



Qualifications:

Bachelor Science (Exercise Science and Nutrition)

Master Science (Exercise Rehabilitation and Nutrition & Dietetics) with Distinction

Sports Dietitian Australia registered course

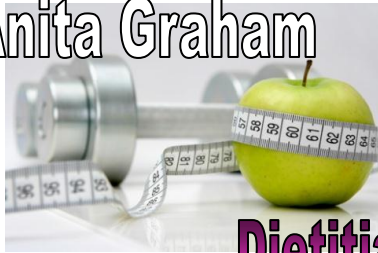
ABN: 932 924 385

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Healthy Eating Plan for the Active

	Option 1	Option 2	Option 3
Breakfast	<ul style="list-style-type: none"> ✓ Smoothie made on Skim Milk, frozen fruit (berries & or banana), honey and protein powder ✓ 1 x Toast with peanut butter or cream cheese 	<ul style="list-style-type: none"> ✓ 2 x toast- wholegrain/wholemeal ✓ 2 x eggs ✓ 1 rasher bacon ✓ 1 x grilled tomato, asparagus, mushrooms ✓ 150mL Orange Juice 	<ul style="list-style-type: none"> ✓ 1 x bowl of cereal ✓ 1C low fat milk ✓ 1 x piece fruit ✓ 1 x toast with peanut butter or cheese
Morning Tea	<ul style="list-style-type: none"> ✓ 1 x Carman's or Arnolds Farm Muesli Bar AND/OR ✓ 1 x fruit AND/OR ✓ 30-45g of dried fruit or nuts 	<ul style="list-style-type: none"> ✓ 200g tub of yoghurt AND/OR ✓ Fruit Smoothie AND/OR ✓ 200mL fruit juice 	<ul style="list-style-type: none"> ✓ ½ C low fat custard AND/OR ✓ 1 tub of fruche AND/OR ✓ 1 tub of LeRice
Lunch	<ul style="list-style-type: none"> ✓ 1 x Lebanese wrap or 2 x bread ✓ 1C of salad ✓ 150g lean meat/ fish/ cheese ✓ 200g yoghurt 	<ul style="list-style-type: none"> ✓ 2/3C cooked rice or pasta ✓ 1C Veggies ✓ 150g lean meat/ fish/ cheese ✓ 1 piece fruit 	<ul style="list-style-type: none"> ✓ 1 x orange/ 1/2C beetroot wedges, snow peas, Danish fetta, grilled seeds and nuts ✓ 1 x Lebanese wrap ✓ 1 x Le Rice
Afternoon Tea	<ul style="list-style-type: none"> ✓ 4 x Vitawheats/ cruskits/ ryvitas/ corn thins with cream cheese / 2 x slices of Low fat cheese or peanut butter AND/OR ✓ 1 x protein shake AND/OR ✓ 10 sakatas with hummus 	<ul style="list-style-type: none"> ✓ 10 carrot sticks and celery sticks with hummus or cream cheese or French onion dip AND/OR ✓ 2 scoops low fat ice cream AND/ OR ✓ 1 x Jarrah hot chocolate 	<ul style="list-style-type: none"> ✓ 1/2 C tinned fruit AND/OR ✓ 200g baked beans AND/OR ✓ 1 x bread with meat or cheese or peanut butter
Dinner	<ul style="list-style-type: none"> ✓ 4 x Tacos with lean meat and 1C salad 	<ul style="list-style-type: none"> ✓ 1 med potato, 1 med sweet potato baked ✓ 1C other baked vegies ✓ 200g lean meat/ fish/ tofu/ chick peas 	<ul style="list-style-type: none"> ✓ 2/3C cooked rice or pasta ✓ 1C veggies ✓ 200g lean meat/ fish/ tofu/ chick peas
Supper	<ul style="list-style-type: none"> ✓ 1C Hot/Cold Milo AND/OR ✓ 1 x skinny cow Sundae AND/OR ✓ 1 x 200g Gelato 	<ul style="list-style-type: none"> ✓ 40g nuts AND/OR ✓ 1 glass wine AND/OR ✓ 1 x middle of beer 	<ul style="list-style-type: none"> ✓ 1 tub of yogo AND/OR ✓ 1/2 C salted chickpeas ✓ 1 x row of chocolate

Anita Graham



Dietitian

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Your lunch and dinner plate should look like this... $\frac{1}{2}$ veggies, $\frac{1}{4}$ protein, $\frac{1}{4}$ carbs



MIDMEALS are Morning Tea/
Afternoon Tea and Supper.
Based on your energy needs
choose ___ snack options at
your mid meal.

*Don't forget fluid! It's
vital for a healthy
diet. 50% of your body
is fluid, so keep it
hydrated*

Eating every few hours
increases your metabolism;
don't leave it too long
between meals. It is normal
to eat every 3-4 hours to
keep your metabolism