

Balanced Plate

3 nutritious meals — breakfast, lunch, and dinner.
NO SNACKS between meals. Nothing after dinner.

Our Main Meals Balanced Plate is a guide to help sustain weight or to get leaner with moderate daily activity in mind. Adjustments may need to be done based on nutritional, health and performance goals, level of activity, age or gender. Remember to hydrate well – nothing works well without water.

Complex carbs

- whole grains: oats, oatmeal, barley, spelt, millet, buckwheat, brown rice, **quinoa (HP)**
- food made from unrefined, brown or wholemeal flour (pasta, sourdough bread, pitta, flatbread, baking etc.)
- starchy vegetables: potatoes/sweet potatoes, peas, corn, pumpkin, butternut squash
- legumes: **beans, lentil, chickpeas, dried peas, edamame (HP)**

Fruits & Vegetables

- fresh or cooked
- vegetables from can like tomatoes
- fermented vegetables (kimchi, sauerkraut, gherkins, miso, beetroot etc)



Drinks

- water
- non-sweetened herbal teas and other beverages

Proteins

- eggs
- tofu and soya products or other plant protein-based products
- fish, seafood (**OMG 3 = salmon, mackerel, sardines, herrings, anchovies, trout, oysters, shrimp, seaweed**)
- poultry, meat
- dairy

Fats



- oils (olive, avocado, rapeseed, hemp seed)
- nut butters
- seeds and nuts (**HP**)
- (**OMG 3 = chia seeds, flaxseeds, hemp seeds, walnuts**)
- avocado and olives (fruits rich on unsaturated fats)



Flavours

- herbs
- spices
- mustard
- ketchup
- soya sauce
- vinegar
- salt
- dark chocolate/ cacao powder

HP = High on Protein

Unrefined in natural state, without having been through a chemical or industrial process to remove unwanted parts.

OMG 3 = rich on Omega-3 fatty acids