



Lucy Sugars

BALANCING YOUR PLATE



PROTEIN	+	CARBS	+	VEGGIES	+	FATS
Serving size: length and width of your hand		Serving size: 1 closed fist		Serving size: 2 closed fists or more		Serving size: 1 thumbs worth, around 1 tbsp
2-3 Eggs		Potato		Spinach		Olive Oil
Chicken/Turkey		Sweet Potato		Watercress		Olives
Beef/Pork/Lamb		Rice		Rocket		Avocado
Salmon/Mackerel		Quinoa		Lettuce		Avocado Oil
Coley/Pollack		Millet		Cucumber		Coconut Oil
Haddock/Tuna		Amaranth		Tomato		Coconut
Prawns/Mussels		Buckwheat		Broccoli		Milk/Cream
Calamari/Clams		Oats		Cauliflower		Butter
Cottage cheese,		Wholewheat Pasta		Cabbage		Peanut Butter
Greek Yoghurt,		Sourdough Bread		Spring Greens		Almond Butter
Ricotta		Rye Bread		Pak Choi		Cashew Butter
Halloumi, Feta		Couscous		Bok Choi		Tahini
Mozarella		Bulgar Wheat		Green Beans		Nuts: Almonds
Tempeh/Tofu		Oatcakes		Asparagus		Walnuts, Pecans
Legumes:		Wholegrain Rice		Leek		Brazil Nuts,
Beans/Lentils		Cakes		Artichoke		Cashews
Chickpeas		Ryvita		Mushrooms		Hazelnuts
OR		Whole Fresh Fruit:		Peppers		Seeds: Sesame
1-2 scoops protein		Apple/Pear/Berries		Celery		Sunflower
powder: Whey,		Kiwi		Radishes		Pumpkin
Rice,		Peach/Nectarine				
Pea or Collagen		Orange/Satsuma				
		Pineapple/Mango				
		Banana				
		Melon				
				Peas		
				Beetroot		
				Parsnip		
				Carrot		
				Butternut Squash		
				Celeriac		
				Pumpkin		