How to use this tool

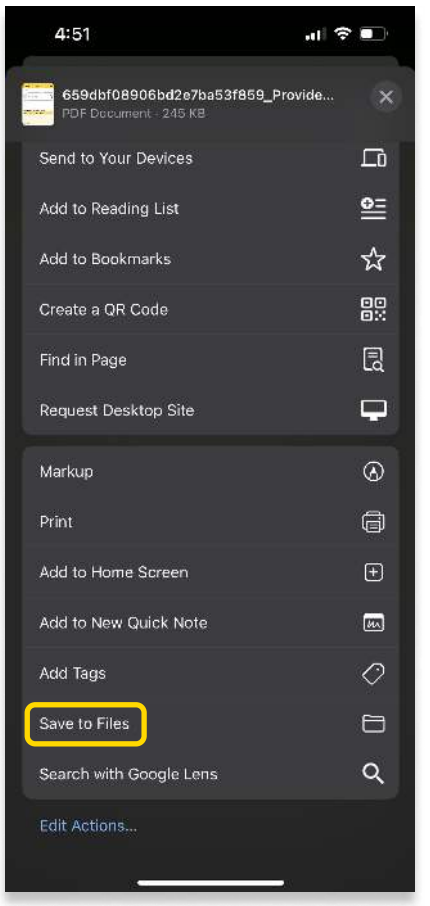
If you want to use the digital version

1. If you download on desktop, once you open up the form you will see light blue boxes above the lines. Click on each blue box and type your answers into the form.
2. If you download on mobile, once you open up the form you won't see boxes but you will be able to type above each line. Zoom in, click and type your answers into the form.
3. Take it with you when you see your provider.
4. Click the 'download the app' or 'email the care team' button on the last page to get more help.

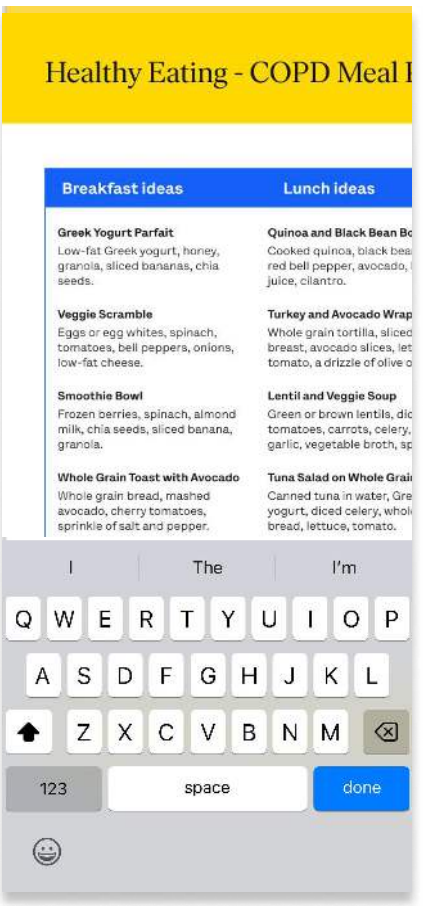
How to download and edit on iOS



Click the top right icon



Select 'Save to Files'



Open up, zoom in and edit by clicking on lines & typing

If you want to use the print version

1. Print it out and fill it in whenever you go to a new provider.
2. Take it with you when you see your provider.
3. Scan the QR code on the last page to get more help.

Healthy Eating - COPD Meal Prep

[Scene]

	Breakfast	Lunch	Dinner
MON			
TUES			
WED			
THUR			
FRI			
SAT			
SUN			

Breakfast ideas

Oatmeal with Fruit and Nuts

Ingredients: Rolled oats, almond milk, fresh berries (blueberries, strawberries), sliced almonds or walnuts.

Benefits: Whole grains provide sustained energy, and fruits add vitamins and antioxidants. Nuts add healthy fats and protein without excessive sodium or sugar.

Lunch ideas

Grilled Chicken Salad

Ingredients: Grilled chicken breast, mixed greens (spinach, kale, arugula), cherry tomatoes, cucumbers, avocados, olive oil and lemon dressing.

Benefits: Lean protein from chicken, healthy fats from avocados, and a variety of vitamins and minerals from fresh veggies.

Dinner ideas

Baked Salmon with Asparagus

Ingredients: Salmon fillet, asparagus spears, olive oil, lemon, garlic, herbs (dill or parsley).

Benefits: Rich in omega-3 fatty acids which are anti-inflammatory, and asparagus provides fiber and vitamins.

Healthy Eating - COPD Meal Prep

[Scene]

Breakfast ideas	Lunch ideas	Dinner ideas
Greek Yogurt Parfait Low-fat Greek yogurt, honey, granola, sliced bananas, chia seeds.	**Quinoa and Black Bean Bowl** Cooked quinoa, black beans, corn, red bell pepper, avocado, lime juice, cilantro.	**Baked Salmon with Asparagus** Salmon fillet, asparagus spears, olive oil, lemon, garlic, herbs.
Veggie Scramble Eggs or egg whites, spinach, tomatoes, bell peppers, onions, low-fat cheese.	**Turkey and Avocado Wrap** Whole grain tortilla, sliced turkey breast, avocado slices, lettuce, tomato, a drizzle of olive oil.	**Stir-Fry with Tofu and Vegetables** Firm tofu, broccoli, bell peppers, snap peas, carrots, low-sodium soy sauce, garlic, ginger, brown rice.
Smoothie Bowl Frozen berries, spinach, almond milk, chia seeds, sliced banana, granola.	**Lentil and Veggie Soup** Green or brown lentils, diced tomatoes, carrots, celery, onions, garlic, vegetable broth, spinach.	**Lentil Soup** Green or brown lentils, diced tomatoes, carrots, celery, onions, garlic, vegetable broth, spinach.
Whole Grain Toast with Avocado Whole grain bread, mashed avocado, cherry tomatoes, sprinkle of salt and pepper.	**Tuna Salad on Whole Grain Bread** Canned tuna in water, Greek yogurt, diced celery, whole grain bread, lettuce, tomato.	**Chicken and Vegetable Skewers** Grilled chicken breast, bell peppers, zucchini, cherry tomatoes, olive oil, herbs.
Chia Seed Pudding Chia seeds, coconut milk, fresh berries, honey.	**Chickpea and Spinach Salad** Canned chickpeas, fresh spinach, cherry tomatoes, red onion, olive oil, balsamic vinegar.	**Quinoa Stuffed Bell Peppers** Bell peppers, cooked quinoa, black beans, corn, diced tomatoes, low-fat cheese.

Want help with the next steps? Download our app to talk with your care team, or send an email!

Download the app

Email the care team

Or email the care team by scanning the QR code