## Welcome to my Meal Guide

## 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:<u>(02) 9267 3775 admin@physico.me</u>





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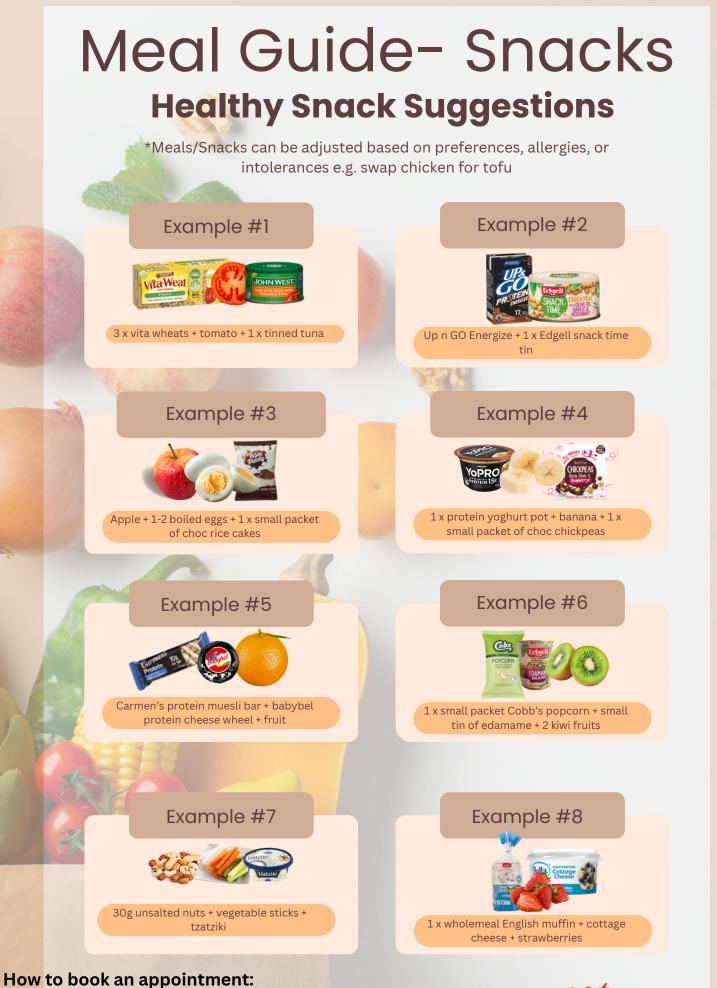
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