



# Master Meal Prep with macro bowls

Creating a macro bowl gives you a good balance of macronutrients such as protein, healthy fats and carbohydrates on your plate. It is a versatile way to create endless variations so you'll never grow tired of the same meal! As a bonus it will also count as 2-3 serves of vegetables in just one meal!

All information contained in this document is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.

# Mix it up!



## LEAFY GREENS

Add 1 cup of leafy greens such as spinach, rocket leaves, kale, swiss chard, rainbow chard, cabbage, silverbeet or bok choy.

Leafy greens provide nutrients such as vitamin K, magnesium, folate, and fibre which help keep you fuller for longer and assists in maintaining regular bowel function.



## COLOURFUL VEG

Add 1 cup of colourful vegetables such as capsicum, tomato, cucumber, green beans, radish, cauliflower, pumpkin, beetroot, broccolini, zucchini or eggplant.

Different coloured vegetables provide different vitamins and minerals as well as antioxidants which your body needs – remember to eat the rainbow every day.



## PROTEIN

Add a lean source of protein such as a palm size portion of red meat, chicken, oily fish (salmon, tuna, sardines), or 1 cup of legumes (canned chickpeas, lentils or beans), 170g tofu or tempeh, or 2 eggs.

Protein helps keep us satiated and provides essential amino acids which our body needs. Choose plant based proteins such as legumes and tofu more often for additional fibre and nutrients more often.



## CARBOHYDRATES

Add ½ cup of cooked wholegrains or low GI carbohydrates such as quinoa, brown rice, wild rice, freekeh, spelt, wholemeal pasta, soba noodles, sweet potato, drained and rinsed canned chickpeas/lentils/four bean mix or corn.

Our body uses carbohydrates as a source of fuel – so ensure you choose good quality carbs such as those above!



## HEALTHY FATS

Add ¼ avocado, 1 tablespoon of olives, 1 tablespoon of nuts i.e. walnuts, shaved or slivered almonds, cashews, or seeds i.e. pumpkin, sunflower, hemp seeds, or linseeds.

Healthy fats are important for heart health and can help to reduce the risk of heart disease by improving cholesterol.



## SIDES / ACCOMPANIMENTS

Top the bowl with 1 tablespoon of foods like sauerkraut, kimchi, nutritional yeast, hummus. Or sprinkle grated reduced fat cheese like feta or Tasty.

Fermented foods and dairy add a burst of added flavour and nutrients to your meals for gut and bone health.

# Dress it up!

## DRESSING

Drizzle one of these tasty dressings over your macro bowl for an added flavour kick, then enjoy!

Recipes below make ½ cup (2 tablespoons per serving)

### LEMON BALSAMIC VINAIGRETTE

- 2 tbsp balsamic vinegar
- 2 tbsp lemon juice, freshly squeezed
- ½ tsp lemon zest, grated
- ½ tsp black pepper
- ¼ cup extra virgin olive oil

Add balsamic vinegar, lemon juice, lemon zest, black pepper and olive oil in a small bowl and mix to combine.

Transfer to a small airtight container and shake well before serving.

### WHOLEGRAIN HONEY MUSTARD

- ¼ cup olive oil
- 2 tbsp wholegrain mustard
- 1 tbsp honey or maple syrup
- 2 tbsp apple cider vinegar
- Salt and pepper to taste

Add wholegrain mustard, honey, apple cider vinegar and olive oil in a small bowl and mix to combine.

Transfer to a small airtight container and shake well before serving.

### ASIAN STYLE

- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 tbsp rice wine vinegar
- 2 tbsp olive oil
- Pinch of chilli flakes
- 1 small garlic clove, finely minced
- Optional: 1 tbsp fresh coriander, chopped

Combine soy sauce, sesame oil, rice wine vinegar, olive oil and chilli flakes in a bowl and mix well.

Mix in garlic and coriander for extra flavour.

Transfer to a small airtight container and shake well before serving.

### TAHINI YOGHURT

- ¼ cup unsweetened Greek yoghurt
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp extra virgin olive oil
- 2 tbsp cold water
- Salt and pepper to taste

Combine yoghurt, tahini, lemon juice and olive oil and whisk with a fork.

Add water slowly to form a smooth emulsion. Thin out to desired consistency.

Season with salt and pepper