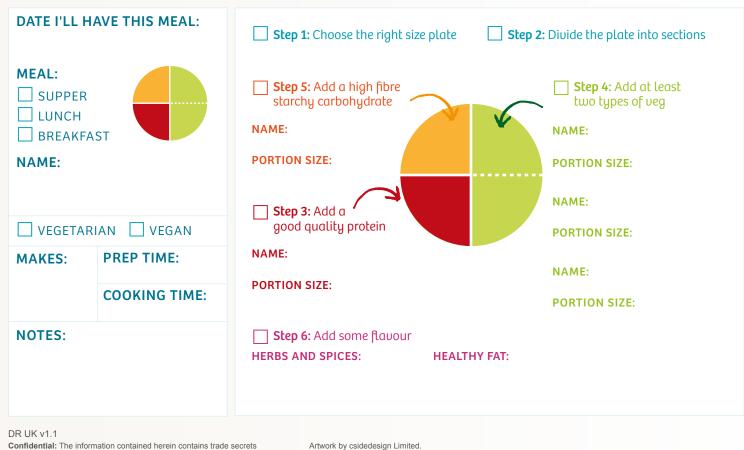
## Creating my balanced meal



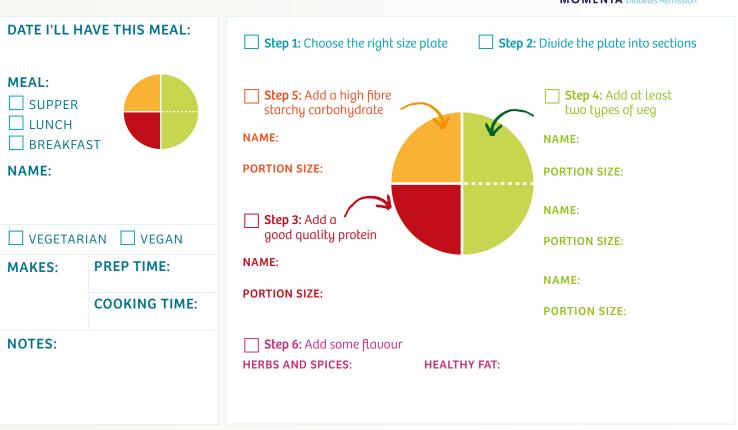


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## Creating my balanced meal

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## Creating my balanced meal



DATE I'LL HAVE THIS MEAL:		Step 1: Choose the right size plate Step	Step 2: Divide the plate into sections		
MEAL: SUPPER LUNCH BREAKFAST NAME:		Step 5: Add a high fibre starchy carbohydrate  NAME:  PORTION SIZE:  Starchy carbohydrate  Vegetables			
☐ VEGETARIAN ☐ VEGAN		Step 3: Add a good quality protein	NAME: PORTION SIZE:		
MAKES:	PREP TIME:	NAME:	NAME:		
	COOKING TIME:	PORTION SIZE:	PORTION SIZE:		
NOTES:		Step 6: Add some flavour  HERBS AND SPICES: HEALTHY FAT:			
DR UK v1.1					

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## Creating my balanced meal

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			MOMENIA Diabetes Remission	
DATE I'LL HAVE THIS MEAL:		Step 1: Choose the right size plate Step 2:	Step 2: Divide the plate into sections	
MEAL: SUPPER LUNCH BREAKFAST  NAME:		Step 5: Add a high fibre starchy carbohydrate  NAME:  PORTION SIZE:  Starchy carbohydrate  Vegetables	Step 4: Add at least two types of veg  NAME:  PORTION SIZE:	
		Step 3: Add a	NAME:	
☐ VEGETARIAN ☐ VEGAN		good quality protein	PORTION SIZE:	
MAKES:	PREP TIME:	NAME: PORTION SIZE:	NAME:	
	COOKING TIME:		PORTION SIZE:	
NOTES:		Step 6: Add some flavour HERBS AND SPICES: HEALTHY FAT:		