



Balancing your plate

PROTEIN

Serving size:
The length & width of your hand

2-3 Eggs
Chicken/Turkey
Beef/Pork/Lamb
Salmon/Mackerel
Coley/Pollack
Haddock/Tuna
Prawns/Mussels
Calamari/Clams
Cottage cheese,
Greek Yoghurt,
Ricotta
Halloumi, Feta
Mozarella
Tempeh/Tofu
Legumes:
Beans/Lentils
Chickpeas
OR
1-2 scoops Protein
Powder: Whey,
Rice, Pea or Collagen

CARBS

Serving size:
1 closed fist

Potato
Sweet Potato
Rice
Quinoa
Millet
Amaranth
Buckwheat
Oats
Wholewheat Pasta
Sourdough Bread
Rye Bread
Couscous
Bulgar Wheat
Oatcakes
Wholegrain Rice
Cakes
Ryvita

FRUIT

Total daily amount:
1 palm sized portion

Apple, Pear, Berries, Kiwi, Peach,
Nectarine, Orange, Grapes,
Plum, Apricots, Satsuma, Pineapple,
Mango, Banana, Melon

VEGGIES

Serving size:
2 closed fists or more

Spinach
Watercress
Rocket
Lettuce
Cucumber
Tomato
Broccoli
Cauliflower
Cabbage
Spring Greens
Pak Choi
Bok Choi
Green Beans
Aspragus
Leek
Artichoke
Mushrooms
Peppers
Celery
Radishes
Peas
Beetroot
Parsnip
Carrot
Butternut Squash
Celeriac
Pumpkin

FATS

Serving size:
1 thumbs worth approx 1 tbsp

Olive Oil
Olives
Avocado
Avocado Oil
Coconut Oil
Coconut
Milk/Cream
Butter
Peanut Butter
Almond Butter
Cashew Butter
Tahini
Nuts: Almonds
Wal nuts, Pecans
Brazil Nuts,
Cashews
Hazel nuts
Seeds: Sesame
Sunflower
Pumpkin