

# Recipes

## Strawberry Pancakes

Makes 14 pancakes



### INGREDIENTS

- 1 cup whole wheat flour
- 1/2 cup all purpose flour
- 2 tbsp granulated sugar
- 2 tsp baking powder
- Pinch ground cinnamon
- 1 1/2 cups skim milk
- 1 egg
- 2 tbsp canola oil
- 2 tsp vanilla
- 1 cup diced fresh strawberries

### DIRECTIONS

- In a large bowl, whisk together whole wheat flour and all purpose flour, sugar, baking powder and cinnamon.
- In another bowl, whisk together milk with egg, oil and vanilla. Pour over flour mixture and stir to combine. Stir in strawberries.
- Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat.
- Using 60 mL (1/4 cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until bubbles start to appear on top. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.

## Apple Pie Oatmeal



### INGREDIENTS

- 2 1/2 cups skim milk
- 1 cup water
- 1 1/3 cups large flake oats
- 1/3 cup wheat germ
- 2 tbsp packed brown sugar
- 1/2 tsp pumpkin pie spice or ground cinnamon
- 1 apple, cored and diced
- 2 tbsp dried cranberries (optional)

### DIRECTIONS

- In a large saucepan, bring milk and water to a gentle boil over medium-high heat. Stir in oats and wheat germ.
- Reduce heat to medium-low heat; stir in sugar and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.
- Remove from heat and stir in apple and cranberries, if using. Cover and let stand for 5 minutes before serving.

# Meal Planning



## Save Time, Money + Reduce Stress

Meal planning is a great way to eat well on a budget. If you haven't tried meal planning before, start by using "Dinner Menus for the Week" (found in session four of your handbook) or by following the meal plan in this handout.

## Tips for Meal Planning

- **Choose Variety:** Include a variety of healthy foods everyday. Eat plenty of vegetables and fruit, whole grain foods and protein foods. Refer back to the plate snapshot in session one of your handbook.
- **Check Your Pantry + Fridge:** Look for recipes that use ingredients you have on hand.
- **Cook with Seasonal Ingredients:** Consider what is in season when choosing a recipe. These items may cost less and will support your local farmers.
- **Shop the Flyers:** Use your local grocery store flyer as inspiration for what to cook.
- **Make a List:** Determine what ingredients are needed to make your recipes and make a grocery list. Stick to the list at the store to avoid marketing ploys!
- **Make Leftovers:** Prepare extra food that you can easily reheat for mid-week meals or freeze portions for later use.



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# 7 Day Meal Plan

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"><li>• Raisin Bran Muffin</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• Strawberry Pancakes*</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• Apple Pie Oatmeal*</li></ul>	<ul style="list-style-type: none"><li>• <b>Strawberry Smoothie</b></li><li>• Whole grain English muffin, toasted and topped with nut or seed butter</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Apple Pie Oatmeal</li></ul>	<ul style="list-style-type: none"><li>• Raisin Brain Muffin</li><li>• Yogurt</li></ul>	<ul style="list-style-type: none"><li>• <b>Strawberry Smoothie</b></li><li>• Whole grain English muffin, toasted and topped with nut or seed butter</li></ul>
SNACK	<ul style="list-style-type: none"><li>• <b>Hummus with Baked Pita Chips or Raw Vegetables</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Hummus + Vegetables</li></ul>	<ul style="list-style-type: none"><li>• Yogurt</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• <b>Lunchbox Granola Bar</b></li></ul>	<ul style="list-style-type: none"><li>• Whole grain crackers</li><li>• Lower-fat cheddar cheese</li></ul>	<ul style="list-style-type: none"><li>• <b>Strawberry Smoothie</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Raisin Bran Muffin</li></ul>
LUNCH	<ul style="list-style-type: none"><li>• <b>Marvelous Minestrone</b></li><li>• Whole grain bun</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Whole Wheat Vegetable Pizza</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Marvelous Minestrone Soup</li><li>• <b>Leftover</b> Raisin Bran Muffin</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Stir-Fried Tofu with Vegetables and Brown Basmati Rice</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Skillet Lasagna</li><li>• Whole grain bun</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Spinach Frittata</li><li>• <b>Leftover</b> Roasted Vegetables</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Black Bean Quesadillas</li><li>• Salsa and Greek Yogurt</li></ul>
SNACK	<ul style="list-style-type: none"><li>• Fruit</li><li>• Nut or seed butter</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Raisin Bran Muffin</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Hummus + Vegetables</li></ul>	<ul style="list-style-type: none"><li>• Yogurt</li></ul>	<ul style="list-style-type: none"><li>• <b>Leftover</b> Hummus + Vegetables</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• Hard-boiled egg</li><li>• Fruit</li></ul>	<ul style="list-style-type: none"><li>• Yogurt</li><li>• Fruit</li></ul>
DINNER	<ul style="list-style-type: none"><li>• <b>Whole Wheat Vegetable Pizza</b></li><li>• Spinach Salad</li><li>• Fruit Salad</li></ul>	<ul style="list-style-type: none"><li>• <b>Stir-Fried Tofu with Vegetables</b></li><li>• <b>Brown Basmati Rice</b> (make extra rice for leftovers)</li></ul>	<ul style="list-style-type: none"><li>• <b>Skillet Lasagna</b></li><li>• Fresh Green Salad</li><li>• <b>Chocolate Pudding</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Spinach Frittata</b></li><li>• <b>Roasted Vegetables</b></li><li>• <b>Leftover</b> Chocolate Pudding</li></ul>	<ul style="list-style-type: none"><li>• <b>Black Bean Quesadillas</b></li><li>• Salsa and Greek yogurt</li><li>• <b>Leftover</b> Lunchbox Granola Bar</li></ul>	<ul style="list-style-type: none"><li>• <b>Chicken Strips</b></li><li>• <b>Over Baked Fries</b></li><li>• <b>Caesar Salad</b></li></ul>	<ul style="list-style-type: none"><li>• <b>Salmon Chowder</b></li><li>• Fresh Green Salad</li><li>• <b>Peach Berry Cobbler</b></li></ul>