

Choose
1 protein



Choose at least
2 vegetables



Choose
1 carbohydrate



Choose
1 fat



Unlimited
flavour boosters



80-100g cooked meat

2 small tomatoes (or ½ cup chopped)



handful of green beans or 6 spears of asparagus, cooked or raw



1 small beetroot, thinly sliced

1 small can tuna (drained)



2 handfuls of salad leaves, rocket or baby spinach



1 carrot, grated, sliced or julienned

100g tofu or tempeh



1 cup sliced mushrooms, raw or cooked



1 cup broccoli florets, steamed or raw

1 small or ½ large cucumber



1 small or ½ large capsicum, chopped



Ready in 10 min!

2 boiled, poached or scrambled eggs



1 cup shredded cabbage



1 zucchini, julienned or sliced



80-100g cooked chicken



1 wholemeal pita bread or wrap

40g mozzarella



black pepper



fresh garlic or ginger



2 tbs seeds



chilli or smoked paprika flakes



½-½ cup cooked brown rice



fresh sliced chillies



½-¾ cup no-added-salt beans: kidney, cannellini, butter beans



30g cheese



spice mixes (if bought, use ones with no salt)



¼ small avocado



lemon, lime or orange zest



1 medium potato, cooked



1 small sweet potato, cooked



½-¾ cup no-added-salt lentils, cooked



2 tbs toasted nuts



tabasco sauce



3 wholemeal crispbreads



½-½ cup cooked freekeh, millet, pearl barley or buckwheat



½-¾ cup no-added-salt lentils, cooked



½ cup ricotta



fresh herbs (eg, coriander, parsley, thyme, basil, mint, chives, oregano) hfg



1 slice of wholegrain bread or toast



2 tsp olive, avocado or macadamia oil



vinegars: red, white or rice wine, apple cider or balsamic



½-¾ cup cooked wholegrain pasta



1 tbs nut butter or tahini

