

HEALTHY EATING FOR YOUR MIND

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Sample Meal Plan with Recipe Links

Recipes from www.gettystewart.com, Canada Food Guide and favourite Canadian Registered Dietitians.

Sample Weekly Meal Plan for Brain Health							
www.gettystewart.com							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Break fast	Spinach red pepper Frittata & whole grain toast	Yogurt, Fruit & Granola Parfait	Homemade Instant Oatmeal with berries and nuts	Eggs , whole grain toast & fruit	Whole grain toast with nut butter, jam & fruit	Apple Kale Dairy Free Smoothie	Fruity Overnight oats
Snack	Roasted chickpeas	Chocolate Avocado Dip & fruit	Fruit and nut butter	¼ cup nuts	Citrus salad with nuts or seeds	Veggies & hummus	Hard boiled egg & veggies
Lunch	Zesty Quinoa & Black Bean Salad	Pomegranate Whole Grain Salad	Chickpea Salad & greens in whole grain pita	Tuna Tomato Salad & greens on bagel	Vegetable Summer Rolls (use leftovers)	Lentil Soup & crackers	Mediterranean Chickpea Pasta Salad
Snack	Apple Almond Bars	Popcorn with homemade seasoning	Homemade Chia Seed Crackers & Hummus	Fruit kabobs with low fat yogurt	Homemade Pumpkin & Spice Steamer	Dehydrated Apple Rings & Nuts	Nutty Cranberry Oat Muffins
Dinner	Roast Chicken with root vegetables, peas and side salad (make stock)	Pickerel, Asparagus & Potato Sheet Pan Dinner with side salad	Chicken Corn Chowder (use leftover chicken)	Whole Grain, Edamame & Cashew Thai Power Bowl	Spaghetti & Meat Sauce with Whole Wheat Pasta & Side Salad	Butternut Squash & Bean Chili	Roasted salmon with thyme and wild rice (Baycrest) & side salad

[How to Cook & Freeze Whole Grains](#)

[How to Cook Various Pulses](#)

[Top Sources of Plant Based Proteins](#)

[Healthy Snack Ideas for Every Day](#)

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