

Easy Daily Meal Template

Meal	Foods	Fluids – Must be calorie free. Aim for ~8cups/day.
Breakfast High fibre to fill you up.	-1 or 2 Fruit servings -High fibre bread (Max 2 slices) or cereal (max 1 cup) - 1 low fat dairy or 1 protein	- Coffee/Tea with milk/sweetner - Low calorie Juice* <i>*Caution-serving must be less than 50 calories</i>
Lunch Fill up on Veggies.	-2 or More Vegetable servings - 1 protein - High fibre grain product (Max 2 servings) <i>*optional</i> - 1 low fat dairy	- Water - Other sugar free beverages
Dinner Balanced traditional meal, monitor portions!	- 2 or More Vegetable servings - 1 protein serving - High fibre grain product/Starch (Max 2 servings=1 cup cooked) - 1 Fruit serving as dessert [- 1 tsp healthy fat (oil)]	- Water - Other sugar free beverages
Snack (optional)	- 1 fruit with low fat dairy serving.	- Water

The above meets food guide targets, and provides approx 1400 -2000 kcal/day.

Note there is no 'junk' or 'other' foods included. If eating away from home, try to mirror this template as best possible. Choose healthy alternatives that are *Not fried or battered*. Be Cautious of portion/serving sizes when eating out. Don't be afraid to pack up half of what you are served at a restaurant to take home for another meal.

In order to lose wt effectively, one must take in LESS calories per day than what is burned. **Decrease your intake**, and *increase your output!*

Serving sizes- Cheat sheet

Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:

FRUITS- 1 small fruit or $\frac{1}{2}$ cup chopped fruit = one serving

GRAINS & STARCHES: $\frac{1}{2}$ cup cooked/prepared = 1 serving. (1 cup=2 servings)
Choose an amount no more the size of your fist.



VEGETABLES: $\frac{1}{2}$ cup cooked/chopped = 1 serving. 1 cup leafy greens= 1 serving.

Choose as much as you can hold in both hands.

Non-Starchy Veg are Unlimited!

MEAT & ALTERNATIVES: ~3 oz is one serving of protein (meat/fish).



2 tbs Nut butter = 1 protein and 1 fat

$\frac{3}{4}$ cup beans/lentils = 1 protein

$\frac{1}{2}$ cup egg substitute = 1 protein

2 eggs = 1 protein and 1 fat

Choose an amount up to the size of the palm of your hand and the thickness of your little finger. Or, a deck of cards. **MUST be Lean/low fat!**

DAIRY& Alternatives: 1 cup fluid milk/soy milk= 1 serving

* 175g yogurt (or 2 of the small 100g pots)= 1 serving

1.5 oz of cheese (50g)= 1 serving

$\frac{1}{2}$ cup cottage cheese= 1 dairy + 1protein

**Look for the sugar free/fat free yogurts. Approx. 35-40 cal/100 grams.*

FATS:

Limit fat to an amount the size of the tip of your thumb.

