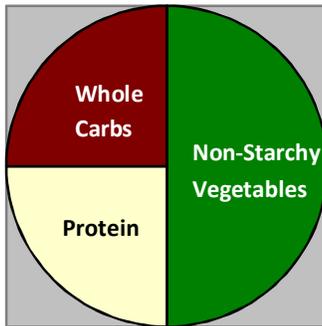


# GUIDE TO HEALTHY MEAL PLANNING

## A Healthy Balanced Meal:



¼ of your plate should be protein

¼ of your plate should be whole carbohydrates

¼ of your plate should be non-starchy vegetables

## Healthy Carbohydrate Choices

Grains such as: oats, millet, barley, spelt, rice, couscous

Beans (kidney, haricot, black-eyed beans etc) & lentils

Brown Rice

Gluten-free, rice, rice + corn Pasta

Corn

Wholegrain, non-wheat Bread

Oat cakes

Fruit

Potatoes with skin

Sweet potato

Squash / pumpkin

Parsnip

Swede

Beetroot

## Portion Sizes:

Cup your hands together, side by side palms upward. This will give you an indication of how big your portion sizes should be.

**Breakfast:** 80% surface area of both your palms

**Snacks:** 80% of the surface area of one palm

**Lunch & Dinner:** 100% surface area of both your palms

## Healthy Protein Choices

Chickpeas / hummus

Beans (kidney, haricot, black-eyed beans etc)

Lentils

Quinoa

Fish

Seafood

Organic eggs

Organic tofu or tempeh

Cheese (goats, feta)

Organic chicken

Organic turkey

Organic lean beef

Organic lean lamb

Nuts & seeds (not as rich in protein)

## Low Starch Veg Choices

Broccoli

Cauliflower

Salad greens: rocket, watercress, spinach, lettuce, etc

Asparagus

Onions, Leeks & shallots

Alfalfa / brocco shoots & Bean sprouts

Asian Greens

Mushrooms

Green Beans

Radish

Cabbage & Chard

Peppers

Kale

Celery

Sugar snap peas / mangetout

Cucumber

Aubergine

Courgette

Fennel

Tomatoes

Peas

Brussels sprouts

Carrots

# GUIDE TO HEALTHY MEAL PLANNING

## Healthy Meal Options

### Breakfasts

<b>Whole-meal toasted sourdough rye or spelt bread with mashed avocado &amp; hummus topped with Mung-bean sprouts</b>	Organic unsweetened muesli with soy milk, Greek organic unsweetened yogurt, ½ grated apple and berries
Oats cooked with water and soy milk, sweetened with xylitol and topped with 1 tbsp of mixed crushed seeds	Organic, sugar free baked beans or sardines on whole rye or spelt toast
Berry wholemeal / buckwheat pancakes with stewed apple, Greek acidophilus yogurt & sunflower seeds	Scrambled eggs / omelette / boiled eggs or frittata with chopped chives, sliced tomato and whole rye or spelt toast

Homemade smoothie:  
Blend your choice of protein with some carbohydrate, fibre rich ingredients on a base of dairy-free milk together for a quick breakfast.

Protein: 1 scoop hemp protein powder, an egg yolk or 1 scoop of IsoWhey protein.  
Carbohydrate: Fruit (berries, mango, pineapple, kiwi, pear etc)  
Fibre: Soaked almonds, milled flax seeds, nuts / seeds, slippery elm  
Liquid: Soy, coconut, oat or almond milk  
Other: wheat / barley grass, organic unsweetened yogurt

### Lunch or Dinner Options

Salad vegetables with your choice of protein, a little cooked brown rice or quinoa dressed with olive oil and organic apple cider vinegar	Homemade / store bought fresh vegetable soup with a tin of organic beans stirred through
Stir fried vegetables, ginger, garlic & chili with brown rice and your choice of protein dressed with fresh lime juice & soy sauce	Oven roasted Mediterranean vegetables (courgette, sweet potato, sweet peppers, red onion, cherry tomato & garlic) with your choice of protein
Steamed mixed low starch vegetables with sweet potato tossed with pesto and extra virgin olive oil, toasted pine nuts & your choice of protein	Mixed bean and vegetable stew or curry served with lightly steamed green vegetables or salad and a small portion of starch (mashed potato, etc)

### Snacks

Two oat cakes with organic hummus	Piece of fruit with a palm-full of raw nuts & seeds
Rice cake with hard boiled egg or fetta cheese & chopped herbs	Raw vegetable sticks with bean dip, hummus or ricotta cheese