

control plan... relevant sect... at www.greatideas.net.au
v.portiondiet.com



Pack Ideas			
400cc		150cc	
...do cubes		Boiled egg	
...ed beans		Broccoli chips	
...ef jerky		Canned fruit	
...en breast		Capsicum*	
Creamy dip / hummus^	Dried figs	Chickpeas (canned)	Carrot sticks*
Fruit and nut mix	Dried mango pieces	Cooked brown rice and quinoa	Celery sticks*
Hazelnuts	Fruit pole / Apricot Delight	Cooked quinoa	Cherry tomatoes*
Macadamias	Goji berries	Dried apple rings	Chia pudding
Mixed nuts	Granola	Edamame beans	Corn kernels
Peanuts	Mashed avocado dip	Kidney beans (canned)	Cucumber sticks*
Pepitas	Mixed dried fruit	Low fat flavoured yoghurt or full fat Greek yoghurt	Fresh peas*
Pine nuts	Prunes	Olives	Mushrooms*
Pistachios	Raisins / Sultanas	Pureed Fruit	Natural yoghurt
Sunflower seeds	Salsa ^	Tuna	Rice crackers
Walnuts	Tzatziki ^	Uncle Toby's fruity bites	Rice cracker nibbles

*Add dip from the 40cc or 60cc options. ^Add vegetables from 150cc options

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Are you aware of your daily habits?

THE HABIT OF HABITS

Our daily habits make up how our day and week will flow. One of the important aspects to improving our health is identifying which habits are helping our health and which habits are hindering our health.

We often overlook the power of these daily habits and if we can identify a keystone habit that is affecting our health and look at ways to change this habit, this can have a domino affect on other areas on our life.

Initially it will take a lot of mental thought and discipline as we start to associate a cue with a different routine and reward. But repetition will eventually create a new habit that becomes automatic with less thought involved.

Start small with changing habits. Choose a habit that you feel you can start changing today and identify what the cue is to start this habit cycle. Identify a different routine and reward that will help you improve your health and repeat each time you have this cue. You will find that your confidence and discipline will grow over time. Use this increase in confidence to change other habits that are affecting your health.

Vicky Graham
Accredited Exercise Physiologist



'Our Vision is to empower people to make sustainable health and lifestyle changes in a supportive and caring environment'

www.truenorthwellness.com.au

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