Nature Nutri Clinic

NUTRITIONAL THERAPY



Your Balanced Plate

Welcome



Hi, I'm **Gosia Wica**, a Naturopathic Nutritional Therapist and the founder of **Nature Nutri Clinic.**

I specialise in gut and microbiome health and support people who want a calm, evidence-based approach to nutrition that goes beyond quick fixes.

My work focuses on understanding the whole picture, how digestion, energy, hormones, metabolism, and lifestyle are all connected and helping you make practical, personalised changes that fit real life.

I believe nutrition should feel supportive, not overwhelming, and my goal is to help you build a nourishing relationship with food that supports long-term balance and wellbeing.

Disclaimer

The information in this e-book is for educational purposes only and is not intended as medical advice. It does not replace personalised nutrition guidance, diagnosis, or treatment from a qualified healthcare professional. Individual needs can vary, and what works for one person may not be appropriate for another. If you have a medical condition, are pregnant or breastfeeding, or are taking medication, please consult your GP or another qualified healthcare professional before making changes to your diet or lifestyle.

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Crafting Balanced Mealtimes

MASTERING THE ART OF THE PERFECT PLATE



Perfect Balance

Achieving the perfect balance in our meals is not just a matter of counting macros or adhering to a specific set of rules.

It's about understanding the nutritional needs of our bodies and satisfying our taste buds.

In this guide, we will explore the key elements of balanced mealtimes, from incorporating fresh ingredients and a variety of flavours to adjusting portion sizes according to individual needs.

We'll also discuss the importance of simplicity and how to enjoy the process of creating and savouring delicious, well-rounded meals.

By mastering the art of the perfect plate, you'll reap the benefits of sustainable energy, improved immune function, and overall health and well-being.



Macronutrients – proteins, carbohydrates, and fats – are essential components of a balanced diet, but focusing solely on macros can lead to repetitive and unappetising meals.

A well-rounded meal involves more than just tracking macros. It should also provide a satisfying taste, enjoyable experience, and complete nourishment.

The Perfect Plate: Beyond Macros

Throughout the upcoming sections, we will explore the different factors that play a role in creating a nutritious and balanced meal.

The Elements of a Balanced Meal

FLAVOUR, FRESHNESS, AND VARIETY

Flavourful and Fresh Ingredients

When crafting nutritious meals, it's important to begin with fresh, high-quality ingredients. Opting for seasonal fruits and vegetables, as well as lean sources of protein, not only enhances the flavour of your dishes but also ensures optimal nutrient intake.

The Power of Protein, Carbs, Fibre, and Healthy Fats

To achieve a truly balanced meal, it's essential to incorporate a combination of protein, carbohydrates, fibre, and healthy fats. These components are all vital in providing energy, promoting growth and repair, and sustaining overall health.

Personalising Portion Sizes

Each individual has distinct nutritional requirements that depend on various factors such as age, gender, activity level, and personal preferences. Adjusting portion sizes in accordance with your specific needs is crucial for ensuring that your meals align with your health and lifestyle.





Simplicity is Key

Preparing balanced meals doesn't have to be complicated or time-consuming. By mastering the art of simple and easy-to-make dishes, you can ensure a consistent and enjoyable mealtime routine..



By following these guidelines, you'll be well on your way to crafting balanced meals that provide much more than essential nutrients.

Embrace the journey to better mealtimes and enjoy the countless benefits of mastering the art of the perfect plate that will satisfy your taste buds.

Herbs and Spices: Flavour Boosters

Enhance your meals' taste and nutritional value by incorporating herbs and spices. Try out various combinations to find the flavour that best suits you and take your meals to the next level.

Enjoyment Matters

Remember that enjoying your meals is just as important as ensuring they are nutritionally balanced. Savouring the process of creating and eating delicious, nourishing dishes can lead to a more satisfying and sustainable relationship with food.



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NUTRITIONAL THERAPY



Building Your Perfect Plate

Step 1

Portion Control Made Easy

USING YOUR HAND TO MEASURE MACROS...

Knowing proper portion sizes is essential for developing well-balanced meals that suit your unique dietary requirements. An easy and efficient way to measure macros is by using your hand as a guide.

Let's delve into portioning proteins, carbs, healthy fats, and vegetables using your hand.

Per Serving



PROTEIN SERVING

Use the size and thickness of your palm to estimate a protein serving. Women should aim for one palm-sized serving, while men should go for two.



COMPLEX CARB

A cupped hand is an ideal measurement for carbs and grains. Women should have one cupped hand-sized serving, and men should have two.



HEALTHY FAT SERVING

Measure healthy fats using your thumb.
One thumb-sized serving is ideal for women, while men should aim for two.



VEGETABLE SERVING

Your fist serves as a guide for vegetable portion sizes.
Aim for one to two fists per serving, depending on your individual needs.

Adjusting Portions to Your Needs

Please keep in mind that the hand-based measurements provided are only a starting point and may need to be adjusted based on your individual activity level, body type, appetite, and frequency of meals.

If you regularly participate in high-intensity workouts or have a larger build, it may be necessary to increase your portion sizes. Conversely, if you have a more petite build or are less active, it may be required to decrease your portion sizes. It is important to pay attention to your body's cues and adjust your portions accordingly.

The Magic of Leftovers







Leftovers

When preparing your meals, consider making extra servings to have leftovers on hand. These can be a lifesaver during busy weekdays, helping you maintain a balanced diet even when you're short on time. Simply store leftovers in airtight containers and reheat them for a quick, healthy, and delicious meal option.

Step 2

Building Your Balanced Meals

THE MIX & MATCH APPROACH FOR MAXIMUM FLAVOR AND NUTRIENTS

Creating healthy, balanced meals doesn't have to be complicated or time-consuming. Adopting a mix-and-match approach with specific ingredients allows you to craft delicious and nutritious meals with minimal effort.

Discover a range of adaptable ingredients across protein, carbohydrates, vegetables, and healthy fats. These can be mixed and matched in different ways to create delicious and nutritious meals that will satisfy your taste buds.

PROTEIN

- Legumes
- Eggs
- Chicken
- Beef
- Salmon
- Shrimp
- OrganicTempeh

CARB

- Sweet Potato
- Brown rice
- Spaghetti squash
- Quinoa
- Chickpeas
- Buckwheat
- Oats

VEGGIES

- Broccoli
- Cauliflower
- Brussel sprouts
- Carrots
- Spinach
- Bell peppers
- Egg plant

HEALTHY FAT

- Avocado
- Walnuts
- Flax seeds
- Olive oil
- Avocado oil
- Almonds
- Sesame seeds

CHOOSE

1 - 2 serving of protein
1 - 2 serving of healthy fats
1- 2 servings of veggies
1 - 2 serving of complex carbs

Creating Your Customised Meals

With the mix-and-match approach, you can easily put together a variety of healthy and balanced meals by selecting ingredients from each of the categories above.

Simply choose a protein source, carbohydrates, vegetables, and healthy fats to create a meal that satisfies your taste buds and meets your nutritional needs.

The possibilities are endless when you adopt the mix-and-match approach, allowing you to enjoy a wide variety of flavours, textures, and nutrients without getting bored or overwhelmed.

By selecting ingredients from each of these categories and experimenting with different combinations, you'll be well on your way to easily creating delicious, healthy, and balanced meals.



Cajun Chicken With Black Rice & Sugar Snap Peas

SERVINGS: 2 PREPPING TIME: 10 MIN COOKING TIME: 30 MIN

INGREDIENTS:

- 1/2 cup Black Rice (Dry) - (Complex carb)
- 250g Chicken Breast - (lean protein)
- 1 tbsp Cajun Seasoning (Spices/Flavour)
- 1 tbsp Avocado Oil - (healthy fat)
- 2 cups Sugar Snap Peas
- 1/2 Lemon (Sliced. For topping)

DIRECTIONS:

- Cook the rice according to the directions on the packet, then prepare the chicken.
- Begin by slicing the chicken breast in half lengthwise. Then, evenly sprinkle the cajun seasoning on both sides of the chicken pieces, adjusting the amounts according to your taste preferences.
- Warm the oil in a cast iron pan over medium heat. Place the seasoned chicken into the skillet and allow it to cook for approximately four to five minutes on each side or until fully cooked and golden brown. If the chicken starts to brown too quickly, turn down the heat.
- Once the chicken is cooked through, please remove it from the heat and allow it to rest. Now place the sugar snap peas in a steaming basket above boiling water, steaming them for roughly 3-4 minutes or until they reach your preferred level of tenderness. Ideally, they should retain a slightly crisp texture.
- For serving, divide the black rice, chicken, and sugar snap peas into two servings, and squeeze the lemon slices over the chicken. Savour your delicious, balanced, flavourful meal!



NOTES:

- Nutrition - Protein 31g, total carbs 39g, net carbs 36g, fibre 3g, iron 3mg, folate, choline, selenium, B6, vitamin K, vitamin C, vitamin A, sugar 3g.
- Replace Black Rice - Use brown, wild or white rice, quinoa or mashed potatoes instead.
- Benefits of Black Rice - Provides a range of health benefits due to its antioxidant content, fibre, and essential nutrients. It's naturally gluten-free with a low glycaemic index.
- Homemade Cajun Spice - 3 tsp paprika, 1 tsp salt, 1 tsp black pepper, 2 tsp garlic powder, 1 tsp onion powder, 1 tsp dried oregano, 1/ tsp cayenne pepper, 1/2 tsp dried thyme. Use 1 -2 tbsp for this recipe and store the remainder in a glass container in the fridge.





Enhancing The Flavour

HERBS & SPICES







STEP 3

Enhancing Flavour with Herbs and Spices

ADD FLAVOUR TO YOUR BALANCED MEALS

A crucial element of creating delicious and enjoyable balanced meals is incorporating a variety of flavours.

Herbs and spices not only enhance the taste of your dishes but also offer additional health benefits, making them an essential part of any well-rounded meal.

Oregano	Cumin
Basil	Coriander
Fennel	Turmeric
Thyme	Curry powder
Rosemary	Cinnamon
Black pepper	Nutmeg
Cilantro	Paprika
Mint	Garlic powder
Ginger	Onion powder
Chilli	Parsley

To avoid being overwhelmed by the cost of spices and herbs, it's best to purchase them slowly. Stick to using a few familiar ones repeatedly before experimenting with new ones.

Your recipes will taste even better as you become more adept at using them.

Additionally, fresh herbs can provide additional nourishment for your gut microbiome.

When it comes to choosing herbs and spices, there are plenty of options to explore. Not only do they each offer their own distinct flavour, but they also come with their own set of health benefits.
To help you get started, here are some versatile choices to consider...



Basil:

This aromatic herb pairs well with tomatoes, pasta, and Mediterranean dishes. It's also a key ingredient in pesto.

Cilantro:



Common in Mexican and Southeast Asian cuisines, cilantro adds a fresh, zesty flavour to dishes like tacos, curries, and salads.



Oregano:

An Italian and Greek cooking staple, oregano complements tomato-based sauces, roasted vegetables, and grilled meats.

Rosemary:



With a robust, piney flavour, rosemary works well with roasted meats, potatoes, and Mediterranean dishes.



Thyme:

This versatile herb enhances the taste of meats, soups, and stews, adding a subtle earthiness.



PAPRIKA:

Made from ground sweet red peppers, paprika imparts a smoky, slightly sweet flavour to dishes like goulash, deviled eggs, and roasted vegetables.

Cumin:



A key spice in Middle Eastern, Indian, and Mexican cuisines, cumin adds a warm, earthy flavour to dishes like chilli, curry, and rice.



TUIRMERIC:

Known for its vibrant yellow colour and mild, earthy taste, turmeric is often used in Indian and Middle Eastern dishes. It's also renowned for its anti-inflammatory properties.

GINGER:



Fresh or ground ginger adds a zesty, spicy kick to dishes like stir-fries, soups, and baked goods.



CINNAMON:

This warm, sweet spice is commonly used in both sweet and savoury dishes, from oatmeal and baked goods to Moroccan tagines and Indian curries.

Tips for Maximizing Flavour

WITH HERBS AND SPICES:

By incorporating a variety of herbs and spices into your balanced meals, you'll elevate the flavour of your dishes and enjoy a more satisfying and diverse culinary experience.



Don't be afraid to experiment and find the combinations that suit your taste buds best – the possibilities are endless.

START WITH SMALL AMOUNTS:

When trying a new herb or spice, begin with a small amount and adjust to taste. You can always add more, but it's difficult to reduce the intensity of a flavour once it's been added.

COMBINE FLAVOURS:

Experiment with different combinations of herbs and spices to discover unique and delicious flavour profiles.

FRESH VS. DRIED:

Fresh herbs generally have a more vibrant flavour than dried, making them ideal for garnishing and finishing dishes. On the other hand, dried herbs and spices have a more concentrated flavour and are best suited for cooking.

TOAST WHOLE SPICES:

Toasting whole spices in a dry skillet before grinding releases their essential oils, enhancing their flavour and aroma.

Perfect plate in practice

THE PERFECT PLATE IS A FLEXIBLE GUIDE THAT CAN BE ADJUSTED BASED ON INDIVIDUAL NEEDS, ACTIVITY LEVELS, HEALTH GOALS, AND LIFESTYLE.

1 VEGETABLES
50% of plate

herbs & spices

leafy greens
beet greens
mustard greens
leaf lettuce
collard greens
dandelion greens
microgreens
bok choy
watercress
romaine
spinach
sprouts
arugula
endive
chard
kale

onion family
green onions
onions
shallots
garlic
leeks

miscellaneous
green beans
artichokes
asparagus
avocado
cucumber
celery
fennel

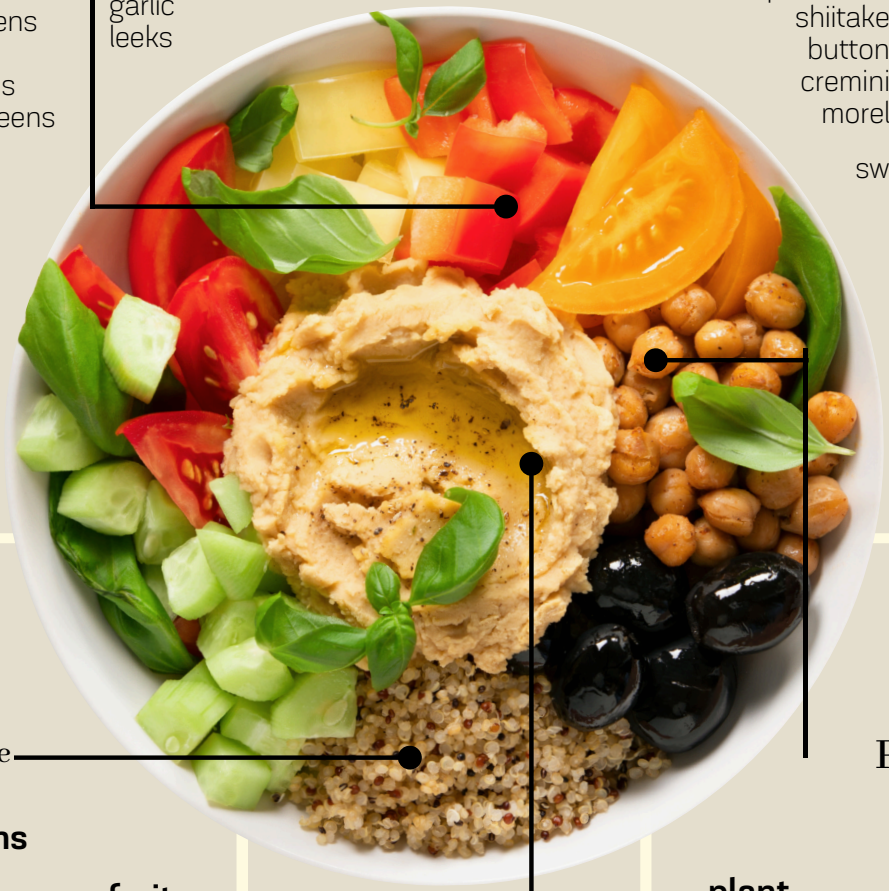
nightshades
eggplant
potatoes
peppers
tomatoes

cruciferous vegetables
brussels sprouts
cauliflower
cabbage
broccoli

mushrooms
portobello
shiitake
button
cremini
morel

squash
acorn
butternut
buttercup
delicata
kabocha
pumpkin
spaghetti
yellow
zucchini

roots
carrots
sweet potatoes
rutabagas
radishes
parsnips
celeriac
turnips
daikon
jicama
ginger
beets
yams



2 whole food CARBS
25% of plate

whole grains
amaranth
buckwheat
rice
teff
corn
millet
quinoa
sorghum
oats
rye
barley
sprouted wheat

fruit
berries
melons
dates & figs
peaches
cherries
grapes
apples
plums
pears
citrus

3 healthy FAT

olives
extra-virgin olive oil
nuts & seeds (and oil)
tahini
avocado
fat from fish
fat from quality dairy

4 palm size PROTEIN
25% of plate

plant
nuts
seeds
whole grains
quinoa
beans
lentils
peas
peanuts
tempeh
tofu

animal
fish
seafood
eggs
kefir
yogurt
cheese
poultry
red meat

This plate is a helpful **starting point**, but true nourishment looks different for everyone. If you'd like guidance on **how to personalise it for your needs** -whether that's digestion, energy, hormones, or metabolic health, I'm here to help.



If you feel ready to take the next step, I'd love to welcome you to **Nature Nutri Clinic**.

You're very welcome to **book a discovery call** or **get in touch** using the details below.

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