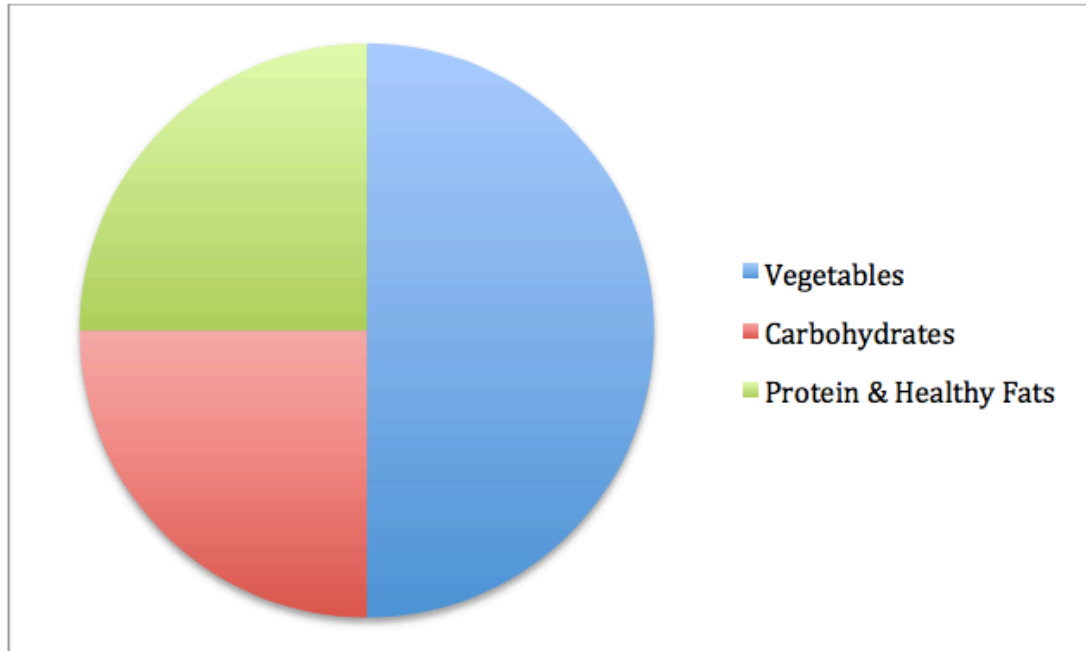




Food Plate



Starchy carbohydrates

- Beans, lentils, chickpeas - *a source of protein*
- Sweet potato, white potato – *boil and steam, leave the skin on for an extra fibre boost*
- Quinoa – *a source of protein*
- Buckwheat
- Millet
- Amaranth
- Oats – *can be contaminated with gluten*
- Brown or wild rice
- Wheat - whole grain or wholemeal, bread, pasta, flour products – *contains gluten*
- Rye – *contains gluten*
- Barley – *contains gluten*

WOMEN



MEN





Non-Vegetarian Protein Sources

- Lean meat - chicken, turkey, venison, pheasant
- Other meats – lamb, pork, beef
- Wild or organic fish (oily & white). You should be consuming at least 2 portions of oily fish a week – examples of oily fish: salmon, mackerel, tuna, anchovies, herring, sardines

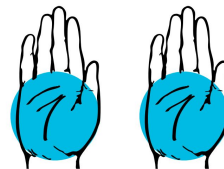
Vegetarian Protein Sources

- Eggs
- Tofu
- Tempeh
- Legumes/beans/pulses
- Nuts – almonds, Brazil nuts, hazelnuts, walnuts, cashew nuts (unsalted)
- Seeds – chia, flax (ground), pumpkin, sunflower, hemp, sesame
- Natural Greek yoghurt – if you can tolerate dairy

WOMEN



MEN





Healthy Fats

- Seeds – chia, flax (ground), pumpkin, sunflower, hemp, sesame
- Nuts - almonds, Brazil nuts, hazelnuts, walnuts (raw)
- Oily fish - salmon, mackerel, tuna, anchovies, herring, sardines
- Avocado
- Cold-pressed raw virgin oils (don't cook with these oils) – flax seed oil (store in fridge), hemp seed oil (store in fridge), sesame seed oil, walnut oil (store in fridge), pumpkin seed oil.
- Cooking oils – extra-virgin olive oil and avocado oil
- Coconut oil, butter or ghee for very high temperature cooking – use sparingly as over consumption of saturated fats has been linked to an increased risk of heart disease and raised cholesterol.

WOMEN



MEN



Vegetables

- Spinach
- Asparagus
- Green beans
- Kale
- Mushrooms
- Peppers
- Tenderstem broccoli
- Sugar snap peas
- Aubergine (steam)
- Cauliflower
- Onions
- Courgette
- Bok choy
- Artichoke
- Alfalfa sprouts
- Fennel
- Leeks

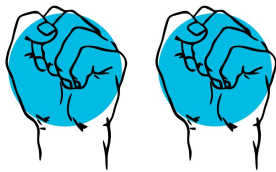




LILY SOUTTER
NUTRITION

- Parsley
- Swiss Chard
- Watercress
- Cabbage
- Cucumber
- Spring onions
- Celery
- Bean sprouts

WOMEN



MEN

