



How to build your plate

Protein

A portion = size of the palm of your hand at each meal.

* **Aim:** ideally 20g of protein per meal, or 1.2g of protein p/kg of body weight p/day if you exercise regularly.

* For blood sugar balance ensure meals have a ratio of 4:1 carbs to protein.

The following will give you approx 20g of protein:

- ✓ 1 tin beans (kidney beans, beluga lentils, chickpeas)
- ✓ 105g salmon
- ✓ 80g tuna (tinned)
- ✓ 90g of chicken
- ✓ 105g beef
- ✓ 170g tofu or
- ✓ 100g tempeh
- ✓ 3 whole eggs



Green leafy vegetables and salads

A portion = 80g

* **Aim:** at 2-3 portions daily

- ✓ Packed with vitamins: A (skin and eyes), C (immunity), E (skin and brain), K (blood clotting and bones), folate (nervous system)
- ✓ Packed with minerals: magnesium (calming), manganese (fat metabolism), calcium (bones), potassium (blood pressure)

Seasonal vegetables and fruit

A portion = 80g

* **Aim:** 2 portions of fruit daily (1 if weight loss is a goal)

* **Aim:** 2-3 portions of seasonal vegetables daily (in addition to leafy greens!)

* Eat the rainbow daily (blue/ purple, green, red, orange, white)

✓ Plant based food is packed with vitamins and minerals that help fight cancer, heart disease, mental health diseases and more! (Alzheimer's, Parkinson's and dementia)

✓ Helps you age gracefully

Carbohydrates

A portion = size of a clenched fist

* **Aim:** one portion of complex carbohydrates per meal, e.g. sweet potato, beetroot, beans and lentils, pasta, rice, quinoa

* Keep grains to a max of 2 portions/ day

✓ Packed with fibre that feeds gut bacteria, removes toxins from the body, and helps provide a sense of fullness

✓ Incorporate cooked and cooled carbohydrates, these feed your gut bacteria and won't spike your blood sugar levels!

Fats

Portion sizes: a handful of nuts/ seeds, 1 tablespoon of olive oil, 1 portion of oily fish, ¼ avocado, 1 cup full fat Greek/ coconut yoghurt,

* **Aim:** to include fat with each meal and snack

✓ Fat is a fuel source for the body – it keeps us going for longer (good for those long distance runners or triathletes)

✓ Beneficial for our anti-inflammatory response

✓ Fat helps us feel satiated



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Putting it into practice

Breakfast

Two eggs with ¼ of an avocado, balsamic tomatoes and a handful of watercress, 1 portion of wild rice, drizzled with 1 tbsp olive oil, 1 tbsp apple cider vinegar, ½ tsp honey and 1 tsp mustard

A bowl of porridge made with an egg and hazelnut milk, 1 tbsp ground flaxseeds and a portion of seasonal fruit

A portion of smoked salmon or bacon, ¼ of an avocado, 1 slice of sourdough (rye/ ancient grains) toast, a large handful of rocket drizzled with 1 tablespoon of olive oil

1-2 portions of seasonal fruit, 1 cup of coconut yoghurt, 1 handful of raw unsalted nuts (e.g. walnuts, almonds, cashews, brazil, pistachio, etc)

Green smoothie made with 1 large handful of organic spinach, ¼ avocado, 1 portion of frozen berries, 1 portion of protein powder (purition/ raw sport/ motion/ hemp), 1 tablespoon cacao, ¼ cup kefir and milk/ plant milk to desired consistency.

Lunch

1 portion of Frittata with a side salad using left over steamed broccoli, mixed seasonal greens, a grated carrot and grated beetroot. Dressed with 1 Tbsp olive oil and ½ tbsp balsamic vinegar

Seasonal soup such as red pepper and kidney bean soup or chicken soup with 1 tbsp pumpkin seeds or a handful of walnuts. It can be difficult to get enough protein into a soup, ways to up protein content include: adding a couple of boiled eggs, serve with raw/ unpasteurised cheese

Chickpea and hummus salad, made with ½ tin of chickpeas/ beluga lentils, seasonal greens, ¼ of an avocado, peppers, left over sweet potato

Lettuce wraps with chicken or tempeh, grated carrot, red pepper, cucumber, kimchi, dressed with avocado oil mayo, or olive oil with some fresh chilli, coriander and garlic.

Dinner

1 portion of paleo fish pie with sauteed kale, leeks and mushrooms

1 portion of salmon, 1 portion of wild rice or quinoa (or a mixture of both), a side salad with seasonal vegetables

1 portion of chicken/ steak/ lamb, 1 portion of roasted sweet potato chips (homemade – not store bought!), 2 portions of roasted vegetables such as red pepper, courgette, red onions, beetroot, mushrooms, etc, plus a small side salad or broccoli

1 portion of black bean chilli or 3 bean chilli with a side of sauteed cabbage, carrots and bean sprouts.

Snacks

1 apple with 2 tbsp peanut butter

1 carrot with 2 tbsp hummus or almond butter

A handful of raw unsalted nuts

1 cup full fat Greek yoghurt with 1 tbsp of pumpkin seeds and 1 tbsp goji berries

2 squares of 85% dark chocolate with 1 tbsp almond or cashew butter

2-4 oatcakes with 2 tbsp hummus

A large handful of grapes with 30g parmesan cheese or other unpasteurised cheese.



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