

What's for dinner?

How to plan a balanced meal

Fill $\frac{1}{2}$ of your plate with colourful vegetables



Try stir frying, steaming, and roasting. Add vegetables to your casseroles, curries, sauces and mince dishes.



Fill $\frac{1}{4}$ of your plate with lean protein



Trim fat from meat. Choose lean mince. Choose skinless chicken. Include plant protein from legumes and tofu.

Fill $\frac{1}{4}$ of your plate with starchy vegetables or wholegrain foods



Now mix it up

Remember, leftovers from a balanced dinner can make a healthy lunch. Save time and prepare an extra serve.



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