

R O X Y P T



UNWEIGHED FOOD
PLAN

P O R T I O N S I Z E S

1. PROTEIN



P O R T I O N S I Z E S

TYPES OF PROTEIN



P O R T I O N S I Z E S

TYPES OF PROTEIN



**A GUIDE TO THE
Leanest
CUTS OF
Steak**

CUT	Calories	Total Fat	Cholesterol
EYE OF ROUND, FAT TRIMMED	143	4.1 g	45.9 mg
SIRLOIN TIP	162	8.1 g	69.6 mg
TOP ROUND STEAK	178	5.4 g	78.5 mg
TOP SIRLOIN, FAT TRIMMED	180	8.2 g	82 mg
TENDERLOIN	185	9.5 g	71.4 mg
BOTTOM ROUND, FAT TRIMMED	190	7.5 g	84.1 mg



P O R T I O N S I Z E S

CARBS



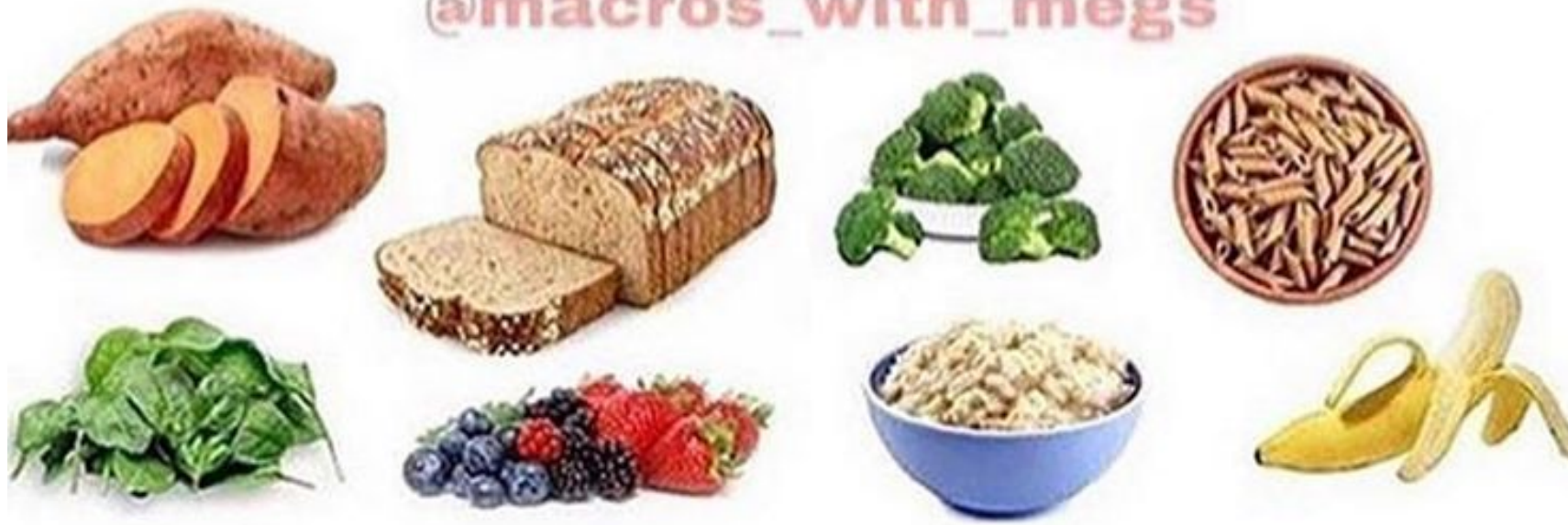
P O R T I O N S I Z E S

CARBS

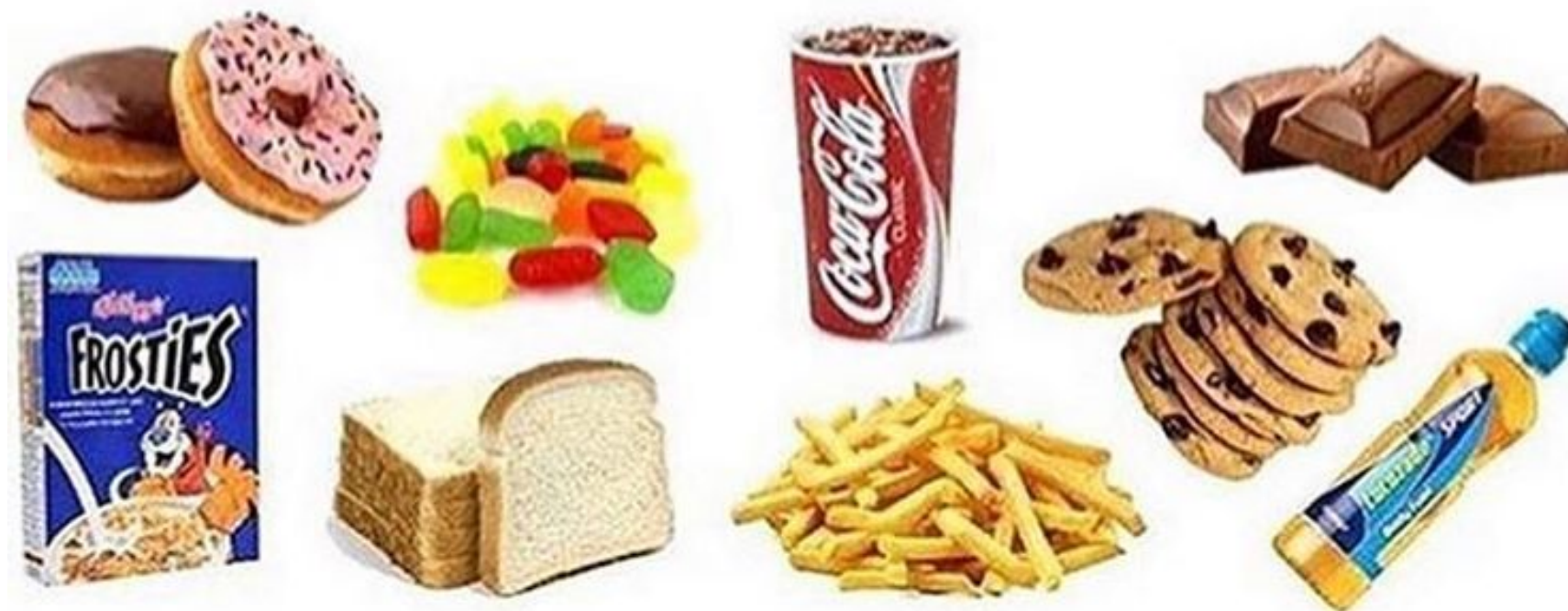
Complex vs. Simple

✓ **COMPLEX CARBS**

@macros_with_megs



✗ **SIMPLE CARBS**



P O R T I O N S I Z E S

CARBS

CARBOHYDRATES

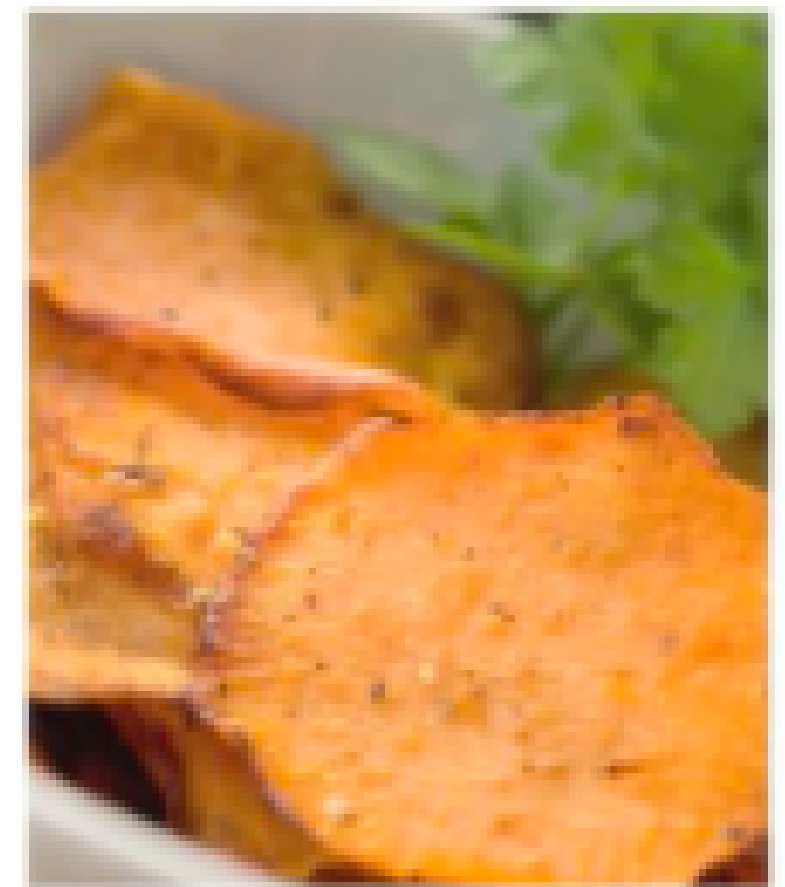
STARCHY CARBS		SUGARS		
		Natural Sugars	Free Sugars	
Bread	Potatoes	Fruit sugar (fructose)	Table sugar (sucrose)	Honey
				
Rice	Pulses	Milk sugar (lactose)	Biscuit	Unsweetened fruit juice
				

P O R T I O N S I Z E S

CARBS

Different Types of Carbs

Simple and complex carbs have different chemical structures and are digested by the body differently



Simple Carbs

Complex Carbs

Found In →

Sugary
(and often processed)
foods

Starchy
foods

Digestion →

Digested **quickly**
and raise
blood glucose
immediately

Take **longer** to
digest and don't raise
blood glucose as
much as simple carbs

Nutritional Value →

Provide **energy**
but don't have
nutritional value

Often contain fiber
and are **more**
satiating than
simple carbs

P O R T I O N S I Z E S

CARBS

Types of fibers

Type of fiber	What it does for your body	Where to find it
Soluble	Dissolves in water and may form a gel that traps sugars, fats and cholesterol	Oat cereals, beans, fruits like apricots and oranges, vegetables like broccoli and kale are sources of fiber Fiber supplements such as psyllium
Insoluble	Absorbs water to increase stool bulk, helps contents pass through colon quickly, promotes regularity	Bran cereals, whole-grain breads, fibrous vegetables like beets and spinach, and grainy fruits like blackberries and kiwi Bulk-forming laxatives made from natural or man-made complex carbohydrates

P O R T I O N S I Z E S

CARBS




Soluble and Insoluble fibre



Soluble - dissolve in water and slow down digestion to give you that "full feeling".



Insoluble - add bulk to diet and help with constipation. Have that "laxative" benefit.



oatmeal
lentils
apples
oranges
nuts
flaxseeds
beans
dried peas
cucumbers
celery
carrots.



barley
couscous
brown rice
zucchini
broccoli
cabbage
green beans
dark leafy vegetables
root vegetable skins.

P O R T I O N S I Z E S

FATS



THE FACTS ON FAT



Healthy For Good™

The American Heart Association recommends replacing bad (saturated) fats with good (unsaturated) fats as part of a healthy eating pattern.

LOVE IT

UNSATURATED
(POLY & MONO)



- ✓ Lowers rates of cardiovascular and all-cause mortality
- ✓ Lowers bad cholesterol & triglyceride levels
- ✓ Provides essential fats your body needs but can't produce itself

LIMIT IT

SATURATED



- ✗ Increases risk of cardiovascular disease
- ✗ Raises bad cholesterol levels

LOSE IT

ARTIFICIAL TRANS FAT,
HYDROGENATED OILS
& TROPICAL OILS



- ✗ Increases risk of heart disease
- ✗ Raises bad cholesterol levels

P O R T I O N S I Z E S

FATS



P O R T I O N S I Z E S

FATS

Hand Guide to Portion Control

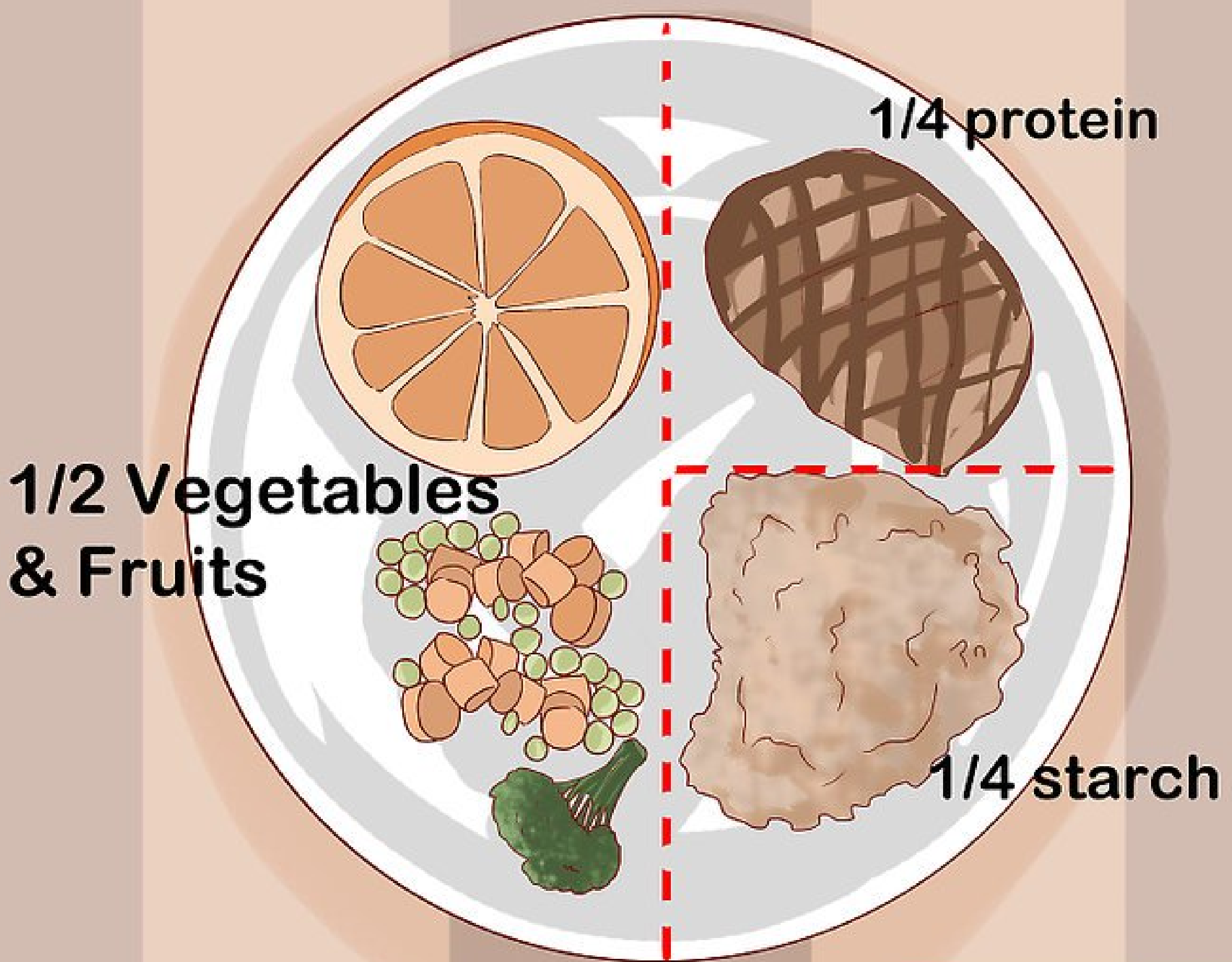


P O R T I O N S I Z E S

MICRONUTRIENTS: FRUIT AND VEG



P O R T I O N S I Z E S



P O R T I O N S I Z E S

BREAKFAST IDEAS PROATS: PROTEIN AND PORRIDGE OATS



P O R T I O N
S I Z E S

BREAKFAST IDEAS

PROTEIN PANCAKES



P O R T I O N
S I Z E S

BREAKFAST IDEAS

HOT CHOCOLATE
PROATS

INGREDIENTS:

$\frac{1}{2}$ CUP OATS

$\frac{1}{2}$ CUP COCONUT MILK

$\frac{1}{4}$ CUP WATER

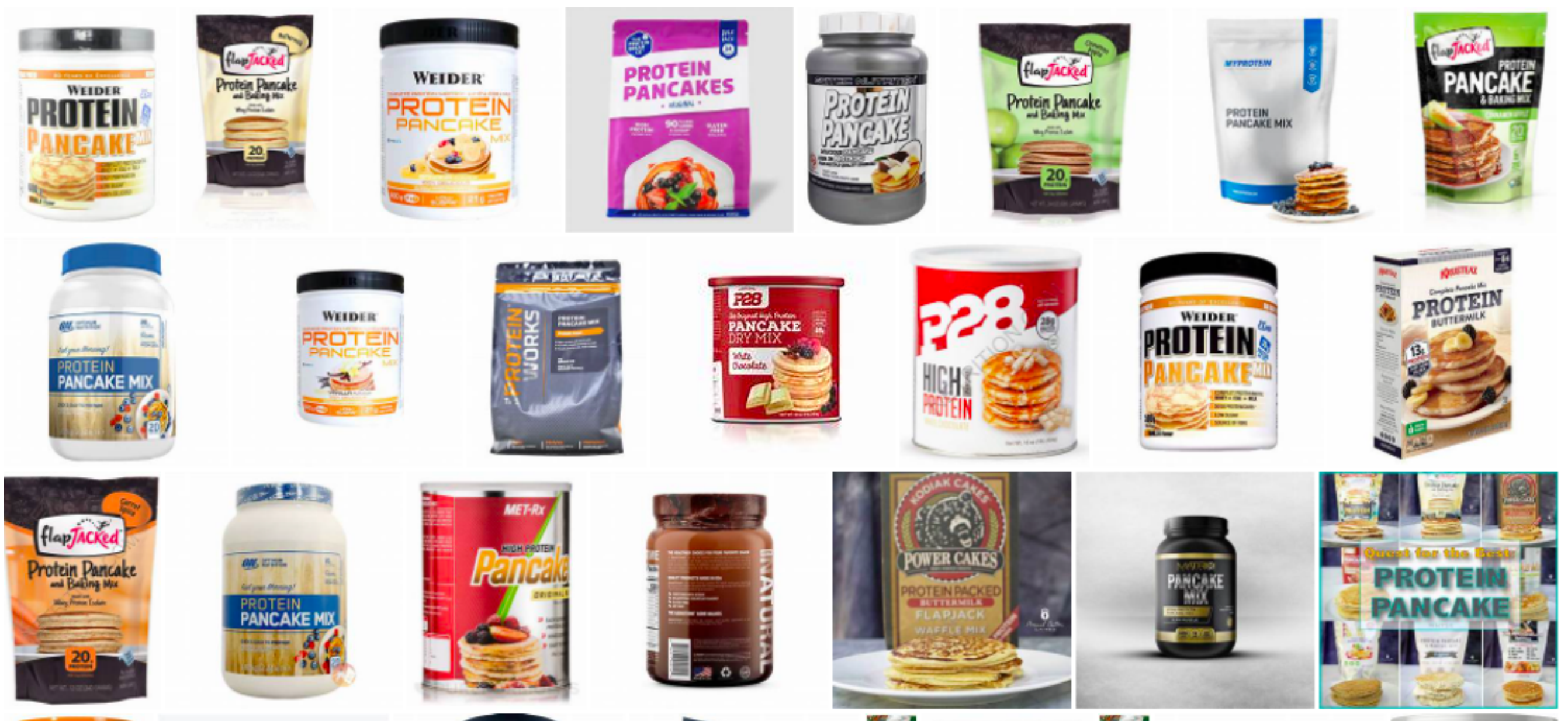
1 SCOOP WHEY
PROTEIN

1 TBSP. PEANUT
BUTTER

1 TBSP. COCOA
POWDER

P O R T I O N S I Z E S

BREAKFAST IDEAS



You can buy mix's from:

my protein

protein works

muscle foods

there are many brands where
you just add water or water and
an egg

P O R T I O N S I Z E S

BREAKFAST IDEAS



Blueberry Protein
Pancakes - 2 x 50g

Buy any 4 packs for £3 >

JUST
£1.29

Add To Basket

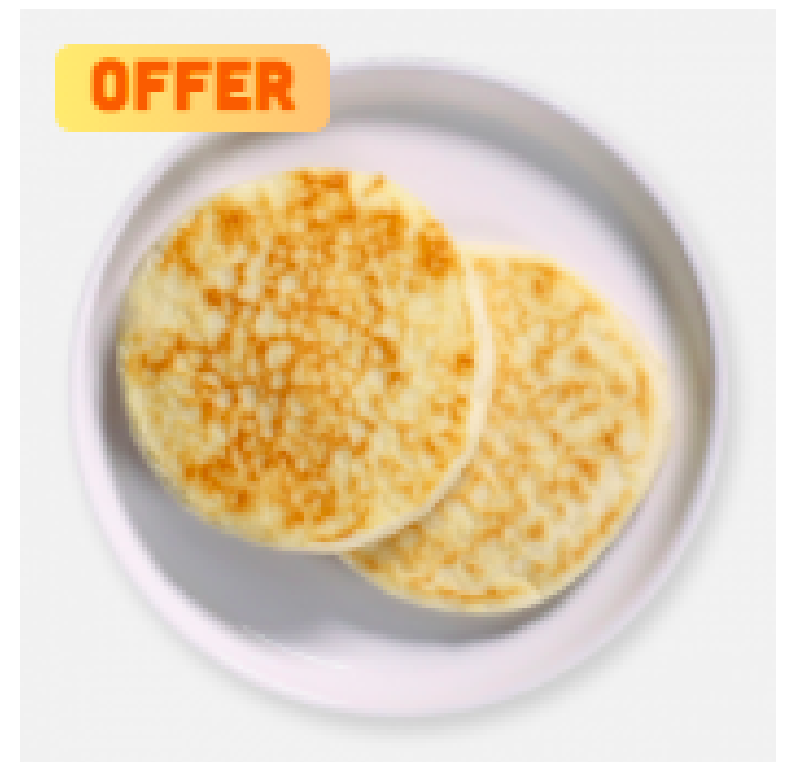


Maple Protein Pancakes -
2 x 50g

Buy any 4 packs for £3 >

JUST
£1.29

Add To Basket



Protein Pancakes - 2 x
50g

Buy any 4 packs for £3 >

JUST
£1.29

Add To Basket

P O R T I O N
S I Z E S

BREAKFAST IDEAS
EGG WHITE OMLETTE



P O R T I O N
S I Z E S

BREAKFAST IDEAS

OMLETTE



P O R T I O N S I Z E S

BREAKFAST IDEAS

PROTEIN SHAKE/SMOOTHIE



P O R T I O N
S I Z E S

BREAKFAST IDEAS

PROTEIN SHAKE/SMOOTHIE

2 BANANAS, BROKEN INTO
CHUNKS

2 CUPS MILK

$\frac{1}{2}$ CUP PEANUT BUTTER

2 TABLESPOONS HONEY, OR
TO TASTE

2 CUPS ICE CUBES

PLACE BANANAS, MILK,
PEANUT BUTTER, HONEY,
AND ICE CUBES IN A
BLENDER; BLEND UNTIL
SMOOTH, ABOUT 30
SECONDS.

PER SERVING: 335 CALORIES;
PROTEIN 12.8G; CARBOHYDRATES
34.1G; FAT 18.8G; CHOLESTEROL
9.8MG; SODIUM 202.8MG.

P O R T I O N S I Z E S

LUNCH IDEAS



P O R T I O N S I Z E S

LUNCH IDEAS



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LUNCH IDEAS



P O R T I O N S I Z E S

LUNCH IDEAS



P O R T I O N S I Z E S

DINNER IDEAS



P O R T I O N S I Z E S

DINNER IDEAS



P O R T I O N S I Z E S

DINNER IDEAS



Nutrition information per 100g				
Energy	170	170	170	170
Protein	10	10	10	10
Carbohydrate	15	15	15	15
Fat	5	5	5	5

P O R T I O N S I Z E S

DINNER IDEAS



P O R T I O N S I Z E S

DINNER IDEAS



P O R T I O N S I Z E S

DINNER IDEAS



P O R T I O N
S I Z E S

DINNER IDEAS



P O R T I O N S I Z E S

DINNER IDEAS

INGREDIENTS:

1 AND 1/2 CUPS DICED PINEAPPLE
1 RED BELL PEPPER, DICED
1/2 MEDIUM RED ONION, DICED
1 LIME, ZESTED AND JUICED
1/4 CUP CILANTRO, CHOPPED
1 LB GROUND TURKEY
1 TABLESPOON JAMAICAN JERK SEASONING
SALT AND PEPPER TO TASTE
COCONUT OIL, AS NEEDED

FOR SERVING: WHOLE WHEAT BUNS, SLICED RED ONION, LETTUCE, ETC.

INSTRUCTIONS:

IN A BOWL, STIR TOGETHER THE PINEAPPLE, BELL PEPPER, RED ONION, LIME ZEST AND JUICE, AND CILANTRO. SEASON TO TASTE WITH SALT AND PEPPER, THEN SET ASIDE.

COMBINE THE GROUND TURKEY AND JERK SEASONING, MIXING JUST UNTIL COMBINED. BE CAREFUL NOT TO OVERMIX, OR THE MEAT CAN BECOME TOUGH. DIVIDE THE TURKEY INTO FOUR PORTIONS AND SHAPE INTO DISKS. SEASON WITH SALT AND PEPPER.

TO COOK THE BURGERS ON A GRILL, LAY A SHEET OF ALUMINUM FOIL GREASED WITH COCONUT OIL OVER THE GRILL GRATES IN CASE THE BURGERS CRUMBLE A LITTLE. PLACE THE BURGERS ONTO THE FOIL AND COOK OVER HIGH HEAT UNTIL GOLDEN BROWN ON ONE SIDE. FLIP THE BURGERS, COOK UNTIL BROWNEED ON THE OTHER SIDE. REDUCE HEAT TO MEDIUM AND CLOSE THE GRILL COVER, COOKING UNTIL THE MEAT IS FULLY COOKED THROUGH AND NO LONGER PINK.

TO COOK THE BURGERS IN A PAN, HEAT A THIN LAYER OF COCONUT OIL IN A LARGE SKILLET OVER HIGH HEAT. ADD THE BURGERS AND COOK UNTIL GOLDEN BROWN ON ONE SIDE. FLIP THE BURGERS, COOK UNTIL BROWNEED ON THE OTHER SIDE. REDUCE THE HEAT TO MEDIUM, COVER THE PAN, AND COOK 5-6 MORE MINUTES, UNTIL THE MEAT IS FULLY COOKED THROUGH AND NO LONGER PINK.

SERVE BURGERS WITH THE SALSA, ON BUNS IF DESIRED. ENJOY!

DID YOU MAKE THIS RECIPE?

PLEASE LEAVE A COMMENT ON THE BLOG OR SHARE A PHOTO ON INSTAGRAM

P O R T I O N S I Z E S

DINNER IDEAS

JERK TURKEY BURGER RECIPE
273SAVE

BIG BURGER FAN? HERE ARE A COUPLE OTHER FAVORITE BURGER RECIPES HERE ON THE BLOG TO TRY:

GREEK LAMB BURGERS (ALSO GOOD WITH TURKEY!)
EASY LENTIL VEGGIE BURGERS (VEGAN)
MEXICAN BLACK BEAN SPINACH BURGERS (VEGAN)
BLACK BEAN AND PUMPKIN VEGGIE BURGERS (VEGAN)
P.S. IF YOU LIKE THIS RECIPE, CHECK OUT MY CARIBBEAN SHRIMP QUINOA SALAD RECIPE TOO!

THIS POST WAS CREATED FOR AWAY WE GO WITH CARNIVAL, THE DESTINATION FOR GETTING IN THE GETAWAY STATE OF MIND.
HEAD ON OVER!

- ANNE
SHARE THIS POST:
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PINTEREST
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EMAIL
JOIN THE LIST

SIGN UP FOR MY E-NEWSLETTER AND I'LL SEND YOU A MEAL PLAN PACKED WITH A WEEK'S WORTH OF HEALTHY MEALS, SNACKS AND
A SHOPPING LIST. HAPPY EATING!

NAME

EMAIL ADDRESS

SUBSCRIBE

YOU MIGHT ALSO LIKE:

11 THINGS TO DO WITH ROTISSERIE CHICKEN

I'M BAAAACK!

MINT AVOCADO BANANA SMOOTHIE (HEALTHY SHAMROCK SHAKE)

FOODIE GIRL™'S NIGHT OUT!

LEAVE A COMMENT

NAME

EMAIL

WEBSITE

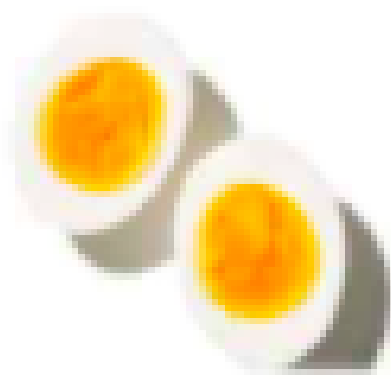
COMMENT

P O R T I O N S I Z E S

SNACK IDEAS

12 HIGH PROTEIN *snack ideas*

BY LISA LOMON



HARDBOILED EGG



HUMMUS



EDAMAME



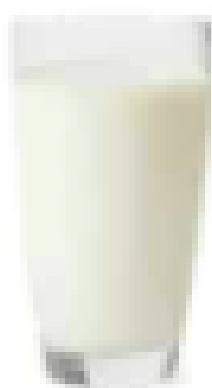
NUTS



COTTAGE CHEESE



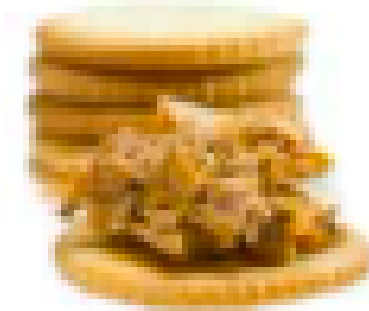
GREEK YOGHURT



GLASS OF MILK



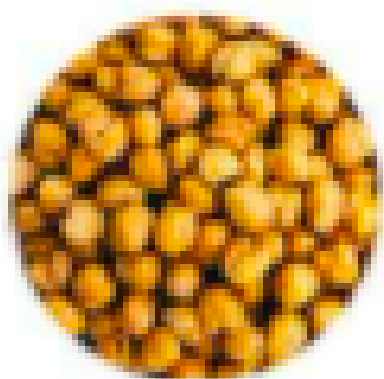
DELI ROLLUPS



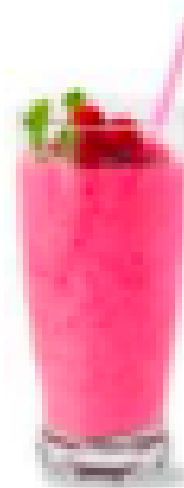
TUNA & CRACKERS



CHIA PUDDING



ROASTED CHICKPEAS



SMOOTHIE

P O R T I O N S I Z E S

DESSERT IDEAS



Myprotein Protein
Mug Cake - 500g ...

£12.14

Myprotein



Chocolate Protein Ice Cream

£9.99 £4.16 / 100 g [foodspring.co.uk](https://www.foodspring.co.uk)

Real flavour & strawberry, coconut, mango, chocolate, vanilla | Low in sugar, no added sugar, no artificial sweeteners | No blender or ice maker necessary.

Other options: [Ice Cream Coconut](#)



Protein
Brownie Mix -...

£9.88 ~~£11~~

The Protein W...

★★★★★ (3)

P O R T I O N S I Z E S

DESSERT IDEAS



Slender Mug Cake Mix - Slender Mug Cake Mix / 500g - 12 servings

£11.99 [Protein World](#)

LOW SUGAR – no added sugar, significantly lower in sugar and fat than traditional supermarket alternatives
HIGH PROTEIN ...



Arla Protein Salted Caramel

📍 £0.98 [Asda Longwell Green Supercentre](#)

★★★★★ 15 product reviews

Protein · Powder · Salted Caramel

Lactose free* *Less than

Other options: [Raspberry & Strawberry Milkshake](#)



Protein Cream

£4.99 [foodspring.co.uk](#)

85% less sugar, 3x more protein* | 40% fewer carbs* | No palm oil, flavour from real ingredients.

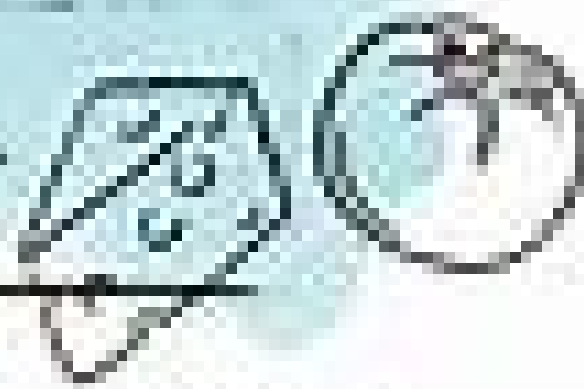
P O R T I O N S I Z E S

TIPS ON CONSTRUCTING MEAL PLANS

1. PROTEIN WITH EVERY MEAL
2. HIGH PROTEIN SNACKS
3. THINK OF A CUISINE
4. PRE PLAN

P O R T I O N S I Z E S

Weekly Meals



week of _____

	BREAKFAST	LUNCH	DINNER	SNACKS
M				
T				
W				
T				
F				
S				
S				