

Grazing Plate



Protein



Vegetables



Fruit



Carbs



Protein/Dairy

choose 1-2



Protein/Dairy	Serving	Notes
Hard-boiled egg	1 egg	6g protein
Cottage cheese	100g	12g protein
Greek yoghurt	100g	10g protein
Cheddar cheese (sandwich slice)	20g	5g protein
Babybel cheese	20g	5g protein
Feta cheese	30g	4g protein
Hummus	50g (~2 tbsp)	4g protein
Edamame (shelled)	75g	8g protein
Roasted chickpeas	25g	4g protein
Tinned tuna	95g	15g protein
Sliced deli turkey/chicken	50g	10g protein
Cooked chicken/beef	100g	30g protein
Tofu cubes (baked/grilled)	75g	8–10g protein





Fruit/Vege

choose 2-3



Fruit	Serving	Notes
Apple/banana	100g	1 small
Grapes	75g	12-15
Berries (mixed)	100g	1/2 cup
Orange segments	100g	1 medium
Kiwi	130g	2 small



Vegetables	Serving	Notes
Carrot sticks	75g	1 med
Cucumber slices	100g	1/2 medium
Cherry tomatoes	100g	8-10
Capsicum strips	75g	1/2 medium
Celery sticks	75g	2 medium
Snap/Snow peas	50g	20 pieces
Avocado	40g	1/4 medium





Carbohydrates

choose 1



Carbs	Serving	Notes
VitaWeat	25g	4 crackers
Ryvita crackers	20g	2 crackers
Olina's Pepita Seed crackers	35g	2 crackers
Pita bread	35g	1/2 pita
Rice cakes/Corn thins	20g	4 pieces
Wholemeal bread slices	40g	1 slice
Pretzels	25g	1 snack pack
Popcorn (salted or plain)	15g	1 snack pack
Falafel bites	75g	3-4 small pieces
Tinned beans/chickpeas	125g (75g drained)	1 mini tin
Rice/quinoa	125g	1/2 cup (cooked)





Extras

choose 1 (optional)

Extras	Serving	Notes
Chocolate	15g	1 fun-size bar
Chips	20g	1 snack pack
Cookie/Tim-Tam	20g	1 biscuit
Nuts/trail mix	20g	2-3 tbsp
Fruit leather	10-20g	1 strip
Dried fruit	30g	< 1/4 cup
Choc coated chickpeas	20g	1 snack pack
Lolly snakes	20g	2-3 snakes