





How to Balance a Meal

Day 1: Less Balanced	
Breakfast	
<p>Bagel BELT (bacon, egg & processed cheese)</p> <p>Drink: Large coffee "double double"</p>	
Lunch	
<p>Ham & swiss sandwich -on rye bread -with mayonnaise & butter</p> <p>+ Chocolate pudding</p> <p>Drink: Iced tea</p>	

Day 2: More Balanced	
Breakfast	
<p>Piece of fruit + Lower-sugar granola bar (e.g. KIND or Nature Valley)</p> <p>Drink: Black coffee or with milk +/- sweetener</p>	
Lunch	
<p>Sandwich or wrap (Tuna, egg salad or roast chicken) -on whole wheat -with mayonnaise & mustard</p> <p>+ Yogurt</p> <p>Drink: Water, sparkling water, or hot tea</p>	

Day 1: Less Balanced

Afternoon Snack

Chocolate coated granola bar

Drink: Medium iced cappuccino made with cream



Supper

Macaroni & cheese



Evening Snack

Microwave popcorn



Day 2: More Balanced

Afternoon Snack

Whole wheat crackers

+ 1 slice cheese
+ Snap peas & carrots with ranch

Drink: Iced coffee made with milk



Supper

Macaroni & cheese

+ Frozen peas
+ Canned tuna or kidney/black beans







Evening Snack






Air popped popcorn
or BoomChickaPop (sea salt flavour)



Recipe Makeover

Whether it's a family favourite or a brand new recipe, there are ways to make your recipes more nutritious without affecting the overall quality and taste.

<p>Original Recipe</p> <p>Pizza Chicken served with White Rice</p>	<p>Recipe Makeover</p> <p>Pizza Chicken served with Quinoa/Wild Rice and Mixed Vegetables</p>
	
<p>Ingredients</p>	<p>Ingredients (<i>changes in italics</i>)</p>
<p>½ cup seasoned bread crumbs</p>	<p><i>Skip the breading or Use crushed bran cereal flakes (instead of bread crumbs)</i></p> <p>-Higher fibre -Lower sodium</p> 
<p>¼ cup grated Parmesan cheese</p>	<p>¼ cup grated Parmesan cheese (no change)</p>
<p>1 teaspoon salt</p>	<p><i>1 teaspoon Italian seasoning (instead of adding salt)</i></p> <p>-Lower sodium</p> 
<p>1 teaspoon black pepper</p>	<p>1 teaspoon black pepper (no change)</p>
<p>½ cup all-purpose flour</p>	<p>½ cup all-purpose flour</p>
<p>1 egg</p>	<p>1 egg</p>
<p>1 tablespoon lemon juice</p>	<p>1 tablespoon lemon juice</p>
<p>2 chicken breasts (skin-on)</p>	<p><i>2 boneless, skinless chicken breasts</i></p> <p>-Lower saturated fat</p>

<p>½ cup pizza sauce, divided</p>	<p>½ cup <i>low sodium tomato sauce or tomato paste</i></p> <p>-Lower sodium</p> 
<p>½ cup shredded mozzarella cheese, divided (25% M.F. or more)</p>	<p>½ cup <i>shredded light mozzarella cheese (20% M.F. or less)</i></p> <p>-Lower saturated fat</p> 
<p>4 slices pepperoni</p>	<p>4 slices <i>PC Blue Menu Stone Roasted Ham (extra lean)</i></p> <p>-Lower sodium and saturated fat</p> 
<p>Minute Rice (instant white rice)</p>	<p><i>Quinoa, wild rice or parboiled rice</i></p> <p>-Higher fibre</p> 
	<p><i>Frozen mixed vegetables served on the side</i></p> <p>-Higher fibre -Lower sodium and saturated fat</p> 

<p>Directions Makes: 2 servings</p>	
<ol style="list-style-type: none"> 1. Preheat oven to 400°F. 2. Combine bran cereal, Parmesan cheese, Italian seasoning, and pepper in a shallow bowl. Place flour in a second bowl. Whisk egg and lemon juice together in a third bowl. 3. Dip each chicken breast in the egg mixture and then coat with flour. Dip in egg mixture again and then coat with the cereal mixture. 4. Place coated chicken breasts into a baking dish. Bake until chicken is heated through and cereal crumbs are golden, about 20 minutes. 5. Spoon ¼ cup of tomato sauce onto each chicken breast. Sprinkle each chicken breast with half the mozzarella cheese and top with 2 ham slices. 6. Bake until chicken is no longer pink inside and juices run clear, about 10 more minutes. An instant-read thermometer inserted into the thickest part of a breast should read at least 165°F (74°C). 	