

Creating my balanced meal

DATE I'LL HAVE THIS MEAL:

MEAL:

SUPPER
 LUNCH
 BREAKFAST


NAME:

VEGETARIAN VEGAN

MAKES: **PREP TIME:**

COOKING TIME:

NOTES:



Step 1: Choose the right size plate **Step 2:** Divide the plate into sections

Step 5: Add a high fibre starchy carbohydrate

NAME:

PORTION SIZE:

Step 3: Add a good quality protein

NAME:

PORTION SIZE:

Step 6: Add some flavour

HERBS AND SPICES: **HEALTHY FAT:**

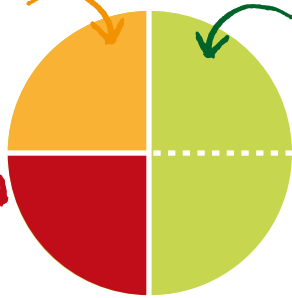
Step 4: Add at least two types of veg

NAME:

PORTION SIZE:

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PORTION SIZE:



DR UK v1.1

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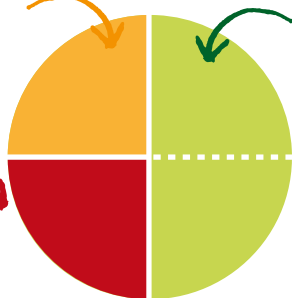
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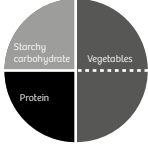
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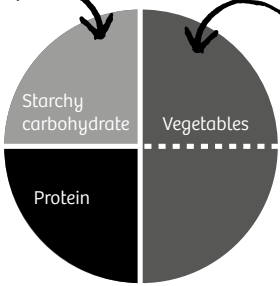
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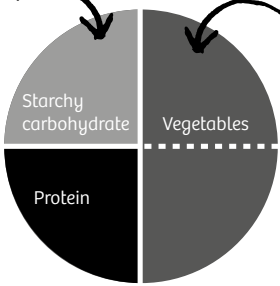
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