

A SIMPLE
HEALTHY MENU

IN SUPPORT OF STAYING HEALTHY
DURING COVID-19

SickKids Team Obesity Management Program

SickKids

APPROX. \$75 WEEKLY MEAL PLAN MADE WITH MOSTLY NON-PERISHABLE INGREDIENTS

This meal plan is portioned out for a family size of 4 people. You can change portions in each recipe based on the number of family members in your home. The purpose of this menu is to provide healthy, homemade recipes that reduce the frequency of grocery store trips and support a budget-friendly grocery list.

This weekly guide suggests 1) which day of the week you should get groceries and 2) which days of the week you should cook/bake your recipes. Each recipe is batched for 3-4 meals or snacks. This helps to reduce how often you are baking/cooking. Feel free to add/remove/substitute ingredients recipes that suit your preferences. If the selected days of the week to get groceries and cook/bake do not work for you, please change the dates that fit better with your schedule.

Meal plan guide:

- 1) On Friday, purchase items outlined on grocery list (found on page 3, and page 10)
- 2) Prepare batch 1 recipes on Saturday – eat on Sun., Mon., Tues. & Wed.
- 3) Prepare batch 2 recipes on Wednesday – eat on Wed., Thurs., Fri. & Sat.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Groceries					x		
Cooking			x			x	
Eating	Batch 1	Batch 1	Batch 1/2	Batch 2	Batch 2	Batch 2	Batch 1

Cooking/baking utensils you may need:

- Baking trays & dishes
- Measuring cups & spoons
- Pots & pans
- Oven & stove
- Blender or hand blender
- Containers to store batch cooking

Pantry items not included on grocery list:

- Oil
- Vanilla
- Flour
- Baking powder
- Baking soda
- Honey
- Sesame seeds
- Soy sauce
- Spices: salt, pepper, cumin, cinnamon, nutmeg, garlic powder, onion powder, turmeric, paprika, chili powder, ginger

RECIPE OUTLINE FOR WEEK 1 AND WEEK 2

NOTE: RED FONT PROTEIN OPTIONS ARE NOT INCLUDED ON GROCERY LIST BUDGET

WEEK 1, BATCH 1

Saturday cooking/baking menu

Enjoy these meals & snacks on Sunday, Monday, Tuesday and Wednesday

Breakfast: Egg muffins

Morning Snack: Chickpeas chips

Lunch: Bean salad +/- grilled chicken breast

Afternoon Snack: Carrot loaf

Dinner: Nutrient loaded stir-fry +/- extra lean beef stew/strips

WEEK 1, BATCH 2

Wednesday cooking/baking menu

Enjoy these meals & snacks on Wednesday, Thursday, Friday and Saturday

Breakfast: Granola bars

Morning Snack: Carrots & hummus

Lunch: Chickpeas & cauliflower macaroni +/- grilled chicken thighs

Afternoon Snack: Fruit & nut muffins

Dinner: Cheesy chili +/- ground chicken/turkey

WEEK 2, BATCH 1

Saturday cooking/baking menu

Enjoy these meals & snacks on Sunday, Monday, Tuesday and Wednesday

Breakfast: Banana & zucchini pancakes

Morning Snack: Yogurt & granola

Lunch: Green peas hummus wraps +/- turkey slices OR canned tuna

Afternoon Snack: Nutty logs

Dinner: Lentil burgers +/- ground chicken/turkey

WEEK 2, BATCH 2

Wednesday cooking/baking menu

Enjoy these meals & snacks on Wednesday, Thursday, Friday and Saturday

Breakfast: Lentil fruity smoothie

Morning Snack: Nutty cookies & milk

Lunch: Lentil tacos +/- ground chicken/turkey OR grilled fish

Afternoon Snack: Popcorn & pumpkin seeds

Dinner: Spinach & lentil soup +/- chicken wings/drumsticks on the side

GROCERY LIST (APPROX. \$75)

WEEK 1, BATCH 1 AND 2

Vegetables/Fruit

Frozen

- 1 package frozen spinach
- 1 large bag frozen corn
- 2 bags frozen broccoli (or mixed vegetables)
- 2 bags frozen cauliflower
- Frozen peas

Fresh

- 3 bananas
- 5 green peppers
- 2 bags large carrots
- 2 celery heads
- 1 red onion
- 5 white onions
- 1 garlic bunch
- 1 package mushrooms
- 1 package snow peas
- 1 lemon

Dairy

- 2 dozen eggs or 2 large cartons of egg whites
- 2 small bags or 1 large bag of shredded cheese (less than 20% M.F.)
- 2L milk (skim or 1% M.F.)

Pantry

- 1 large bag of instant rolled oats (6 cups needed)
- 1 container unsweetened applesauce
- 1 peanut butter container (light and/or natural)
- 1 large bag dried chickpeas/garbanzo beans
- 2 cans of crushed tomatoes (28 ounces per can)
- 1 package whole-wheat pasta

Other:

- 2 extra-firm tofu packages

RED FONT PROTEIN OPTIONS:

RECIPES FOR WEEK 1

WEEK 1, BATCH 1

Saturday cooking/baking menu

Enjoy these meals on Sunday, Monday, Tuesday and Wednesday

Breakfast: Egg muffins

Makes 12 egg muffins

Portion 1 egg muffin per person

Ingredients:

18 eggs

1 cup shredded cheese

1 package frozen spinach (once thawed, squeeze out water using paper towel)

½ tsp salt

½ tsp pepper

Directions:

1. Pre-heat oven to 350 F
2. Spray 12 muffin pan with PAM, or grease lightly with oil
3. Thaw frozen spinach, and squeeze out water using paper towel
4. Mix together eggs, spinach, shredded cheese and salt & pepper
5. Pour egg batter equally into muffin pan
6. Bake for 20-25 minutes, and when cooled store in fridge in air tight container; serve 1 egg muffin per person

Morning Snack: Chickpeas chips

Makes 6 cups of chickpeas chips

Portion ½ cup of chickpeas chips per person

Ingredients:

6 cups chickpeas/garbanzo beans (2 cups dried chickpeas or 3x 15oz can)

3 tbsp oil

1 tsp salt

2 tsp sesame seeds

½ tsp garlic powder

½ tsp onion powder

NOTE: 1 cup dried chickpeas makes 3 cups cooked chickpeas; cook and simmer on stove for 3 hours OR slow cooked on high for 4 hours

Directions:

1. Pre-heat oven to 350 F, and line baking tray with parchment paper
2. Mix all ingredients together in a bowl, and spread on baking tray
3. Bake in oven for 45-50 minutes, and when cooled store in air-tight container; serve ½ cup per person

Lunch: Bean salad**Makes 18 cups of bean salad****Portion 1 ½ cups of bean salad per person****Ingredients:**

4 cups frozen corn, thawed
4 cups chickpeas/garbanzo beans (1 ¹/₃ cup dried chickpeas or 2x 15oz can)
2 cups green pepper, diced (2-3 peppers)
3 cups large carrots, diced (6 large carrots)
6 celery stalks, diced
¼ cup red onion, diced
2 garlic cloves, minced

Dressing: 4 tbsp oil, 5 tbsp lemon juice/white vinegar, 1 tsp salt and 1 tsp pepper**NOTE:** 1 cup dried chickpeas makes 3 cups cooked chickpeas; cook and simmer on stove for 3 hours OR slow cooked on high for 4 hours**Directions:**

1. Mix all ingredients in a bowl, and then coat with dressing
2. Store in fridge in air tight container; serve 1 ½ cups per person

Afternoon Snack: Carrot loaf**Makes 1 carrot loaf****Portion 1/12 of carrot loaf per person (cut into 12 slices)****Ingredients:**

1 ½ cups instant rolled oats
1 cup shredded carrots (3 large carrots)
1 ½ tsp cinnamon
½ tsp nutmeg
1 tsp baking powder
1 tsp baking soda
1 egg
¼ cup oil
½ cup honey
¾ tsp vanilla

Directions:

1. Pre-heat oven to 350 F
2. Spray pan (9x5) with PAM, or grease lightly with oil
3. Mix all of the ingredients together in a bowl, and then pour into pan
4. Bake for 45 minutes, and when cooled, store in fridge in air tight container; serve 1 slice per person

Dinner: Nutrient loaded stir-fry

Makes 18 cups of stir-fry; 6 cups cooked rice

Portion 1 ½ cups of stir-fry per person; ½ cup cooked brown rice per person

Ingredients:

3 onions, diced
3 garlic cloves, minced
6 large carrots, diced
3 peppers, thinly sliced
3 cups mushrooms
3 cups snow peas
2 bags frozen broccoli (or mixed vegetables)
2 extra-firm tofu packages, thinly sliced
2 cups dry rice, makes 6 cups cooked rice

Sauce: 6 tbsp oil, 6 tbsp soy sauce, 2 tbsp peanut butter, 1 tsp ginger (dry or fresh)

NOTE: 1 cup dry rice, makes 3 cups cooked rice; for cooking use 1 cup rice with 2 cups of water

Directions:

1. Sautee onions & garlic in large skillet/pot on low-medium heat, until golden brown
2. Add all vegetables, and pour in sauce to vegetable mixture
3. Once vegetables are cooked with sauce, add tofu slices and mix all together
4. Store stir-fry and rice in air tight containers in fridge; serve 1 ½ cups of stir-fry with ½ cup cooked rice, and sprinkle with sesame seeds on top

RECIPES FOR WEEK 1

WEEK 1, BATCH 2

Wednesday cooking/baking menu

Enjoy these meals on Wednesday, Thursday, Friday and Saturday

Breakfast: Granola bars

Makes 12 granola bars

Portion 1 granola bar per person

Ingredients:

2 cups unsweetened applesauce

½ cup peanut butter

2 ½ cups instant rolled oats

3-4 tbsp honey

Directions:

1. Pre-heat oven to 350 F
2. Line baking sheet with parchment paper
3. In a bowl, mix together all ingredients and then lay flat on baking sheet
4. Bake for 15-20 minutes, or until lightly brown on top
5. Cut into 12 granola bars, and when cooled, store in air tight container in fridge; serve 1 granola bar per person

Morning Snack: Carrots & hummus

Makes 2 cups hummus

Portion 3 tablespoons per person

Ingredients:

2 cups chickpeas/garbanzo beans (2/3 cup dried chickpeas or 15oz can)

3 tbsp water

2 tbsp oil

1 tbsp lemon juice

1 garlic clove

½ tsp salt

18 large carrots, peeled and chopped into sticks (1.5 large carrots per person)

NOTE: 1 cup dried chickpeas makes 3 cups cooked chickpeas; cook and simmer on stove for 3 hours OR slow cooked on high for 4 hours

Directions:

1. Blend all ingredients (excluding carrots) until puree texture
2. Store hummus in air tight container in fridge; serve 3 tbsp of hummus per person

Lunch: Chickpeas & cauliflower macaroni

Makes 24 cups of macaroni

Portion 2 cups of macaroni per person

Ingredients:

3 cups dried pasta, makes 6 cups cooked pasta (½ cup per person)

6 cups frozen cauliflower (2 bags)

6 cups chickpeas/garbanzo beans (2 cups dried chickpeas or 3x 15oz can)

Cheese sauce: 3 cups milk, 2 ½ cups shredded cheese, ½ cup flour, ½ cup oil, 1 tsp salt – add all ingredients to low-medium heat in saucepan until equally dissolved

NOTE: 1 cup dried chickpeas makes 3 cups cooked chickpeas; cook and simmer on stove for 3 hours OR slow cooked on high for 4 hours

Directions:

1. Pre-heat oven to 350 F, and lightly grease large deep baking dish with oil or PAM
2. Mix together cooked pasta, cauliflower, and cooked chickpeas in a bowl, and pour into baking dish
3. Pour cheese sauce on top of mixed ingredients in baking dish
4. Bake in oven for 25-30 minutes, and when cooled, store in fridge in air tight container; serve 2 cups per person

Afternoon Snack: Fruit & nut muffins

Makes 12 muffins

Portion 1 muffin per person

Ingredients:

3 ripe bananas, mashed (about 1 cup mashed)

2 cups instant rolled oats (you can blend in a food processor or blender for finer grain)

2 tsp baking powder

½ cup peanut butter

¼ cup milk

2 tbsp honey

¼ tsp salt

Directions:

1. Pre-heat oven to 350 F
2. Spray muffin pan with PAM, or grease lightly with oil
3. Mix all of the ingredients together in a bowl, and then pour it among 12 muffin cups in the tray
4. Bake for 25 minutes, and when cooled, store in fridge in air tight container; serve 1 muffin per person

Dinner: Cheesy Chili

Makes 24 cups of cheesy chili

Portion 2 cups of cheesy chili per person

Ingredients:

6 cups chickpeas/garbanzo beans (2 cups dried chickpeas or 1 ½ 15oz can)

3 cups frozen corn, thawed

1 cup frozen peas, thawed

4 tbsp oil

2 onions, diced

4 garlic cloves, minced

6 large carrots, diced

6 celery stocks, diced

2 cans of crushed tomatoes (28 ounces per can)

1-2 cups water

1 tsp cumin

½ tsp salt

½ tsp cinnamon

1 ½ cups shredded cheese (2 tbsp shredded cheese per person)

Directions:

1. In a large pot, sautee onions and garlic until golden on low-medium heat
2. Add all other ingredients to pot, and let it cook on low-medium heat for 55-60 minutes
3. Store in fridge in air tight container; serve 2 cups chili topped with 2 tbsp shredded cheese per person

GROCERY LIST (APPROX. \$75)

WEEK 2, BATCH 1 AND 2

Vegetables/Fruit

Frozen

- 3 packages frozen spinach
- Frozen peas (you may have leftovers from week 1 groceries)

Fresh

- 9 bananas
- 6 apples
- 3 zucchinis
- 1 lemon
- 2 garlic bunches
- 3 onions
- 1 bunch celery
- 1 head of lettuce
- 1 carrot bag (you may have leftovers from Week 1 groceries)
- 3 tomatoes

Dairy

- 4L milk, skim or 1% M.F. (use leftovers from Week 1 groceries)
- ½ dozen eggs (use leftovers from Week 1 groceries) or 1 small carton egg whites
- 4 cups yogurt (0% M.F. and low-sugar versions)
- 1 small bag of shredded cheese (less than 20% M.F.)
- 1 small container of sour cream (fat-free or 1% M.F.)

Pantry

- 1 large bag of instant rolled oats
- 1 container pumpkin seeds (3 cups needed)
- 1 small bag shredded unsweetened coconut
- 1 can chickpeas/garbanzo beans
- 1 large bag dried red lentils
- 1 peanut butter container (natural and/or light)
- 1 jar pickles
- 1 jar salsa
- 1 bag popcorn kernels

Other:

- 12 whole-wheat wraps
- 12 whole-wheat burger buns
- 12 medium taco shells/tortillas, or 24 small tacos/tortillas

RED FONT PROTEIN OPTIONS:

RECIPES FOR WEEK 2

WEEK 2, BATCH 1

Saturday cooking/baking menu

Enjoy these meals on Sunday, Monday, Tuesday and Wednesday

Breakfast: Banana & zucchini pancakes

Makes 24 pancakes

Portion 2 pancakes per person

Ingredients:

3 cups instant rolled oats

3 zucchinis, grated – squeeze in a paper towel to remove water from zucchini

3 ripe bananas, mashed

3/4 cup milk

1 tsp baking powder

1 tsp salt

2 tbsp honey

1 tsp vanilla extract

1 large egg

Directions:

1. Mix all ingredients together in a bowl
2. Heat frying pan on low-medium heat, and spray with PAM or lightly grease with oil
3. Use a ladle to portion out each pancake, and flip when bubbles start to form on top
4. When cooled, store in air tight container in fridge; serve 2 pancakes per person

Morning Snack: Yogurt & granola

Makes 6 cups of granola

Portion ½ cup of granola per person

Ingredients:

3 cups instant rolled oats

1 ½ cups pumpkin seeds

¾ cup shredded unsweetened coconut

1 tsp cinnamon

4 tbsp honey

1 tsp vanilla

4 tbsp oil

4 cups yogurt (1/2 cup per person)

Directions:

1. Preheat oven to 350 F and line a large baking sheet with parchment paper
2. In a large mixing bowl, combine all ingredients (excluding yogurt)
3. Pour mixture onto pan, and use a spoon to spread it into an even layer
4. Bake 20-25 minutes, until lightly golden – stir batch after 10 minutes baking for clumpy granola
5. Store the granola in an airtight container at room temperature for 1-2 weeks
6. When serving, mix ½ cup yogurt and ½ cup granola per person, and enjoy!

Lunch: Green pea hummus wraps**Makes 12 wraps****Portion 1 wrap per person, which includes 4 tbsp of green pea hummus per wrap**

2 cups green peas, frozen and thawed
1 cup chickpeas/garbanzo beans (1/3 cup dried chickpeas or ½ 15oz can)
¼ cup lemon juice
4 tbsp oil
3 tbsp water
2 garlic cloves, minced
1 tsp salt
12 wraps (1 wrap per person)
1 cup shredded cheese (2 tbsp per wrap)

NOTE: 1 cup dried chickpeas makes 3 cups cooked chickpeas; cook and simmer on stove for 3 hours OR slow cooked on high for 4 hours

Directions:

1. Blend all ingredients (excluding wraps) until puree texture
2. When serving, spread 4 tbsp of pea hummus mixture and 2 tbsp shredded cheese on each wrap per person (optional – warm up cheese in oven, stovetop or microwave)
3. Store pea hummus mixture in store in fridge in air tight container

Afternoon Snack: Nutty logs**Makes 12 nutty logs****Portion 1 nutty log per person (1 log = celery stalk with 2 tbsp peanut butter)****Ingredients:**

12 celery stalks
12 tbsp peanut butter
3 tsp cinnamon (sprinkle a small amount per celery stalk)
¼ cup honey (1 tsp of honey per celery stalk)

Directions:

1. When serving, spread 1 tbsp of peanut butter across one celery stalk, sprinkled with cinnamon and honey, per person
2. Store celery stalks in fridge in air-tight container

Dinner: Lentil burgers**Makes 12 lentil burgers****Portion 1 burger per person****Ingredients:**

2 cups dried lentils, makes 5 cups cooked lentils – cook beforehand

1 ½ cups instant rolled oats

2 eggs

1 onion, diced

2 garlic cloves, minced

1 tsp salt

1 tsp seasoning (e.g. cumin, paprika, etc.)

12 whole-wheat burger buns

Hamburger toppings: lettuce, tomatoes, pickles, cucumber, cheese

NOTE: 1 cup dried lentils makes 2 ½ cups of cooked lentils; cook on stovetop, 1 cup dried lentils with 3 cups water/broth

Directions:

1. Preheat oven to 350 F and line large baking tray with parchment paper
2. Cook dried lentils, and cool
3. Mix all ingredients together in a bowl to make a batter (optional to cook onions/garlic beforehand)
4. Divide batter into 12, and shape each portion into a burger, and lay flat on baking tray
5. Bake for 35-40 minutes, and when cooled, store in fridge in air tight container
6. Serve 1 burger per person with 1 hamburger bun & toppings

RECIPES FOR WEEK 2

WEEK 2, BATCH 2

Wednesday cooking/baking menu

Enjoy these meals on Wednesday, Thursday, Friday and Saturday

Breakfast: Lentil fruity smoothie

Makes 18 cups of lentil fruit smoothie

Portion 1 ½ cups smoothie per person

Ingredients:

3 cups cooked lentils (cook 1 ¼ cup dried lentils + 3 ½ cups water)
4-5 cups milk
6 ripe bananas
6 apples, sliced
3 tbsp honey
1 tsp cinnamon

NOTE: 1 cup dried lentils makes 2 ½ cups of cooked lentils; cook on stovetop, 1 cup dried lentils with 3 cups water/broth

Directions:

1. Add all ingredients to blender, and blend!
2. You can divide this recipe into 3 batches to make fresh everyday (stays fresh in fridge for 2-3 days, and shake before serving 1 ½ cups per person)

Morning Snack: Nutty cookies & milk

Makes 12 cookies

Portion 1 cookie per person

Ingredients:

2/3 cup instant rolled oats
1 cup peanut butter
½ tsp cinnamon
1 teaspoon baking soda
1 large egg
3 tbsp honey
12 cups milk (1 cup of milk with each cookie)

Directions:

1. Preheat oven to 350 F, and line baking tray with parchment paper
2. Mix all ingredients together in a bowl, and portion into 12 cookies

3. Bake for 10-12 minutes, cool, and then store in fridge in air tight container; serve 1 cookie with 1 cup milk per person

Lunch: Lentil tacos

Makes 12 medium tacos, or 24 small tacos

Portion ½ cup lentil mix per person; 1 medium taco or 2 small tacos per person

Ingredients:

2 cups dried lentils, makes 5 cups cooked lentils

3 tbsp oil

2 onions, sliced

3 garlic cloves, minced

½ tsp cumin

½ tsp paprika

½ tsp chili powder

12 medium taco shells/tortillas, or 24 small tacos/tortillas

1 cup shredded cheese (1 ½ tbsp per taco)

Toppings: shredded lettuce, sour cream, salsa

NOTE: 1 cup dried lentils makes 2 ½ cups of cooked lentils; cook on stovetop, 1 cup dried lentils with 3 cups water/broth

Directions:

1. Cook dried lentils
2. Sautee onions and garlic with oil on frying pan, on low-medium heat, until golden brown
3. Transfer cooked lentils into frying pan, and mix with onions and garlic
4. Store lentil mix in fridge in air tight container; serve ½ cup cooked lentils per person, 1 ½ tbsp shredded cheese per person with tacos and topping

Afternoon Snack: Popcorn & pumpkin seeds

Makes 36 cups popcorn & pumpkin seeds

Portion 3 cups popcorn & 2 tbsp pumpkin seeds per person

Ingredients:

1 ½ cups popcorn kernels

6 tbsp oil

1 tsp salt

1 ½ cups pumpkin seeds, roasted and salted (2 tbsp per person)

Directions:

1. Add oil and 3 popcorn kernels to a saucepan, and then cover and heat the oil over medium-high heat
2. When 3 kernels in the pan pop, the oil is ready and add the rest of the kernels with salt, and cover again
3. Let the popcorn pop for a few minutes, shaking the pan frequently
4. When popping slows down, take saucepan off of the heat and let popcorn cool
5. Store in at room temperature in air tight container; when serving, mix 3 cups of popped popcorn with 2 tbsp of roasted pumpkin seeds

Dinner: Spinach & lentil soup**Makes 24 cups of soup****Portion 2 cups of soup per person****Ingredients:**

3 cups dried red lentils
2 onions, diced
2 garlic cloves, minced
3 tbsp oil
6 medium carrots, diced
3 packages of frozen spinach, thawed
16 cups water/broth
½ tsp salt
1 tsp turmeric
1 tsp ground cumin
Juice of 1 lemon

Directions:

1. In a large pot, sauté onions and garlic on low-medium heat until golden brown
2. Add the remaining ingredients, and cook for 45-50 minutes on low-medium heat
3. Store soup in fridge in air tight container; serve 2 cups per person