

How to use Mealsizer®

The vegetable measure (the largest measure)

- Fill with raw or cooked vegetables (cooked/fried/woked/oven-baked).
- Should not be filled with, e.g. pasta salad or other mixtures that contain other than vegetables.
- Preferably dressing.



The carbohydrate measure (the mid-sized measure)

- For example, potatoes, pasta, rice, bulgur or couscous (cooked form).



The protein measure (the smallest measure)

- For example, beans/lentils, meat, chicken, fish, sausages, quorn, cheese, eggs, soy products or cottage cheese.
- Also used for mixed dishes such as. stews, minced meat sauce and wok.
- Also used for breaded fish.



How about sauce?

0.75-1 dl (about a ½ cup) of sauce (or fill the protein measure)



Other dishes:



1 portion of **fish gratin**, or any other kind of mixed protein gratin (about 350 g) + vegetable measure

1 portion of lasagne (about 350 g) + vegetable measure

5 **thin pancakes** as an exclusive dish (3 if with soup) + 2 tbsp of jam or sirop + vegetable measure

5 **American pancakes** + 2 tbsp of jam or sirop + vegetable measure

1 plate (3 dl/1.2 cup) of **soup** + 2 slices of bread with toppings + vegetable measure

1 **hamburger** (100-150 g) with hamburger bread, 100-150 g of French fries (½ carbohydrate measure filled), ketchup/mustard/hamburger dressing + vegetable measure

4-5 dl **hash** (250 g), 1 egg, 8-10 slices of pickled beets + the vegetable measure

2-3 **sausages** (boiled or fried) with sausage bread, ketchup, mustard + vegetable measure

6-8 **falafel** balls + 1-2 pita bread + humus or/and yogurt sauce + vegetable measure

12 pieces of **sushi**

3 **crepes** + vegetable measure

Tacos /Fajitas

2 soft large tortilla bread/3 mid-sized bread or 3 hard shells with fillings such as:

1.5 dl (or 1.5 protein measure) of Tomato salsa

1 dl (or 1 protein measure) of Sour cream (12%)

3 tbsp shredded cheese

The protein measure filled with minced meat, chicken or vegetarian alt.

Vegetables e.g. cucumber, tomato, lettuce, corn, onion



Example of a plate of Fish gratin



Example of a plate of lasagne