

Weekly Menu Planner

| Main Meal Ideas | Notes: (e.g. grocery items, prep time) | Balance Check |
|-----------------|---|--|
| | | <input type="checkbox"/> Fruit/Veg (x2) <input type="checkbox"/> Grain/Starch <input type="checkbox"/> Protein |
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Breakfast ideas:

Lunch Ideas:

Snack Ideas:



Nicole Pin, Registered Dietitian

nicole.pin@uwaterloo.ca

<https://uwaterloo.ca/food-services/> | @uwaterloofood



Having trouble getting started? Check out the example below:

| Main Meal Idea | Notes: (e.g. grocery items, prep time) | Balance Check |
|---|---|--|
| SUNDAY: Homemade turkey burger, Wholegrain bun, Green salad | <ul style="list-style-type: none"> - Make burgers on Sunday (30 min) - Add buns to grocery list - Leftover burgers for lunch Monday and Tuesday | <input type="checkbox"/> Fruit/Veg (x2) <input type="checkbox"/> Grain/Starch <input type="checkbox"/> Protein |
| TUESDAY: Chickpea and veggie stir fry, Quinoa, Broccoli | <ul style="list-style-type: none"> - Make on Tuesday (30 min) - Pre-cook quinoa night before (20 min) - Use frozen broccoli - Leftovers for Wednesday night dinner | <input type="checkbox"/> Fruit/Veg (x2) <input type="checkbox"/> Grain/Starch <input type="checkbox"/> Protein |
| THURSDAY: Pita pizzas (pita, cheese, sauce, veggies) Vegetable sticks and hummus | <ul style="list-style-type: none"> - Make on Thursday (20 min) - Add pitas to grocery list - Take out sauce from freezer night before - Leftovers for Lunch Friday | <input type="checkbox"/> Fruit/Veg (x2) <input type="checkbox"/> Grain/Starch <input type="checkbox"/> Protein |

* Monday- class late, grab dinner on campus, Friday- out with friends for dinner.

Breakfast ideas:

Peanut butter banana overnight oats (prep on Sunday for Monday-Wednesday)

Scrambled egg wraps (make for Thursday and Friday)

Lunch Ideas:

Leftovers from dinner (Monday, Tuesday and Friday)

Tuna sandwich (Wednesday, Thursday)

Snack Ideas:

- Yogurt with frozen berries
- Carrot sticks and hummus
- Granola bar with apple

