

Make a grazing plate or lunch platter

The purpose of a grazing plate is to make sure you get a good range of essential nourishment. It suits a person with slower digestion who feels better with smaller serves at a meal, those who eat on the go, workers who keep back to back appointments and don't stop for a formal lunch, those who don't get hungry and feel better with smaller eats, those who get hungry often or have blood sugar drops between meals and people under stress.

Kids can benefit too knowing they have choices to come and go to between play.

Keep the healthy plate balance by choosing options from each section to make your grazing plate.

Shop once a week and get all the supplies you need. You can chop up your vegetables and salads and keep them in a zip tight plastic bag or container in the fridge for a few days. This preparation and making your plate up at dinner time the day before will ensure your success.

60% - fresh vegetables, salads and fruits

Skinny carrots	Celery sticks
Snow peas	Baby corn
Capsicum pieces	Tea leftovers.
Sliced apple	Sliced pear
Grapes	Berries
Strawberries	Sliced peaches
Small banana	Cantaloupe
Melon	Potato salad
Gherkins	Olives

10% Animal Protein for growth and repair

Deli meats – chicken breast, lean ham, roast beef/roast pork/roast chicken (non-processed meat)
Small tin tuna/salmon
Leftover dinner meat pieces
Piece of cheese/ cream cheese mini tub
Small tub probiotic yogurt/ tzatziki dip



10% Vegetable protein - Nuts and seeds

Cashews	Almonds
Shelled pistachios	Sunflower seeds
Pumpkin seeds	Trail mixes
Nutty muesli bar	Falafel ball
Protein bar	
nut, seed, date ball	

15% complex carbohydrates

Rice snack biscuits	Ryvita crackers
Whole chickpeas	Hommus dip
Guacamole dip	Pesto dip
Avocado dip	Eggplant dip
Grissini sticks	Small bread roll
Rice	Cous cous
Muesli bar	Soy snacks
Corn cakes	Rice cakes

5% healthy fats and oils (from plant sources/fish)

Dips – these have olive oil and natural oils such as found in avocado, nuts and seeds e.g. Pesto dip. You can add a dash of oily salad dressing over your vegetables/salads – try Paul Newman's classic or balsamic.

Antipasto blends from your deli.

Olives

Tuna/salmon

Nuts and seeds

Your grazing platter can be as colourful, fun, simple or complex as you would like to make it!

I'm sure you can find more fresh food to add to your choices! Please send me a photo of your grazing platter to my mobile 0409572220 or email it – I would love to share it with others to inspire healthy balanced eating.

Also remember that water and weak herbal teas help your digestive juices, so reach for a few cups of fluids to help your stomach too. I hope you enjoy your platter!!



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Making Your steps to Wellness simple & achievable.

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