

Recipes

Strawberry Pancakes

Makes 14 pancakes



INGREDIENTS

- 1 cup whole wheat flour
- 1/2 cup all purpose flour
- 2 tbsp granulated sugar
- 2 tsp baking powder
- Pinch ground cinnamon
- 1 1/2 cups skim milk
- 1 egg
- 2 tbsp canola oil
- 2 tsp vanilla
- 1 cup diced fresh strawberries

DIRECTIONS

- In a large bowl, whisk together whole wheat flour and all purpose flour, sugar, baking powder and cinnamon.
- In another bowl, whisk together milk with egg, oil and vanilla. Pour over flour mixture and stir to combine. Stir in strawberries.
- Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat.
- Using 60 mL (1/4 cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until bubbles start to appear on top. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.

Apple Pie Oatmeal



INGREDIENTS

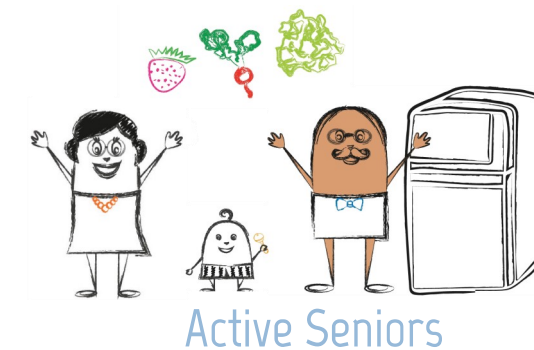
- 2 1/2 cups skim milk
- 1 cup water
- 1 1/3 cups large flake oats
- 1/3 cup wheat germ
- 2 tbsp packed brown sugar
- 1/2 tsp pumpkin pie spice or ground cinnamon
- 1 apple, cored and diced
- 2 tbsp dried cranberries (optional)

DIRECTIONS

- In a large saucepan, bring milk and water to a gentle boil over medium-high heat. Stir in oats and wheat germ.
- Reduce heat to medium-low heat; stir in sugar and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.
- Remove from heat and stir in apple and cranberries, if using. Cover and let stand for 5 minutes before serving.

Recipes developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation

Meal Planning



Save Time, Money + Reduce Stress

Meal planning is a great way to eat well on a budget. If you haven't tried meal planning before, start by using "Dinner Menus for the Week" (found in session four of your handbook) or by following the meal plan in this handout.

Tips for Meal Planning

- **Choose Variety:** Include a variety of healthy foods everyday. Eat plenty of vegetables and fruit, whole grain foods and protein foods. Refer back to the plate snapshot in session one of your handbook.
- **Check Your Pantry + Fridge:** Look for recipes that use ingredients you have on hand.
- **Cook with Seasonal Ingredients:** Consider what is in season when choosing a recipe. These items may cost less and will support your local farmers.
- **Shop the Flyers:** Use your local grocery store flyer as inspiration for what to cook.
- **Make a List:** Determine what ingredients are needed to make your recipes and make a grocery list. Stick to the list at the store to avoid marketing ploys!
- **Make Leftovers:** Prepare extra food that you can easily reheat for mid-week meals or freeze portions for later use.

7 Day Meal Plan

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> • Banana Oat Muffin 	<ul style="list-style-type: none"> • Strawberry Pancakes* 	<ul style="list-style-type: none"> • Apple Pie Oatmeal* 	<ul style="list-style-type: none"> • Fruit Smoothie • Whole grain English muffin, toasted and topped with nut or seed butter 	<ul style="list-style-type: none"> • Fruit and Yogurt Parfait with Homemade Granola 	<ul style="list-style-type: none"> • Fruit Smoothie • Whole Grain Cold Cereal with Milk or Fortified Soy Beverage 	<ul style="list-style-type: none"> • Leftover Frittata Muffins • Whole Grain English Muffin, Toasted and Topped with Nut or Seed Butter
SNACK	<ul style="list-style-type: none"> • White Bean Hummus with Vegetables 	<ul style="list-style-type: none"> • Leftover Oatmeal Cookies • Fruit 	<ul style="list-style-type: none"> • Yogurt • Fruit 	<ul style="list-style-type: none"> • Leftover Oatmeal Cookies 	<ul style="list-style-type: none"> • Whole Grain Crackers • Reduced-fat Cheddar Cheese 	<ul style="list-style-type: none"> • Leftover Banana Oat Muffin 	<ul style="list-style-type: none"> • Yogurt • Almonds
LUNCH	<ul style="list-style-type: none"> • Corn and Potato Chowder • Whole Grain Bun 	<ul style="list-style-type: none"> • Frittata Muffins • Fresh Green Salad 	<ul style="list-style-type: none"> • Leftover Corn and Potato Chowder • Leftover Fresh Green Salad 	<ul style="list-style-type: none"> • Leftover Tofu and Vegetable Stir Fry with Brown Rice 	<ul style="list-style-type: none"> • Leftover Salmon Cakes with Ranch Yogurt Dip • Whole Grain Bun 	<ul style="list-style-type: none"> • Leftover One Pot Pasta • Leftover Oatmeal Cookies 	<ul style="list-style-type: none"> • Leftover Chicken Strips with Broccoli Crunch Salad
SNACK	<ul style="list-style-type: none"> • Fruit 	<ul style="list-style-type: none"> • Leftover White Bean Hummus with Vegetables 	<ul style="list-style-type: none"> • Leftover Banana Oat Muffin 	<ul style="list-style-type: none"> • Leftover White Bean Hummus with Vegetables 	<ul style="list-style-type: none"> • Hard Boiled Egg • Fruit 	<ul style="list-style-type: none"> • Yogurt • Fruit 	<ul style="list-style-type: none"> • Fruit Smoothie
DINNER	<ul style="list-style-type: none"> • Salmon Cakes with Ranch Yogurt Dip • Apple Cabbage Slaw • Oatmeal Cookies 	<ul style="list-style-type: none"> • Tofu and Vegetable Stir Fry with Peanut Sauce • Brown Rice (make extra rice for Monday) 	<ul style="list-style-type: none"> • Ratatouille • Leftover Brown Rice • Apple Peach Crisp 	<ul style="list-style-type: none"> • One Pot Pasta • Fresh Green Salad 	<ul style="list-style-type: none"> • Black Bean Quesadillas • Salsa and Greek Yogurt • Leftover Apple Peach Crisp 	<ul style="list-style-type: none"> • Crispy Chicken Strips • Broccoli Crunch Salad • Lemony Green Beans 	<ul style="list-style-type: none"> • Hearty Beef Chili • Fresh Green Salad • Fudgy Chocolate Brownie