

TIME FOR CHANGE

REAL PLATES FOR REAL LIFE

THE NEW CANADA FOOD GUIDE: EAT WELL PLATE

Make water your drink of choice.



Eat plenty of fruits and vegetables.



Eat protein foods. Choose plant-based protein most often.

Choose whole grain foods.

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
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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



FAMILY-FRIENDLY LENTIL SPAGHETTI

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

1. In a large saucepan, cook onion, mushrooms, and garlic in oil until tender.
2. Add lentils and broth.
3. Cover and cook on low heat until lentils are tender (20-35 minutes).
4. Add tomato paste, 3/4 cup water and all seasonings.
5. Cover and cook until lentils are soft and mushy (about 10-15 minutes).
6. Serve over cooked whole grain spaghetti with a side of fresh greens or steamed vegetables.

Nutrition info per 189g serving: Cal 161 | Fat 3g | 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>