sources:

- Fish (Salmon, trout, tuna)
- Seeds (flax, chia, hemp)
- Walnuts
- Canola Oil
- Omega-3 eggs

## Lentil Tacos

Makes 6 servings

- 1 tsp oil ✓
- 1 small onion, diced ✓
- 1 clove garlic, minced ✓
- 1 can lentils, rinsed 🛒
- 1 taco seasoning package 🛒
- Shredded Cheese ✓
- Lettuce, chopped 🛒
- Tomato, chopped 🛒
- Mild or medium salsa 🛒
- Plain yogurt ✓
- 6" whole wheat tortillas 🛒

✓ Item in grocery hamper 🛒 Grocery List Items

- + Use any canned beans instead of lentils
- + Substitute with spinach for more iron



## Fibre Tips

- Promotes bowel movement, lowers cholesterol, and helps you feel full
- Look for "high source of fibre" on labels
- Eat whole grains, brown rice and oats
- Drink plenty of fluids to help fibre work
- Sources: beans, lentils, vegetables, fruit
- Aim for 25g every day