

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.