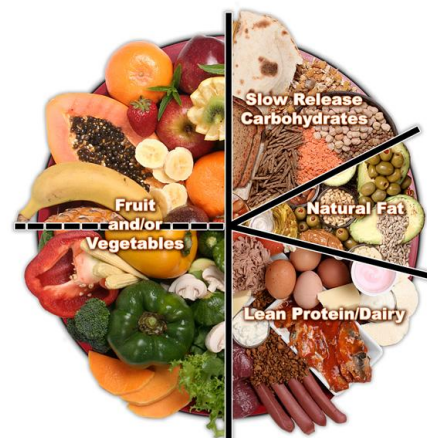


## Healthy meals in 4 easy steps

Use the following meal structure to plan energising balanced meals:



1. Start by filling half of the plate or 2 fistfuls with vegetables and / or fruit.
2. Add one quarter of the plate size or your fistful in the form of high fibre or slow release carbohydrate
3. Add one quarter of the plate size or your fistful as lean protein or dairy.
4. And lastly add a small serving or about a tip of your thumb of healthy fats.



Pick one from each column and combine according to the plate model:

Carbohydrates ¼ plate	Protein ¼ plate	Fat: Small portion	Veg or fruit ½ plate	Extras
Rice, basmati or brown Couscous Sweet potato Baby potatoes Pearl wheat barley Durum wheat pasta Tinned legumes ( <i>chickpeas, lentils, butter beans, kidney beans etc...</i> ) Split lentils or Baked beans Sweetcorn or corn on the cob Low GI bread ( <i>whole rye/seedloaf</i> ) <b>Others:</b> Ryvitas Provitas Rolled oats Quinoa cereal Millet	Fish ( <i>unbattered</i> ) Lean meat Chicken Turkey Lean mince meat Soya products Egg Low fat cheese Tofu ( <i>marinated</i> ) Legumes (beans and lentils)	Cold pressed plant oils ( <i>olive, flaxseed etc...</i> ) Avocado Unsalted nuts ( <i>e.g. pecans, almonds, cashews, walnuts etc</i> ) Seeds ( <i>e.g. linseeds, sunflower seeds, sesame seeds, pumpkin</i> ) Peanut butter Olives	ALL A to Zō Asparagus Baby marrow, Brinjal Broccoli & Cauliflower Brussel sprouts, Beetroot Celery, Cherry tomatoes Cucumber, Carrots Gemsquash, Gherkins Green, red, yellow pepper Lettuce, all leaves Marrows Mushrooms Radish, Spinach, Snap peas, Sprouts Zucchini	Herb salt Tomato paste Ginger, Garlic, Chilli Spices i.e. turmeric Lemon or lime juice All fresh herbs (Basil, parsley, coriander, thyme, mint, chivesō ) Soya sauce, Worcester sauce Marmite or Bovril Fishpaste Sauces (<5g fat per 100g) = limited to 3 tablespoons per meal Low fat tomato based sauces Pepperdews Low oil mayonnaise
<b>TIPS:</b> Use tins when pressed for time Cook in bulk & freeze	<b>TIPS:</b> Cook in bulk and freeze Marinade when possible	<b>TIPS:</b> Watch portions as these add on fat kilojoules	<b>TIPS:</b> Pre prepare as much as possible Roast veg in bulk	



**Meal ideas:**

	Option 1	Option 2	Option 3	Option 4	Option 5
<b>Protein</b>	Lean mince prepared with onion and a low fat tomato based sauce*	Chicken fillets baked in a low fat sauce of choice*	Grated low fat cheese over soup	Baked fish of choice (ideally not battered)	Lean mince or meat balls with a low fat sauce of choice
<b>Carbohydrate</b>	Durum pasta of choice	Sweet potato wedges with paprika & olive oil	Toasted seed bread or add barley and lentils into the soup	Boiled/grilled corn-on-cob	Rice (Brown or basmati)
<b>Veggie / Salad</b>	TIP: Grate carrot and baby marrow into the mince Salad	Mixed roasted veggies Salad	Thick Vegetable soup	Coleslaw and beetroot salad	Beetroot salad Green salad of choice
<b>Healthy fat</b>	Olive/grapeseed oil in cooking or avo/olives in salad	Olive oil on potato wedges	Olive oil in soup preparation	Olive/grapeseed oil in cooking or avo/olives in salad	Olive/grapeseed oil in cooking or avo/olives in salad
<b>Comments / Tips</b>	TIP: Add lentils or oatbran into the mince for added secret fibre.	TIP: Bake several fillets in bulk and freeze for instant quick lunch/dinner			TIP: Add lentils or oatbran into the mince for added secret fibre.

	Option 6	Option 7	Option 8	Option 9	Option 10
<b>Protein</b>	Grilled/baked fish of choice	Turkey cubes in a low fat sauce of choice	Chicken kebabs	Stir fry: Turkey or chicken strips	Schnitzel (baked, not fried)
<b>Carbohydrate</b>	Cous cous	Baby potatoes, boiled or roasted with olive oil and fresh parsley	Brown rice or barley	Rice noodles or rice	Slices of sweet potato and butternut, roasted
<b>Veggie / Salad</b>	Mixed roasted veggies Salad	Broccoli and cauliflower florets, steamed with herb salt Salad	Ratatouille (Mixture of onion, tomato and baby marrow with fresh basil and tomato paste).	Selection of stir fry veggies (carrots, cabbage, peppers )	Steamed green beans with assorted sweet peppers and garlic.
<b>Healthy fat</b>	Olive/grapeseed oil in cooking or avo/olives in salad	Olive/grapeseed oil in cooking or avo/olives in salad	Olive/grapeseed oil in cooking or avo/olives in salad	Olive/grapeseed oil in cooking or avo/olives in salad	Olive/grapeseed oil in cooking or avo/olives in salad
<b>Comments / Tips</b>	TIP: Add chopped fresh herbs and crumbled feta cheese to the cous cous		TIP: Marinade chicken pieces for 1 hour before cooking or use pre prepared kebabs	Use sweet n sour and soya sauce in the stir fry	

