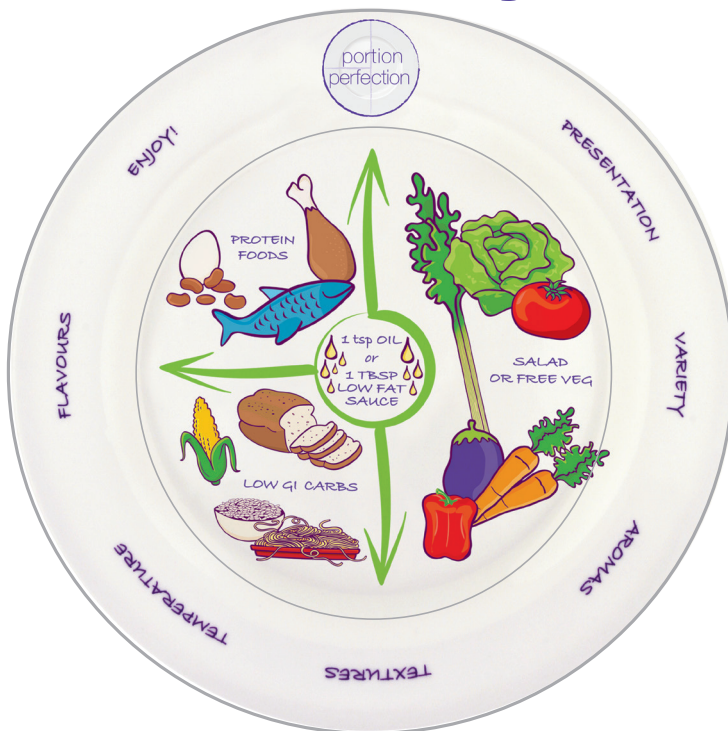


# A healthy eating plan



**Congratulations!**

You're about to take the first step towards painless weight loss. The Portion Perfection Plate is designed by leading dietitian, Amanda Clark, to guide you toward a main meal that is healthy and helps you lose weight.

**Try doing this with your own plate tonight:**

To serve a meal, simply dish out the listed foods in the quantities shown below.

Food should sit approx. 2cm deep in the middle of the plate.

**Women aiming to lose weight:**

Fill just the base of the plate.

**Men aiming to lose weight:**

Fill half-way out the border of a standard plate.

**Choose from the following foods to fill each section:**

#### Protein Foods

Lean red meat, poultry, fish, egg, tofu, legumes – soybeans, baked beans, lentils, chickpeas, etc.

#### Low GI Carbohydrates

Sweet potato, peas, corn, basmati or doongara rice, pasta / rice noodles, multigrain bread. This section may also contain occasional amounts of new potatoes / pita bread / parsnip pumpkin or beetroot, being medium GI carbs.

#### Salad and Free Veg

Alfalfa, artichoke, asparagus, bamboo shoots, beans (green), bean sprouts, broccoli, Brussel sprouts, cabbage, capsicum, carrots, cauliflower, celery, choko, cucumber, eggplant, leek, lemon, lettuce, marrow, mushrooms, onions, radish, rhubarb, rocket, shallots, silverbeet, spinach, spring onion, squash, swede, tomatoes, turnips, watercress, water chestnut, zucchini.

#### Oil / Low-fat sauce

1 tsp of oil or 1 Tbsp of: commercial low-fat dressings, skim milk sauces, low-fat gravy mixes, apple, honey soy, oyster, mint, plum, BBQ, tomato, soy, hoisin, teriyaki, Worcestershire, chilli, sweet chilli, black bean, lite cheese sauces.

**Remember to enjoy your meal. Follow the prompts on the plate border:**

Notice the **presentation**, register the **variety**, breathe in the **aromas**, notice the **textures**, experience the **temperature**, savour the **flavours** and **enjoy**.

**The plate is a component of the complete Portion Perfection visual eating plan. You can order the full Portion Perfection kit from Great Ideas in Nutrition. Order by phone or online!**



**Portion Perfection**

**Watch our demo video.**

Join us on Facebook for healthy eating tips and strategies.



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