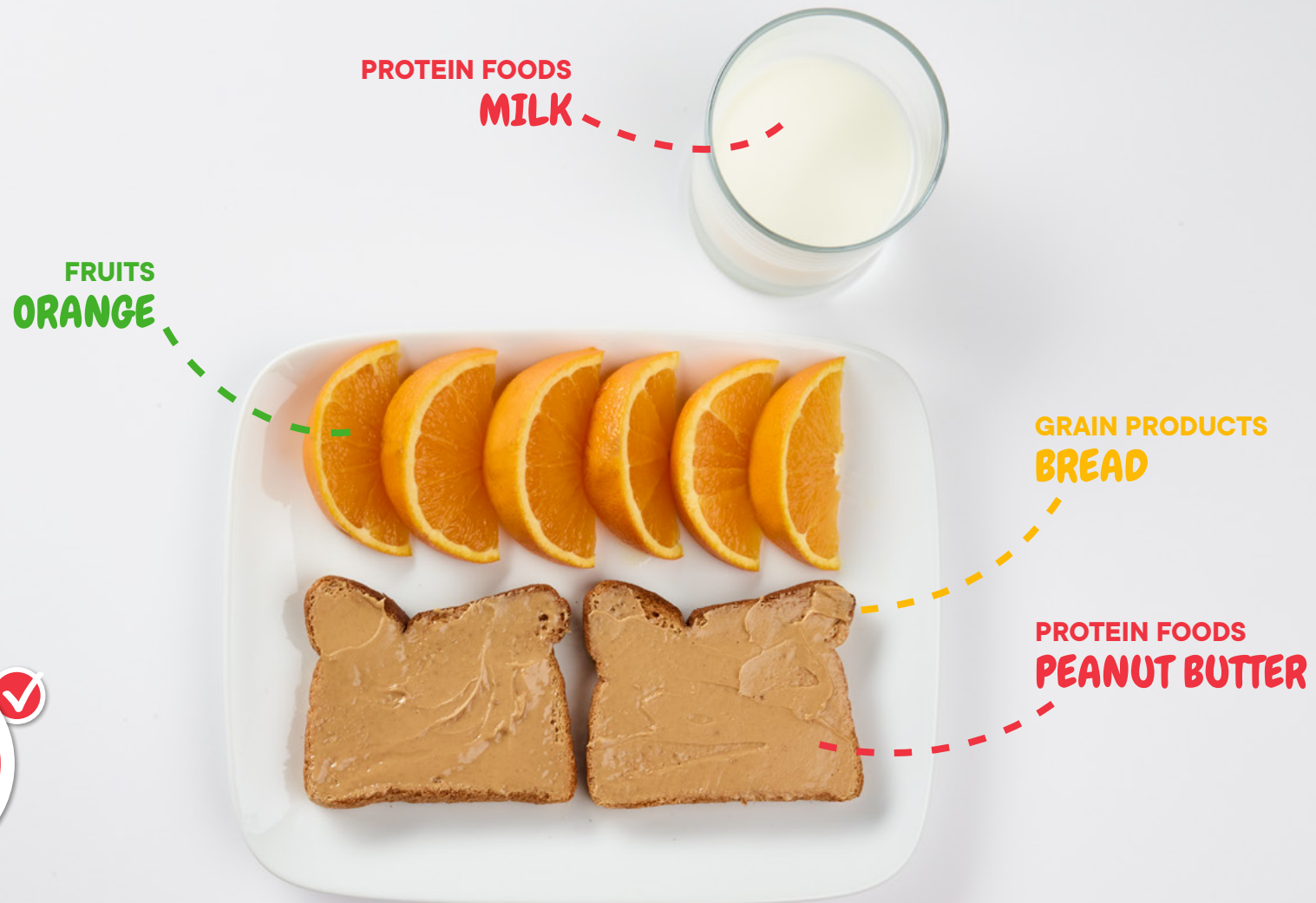


# EXAMPLE OF A BALANCED BREAKFAST



To have a complete breakfast,  
it's important to have a food  
from every food group.

A snack later can round off  
the balance of the meal.

# EXAMPLE OF A BALANCED BREAKFAST

FRUITS  
**BANANA**

**OATMEAL**

**WATER**

GRAIN PRODUCTS  
**OATS**

PROTEIN FOODS  
**MILK**



To have a complete breakfast,  
it's important to have a food  
from every food group.  
A snack later can round off  
the balance of the meal.

See recipe on our website:  
[fondationolo.ca/oatmeal](http://fondationolo.ca/oatmeal)

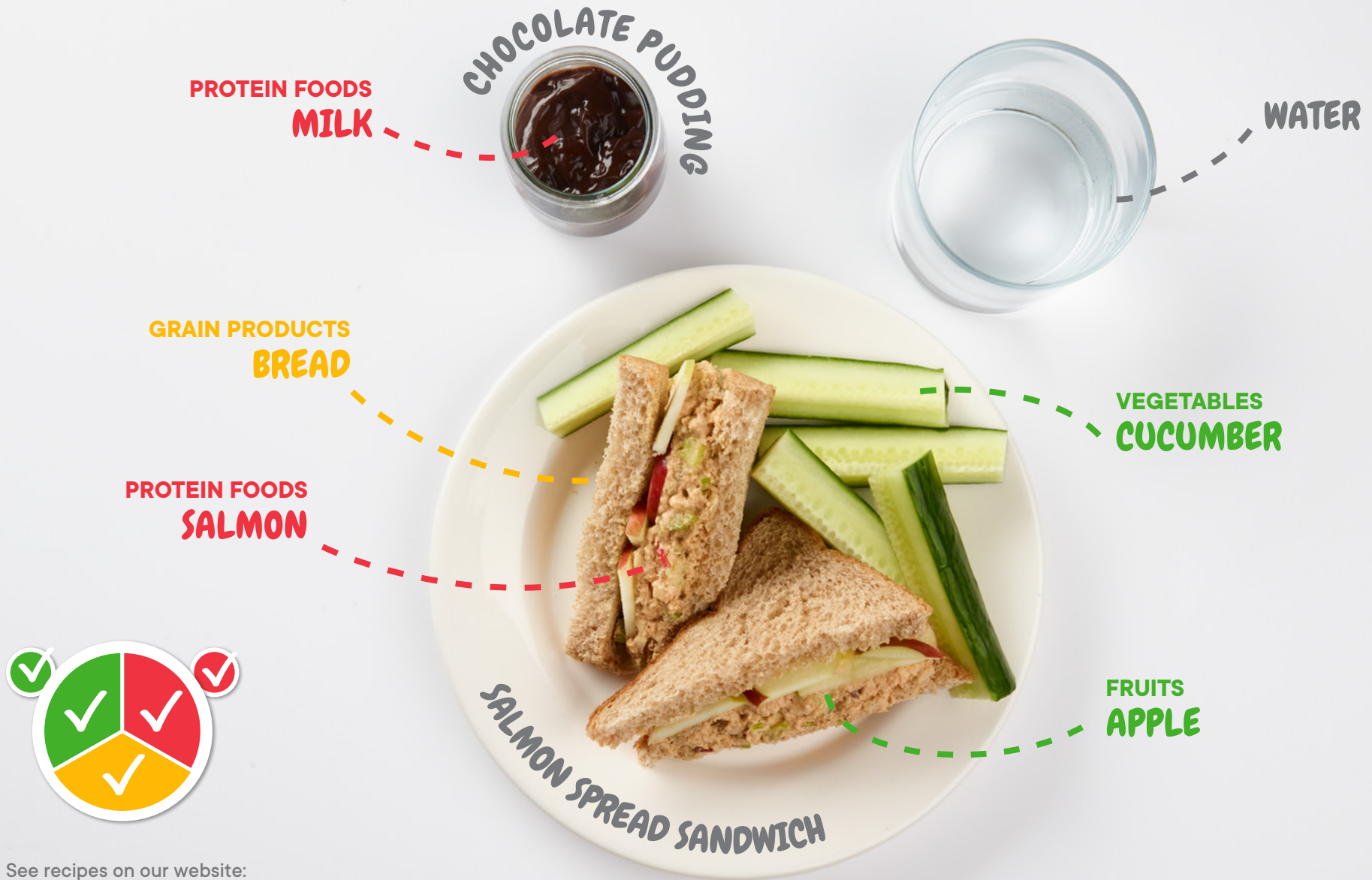
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Fondation  
**Olo** 

**1000  
jours**

pour  
savourer  
la vie

# EXAMPLE OF A BALANCED LUNCH



See recipes on our website:  
[fondationolo.ca/salmon-spread](http://fondationolo.ca/salmon-spread)  
[fondationolo.ca/chocolate-pudding](http://fondationolo.ca/chocolate-pudding)

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Fondation  
**Olo**



**1000  
jours**

pour  
savourer  
la vie

# EXAMPLE OF A BALANCED VEGETARIAN LUNCH

WATER

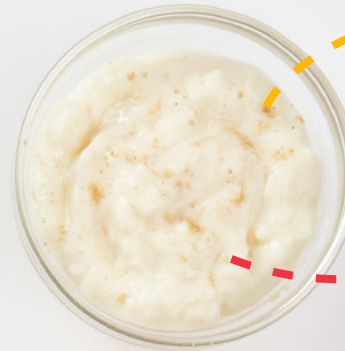


VEGETABLES  
VARIOUS VEGETABLES

VEGETABLE SOUP

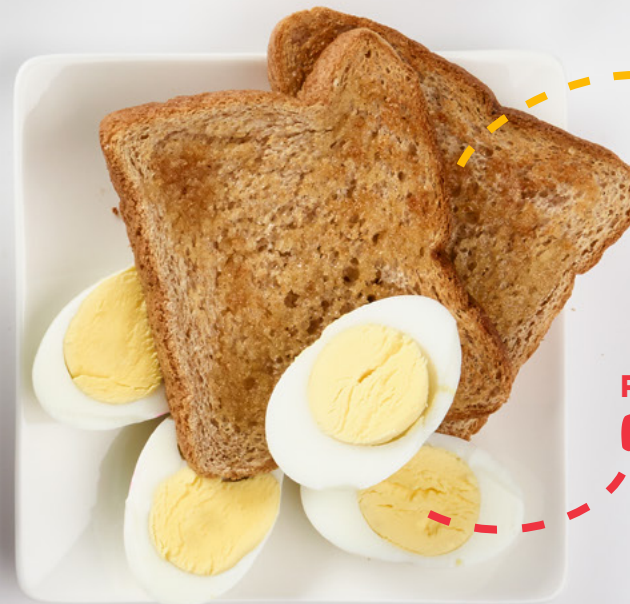


GRAIN PRODUCTS  
RICE



PROTEIN FOODS  
MILK

GRAIN PRODUCTS  
BREAD



PROTEIN FOODS  
EGGS



See recipes on our website:  
[fondationolo.ca/vegetable-soup](http://fondationolo.ca/vegetable-soup)  
[fondationolo.ca/rice-pudding](http://fondationolo.ca/rice-pudding)

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Fondation  
**Olo**



**1000  
jours**

pour  
savourer  
la vie



# EXAMPLE OF A BALANCED DINNER

WATER



FRUITS  
**RASPBERRIES**



PROTEIN FOODS  
**YOGURT**

## SHEPHERD'S PIE

GRAIN PRODUCTS  
**POTATOES**

The potato is a vegetable that can replace grain products in a meal that already includes another vegetable.



PROTEIN FOODS  
**GROUND BEEF**

VEGETABLES  
**WHOLE KERNEL CORN**



# EXAMPLE OF A BALANCED VEGETARIAN DINNER

PROTEIN FOODS  
**MILK**



VEGETABLES  
**BROCCOLI**

PROTEIN FOODS  
**CHEESE**

MAC AND CHEESE, TOFU & ROASTED BROCCOLI



FRUITS  
**PEAR**



GRAIN PRODUCTS  
**MACARONI**

PROTEIN FOODS  
**TOFU**



See recipe on our website:  
[fondationolo.ca/mac-and-cheese](http://fondationolo.ca/mac-and-cheese)

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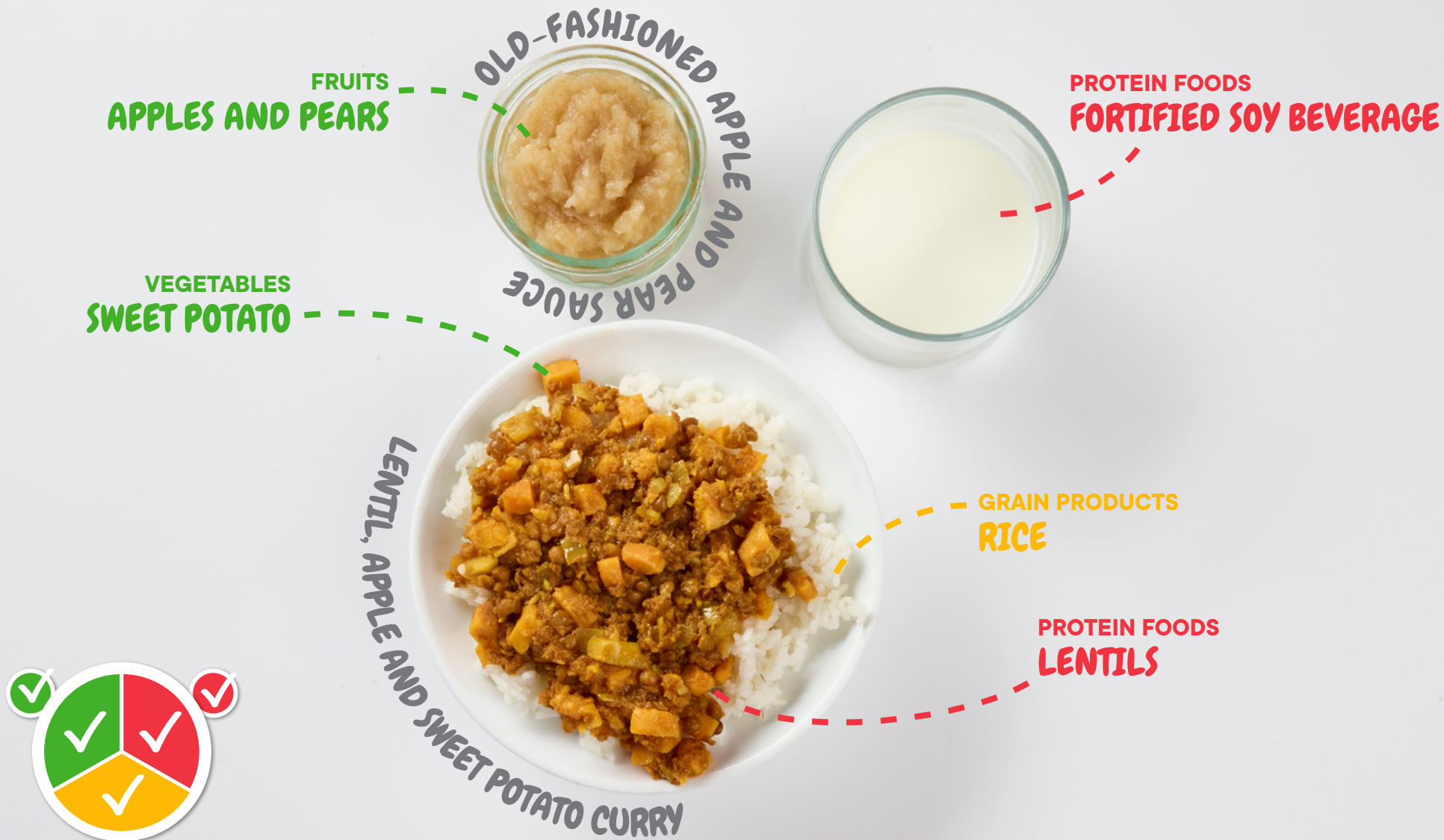
Fondation  
**Olo**



**1000  
jours**

pour  
savourer  
la vie

# EXAMPLE OF A BALANCED VEGAN DINNER



See recipes on our website:  
[fondationolo.ca/lentil-curry](http://fondationolo.ca/lentil-curry)  
[fondationolo.ca/apple-pear-sauce](http://fondationolo.ca/apple-pear-sauce)

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Fondation  
**Olo**



**1000  
jours**

pour  
savourer  
la vie