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?

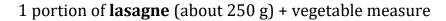0.75-1 dl (about a ½ cup) of sauce (or fill the protein measure)

Reviewed by: Saskia Runström, dietician with specialist expertise in eating disorders, Stockholm Center of Eating disorders,

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Other dishes:

1 portion of **fish gratin**, or any other kind of mixed protein gratin (about 250 g) + vegetable measure

1 portion of **lasagne** (about 250 g) + vegetable measure

3 **thin pancakes** (2 if with soup) + 2 tbsp of jam or sirop + vegetable measure

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

1 plate (2.5 dl/1cup) of **soup** + 2 slices of bread with toppings + vegetable measure

1 **hamburger** (90 g) with hamburger bread, 100 g Frech fries (½ carbohydrate measure), ketchup/mustard/hamburger dressing + vegetable measure

3 dl **hash** (150 g) or the vegetable measure filled, 1 egg, 5 slices of pickled beets + vegetable measure

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

4-5 **falafel** balls + 1 whole pita bread (or 2 halves) + humus or/and yogurt sauce + vegetable measure

2 **crepes** + vegetable measure

10 pieces of **sushi**

Tacos /Fajitas
2 soft tortilla bread (mid-sized) or 3 hard shells with fillings such as:
1 dl (or protein measure filled) Tomato salsa
0.5 dl (or ½ protein measure) Sour cream (12%)
2 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 lasagne

Example of a plate of Fish gratin

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