



**SEED™
& SEED™ PLUS**

SHOP, EAT, ENJOY DINING

**A LIFESTYLE PROGRAM FOR
WEIGHT MANAGEMENT**

LEAF
WEIGHT MANAGEMENT CLINIC
LIVE. EAT. ACTIVITY. FOREVER.

YOUR SEED™ PROGRAM BEGINS ON:

GETTING OFF TO A GREAT START

At LEAF[®], we believe in creating and maintaining supportive environments.

This means that everyone can share their experiences and opinions without worrying about being judged.

Respect is very important. We strive to ensure that staff and participants work together to maintain the dignity and self-esteem of each other.

There are many beliefs about weight. At LEAF[®] Weight Management Clinic, we strive to treat everyone with respect and dignity, and help them on their path to becoming as healthy as possible.

We believe in the key principles of weight management:

Weight (overweight and obesity) is a chronic condition.

Chronic means “long term”, so only long-term solutions will work. Successful weight management depends on realistic treatments you can stick with over time. Quick-fix solutions often result in weight regain.

Weight management is more than just the number on the scale.

Success should be measured in health improvement and well-being instead of the amount of weight lost. Small reductions in weight can have a huge impact on health. Losing 5% to 10% of starting weight may be all it takes to improve health markers

Change happens by addressing root causes and roadblocks.

Weight is more complicated than “eating less” and “moving more”. Looking at why someone may have a slow metabolism, increased appetite, or reduced activity is essential for getting at the root cause of things and finding ways to move forward.

Success is different for everyone.

Everyone is different and has unique experiences. We are all balancing the effects of our genes, emotions, physical capacity, and more. Consider broadening the idea of success by setting your sights on the prevention of further weight gain, improved energy level, and even reduced markers of chronic conditions like diabetes and heart disease. Improved fitness, better energy levels are also signs of success.

Your best weight may not be an ideal weight.

Your best weight is the one you can sustain while having healthier habits, enjoying the benefits of improved health, and living your best life. Small changes on the outside can have big benefits on the inside!

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Welcome Program at a Glance

Live, Eat, Activity, Forever® (LEAF®)
SEED™ & SEED Plus- Shop Eat Enjoy Dining.

The SEED™ program is 24 week program which includes:

- 1 initial consultation with your LEAF® registered dietitian
- 5 follow-up visits with your LEAF® registered dietitian
- Dietitian visits are accompanied with visits by the LEAF® doctor
- Reduced energy eating pattern guidance to support healthy weight
- Tools and resources to encourage behaviour change for long term success

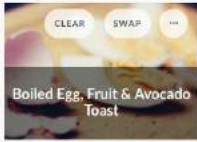
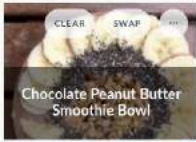


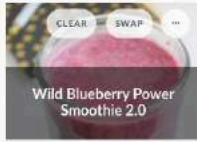
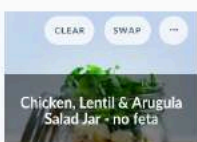
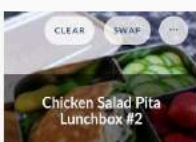
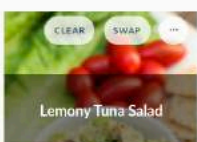

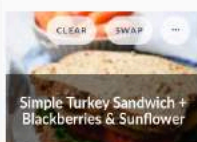
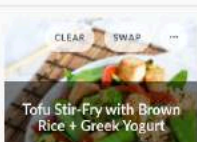
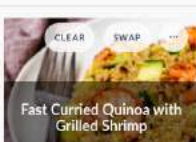


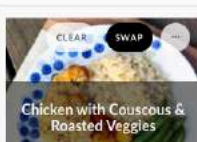

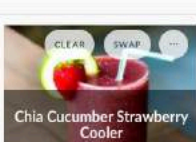

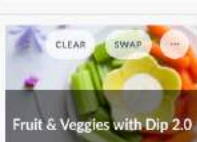
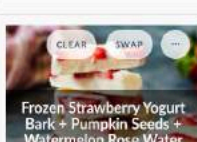
Note: SEED™ DOES NOT include the use of meal replacements.

SEED™ Plus

This enhanced program provides all of the features of SEED™ with the addition of access to an interactive meal planning portal. Our dietitians will tell you what to eat! You have the ability to swap meals, create favorites boards, schedule your plans, generate grocery lists and more all via the web or your mobile device. These meal plans are designed to satisfy your taste preferences and nutrition needs.

Sample of a SEED™ Plus meal plan:

5-day meal plan customized for **A Healthy Diet**
Pasta with Eggplant and Tomato and more ...

	Day 1	Day 2	Day 3	Day 4	Day 5
BREAKFAST	 Boiled Egg, Fruit & Avocado Toast	 Chocolate Peanut Butter Smoothie Bowl	 Slow Cooker Apple Cranberry Steel Cut Oats	 LEFTOVERS Slow Cooker Apple Cranberry Steel Cut Oats	 Wild Blueberry Power Smoothie 2.0
LUNCH	 Chicken, Lentil & Arugula Salad Jar - no feta	 Chicken Salad Pita Lunchbox #2	 Lemony Tuna Salad	 LEFTOVERS Lemony Tuna Salad	 Simple Turkey Sandwich + Blackberries & Sunflower
DINNER	 Tofu Stir-Fry with Brown Rice + Greek Yogurt	 Fast Curried Quinoa with Grilled Shrimp	 Pasta with Eggplant and Tomato + Celery & Dip	 LEFTOVERS Pasta with Eggplant and Tomato + Celery & Dip	 Chicken with Couscous & Roasted Veggies
SNACK	 Cantaloupe	 Chia Cucumber Strawberry Cooler	 Banana & Peanut butter	 Fruit & Veggies with Dip 2.0	 Frozen Strawberry Yogurt Bark + Pumpkin Seeds + Watermelon Rose Water

The SEED™ & SEED™ Plus program is best suited to persons who:

- Are concerned about their excess weight and how it is impacting health
- Are ready to make a change
- Can commit to attending monthly appointments for 24 consecutive weeks
- Are medically appropriate to participate in a weight management program supervised by a doctor

Studies show that success in weight management programs is predicted by attendance at your appointments and the work you put into behaviour change between appointments. If you are ready to change, we are ready to help.

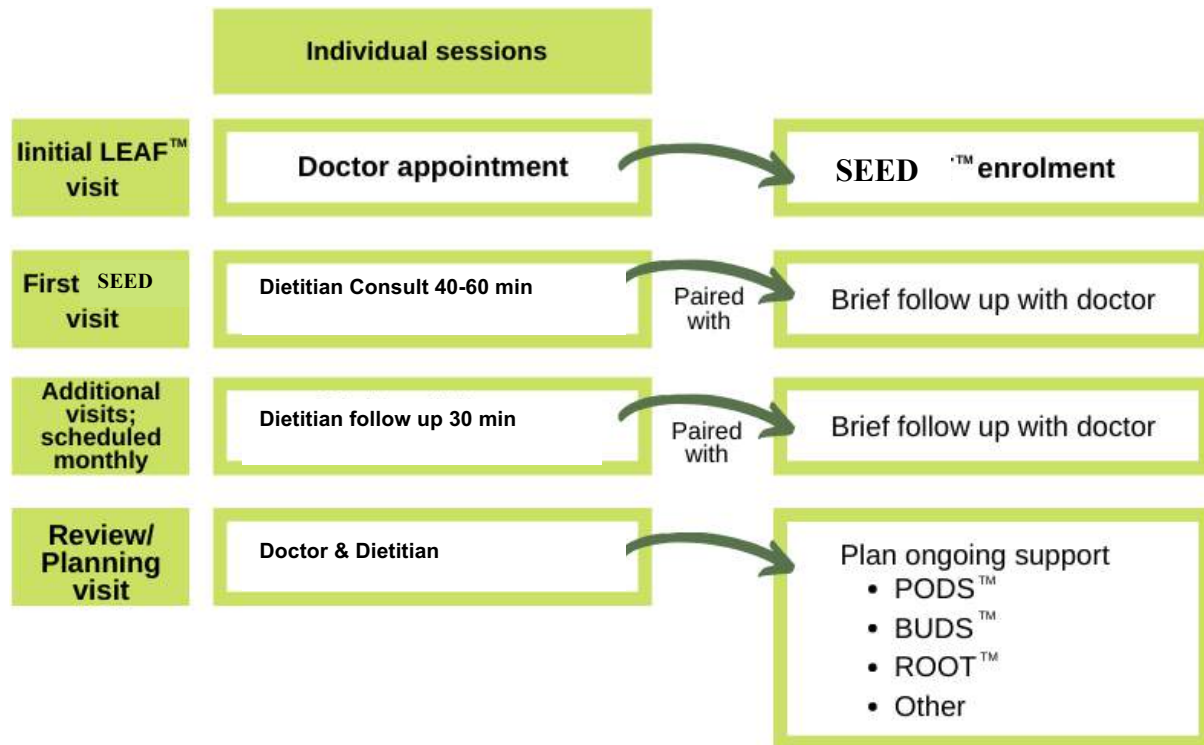
We kindly ask that you:

- Advise the clinic if you will not be attending an appointment, we will assist you to reschedule
- Arrive on time and be prepared to stay until the end of your appointment
- Limit distractions during your appointment.

If you have any questions, concerns or comments outside of your regularly scheduled visit times, we can be reached during regular office hours, Monday to Friday from 8:30 am to 4:00 pm at (613) 701-1222 or at info@leafwmc.com.

For any urgent medical concerns, please visit your nearest urgent care center or contact your family doctor.

SEED™ & SEED™ Plus Program Overview:



Learning about nutrition, fitness and developing skills that are needed to support behavioural changes is the key to success.

The Dietitian counselling sessions are individualized and focus on building a plan to suit you that will:

- Enhance motivation and readiness to change
- Build behaviour change skills
- Develop supportive strategies
- Improve fitness and nutrition knowledge
- Bridge gaps between knowledge and action
- Identify barriers that may be holding you back
- Problem solve challenging situations, finding ways to stay on track even in challenging situations
- Build the skills, confidence and support to practice healthy habits long term

Appointments

Our goal is to provide you with a safe and healthy weight management program.

Once you have purchased your SEED™ & SEED™ Plus program, a consultation appointment will be scheduled with the Registered Dietitian. This appointment will also include a visit from your program physician.

NOTE: DUE TO COVID-19 we are not conducting in person appointments. Please refer to the virtual appointment details.

In person appointments (Currently not available during COVID-19)

Before you see the dietitian, a medical office assistant will take your measurements to help you track your progress. These measurements can include height, weight, body composition, and waist circumference.

Suggestions for measurements:

- Wear light/similar clothing to the clinic each time you are getting measured
- Remove your shoes. Sandals are available but you may wish to bring your own slip-on footwear. Weight and body composition cannot be measured if you are not in bare feet

Please be prepared for your measurements by limiting the items you may wish to remove – such as watches, belts and other accessories. This will help speed up your measurement process and help the appointment run in a timely manner.

Bring your measurement tracking sheet (last page of this package) with you for your assessment. The tracking sheet is where you can collect the results of your measurements for comparison over time.

Virtual Appointments

You will be provided with an appointment reminder by email. If your appointment is via virtual video conference (ZOOM) you will receive a link with a unique meeting ID number via email prior to your appointment. At the time of your appointment, please use the link to connect to your virtual meeting. Please be patient – your dietitian will do their best to be prompt for your meeting start time. If your appointment is by phone, your dietitian will call the preferred number we have on file.

We strongly recommend you are in a private place with limited distractions for the duration of your appointment. Please refrain from driving during your appointment.

There are several measurements that you can do at home that are valuable to assessing your health and progress in the program. There is a chart at the end of this guide that you can use for recording these measurements.

These include:

- Waist measurement
- Weight
- Blood pressure

Waist measurement

Using a flexible measuring tape

- Stand up straight and remove clothing from around your waist
- Wrap the tape measure around your middle using the small of your back as a guide. This should help position the tape about halfway between your lower rib and the top of your hip bone. The belly button is not the best landmark for a waist measure.
- Check that the tape is level all around and snug against but not pressing into your skin.
- Take a deep breath, then exhale to relax your muscles and finally measure.
- You may want someone to assist you in taking a waist measure.

Weight

If you have a scale at home, measuring your weight once a week to once a month may be helpful to you. If you do not have a home scale and wish to purchase one you might consider the following options available for modest prices for purchase online or local retailers:

- Renpho Body Fat Scale – Digital, Bluetooth, Body Composition (396 lb Capacity)
- Etekcity Body Fat Scale - Digital Bluetooth Body Composition (400 lb Capacity)
- EatSmart Products Extra Wide Digital Scale (550 lb Capacity)
- My Weigh SCMXL700T Talking Bathroom Scale (700 lb Capacity)

Blood Pressure

If you have a home blood pressure cuff you can follow the directions below to monitor your pressure. Do not smoke or drink caffeine 30 minutes before you plan to take your blood pressure

- Rest quietly for 5 minutes before starting
- Sit with your feet flat on the floor and your back and arm supported. Keep your arm at heart level
- Apply the cuff on a bare arm
- Take the measurement and record the value – you may want to take more than one reading in one sitting and record the average value.

If you would like to get a blood pressure cuff for home use, Hypertension Canada's website recommends devices you could consider. See

<https://hypertension.ca/bpdevices>

Blood Work

Before starting the program, you may be asked to have initial blood work completed. If you recently had blood work done for another health care provider and the results are available to your LEAF™ doctor, this can be used as your initial blood work.

Blood work testing may be recommended at the discretion of your LEAF™ doctor during your program. The blood work helps us understand your nutrition and health needs and can even be used for additional measures of change during the SEED™ program. Weight is only one marker of change. Measuring different factors in your blood can also

show changes in health that come with improved nutrition, fitness, and medications (if applicable).

Please take the requisition provided by your SEED™ doctor to the laboratory when you go. This ensures that your SEED™ doctor gets the test results they require. Tests may be done at any community laboratory. Patients may be required to fast for 8 hours (nothing to eat or drink for 8 hours).

Results of all tests requested at LEAF™ will be part of the final report back to your family doctor or nurse practitioner.

Please note: The appointments with your SEED™ doctor are for managing care related to your participation in the SEED™ program. Any additional medical concerns unrelated to your weight management should be discussed with your family doctor or nurse practitioner, including any prescription renewals for medication prescribed by your family doctor.

The SEED™ doctor has the right to discharge you from the program if you are not attending your doctor appointments or dietitian sessions.

Medications for Weight Management

There are weight management medications approved for use in Canada. One of these medications may be recommended to you by your LEAF® physician. These can be used in conjunction with the SEED™ program. The decision to start or continue a medication ultimately remains yours. Cost of any appropriate medications is in addition to the cost of the SEED™ program.

Healthy Weight: Top Tips

There is no shortage of available advice about how to lose weight. Every person is unique and your path to weight management is likely very unique too. It is important to consider the root causes of your weight and take steps to address any barriers that stand in your way of working on those contributing factors. Some root causes are more within our control than others.

Did you know there are more than 300 factors that contribute to increased weight? Food and fitness are just two of them. We have to be mindful of setting expectations that respect that there are things we can change and things we have to accept.

Here are some key things you can work on that help and are in your control:

- Eat real, minimally processed food
- Plan your meals in advance
- Prepare more of your food at home
- Eat at regular intervals through your day – good fuel timing limits excess hunger
- Use a smaller plate to help with portion control
- When eating take your time and tune in to your level of hunger, stop when you are satisfied
- Before you reach for food check in & ask with curiosity “Am I in need of fuel or something else?”
- Drink to stay hydrated – and limit liquid calories, they add up quickly
- Think ‘routine’ rather than ‘rigid rules’; building healthier habits with some flexibility
- Renovate your environment – limit cues for less healthy choices and increase the access to healthy ones in your home, office or anywhere you spend time
- Move your body – aim to accumulate 150 min or more of activity in your week
- Track your habits– having a way to monitor yourself helps
- Determine what matters to you – be clear on why it is important for you to do this work
- Seek support from friends and family

Activity Tips

In SEED™ & SEED™ Plus we encourage you to start where you are and do what you can. It is important to work on breaking up your sitting time and begin to add activity to your day. Aiming to get a total of 150 minutes or more per week of moderate intensity activity is recommended. This might be broken down into 5 bouts of 30 minutes of activity over your week. You could even break down the 30 minutes further. For example, you could divide it into two 15-minute walks on each of 5 days in your week.

Nutrition Fundamentals

The SEED™ & SEED™ Plus program encourages eating healthy, nutritious foods as part of structured meals and snacks throughout the day.

Making change is going to require us to look at not just what to eat but why and how we eat.

Weight management requires you to fuel your body well. Yes, we are looking to modestly reduce our energy or calorie intake AND we want a healthy well-functioning system that doesn't rage with 'hanger' (hunger + impatience to eat = hanger). We call this 'working with your body' to promote weight management.

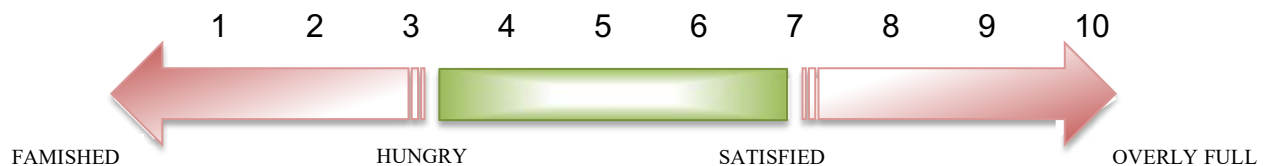
Working with your body includes:

- Breakfast – which literally means 'break the fast'
 - About 75% of participants in a long-term study on successful weight loss started their day with breakfast within 2 hours of waking; this is applicable to most but not all.
 - Recent studies have suggested that some people may do well with modestly delaying their first meal and eating all of their nourishment within a 6-8-hour time frame daily.
 - If you're not sure which pattern is right for you, your SEED™ dietitian can help.
- Plan to eat 3 to 4 times during the day
 - You can eat more often but make sure you are eating smaller portions
 - Space meals over the day trying to eat every 4-5 hours
 - Plan a healthy afternoon or evening snack around your main meals
 - Healthy snacks help prevent becoming overly hungry as this can lead to over-eating
- Check in with your body – are you hungry?
 - We experience many different types of hunger but not all of them help us fuel our body and work toward our weight and health goals.
 - Consider your hunger when planning to eat by asking yourself what type of hunger you are experiencing:
 - Stomach hunger – signals the need to fuel your body
 - Mouth hunger – signals a craving for a certain taste or texture
 - Head hunger – a learned cue, ex: going to the movies = want popcorn
 - Heart hunger – craving feelings of comfort or distraction from emotions

If your hunger is not stomach hunger, can you respond without food? Can you use some behaviour skills to act in line with your intentions rather than eating in a problematic way? If you want to know more about this, your dietitian can help.

If you are experiencing stomach hunger, then you should eat. Getting in touch with our stomach hunger can help us manage our eating and work with our body more effectively. Consider the hunger scale below. Throughout your day, check in to see where you are on the hunger scale. We want to try to work in the hunger zone between about a 3 and a 7. If you get too hungry it is hard to make good food decisions. If you over fill too often, you will not progress on your weight management journey.

Hunger Scale



Take some time to check in on your hunger. Keep some notes here or in a notebook. This is the first step in mindful eating.

Time of day	Circumstances	Type of hunger	How hungry?	How did I respond
3 pm	At my desk, between meetings	Stomach	4	Ate my fruit and cheese snack, drank water

What to eat?


At least 80% of the time, foods and beverage should be “whole” or minimally processed. What do we mean by ‘whole’ food? Focus on that had a short distance ‘from field or farm to table’. Most of these foods may not be in a box or bag but if they are, check the ingredient list. You should see relatively few ingredients listed and likely are able to pronounce most of them! Build your meals around these foods and add culinary ingredients like salt, sugar, oils and sauces sparingly to bring your dishes together in an enjoyable way.


Aim to eat meals and snacks that have fibre from fruit, vegetables, and whole grains along with protein-rich foods like dairy products, beans, nuts, seeds, fish, poultry, eggs and lean meats. A small amount of healthy fat from nuts, seeds, avocado, olives, oils and dressings are encouraged too. These foods will keep you feeling full and satisfied for longer.


Build structure not complication!

Structure your meals to establish a routine of eating to satisfy your true or stomach hunger. We recommend using the Plate Method approach to planning meals. This pattern of eating is a structured but simple way to eat a variety of healthy foods in a balanced way.

Plate Method
Start with a plate that is 8-9 inches in diameter

Fill $\frac{1}{2}$ the plate with vegetables 

Fill a $\frac{1}{4}$ of the plate with a grain or starch 

Fill a $\frac{1}{4}$ of the plate with protein 



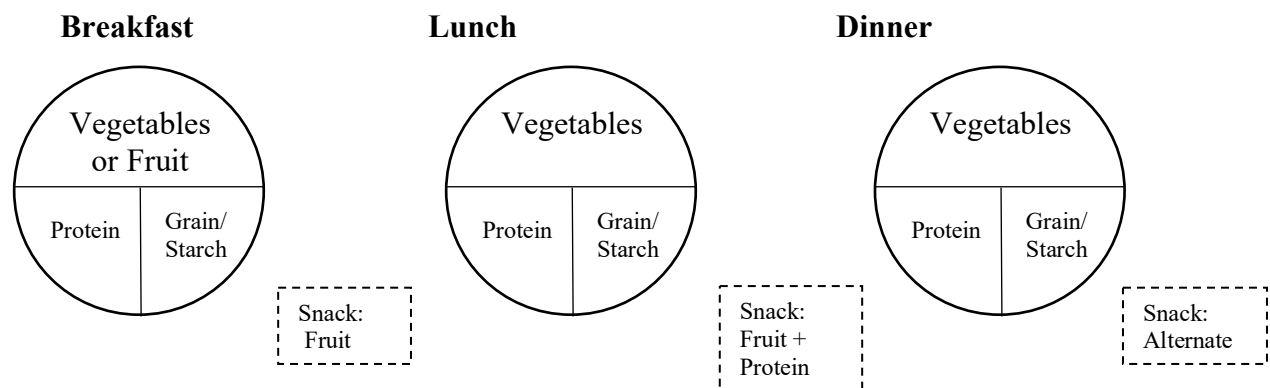
You can add a fruit and a dairy food to complete the balanced meal  



Plate Method by Meal



Snacks are planned to keep us fueled between meals. Snacks help to prevent us from getting over hungry before our next meal. Snacks are strategically placed to keep your hunger managed – not just your stomach hunger but your mouth hunger too. Consider where you need a snack most. Do you need a snack at all? You may find the answer to this varies from day to day – just as your hunger will. Being prepared with some go to snacks for when you need them is a good idea. The snacks in the image are in dotted boxes to indicate they may be planned as snack times, but this is flexible – you don't have to force a snack.

There are snack and meal ideas provided further along in this guide. See page 27 for snack ideas and page 17 for the start of the meal ideas.

Handy Portion Guide



Grains and starches*/ Fruits*

Choose an amount the size of your fist for grains or starches, or fruit.

Milk and alternatives*

Drink up to 1 cup (250 mL) of low-fat milk with a meal.



Vegetables*

Choose as much as you can hold in both hands. Choose brightly coloured vegetables (e.g., green or yellow beans, broccoli).



Meat and alternatives*

Choose an amount the size of the palm of your hand and the thickness of your little finger.



Fat*

Limit fat to an amount the size of the tip of your thumb.

Source: Diabetes Canada

Stepping Up the Structure

For additional structure to the Plate Method, you can try a food exchange or ‘choices’ meal plan system. In this approach, foods are grouped based on their nutrients and calories.

Your meal pattern is composed of a recommended number of food choices from each group. The number of food choices work together to give you a good balance of nutrition within a specific calorie range for your day. We have given you a template for this type of approach on page 14 with a sample day using this approach on page 13.

The choices in this plan meet guidelines for healthy weight management. They may need to be individualized further to meet your needs. Your SEED™ dietitian can help individualize your plan.

How to use this approach:

- Portion sizes for “1 choice” are provided in the table that follows.
 - Measures are for cooked foods where appropriate (pasta, meats, etc.)
 - Foods mentioned are examples within the category, due to limited space, not all appropriate foods are mentioned
- Spread these choices out over the day
- Aim for at least 3 of the 4 food groups at each meal.
 - Food groups: Vegetables, Fruit, Grains and Starches, Proteins, Fats
- Eat to manage hunger – use your hunger scale notes to guide your meal times
- Use herbs, spices, fresh garlic and ginger, lemon juice, wine, and vinegars for flavor when cooking instead of added fats

You can use the serving size chart and the meal plan tracking sheets in this program guide to help you plan your meals.

1 Choice Equals...	Non-starchy vegetables ~30 calories/1 cup Asparagus, green beans, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, greens, eggplant, kale, leeks, lettuce, mixed vegetables, mushrooms, onion, parsnips, peas, peppers, pumpkin, radishes, snow peas, spinach, squash, tomato, turnip, zucchini.	Condiments ~30 calories <ul style="list-style-type: none"> • 2 dill pickles • 1 tsp BBQ sauce • 1 tsp low sugar fruit spreads • 1 Tbsp salsa • 1 Tbsp ketchup or mustard • 2 Tbsp low calorie Italian dressing
	Fruit ~65-70 Calories; 15 g Carbohydrate <ul style="list-style-type: none"> • 1 medium (tennis ball) size fruit: apple, orange, pear • 1 small banana (4" or ½ large) • ½ grapefruit • 2 kiwis • 2 small plums • 1 cup berries (strawberries, blueberries) • 2 Tbsp dried fruit - raisins, cranberries, cherries 	Grain & Starch ~80-100 Calories; 15 g Carbohydrate <ul style="list-style-type: none"> • 1 slice bread • ¼ – ¾ cup cold cereal* • ½ c cooked hot cereal • ½ cup potato - white or sweet • ½ cup cooked pasta • ½ small bagel or ½ English muffin • 1 – 6 inch whole wheat tortilla • 6 crackers* • ⅓ cup cooked rice • ½ cup corn • 3 cups plain popcorn <p>* Depends on brand. Please refer to Nutrition Facts on product package for serving size to provide 80-100 Calories</p>
CARBOHYDRATE	Milk & Alternatives ~90-100 Calories; 8 g Protein <ul style="list-style-type: none"> • 1 cup skim or 1% milk • ¾ cup yogurt 0-2% milk fat (regular or Greek; plain or artificially sweetened) • 1 cup of fortified soy or rice beverage 	Meat & Alternatives ~50-100 Calories; 8 g Protein <ul style="list-style-type: none"> • 30 g/1 oz any lean meat, fish or poultry (remove skin and visible fat) • 30 g/1 oz shellfish (lobster, crab, scallops, shrimp) • ¼ cup canned fish, drained • 1 egg or 2 egg whites • 1Tbsp peanut butter • 30 g/1 oz lower fat cheese (< 20% milk fat = M.F.) • ¼ cup cottage or ricotta cheese • ½ cup firm or regular tofu • ½ cup chick peas, beans, lentils
	PROTEIN	FATS ~50 Calories; 5 g Fat <ul style="list-style-type: none"> • 1 tsp canola, olive, sunflower or peanut oil • 1 tsp non-hydrogenated margarine • 1 tsp reg. salad dressing/mayo • 2 Tbsp low-fat, calorie-wise salad dressing • 1 Tbsp light mayonnaise • 3 Tbsp light sour cream (5% M.F.) • 2 Tbsp light cream cheese • 1 Tbsp nuts or seeds* • 1/6 of an avocado • 8-10 olives <p>*Average serving for nuts and seeds</p>
FATS	Fluid milk and yogurt provide about 15 g of carbohydrate per serving. Beans, peas, and lentils also provide about 15 g of carbohydrates per serving. Unlimited use of low calories items including: herbs, spices, seasonings, flavoured vinegar, broth, bouillon, non-sugar sweeteners, and calorie free beverages	

Sample Menu for a Reduced Calorie Meal Plan

Choices/Day:
Unlimited vegetables
2-3 Fruits
4-5 Grains and starches (G&S)
8-10 Protein (dairy, meat, alternatives)
2-3 Fats & oils
2-4 Condiments

Meal	Food	Veg	Fruit	G&S	Protein	Fats	Condiments
Breakfast	1 egg				✓		
	1 slice of whole wheat toast			✓			
	1 tsp. margarine					✓	
	2 tsp. ketchup						✓
	¾ cup low fat vanilla yogurt				✓		
	1 cup berries		✓				
	Coffee or tea						
Lunch	Chicken wrap: 1 small whole wheat tortilla 3 oz. chicken breast Lettuce, tomato, pepper, cucumber 1 tsp. light mayonnaise)	✓		✓	✓✓✓	✓	
	1 small banana		✓				
	1 cup skim milk				✓		
Snack	1 cup vegetable cocktail	✓					
	6-10 whole grain crackers			✓			
Dinner	Grilled vegetables or salad	✓					
	2 tsp. light Italian dressing						✓
	3 oz. meat (fish, poultry, beef)				✓✓✓		
	1 tsp. BBQ sauce						✓
	1 medium baked potato with 3 tsp. light sour cream			✓✓		✓	
	1 cup skim milk				✓		
Snack	½ cup fruit salad	✓					
	6 almonds					✓	
Total daily food choices:		3	3	5	10	4	3

Meal Plan Tracking – Meals & Snacks

	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		
	Vegetables	Unlimited	Notes	Fluid ○○○○○○○○
	Fruit	○○○		
	Grains & Starches	○○○○○		
	Milk & Alt	○○○		
	Meat & Alt	○○○○○○○		
	Fats	○○○○		
	Condiments	○○○○		

Mix and Match Meal Ideas

The following meals provide the following approximate nutrition:

	Breakfast	Lunch	Dinner
Energy (Calories)	300	400	500
Protein (g)	20	25	30
Carbohydrate (g)	40	55	50

For a 1200 calorie day, choose:

- Any breakfast,
- Any lunch, and
- Any dinner

For a 1500 calorie day, choose:

- Any breakfast,
- Any lunch, and
- Any dinner
- Add one of each during the day
 - 1 grains & starch choice
 - 1 fruit choice
 - 1 protein choice

Breakfast:

Option 1 – Breakfast Parfait

¾ cup plain, 0% M.F. Greek Yogurt
 3 Tbsp Kellogg's All Bran Buds
 1 cup frozen mixed berries
 12 almonds, unsalted



Add ingredients to a cup, stir and enjoy!

Option 3 – Breakfast Sandwich

Option 2 – Blueberry Smoothie

In a blender, combine:
 1 medium banana
 1 cup skim or 1% milk,
 ¼ cup frozen blueberries



Add water and/or ice for desired texture.


Optional flavours:

¼ tsp vanilla

Easy Microwave Scrambled Eggs

- Spray a microwave safe dish with oil
- Crack egg(s)
- Add 1-2 tsp of water
- Add seasoning to taste
- Scramble together eggs, water, and seasoning with a fork
- Microwave on high for 60 seconds, stopping at 30 seconds to scramble again.

1 whole egg (see easy microwave scrambled egg instructions)
1 English muffin, whole wheat, toasted
1 slice of ham or other cold cut
15 g low fat cheddar cheese (18% M.F. or less)

Assemble sandwich and enjoy! 

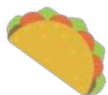
Option 4 – Apple Cinnamon Oatmeal

2 pouches of instant oatmeal, made with water
¼ cup skim or 1% milk
½ scoop whey protein isolate, unflavoured
½ medium apple, raw (with or without skin)
Add cinnamon and non-sugar sweetener to taste.



Option 6 – Portable Veggie Omelet

2 egg omelet made with lots of vegetables (bell pepper, onion, mushroom, etc.)
1 small whole wheat tortilla
1 Tbsp salsa
1 Tbsp shredded cheddar cheese



Put omelette, salsa and cheese in tortilla, roll and enjoy!

Dash allspice
Non-sugar sweetener

Option 5 – Open face pear and cheese sandwich

1 slice of whole grain bread, toasted
15 g soft, spreadable cheese (ex: goat cheese)
1 medium pear, sliced and cored

Assemble sandwich and sprinkle ginger, cloves, and/or non-sugar sweetener on top to taste.

1 cup skim or 1% milk



Option 7 – Protein Topped Waffles

½ cup cottage cheese (1% M.F.)
½ cup frozen strawberries
1 Nature's Path Flax Plus Waffle (or similar toaster waffle), toasted
1 Tbsp maple syrup

Top waffles with cottage cheese, strawberries, and maple syrup and enjoy!



Lunch:

Option 1 – Pita Pizza and a Salad

1 pita bread, whole wheat
3 Tbsp tomato sauce
2 Tbsp shredded mozzarella cheese
½ cup sliced veggies (bell peppers, mushrooms, tomato)
14 g pepperoni (pork, beef or turkey)

Preheat oven to 350°F.

Top pita with sauce, cheese, vegetables and pepperoni.

Bake on baking sheet until cheese is melted.



2 cups garden salad (lettuce and chopped vegetables)
1 Tbsp Italian salad dressing

Option 3 – Beans and vegetables

180 mL baked beans, canned in tomato sauce (warmed)
10 baby carrots, raw
1 sliced cucumber
Bell pepper strips, red, yellow, and/or orange
¼ cup hummus
1 stick string cheese, marble or mozzarella

Option 5 – Turkey Cranberry Wrap

1 large tortilla wrap, whole wheat
60 g/2 oz turkey, rotisserie, deli cut
1 Tbsp cranberry sauce, canned
1 Tbsp mayonnaise, light
½ cup chopped lettuce



Mix cranberry sauce and mayonnaise together and spread evenly on tortilla.

Add sliced turkey and top with lettuce.

Roll and enjoy!

Option 2 – Chickpea Salad (Choice Menus Cookbook)

Note: Makes 2 lunches

2 Tbsp red wine vinegar
1 Tbsp olive or canola oil
1 clove garlic, minced
¼ tsp each salt and black pepper
1 can chickpeas, drained and rinsed
¼ cup each diced red bell pepper, cucumber, onion
¼ cup pitted black olives
1 Tbsp fresh parsley, chopped
1/2 tsp each dried oregano, rosemary, and thyme

In a bowl, whisk vinegar, oil, garlic, salt and black pepper.

In a separate bowl, mix chickpeas, red pepper, cucumber onion, olives, parsley, oregano, rosemary, and thyme.

Pour vinegar mixture over salad and mix.

Option 4 – Easy Egg Salad Sandwich

2 slices whole grain bread, toast if desired
1 hard-boiled egg
1 Tbsp light mayonnaise
1 dash each dry mustard, salt, and pepper

Dice egg and mix with mayonnaise and spices.

Spread on bread and top with other slice

½ cup mixed fresh or frozen fruit
125 g yogurt, fat free sweetened with low calorie sweetener



Option 6 – White Bean with Rosemary and Kale Soup

1 serving of soup (see recipe included)

Eat with:

½ cup cottage or ricotta cheese

½ cup honeydew

2 crackers, Ryvita dark rye

1 cup skim or 1% milk



Dinner:

Option 1 – Salmon with quinoa and vegetables

1 serving roasted salmon (see recipe included)

125 mL grains, quinoa, cooked

1 cup green beans, steamed

Option 7 – Spicy Beans on Toast

4 small tortillas, whole wheat

1 can kidney beans, drained and rinsed

¾ cup salsa

1 tsp chilli powder

¾ cup shredded cheddar cheese

1 green onion, sliced

Bake tortillas in oven for 10 min at 350°F.

In a saucepan, mash beans and stir in salsa and chilli powder. Heat on low on stovetop until warm.

Fill each crisp tortilla with ¼ of the beans, top with ¼ of the cheese and onions. Bake in 350°F oven for 10 minutes or until cheese is melted.

Serve warm.

Note: makes 4 lunches

Sliced cucumber and cherry tomatoes

1 cup skim or 1% milk



Option 2 – Broccoli and Barley Stuffed Bell Peppers

1 serving stuffed peppers (see recipe included)



Option 3 – Butternut Squash, Barley and Cheddar Bake

1 serving butternut squash bake (see recipe included)

Eat with:

2 cups garden salad (lettuce and chopped vegetables)

1 Tbsp Italian salad dressing



Option 4 – Dijon Chicken with Broccoli and Potato

1 serving Dijon chicken (see recipe included)
Eat with: 1 cup chopped broccoli, cooked 1 Tbsp light sour cream 1 medium potato



Option 6– Coconut Curry Tofu with Mango and Spinach Salad

1 serving coconut curry tofu (see recipe included)
1 serving mango and spinach salad (see recipe included)



Option 7 – Thai Steak Stir-Fry with Rice Noodles

113g beef steak, top sirloin, boneless (raw weight)
10 pods snap peas, snow or sugar, raw
15 mL sesame seeds
1 cup chopped broccoli, cooked
1 large green onion
1 Tbsp Thai sweet chilli sauce
50 g rice noodles, dry

Cook rice noodles according to package.
Panfry all other ingredients separately.
When all ingredients are cooked, add Thai sauce in the pan and cook for 1 minute on low.
Serve stir-fry over rice noodles and enjoy!



Option 5 – Tofu Stir-Fry with Brown Rice

6 oz. extra firm tofu, cubed
1 cup broccoli florets
½ cup red pepper, chopped
½ cup snow peas
1 tsp sesame oil
1 Tbsp reduced sodium soy sauce
1 cup cooked brown rice

Cook brown rice according to instructions.
Press tofu between paper towels to remove water.
Heat sesame oil in pan over medium heat.
Add drained tofu and cook until lightly browned on all sides (5 min). Remove tofu from pan and set aside.
Sauté broccoli and red pepper in same pan for 2-3 minutes. Add snow peas and sauté for 1 additional minute.
Add tofu and soy sauce to pan.
Stir to combine.
Serve over rice and enjoy!



Recipes

White Bean with Rosemary & Kale Soup

8 Servings

Ingredients:

2 cups cannellini beans, soaked overnight
325 mL chopped kale
4 plum tomato, seeded and diced
10 cups water
2 Tbsp olive oil
2 Tbsp balsamic vinegar
1 large yellow onion, raw
8 clove garlic, raw, minced
1 Tbsp salt
1 dash black pepper
4 bay leaves
15 mL rosemary, fresh, minced (or 5 mL dried)
1 mL hot red chilli pepper flakes, dried

You can purchase cannellini beans that are in a jar in order to skip the soaking process.

Directions:

1. Drain and rinse the soaked beans and place them in a pot with bay leaves, 2 tsp rosemary and cold water. Bring to a boil, reduce heat and simmer until the beans are tender. In the last 15 minutes of cooking, add salt to the beans.
2. When the beans are tender, heat olive oil in a soup pot and add the onion and chilli flakes. Sauté until the onions are lightly golden, and then add the garlic and the remaining rosemary. Cook several minutes, and then add the cooked beans and their cooking liquid. Bring to a simmer, add the tomatoes and simmer for 20 minutes.
3. Remove the stems from the kale and tear or roughly chop the leaves. Rinse kale leaves in cold water. Add the leaves to the soup and cook until wilted. Season the soup to taste with balsamic vinegar, cracked pepper and more salt.

Roasted Salmon

2 Servings

Ingredients:

260 g salmon, sockeye, raw, with skin

2 Tbsp olive oil

1 Tbsp chives, chopped

1 tsp tarragon leaves, dried (optional)

Directions

1. Preheat oven to 425°F. Line a baking sheet with foil. Rub salmon with olive oil. Roast the salmon with skin side down on foil lined baking sheet until fish is cooked through (about 12 minutes). Check if fish flakes easily with fork after it bakes 10 minutes. Continue baking only if it doesn't.
2. Lift salmon off skin using a metal spatula and place it on a serving plate. Discard skin. Sprinkle salmon with herbs and serve.

Dijon Chicken

1 Serving

Ingredients:

160 g chicken breast, boneless, skinless (raw weight), cut into 1 inch strips

2 Tbsp chopped onion

1/4 clove garlic, crushed

2 Tbsp chicken broth, reduced salt

1 tsp olive oil

1 dash each salt and black pepper

1/2 tsp Dijon mustard

Directions:

1. Heat the olive oil in a nonstick skillet over medium heat. Add the onion and cook until the onion becomes tender (about 4 minutes). Add the garlic and cook for 1 additional minute.
2. Turn the heat up to medium high. Season the chicken with salt and pepper and add it to the skillet. Sauté the chicken until it is golden brown on all sides (about 4 minutes).
3. Quickly add the chicken broth and stir with a wooden spoon to release any onions that are stuck to the pan. Cook until the chicken broth has reduced by half. Stir in the Dijon mustard.

Broccoli and Barley Stuffed Red Peppers (*The High-Protein Vegetarian Cookbook*)

Serves 4

Ingredients:

Stuffed Peppers

- 1 cup pear barley, uncooked
- 4 large bell peppers, any colour
- 1 ½ cups broccoli florets, stems removed and roughly chopped
- 1 cup grape tomatoes, quartered
- 4 oz fresh mozzarella, sliced
- 2 oz shredded mozzarella (about ½ cup)
- 3 cups vegetable broth, low sodium
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 2 shallots, diced
- ½ fresh basil, chopped

Marinara Sauce

- 1 can tomatoes, no salt added
- 1 clove garlic, minced
- 2 Tbsp olive oil
- 2 Tbsp fresh basil, chopped
- ½ tsp kosher salt
- ¼ tsp crushed red pepper
- ½ Tbsp brown sugar

Directions:

1. Combine the barley and broth in a sauce pan. Bring to a boil. Reduce heat to low, cover, and simmer for 45 minutes.
2. Preheat the oven to 350°F.
3. Cut peppers in half and take out the ribs and seeds. Keep the stem on to prevent the filling from spilling out of the pepper
4. Boil a large pot of water. Add the peppers and bring water back to a boil. Boil for 3 minutes. Remove peppers from the pot and set aside.
5. To make the filling: Heat 1 tablespoon of olive oil in a large pan over medium heat. Add the garlic and cook until fragrant (about 30 seconds). Add the shallots, salt, and cook for 2-3 minutes. Add the broccoli and grape tomatoes. Cook until broccoli is bright green and tomatoes get soft (about 5 minutes). Transfer to a large bowl, pour in cooked barley, add basil and shredded mozzarella.
6. Place boiled peppers in a 9 x 13 inch baking dish filled with ½ cup water. Stuff peppers with filling. Top peppers with a slice of mozzarella, Bake for 35 minutes.
7. To make the marinara: Heat olive oil over medium heat, add garlic and cook until fragrant. Pour in tomatoes, salt, red pepper flakes, fresh basil, and brown sugar. Bring to a boil, reduce to a simmer and let mixture cook for 15 minutes.
8. When peppers are done baking, pour sauce over them and add more fresh basil if desired.

Butternut Squash, Barley, and Cheddar Bake (*The High-Protein Vegetarian Cookbook*)
Serves 6

Ingredients:

1 cup pearl barley, uncooked
3 ½ cups butternut squash, cubed
1 cup extra-sharp cheddar cheese, shredded
¾ cup Parmesan cheese, shredded
½ red onion, diced
2 cloves garlic, minced
3 cups water
2 cups 1% milk, room temperature
2 Tbsp olive oil
2 Tbsp butter
2 Tbsp all-purpose flour, unbleached
½ tsp fine sea salt
¼ tsp black pepper
2 tsp rosemary, dried
1/8 tsp freshly grated nutmeg

Directions:

1. Preheat oven to 350°F.
2. Combine the barley and water. Bring to a boil, reduce to a simmer, and cover for 35-40 minutes, until most of the water is absorbed. Drain remaining water.
3. While the barley is cooking, heat olive oil in a large frying pan. Add garlic and cook until fragrant (about 30 seconds). Add onion and cook until translucent (about 3 minutes). Pour in squash and cook for 10 minutes, stirring occasionally until squash feels tender when you poke it with a fork.
4. While the squash is cooking, melt the butter in a separate saucepan. Whisk in flour and cook until it forms a paste (for 30-45 seconds). Pour in the milk, salt, pepper, rosemary, and nutmeg and bring to a boil. Whisk constantly for 5 minutes until sauce thickens. Remove from heat and stir in cheddar until smooth.
5. Combine barley, squash, and cheese sauce in a large bowl. Stir until sauce is well distributed. Pour into an 8 x 8 inch baking dish and top with Parmesan. Cover with aluminum foil and bake for 25 minutes. Uncover, put the oven on broil, and broil for another 5 minutes, or top is golden.
6. Let sit for 10 minutes before serving.

Coconut Curry Tofu

2 Servings

Ingredients:

160 mL firm or extra firm tofu, firm or extra firm, raw
1 plum tomato
3 medium mushroom, raw, chopped
1 cup chopped bok choy, regular or baby
1/4 large yellow bell pepper, thinly sliced
3 medium green onions
150 mL light coconut milk, canned,
1 Tbsp soy sauce, reduced sodium
1 mL ginger root, raw
1/4 tsp garlic, minced
1 Tbsp basil, fresh
1 dash salt
2 g brown sugar
1/2 tsp curry powder
Chilli paste

Directions:

1. Finely chop green onions into 2 inch pieces. Remove bulbs.
2. In a large heavy skillet over medium heat, mix coconut milk, 3/4 tablespoon soy sauce, brown sugar, curry powder, ginger, and chilli paste. Bring to a boil.
3. Stir tofu, tomatoes, yellow pepper, mushrooms, and green onions into the skillet. Cover, and cook 5 minutes, stirring occasionally. Mix in basil and bok choy. Season with salt and remaining soy sauce. Continue cooking 5 minutes, or until vegetables are tender but crisp. Garnish with remaining green onion.

Mango & Spinach Salad

1 Serving

Ingredients:

1/2 mango, raw
3 cups baby spinach, raw
1 1/2 Tbsp poppy seed salad dressing light

Directions:

1. Dice mango.
2. Wash baby spinach and dry with paper towel.
3. Toss mango, 2 cups baby spinach, and dressing together in a bowl. Enjoy!

Note: If you don't like mango, you can substitute with strawberries or any other fruit.

Snacks

Consider eating a vegetable, fruit, or whole grain choice with a protein to keep you full longer. Mix and match snacks to increase variety.

Vegetable, Fruit, or Whole Grain	Protein
1 piece fruit	1 skim milk cheese string
Vegetables and 2 Tbsp low fat dip or salad dressing	1 mini Babybel® cheese (light)
1 cup vegetable soup	¼ cup soy nuts, dried peas or wasabi peas
½ cup canned pineapple or canned fruit	¼ cup 1% cottage cheese and
2 Ryvita® crackers	2 triangles of Laughing Cow® cheese (light)
1 cup berries	½ cup low fat Greek yogurt
½ 6" inch whole wheat pita	¼ cup hummus
All Bran® bar	1 boiled egg
2 small brown rice cakes	1 Tbsp nut butter
Low sodium vegetable cocktail	30 g/1 oz lean sliced deli chicken, turkey, ham, beef
Nature Valley® granola bar	Latte made with 1 cup 1% milk
½ cup whole grain cereal	1 cup skim or 1% milk
2 Tbsp dried fruit (apricots, cherries, mango)	10 walnut halves or 8-10 dry roasted almonds
¼ cup salsa	30 g/1 oz cooked chilled shrimp
6 melba toast	1 small can flavoured tuna

Fluids to drink

Aim to stay hydrated and quench your thirst with non-calorie fluids. It is recommended to consume 2 litres (3000 mL) of zero-calorie, sugar free fluid per day. Your best choice is water. It is not wrong to drink beverages with some calories however your true hunger doesn't seem to be offset with liquid calories in quite the same way.

Healthy fluids:

- Water, Sparkling Water – club soda, mineral water, diet tonic water
- Water enhancers - Crystal Light, Mio, PC Liquid Enhancer etc.
- Coffee or tea – moderate added milk/cream & sweetner/sugar
- Diet pop in moderation

Natural Water Enhancers	use one or mix a few together to make a flavour you enjoy		
Lemon wedge or peel	Grapefruit	Ginger	Cherries
Lime wedge or peel	Mint	Cucumber	Berries
Cloves	Melon	Pomegranate Arils	Mandarin

What about alcohol? Drink in moderation – these add up quickly (Source: Diabetes Canada)

Beverage	Standard serving size	Energy (kcal)
Beer:		
regular	341 mL (12 fl.oz)	147
light	341 mL (12 fl.oz)	99
non-alcoholic*	355 mL (~12 fl.oz)	40-80
low carb*	341 mL (12 fl.oz)	96
Spirits/Hard liquor	43 mL (1.5 fl.oz)	98
Liqueurs & Cordials	43 mL (1.5 fl.oz)	155-190
Wine:		
regular	142 mL (5 fl.oz)	106-127
dessert	142 mL (5 fl.oz)	233-243
non-alcoholic	142 mL (5 fl.oz)	9
Cooler:		
regular	355 mL (12 fl.oz)	178-258
light*	330 mL (12 fl.oz)	100
Mixes:		
Sugar free pop	250 mL (8 fl.oz)	0
Regular pop	250 mL (8 fl.oz)	107
Club soda	250 mL (8 fl.oz)	0
Tonic water	250 mL (8 fl.oz)	88
Orange juice	250 mL (8 fl.oz)	118
Tomato juice	250 mL (8 fl.oz)	44
Tomato and clam juice	250 mL (8 fl.oz)	123

This is just a start of ideas to help you be successful in the SEED™ & SEED™ Plus program.

Use this space to note success you are having or challenges you want to discuss with your SEED™ dietitian.

Setting Goals to inspire progress

Setting one or two goals at a time helps nudge our behaviour in the right direction. When setting a goal it is important to focus on behaviour goals. We sometimes set goals to feel differently or set a weight goal. These goals are not actions we can have direct control on. We can control our actions which may make us feel better because we are acting in line with the person who we want to be. We can control our behaviours which may help us to achieve some weight loss but we don't directly control our weight.

Try setting a SMART goal

S – specific: what are you going to do?

M – motivated by values: how does this help you live a life that matters to you?

A – adaptive action: something you are doing or doing instead of a current habit

R – realistic – are you confident that you can achieve this? Is it 'do-able'?

T – when, how often or for how long are you going to engage in this action?

What is your SMART goal?

Goal double check: on a scale of 1-10 where 10 is completely confident, how likely are you to achieve this goal? Be honest – if you are less than 7 out of 10, consider adjusting the goal until you feel at least 70% confident to achieve it.

*“If you focus on results you will struggle to change;
if you focus on change you will see results.”*

We look forward to supporting your journey in SEED™ or SEED™ Plus.

Measurement Tracking

This chart is for your own personal use. You can record your measurements here to track your progress.

Date	Weight	Waist	Blood Pressure	Heart Rate	Other Notes