Calcium-Rich Meal Planning Made Simple

A full days worth of meals with 1340mg of calcium!

Breakfast

Yogurt Parfait

- Greek yogurt (1 cup)
- Whole grain granola (½ cup)
- Banana, sliced (½)
- Blueberries (1 cup)

Lunch

Salmon Salad

- Baby kale leaves (½ cup)
- Spinach (½ cup)
- Salmon, canned (90g or 3oz)
- Sweet potato, baked (½)
- Favourite dressing (2 tbsp)
- Milk or fortified soy milk, to drink (1 cup)

Snack

Hummus & Carrots

- Baby carrots (10)
- Hummus (2 tbsp)
- Cheese, cheddar (1oz)

Dinner

Asian Stir Fry

- Chicken or shrimp (120g)
- Peppers (1 cup)
- Bok choy, cooked (1 cup)
- Edamame (½ cup)
- Brown rice (1 cup)
- Favourite sauce (as needed)

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