



All They Really Need: Trusting the Wisdom of Nature to Raise Resilient Kids

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## MEAL AND SNACK IDEAS

### Breakfast

The standard high-glycemic cereal with milk, sugar-laden and protein-devoid pancakes, and saturated fat found in bacon and eggs don't do our bodies any favours. Here are some alternatives to consider:

- Yogurt with ground seeds, fruit, slivered almonds, homemade granola, or muesli
- Oatmeal with berries, ground seeds, and blackstrap molasses (for iron and to sweeten)
- Whole-grain toast or rye crisps with natural nut butter and sliced apples
- Smoothies with fruit, silken tofu, or protein powder (whey, soy, rice, legume), ground seeds, almond butter and even greens—great for on-the-go breakfasts and snacks
- Leftover dinner, fish, rice, and vegetables—a great way to start the day from a nutritional standpoint!

### Lunch

Forget the traditional sandwich, apple, and cookies—we can do better than that! A more varied diet gives our bodies something to chew on and helps provide the energy we all need to steam through the rest of our day:

- A giant salad: salad greens with tuna, whole grains, diced veggies, boiled eggs, chunks of fish or leftover meat, cheese, beans, grilled veggies, nuts and seeds, all drizzled with olive oil and balsamic vinegar.
- Bento-style lunches are great for versatility. Cut up a selection of fruit, vegetables, cheese, tofu or meats, and include whole grain crackers for a meal that can be grazed on all day.
- Use dinner leftovers. Makes an easy hot lunch when packed in an insulated container.
- Make wraps. Roll up veggies, beans, cheese and/or meat for an easy way to get in a bunch of food groups.
- Use tofu, bean spread, fried eggs, or leftover meat in a sandwich with lettuce, tomatoes, and cucumber on whole-grain bread.

### Snacks

Healthy, satisfying snacks are just as important as meals for maintaining energy levels and offering our bodies all the right building blocks. Try to always include a source of protein and/or healthy fat.

- Bean and grain salads: try a smaller, snack-size portion for a hit of fibre, protein, and vegetables
- Veggie sticks, apple slices, pita wedges, or rye crisps with hummus, mashed avocado, or nut butter
- Frozen fruit in plain yogurt with some whole oats and nuts
- Nuts and seeds on their own
- Homemade energy bar or nutrient packed muffin



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### Dinner

Variety is the spice of life, so it's important for our health and the long-term choices of our kids to offer different tastes, textures, and food groups. Some tried and true examples are:

- Stir-fried veggies on brown rice with tofu or chicken—add soy, peanut, or other sauces for added flavour
- A moderate portion of whole wheat or brown rice pasta with a generous portion of tomato or pesto sauce with mixed veggies (onion, zucchini, broccoli) and protein (lean beef, lentils, tofu, chicken, shrimp)
- Chicken rice or veggie and bean soup or stew simmered all day in the slow cooker—not only does this make the house smell good and feel cozy, it's a filling comfort food and complete meal with a green salad
- Omelet with veggies (onion, peppers, celery, mushrooms) with whole-grain toast and fruit salad
- Tortilla shell stuffed with beans, steamed veggies, avocado, yogurt, and salsa
- Roasted organic, wild and/or free-range meat or fish with roasted root vegetables and greens
- Vegetable lasagna—emphasis on the veggies, not the cheese!

### Sweet stuff

Sugary baked or frozen foods shouldn't be huge contributors to our daily diet. But that doesn't mean you can't nibble a sweet treat from time to time. Check out our ideas below.

- Bake an apple crisp, peach cobbler, or blueberry crumble, depending on the season. Not only will the extra effort (and tantalizing aroma) be appreciated, desserts like these won't be on the menu every day. You can omit the sugar in most fruit pies and crisps.
- When making muffins, cakes, pies, and breads, it's possible to cut the sugar content in most recipes by half (if not more) without noticeable results. You can also add grated carrot, zucchini, and apple for an extra nutritional boost.
- One of the easiest, most versatile desserts starts with your hand in the fruit drawer (or freezer) pulling out whatever you can find. Dice apples, pears, oranges, melons, bananas and mix them up before tossing in a handful or two of berries. Delicious, nutritious, and easier than anything! These can also be blended into smoothies, sprinkled with nuts.