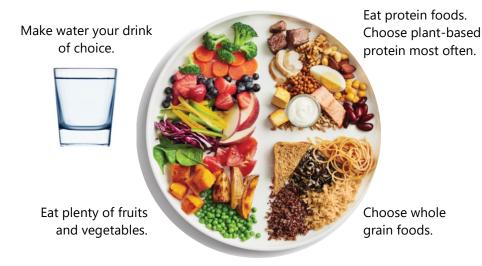
TIME FOR CHANGE

REAL PLATES FOR REAL LIFE

THE NEW CANADA FOOD GUIDE: **EAT WELL PLATE**



Healthy eating doesn't have to be complicated. Not all of your meals have to look like this. Use the Eat Well Plate as a tool to create healthy meals and snacks. Find more information on the Canada Food Guide here: https://food-guide.canada.ca/en/

Breakfast	Lunch	Dinner	1. In a large saucepan, co onion, mushrooms, and ga
 Whole wheat toast, almond butter, and shredded apple Blueberries and bananas with Greek yogurt, oats, and hemp seeds Omelette with green peppers, spinach, mushrooms, and feta cheese Half of a whole grain bagel and a strawberry smoothie with almond milk & plant-based protein powder 	 Green salad with vegetables topped with salmon and quinoa Homemade soup: vegetable, chicken noodle, minestrone Grilled vegetable sandwich with hummus on whole grain bread Raw carrots and snap peas, guacamole and a handful of almonds 	 Vegetable stir-fry with tofu served on whole grain rice Whole grain pasta with lentil-based sauce and spinach, peppers, and mushrooms Vegetable salad with falafel Blackened fish with wild rice, roasted broccoli, and sweet potato Chili with mixed beans, peppers, corn, and quinoa 	 in oil until tender. 2. Add lentils and broth. 3. Cover and cook on low he until lentils are tender (20-minutes). 4. Add tomato paste, 3/4 c water and all seasonings. 5. Cover and cook until lentils a soft and mushy (about 10-minutes). 6. Serve over cooked whole graspaghetti with a side of free greens or steamed vegetabl Nutrition info per 189g serving: Cal 161 Fat 3 Chol 0mg Sod 408mg Carb 26g Fiber 4.9g Sugars 4g Pro 9.4g

Sources: https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/#section-2 https://www.food.com/recipe/lentil-spaghetti-sauce-56624



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ILY-FRIENDLY LENTIL SPAGHETT



Ingredients

- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic, minced 1 cup uncooked red lentils
- 1 cup mushrooms
- 2 cups vegetable broth
- 1 can tomato paste
- ³/₄ cup water
- 1 tbsp chopped fresh parsley (or
- 1 tsp dried)
- 1/2 tsp dried oregano
- ¹/₂ tsp salt
- 1 pinch cayenne (optional)

Directions

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