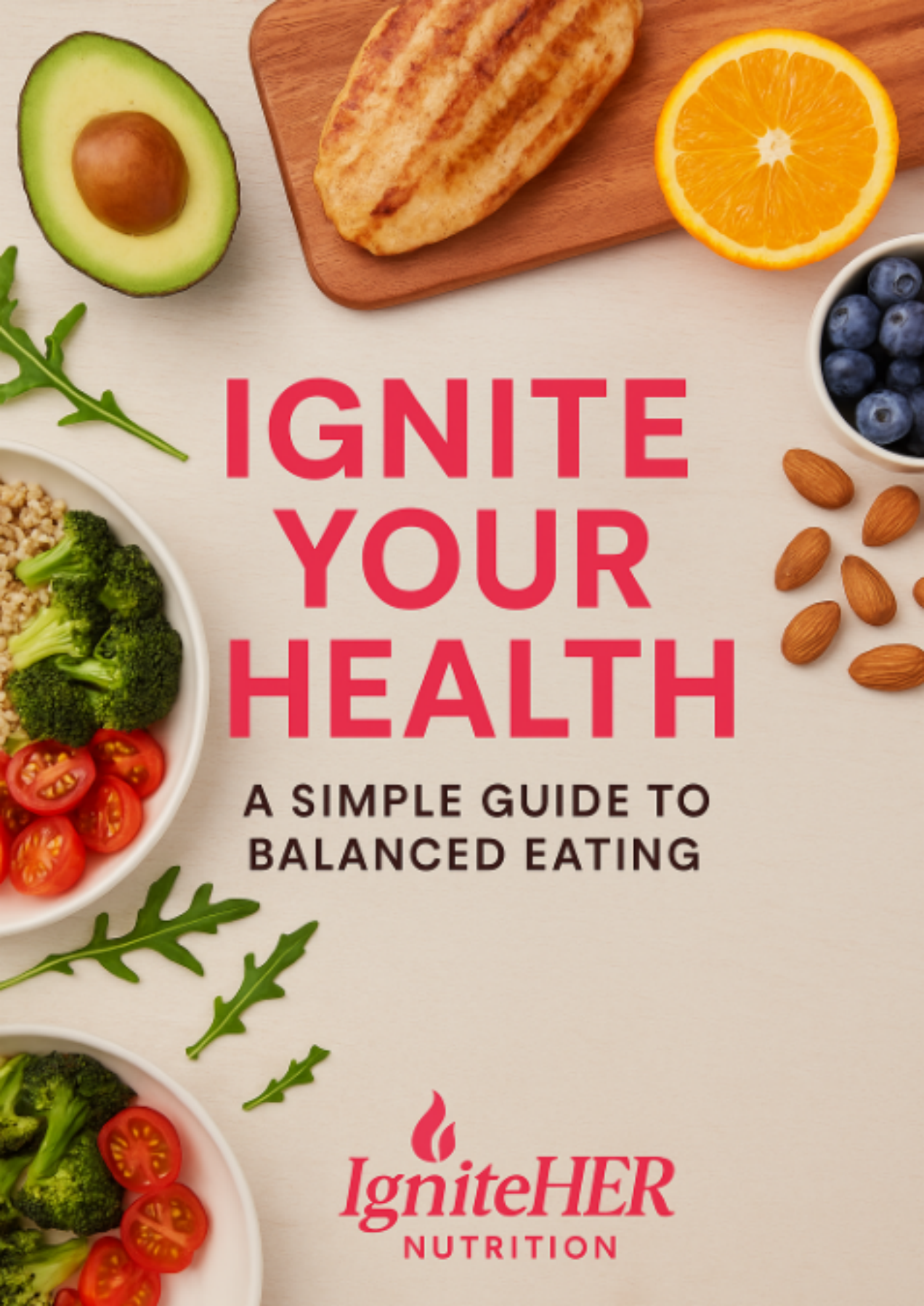

IGNITE YOUR HEALTH

A SIMPLE GUIDE TO BALANCED EATING

IgniteHER
NUTRITION

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THE FUNDAMENTALS

- Eat a variety of nutrient-dense foods
- Balance your meals with protein, carbs, and fat
- Include plenty of fruits and vegetables
- Limit processed foods and added sugar

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What Is Balanced Eating?

Balanced eating means eating a variety of foods that give your body the nutrients it needs to thrive.

Balance of protein, carbs, and fats

Variety of different foods

Benefits for energy, mood, and more

QUICK TIP

Aim for balance and variety in your next meal.

The Power of Whole Foods

WHY THEY MATTER:

- High in nutrients
- Digest slowly
- More satisfying

INCLUDE PLENTY OF:

- Vegetables
- Fruits
- Whole grains
- Lean protein

Aim to make whole foods the main part of your diet.

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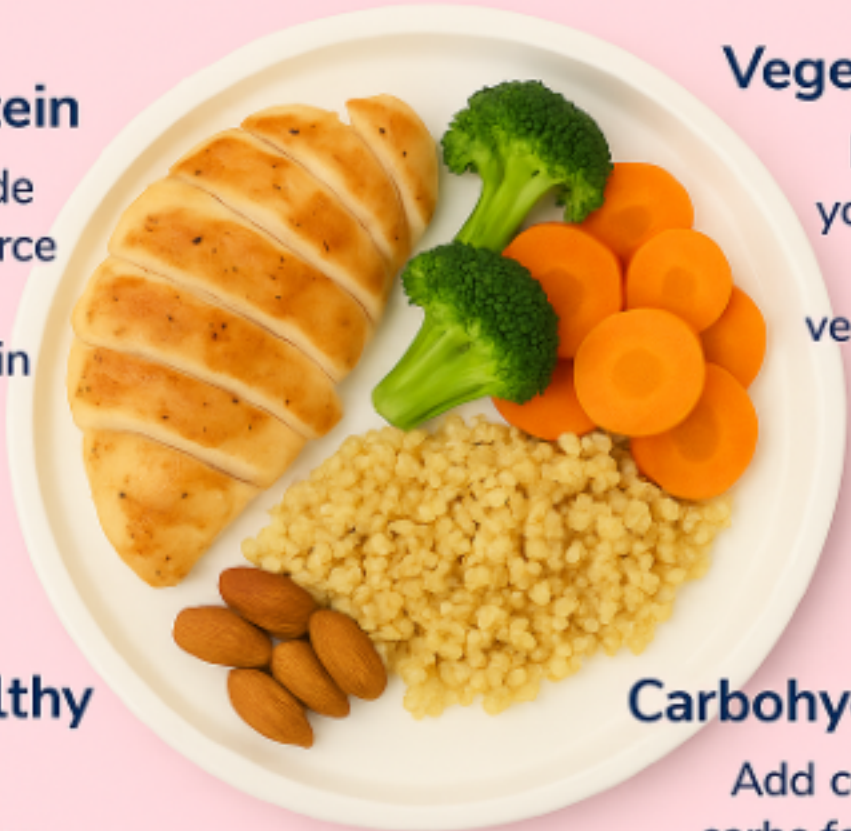
Building a Nourishing Plate



Protein

Include a source of protein

Vegetables

Fill half your plate with vegetables

Healthy fats

Choose unsaturated fats

Carbohydrates

Add complex carbs for energy

Quick Tip Experiment with different veg, protein & carb sources

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Portion Control

To avoid overeating, be mindful of portion sizes:

- Fill half your plate with vegetables
- Choose moderate portions of protein and carbohydrates
- Use smaller plates and bowls

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DRINK WATER

Why Hydration Is Important

- ✓ Regulates mood and temperature
- ✓ Supports digestion
- ✓ Keeps skin healthy

Tips to Drink More

- → Carry a water bottle with you
- → Drink a glass with each meal
- → Flavour with fruit for variety

How Much Do You Need?

Aim for at least 8 cups (2 litres) per day

- ✓ Drink to satisfy thirst
- ✓ Exercise causes more fluid loss

Have a glass right when you wake up

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tips for healthy eating

- Fill half your plate with vegetables and fruit
- Choose whole-grain options often
- Cook at home more frequently
- Cut back on sugar and salt

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The Power of Protein

WHY IT'S IMPORTANT:

- Supports muscle health
- Aids in fullness
- Provides essential amino acids

HEALTHY SOURCES:

- Chicken
- Salmon
- Greek yoghurt
- Lentils
- Lean beef

Aim for 20–30g of protein per meal (e.g. a palm-sized'

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Boost Your Fibre Intake

Why Fibre Matters

Supports digestion, hormone balance, and satiety

Top Sources

Whole grains
(brown rice, quinoa, oats)

Vegetables
(broccoli, carrots, sweetcorn)

Fruits
(berries, pears, apple)

Legumes
(lentils, chickpeas, beans)

Nuts & seeds
(chia, almonds, flaxseeds)

Aim for 25–30g fibre per day for adults

Tips to Add More

- Add veg to every meal
- Choose wholegrain over white

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The Benefits of Healthy Fats

WHY THEY MATTER:

- Provide energy
- Support heart health
- Help absorb vitamins

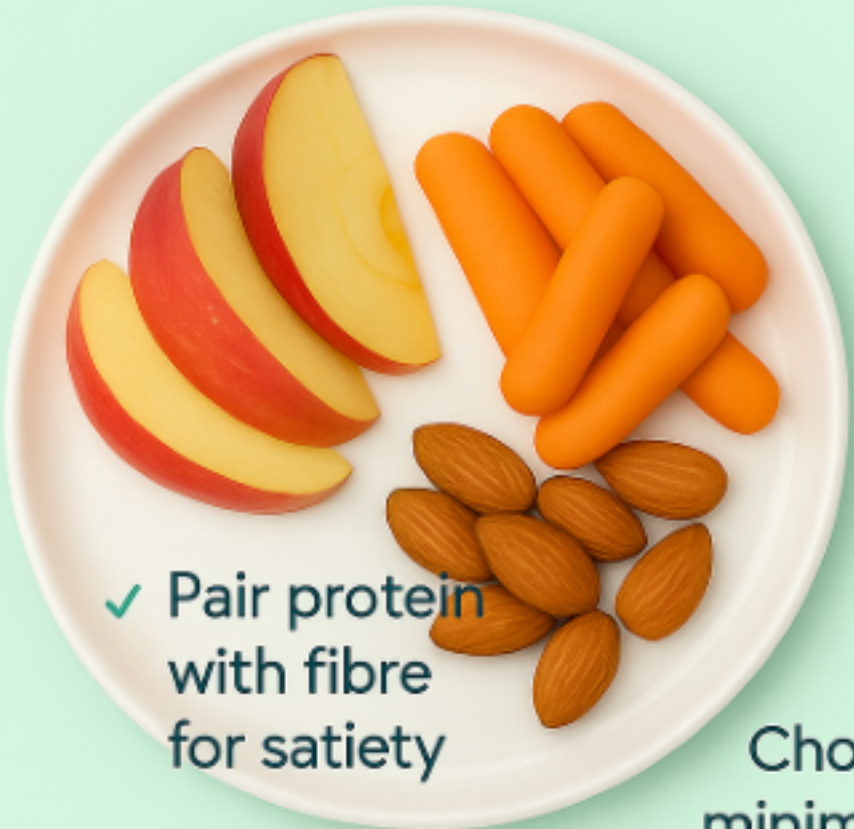
HEALTHY SOURCES:

- Olive oil
- Avocado
- Salmon
- Nuts & seeds

Aim for around 1-2 tablespoons of healthy fat per meal (e.g. olive oil,

Snack Smart!

Enjoy nutritious snacks to stay energized between meals



✓ Pair protein with fibre for satiety

Choose minimally processed foods

✓ Snack when you're hungry, not out of boredom

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Smart Snacking Made Simple

Pair a source of protein or healthy fat with fibre-rich carbs for lasting energy.

Apple slices + peanut butter

Boiled egg + wholegrain crackers

Greek yoghurt + berries

Carrot sticks + hummus

Tuna + rice cakes

Handful of nuts + banana

Balanced snacks = better energy, focus, and fewer cravings.

Meal Planning Made Easy

Benefits of Meal Planning

- Saves time and stress
- Keeps meals balanced
- Reduces food waste

Planning Tips

- Pick simple recipes
- Plan for leftovers
- Have healthy snacks on hand

Sample Meal Plan

- Breakfast: Overnight oats with berries
- Lunch: Chicken salad with quinoa
- Dinner: Stir-fry with tofu and vegetables

Quick Tip Set aside time at the beginning of each week to plan your meals.

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Meal Planning Tips

- Plan your meals for the week
- Make a grocery list
- Include a variety of foods

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3-Day Sample Meal Plan

	Breakfast	Lunch	Dinner
Day 1	Oats with berries	Chicken salad with avocado	Salmon with quinoa
Day 2	Greek yoghurt with fruit and nuts	Turkey and cheese sandwich	Beef stir-fry with brown rice
Day 3	Veggie omelette	Lentil soup with a side salad	Grilled chicken with sweet potato and green beans

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Kitchen Staples Guide

- Whole grains
- Canned beans
- Herbs & spices
- Nuts & seeds

Stock your kitchen with nutritious ingredients to make healthy eating easier

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Reading Nutrition Labels

Check the number of servings and the serving size

Look at the calorie content per serving

Choose products with less saturated fat, sodium, and added sugars

Daily Physical Activity

Aim for at least 30 minutes of moderate-intensity physical activity most days of the week:

- Walking
- Jogging
- Cycling
- Strength training

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Benefits of Exercise

Improves energy levels

Supports mental well-being

Reduces risk of chronic diseases

Strengthens muscles and bones

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Stress and Emotional Eating

Identify your triggers

Find alternative coping strategies

Practice mindful eating

Mindful Eating

Eat slowly and without distraction

Take time to enjoy and taste your food

Listen to your body's hunger cues

Eat until you are satisfied, not stuffed

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Benefits of Cooking at Home

Healthier ingredients

Saves money

Better portion control

Improves skills

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How to Work With Me

Nutrition Coaching

Work with me 1-on-1 to create a personalised plan tailored to your unique needs, lifestyle, and health goals.

Contact Me

Schedule a free consultation:

bek@ignitehernutrition.com.au

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Stay Connected

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