

## 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, Worcestershire 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)**