

the everyday meal

WITH TANYA



Your easier week.

A little planning. A few good meals.

A lot more room for life.



01 / FIND YOUR ANCHORS

Start with your actual week.

You do not need to plan every meal. Start with the moment that feels hardest, and give it one simple solution.

THE BUSY MOMENT

Which days or meals need the most help?

THE REALISTIC WINDOW

When could you shop or prepare a few ingredients?

THE EASY DEFAULT

What is one meal you enjoy and can make without much thinking?

Start small: one planned meal is a useful beginning. Leave room for convenience foods, family favourites and eating out.

02 / MAKE A LITTLE PLAN

Three meals. Many possibilities.

Use these as flexible meal ideas, not a prescription or a complete diet. Add enough food for your needs and adapt ingredients to your preferences.

MON / TUE

The mix & match bowl

Brown rice + chickpeas + roasted carrots + leafy greens + lemon dressing.

Swap in a grain, protein or vegetables you already enjoy.

WED / THU

Your very flexible wrap

Whole grain wrap + hummus + cucumber + peppers + a side of fruit.

Add tofu, beans or another protein food to suit your appetite.

FRIDAY

The use-what-you-have dinner

Eggs or tofu + vegetables + whole grain toast.

Use ingredients safely stored from earlier in the week, or cook fresh.

A useful reference: Canada's food guide suggests about half a meal as vegetables and fruits, one-quarter whole grains, and one-quarter protein foods. This is a flexible proportion guide, not an individual portion prescription. Choose plant proteins more often. [1]

03 / SHOP WITH PURPOSE

A shorter list. An easier week.

Check what you already have. Choose quantities for your household and the meals you intend to make. Skip anything you will not use.

Produce

- ☐ Carrots or another roasting vegetable
- ☐ Leafy greens
- ☐ Cucumber and peppers
- ☐ Lemons
- ☐ Fruit you enjoy

Cupboard

- ☐ Brown rice or another whole grain
- ☐ Chickpeas or other beans
- ☐ Whole grain wraps or bread
- ☐ Olive oil
- ☐ Favourite herbs and spices

Fridge

- ☐ Hummus
- ☐ Eggs or tofu
- ☐ Yogurt or a preferred alternative

A little backup

- ☐ Frozen vegetables
- ☐ An extra can of beans
- ☐ A meal you can make in ten minutes

MY EXTRAS

04 / GIVE YOURSELF A HEAD START

A prep rhythm, not a whole Sunday.

Choose one or two jobs that make your next meal easier. You can stop there.

01 Look ahead for ten minutes.

Pick the meals you want help with. Check the fridge and write a short list.

02 Prepare one useful base.

Cook a grain or prepare one protein you like. Make only what you will use or can safely freeze.

03 Make vegetables easy to reach.

Wash produce, dry leafy greens and refrigerate cut vegetables. Frozen vegetables are useful too.

04 Keep one backup dinner.

Decide what you will make on the busiest day. Keep those ingredients ready.

KEEP THE SIMPLE THINGS SAFE

Refrigerate or freeze leftovers within two hours. Keep the fridge at 4 C or below. Use refrigerated leftovers within two to four days, or freeze portions for later. Label containers and follow safe reheating guidance. [2]

YOUR WEEK, ON ONE PAGE

Leave a little room for life.

WEEK OF: _____

LUNCH / DAYTIME ANCHOR

DINNER / EVENING ANCHOR

MON

TUE

WED

THU

FRI

SHOPPING MOMENT

MY BACKUP MEAL

Breakfast, snacks and weekend meals: keep your usual routine or use the space on the back. This worksheet is a planning tool, not a complete dietary plan.

KEEP WHAT WORKS

A little reflection.
A little more ease.

What made meals easier this week?

What felt unrealistic or unnecessary?

What is one thing I want to repeat next week?

Want to build this together? Visit everydaymeal.ca to explore The Everyday Meal, the four-week programme and a free fit call with Tanya.

This guide provides general meal-planning education for adults. It is not a personalised nutrition plan, medical advice or treatment. For medical nutrition needs, allergies or dietary restrictions, follow guidance from an appropriately qualified professional.

REFERENCES & USEFUL NEXT READS

- [1] Health Canada: Make healthy meals with Canada's food guide plate.
- [2] Health Canada: Food safety and you.