

# LIFESTYLE PLATE GUIDELINES



## **FILL 50% OF YOUR PLATE WITH COLOURFUL VEGETABLES OR SALAD**

Asparagus	Capsicum	Cucumber	Lettuce	Spinach
Beetroot	Carrot	Green Beans	Mushroom	Sprouts
Broccoli	Cauliflower	Kale	Onion	Tomato
Cabbage	Celery	Leafy Greens	Peas	Zucchini



## **FILL 25% OF YOUR PLATE WITH HIGH QUALITY PROTEIN**

Beans	Duck	Lamb	Sardines	Turkey
Beef	Egg	Lentils	Tempeh	Veal
Chicken	Egg Whites	Pork	Tofu	White Fish
Cottage Cheese	Kangaroo	Salmon	Tuna	



## **FILL 25% OF YOUR PLATE WITH STARCHY CARBS**

Beans	Couscous	Oats	Pumpkin	Sweet Potato
Bread	Lentils	Potato	Rice	Wraps (Mountain bread)

## **FATS**

(NOTE THIS MAY COME FROM YOUR PROTEINS)

Almonds	Butter	Egg Yolk	Olive Oil	Walnuts
Avocado	Coconut Oil	Feta	Seeds	

*We recommend that you take a quality Multi Vitamin supplement each day*