

One-day meal plan



Creamy delights

Sometimes you just crave a **rich, smooth, silky dining experience**.

Enjoy this full day's meal plan with all the creamy satisfaction you could wish for – and none of the guilt!

The information in the content and tools are not intended as a medical diagnosis or treatment, or as a substitution for regular medical advice from your healthcare provider.

Swapping out ingredients will change the nutrition information per serving.

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Breakfast

Tofu skillet scramble

Ingredients

- 3 oz (1/3 package) extra-firm tofu
- 1/8 tsp turmeric
- 1 cup zucchini, chopped
- 1 Tbsp prepared pesto

Preparation

Makes: 1 serving

Chop zucchini into bite-size morsels. Press tofu with a paper towel to remove excess water, then mash it with a fork. Sauté tofu, turmeric, zucchini, and pesto in a nonstick skillet with oil for 6 minutes. Enjoy!



Save time and money using store-bought pesto instead of making it fresh.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
156	15 g	2 g	114 mg	3 mg	5 g	2 g	1 g	14 g	196 mg



Lunch

Veggie pita pocket with hummus

Ingredients

1 Tbsp hummus (store-bought)

½ cup romaine lettuce

1½ cups chopped veggies of your choice (cucumber, bell pepper, tomato, onion, etc.)

1 whole wheat pita bread

Preparation

Makes: 1 serving

Cut pita bread so it opens like a pocket. Spread the inside with hummus. Fill pocket with lettuce and your favourite veggies. Eat up!

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
297	6 g	0 g	362 mg	0 mg	50 g	9 g	5 g	12 g	585 mg



Snack

Savoury cottage cheese and tomatoes

Ingredients

- ½ cup cottage cheese
- ½ cup grape tomatoes, halved
- ½ Tbsp fresh herbs (like cilantro or green onion), roughly chopped
- Pinch of black pepper to taste

Preparation

- Makes: 1 serving
- Top cottage cheese with tomatoes and herbs. Sprinkle with a pinch of pepper. Stir and enjoy!



Get a nutrient boost. Cottage cheese is full of calcium — great for building strong bones!

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
145	5 g	2 g	345 mg	18 mg	8 g	2 g	7 g	14 g	439 mg



Dinner

Balsamic glazed chicken

Ingredients

1 lb chicken breasts
2 Roma tomatoes, diced or sliced
1 cup sliced mozzarella cheese
4 cups mixed greens
3 Tbsp fresh basil, sliced thin
1 tsp salt
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{2}$ cup balsamic vinegar
1 Tbsp extra-virgin olive oil

Preparation

Makes: 4 servings

Pound chicken breasts thin and trim the fat. Season each side of chicken with salt and pepper. Add 1 Tbsp olive oil to a skillet and heat over medium-high heat. Add chicken and cook 4-6 minutes per side. When chicken is cooked through, drizzle with balsamic vinegar and top with mozzarella and tomato. Turn off heat, put on the lid, and let cheese melt for a minute or two. Top with basil and serve with mixed greens.



Turn this dish vegetarian by swapping out the chicken for 12 oz (4 servings) of protein-rich tofu.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
497	24 g	7 g	443 mg	90 mg	28 g	9 g	6 g	40 g	695 mg



Dessert

Grilled avocado with strawberry and honey

Ingredients

Cooking spray

2 cups strawberries, hulled and quartered

1 Tbsp honey

2 small avocados, halved and pitted

2 Tbsp fresh mint, chopped

Preparation

Makes: 4 servings

In a small bowl, gently stir together strawberries and honey. Cover and refrigerate for 1-4 hours, stirring occasionally. When strawberries look like they have released their natural juices, preheat grill on medium high. Lightly spray each avocado half with cooking spray. Place avocados on grill and let cook for 1-2 minutes. Then rotate avocados so you get crisscross grill lines. Grill for another 1-2 minutes. Transfer the avocado halves to plates with the flesh side up. Remove the strawberry mixture from the refrigerator and fold in the mint. Spoon the strawberry mixture over each avocado half and serve.

Nutrition per serving

Calories	Fat	Sat.Fat	Sodium	Cholesterol	Carbs	Fibre	Sugars	Protein	Potassium
165	11 g	2 g	8 mg	0 mg	17 g	7 g	8 g	2 g	611 mg