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THE PERFECT BALANCE PLAN: PORTION GUIDELINES

PROTEIN- RICH FOODS

Include some protein with each main meal. The portion of protein you should aim to eat at lunch & dinner should be roughly the size of the palm of your hand. The breakfast suggestions I've given you contain adequate protein.

- 1 chicken breast (approx.125g) = 1 portion
- 1 cod fillet (approx.125g) = 1 portion
- 2 medium eggs = 1 portion (up to 10 eggs per week is allowed)
- ½ cup of cooked/tinned beans or lentils = 1 portion
- 120g tofu = 1 portion
- One palmful of nuts/seeds = one portion
- One level tablespoon of nut/seed butter e.g. almond butter = one portion
  (I recommend no more than two portions of nuts or nut butters per day)
- 8oz/240ml Milk = 1 portion
- 125g Yogurt/Cottage Cheese = 1 portion
- ½ Cup of ricotta, feta, goats cheese = 1 portion
- 30 grams Cheddar Cheese = 1 portion

FATS/OILS

1tbsp oil = 1 portion (limit yourself to max 2tbsp oil per day in cooking & on salads etc.)
7g butter = 1 portion

FRUIT/VEG

- ½ cup raw fruit/veg = 1 portion
- ½ cup berries/grapes = 1 portion
- 2 plums = 1 portion
- ½ Grapefruit = 1 portion
- 1 apple/orange = 1 portion
- 1 cup leafy greens = 1 portion
- ½ Avocado = 1 portion (limit to 2 whole avocadoes (4 portions) p/w)

CARBOHYDRATE RICH FOOD

I recommend between 2-4 portions of complex carbs per day depending on activity level and/or whether or not you need to lose weight. See fast track to fat loss for more guidelines.

- 30-40g oats = 1 portion (30g for fast track to fat loss)
- ½ cup muesli/granola = 1 portion
- 1 slice bread = 1 portion
- 2/3 cup of cooked rice, quinoa, couscous, pasta/noodles, bulgur wheat = 1 portion
- **(½ cup if you wish to fast track to fat loss**)
- 2 oat/rye crackers = ½ portion (e.g. as a snack or a side)
- 4 oat/rye crackers = 1 portion (e.g. with lunch)
- 1 medium potato or 3 baby potatoes = 1 portion