



## Planning to eat well

### A QUICK GUIDE FOR PLANNING MEALS AND SNACKS

Meal	Pick a protein base Pick a carbohydrate(s) Add salad and/or vegetables – make it as colourful as possible
Snack	Include a protein Add at least one of fruit / veg / wholegrain

### SOME GREAT IDEAS TO INSPIRE YOU

Protein type	For a delicious and nutritious option with...
Meat (eg red meat, chicken, fish, seafood)	vegetables in dinner leftovers (stir fries, rice or pasta dishes, roast leftovers) assorted salad in a roll/wrap/sandwich or a poke bowl
Eggs	vegetables in a frittata grilled mushrooms and toast a big colourful salad lettuce or salad in a sandwich or wrap
Cow or soy milk or yogurt	wholegrain cereal, and you could even add some fruit berries or other fruit, to make a smoothie nuts, seeds, fruit for a great yoghurt bowl chia seeds, soaked overnight
Tofu or other soy-based options like tempeh	soups, curries, pasta or rice dishes a leafy, fresh salad with tofu or tempeh a salad roll/wrap/sandwich or poke bowl
Legumes - chickpeas, red kidney beans, baked beans, lentils, edamame beans, adzuki beans, borlotti beans	grainy toast soup, rice, curry, pasta, a Mexican burrito bake or other cooked dish salads for a big healthy poke bowl veggie sticks or crackers – mash your legumes up into an easy home-made dip such as hummus



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