

BALANCED MEAL CHECKLIST

Eating well is about more than just counting calories. It's about nourishing your body with a variety of essential nutrients. Use this Balanced Meal Checklist to give to ideas for what you can **ADD** to your plate to ensure your meals are not only delicious but also nutritionally balanced.



VEGETABLES (50% OF YOUR PLATE)

Spinach:

Meal Idea: Spinach and Feta Stuffed Chicken Breast

Broccoli:

Meal Idea: Broccoli and Cheddar Quiche

Bell Peppers:

Meal Idea: Grilled Stuffed Peppers

Zucchini:

Meal Idea: Zucchini Noodles with Pesto and Cherry Tomatoes



PROTEIN (25% OF YOUR PLATE)

Chicken:

Meal Idea: Lemon Herb Grilled Chicken with Quinoa Salad

Eggs:

Meal Idea: Veggie-Packed Scrambled Eggs with Whole Grain Toast

Salmon:

Meal Idea: Baked Salmon with Brown Rice and Asparagus

Quinoa:

Meal Idea: Quinoa and Black Bean Burrito Bowl



WHOLE GRAINS (25% OF YOUR PLATE)

Brown Rice:

Meal Idea: Baked Salmon with Brown Rice and Asparagus

Whole Wheat Pasta:

Meal Idea: Mix w/ Zucchini Noodles with Pesto and Cherry Tomatoes

Oats:

Meal Idea: Overnight Oats with Mixed Berries and Almonds

Wraps

Meal Idea: Wrap up your favorite salad to make it a meal



HEALTHY FATS (ADD IN WHERE NEEDED)

Avocado:

Meal Idea: Avocado and Chickpea Salad

Nuts:

Meal Idea: Spinach and Walnut Salad with Grilled Chicken

Olive Oil:

Meal Idea: Mediterranean Quinoa Bowl with Olive Oil Dressing

Chia Seeds:

Meal Idea: Chia Seed Pudding with Mixed Berries



EXTRAS

Sauces/Seasonings:

Use sauces and seasonings to make meals more exciting!

Pre-prepped foods:

utilize pre prepped foods like rotisserie chicken or frozen veggies to save time

Prep Ahead:

Save time by preparing vegetables and proteins in advance.

Listen to Your Body:

Pay attention to hunger and fullness cues.

1:1 COACHING

Ready to take your wellness journey to the next level?
Elevate your experience with personalized guidance when you work with me 1:1
Head to my website for more information on how to book!



'Im feeling SOOOO good - seriously cannot get over this transformation....this truly works....i'm not stressed about food' - SYDNEY (past client)



vanikajethwa.rd@gmail.com



@dietitian.vanika