

Spice it up! Meal Plan

	Monday	Tuesday	Wednesday	Thursday
Breakfast	Scrambled eggs: 1 egg + ¼ cup egg whites White toast, 2 slices Sugar free jam Clementine, 1	Cornflakes, 1 cup Skim milk, ½ cup Blueberries, ½ cup Hardboiled egg, 1	French toast: 2 eggs White bread, 2 slices Cinnamon, Splenda™ Sliced strawberries, ½ cup	Corn Bran Squares, 1 cup Skim milk, ½ cup Raspberries, ½ cup Hardboiled eggs, 2
Lunch	Sliced Turkey Sandwich (1): Turkey, 3 ounces Sourdough bread, 2 slices Mayo, 1 tsp Tomatoes, 2 slices Lettuce Apple, 1	Tuna Sandwich (1): Low sodium, water- packed tuna, 4 ounces Light Mayo, 1 Tbsp Chopped onion/celery White pita, 1 Carrots/peppers/celery, ½ cup Clementine, 1	<i>Beef & Barley Soup</i> ¹ , 1 cup Unsalted rice crackers, 6 Hard cheese, 1 ounce	<i>Summer Fresh Pizza</i> ² , 1 ½ Pineapple, ½ cup
Supper	Grilled pork chop, 4 ounces White rice, 2/3 cup Boiled broccoli, ½ cup with lemon juice <i>Asian Slaw</i> ³ , 1 serving Pear, 1	<i>Fish with Leeks & Sweet Peppers</i> ³ , 1 serving Couscous, 1 cup Green Beans with dill/lemon, ½ cup Grapes, ½ cup	<i>Comforting Spaghetti</i> ⁴ Salad, 1 cup Vinaigrette, 1 Tbsp Fruit salad, ½ cup	<i>Creole Spiced Pork</i> ¹ , 1 serving <i>Fresh Berry Profiterols</i> ⁵ , 1 serving
Snack	<i>Anytime Muffins</i> ⁵ , 1	Unsalted Popcorn, 3 cups	Frozen yogurt, ½ cup	<i>Chili-Lime Dip</i> ¹ , 1 serving

This sample meal plan was created by *Melissa Atcheson*, RD, Grand River Hospital, Kitchener, Ontario. It is recommended that you consult with your doctor and registered dietitian before beginning any new diet regimen.

	Friday	Saturday	Sunday
Breakfast	<i>Pancakes</i> ¹ , 2 Peaches/blueberries, ½ cup Yogurt, ½ cup Cinnamon, Splenda™	<i>Anytime Muffins</i> ⁵ , 2 Unsweetened applesauce, ½ cup Cinnamon	White toast, 2 slices Peanut butter, 1.5 Tbsp Watermelon, 1 cup
Lunch	<i>Apple Cauliflower Soup</i> ³ , 1 cup + Chicken, 3 ounces Unsalted crackers, 12 Strips of red/yellow/orange peppers drizzled with balsamic vinegar	Roast Beef sandwich: 3 ounces roast beef 2 slices bread Tomato, lettuce Horseradish, mustard Apple, 1 Yogurt, ½ cup	Egg salad sandwich: Hardboiled eggs: 3 whites, 1 yolk Mayo, 1 tsp Chopped celery, 1 Tbsp Lettuce White bread, 2 slices Plum, 2
Supper	<i>Versatile Stir Fry</i> ⁶ , 1 serving Jello + mandarins, ½ cup	Chicken breast, 4 ounces Mashed potatoes, 1 cup Cauliflower, 1 cup <i>Rhubarb Ice Cream</i> ² , 1 serving	<i>Thai Shrimp Kebabs</i> ² , 3 skewers White rice, 1 cup Yogurt, ½ cup Berries, ½ cup
Snack	Tuna salad, ½ cup Unsalted crackers, 6	English muffin, 1 Peanut butter, 1.5 Tbsp	<i>Heavenly Zucchini Pineapple Loaf</i> ¹ , 1 slice

The recipes can be found in previous editions of *Spice it up!* All recipes are also available on our website www.myspiceitup.ca

¹ *Spice it up!* Spring 2010

² *Spice it up!* Summer 2009

³ *Spice it up!* Fall/Winter 2009

⁴ *Spice it up!* Spring 2011

⁵ *Spice it up!* Spring 2009