

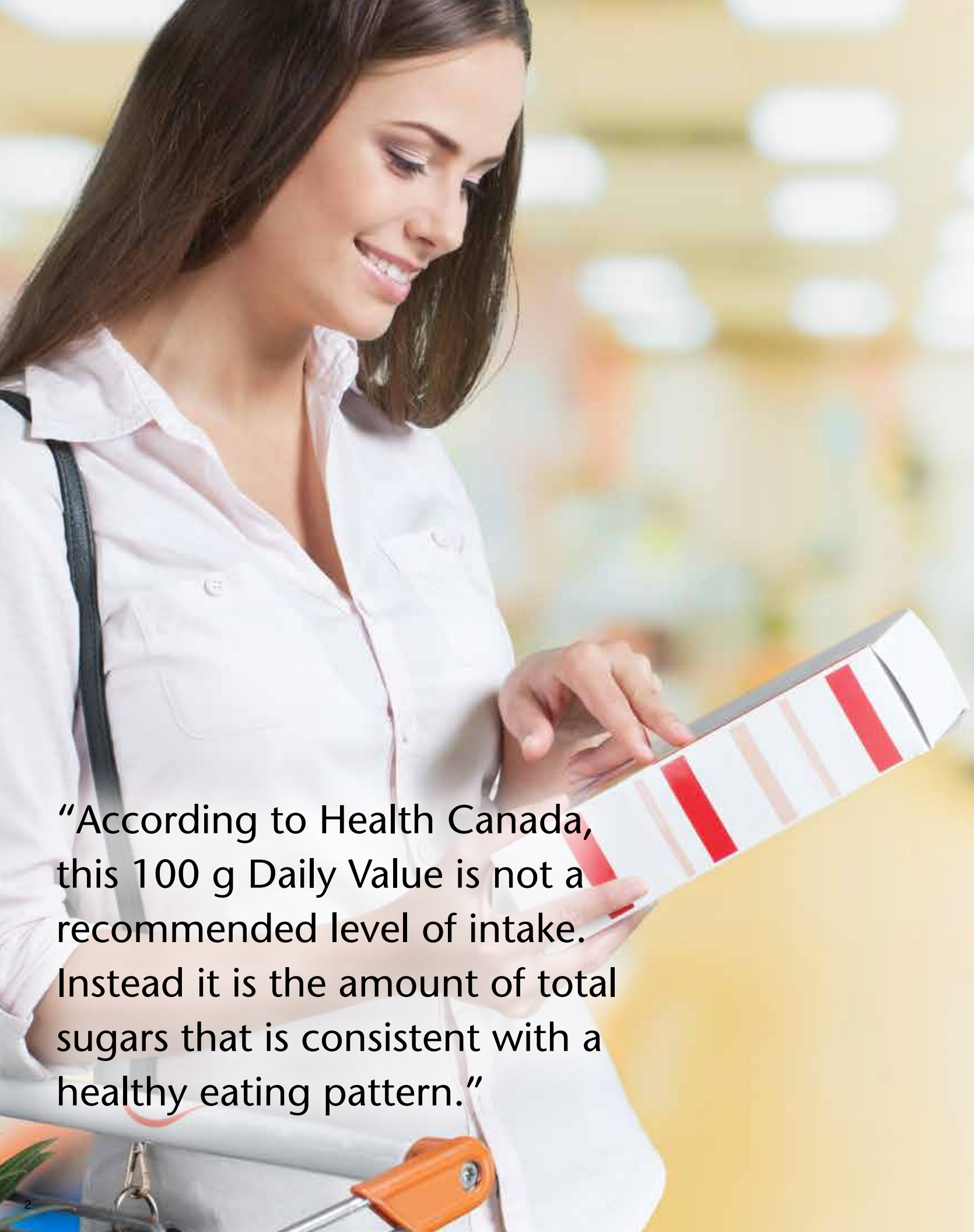


# THE SWEET SPOT CHALLENGE

## A COMPILATION OF DAILY MENUS

BASED ON THE 100 GRAM DAILY  
VALUE FOR SUGARS

This booklet was compiled by the dietitians of the Canadian Sugar Institute, Nutrition Information Service. All one day-meal plans were submitted by dietitians, dietetic students and other nutrition professionals.



# BACKGROUND ON SUGARS LABELLING

Did you know? The Canadian government is making several important changes to the Nutrition Facts table and List of Ingredients on food labels. The food industry has until 2022 to make these changes.

However, you may be seeing these new food labels appear on certain products right now! That's why we believe it's important for Canadians to learn and understand what these changes means.

ORIGINAL		NEW	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>		<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Per 250 mL / par 250 mL		Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne		% Daily Value* % valeur quotidienne*
<b>Calories / Calories 110</b>		<b>Calories 110</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>	<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %	Saturated / saturés 0 g	0 %
+ Trans / trans 0 g		+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>		<b>Carbohydrate / Glucides 26 g</b>	
<b>Sodium / Sodium 0 mg</b>	<b>0 %</b>	Fibre / Fibres 0 g	0 %
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>	<b>Sugars / Sucres 14 g</b>	<b>14 %</b>
Fibre / Fibres 0 g	0 %	<b>Protein / Protéines 2 g</b>	
Sugars / Sucres 14 g		<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Protein / Protéines 2 g</b>		<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Vitamin A / Vitamine A</b>	<b>0 %</b>	Potassium 450 mg	10 %
<b>Vitamin C / Vitamine C</b>	<b>120 %</b>	Calcium 30 mg	2 %
<b>Calcium / Calcium</b>	<b>2 %</b>	Iron / Fer 0 mg	0 %
<b>Iron / Fer</b>	<b>0 %</b>	* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

“According to Health Canada, this 100 g Daily Value is not a recommended level of intake. Instead it is the amount of total sugars that is consistent with a healthy eating pattern.”

A cornerstone of the changes to food labelling is providing additional information on sugars, including the addition of a Daily Value for total sugars in the Nutrition Facts table.

- Total sugars includes both sugars naturally occurring in fruits, vegetables, and milk products, as well as sugars that are added to foods (e.g. sugar, brown sugar, glucose-fructose (i.e. high-fructose corn syrup), honey, maple syrup, concentrated fruit juice)
- The Daily Value of 100 grams of total sugars is equivalent to 20% of a 2,000 Calorie diet. According to Health Canada, “this value is not a recommended level of intake.” You do not need to aim to eat 100 grams of sugars per day! “Instead it is the amount of total sugars that is consistent with a healthy eating pattern”.<sup>1</sup>
- The % Daily Value for total sugars has been included to help consumers
  - Compare the sugars content per serving of different foods, and
  - Understand the relative amount of sugars in the context of total daily consumption.

<sup>1</sup> www.canada.ca/en/health-canada/services/nutrients/sugars.html



# ABOUT THE SWEET SPOT CHALLENGE

We, the dietitians at the Canadian Sugar Institute, realize that introducing a Daily Value for sugars will impact the way consumers understand food labels and may introduce some confusion and questions. For example, can their favourite foods still fit?

That's why we put a call out across the country to participate in the Sweet Spot Challenge, to find out what this new 100 gram Daily Value for total sugars (both naturally occurring and added) looks like for Canadians, who all have different eating habits.

Dietitians, dietetic students, and nutrition professionals were asked to create an example one-day menu plan that incorporates the new 100 gram Daily Value for total sugars as part of a 2,000 Calorie diet (or if the total energy intake was higher or lower than 2,000 Calories, that total sugars make up about 20% of Calories).

Participants were asked to include a variety of foods and beverages, to be mindful of general recommendations to limit sodium and saturated fats, and to consider different consumers' dietary habits and lifestyles. For example, what might 100 grams of sugars look like for a 9-5'er, a young athlete, or an older adult?

We've compiled all the submissions into this booklet to share a wide variety of visual samples of what 100 grams of sugars per day can look like as part of a 2,000 Calorie meal plan!

If you feel inspired, feel free to create your own sample meal plan and share with us at [cdiangelo@sugar.ca](mailto:cdiangelo@sugar.ca).



Breakfast (485 Calories)	
Carbohydrate	77 g
Sugars	42 g
Fibre	11 g
Total Fat	14 g
Saturated Fat	3 g
Protein	18 g
Sodium	125 mg

Lunch (490 Calories)	
Carbohydrate	47 g
Sugars	7 g
Fibre	10 g
Total Fat	28 g
Saturated Fat	7 g
Protein	18 g
Sodium	548 mg

Dinner (427 Calories)	
Carbohydrate	83 g
Sugars	13 g
Fibre	16 g
Total Fat	3 g
Saturated Fat	1 g
Protein	18 g
Sodium	573 mg

Snacks (623 Calories)	
Carbohydrate	64 g
Sugars	33 g
Fibre	5 g
Total Fat	33 g
Saturated Fat	10 g
Protein	25 g
Sodium	432 mg

**Breakfast – Pumpkin Pie Oatmeal**

Oatmeal, large flakes, cooked	¾ cup (175 mL)
Pumpkin Puree, canned	100 mL (104 g)
Cinnamon, ground	1 tbsp (15 mL)
Maple Syrup	2 tbsp (30 mL)
Almonds, raw	2 tbsp (30 mL)
Milk, 1%	1 cup (250 mL)

**Lunch – Falafel Salad**

Romaine Lettuce, shredded	1 cup (250 mL)
Cherry Tomatoes	100 mL (63 g)
Cucumber, chopped	100 mL (50 g)
Tahini	1 tbsp (15 mL)
Olive Oil	1 tsp (5 mL)
Lemon Juice	2 tbsp (30 mL)
Falafel, homemade	3 pieces (51 g)
Whole Wheat Pita	½ pita (32 g)
Feta Cheese, crumbled	⅓ cup (25 g)

**Dinner – Loaded Mexican**

Sweet Potato, baked	1 medium sweet potato (130 g)
Quinoa, cooked	½ cup (125 mL)
Black Beans, boiled from dry	⅔ cup (150 mL)
Bell Peppers, chopped	100 mL (63 g)
Sour Cream, light	1 tbsp (15 mL)
Salsa	¼ cup (60 mL)
Lime Juice	1 tsp (5 mL)

**Snacks**

Banana	1 large banana (136 g)
Peanut Butter, natural	2 tbsp (30 mL)
Milk, 1%	1 cup (250 mL)
Crackers	6 crackers (22 g)
Cheddar Cheese	25 g (0.9 oz)

# MEATLESS MONDAY

Contributed by Clare Wagner, MAN, RD (Guelph, ON)

**Full Day Summary**

Calories	2,025
Carbohydrate	271 g
Sugars	95 g (19% energy)
Fibre	42 g
Total Fat	78 g
Saturated Fat	21 g
Protein	79 g
Sodium	1,678 mg



# SUNDAY DINNER

Contributed by Danielle Battram, PhD, RD (Brescia University College)

## Full Day Summary

Calories	1,726
Carbohydrate	188 g
Sugars	85 g (19% energy)
Fibre	30 g
Total Fat	75 g
Saturated Fat	27 g
Protein	84 g
Sodium	1,458 mg

Breakfast (241 Calories)	
Carbohydrate	39 g
Sugars	21 g
Fibre	6 g
Total Fat	5 g
Saturated Fat	2 g
Protein	13 g
Sodium	197 mg

Lunch (524 Calories)	
Carbohydrate	52 g
Sugars	15 g
Fibre	11 g
Total Fat	24 g
Saturated Fat	9 g
Protein	25 g
Sodium	838 mg

Dinner (585 Calories)	
Carbohydrate	55 g
Sugars	19 g
Fibre	6 g
Total Fat	25 g
Saturated Fat	12 g
Protein	37 g
Sodium	272 mg

Snacks (376 Calories)	
Carbohydrate	42 g
Sugars	30 g
Fibre	7 g
Total Fat	21 g
Saturated Fat	4 g
Protein	10 g
Sodium	151 mg

## Breakfast – Oatmeal & Greek Yogurt

Instant Oatmeal, sugared	1 package (100 g)
Blueberries	½ cup (125 mL)
Greek Yogurt, plain, 2%	⅓ cup (80 mL)
Cinnamon, ground	1 tsp (5 mL)
Coffee, black	1 cup (250 mL)
Cream (Half and Half)	1 tbsp (15 mL)

## Lunch – Chopped Salad with Chicken

Herbal Tea, black	1 cup (250 mL)
Romaine Lettuce, chopped	1.5 cups (375 mL)
Chicken Breast, cooked	38 g (1.25 oz)
Chickpeas	½ cup (125 mL)
Red Pepper, chopped	¼ cup (60 mL)
Carrots, chopped	¼ cup (60 mL)
Cucumber, chopped	¼ cup (60 mL)
Italian Salad Dressing	2 tbsp (30 mL)
Whole Wheat Roll	1 roll (43 g)
Butter	1 tbsp (15 mL)

## Dinner – Steak & Potatoes

Steak, cooked	75 g (2.5 oz)
Potato, baked, with skin	1 medium potato (173 g)
Butter	1 tbsp (15 mL)
Asparagus, grilled	½ cup (125 mL)
Yellow Zucchini, grilled	½ cup (125 mL)
Olive Oil	½ tbsp (7.5 mL)

## Snacks

Frozen Yogurt, Chocolate	½ cup (125 mL)
Apple	1 small apple (101 g)
Mixed nuts, roasted, salted	¼ cup (60 mL)
Water	1.5 cups (375 mL)
Lemon Wedge	1 wedge (7 g)



# PESCATARIAN

Contributed by Catherine Gagnon, RD  
(Centre de sante communautaire de l'Estrie)

## Full Day Summary

Calories	2,061
Carbohydrate	262 g
Sugars	95 g (18% energy)
Fibre	46 g
Total Fat	67 g
Saturated Fat	16 g
Protein	94 g
Sodium	2,278 mg

Breakfast (513 Calories)	
Carbohydrate	70 g
Sugars	40 g
Fibre	8 g
Total Fat	18 g
Saturated Fat	4 g
Protein	23 g
Sodium	347 mg

Lunch (589 Calories)	
Carbohydrate	75 g
Sugars	8 g
Fibre	27 g
Total Fat	21 g
Saturated Fat	7 g
Protein	34 g
Sodium	826 mg

Dinner (604 Calories)	
Carbohydrate	51 g
Sugars	6 g
Fibre	5 g
Total Fat	19 g
Saturated Fat	3 g
Protein	32 g
Sodium	864 mg

Snacks (355 Calories)	
Carbohydrate	66 g
Sugars	40 g
Fibre	6 g
Total Fat	9 g
Saturated Fat	3 g
Protein	5 g
Sodium	241 mg

## Breakfast – Peanut Butter Toast & Yogurt

Toast, 60% whole wheat	2 slices (46 g)
Peanut Butter, smooth, fat and sugar added	2 tbsp (30 mL)
Strawberries, whole, raw	1 cup (250 mL)
Greek Yogurt, fruit flavoured, 0%	1 container (100 g)
Coffee with Honey	1 cup, 1 tbsp (15 mL)

## Lunch – Taco Salad

Romaine Lettuce, shredded	1 cup (250 mL)
Plum Tomato, chopped	1 tomato (62 g)
Cilantro, fresh, chopped	1 tbsp (15 mL)
Sweet Corn, kernels, boiled and drained from frozen	½ cup (125 mL)
Black Beans, canned, no salt added, drained	1 cup (250 mL)
Salsa	¼ cup (60 mL)
Avocado, diced	½ avocado (101 g)
Shredded Cheddar Cheese, reduced fat	100 mL (48 g)

## Dinner – Mediterranean Tuna Pasta with Caesar Salad

Tuna, light, canned in water, drained, unsalted	75 g (2.5 oz)
Spaghetti, enriched, cooked	¾ cup (100 g)
Olives, canned	2 tbsp (30 mL)
Plum Tomato, diced	1 tomato (62 g)
Caesar Salad, homemade	1 cup (250 mL)
Caesar Salad Dressing, fat-free	1 tbsp (15 mL)
Table Wine, 11.5% alcohol	150 mL (5 oz)

## Snacks

Pineapple, raw, diced	½ cup (125 mL)
Watermelon, raw, diced	½ cup (125 mL)
Popcorn, air-popped	2 cups (500 mL)
Chocolate Chip Cookies, packaged	2 medium cookies (28 g)
Almond Milk, enriched, vanilla-flavoured	1 cup (250 mL)
Water	6 cups (1.5 L)



# WORKOUT WEDNESDAY

Contributed by Kaitlin Roke, PhD (Kelowna, BC)

## Full Day Summary

Calories	2,394
Carbohydrate	255 g
Sugars	121 g (20% energy)
Fibre	49 g
Total Fat	115 g
Saturated Fat	33 g
Protein	94 g
Sodium	1,890 mg

Breakfast (572 Calories)	
Carbohydrate	64 g
Sugars	27 g
Fibre	18 g
Total Fat	21 g
Saturated Fat	4 g
Protein	26 g
Sodium	138 mg

Lunch (363 Calories)	
Carbohydrate	37 g
Sugars	5 g
Fibre	16 g
Total Fat	14 g
Saturated Fat	2 g
Protein	27 g
Sodium	538 mg

Dinner (529 Calories)	
Carbohydrate	15 g
Sugars	14 g
Fibre	1 g
Total Fat	39 g
Saturated Fat	13 g
Protein	28 g
Sodium	748 mg

Snacks (930 Calories)	
Carbohydrate	139 g
Sugars	75 g
Fibre	14 g
Total Fat	41 g
Saturated Fat	14 g
Protein	13 g
Sodium	466 mg

## Breakfast – Granola & Greek Yogurt

Greek Yogurt, fruit-flavoured, 2%	¾ cup (175 mL)
Granola, ready-to-eat	½ cup (125 mL)
Flaxseed, whole	2 tbsp (30 mL)
Chia Seeds	2 tbsp (30 mL)
Pumpkin Seeds, raw	2 tbsp (30 mL)

## Lunch – Tuna Taco Salad

Black Beans, canned, drained, reduced sodium	½ cup (125 mL)
Cherry Tomatoes, sliced	1 cup (250 mL)
Avocado, diced	½ avocado (101 g)
Tuna, white, canned with water, drained, unsalted	65 g (2.3 oz)
Chili Seasoning Mix	1 tbsp (15 mL)

## Dinner – Fried Eggs

Eggs, fried	2 eggs (92 g)
Olive Oil	1 tbsp (15 mL)
Hot Sauce	1 tsp (5 mL)
Spinach	1 cup (250 mL)
Milk, 1%	1 cup (250 mL)
Cheddar Cheese	28 g (50 mL)

## Snacks

Chocolate-Chip Cookies, packaged	2 cookies (28 g)
Apple, gala	1 medium apple (172 g)
Milk Chocolate	45 g (1.6 oz)
Cashews, raw	2 tbsp (30 mL)
Potato Chips, BBQ flavour	1 small bag (43 g)
Banana	1 medium banana (118 g)
Baby Carrots	1 cup (250 mL)



# HEARTY MORNING

Contributed By Alyssa Teed (Mount Saint Vincent University)

## Full Day Summary

Calories	1,804
Carbohydrate	226 g
Sugars	94 g (21% energy)
Fibre	32 g
Total Fat	58 g
Saturated Fat	17 g
Protein	107 g
Sodium	2,216 mg

Breakfast (549 Calories)	
Carbohydrate	75 g
Sugars	39 g
Fibre	8 g
Total Fat	21 g
Saturated Fat	4 g
Protein	22 g
Sodium	127 mg

Lunch (544 Calories)	
Carbohydrate	56 g
Sugars	12 g
Fibre	14 g
Total Fat	25 g
Saturated Fat	10 g
Protein	26 g
Sodium	1,270 mg

Dinner (344 Calories)	
Carbohydrate	35 g
Sugars	6 g
Fibre	5 g
Total Fat	6 g
Saturated Fat	1 g
Protein	37 g
Sodium	620 mg

Snacks (367 Calories)	
Carbohydrate	60 g
Sugars	37 g
Fibre	5 g
Total Fat	6 g
Saturated Fat	2 g
Protein	22 g
Sodium	199 mg

## Breakfast – Oatmeal

Oatmeal, quick-oats, cooked	¾ cup (175 mL)
Peanut Butter, natural	2 tbsp (30 mL)
Banana, sliced	100 mL (63 g)
Strawberries, sliced	100 mL (70 g)
Maple Syrup	1 tbsp (15 mL)
Coffee, black	1 cup (250 mL)
Milk, 1%	1 cup (250 mL)

## Lunch – Chicken & Avocado Sandwich

Multigrain Bread, toasted	2 slices (68 g)
Butter	1 tbsp (15 mL)
Chicken Breast, deli	4 slices (74 g)
Avocado, sliced	100 mL (62 g)
Onion, chopped	¼ cup (60 mL)
Tomato, sliced	100 mL (76 g)
Baby Carrots, raw	8 carrots (80 g)

## Dinner – Fish, Rice, & Veggies

Wild Rice, cooked	½ cup (125 mL)
Haddock, baked	150 g (5 oz)
Asian Vegetable Mix, boiled from frozen	1 cup (250 mL)
Tartar Sauce	2 tbsp (30 mL)

## Snacks

Granola Bar, yogurt-coated, fruit-flavoured	1 bar (35 g)
Greek Yogurt, vanilla-flavoured, 0% Blueberries	1 container (100 g) ½ cup (125 mL)
Popcorn, low-salt, low-fat	1 cup (250 mL)





# TRIP TO GREECE

Contributed by Alyssa Vets (University of Guelph)

## Full Day Summary

Calories	2,008
Carbohydrate	252 g
Sugars	101 g (20% energy)
Fibre	46 g
Total Fat	92 g
Saturated Fat	23 g
Protein	75 g
Sodium	1,553 mg

Breakfast (364 Calories)	
Carbohydrate	56 g
Sugars	23 g
Fibre	12 g
Total Fat	13 g
Saturated Fat	4 g
Protein	9 g
Sodium	18 mg

Lunch (498 Calories)	
Carbohydrate	58 g
Sugars	16 g
Fibre	12 g
Total Fat	25 g
Saturated Fat	9 g
Protein	20 g
Sodium	1,278 mg

Dinner (502 Calories)	
Carbohydrate	50 g
Sugars	7 g
Fibre	13 g
Total Fat	27 g
Saturated Fat	6 g
Protein	21 g
Sodium	195 mg

Snacks (644 Calories)	
Carbohydrate	88 g
Sugars	55 g
Fibre	9 g
Total Fat	27 g
Saturated Fat	4 g
Protein	25 g
Sodium	62 mg

## Breakfast – Oatmeal & Berries

Large Flake Oats, cooked	¾ cup (175 mL)
Coconut Beverage, unsweetened, enriched	½ cup (125 mL)
Maple Syrup	1 tbsp (15 mL)
Blueberries, frozen	½ cup (125 mL)
Raspberries, frozen	½ cup (125 mL)
Peanut Butter, natural	1 tbsp (15 mL)

## Lunch – Greek Salad & Roll

Spring Mix Salad	1 cup (250 mL)
Cherry Tomatoes	100 mL (63 g)
Cucumber, sliced	100 mL (50 g)
Feta Cheese	50 g (1½ oz)
Olives, canned, drained	1 tbsp (15 mL)
Chickpeas, canned, drained	100 g (164 mL)
Italian Salad Dressing	2 tbsp (30 mL)
Whole Wheat Dinner Roll	1 roll (43 g)

## Dinner – Quinoa & Eggs

Quinoa, cooked	½ cup (125 mL)
Sweet Potato, baked	1 small sweet potato (50 g)
Broccoli, boiled	½ cup (125 mL)
Avocado, sliced	½ avocado (101 g)
Hard-Boiled Eggs	2 eggs (100 g)

## Snacks

Greek-Style Yogurt, vanilla-flavoured, 0%	½ cup (125 mL)
Banana	1 small banana (101 g)
Granola with Hemp	2 tbsp (30 mL)
Grapes	1 cup (250 mL)
Pecans, dry-roasted	¼ cup (60 mL)



# AVO-LICIOUS!

Contributed by Maxine Seider, MSc, RD (Toronto, ON)

## Full Day Summary

Calories	2,005
Carbohydrate	261 g
Sugars	96 g (19% energy)
Fibre	37 g
Total Fat	80 g
Saturated Fat	24 g
Protein	78 g
Sodium	2,233 mg

Breakfast (589 Calories)	
Carbohydrate	61 g
Sugars	21 g
Fibre	8 g
Total Fat	27 g
Saturated Fat	6 g
Protein	28 g
Sodium	936 mg

Lunch (516 Calories)	
Carbohydrate	68 g
Sugars	12 g
Fibre	16 g
Total Fat	21 g
Saturated Fat	3 g
Protein	22 g
Sodium	731 mg

Dinner (394 Calories)	
Carbohydrate	62 g
Sugars	9 g
Fibre	7 g
Total Fat	8 g
Saturated Fat	2 g
Protein	21 g
Sodium	404 mg

Snacks (506 Calories)	
Carbohydrate	71 g
Sugars	55 g
Fibre	6 g
Total Fat	23 g
Saturated Fat	23 g
Protein	7 g
Sodium	163 mg

## Breakfast – Eggs & Toast with Avocado

Eggs, scrambled	2 eggs (122 g)
Avocado, smashed	¼ avocado (50 g)
Whole Grain Bread, toasted	2 slices (60 g)
Soy Milk, enriched, flavoured	1 cup (250 mL)
Espresso	1 oz (30 mL)
Brown Sugar	2 tsp (10 mL)

## Lunch – Kale Salad

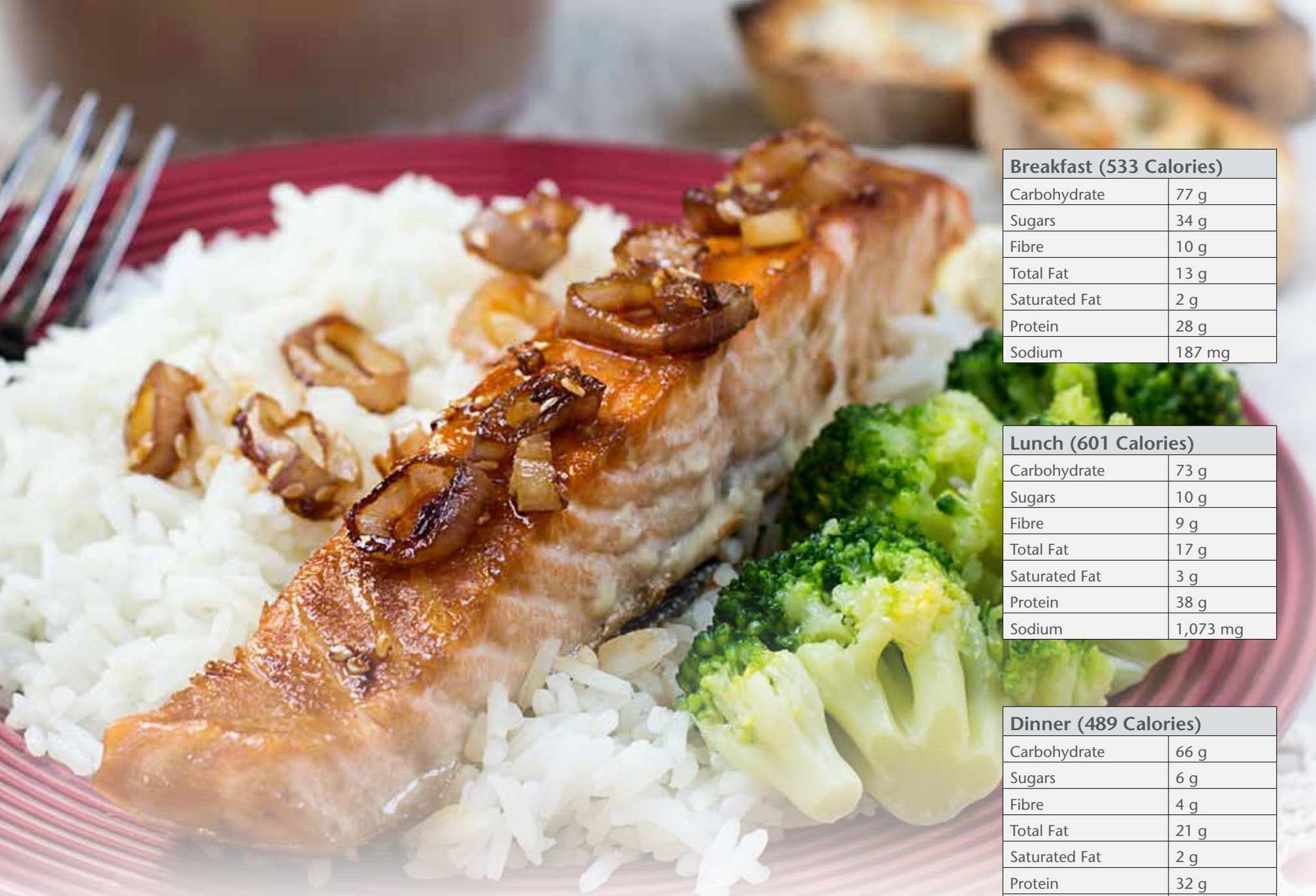
Kale, chopped	3 cups (750 mL)
Chickpeas, canned, drained	1 cup (250 mL)
Miso Paste	1 tsp (5 mL)
Croutons	½ cup (125 mL)
Olive Oil	1 tbsp (15 mL)
Lemon Juice	1 tbsp (15 mL)

## Dinner –Tofu & Rice

Tofu, extra-firm	150 g (5.3 oz)
Teriyaki Sauce, low-sodium	1 tbsp (15 mL)
Brown Rice, cooked	1 cup (250 mL)
Bok Choy	1 cup (250 mL)
Onion, chopped	½ cup (125 mL)

## Snacks

Orange	1 orange (151 g)
Blueberries	½ cup (125 mL)
Vanilla Ice Cream, rich	½ cup (125 mL)
Chocolate Cookies with Cream Filling	2 cookies (24 g)



# FISH FRIDAY

Contributed by Xinjie (Lois) Lin, PhD (University of Guelph)

## Full Day Summary

Calories	2,070
Carbohydrate	285 g
Sugars	99 g (19% energy)
Fibre	35 g
Total Fat	69 g
Saturated Fat	17 g
Protein	104 g
Sodium	2,317 mg

Breakfast (533 Calories)	
Carbohydrate	77 g
Sugars	34 g
Fibre	10 g
Total Fat	13 g
Saturated Fat	2 g
Protein	28 g
Sodium	187 mg

Lunch (601 Calories)	
Carbohydrate	73 g
Sugars	10 g
Fibre	9 g
Total Fat	17 g
Saturated Fat	3 g
Protein	38 g
Sodium	1,073 mg

Dinner (489 Calories)	
Carbohydrate	66 g
Sugars	6 g
Fibre	4 g
Total Fat	21 g
Saturated Fat	2 g
Protein	32 g
Sodium	1,043 mg

Snacks (447 Calories)	
Carbohydrate	69 g
Sugars	49 g
Fibre	12 g
Total Fat	18 g
Saturated Fat	10 g
Protein	6 g
Sodium	14 mg

## Breakfast – Yogurt & Granola

Greek Yogurt, vanilla-flavoured, 0%	¾ cup (175 mL)
Granola, sunflower seeds, fruit-flavoured	1 cup (250 mL)
Raspberries	½ cup (125 mL)

## Lunch – Salmon, Rice & Veggies

Spanish Mix Rice, cooked	1 cup (250 mL)
Mixed Vegetables, boiled from frozen	1 cup (250 mL)
Soy Sauce, reduced sodium	1 tsp (5 mL)
Canola Oil	1 tsp (5 mL)
Sockeye Salmon, baked	100 g (3.5 oz)

## Dinner – Stirfry Tofu & Rice

Stirfry with Tofu	1.5 cups (375 mL)
White Rice, cooked	1 cup (250 mL)

## Snacks

Apple, gala	1 medium apple (172 g)
Mandarins, sectioned	1 cup (250 mL)
Dark Chocolate, 70-85% cacao	40 g (1.41 oz)



# SHRIMP SATURDAY

Contributed by Joanna Dong (Toronto, ON)

## Full Day Summary

Calories	2,031
Carbohydrate	283 g
Sugars	99 g (20% energy)
Fibre	35 g
Total Fat	63 g
Saturated Fat	21 g
Protein	97 g
Sodium	1,320 mg

Breakfast (534 Calories)	
Carbohydrate	103 g
Sugars	58 g
Fibre	9 g
Total Fat	10 g
Saturated Fat	3 g
Protein	15 g
Sodium	231 mg

Lunch (381 Calories)	
Carbohydrate	51 g
Sugars	10 g
Fibre	6 g
Total Fat	7 g
Saturated Fat	2 g
Protein	27 g
Sodium	119 mg

Dinner (470 Calories)	
Carbohydrate	69 g
Sugars	6 g
Fibre	8 g
Total Fat	11 g
Saturated Fat	2 g
Protein	27 g
Sodium	854 mg

Snacks (646 Calories)	
Carbohydrate	60 g
Sugars	25 g
Fibre	12 g
Total Fat	35 g
Saturated Fat	14 g
Protein	28 g
Sodium	116 mg

## Breakfast – Banana Oatmeal Pancake

Egg	1 large egg (61 g)
Banana	1 medium banana (118 g)
Oats, dry	¼ cup (60 mL)
Baking Powder	¼ tsp (1 g)
Honey	2 tbsp (30 mL)
Blueberries	½ cup (125 mL)

## Lunch – Turkey, Rice & Balsamic Brussels Sprouts

Ground Turkey	75 g (2.5 oz)
Long-Grain White Rice, cooked	½ cup (125 mL)
Sweet Potato, baked	½ large sweet potato (90 g)
Brussels Sprouts, boiled, drained	4 sprouts (76 g)
Balsamic Vinegar	1 tbsp (15 mL)

## Dinner – Shrimp, Rice & Veggies

Shrimp	75 g (2.5 oz)
Long-Grain Brown Rice, cooked	1 cup (250 mL)
Broccoli, chopped	1 cup (250 mL)
Sweet and Sour Sauce	1 tbsp (15 mL)
Olive Oil	½ tbsp (7.5 mL)
Ground black pepper	1 tsp (5 mL)

## Snacks

Oatmeal Cookie	1 medium cookie (13 g)
Red Grapes	½ cup (75 mL)
Edamame	1 cup (250 mL)
Dark chocolate, 70-85% cacao	20 g (0.70 oz)
Ice Cream Bar	1 bar (50 g)



# VEGAN-ON-THE-GO

Contributed by Roselyn Zhang, MSc (Mount Saint Vincent University)

## Full Day Summary

Calories	1,998
Carbohydrate	271 g
Sugars	101 g (20% energy)
Fibre	50 g
Total Fat	82 g
Saturated Fat	19 g
Protein	61 g
Sodium	1,535 mg

Breakfast (466 Calories)	
Carbohydrate	65 g
Sugars	28 g
Fibre	11 g
Total Fat	19 g
Saturated Fat	11 g
Protein	15 g
Sodium	124 mg

Lunch (420 Calories)	
Carbohydrate	53 g
Sugars	10 g
Fibre	8 g
Total Fat	19 g
Saturated Fat	2 g
Protein	12 g
Sodium	491 mg

Dinner (524 Calories)	
Carbohydrate	83 g
Sugars	16 g
Fibre	22 g
Total Fat	14 g
Saturated Fat	2 g
Protein	22 g
Sodium	911 mg

Snacks (588 Calories)	
Carbohydrate	70 g
Sugars	36 g
Fibre	9 g
Total Fat	30 g
Saturated Fat	4 g
Protein	12 g
Sodium	9 mg

## Breakfast – Granola Bites & Dairy-Free Yogurt

Strawberries, halved	½ cup (125 mL)
Blueberries	½ cup (125 mL)
Made Good Granola Bites	2 packages (48 g)
Daiya Greek Yogurt	
Alternative, plain	1 cup (250 mL)

## Lunch – Carrot Soup

Creamy Carrot Soup	1 cup (250 mL)
Ezekiel Bread	2 slices (65 g)
Hummus	2 tbsp (30 mL)

## Dinner – Sweet Potato & Black Beans

Sweet Potato, baked	1 large sweet potato (180 g)
Black Beans, canned, drained	1 cup (250 mL)
Kale, chopped	1 cup (250 mL)
Vegan Sour Cream	2 tbsp (30 mL)

## Snacks

Apple	1 medium apple (182 g)
Almond Butter, natural	2 tbsp (30 mL)
Energy Balls	1 cup (250 mL)



# BITE ON A BUDGET

Contributed by Julia Collins (University of Toronto)

## Full Day Summary

Calories	1,872
Carbohydrate	220 g
Sugars	93 g (20% energy)
Fibre	36 g
Total Fat	71 g
Saturated Fat	8 g
Protein	106 g
Sodium	1,516 mg

Breakfast (564 Calories)	
Carbohydrate	65 g
Sugars	52 g
Fibre	8 g
Total Fat	23 g
Saturated Fat	4 g
Protein	32 g
Sodium	603 mg

Lunch (461 Calories)	
Carbohydrate	53 g
Sugars	20 g
Fibre	8 g
Total Fat	14 g
Saturated Fat	2 g
Protein	32 g
Sodium	511 mg

Dinner (521 Calories)	
Carbohydrate	78 g
Sugars	11 g
Fibre	14 g
Total Fat	17 g
Saturated Fat	1 g
Protein	20 g
Sodium	297 mg

Snacks (326 Calories)	
Carbohydrate	24 g
Sugars	10 g
Fibre	6 g
Total Fat	17 g
Saturated Fat	1 g
Protein	22 g
Sodium	105 mg

## Breakfast – Breakfast Bowl

Cottage Cheese, 1%	½ cup (125 mL)
Apple, gala	1 large apple (223 g)
Maple Syrup	1 tbsp (15 mL)
Cinnamon, ground	1 tsp (5 mL)
Walnuts, raw	2 tbsp (30 mL)
Milk, 1%	1 cup (250 mL)

## Lunch – Tuna Pasta Salad

Tuna, canned, drained, unsalted	75 g (2.5 oz)
Whole Wheat Macaroni Noodles	½ cup (125 mL)
Peas, canned	½ cup (125 mL)
Red Pepper, diced	¼ cup (60 mL)
Mayonnaise	2 tbsp (30 mL)
Orange Juice	½ cup (125 mL)

## Dinner – Lentil Burritos

Lentils, boiled	¾ cup (175 mL)
Tortillas	2 tortillas (50 g)
Onion, diced	¼ cup (60 mL)
Tomato, diced	1 small tomato (91 g)
Cilantro, chopped	1 tsp (5 mL)
Corn, canned	½ cup (125 mL)
Canola Oil	1 tbsp (15 mL)

## Snacks

Baby Carrots	8 medium carrots (80 g)
Yogurt, plain, 0%	½ cup (125 mL)
Dill Weed, fresh	5 sprigs (1 g)
Popcorn, air popped	1 cup (250 mL)
Almonds, dry-roasted	25 nuts (32 g)



# SMOOTHIE START-UP

Contributed by Doug Cook, RD (Toronto, ON)

Meal plan originally posted to dougcookrd.com

## Full Day Summary

Calories	2,267
Carbohydrate	254 g
Sugars	104 g (18% energy)
Fibre	38 g
Total Fat	83 g
Saturated Fat	25 g
Protein	124 g
Sodium	1,713 mg

Breakfast (340 Calories)	
Carbohydrate	40 g
Sugars	21 g
Fibre	7 g
Total Fat	7 g
Saturated Fat	3 g
Protein	24 g
Sodium	272 mg

Lunch (844 Calories)	
Carbohydrate	72 g
Sugars	28 g
Fibre	8 g
Total Fat	37 g
Saturated Fat	11 g
Protein	52 g
Sodium	250 mg

Dinner (439 Calories)	
Carbohydrate	30 g
Sugars	6 g
Fibre	6 g
Total Fat	19 g
Saturated Fat	8 g
Protein	35 g
Sodium	457 mg

Snacks (644 Calories)	
Carbohydrate	112 g
Sugars	49 g
Fibre	17 g
Total Fat	20 g
Saturated Fat	3 g
Protein	13 g
Sodium	734 mg

## Breakfast – Whey Protein Smoothie

Lemon Juice	3 tbsp (45 mL)
Banana	1 medium banana (118 g)
Cauliflower, chopped, frozen	1 cup (250 mL)
Coconut Milk, lite	2 tbsp (30 mL)
Whey Protein Powder	¼ cup (60 mL)
Almond Beverage, unsweetened, vanilla flavoured	1.5 cups (375 mL)

## Lunch – Maple Salmon & Quinoa

Cherry Tomatoes	1 cup (250 mL)
Salmon Fillet	170 g (6 oz)
Maple Syrup	1 tbsp (15 mL)
Yellow Bell Pepper, chopped	½ pepper (93 g)
Broccoli, chopped	1 cup (250 mL)
Red Onion, diced	¼ cup (60 mL)
Olive Oil	1 tsp (5 mL)
Orange Zest + Juice	¼ orange (1.5 tbsp)
Sea Salt & Pepper	1/8 tsp (1 dash) each
Quinoa, dry	¼ cup (60 mL)
Lime Zest + Juice	¼ lime (1 tbsp)
Coconut Milk, lite	½ cup (125 mL)

## Dinner – Turkey & Sweet Potatoes

Sweet Potato, baked	½ medium sweet potato (76 g)
Olive Oil	1 tsp (5 mL)
Ground Turkey	4 oz (114 g)
Onion, diced	¼ cup (125 mL)
Kale Leaves, chopped	2 cups (500 mL)
Spices (Chili powder, Cayenne powder, salt, black pepper)	1/8 tsp (1 dash) each

## Snacks

Pumpkin Seeds, raw	¼ cup (60 mL)
Olive Oil	1 tsp (5 mL)
Maple Syrup	1.5 tsp (7.5 mL)
Salt	⅛ tsp (1 dash)
Cinnamon, ground	⅛ tsp (1 dash)
Whole Grain Crackers	10 crackers (30 g)
Hummus	¼ cup (60 mL)
Figs, dried	6 figs (50 g)
Banana	1 extra-large banana (152 g)



# WEEKEND BRUNCH

Contributed by Chiara DiAngelo, RD (Toronto, ON)

## Full Day Summary

Calories	1,965
Carbohydrate	195 g
Sugars	96 g (20% energy)
Fibre	33 g
Total Fat	90 g
Saturated Fat	22 g
Protein	90 g
Sodium	1,667 mg

Breakfast (385 Calories)	
Carbohydrate	64 g
Sugars	41 g
Fibre	5 g
Total Fat	11 g
Saturated Fat	3 g
Protein	14 g
Sodium	163 mg

Lunch (716 Calories)	
Carbohydrate	71 g
Sugars	33 g
Fibre	12 g
Total Fat	38 g
Saturated Fat	12 g
Protein	28 g
Sodium	978 mg

Dinner (660 Calories)	
Carbohydrate	36 g
Sugars	10 g
Fibre	9 g
Total Fat	35 g
Saturated Fat	5 g
Protein	32 g
Sodium	286 mg

Snacks (204 Calories)	
Carbohydrate	24 g
Sugars	12 g
Fibre	7 g
Total Fat	6 g
Saturated Fat	2 g
Protein	16 g
Sodium	240 mg

## Breakfast – Banana & Peanut Butter

Banana	1 medium banana (118 g)
Peanut Butter, natural	1 tbsp (15 mL)
Chocolate Milk, 1%	1 cup (250 mL)

## Lunch – Shakshuka

Eggs, poached	2 large eggs (100 g)
Olive Oil	1 tbsp (15 mL)
Onion, diced	2/3 onion (100 g)
Mushrooms, sliced	2 mushrooms (28 g)
Red Bell Pepper, diced	100 mL (63 g)
Jalapeno Pepper, sliced	100 mL (38 g)
San Marzano Tomatoes, canned, crushed	1 cup (250 mL)
Spices (Salt, cumin, paprika, turmeric, ground black pepper, cayenne)	1/8 tsp (1 dash) each
Ricotta Cheese, crumbled	2 tbsp (30 mL)
Cilantro, chopped	1 tbsp (15 mL)
Whole Grain Bread, toasted	1 slice (39 g)
Butter, unsalted	2 pats (5 g)
Orange Juice	1/2 cup (125 mL)

## Dinner – Salad with Rotisserie Chicken

Chicken Breast, rotisserie, with seasoning	75 g (2.6 oz)
Spring Mix Salad	1 cup (250 mL)
Hemp Hearts	1 tbsp (15 mL)
Sunflower Seeds, raw	1 tbsp (15 mL)
Cherry Tomatoes	5 tomatoes (85 g)
Cucumber, diced	50 mL (25 g)
Blueberries	23 berries (50 mL)
Avocado, diced	100 mL (63 g)
Balsamic Vinegar	1 tbsp (15 mL)
Olive Oil	1 tbsp (15 mL)
Beer	1 can (355 mL)

## Snacks

Greek Yogurt, plain, 2%	1/2 cup (125 mL)
Strawberries, sliced	1/2 cup (125 mL)

Earl Grey Tea	1 cup (250 mL)
Milk, 2%	1 tbsp (15 mL)

Carrot Sticks, raw	1 medium carrot (61 g)
Hummus	2 tbsp (30 mL)





# CURRY CREATION

Contributed by Erin Lewis, PhD (London, ON)

## Full Day Summary

Calories	2,059
Carbohydrate	233 g
Sugars	104 g (20% energy)
Fibre	57 g
Total Fat	80 g
Saturated Fat	22 g
Protein	127 g
Sodium	1,918 mg

Breakfast (548 Calories)	
Carbohydrate	75 g
Sugars	42 g
Fibre	20 g
Total Fat	14 g
Saturated Fat	1 g
Protein	37 g
Sodium	620 mg

Lunch (522 Calories)	
Carbohydrate	60 g
Sugars	11 g
Fibre	19 g
Total Fat	15 g
Saturated Fat	3 g
Protein	44 g
Sodium	1,027 mg

Dinner (508 Calories)	
Carbohydrate	30 g
Sugars	9 g
Fibre	8 g
Total Fat	35 g
Saturated Fat	14 g
Protein	25 g
Sodium	169 mg

Snacks (481 Calories)	
Carbohydrate	68 g
Sugars	42 g
Fibre	10 g
Total Fat	16 g
Saturated Fat	4 g
Protein	21 g
Sodium	102 mg

## Breakfast – Protein smoothie

Almond Milk, sweetened	1 cup (250 mL)
Strawberries, frozen	½ cup (125 mL)
Banana, frozen	½ medium banana (59 g)
Chia Seeds	1 tbsp (15 mL)
Flaxseed, ground	1 tbsp (15 mL)
Spinach, frozen	1 cup (250 mL)
Protein Powder	1 scoop (45 g)
Cinnamon, ground	1 tsp (5 mL)

## Lunch – Mexican Chicken and Beans

Chicken, shredded	½ cup (125 mL)
Salsa	½ cup (125 mL)
Black Beans, canned, drained, reduced sodium	½ cup (125 mL)
Corn, frozen	100 mL (70 g)
Avocado, sliced	½ avocado (101 g)
Sweet Potato, baked	1 small sweet potato (60 g)

## Dinner – Tofu Curry

Tofu, firm	1 cup (250 mL)
Olive Oil	1 tbsp (15 mL)
Curry Powder	1 tbsp (15 mL)
Cilantro, chopped	2 tbsp (30 mL)
Coconut Milk, canned, unsweetened	¼ cup (60 mL)
Broccoli, chopped	1 cup (250 mL)
Sweet Potato, baked	1 small sweet potato (60 g)

## Snacks

Greek Yogurt, plain, 2%	½ cup (125 mL)
Blueberries, frozen	⅔ cup (100 g)
Granola	100 mL (35 g)
Apple, gala	1 medium apple (172 g)
Peanut Butter, smooth, fat and sugar added	1 tbsp (15 mL)



# WHOLE GRAIN GOODNESS

Contributed by Carla Obando, RD (Vancouver, BC)

## Full Day Summary

Calories	1,981
Carbohydrate	255 g
Sugars	102 g (21% energy)
Fibre	36 g
Total Fat	69 g
Saturated Fat	21 g
Protein	99 g
Sodium	1,692 mg

Breakfast (703 Calories)	
Carbohydrate	108 g
Sugars	41 g
Fibre	10 g
Total Fat	21 g
Saturated Fat	6 g
Protein	27 g
Sodium	578 mg

Lunch (561 Calories)	
Carbohydrate	38 g
Sugars	16 g
Fibre	5 g
Total Fat	30 g
Saturated Fat	8 g
Protein	35 g
Sodium	721 mg

Dinner (398 Calories)	
Carbohydrate	57 g
Sugars	17 g
Fibre	11 g
Total Fat	6 g
Saturated Fat	1 g
Protein	32 g
Sodium	236 mg

Snacks (319 Calories)	
Carbohydrate	52 g
Sugars	28 g
Fibre	10 g
Total Fat	12 g
Saturated Fat	6 g
Protein	5 g
Sodium	157 mg

## Breakfast – Cereal, Muffin & Eggs

Ready-to-Eat Cereal, muesli	½ cup (125 mL)
Yogurt, fruit flavoured, 2%	1 container (100 g)
Eggs, hard-boiled	2 large eggs (100 g)
Oat Bran Muffin	1 small muffin (66 g)
Coffee, black	1 cup (250 mL)
Orange Juice	½ cup (125 mL)

## Lunch – Burger & Salad

Beef Burger, lean	1 patty (100 g)
Whole Wheat Bun	1 bun (43 g)
Alfalfa Sprouts	½ cup (125 mL)
Ketchup	1 tbsp (15 mL)
Spring Mix Salad	1 cup (250 mL)
Ranch Dressing	1 tbsp (15 mL)

## Dinner – Clam Spaghetti

Canned Clams, drained	75 g (2.6 oz)
Whole-Wheat Spaghetti, cooked	¾ cup (175 mL)
Tomato-Based Spaghetti Sauce, low-sodium	1 cup (250 mL)
Mushrooms, sliced	½ cup (125 mL)
Spinach, boiled	½ cup (125 mL)

## Snacks

Oats and Chocolate Granola Bar, high-fibre	1 bar (40 g)
Raspberries	½ cup (125 mL)
Vanilla Ice Cream	½ cup (125 mL)



# A “SOUP”-ER DAY

Contributed by Susan Watson, RD (Winnipeg, MB)

Meal plan originally posted to [alittlenutrition.com](http://alittlenutrition.com)

## Full Day Summary

Calories	2,001
Carbohydrate	273 g
Sugars	102 g (20% energy)
Fibre	54 g
Total Fat	71 g
Saturated Fat	14 g
Protein	85 g
Sodium	2,143 mg

Breakfast (517 Calories)	
Carbohydrate	63 g
Sugars	35 g
Fibre	10g
Total Fat	20 g
Saturated Fat	5 g
Protein	22 g
Sodium	358 mg

Lunch (409 Calories)	
Carbohydrate	57 g
Sugars	10 g
Fibre	16 g
Total Fat	14 g
Saturated Fat	2 g
Protein	16 g
Sodium	845 mg

Dinner (563 Calories)	
Carbohydrate	101 g
Sugars	19 g
Fibre	20 g
Total Fat	11 g
Saturated Fat	1 g
Protein	24 g
Sodium	654 mg

Snacks (512 Calories)	
Carbohydrate	52 g
Sugars	38 g
Fibre	8 g
Total Fat	26 g
Saturated Fat	6 g
Protein	23 g
Sodium	286 mg

## Breakfast – Peanut Butter & Jam Toast

Peanut Butter, natural	2 tbsp (30 mL)
Raspberry Jam, no sugar added	1 tsp (5 mL)
Whole Grain Bread, toasted	1 slice (43 g)
Milk, 1%	1 cup (250 mL)
Apple, gala	1 medium apple (172 g)

## Lunch – Lentils & Crackers

Whole Grain Crackers	10 crackers (23 g)
Baby Carrots	10 carrots (100 g)
Cucumber, chopped	1 cup (250 mL)
Marinated Lentils	1 serving (¼ recipe)
Water	1 bottle (500 mL)

## Dinner – Quinoa Chickpea Spinach Soup

One-Pot Quinoa Chickpea Spinach Soup	1 serving (1/6 recipe)
Whole Wheat Pita Bread	1 large pita (64 g)
Spinach, raw	2 cups (500 mL)
Poppy Seed Dressing	1 tbsp (15 mL)
Water	1 bottle (500 mL)

## Snacks

Starbucks Latte, 2% milk	473 mL (16 oz)
Almonds, raw	24 nuts (29 g)
Grapes	1 cup (250 mL)
Bell Peppers, sliced	1 cup (250 mL)
Hummus	2 tbsp (30 mL)



# TERIYAKI EXPERIENCE

Contributed by *Andy De Santis, RD (Toronto, ON)*

Meal plan originally posted to [andytherd.com](http://andytherd.com)

## Full Day Summary

Calories	2,036
Carbohydrate	249 g
Sugars	100 g (20% energy)
Fibre	44 g
Total Fat	66 g
Saturated Fat	10 g
Protein	121 g
Sodium	1,425 mg

Breakfast (438 Calories)	
Carbohydrate	67 g
Sugars	28 g
Fibre	12 g
Total Fat	19 g
Saturated Fat	3 g
Protein	7 g
Sodium	229 mg

Lunch (372 Calories)	
Carbohydrate	46 g
Sugars	24 g
Fibre	4 g
Total Fat	8 g
Saturated Fat	1 g
Protein	27 g
Sodium	131 mg

Dinner (585 Calories)	
Carbohydrate	80 g
Sugars	14 g
Fibre	16 g
Total Fat	11 g
Saturated Fat	3 g
Protein	43 g
Sodium	800 mg

Snacks (641 Calories)	
Carbohydrate	56 g
Sugars	34 g
Fibre	12 g
Total Fat	28 g
Saturated Fat	3 g
Protein	44 g
Sodium	265 mg

## Breakfast – Peanut Butter Banana Oatmeal

Instant Oats, apple & cinnamon	1 packet (173 g)
Avocado, sliced	½ avocado (101 g)
Banana	1 medium banana (118 g)
Peanut Butter, natural	¼ tbsp (3.7 mL)

## Lunch – Maple Salmon & Sweet Potato

Sweet Potato, baked	1 medium sweet potato (130 g)
Atlantic Salmon, baked	100 g (3.5 oz)
Maple Syrup	1.5 tbsp (22.5 mL)

## Dinner – Chicken & Rice

Brown Rice, cooked	1 cup (250 mL)
Chicken Breast, with skin, roasted	100 g (3.5 oz)
Broccoli, chopped, steamed	1 cup (250 mL)
Teriyaki Sauce, reduced-sodium	2 tbsp (30 mL)
Raspberries	1 cup (250 mL)

## Snacks

All-Bran Granola Bar	1 bar (30 g)
Soy Milk, unsweetened	1 cup (250 mL)
Almonds, raw	28 nuts (37 g)
Greek Yogurt, vanilla-flavoured, 0%	1 cup (250 mL)



# TACO SALAD TUESDAY

Contributed by Christina MacDonald-Lockhart (University of Toronto)

## Full Day Summary

Calories	1,931
Carbohydrate	229 g
Sugars	100 g (21% energy)
Fibre	28 g
Total Fat	79 g
Saturated Fat	19 g
Protein	90 g
Sodium	1,870 mg

Breakfast (254 Calories)	
Carbohydrate	30 g
Sugars	9 g
Fibre	5 g
Total Fat	9 g
Saturated Fat	2 g
Protein	14 g
Sodium	351 mg

Lunch (677 Calories)	
Carbohydrate	53 g
Sugars	19 g
Fibre	7 g
Total Fat	38 g
Saturated Fat	7 g
Protein	36 g
Sodium	263 mg

Dinner (485 Calories)	
Carbohydrate	58 g
Sugars	8 g
Fibre	8 g
Total Fat	17 g
Saturated Fat	3 g
Protein	28 g
Sodium	907 mg

Snacks (515 Calories)	
Carbohydrate	88 g
Sugars	64 g
Fibre	8 g
Total Fat	15 g
Saturated Fat	7 g
Protein	12 g
Sodium	349 mg

## Breakfast – Fried Egg, Veggies & Toast

Egg, fried	1 large egg (46 g)
Red Pepper, diced	½ medium pepper (60 g)
Mushrooms, diced	½ cup (125 mL)
Spinach, torn	½ cup (125 mL)
Whole Grain Bread, toasted	1 slice (39 g)
Ketchup	1 tbsp (15 mL)

## Lunch – Garlic Lemon Chicken & Potatoes

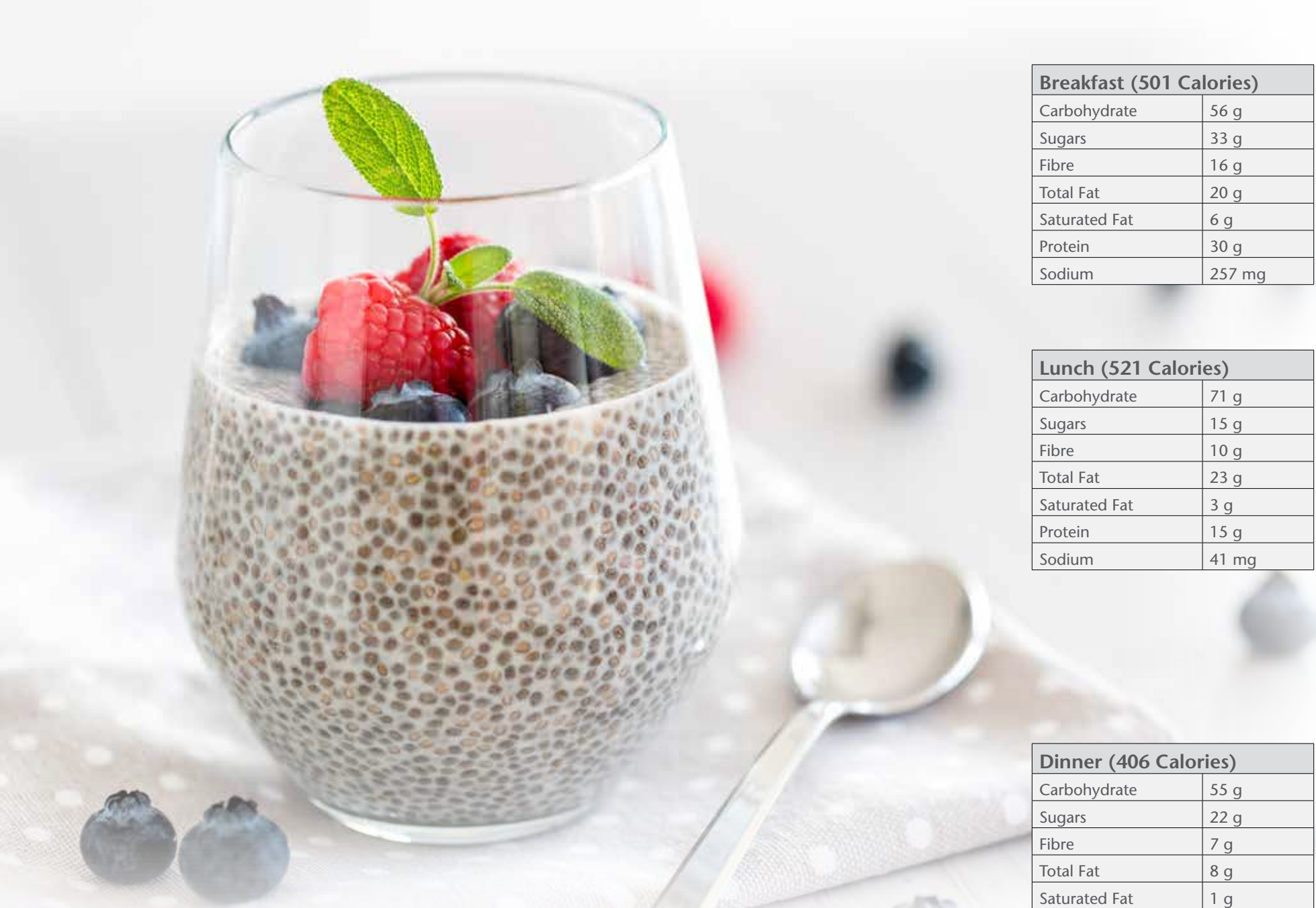
Garlic Lemon Chicken	1 thigh (116 g)
Asparagus, chopped, steamed	1 cup (250 mL)
Oven-Baked Potato with Olive Oil and Garlic/Onion Powder	½ cup (125 mL)
Banana	1 medium banana (118 g)

## Dinner – Turkey Taco Salad

Ground Turkey	90 g (3.2 oz)
Taco Seasoning	1 tsp (5 mL)
Salsa	⅓ cup (80 mL)
Avocado, diced	¼ cup (60 mL)
Red Onion, diced	¼ cup (60 mL)
Long Grain Rice, cooked	¾ cup (175 mL)
Lettuce, shredded	1.5 cups (375 mL)

## Snacks

Yogurt, vanilla-flavoured, 0%	¾ cup (175 mL)
Raspberries	½ cup (125 mL)
Chocolate Chips, semi-sweet	2 tbsp (30 mL)
Granola Bar, chewy, sweet and salty	1 bar (35 g)
Jello	¼ cup (60 mL)



# A CHIA-FUL DAY

Contributed by Gloria Tsang, RD (Vancouver, BC)

Meal plan originally posted to HealthCastle.com

## Full Day Summary

Calories	1,975
Carbohydrate	247 mg
Sugars	102 g (21% energy)
Fibre	45 g
Total Fat	72 g
Saturated Fat	13 g
Protein	104 g
Sodium	1,294 mg

Breakfast (501 Calories)	
Carbohydrate	56 g
Sugars	33 g
Fibre	16 g
Total Fat	20 g
Saturated Fat	6 g
Protein	30 g
Sodium	257 mg

Lunch (521 Calories)	
Carbohydrate	71 g
Sugars	15 g
Fibre	10 g
Total Fat	23 g
Saturated Fat	3 g
Protein	15 g
Sodium	41 mg

Dinner (406 Calories)	
Carbohydrate	55 g
Sugars	22 g
Fibre	7 g
Total Fat	8 g
Saturated Fat	1 g
Protein	29 g
Sodium	719 mg

Snacks (547 Calories)	
Carbohydrate	65 g
Sugars	32 g
Fibre	12 g
Total Fat	21 g
Saturated Fat	3 g
Protein	30 g
Sodium	277 mg

## Breakfast – Chia Pudding & Latte

Soy Milk, unsweetened	7/8 cup (200 mL)
Chia Seeds	3 tbsp (45 mL)
Maple Syrup	1 tsp (5 mL)
Greek Yogurt, plain, 0%	3 tbsp (45 mL)
Beetroot Powder	1.5 tsp (7.5 mL)
Fresh Berries, mixed	1/2 cup (125 mL)
Latte, 2% milk	473 mL (16 oz)

## Lunch – Buddha Bowl with Black Rice Noodles and Apple-Tomato Salad

Black Rice Noodles, cooked	54 g (1.9 oz)
Edamame	1/2 cup (125 mL)
Brussels Sprouts, halved	100 mL (37 g)
Cremini Mushrooms, marinated	1/2 cup (125 mL)
Apple, sliced	1/2 cup (125 mL)
Tomato, chopped	100 mL (76 g)
Balsamic Vinegar	1 tbsp (15 mL)
Olive Oil	1 tbsp (15 mL)
Green Tea	1 cup (250 mL)

## Dinner – Oven-Baked Maple Salmon with 7-Grain Rice

Wild Salmon, baked	2 fillets, 3-5 oz each
Maple Syrup	2 tbsp (30 mL)
Soy Sauce	1 tsp (5 mL)
Olive Oil	1 tsp (5 mL)
Dill	5 sprigs (1 g)
7-Grain Rice, cooked	1 cup (250 mL)
Rainbow Carrots, chopped	1 medium carrot (61 g)

## Snacks

Sourdough Bread	1 slice (35 g)
Avocado, smashed	1/2 avocado (101 g)
Hemp Hearts	1 tbsp (15 mL)
Greek Yogurt, vanilla-flavoured, 0%	3/4 cup (175 mL)
Kiwis	2 medium kiwis (138 g)



# PHO FUNDAY

Contributed by Flora Wang, PhD (Toronto, ON)

## Full Day Summary

Calories	2,286
Carbohydrate	277 g
Sugars	105 g (18% energy)
Fibre	20 g
Total Fat	94 g
Saturated Fat	24 g
Protein	89 g
Sodium	1,747 mg

Breakfast (440 Calories)	
Carbohydrate	72 g
Sugars	40 g
Fibre	2 g
Total Fat	12 g
Saturated Fat	4 g
Protein	13 g
Sodium	609 mg

Lunch (621 Calories)	
Carbohydrate	54 g
Sugars	2 g
Fibre	3 g
Total Fat	27 g
Saturated Fat	10 g
Protein	37 g
Sodium	487 mg

Dinner (540 Calories)	
Carbohydrate	38 g
Sugars	18 g
Fibre	6 g
Total Fat	31 g
Saturated Fat	7 g
Protein	31 g
Sodium	476 mg

Snacks (685 Calories)	
Carbohydrate	113 g
Sugars	44 g
Fibre	9 g
Total Fat	24 g
Saturated Fat	3 g
Protein	8 g
Sodium	175 mg

## Breakfast – Waffles & Homemade Latte

Eggo Waffles, strawberry-flavoured	2 waffles (70 g)
Maple Syrup	2 tbsp (30 mL)
Milk, 2%, steamed	1 cup (250 mL)
Espresso	1 oz (30 mL)

## Lunch – Pho

Rice Noodles	1 cup (250 mL)
Beef Brisket	¾ cup (175 mL)
Bean Sprouts	1.5 cups (375 mL)
Chicken Soup	2 cups (500 mL)

## Dinner – Stir-fry Beef & Broccoli

Stir-Fry, with beef and broccoli	1 cup (250 mL)
Cashews, raw	2 tbsp (30 mL)
Carrots, chopped	¼ cup (60 mL)
Mango, sliced	½ mango (104 g)

## Snacks

Yogurt, blueberry-flavoured, 2%	1 container (100 g)
Banana	1 medium banana (118 g)
Brownie	1 brownie (34 g)
Bubble Tea, with pearls	1 cup (250 mL)



## A LITTLE BIT ABOUT US

The Canadian Sugar Institute (CSI) is a national, non-profit association that provides a science-based Nutrition Information Service and seeks fair treatment on international trade policies and disputes. The CSI Nutrition Information Service informs, provides resources for, and communicates with Canadian health professionals, educators, researchers, and media about current scientific information on sugars, carbohydrates, and health.

**To accomplish this, the Nutrition Information Service:**

- Monitors and reports on sugars consumption trends in Canada;
- Uses the hierarchy of scientific evidence to monitor and review the totality of evidence on sugars and health;
- Develops science-based communications, including print and digital resources, based on the highest level of evidence; and
- Cooperates with allied groups in the areas of research, education and communications.

CSI receives funding from Canadian manufacturers of cane and beet sugar but is not involved in the refining, sales, marketing, promotion, or distribution of sugars. CSI does not represent other sugars such as corn sweeteners or alternative sweeteners.

The Nutrition Information Service is managed by Registered Dietitians and nutrition researchers and is guided by a Scientific Advisory Council comprised of respected nutrition researchers from academic institutions across Canada.

### Resources Offered by the CSI Nutrition Information Service

**Visit our website ([www.sugar.ca](http://www.sugar.ca)) to access our resources:**

- Summaries of recent and relevant scientific reviews on sugars, carbohydrates and health
- Reports on sugars consumption trends in Canada
- Updates on nutrition labelling regulations related to sugars
- Infographics, Fact Sheets, Recipes, YouTube videos, etc.

Follow us on Twitter @CdnSugarNutr



# THANK YOU FOR TAKING THE SWEET SPOT CHALLENGE.

For more information, or if you are interested in submitting  
your own one-day meal plan, please contact:

Chiara DiAngelo, MPH RD  
Manager, Nutrition Communications  
**Telephone:** 416-368-8091 ext. 3  
**Email:** [cdiangelo@sugar.ca](mailto:cdiangelo@sugar.ca)  
**Or visit:** [www.sugar.ca](http://www.sugar.ca)



CANADIAN  
SUGAR  
INSTITUTE

*Nutrition Information Service*

