

Carb pairing guide

Eat your protein and fat first and your carb last, so your energy stays level.

Protein → **Fat** → **Carb**

Why this order

A carb eaten alone or first spikes your blood sugar, and an hour or 2 later you crash, tired and hungry again. Protein and fat first slow down how fast your stomach empties, so the carb that comes after reaches your blood gradually. A 10 minute walk after the meal helps too.

- 1 **Protein first**
Eggs, tofu, chicken, fish, yogurt, along with your veg
- 2 **Then fat**
Avocado, olive oil, nuts, cheese
- 3 **Carb last**
Rice, bread, pasta, potato, fruit

Build your own plate

● 1 Protein	palm-sized	● 2 Fat	a thumb	● 3 Carbs	1 portion
Tofu, tempeh, edamame		Avocado & guacamole		Rice	
Lentils, chickpeas, beans		Olive oil		Pasta	
Hemp seeds		Nut butter		Potatoes & sweet potato	
Soy yogurt		Nuts & seeds		Sourdough or wholegrain bread	
Eggs		Tahini & hummus		Oats	
Greek yogurt or skyr		Olives		Quinoa & couscous	
Cottage cheese & ricotta		Butter		Corn tortillas	
Halloumi, cheddar, parmesan		Cheese		Fruit: apple, banana, berries, dates	
Chicken, turkey, ham		Cream cheese		Crackers, rice cakes, oatcakes	
Beef		Egg yolk			
Salmon, tuna, prawns		Oily fish			

Nut butter, cheese, eggs and salmon count as protein and fat in 1.

Eating is pillar 2 of the Big 4

1. Drainage

2. Eating

3. Strength

4. Recovery

Breakfast

- ☐ **Eggs on sourdough** Veg
● Eggs → ● Butter & avocado → ● Sourdough toast
- ☐ **Peanut butter oats** Vegan
● Soy yogurt & hemp seeds → ● Peanut butter → ● Oats
- ☐ **Smoked salmon bagel** Meat & fish
● Smoked salmon → ● Cream cheese → ● Bagel
- ☐ **Smashed bean toast** Vegan
● White beans → ● Olive oil & avocado → ● Sourdough toast
- ☐ **Yogurt oats + walnuts** Veg
● Greek yogurt → ● Walnuts → ● Oats & berries

Mains

- ☐ **Tofu rice bowl** Vegan
● Baked tofu → ● Avocado & sesame oil → ● Rice
- ☐ **Loaded baked potato** Vegan
● Black beans → ● Tahini drizzle → ● Baked potato
- ☐ **Chickpea couscous** Vegan
● Roasted chickpeas → ● Hummus & olive oil → ● Couscous
- ☐ **Halloumi quinoa salad** Veg
● Halloumi → ● Olive oil → ● Quinoa
- ☐ **Cottage cheese baked potato** Veg
● Cottage cheese → ● Olive oil → ● Baked potato
- ☐ **Chicken + roasted potatoes** Meat & fish
● Chicken thigh → ● Olive oil → ● Potatoes
- ☐ **Steak + sweet potato** Meat & fish
● Steak → ● Butter → ● Sweet potato
- ☐ **Lentil bolognese pasta** Vegan
● Red lentils → ● Olive oil → ● Pasta
- ☐ **Peanut tempeh + sweet potato** Vegan
● Tempeh → ● Peanut sauce → ● Sweet potato
- ☐ **Egg rice bowl** Veg
● Fried eggs → ● Avocado → ● Rice
- ☐ **Creamy ricotta pasta** Veg
● Ricotta & parmesan → ● Olive oil → ● Pasta
- ☐ **Salmon rice bowl** Meat & fish
● Salmon → ● Avocado → ● Rice
- ☐ **Beef bolognese pasta** Meat & fish
● Ground beef → ● Parmesan & olive oil → ● Pasta
- ☐ **Chicken tacos** Meat & fish
● Chicken → ● Guacamole → ● Corn tortillas

Snacks

- ☐ **Almond butter + apple** Vegan
● ● Almond butter → ● Apple
- ☐ **Hemp + avocado + rice cakes** Vegan
● Hemp seeds → ● Avocado → ● Rice cakes
- ☐ **Hummus + olives + crackers** Vegan
● Hummus → ● Olives → ● Crackers
- ☐ **Greek yogurt + nuts + berries** Veg
● Greek yogurt → ● Mixed nuts → ● Berries
- ☐ **Boiled egg + oatcakes** Veg
● Boiled egg → ● Egg yolk & butter → ● Oatcakes
- ☐ **Turkey + avocado + rice cakes** Meat & fish
● Sliced turkey → ● Avocado → ● Rice cakes
- ☐ **Beef jerky + apple** Meat & fish
● Beef jerky → ● A few nuts → ● Apple
- ☐ **Ham + cheese + crackers** Meat & fish
● Ham & cheese → ● Cheese → ● Crackers
- ☐ **Peanut butter + banana** Vegan
● ● Peanut butter → ● Banana
- ☐ **Tahini + dates** Vegan
● ● Tahini → ● Medjool dates
- ☐ **Cheese + apple** Veg
● ● Cheese → ● Apple
- ☐ **Cottage cheese + rice cakes** Veg
● Cottage cheese → ● Pumpkin seeds → ● Rice cakes
- ☐ **Cheddar + crackers + grapes** Veg
● ● Cheddar → ● Crackers & grapes
- ☐ **Tuna mayo + crackers** Meat & fish
● Tuna → ● Olive-oil mayo → ● Crackers
- ☐ **Smoked salmon + oatcakes** Meat & fish
● Smoked salmon → ● Cream cheese → ● Oatcakes