

WEEKLY MEAL PLAN

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Fruit and Vegetables:

Grains and More:

Meat and More:

Milk and More:

Condiments, oils, herbs and spices:

Household Supplies:

Other:

FROM YOUR DIETITIAN

PLAN

- Use the Weekly Meal Planner and Grocery List to plan your healthy meals and snacks
- Browse the hundreds of "Healthier Choices" recipes listed on pc.ca
- Make affordable meal planning easier by using the weekly flyer and your PC Plus® offers to guide your selections

SHOP

- Shop for minimally processed foods like fresh and frozen vegetables, fruit, lean meat and fish, dairy or whole grains
- Choose items with 2 or 3 Guiding Stars® more often
- Keep smart snacking in mind by stocking up on precut vegetables and fruit, nuts and seeds, cheese, and yogurt

PREP

- Prepare meals in large batches, then portion and refrigerate or freeze
- Busy weeknights? Pick up prepared foods rated by the Guiding Stars® program and pair with fresh vegetables, whole grains and lean protein to create quick and easy meals and snacks

EAT

- Eat at similar times each day and take time to enjoy meals and, when possible, sit down at the table with friends and family
- Liquid calories add up quickly, choose water as a beverage for most of your meals
- Indulgent foods? Eat half as much, half as often

Contact your In-Store Dietitian to learn more about the Guiding Stars® system and for a personal grocery store tour or nutrition check-up.

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