

Recipe Revisions



1 | reduce fat

| Instead of | Choose |
|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Full fat, 2% milk | Non fat or 1% milk (skim), unsweetened soy or almond milk |
| Full fat, 2% Yogurt | Low fat plain Greek yogurt |
| Cream | Low fat evaporated milk Blended low fat Ricotta cheese. |
| Sour Cream | Plain Greek yogurt (1 or 2%) Fat-free or low fat sour cream Low fat ricotta cheese |
| Unsweetened chocolate | Replace 1 oz with 3 T cocoa powder |
| Cream cheese | Blended low fat Ricotta or Cottage cheese Low fat cream cheese |
| Cheddar Cheese | Use reduced fat varieties in smaller servings Use 1 T Parmesan to replace ½ cup cheddar. It has a stronger flavor so you can use less |
| Chicken & Meat | Trim all visible fat, choose lean cuts Try tofu/tempeh |
| Ground beef | Ground chicken or turkey |
| Bacon | Turkey bacon |
| Butter/Margarine | Use apple sauce in baking to keep cakes moist. |
| Oil | Cooking spray |
| Egg | Substitute with ground flax seed & water (1 egg = 1 T ground flax seed + 3 T water-let stand for 5 minutes before using) Substitute 2 egg whites for 1 egg |

2 | reduce sugar

| Instead of | Choose |
|----------------------|---------------------------------------------------------------------------------------------------------------|
| Sugar – white or raw | Calorie free sugar substitutes in liquid or powder form (e.g. Splenda®). Reduce sugar in the recipes by half. |

3 | increase fibre

| Instead of | Choose |
|------------------------------|--------------------------------------------------------------------------------------------|
| White flours | Whole grain or whole wheat flour or half/half mix |
| White Rice | Brown rice Parboiled rice Quinoa Couscous Bulgur Cauliflower rice |
| White pasta | Whole wheat pasta Black bean pasta Lentil pasta Nupasta Spaghetti squash |
| White bread and bread crumbs | Sprouted grain bread Whole wheat bread Whole grain bread Natural Bran |
| Cereals | Slow cooking or steel cut oats Barley High fibre cereal ex. Fibre 1 or All Bran Buds |
| Peeled fruits and vegetables | Leave skin on whenever possible |

4 | cook smart

| Instead of | Choose |
|------------------------------|----------------------------------------------------------------------------------------------------------------------|
| Sauté or shallow frying | Use a non stick pan Use a cooking spray Use stock or water for sautéing instead of oil Grill or BBQ instead |
| Deep frying | Bake in the oven on a lightly greased tray |
| White sauce | Reduce the amount of butter or margarine you use by half Use pureed cauliflower |
| Thickening sauces with flour | Thicken with pureed vegetables or lentils Add natural bran |

practical ideas



1 | plan to make extras

- Cook an extra chicken breast or salmon fillet: place on top of a salad later.
- Steam cook or grill an extra batch of vegetables: use in vegetable soup, pasta dishes or wrap in tortilla.

2 | batch cook

- Prepare and freeze extra foods on weekends or when there is a little more time.
- Perfect foods to 'big batch' are : soups, stews, chilli and casseroles.
- Use a slow cooker to create a hot dinner as you go about your busy day.
- Freeze foods in meal-sized airtight containers or re-sealable freezer bags.

3 | share the tasks

- Leave out simple instructions for the recipe so whoever gets home first can start the preparation.
- Get your family used to eating one meal – no need to cook different things for different people. Remember, what's good for you is also good for your family!
- Share the work of batch cooking with family or friends. Make it a fun Sunday activity.

4 | shop for time savers

- Try washed and ready-to-eat produce items like pre-cut veggies and fruit, and ready made bagged salads.
- Frozen fruit: serve as is or add to yogurt or smoothie.
- Frozen veggies: make a quick stir fry or throw in a soup.

meals in a snap



1 | breakfast

- Cereal: oatmeal with fruit, Greek yogurt and slivered almonds.
- Try whole wheat toast with low fat cheese and fruit slices on top.
- Create a shake by blending soy milk, 1 piece of fruit (fresh or frozen), a green veggie like spinach or kale, and ground flax seed or hemp hearts.

2 | lunch

- Make a quick and filling salad: start with some pre-washed greens (spinach/arugula/lettuce), add veggies of your choice and protein: cubes of low fat cheese, a boiled egg, chick peas or canned tuna.
- Melt some low fat cheese on whole wheat bread and add fruit or vegetable sticks.
- Fill a whole grain pita with any leftover protein (ex cooked chicken or turkey) and add whatever veggies you have in the fridge for a healthy sandwich option.

3 | dinner

- Make a quick pasta sauce by adding shrimp, clams or mussels to tomato sauce and chopped frozen vegetables.
- Have breakfast for dinner! Scrambled eggs, whole wheat toast and sliced tomatoes or other veggies.
- Stir fry your favourite vegetables with pre-cooked shrimp or tofu.