

# Meal Planning – Carbs and Protein

Make meal plans for a day – breakfast, lunch, dinner (no snacks).

Choose the foods, in the correct quantities, to give you the right amount of carbs and protein for a day.

## Carbohydrates: recommended – 125g

### Examples of carbohydrate content:

1 cup cooked oats – 28 g.

1 apple – 25 g.

½ cup cooked sweet potato – 28 g.

½ cup cooked potato – 20 g.

½ cup cooked pasta – 20 g.

2 dates – 12 g.

1 slice whole wheat bread – 12 g.

1 cup assorted non-starchy vegetables – 11 g.

½ cup of walnuts – 10 g.

½ cup berries – 7 g.

½ cup spinach – 3 g.

2 cups salad greens – 2 g.

### Example of one-day carb intake for 125 g of carb

Food type	Grams of carb
1 cup cooked oats	28
1 small apple	20
4 cups salad greens	5
1 cup assorted non-starchy vegetables	11
¼ cup raw nuts	5
½ cup cooked legumes/ lentils	21
¼ cup sweet potato	27
<b>Total carbs:</b>	<b>125</b>

## **Protein: recommended – approx. 70 – 90 g**

**(or your height minus 100)**

### **Examples of protein content:**

Piece of chicken (size of your palm) – 30 g.

Piece of steak (as above) – 30 g.

Piece of fish (as above) – 25 g.

1 cup prawns or sardines – 30 g.

½ litre of milk – 20 g.

1 scoop protein powder -- 20 g. protein

½ cup nuts – 15 g

½ cup yoghurt – 7 g.

¼ cup of cheese – 7 g.

1 egg – 6 g.

½ cup cooked chick peas (cooked) - 6 g.

½ cup cooked lentils - 8 g. protein

### **Examples of one-day protein intake in grams:**

<b>Food type</b>	<b>Grams of protein</b>
2 eggs	12
1 piece chicken	30
½ cup sardines	15
½ cup cooked lentils	8
1 protein shake (with protein powder & ½ cup yoghurt)	25 g
<b>Total Protein:</b>	<b>90 g.</b>