



APPENDIX A ONE-WEEK MEAL PLAN

This one-week meal plan is based on Canada's Food Guide recommended servings for a senior woman. Senior men should add one Food Guide Serving of grain products a day. (For example, a senior man could add a second slice of whole wheat toast to his breakfast on Day 1.)

Please note: Canada's Food Guide recommends that seniors take a vitamin D supplement of 400 IU a day.

We suggest that you look for a multivitamin/mineral specially formulated for people over 50 or a calcium supplement with vitamin D added. Read the labels carefully to make sure the supplement you choose provides enough vitamin D.

DAY 1

Breakfast

1 orange

$\frac{3}{4}$ (175 mL) cup rolled oats

2 tbsp. (30 g) chopped nuts or seeds on cereal

$\frac{1}{2}$ cup (125 mL) low-fat milk or fortified soy beverage

1 slice (35 g) whole wheat toast

Lunch

$\frac{3}{4}$ cup (175 mL) cottage cheese

$\frac{1}{2}$ cup (125 mL) fruit salad

1 *Pumpkin Raisin Muffin

1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

$\frac{1}{2}$ (90 g) breast roast chicken, no skin

1 small baked potato with 3 tbsp (45 mL) low-fat yogurt,
bacon bits

$\frac{1}{2}$ cup (125 mL) carrots

$\frac{1}{2}$ cup (125 mL) broccoli

1 cup (250 mL) tossed salad with 1 tbsp (15 mL)

Salt-free vinaigrette salad dressing



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Snacks

1 oz. (30 g) dry cereal

½ cup (125 mL) low-fat milk or fortified soy beverage

3 graham wafers

1 ½ oz (50 g) low fat cheese

DAY 2

Breakfast

1 banana

1 oz (30 g) cold cereal

½ cup (125 mL) low-fat milk or fortified soy beverage

1 slice (35 g) whole wheat toast

1 tbsp (15 mL) peanut butter

Lunch

*Spinach Frittata

1 (70 g) whole wheat pita or 2 slices (2 x 35 g)
whole wheat toast

1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

*Quick Steamed Fish Fillets with Potatoes and Asparagus

1 cup (250 mL) tossed salad with 1 tbsp (15 mL)

*Salt-Free Vinaigrette Salad Dressing

1/3 cup (80 mL) *Berry Cobbler with 3 tbsp (45 mL)
low-fat yogurt

Snacks

1/2 cup tomato juice

2 rye crackers

1 ½ oz (50 g) low fat cheese

DAY 3

Breakfast

1 ¼ cup (300 mL) *Sunny Orange Shake

1 *Pumpkin Raisin Muffin

Lunch

- 1 1/2 cup (375 mL) *Herbed Lentil and Barley Soup
- 1 small (35 g) whole wheat roll or 1/4 (35 g) naan
- 1 kiwifruit
- 1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

- 2 slices (100 g) *Meatloaf at Its Very Best
- 1/2 sweet potato
- 1 cup (250 mL) *Spinach Salad with Orange Sesame Dressing
- 1/3 cup (80 mL) *Berry Cobbler (leftover) with 3 tbsp (45 mL) low-fat yogurt

Snacks

- 1 oz. (30 g) cold cereal
- 1/2 cup (125 mL) low-fat milk or fortified soy beverage

DAY 4

Breakfast

- 1/2 cup (125 mL) orange juice
- 1 1/2 oz (50 g) cheese
- 2 slices (2 x 35 g) whole wheat toast

Lunch

- 1/2 (45 g) whole wheat bagel or 1 slice (35 g) whole wheat bread
- 1 cup (250 mL) *Spinach Salad with Orange Sesame Dressing (leftover from previous night)
- 1-2 sliced hard cooked eggs or 1/2 cup (125 mL) garbanzo beans
- 1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

- 1 serving (1/2 recipe) *Tuna Garden
- 1/2 cup (125 mL) peaches

Snacks

- 1/2 cup (125 mL) berries
- 1 oz. (30 g) cold cereal
- 3/4 cup (175 mL) low fat yogurt



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DAY 5

Breakfast

3 stewed prunes

3/4 cup (175 mL) rolled oats

1/2 cup (125 mL) low-fat milk or fortified soy beverage

1 slice (35 g) whole wheat toast

Lunch

1 serving (1/2 recipe) *Tuna Garden
(leftover from previous night)

1/2 cup (125 mL) fresh grapes

1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

1 serving (1/3 recipe) *Sweet and Sour Chicken and Vegetable
Casserole on 1/2 cup (125 mL) whole wheat couscous or
brown rice

1/2 cup (125 mL) steamed beans or asparagus

Snacks

2 rye crisps or whole wheat crackers

1 1/2 oz (50g) low-fat cheese

1 apple, sliced, dipped in 3 tbsp. (50 mL) low-fat yogurt spiced
with cinnamon

DAY 6

Breakfast

1/2 cup (125 mL) blueberries

1/2 cup (125 mL) low fat yogurt

1 small bran and raisin muffin

Lunch

3/4 cup (175 mL) baked beans (canned or homemade)

1 slice (35 g) whole wheat bread

1 cup (250 mL) tossed salad with 1 tbsp (15 mL)
*Salt-Free Vinaigrette Salad Dressing

1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

½ recipe *Tofu Stir Fry

on 1 cup (250 mL) brown rice or

1 ½ cups (375 mL) beef and vegetable stew with biscuit

½ cup (125 mL) custard

Snacks

3 graham wafers

1 ¼ cup (300 mL) *Sunny Orange Shake

DAY 7

Breakfast

1/2 cup (125 mL) orange juice

¾ cup (175 mL) cooked cereal

½ cup (125 mL) low-fat milk or fortified soy beverage

1 slice (35g) whole wheat toast

1 poached egg

Lunch

Salmon sandwich: 2 slices (2 x 35 g) whole wheat bread with
2½ oz (75 g) canned salmon, lettuce and tomato and light
dressing

½ recipe *Fresh Fruit and Nut Dessert

1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner

1 cup (250 mL) *Herbed Lentil and Barley Soup (from freezer)

1 (35 g) whole wheat roll

1 cup (250 mL) *Broccoli Salad

½ cup (125 mL) milk pudding or low-fat yogurt

Snacks

½ cup vegetable juice

2 rye crisps

1½ oz (50 g) low-fat cheese

* Recipe is in this guide – see Chapter 11.