

## A Meal a Day of eyefoods

A good way to help prevent eye disease and to keep our eyes healthy is to devote a meal a day to **eyefoods**.

We've created this **eyefoods** weekly Calendar to show you how these foods can be added to your diet in simple ways.



### Eyefoods Nutritional Star Rating System



**Green Star:**

This menu includes at least 50% of the **eyefoods** recommended daily intake of lutein and zeaxanthin.



**Orange Star:**

This menu includes at least 50% of the **eyefoods** recommended daily intake of other antioxidants, zinc or fiber.



**Blue Star:**

This menu includes at least 50% of the **eyefoods** recommended daily intake of omega-3 fatty acids.



**Multi-coloured Star:**

This menu contains a balance of eye nutrients.

# eyefoods™

A FOOD PLAN FOR HEALTHY EYES

## NUTRITIONAL CALENDAR



### MONDAY

#### LUNCH

- Orange pepper slices with hummus ★
- Turkey & Swiss Panini: Grilled turkey slices on whole wheat bread with romaine lettuce, sliced sundried tomatoes, Swiss cheese and Dijon mustard ★
- Fresh squeezed orange juice with a splash of lemon juice ★

### TUESDAY

#### DINNER

- Grilled wild salmon fillet ★
- Broccoli and whole-wheat pasta tossed with lemon, olive oil and dill ★

### WEDNESDAY

#### LUNCH

- Spinach omelette or frittata served with whole-wheat toast ★
- Mixed fruit salad of cantaloupe, berries and sliced mango ★

### THURSDAY

#### DINNER

- Beef and broccoli stir-fry with carrots and edamame: drizzle with a mix of soy sauce, maple syrup, lime juice and a dash of sesame oil – serve atop brown rice or barley ★
- Green tea ★

### FRIDAY

#### LUNCH

- Tuna salad with green onion served in an orange pepper half ★
- Low fat yogurt, kiwi and granola parfait ★
- Sparkling water with lemon and lime ★

## Shopping List FOR TWO

This shopping list includes all of the food necessary for a week of eyefoods, plus you will have extra produce to include in the rest of your daily meals. We suggest making a daily salad.



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www.eyefoods.com

#### PRODUCE

- 2 orange peppers
- 2 heads broccoli
- 1 head of romaine lettuce
- 1 bunch carrots
- 1 bunch green onions
- 1 bag baby spinach
- fresh dill
- 2 kiwis
- 1 half cantaloupe
- 1 container berries or your choice
- 1 mango
- 4 oranges
- 3 lemons
- 200 g grilled turkey breast

#### MEAT & PROTEIN

- 2 wild salmon fillets
- 200 grams beef tenderloin or other lean cut
- 1 can tuna
- half a dozen eggs
- Swiss cheese 4 slices

#### MISCELLANEOUS

- 1 container of Hummus
- 1 bag of frozen shelled edamame
- 1 loaf whole wheat bread
- barley or brown rice
- whole wheat pasta
- 1 jar of sundried tomatoes
- Dijon mustard
- extra virgin olive oil
- low sodium soy sauce
- maple syrup
- sesame oil
- 2 small containers of low fat yogurt
- granola cereal
- green tea
- 1 bottle sparkling water