Quick Meal Solutions

1) Getting the right balance – BREAKFAST

- Aim to have at least 3 of the 4 food groups
- Choose a whole grain product (whole wheat bread or bagel, oatmeal, cream of wheat, whole grain breakfast cereals);
- Add a fruit or a 100% pure fruit juice;
- Add a source of protein (egg, peanut butter, yogurt, milk, soy beverage).

Suggestions:
- A glass of juice (125ml to 250ml), 1-2 slices of stone-ground whole wheat bread with eggs or almond butter;
- A fruit platter with cottage cheese sprinkled with granola;
- Cold or hot cereal sprinkled with nuts and cranberries and a soy beverage.

2) Reinvent your lunch box

Reinvent your salads…
- Greek salad with tofu, feta, tomatoes and cucumbers
- Quinoa salad with lentils, red peppers, onions and tomatoes
- Tabouleh salad with bulghur, parsley, tomatoes, cucumbers and fresh mint
- Asian salad with grilled tofu or tempeh, shredded carrots, shredded beets, bok choy and bean sprouts
- Nicoise salad: boiled eggs, seared tuna, olives, asparagus, green beans and cherry tomatoes

Reinvent your sandwich…
- Replace traditional sliced bread with: Kaiser bread, pita bread, an English muffin, a bagel, a tortilla, nut bread or foccacia.

- Tasty “in between” combinations:
  - seasoned canned tuna with lettuce and cheese
  - bocconcini cheese with fresh basil and tomatoes
  - smoked salmon with light cream cheese and tomatoes
  - sliced roasted turkey with pesto, tomatoes and cheese
- hummus and grilled vegetables (red peppers and eggplant)
- chicken leftovers, celery, green onion, tarragon and light mayo

3) Surviving the 6 o’clock FRENZY

a) Tasty seasonings for oven-cooked fish:
   - Garlic powder, thyme, lemon pepper, salt;
   - Citrus fruit juice (orange, lime or lemon), coriander or parsley (preferably fresh) salt and pepper;
   - Tamari sauce, balsamic vinegar, pepper.

b) Suggestions of marinades for meat and poultry:
   - garlic, lemon, olive oil, fine herbs;
   - Canola oil, ketchup, red wine vinegar, Worcesterchire sauce;
   - Sesame oil and canola oil, rice vinegar, mirin or honey, soy sauce or tamari.

c) With eggs:
   - Frittata: shallots, broccoli, mushroom, potatoes and mozzarella
   - Omelet: black beans, zucchini, mushrooms and salsa

d) With canned legumes (lentils, chickpeas, red kidney beans):
   - Hearty soup (leftover vegetables with barley and lentils)
   - Beans and rice with corn and tomatoes

e) With canned tomatoes:
   - Chili: red kidney beans and lean ground beef

f) With shellfish:
   - Stir fry shrimp with vegetables on brown rice;
   - Avocado, mango and shrimp salad;

g) With fish:
   - Salmon croquettes with potatoes, canned salmon, egg whites, bread crumbs;

h) With chicken:
   - Basil-flavoured chicken and pepper stir fry.
i) **Suggested Flavour Enhancers**

- **Fish**: basil, curry, powder, dill, mustard, garlic, lemon or lime juice, marjoram, paprika, parsley, tarragon, thyme
- **Poultry**: basil, cranberry sauce, ginger, paprika, parsley, sage, thyme, lemon juice, poultry seasoning
- **Beef**: mustard, horseradish, garlic, green and black peppercorns, pepper, sage, thyme
- **Pork**: Apple juice, applesauce, garlic, marjoram, sage, onion, paprika
- **Tofu**: Garlic, curry, fruit juices, ginger, pepper, Hoisin sauce, soy sauce

j) **The slow cooker to the rescue!**

   It saves you:
   - Time, Energy, Money, Flavour and…Stress

- **Courtesy of NDC (Nutrition at Work)**