

Healthy Portions Plate



HEALTHY PORTIONS PLATE

Nutritionists help you in keeping your every serving of meal balanced. Throughout the day, you should not miss vitamins, proteins, fats, carbohydrates, and water. They make a calculated diet plan which upon following you can soon put yourself in shape and become active enough to lead a healthy lifestyle. This seems quite easy, but the taste does matter a lot. Expert chefs mix and play with spices and herbs giving food some eatable taste.

I believe in healthy portions. Keep in mind what feels right and fuels you is different than another person. Keep your food diary and make note of when you feel energized vs. the meals that make you tired.

To see a healthy plate, click here:

<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

Remember a healthy plate is full of beautiful foods just like you.

HEALTHY OPTIONS

To proceed for a perfectly balanced meal, you must first list down the available healthy options depending on your choice.

VEGETABLES

Capsicum: Remove the stems and core and cut it into pieces. Put the pieces in a bowl and add spices with oil or butter. Roast it at 450 F for 15 minutes till it is blistered properly.

Carrots: Wash and peel carrots but do not cut them. Use some spices and oil for taste. Put them to roast at 400 F till their color darkens for at least 35 minutes. Garnish with herbs.

Eggplant: Grill the whole eggplant until its skin become charred. Let it cool and peel the skin off. Mash it with a fork and add spices, salt, and other desired flavors.

Spinach: In a pan, add a sliced piece of garlic in oil and heat it till its edges become brown. Now add spinach into the pan and press it till it wilts. Add spices and salt to taste. Remove from pan and wrap it in the warm towel.

PROTEINS

Beans: Soak 1 part of beans in 3 parts of water overnight. Drain water the next day and add 3-part water. Simmer it on heat for 2 hours. Add herbs, spices, and salt to taste in the mid of cooking. Store tendered beans with cooking liquid for the next few days.

Eggs: Boil eggs in cold water. After boiling, remove from heat and cover it with a lid for next 8 minutes. Dip eggs in cold water to stop the cooking. Store them for the next few days.

Scallops: Simmer scallops with spices, salts, and herbs in a warm pan. Let each side be fried for a few minutes with its skin down. Remove from heat and garnish with citrus.

Shrimps: Peel the raw shrimp. In a bowl, add spices, herbs, and salts with these shrimps and toss. Grill them for a minute or two till its edges become opaque. Remove from heat.

SMART CARB

Brown Rice: Boil 1 part of brown rice in 5 parts of salted water. As soon as it becomes tender, add herbs with butter or oil. Drain the remaining water.

Chickpeas: Soak 1 part of beans in 3 parts of water overnight. Drain water the next day and add 3-part water. Simmer it on heat for 2 hours. Add herbs, spices,

and salt to taste in the mid of cooking. Store tendered beans with cooking liquid for the next few days.

Red Potatoes: Boil red potatoes in salty water till they become very soft and tender. Drain the excess water and add herbs, spices, salts with vinegar or citrus juice.

HEALTHY FAT

Chopped Almonds: Mix almonds in your yogurt or add them in your ice cream.

Chopped Peanuts: Mix chopped peanuts in honey.

Canola Oil: Use canola oil for stir-frying, salad dressings and other cooking purposes.

Extra Virgin Coconut oil: Take 1-2 tablespoons of extra virgin coconut oil.

QUANTITY OF INGREDIENTS PER SERVING

Adjust the quantity of ingredients by asking yourself the following questions.

- How often do you eat in a day?
- How much energy do you need to carry out your workload?
- How often do you feel hungry?
- Are you active enough, according to your age and size?

FLAVORS AND GARNISHING

According to your taste buds, pick any cuisine and choose some ingredients.

Italian Cuisine: Oregano, Basil, Fennel, Capers, Anchovies, Olives.

Chinese Cuisine: Lemongrass, Ginger, Garlic chives, Coriander, Thai Ginger, Holy Basil.

Indian Cuisine: Cumin, Fenugreek, Turmeric, Coriander, Curry powder, Ginger, Green Onion, Lemongrass.

Turkish Cuisine: Cinnamon, Cumin, Sumac, Sesame seeds, Paprika, Nigella.

American Cuisine: Oregano, Basil, Thyme, Spearmint Leaves, Parsley, Rosemary.

COOK THE FOOD

Cook the food as outlined in the first step. Use aromatics and garnishing of your own choice.

SERVE

That's it. Your perfectly maintained meal is ready.