

Building a Balanced Meal

2. LEAN PROTEIN

Lean protein contains the essential building blocks for muscle building and repair!

Fill $\frac{1}{4}$ of your plate with a high-quality source of lean protein (all measures are raw):

FISH: 180g white fish; 100g salmon; 150g tuna

MEAT/POULTRY: 120g lean red meat/mince; 140g skinless, trimmed chicken/turkey/lean pork

VEGO: 2 eggs + 2 egg whites; 50g pulse (e.g. lentil) pasta + 80g low fat cottage cheese

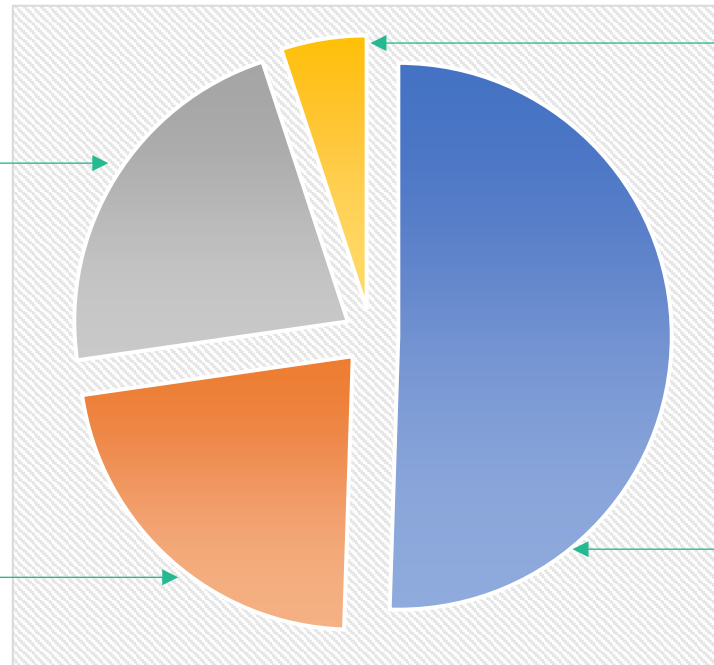
VEGAN: 100g tofu/tempeh + 20g lupin flakes

3. COMPLEX CARBS

Filled with fibre and energy, wholegrains, starchy veggies and fruit make up this delicious and satiating component of our daily meals!

Fill $\frac{1}{4}$ of your plate with a whole food carbohydrate source:

- ✓ 1/3-1/2 cup rice, barley, quinoa, millet, oats
- ✓ 1/2-3/4 cup noodle or pasta
- ✓ 1 small wholegrain wrap or pita pocket
- ✓ 1 medium slice of sourdough or 2 slices regular wholegrain bread
- ✓ 3/4 lentils & legumes (beans/chickpeas)
- ✓ 150g raw sweet potato or 200g raw white potato (*TIP: for extra fibre, keep the skin on!*)
- ✓ 1 med corn on cob or 1/2-3/4 cup corn kernels
- ✓ 1-1½ cups fresh whole fruit



5. THE FLAVOUR FACTOR

No one wants to eat bland food. Create not only nutritious, but delicious meals using natural flavours from the Earth!

HERBS: fresh or dried herbs – the more the merrier!

SPICES: chilli; cumin; turmeric; ginger; garlic; pepper; cinnamon; nutmeg; vanilla extract; etc!

OTHER CONDIMENTS: lemon; lime; vinegar; mustard; low sugar/salt chilli sauce; miso; nutritional yeast

Balance every main meal, using this simple formula

Don't forget that you can use this guide when you're eating out!

4. HEALTHY FATS

We need these good guys in small amounts for brain function, anti-inflammatory properties, energy, absorption of vitamins and much more!

Add a **thumb-size portion** of healthy fats:

- ✓ 2 Tbsp (40g) avocado (40g)
- ✓ 1-2 tsp extra virgin olive oil (e.g. can use this to cook with or as a salad dressing!)
- ✓ 2 tsp natural nut butter or tahini
- ✓ 1 Tbsp (15g) nuts and/or seeds
- ✓ 1 Tbsp pesto
- ✓ 1 Tbsp grated/crumbled cheese (30g)
- ✓ 8-10 olives

1. VEGGIE GOODNESS

Plants pack the goodness of fibre for our guts and an array of vitamins and minerals. These are a non-negotiable for our daily meals!

Fill $\frac{1}{2}$ your plate (or 2-3 cups) with a variety of non-starchy veggies or salad

This includes every veggie *apart from* potato, sweet potato and corn

Remember, the more colour and variety, the better!