

## How to use Mealsizer®

### The vegetable measure (the largest measure)

- Raw or cooked vegetables (cooked/fried/woked/oven-baked). Preferably varied – e.g. not just corn.
- Should not be filled with, e.g. pasta salad or other mixtures that contain other than vegetables.
- Avoid dressing and frying fat.
- **Max 2 scoops.**



### The carbohydrate measure (the mid-sized measure)

- For example, potatoes, pasta, rice, bulgur or couscous (cooked form).
- **Max 1 scoop.**



### 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.
- **Max 1 scoop.**



### How about sauce?

- Max 1-2 tbsp.
- Ketchup, sweet chili sauce, soy, etc. are counted as flavouring and not as sauce (max 1 tbsp).

*The measures should not be heaped, fill up only to the rim.*



## 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 with soup) + 1 tbsp of jam + vegetable measure

5 **American pancakes** + 1 tbsp of jam + vegetable measure

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

1 **hamburger** (100-150 g) with hamburger bread, 1 tbsp of ketchup, 1 tsp mustard, 1 tbsp hamburger dressing + vegetable measure

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

2-3 **sausages** with sausage bread, 1 tbsp of ketchup, mustard + vegetable measure

6 **falafel** balls + 1-2 pita bread + 2-3 tbsp humus or/and yogurt sauce + vegetable measure

12 pieces of **sushi**

3 **crepes**

### Tacos/Fajitas

2 soft large tortilla bread/3 mid-sized bread or 3 hard shells

Tomato salsa

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

### Recipe on ketchup:

3 dl (1.2 cup)

tomato puree

4 tsp honey

1 tsp onion powder

½ tsp salt

2.5 tbsp white wine vinegar

2.5 tbsp water

1 tsp sugar replacement



1. Combine the ingredients in a saucepan and simmer for about 20 minutes while stirring.

2. Allow to cool before serving. Can be kept for a few weeks if stored tightly sealed in the fridge.

### Sugar free jam:

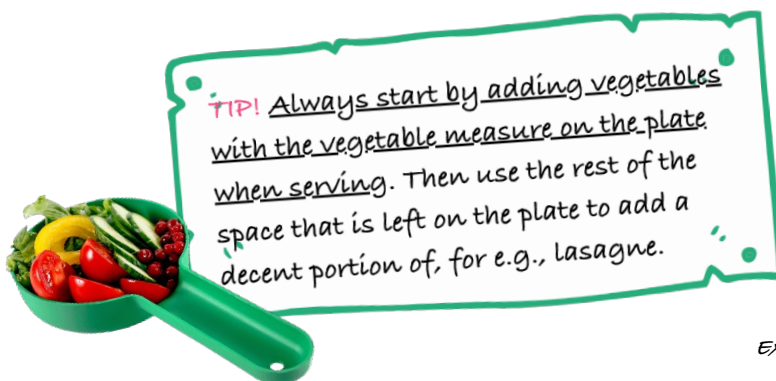
200 g berries

2 tbsp chia seeds

2 tbsp sugar replacement

1. Combine the ingredients in a saucepan and simmer for about 15 minutes while stirring.

2. Pour into a glass jar and let cool. Can be kept for a few weeks if stored tightly sealed in the fridge.



**TIP!** Always start by adding vegetables with the vegetable measure on the plate when serving. Then use the rest of the space that is left on the plate to add a decent portion of, for e.g., lasagne.

Example of a plate of lasagne

