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
¾ (175 mL) cup rolled oats
2 tbsp. (30 g) chopped nuts or seeds on cereal
½ cup (125 ml) low-fat milk or fortified soy beverage
1 slice (35 g) whole wheat toast

**Lunch**
¾ cup (175 mL) cottage cheese
½ cup (125 mL) fruit salad
1 *Pumpkin Raisin Muffin
1 cup (250 mL) low-fat milk or fortified soy beverage

**Dinner**
½ (90 g) breast roast chicken, no skin
1 small baked potato with 3 tbsp (45 mL) low-fat yogurt, bacon bits
½ cup (125 mL) carrots
½ cup (125 mL) broccoli
1 cup (250 mL) tossed salad with 1 tbsp (15mL) Salt-free vinaigrette salad dressing
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 ¼ (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
½ sweet potato
1 cup (250 mL) *Spinach Salad with Orange Sesame Dressing
1/3 cup (80 mL) *Berry Cobbler (leftover) with 3 tbsp (45mL)
low-fat yogurt

Snacks
1 oz. (30 g) cold cereal
½ cup (125 mL) low-fat milk or fortified soy beverage

DAY 4

Breakfast
½ cup (125 mL) orange juice
1 ½ oz (50 g) cheese
2 slices (2 x 35 g) whole wheat toast

Lunch
½ (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 ½ cup (125 mL)
garbanzo beans
1 cup (250 mL) low-fat milk or fortified soy beverage

Dinner
1 serving (1/2 recipe) *Tuna Garden
½ cup (125 mL) peaches

Snacks
1/2 cup (125 mL) berries
1 oz. (30 g) cold cereal
¾ cup (175 mL) low fat yogurt
DAY 5

Breakfast
3 stewed prunes
3/4 cup (175 mL) rolled oats
½ 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 ½ cup (125 mL) whole wheat couscous or brown rice
½ cup (125 mL) steamed beans or asparagus
Snacks
2 rye crisps or whole wheat crackers
1½ oz (50g) low-fat cheese
1 apple, sliced, dipped in 3 tbsp. (50 mL) low-fat yogurt spiced with cinnamon

DAY 6

Breakfast
½ cup (125 mL) blueberries
1/2 cup (125 mL) low fat yogurt
1 small bran and raisin muffin

Lunch
¾ 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 1/4 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.