



Carbs & Cals



FREE APP
iPhone &
Android



Type 2 Diabetes



Weight Loss

HEALTHY MEAL PLANNING

You may find it easier to eat a healthy balanced diet and lose weight if you **plan your meals** at least one or two days ahead, and prepare meals at home more often. It could also help to save you time and money, especially if you're eating fewer takeaways and convenience foods.

To prepare a healthy meal takes a little planning. Making more **meals from scratch** is the best way to be certain they are nutritionally balanced, but it is also possible to improve convenience meals with a few simple changes.

This guide gives you suggestions on how to plan healthy meals.

PLAN YOUR MEALS

- ★ **Plan ahead** at least 1 or 2 days, for all your meals and snacks.
- ★ Decide **how many meals** you need to make and how many people each meal will need to serve, so that you won't waste food or cook more than you need.
- ★ Build up a **collection** of quick, easy, tasty and healthy recipes that the whole family enjoys.
- ★ Keep a stock of **store cupboard items** that are commonly used in your favourite dishes. E.g. herbs and spices, stock cubes, vinegar.
- ★ Make use of **leftovers** to avoid waste. For example, leftover roast chicken makes a great salad or stir-fry the next day.

SHOP SMART

- ★ **Make a list** and stick to it. Don't be tempted by special offers on high-calorie snack foods that you didn't plan to buy.
- ★ **Check** the fridge and food cupboards to plan dishes around what you already have.
- ★ Don't shop when you're **hungry**!

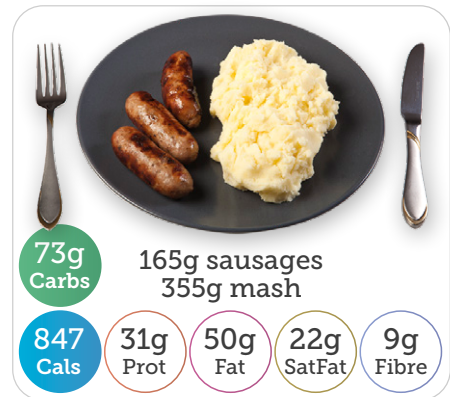
AIM FOR BALANCED MEALS

- ★ Include foods from the **3 main food groups** in each meal:
 - ★ **Protein:** lean meat, fish, eggs, pulses, tofu.
 - ★ **Starchy Carbs:** pasta, rice, potatoes, yam.
 - ★ **Vegetables or Salad**
- ★ If you need to use **ready meals**, choose the healthier options by reading the label and add fresh or frozen vegetables to make the dish more balanced and filling.

ADAPT YOUR FAVOURITE MEALS

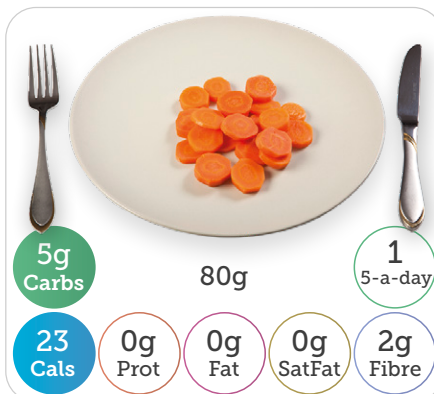
Instead of abandoning your favourite dishes, by adjusting the portion size and adding vegetables it is possible to improve the balance of the meal and lower the calorie content. Here are a few examples...

3 Sausages & Mash

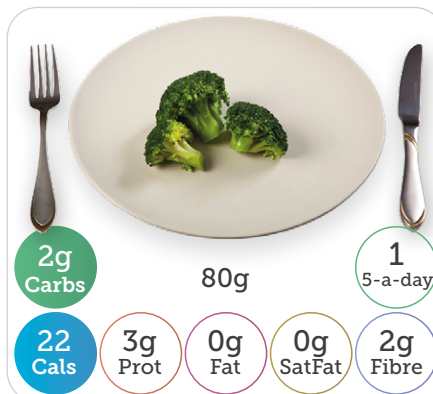


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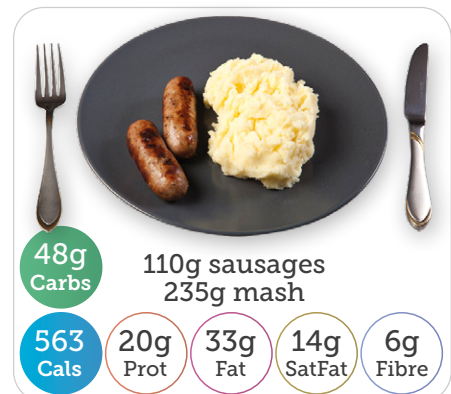
Carrots



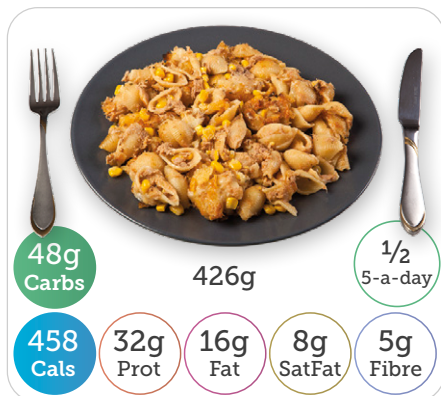
Broccoli



2 Sausages & Mash



Pasta Bake



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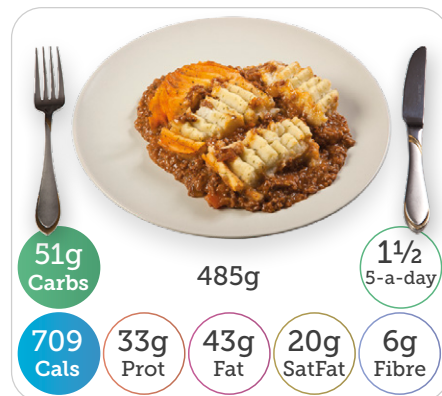
Pasta Bake



Mixed Salad Leaves



Shepherd's Pie



swap
to

Shepherd's Pie



Peas

