

Weight Management

Resources	Information
Weight Management	Resources for achieving and maintaining a healthy weight https://www.unlockfood.ca/en/Articles/Weight-Loss.aspx

Meal Planning & Cooking

Resources	Information
Cookbooks	<p><i>Great Food Fast</i> by Bev Callaghan https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM163765&R=163765</p> <p><i>Simply great food: 250 quick, easy & delicious recipes</i> by Patricia Chuey https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDM568354&R=568354</p> <p>+ more available at the Toronto Public Library</p>
Cooking Methods	Learn how to grill, bake, stir-fry and more https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Cooking-Methods/?page=1
Eating on a Budget	Budget friendly nutrition information and recipes https://www.unlockfood.ca/en/Articles/Budget/Food-choices-when-money-is-tight-Budget-friendly.aspx
Grocery Shopping	A guide to saving money at the grocery store https://www.unlockfood.ca/en/Articles/Budget/Best-Buys-at-the-Grocery-Store.aspx
Recipes	Easy to prepare and budget friendly meals and snacks https://www.utm.utoronto.ca/health/health-promotion/nutrition-healthy-eating/recipes https://www.unlockfood.ca/en/Recipes.aspx

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.