

Mix and Match Meal Chart

Carbs	Protein	Fats	Dairy	Fruits / Veggies	Fibre
Brown Rice	Chicken Breast	Olive Oil	Milk	Broccoli	Bran Flakes
Wholemeal Pasta	Beef Mince	Butter	Plant based Milk	Frozen Peas	Popcorn
Wholemeal Bread	Salmon Fillets	Sunflower Oil	Grated Cheddar	Fruit Juice	Dark Chocolate
Potatoes	Canned/fresh Tuna	Nut Butters	Plant Based Cheese	Lettuce	Raspberries
Pitta Bread	Steak	Vegan Spread	Sliced Edam/Gouda	Baked Beans	Wholemeal Bread
Wholemeal Burger Bun	Lentils/Pulses	Avocado	Cream Cheese	Frozen Berries	Oats
Gnocchi	Grated Cheddar	Walnuts	Mozzarella	Dried Apricots	Kidney Beans
Cous Cous	Tofu	Flaxseeds	Eggs	Fruit Smoothie	Apples
Crackers	Prawns	Coconut Oil	Snacking Cheese	Asparagus	Chia Seeds
Cereal	Low Sugar Yogurt	Sunflower Seeds	Low Sugar Yogurt	Cherry Tomatoes	Broccoli
Pancakes	Pork Chops	Almonds	Cottage Cheese	Banana	Green Peas
Porridge Oats	Reduced Fat/Veggie Burgers	Seed Butters	Parmesan	Canned Sweetcorn	Haricot Beans
Sweet Potato	Reduced Fat Sausages	Ghee	Quark	Cucumber	Dried Fruits
Pizza Base	Cod Fillets	Olives	Halloumi	Raisins/Sultanas	Sweet Potato

Try our Mix and Match Ideas below if you need some inspiration to get started!

Meal	Carb	Protein	Fat	Dairy	Fruit/Veggies	Fibre
Breakfast	Cereal	Low Sugar Fruit Yogurt	Sliced Almonds	Semi Skimmed Milk	Sultanas	Cereal (Bran Flakes)
Lunch	Wholemeal Bread	Sliced Ham	Butter	Hard Boiled Egg	Cucumber An Apple	Wholemeal Bread
Dinner	Wholemeal Pasta	Beef/Veggie Mince	Grated Cheddar	Grated Cheddar	Canned Tomatoes Side Salad	Wholemeal Pasta

Resources:

The Eatwell Guide - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Choosing Healthy Fats - <https://www.helpguide.org/articles/healthy-eating/choosing-healthy-fats.htm>

How To Get More Fibre Into Your Diet - <https://www.nhs.uk/live-well/eat-well/how-to-get-more-fibre-into-your-diet/>

NHS: Live Well, Eat Well - <https://www.nhs.uk/live-well/eat-well/>