

## CHOOSE MOST

### VEG & FRUIT

Have these steamed, stir fried, roasted, BBQ'd or raw.



1/2 plate

@daleynutrition

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Broccoli



Cauliflower



Asparagus



Carrots



Green beans

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Capsicums



Onions



Snow peas



Mushrooms



Bean shoots

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Pumpkin



Beetroot



Brussel sprouts



Zucchini



Tomato

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Spinach



Red onion



Cucumber



Cherry tomatoes



Avocado

## CHOOSE SOME

### GRAINS & STARCHY VEG

Choose wholegrain high fibre, skin on types.



1/4 plate



Wholemeal pasta



Brown rice



Couscous



Quinoa



Potato (skin on)



Sweet potato



Parsnips



Sweetcorn

## CHOOSE SOME

### PROTEIN FOODS

Choose lean sustainable meats, sea caught fish, beans & legumes.

1/4 plate



Steak



Chicken breast



Oily fish



Tofu 170g



2 large eggs



1 cup beans/legumes



Lean mince



Tempeh



Kangaroo



King prawns

## CHOOSE LEAST

### SAUCE & DIPS

Choose low fat, low sodium types. Limit to 2-4 tsps. per day.



Pesto



Hummus



Low-fat mayo



Gravy



Salsa