



BEYOND  
BEFORE AND AFTER

# THE STEP-BY-STEP GUIDE TO BUILDING A HEALTHY PLATE



BY CAROLINE DRURY



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# TABLE OF CONTENTS



**03**

## **Welcome**

Welcome to the guide!

---

**04**

## **What is a healthy diet?**

Here you'll learn about why a healthy diet is a cornerstone of overall well-being.

---

**07**

## **Building the perfect meal**

We will guide you through the key components to consider when constructing your meals during the meal prepping process.

---

**08**

## **Macronutrient cheat sheets**

Here you'll gain access to a list of exactly what food items are protein, carb, fat and vegetable-based.

---

**13**

## **The ultimate guide to portion sizing**

In this section we'll cover the beginners way to portion sizing and how exactly you can use this tool every day with ease.

---

**16**

## **Perfecting your meal plan**

We'll be going through the finishing touches on putting your perfect meal plan together, and how to do so in a fun and creative way.

---

**18**

## **Thank you**

Final thoughts on what we've covered.



# WELCOME TO THE GUIDE

I'm so delighted to have you here, embarking on this journey towards achieving a healthier and more organized lifestyle through the art of putting together a basic, healthy plate!

Whether you are a busy professional, a parent, or simply someone looking to simplify their mealtime routine, this guide provides valuable insights, tips, and strategies to help you master the art of putting together a healthy meal without efficiently.

In today's fast-paced world, finding the time to prepare nutritious meals can often be a challenge. However, with the proper knowledge and planning, you can take control of your diet, save time, and enjoy the benefits of delicious and healthy meals throughout the week.

This guide will serve as a comprehensive resource, guiding you through every step of how to put together a basic, healthy and nutrition plate whether you track macros or not!

Always in your corner,


**Caroline Drury**

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# WHAT IS A HEALTHY DIET

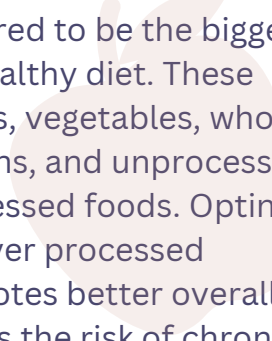
A healthy diet is a cornerstone of overall well-being and plays a crucial role in maintaining optimal health. It encompasses the consumption of nutritious foods that provide essential nutrients, vitamins, and minerals while supporting proper bodily functions. In this section, we will delve into the key principles of a healthy diet and guide you towards making informed food choices.

## Balance and Moderation:



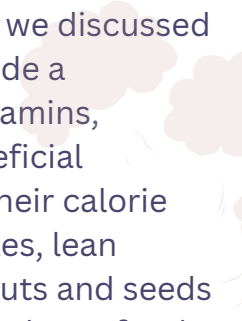
A healthy diet is all about balance and moderation. It involves incorporating a wide variety of foods from different food groups while being mindful of portion sizes. Balancing your meals ensures that you obtain a diverse range of nutrients necessary for your body's proper functioning. It is essential to include carbohydrates, proteins, healthy fats, vitamins, and minerals in your diet while avoiding excessive consumption of any particular food or nutrient.

## Whole Foods:



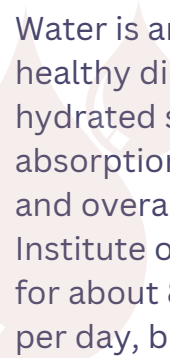
These are considered to be the biggest foundation of a healthy diet. These include fresh fruits, vegetables, whole grains, lean proteins, and unprocessed or minimally processed foods. Opting for whole foods over processed alternatives promotes better overall health and reduces the risk of chronic diseases.

## Nutrient Density:



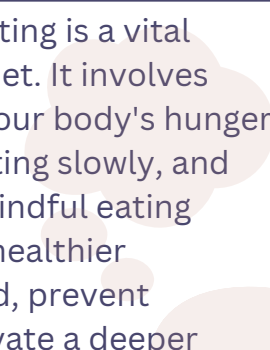
Nutrient-dense foods as we discussed under whole foods provide a significant amount of vitamins, minerals, and other beneficial compounds relative to their calorie content. Fruits, vegetables, lean proteins, whole grains, nuts and seeds are examples of nutrient-dense foods. These choices help ensure that your body receives the essential nutrients it needs without excessive caloric intake.

## Adequate Hydration:



Water is an essential component of a healthy diet. Staying adequately hydrated supports digestion, nutrient absorption, temperature regulation, and overall bodily functions. The Institute of Medicine suggests aiming for about 8 cups (64 ounces) of water per day, but individual needs may vary based on factors such as activity level and climate.

## Mindful Eating:



Practicing mindful eating is a vital aspect of a healthy diet. It involves paying attention to your body's hunger and fullness cues, eating slowly, and savoring each bite. Mindful eating helps you develop a healthier relationship with food, prevent overeating, and cultivate a deeper appreciation for the flavors and textures of the foods you consume.





## GRAINS

Grains are a fundamental component of a healthy diet, providing us with essential carbo-hydrates, fiber, vitamins, and minerals. Whole grains, such as whole wheat, oats, quinoa, and brown rice, are particularly beneficial due to their high fiber content and slower digestion rate, which helps regulate blood sugar levels and promotes satiety. When meal prepping, consider including whole grain options as the base for your meals, such as whole grain bread, pasta, or couscous.

## FRUIT

Fruits are nature's sweet treats and are packed with vital nutrients, antioxidants, and fiber. They provide essential vitamins and minerals while satisfying your cravings for something naturally sweet. When selecting fruits, opt for a variety of colors to ensure a diverse nutrient profile. Berries, citrus fruits, apples, and bananas are excellent choices for their nutritional content and versatility.



## BEANS & LEGUMES

Beans and legumes are plant-based powerhouses that offer a wealth of nutrients, including fiber, protein, complex carbohydrates, vitamins, and minerals.



They are an excellent source of plant-based protein, making them an ideal choice for vegetarians and vegans. Incorporating beans and legumes into your meal prepping routine adds texture, flavour, and versatility to your meals.

## VEGETABLES

Vegetables are an essential part of a healthy diet, providing a wide range of vitamins, minerals, and antioxidants while being low in calories. They offer various health benefits, including improved digestion, reduced risk of chronic diseases, and greater overall health. Include a colourful array of vegetables in your meal prepping to get a diverse range of nutrients.



## MEAT, SEAFOOD & POULTRY


Meat, seafood, and poultry are rich sources of high-quality protein, which is crucial for muscle repair, growth, and overall body functioning. Additionally, they provide important vitamins and minerals like iron, zinc, and vitamin B12. Fish, such as salmon, trout, and tuna, are excellent sources of omega-3 fatty acids, which contribute to heart health. Include a variety of lean meats, seafood, and poultry in your meal prepping to ensure a well-rounded diet.






# NUTS, SEEDS, OILS & FATS


Nuts, seeds, oils, and fats are vital elements of a healthy diet, providing essential nutrients, flavor, and satiety to meals. In this section, we will explore why these components are needed and how you can incorporate them into your meal prepping routine.



Nuts and seeds are nutrient powerhouses packed with healthy fats, protein, fiber, vitamins, minerals, and antioxidants. They offer a range of health benefits, including supporting heart health, reducing inflammation, and promoting healthy brain function. Almonds, walnuts, chia seeds, flaxseeds, and pumpkin seeds are just a few examples of nutrient-dense options.



Incorporate nuts and seeds into your meal prepping by adding them to salads, yogurt, smoothies, or homemade energy bars. They can also be crushed and used as a coating for proteins or as a topping for roasted vegetables. Remember to enjoy them in moderation as they are calorie-dense.



Healthy oils and fats are essential for the absorption of fat-soluble vitamins (such as vitamins A, D, E, and K), providing energy, maintaining healthy skin, and supporting brain function. Opt for unsaturated fats, including monounsaturated and polyunsaturated fats, as they are considered heart-healthy. Olive oil, avocado oil, coconut oil, and nut oils are great options.

# BUILDING THE PERFECT MEAL

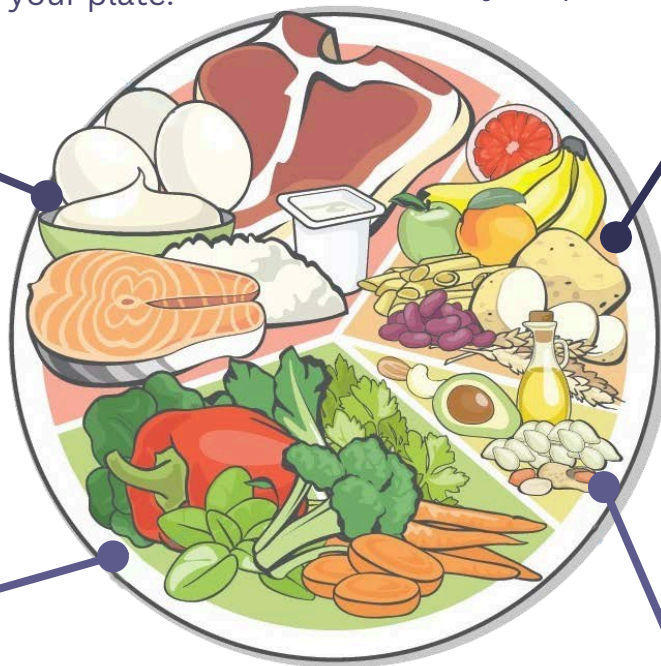
Building a perfect meal involves creating a well-balanced plate that provides the necessary nutrients, flavors, and satisfaction. In this section, we will guide you through the key components to consider when constructing your meals during the meal prepping process.

## PROTEIN

Protein is an essential macronutrient that plays a crucial role in building and repairing tissues, supporting immune function, and regulating various bodily processes. Aim to add 1-2 palms to your plate.

## CARBS

Complex carbohydrates like whole grains and starchy vegetables provide essential nutrients and sustained energy. Aim to add 1-2 cupped hands to your plate.



## VEGETABLES

Vegetables are rich in fiber, vitamins, minerals, and antioxidants. They provide essential nutrients while adding vibrant colors, textures, and flavors to your meals. Aim to add 1-2 fists of vegetables to your plate.

## FATS

Healthy fats are important for various bodily functions. Aim to add 1-2 thumbs worth to your plate.



# MACRO CHEATSHEET FOR PROTEIN

FOOD	CAL	PROTEIN	CARB	FAT	FIBRE
Chicken Breast	165	<b>31g</b>	0g	3.6g	0g
Beef Rump Steak	250	<b>26g</b>	0g	17g	0g
Beef Mince	250	<b>20g</b>	0g	18g	0g
Turkey Mince	189	<b>19g</b>	0g	12g	0g
Egg Whites	52	<b>11g</b>	0.6g	0.2g	0g
Whole Egg	143	<b>13g</b>	1g	10g	0g
Canned Tuna	116	<b>26g</b>	0g	0.7g	0g
Snapper	105	<b>20g</b>	0g	2g	0g
Greek Yoghurt	59	<b>10g</b>	4g	0g	0g
Cottage Cheese	81	<b>11g</b>	3g	2g	0g
Pink Lentils	353	<b>26g</b>	60g	1.5g	11g
Kidney Beans	127	<b>8.7g</b>	22g	0.5g	6.4g
Atlantic Salmon	206	<b>22g</b>	0g	13g	0g
Shortcut Bacon	542	<b>34g</b>	0.6g	44g	0g
Pork Mince	143	<b>19g</b>	0g	7g	0g
Full-Fat Milk	61	<b>3.3g</b>	4.8g	3.4g	0g
Edamame	121	<b>11g</b>	10g	5g	5g
Whey Protein	408	<b>76g</b>	7g	7g	0g
Chicken Thigh	209	<b>19g</b>	0g	15g	0g
Soy Beans	147	<b>12g</b>	9g	6g	6g

\*All amounts are based on 100g

\*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

# MACRO CHEATSHEET FOR CARBOHYDRATES

FOOD (100g weight)	CAL	PROTEIN	CARB	FAT	FIBRE
Sweet Potato	86	1.6g	<b>20.1g</b>	0.1g	3g
White Potato	77	2g	<b>17.5g</b>	0.1g	2.2g
Brown Rice	111	2.6g	<b>23.5g</b>	0.9g	1.8g
White Rice	130	2.4g	<b>28.7g</b>	0.2g	0.4g
Quinoa	120	4.4g	<b>21.3g</b>	1.9g	2.8g
Wholemeal Pasta	131	5.8g	<b>24.9g</b>	1.4g	3.7g
Rolled Oats	379	13.1g	<b>67.7g</b>	6.5g	9.4g
Wholemeal Bread	247	10.4g	<b>47.9g</b>	2.7g	6.4g
Rice Noodles	96	2.2g	<b>22.8g</b>	0.4g	1.6g
Bagel	289	11g	<b>58.1g</b>	1.3g	2.5g
Bran	246	15.6g	<b>64.5g</b>	3.3g	10.5g
Muesli	441	10.1g	<b>67.6g</b>	13.9g	9.6g
Rice Bubbles	381	6g	<b>85.7g</b>	0.4g	0.9g
Banana	96	1.1g	<b>22g</b>	0.2g	2.6g
Apple	52	0.3g	<b>14g</b>	0.2g	2.4g
Grapes	69	0.7g	<b>17g</b>	0.2g	0.9g
Pineapple	50	0.5g	<b>13g</b>	0.1g	1.4g
Orange	43	0.8g	<b>9g</b>	0.2g	2.3g
Honey	304	0.3g	<b>82.4g</b>	0g	0.2g
Jam	278	0.2g	<b>68g</b>	0.1g	1g

\*All amounts are based on 100g

\*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

# MACRO CHEATSHEET

## FOR FATS

FOOD (100g weight)	CAL	PROTEIN	CARB	FAT	FIBRE
Avocado	160	2g	9g	<b>15g</b>	7g
Almonds	579	21g	22g	<b>49g</b>	12g
Chia Seeds	486	16g	42g	<b>31g</b>	34g
Coconut	354	3.3g	15g	<b>33g</b>	9g
Olive Oil	884	0g	0g	<b>100g</b>	0g
Walnuts	654	15g	14g	<b>65g</b>	7g
Flaxseeds	534	18g	29g	<b>42g</b>	27g
Peanut Butter	588	25g	21g	<b>50g</b>	7g
Dark Chocolate	604	7.8g	24g	<b>43g</b>	11g
Greek Yogurt	97	9.5g	3.5g	<b>5g</b>	0g
Macadamia Nuts	718	7.9g	13.8g	<b>75.8g</b>	8.6g
Salmon	206	22g	0g	<b>13g</b>	0g
Hemp Seeds	553	31.6g	10.9g	<b>48.8g</b>	4g
Almond Butter	614	18.6g	19g	<b>55.5g</b>	11g
Cashews	553	18.2g	30.2g	<b>43.9g</b>	3.3g
Pecans	691	9.2g	13.9g	<b>71g</b>	9.6g
Sunflower Seeds	584	20.8g	20g	<b>51g</b>	8.6g
Brazil Nuts	656	14.3g	11.7g	<b>66g</b>	7.5g
Ghee	900	0g	0g	<b>100g</b>	0g
Avocado Oil	884	0g	0g	<b>100g</b>	0g

\*All amounts are based on 100g

\*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.



# MACRO CHEATSHEET FOR VEGETABLES

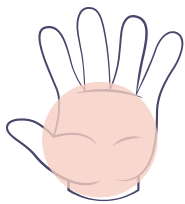
FOOD (100g weight)	CAL	PROTEIN	CARB	FAT	FIBRE
Broccoli	34	2.8g	6.6g	0.4g	2.6g
Carrots	41	0.9g	9.6g	0.2g	2.8g
Spinach	23	2.9g	3.6g	0.4g	2.2g
Bell peppers	31	1g	6g	0.3g	2.1g
Tomatoes	18	0.9g	3.9g	0.2g	1.2g
Cabbage	25	1.3g	5.8g	0.1g	2.5g
Cauliflower	25	1.9g	5g	0.3g	2g
Green beans	31	1.8g	7.1g	0.2g	3.4g
Kale	49	4.3g	8.8g	0.9g	3.6g
Zucchini	17	1.2g	3.1g	0.3g	1g
Eggplant	25	1g	5.9g	0.2g	3g
Sweet potatoes	86	1.6g	20.1g	0.1g	3g
Brussels sprouts	43	3.4g	8.3g	0.3g	3.8g
Asparagus	20	2.2g	3.7g	0.2g	2g
Celery	16	0.7g	3g	0.2g	1.6g
Cucumbers	15	0.6g	3.6g	0.1g	0.5g
Mushrooms	22	3.1g	3.3g	0.3g	1g
Onions	40	1.1g	9.3g	0.1g	1.7g
Peas	81	5.4g	14.5g	0.4g	5.1g
Corn	96	3.4g	21g	1.5g	2.4g

\*All amounts are based on 100g

\*Please note that these values are approximate and can vary depending on factors such as the specific brand and cooking methods used.

# THE ULTIMATE GUIDE TO PORTION SIZING

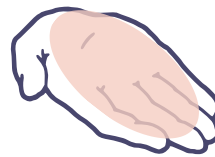
Maintaining a balanced and healthy diet relies on effective portion control. While using measuring tools like scales and cups can be helpful, using your hands as a guide offers a practical and convenient way to estimate portion sizes.



A portion of protein = 1 palm



A portion of vegetables = 1 fist



A portion of carbs = 1 cupped hand



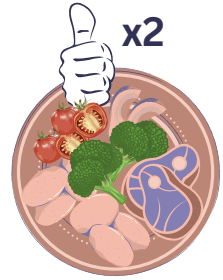
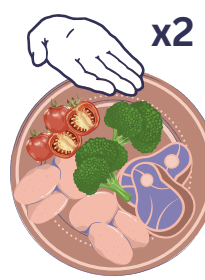
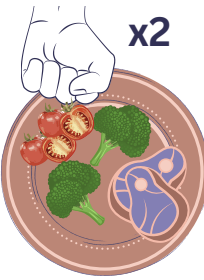
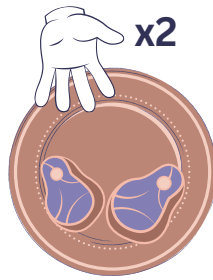
A portion of fats = 1 thumb

For moderately active individuals, consuming 1-2 portions from each food group per meal is generally sufficient for weight maintenance and overall health improvement. However, it's important to note that there is considerable room for variation based on individual needs and preferences. To provide some examples, here are customized plate ideas for three meals per day:

	PROTEIN	VEGETABLES	CARBS	FATS
	E.g. meat, fish, eggs, cottage cheese, Greek yoghurt, tofu	E.g. broccoli, lettuce, spinach, carrots, tomatoes, cabbage	E.g. brown rice, potatoes, beans, fruit, bread	E.g. oil, butter, nuts, nut butters, seeds
	Minimal activity: No exercise and less than 6000 steps/day			
Based on each meal, 3 times a day				

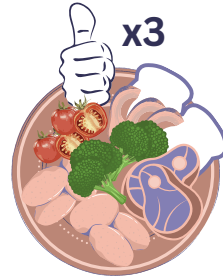
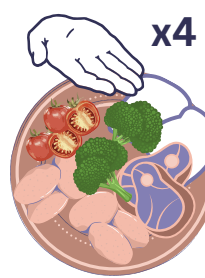
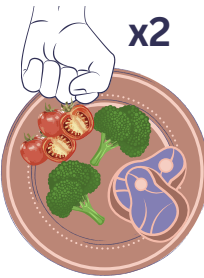
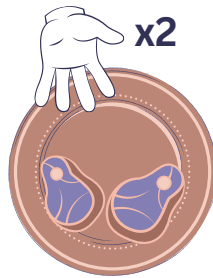
**Moderate activity: 3-4 workouts/ week, 6000 - 10,000 steps/day**

Based on  
each meal,  
3 times a  
day



**High activity: 6-7 workouts/ week, 10,000 - 15,000 steps/day**

Based on  
each meal,  
3 times a  
day



**HIGHER ENERGY  
NEEDS**

\* These are just a rough guide and are only to be used as examples as every person requires a different amount of energy/food depending on their body.

**IF YOU NEED MORE FOOD ON YOUR  
PLATE BECAUSE YOU'RE...**

- ☐ Not feeling satisfied at meals
- ☐ Eating fewer meals through the day
- ☐ Not getting muscle-gain results

**THEN START BY ADDING...**

- ☒ 1 cupped handful of  
carbs and/or
- ☒ 1 thumb of fat

...to 2-3 meals each day.



**IF YOU NEED LESS FOOD ON YOUR  
PLATE BECAUSE YOU'RE...**

- ☐ Feeling too full at meals
- ☐ Eating more meals through the day
- ☐ Not losing the weight you'd like

**THEN START BY REMOVING...**

- ☐ 1 cupped handful of  
carbs and/or
- ☐ 1 thumb of fat

...to 2-3 meals each day.





# PERFECTING YOUR MEAL PLANNING

Streamlining your meal planning process can significantly simplify your routine. To help you achieve this, here's a step-by-step guide on how to optimize your meal planning journey:



## SET YOUR GOALS

Begin by setting clear goals for your meal prepping efforts. Are you looking to save time during the week? Eat healthier? Stick to a specific dietary plan? By defining your needs, you can tailor your meal prepping approach accordingly. Start by writing out your goals on a piece of paper

Tip: If you went with the more advanced method of calculating your calories and macronutrients, you can include these in your goal writing process.

## DETERMINE YOUR MEALS

Consider your schedule and eating habits to determine the number of meals you want to prep in advance. This could include breakfasts, lunches, dinners, and snacks. Start with prepping a few meals initially and gradually increase the number as you become more comfortable with the process.



## GET YOUR CONTAINERS

Invest in good-quality food containers that are suitable for meal prepping. Opt for containers that are microwave-safe, leak-proof, and stackable. Having containers of various sizes will allow you to portion meals appropriately and store different types of dishes effectively.

# PREPPING SUPPLIES

Dedicate a specific area in your kitchen for your meal prepping activities. Keep your pantry well-stocked with staple ingredients and spices that you frequently use. Organize your meal prepping supplies, such as measuring cups, cutting boards, knives, and other utensils, in a convenient and easily accessible manner.



## CREATE A SCHEDULE

Take time each week to plan your meals in advance. Consider your dietary preferences, nutritional needs, and any specific recipes you want to try. Once your meal plan is ready, create a schedule for your meal prepping activities. This can be a designated day or time when you'll dedicate to grocery shopping, cooking, and assembling meals.

## UTILISE BATCH COOKING

Batch cooking is a key element of meal prepping. Choose recipes that lend themselves well to batch cooking, such as casseroles, soups, stews, or roasted vegetables. Prepare larger quantities of these dishes, which can be portioned out into individual servings for the week.



## FOCUS ON VERSATILITY

Opt for versatile ingredients that can be used in multiple recipes throughout the week. For example, roasted chicken can be incorporated into salads, wraps, or stir-fries. Cook grains like quinoa or brown rice that can be paired with different proteins and vegetables. This approach adds variety to your meals while reducing waste.

Remember, meal prepping is a personal process, and it may take a bit of trial and error to find what works best for you. Stay organized, be flexible, and adapt the process to suit your needs and preferences. With practice, you'll become more efficient and confident in your meal prepping routine.



# THANK YOU

I sincerely hope that this guide was helpful! As with learning anything new, take your time, take the process one step at a time, and, above all else, be kind to yourself as you try new things!

My goal is to equip you with the knowledge and tools you need to make building a healthy plate a seamless and enjoyable part of your everyday life.

I hope that this guide becomes a valuable resource that inspires and empowers you on your journey towards a healthier and more balanced lifestyle. And never hesitate to reach out if you have any questions! I'm always in your corner 💜

**Caroline Drury**