



# 15 FUN AND UNIQUE *meal themes*

## 1 MEXICAN FIESTA

This is fun and versatile because a lot of Mexican cooking uses the same ingredients in different ways. Who doesn't love fajitas, quesadillas, tacos, enchiladas and rice?

## 2 BUILD YOUR OWN PIZZA

A family favourite! Try doing this on a Friday night to ease decision making and to avoid the temptation of take-out. Use naan bread for a quick dough option, have new ingredients to try and try different types of cheeses!

## 3 PROTEIN SWAP!

Have fun cooking meals with protein alternatives like eggs, tofu, lentils, fish and chickpeas. Just swap out your usual protein in recipes with one of the above.

## 4 FISH FRIDAYS

Enjoy a day by the sea with anything from salmon to sushi to shrimp. Dive deep with this one!

## 5 SIMPLE SANDWICHES

This is a great idea for Saturdays and Sundays to give yourself a break. Sandwiches offer a variety of options by changing the protein, toppings and type of bread. An egg salad sandwich is always a quick and delicious option!



## 6 TACO TUESDAY

This is similar to Mexican fiesta, except it is exclusive to tacos, which can be prepared in a variety of ways. For example – try egg, fish, spicy chicken, shrimp or black bean tacos.

## 7 ENTRÉE SALADS

Think outside the green salad box and bump up the nutrition with carbs and protein to make your salad into a filling meal! Add ingredients to create interest like seeds, fruit, grains, beans, other proteins and fresh herbs.

## 8 BREAKFAST FOR DINNER

Eggs are super convenient, versatile, economical and easy to prepare. Plan to use eggs (which contain 6 grams of complete protein) for your meal and you'll have a variety of options from avocado toast to quiche!

## 9 BATCH COOKING

Batch cooking allows you to make meals for planned leftovers and freezer options. Frozen meals save time when you are too busy to cook a meal and also make great lunch options! Chili, lasagna, meatballs, meatloaf, soups and sauces are all great batch items to make for your freezer.

## 10 NOW THAT'S ITALIAN!

Make an Italian meal for fun which is always a crowd pleaser! There are over 350 pasta shapes to choose from and an endless variety of sauces to try something new.



## 11 MAKE IT EASY!

Use this theme on busy nights filled with commitments when you need a quick but easy meal. Ideas include a grilled cheese or fried egg sandwich with side salad, perogies with plain greek yogurt, baked beans, chicken finger wraps or a charcuterie style dinner with cheese, hard-cooked eggs, crackers and fruit.



## 12 SOUP NIGHT

This popular comfort food is also a great option for batch cooking and adding to your freezer for a quick meal.

## 13 BURGER NIGHT

Burgers have so much flavour and flexibility by using different toppings and sauces and you can bump up your vegetable intake by adding them as toppings. Try changing up what type of burger you make: beef, chicken, fish, veggie, homemade or black bean are all great choices. Top with an egg to boost the protein!

## 14 STIR-FRY OR CURRY NIGHT

Many people love stir-fry meals to use up what they have in the fridge. Curries offer the same kind of variety and can be made easily at home with store-bought curry pastes added to coconut milk.

## 15 FAMILY FAVOURITES

What was your favourite childhood meal? Food naturally brings back many emotions, so why not make them part of your meal inspiration. Things like homemade Mac and Cheese Salad, Grandma's meatloaf, sloppy Joe's or mom's lasagna can easily fit into your modern meal selection.

