# Weight Management Control

Sample Meal Plan (+ Snacks) Sheet



### **MEAL PLANNING IDEAS**

- ✓ Ensure you have both protein and carbohydrate at every meal.
- ✓ Determine appropriate portion sizes for each meal and snack idea ahead of time, to ensure they fit the recommended calories for your specific meal plan.
- ✓ Here are some examples if you get stuck for ideas...

Trail Mix (eg. Bulk Barn-"Mix and Mingle")

Glass of 1%/skim milk + veggies sticks/a piece of fruit

✓ You may find it easier to pick just of the pick ju	ne option fr	om a category and s	tick w	ith it	-		
BREAKFAST – Personal Target Calories= High Fiber Cereal + Skim Milk + Fruit	cal	Option 1: Breakfast					
Scrambled Egg Whites + Bread + Tomato Sl Omelette + Veggies + low-fat cheese Yogurt + Berries +1/3 Cup High Fiber Cereal Boiled Egg + English Muffin + Tomato Oatmeal + Milk + Fruit		Portion size + Item	Cal	Prot	Fat	Carb	Fibr
Meal Replacement + Fruit	1						
Tuna/Egg Wrap + Veggie Sticks Mixed Bean Salad + Fruit + Yogurt Mixed Salad + Chicken/Egg/Low-fat Cheese Whole Grain Pita + Turkey + Vegetables Chicken Vegetable Soup + Whole Grain Crac Meal Replacement + Fruit/Veggies	_ <b>cal</b> kers	Option 1: Lunch Portion size + Item	Cal	Prot	Fat	Carb	Fibi
DINNER -Personal Target Calorie=	_ cal						
Chicken/Fish + Vegetables + Potato/Rice Vegetable Omelet + Salad Chili + Salad		Option 1: Dinner Portion size + Item	Cal	Prot	Fat	Carb	Fibi
Vegetable Stir Fry + Chick Peas + Rice Whole Wheat Pasta + Tomato Sauce + Extra Beef	Lean Ground						
Meal Replacement + Fruit/Veggies Healthy Choice, or another Frozen Dinner							
SNACKS -Personal Target Calories=	cal	Sample Snack Options					
Crackers + Low Fat Cheese  (e.g. Light cheddar/ Light Babybel/ Light Cow/ Allegro Cheese/ mozzarella cheese/ 1% Cow/ Fruit + Peanut Butter/ Low fat Cheese/ 1% Cow/ Page 12 Cheese/ 1% Cow/ Page 13 Cheese/ 1% Cow/ Page 14 Cheese/ 1% Cow/ Page 14 Cheese/ 1% Cow/ Page 14 Cheese/ 1% Cow/ Page 15 Cheese/ 1% Che	ese strings)	Portion size + Item	Cal	Prot	Fat	Carb	Fibi
Cheese Veggie Sticks + Hummus Low Fat or Fat Free Yogurt + Bran Buds							
Turkey pepperette + Sliced Veggies							
Protein Bar • (eg. Proti diet, Equate)							
High protein/ high fibre granola bar • (e.g. Kashi, Gnu fibre bar, Elevate M	e)						
Tuna Snack							
<ul> <li>(eg. Proti diet, Equate)</li> <li>High protein/ high fibre granola bar</li> <li>(e.g. Kashi, Gnu fibre bar, Elevate M</li> <li>Soy Nuts + Sliced Veggies</li> </ul>	e)						



# Breakfast

Portion size + Item	Calories	Protein	Fat	Carb	Fibre

# Lunch

Portion size + Item	Calories	Protein	Fat	Carb	Fibre

### Dinner

Portion size + Item	Calories	Protein	Fat	Carb	Fibre

# Snacks

Portion size + Item	Calories	Protein	Fat	Carb	Fibre