

Welcome to my Meal Guide

Introduction



Hi everyone!

My name is Jess Fell, the dietitian at PhysiCo City and I am delighted to share with you a general healthy eating meal guide. This guide contains a bunch of meal ideas for Breakfast, Lunch, and Dinner as well as protein and fibre filled snack ideas.

Healthy Eating Principles:

For general healthy eating, there are a multitude of factors to consider depending on a person's personal and health-related goals. As nutrition is individualised and does not carry a "one size fits all" approach, I decided to incorporate meals/snacks which apply the following general principles:

- Including an array of non-starchy vegetables at each meal (1/2 plate)
- Consuming adequate amounts of fibre (soluble, insoluble, and resistant starch food sources)
- Low fat Dairy
- Including a variety of lean protein sources across the day (both animal and plant-based)
- Limiting alcohol intake
- Encouraging balance and enjoyment in your diet, meaning that it's important to still eat the foods you enjoy in **moderation**! e.g. chocolate, cake, chips etc.

I hope you enjoy this Meal Guide, if you have any questions/would like further support with your nutrition, feel free to book in an appointment to see me at PhysiCo City to work on your nutrition journey together!

How to book an appointment:

Contact: PhysiCo City- Jess Fell

Contact: (02) 9267 3775 admin@physico.me



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Meal Guide- Breakfast

Healthy Meal Suggestions

*Meals/Snacks can be adjusted based on preferences, allergies, or intolerances e.g. swap chicken for tofu

Corn Fritters



Corn Fritters with mushroom, tomatoes & spinach

Yoghurt Bowl



Carmen's muesli + protein yoghurt + berries + natural peanut butter

Protein Smoothie



Lite milk + yoghurt + protein powder + oats + fruit

Chia Pudding



Lite milk + protein yoghurt + chia seeds + fruit

Brekkie Wrap



Wrap + scrambled eggs + tomato relish + avocado & vegetables

Shakshuka



Wholegrain bread + tinned tomatoes + tomato paste + eggs + vegetables

Smoked Salmon Bagel



Bagel + smoked salmon + light cream cheese + egg + spinach

Overnight Oats



Oats + lite milk + protein powder (optional) + toppings of choice (e.g. raspberry white choc)

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Meal Guide- Lunch

Healthy Meal Suggestions

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Poke Bowl



Brown rice + tofu + edamame + vegetables + perinaise

Chicken Toastie



Wholegrain bread + chicken + lite cheese + spinach + reduced salt bbq sauce

Tuna Sandwich



Wholegrain bread + tuna + lite mayo + tomato + kaleslaw

Chicken Pesto Pasta



Protein pasta + Leggo's pesto + peas + spinach + feta

Veggie Frittata



Lite milk + eggs + feta + onion + capsicum + zucchini

Falafel Pita



Falafel + wholemeal pita + hummus + tabouleh + tomato

Chickpea Sweet Potato Soup



Chickpeas + vegetable stock + lite cream + sweet potato/veg + herbs/spices

Rice Paper Rolls



Rice paper + chicken + vermicelli noodles + vegetables + peanut sauce

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Meal Guide- Dinner

Healthy Meal Suggestions

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Green Curry



Chicken breast + thai green paste + light coconut cream + vegetables + rice

Fish Tacos



Mini tortillas + barramundi fillets + avocado + kaleslaw + mango salsa

Beef + Bean Burgers



Lean beef mince + black beans + wholegrain roll + vegetables + eggs + tomato paste

Homemade Pizza



Lebanese bread + roast chicken + pizza sauce + vegetables + bbq sauce

Tofu Stir Fry



Egg noodles + flavoured tofu + soy sauce/fish sauce + vegetables

Beef Burrito Bowl



Lean beef mince + black beans + corn + brown rice + taco seasoning + vegetables

Lentil Bolognese



Brown lentils + diced tomatoes + tomato paste + vegetables + pasta

Asian Salmon



Salmon + potatoes + asian greens + honey soy glaze

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Meal Guide- Snacks

Healthy Snack Suggestions

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Example #1



3 x vita wheats + tomato + 1 x tinned tuna

Example #2



Up n GO Energize + 1 x Edgell snack time tin

Example #3



Apple + 1-2 boiled eggs + 1 x small packet of choc rice cakes

Example #4



1 x protein yoghurt pot + banana + 1 x small packet of choc chickpeas

Example #5



Carmen's protein muesli bar + babybel protein cheese wheel + fruit

Example #6



1 x small packet Cobb's popcorn + small tin of edamame + 2 kiwi fruits

Example #7



30g unsalted nuts + vegetable sticks + tzatziki

Example #8



1 x wholemeal English muffin + cottage cheese + strawberries

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