



NatMed

CELEBRATING 20 YEARS
EMPOWERING YOU TO
CREATE HEALTH.

YOUR HEALTHY EATING PLAN

SAMPLE

NatMed Nutrition Coaching

Protein Goal 1g/kg of body weight

Protein source	10 gms Roughly half a palm	20 gms Roughly a whole palm
Protein powder/ protein shake	1 scoop	2 scoops
Eggs (free range)	2 medium	4 medium
Beef steak	45 gms	90 gms
Lamb	45 gms	90 gms
Pork/Ham	45 gms	90 gms
Bacon	3 slices	6 slices
Minced beef	65 gms	130 gms
Chicken breast	45 gms	90 gms
Chicken thigh/leg	1 leg = 15 gms	2 legs = 30 gms
Fish tinned Tuna/salmon	45 gms	90 gms
Scallops	90 gms	180 gms
Prawns (flesh)	50 gms	100 gms
Fish fillets	50 gms	100 gms
Tofu	50 gms	100gms
Tempeh	50 gms	100 gms
Cheese, Hard or Cheddar	45 gms	90 gms
Cheese, Cottage	40 gms	80 gms
Cheese, feta	60 gms	120 gms
Cheese<Ricotta	95 gms	190 gms
Yoghurt Natural, low fat	1 cup 150 gms	2 cups
Milk, Low fat	300 mls	600 mls
Almonds	50 gms	100 gms
Brazil Nuts	70 gms	140 gms 1 cup
Cashews	60 gms	120 gms
Walnuts	70 gms	140 gms
Peanut butter	2 tbsp	4 tbsp
Flax seeds	50 gms 1/3 cup	100 gms 2/3
Sunflower seeds	40 gms	80 gms
Hummus	1 cup	2 cups
Chickpeas	2/3 cup 100 gms	200 gms
Red kidney beans	2/3 cup 100 gms	200 gms
Lentils cooked	1/2 cup	1 cup

Insulin Resistant Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Kale & Red Pepper Frittata	Kale & Red Pepper Frittata	Creamy Blueberry Smoothie	Chocolate Strawberry Chia Pudding	Creamy Blueberry Smoothie	Kale, Bacon & Eggs	Kale, Bacon & Eggs
Snack 1	Chocolate Protein Balls (Fruit Free)	Brazil Nuts	Chocolate Protein Balls (Fruit Free)	Brazil Nuts	Chocolate Protein Balls (Fruit Free)	Toasted Walnuts	Toasted Walnuts
Lunch	Chicken Kale Salad with Avocado Dressing	Greek Chicken Salad	One Pan Salmon with Rainbow Veggies	One Pan Chicken, Radishes & Broccoli	One Pan Olive Pesto Pork Chops	Grilled Bruschetta Chicken	Cauliflower Shepherd's Pie
		Simple Avocado Salad				Grilled Asparagus	
Snack(option...)	Celery with Sunflower Seed Butter	Chocolate Protein Balls (Fruit Free)	Celery with Sunflower Seed Butter	Chocolate Protein Balls (Fruit Free)	Carrots & Guacamole	Carrots & Guacamole	Carrots & Guacamole
Dinner	Greek Chicken Salad	One Pan Salmon with Rainbow Veggies	One Pan Chicken, Radishes & Broccoli	One Pan Olive Pesto Pork Chops	Grilled Bruschetta Chicken	Cauliflower Shepherd's Pie	15 Minute Grilled Steak with Mint Pesto
	Simple Avocado Salad				Grilled Asparagus		

Insulin Resistant Diet

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1523	Calories 1583	Calories 1477	Calories 1549	Calories 1512	Calories 1315	Calories 1494
Fat 104g	Fat 112g	Fat 78g	Fat 106g	Fat 88g	Fat 92g	Fat 109g
Saturated 16g	Saturated 19g	Saturated 12g	Saturated 20g	Saturated 16g	Saturated 17g	Saturated 21g
Carbs 60g	Carbs 60g	Carbs 98g	Carbs 64g	Carbs 99g	Carbs 57g	Carbs 65g
Fiber 28g	Fiber 23g	Fiber 32g	Fiber 25g	Fiber 37g	Fiber 23g	Fiber 24g
Sugar 20g	Sugar 21g	Sugar 38g	Sugar 19g	Sugar 33g	Sugar 20g	Sugar 20g
Protein 103g	Protein 96g	Protein 109g	Protein 94g	Protein 96g	Protein 79g	Protein 78g
Cholesterol 594mg	Cholesterol 554mg	Cholesterol 186mg	Cholesterol 184mg	Cholesterol 165mg	Cholesterol 380mg	Cholesterol 359mg
Sodium 2528mg	Sodium 2238mg	Sodium 509mg	Sodium 808mg	Sodium 1342mg	Sodium 1353mg	Sodium 2359mg
Vitamin A 8308IU	Vitamin A 6101IU	Vitamin A 3521IU	Vitamin A 3109IU	Vitamin A 24760IU	Vitamin A 31325IU	Vitamin A 30248IU
Vitamin C 165mg	Vitamin C 368mg	Vitamin C 522mg	Vitamin C 209mg	Vitamin C 148mg	Vitamin C 132mg	Vitamin C 385mg
Calcium 538mg	Calcium 453mg	Calcium 840mg	Calcium 801mg	Calcium 821mg	Calcium 291mg	Calcium 317mg
Iron 11mg	Iron 11mg	Iron 10mg	Iron 15mg	Iron 16mg	Iron 11mg	Iron 12mg
Zinc 8mg	Zinc 7mg	Zinc 9mg	Zinc 7mg	Zinc 8mg	Zinc 9mg	Zinc 11mg
Selenium 133µg	Selenium 757µg	Selenium 134µg	Selenium 719µg	Selenium 79µg	Selenium 84µg	Selenium 60µg

Insulin Resistant Diet

71 items

Fruits

- 3 Avocado
- 3 1/2 Lemon
- 1 1/2 Lime
- 144 grams Strawberries

Breakfast

- 1/4 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 2 1/8 cups Almonds
- 725 milligrams Black Pepper
- 67 grams Brazil Nuts
- 72 grams Chia Seeds
- 1/3 cup Coconut Flour
- 5 grams Greek Seasoning
- 2 grams Italian Seasoning
- 900 milligrams Red Pepper Flakes
- 10 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 9 grams Slivered Almonds
- 72 grams Walnuts

Frozen

- 310 grams Frozen Blueberries
- 360 grams Frozen Cauliflower

Vegetables

- 201 grams Asparagus
- 5 grams Basil Leaves
- 2 cups Broccoli
- 273 grams Broccoli
- 7 1/2 Carrot
- 1/2 head Cauliflower
- 5 stalks Celery
- 2 cups Cherry Tomatoes
- 335 grams Cherry Tomatoes
- 1 1/4 Cucumber
- 3 1/4 Garlic
- 100 grams Green Beans
- 1 stalk Green Onion
- 126 grams Kale Leaves
- 1 Leeks
- 3 grams Mint Leaves
- 144 grams Mushrooms
- 38 grams Parsley
- 232 grams Radishes
- 1/2 Red Bell Pepper
- 1/2 cup Red Onion
- 90 grams Red Onion
- 1 1/2 Tomato
- 3/4 Yellow Bell Pepper
- 1 Yellow Capsicum
- 1/2 Yellow Onion

Baking

- 1/2 cup Cacao Powder
- 27 grams Nutritional Yeast

Bread, Fish, Meat & Cheese

- 3 slices Bacon
- 652 grams Chicken Breast
- 227 grams Chicken Breast, Cooked
- 227 grams Extra Lean Ground Turkey
- 113 grams Ny Striploin Steak
- 227 grams Pork Chop
- 283 grams Salmon Fillet

Condiments & Oils

- 45 milliliters Avocado Oil
- 22 milliliters Balsamic Vinegar
- 134 grams Black Olives
- 1 1/2 tsps Coconut Aminos
- 2 tbsps Extra Virgin Olive Oil
- 129 milliliters Extra Virgin Olive Oil
- 34 grams Pitted Kalamata Olives
- 64 grams Sunflower Seed Butter

Cold

- 6 Egg
- 240 milliliters Plain Coconut Milk
- 1/2 cup Unsweetened Almond Milk
- 60 milliliters Unsweetened Almond Milk
- 225 grams Unsweetened Coconut Yogurt

Other

- 1 1/16 cups Chocolate Protein Powder
- 24 grams Chocolate Protein Powder
- 49 grams Vanilla Protein Powder
- 652 milliliters Water

Creamy Blueberry Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Additional Toppings

Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy

Use almond milk or oat milk instead of water.

Lemon

One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

- 155 grams** Frozen Blueberries
- 180 grams** Frozen Cauliflower
- 113 grams** Unsweetened Coconut Yogurt
- 24 grams** Vanilla Protein Powder
- 12 grams** Chia Seeds
- 1** Lemon (small, juiced)
- 237 milliliters** Water

Nutrition

Amount per serving

Calories	324	Sodium	102mg
Fat	9g	Vitamin A	92IU
Saturated	3g	Vitamin C	79mg
Carbs	41g	Calcium	500mg
Fiber	14g	Iron	3mg
Sugar	17g	Zinc	2mg
Protein	25g	Selenium	8µg
Cholesterol	4mg		

Chicken Kale Salad with Avocado Dressing

8 ingredients · 10 minutes · 2 servings



Directions

1. Add the avocado, parsley, green onion, salt, and half the water into a food processor. Blend until smooth, scraping down the sides as needed. Add more water, one tablespoon at a time until your desired consistency is reached.
2. Divide the kale, chicken, and cucumber into bowls. Top with avocado dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two cups of kale, four ounces of chicken, one cup of cucumber, and half a cup of dressing.

More Flavor

Add lemon juice, garlic powder, onion powder, black pepper, or cilantro to the dressing. Substitute some of the water with extra virgin olive oil.

Ingredients

- 1 Avocado (medium)
- 30 grams Parsley (stems removed)
- 1 stalk Green Onion (trimmed, chopped)
- 2 grams Sea Salt (to taste)
- 178 milliliters Water (divided)
- 84 grams Kale Leaves (tough stems removed, finely chopped)
- 227 grams Chicken Breast, Cooked (chopped)
- 1 Cucumber (medium, chopped)

Nutrition

Amount per serving

Calories	376	Sodium	397mg
Fat	19g	Vitamin A	3883IU
Saturated	3g	Vitamin C	74mg
Carbs	17g	Calcium	181mg
Fiber	10g	Iron	3mg
Sugar	4g	Zinc	2mg
Protein	39g	Selenium	33µg
Cholesterol	118mg		

Greek Chicken Salad

10 ingredients · 45 minutes · 1 serving



Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover

Sprinkle with feta cheese.

No Greek Seasoning

Use Italian seasoning instead.

Ingredients

- 5 grams** Greek Seasoning
- 1/4** Lemon (juiced)
- 15 milliliters** Extra Virgin Olive Oil
- 142 grams** Chicken Breast (boneless, skinless)
- 112 grams** Cherry Tomatoes (halved)
- 1/4** Cucumber (diced)
- 10 grams** Red Onion (finely diced)
- 34 grams** Pitted Kalamata Olives (chopped)
- 11 milliliters** Balsamic Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	376	Sodium	1281mg
Fat	21g	Vitamin A	1164IU
Saturated	3g	Vitamin C	23mg
Carbs	13g	Calcium	66mg
Fiber	2g	Iron	3mg
Sugar	7g	Zinc	1mg
Protein	34g	Selenium	33µg
Cholesterol	103mg		

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, lemon juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 2 cups Cherry Tomatoes
- 283 grams Salmon Fillet
- 1 Yellow Capsicum (sliced)
- 2 cups Broccoli (chopped into small florets)
- 1/2 cup Red Onion (sliced into chunks)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/2 tsps Coconut Aminos
- 1/2 Lemon (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	426	Sodium	171mg
Fat	23g	Vitamin A	2052IU
Saturated	3g	Vitamin C	280mg
Carbs	23g	Calcium	95mg
Fiber	6g	Iron	3mg
Sugar	8g	Zinc	2mg
Protein	33g	Selenium	54µg
Cholesterol	78mg		

Grilled Bruschetta Chicken

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With

Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

Cheese Lover

Sprinkle with feta, goat cheese or shredded mozzarella before serving.

No Grill

Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

Ingredients

- 227 grams** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1 1/2** Tomato (medium, diced)
- 40 grams** Red Onion (finely diced)
- 1** Garlic (cloves, minced)
- 5 grams** Basil Leaves (chopped)
- 7 milliliters** Extra Virgin Olive Oil
- 7 milliliters** Balsamic Vinegar

Nutrition

Amount per serving

Calories	193	Sodium	88mg
Fat	7g	Vitamin A	1420IU
Saturated	1g	Vitamin C	16mg
Carbs	6g	Calcium	23mg
Fiber	1g	Iron	1mg
Sugar	1g	Zinc	1mg
Protein	27g	Selenium	26µg
Cholesterol	82mg		

Cauliflower Shepherd's Pie

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Place cauliflower florets in a medium sized saucepan, cover with water and bring to a boil. Let the florets boil until they are soft, about 15 minutes.
3. While the cauliflower is boiling, heat half of the olive oil in a large frying pan over medium heat. Add the onions and garlic, cook for 5 minutes or until onions are translucent.
4. Add the meat, and cook until browned.
5. Add the mushrooms, carrots, celery, Italian seasoning, and salt. Continue to cook for a few minutes, until the meat is cooked through. Remove from heat.
6. Drain the cauliflower and discard cooking water. Return the cauliflower to the pot and add the other half of the olive oil and a sprinkle of salt. Mash well until the cauliflower becomes almost like a puree.
7. Transfer the meat mixture to a casserole or pie dish and distribute into an even layer. Top with the cauliflower mash and spread it evenly across the top.
8. Place in the oven and bake for 20 minutes. Turn the oven to a low broil and broil for 10 minutes or until golden. Remove from oven and serve. Enjoy!

Notes

Vegan and Vegetarian

Use cooked lentils instead of ground meat.

Ingredients

- 1/2 head** Cauliflower (chopped into florets)
- 15 milliliters** Extra Virgin Olive Oil (divided)
- 1/2** Yellow Onion (diced)
- 1** Garlic (cloves, minced)
- 227 grams** Extra Lean Ground Turkey
- 144 grams** Mushrooms (sliced)
- 1** Carrot (diced)
- 1 stalk** Celery (diced)
- 2 grams** Italian Seasoning
- 750 milligrams** Sea Salt

Nutrition

Amount per serving

Calories	311	Sodium	312mg
Fat	17g	Vitamin A	5268IU
Saturated	4g	Vitamin C	75mg
Carbs	16g	Calcium	89mg
Fiber	6g	Iron	4mg
Sugar	8g	Zinc	4mg
Protein	27g	Selenium	29µg
Cholesterol	84mg		

Low GI Food Swaps



Rice



Cauliflower
rice

Noodles
or
Spaghetti



Zucchini
noodles

Pizza
base



Cauliflower
base

Tortilla or
burger bun



lettuce cup
wrap

Mashed
Potato



Cannelini
bean mash





NatMed

Perth Guide for Food & Wellness Products

Empowering you to create health

South of the River

Supplier	Products / Produce
Manna Wholefoods 274 South Terrace South Fremantle	<ul style="list-style-type: none"> Fresh produce Cleaning products Ready made organic meals Natural skin care and cosmetics 
Peaches 195 Hampton Rd South Fremantle	<ul style="list-style-type: none"> Fresh produce incl organic Cleaning products Ready made organic meals Natural skin care and cosmetics 
The Storehouse 22/219 Hampton Rd South Fremantle	<ul style="list-style-type: none"> Self serve bulk dry foods Cleaning products Natural skin care & cosmetics 
Organic Free Range Meats GG Meats https://www.ggmeats.co/	These guys sell at a lot of farmers markets around time. You can order on line. Their sausages and meat are great 
Organic Meat Franks Butcher Wray Ave Freo	<ul style="list-style-type: none"> Zero waste plastic free store Natural skin care & cosmetics Bulk dry foods 
Northern Star Pthalate free fish 69 George St East Fremantle	<ul style="list-style-type: none"> Line caught white fish off our NW coast. Snap frozen on the boat in seawater. 
Freo Farmers Market Organic veggies Sunday Morning @ Fremantle High School	<ul style="list-style-type: none"> Fresh produce Health foods Cleaning products 
Manna Wholefoods 1-3/195 Hampton Road South Fremantle WA 6162	<ul style="list-style-type: none"> Organic veggies Cleaning products Natural skin care & cosmetics 
The Source Bulkfoods The Park Center, 789 Albany Hwy, East Victoria Park	<ul style="list-style-type: none"> Self serve bulk foods Cleaning products 
Peaches Hampden Road South Fremantle	<ul style="list-style-type: none"> Bulk dry foods Health foods Fresh Produce / Organics Lots of Gfree options like granola etc 
Gilberts Fresh Market 308 South St Hilton	<ul style="list-style-type: none"> Fresh produce Meat & seafood Health foods 





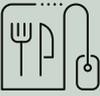
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Perth Guide for Food & Wellness

Products

Empowering you to create health

North of the River

Supplier	Products / Produce
<p>The Source Bulkfoods Floreat Forum Shopping Center Howtree Place, Floreat</p>	<ul style="list-style-type: none"> • Self serve bulk foods • Cleaning products 
<p>Dunn & Walton 8/257 Scarborough Beach Road Doubleview</p>	<ul style="list-style-type: none"> • Self serve bulk foods • Health foods • Fresh produce. • Online ordering also available. 
<p>Organic on Charles 299 Charles Street North Perth</p>	<ul style="list-style-type: none"> • Fresh produce • Health foods 
<p>Stirling Farmers Markets Cedric Street Stirling</p>	<ul style="list-style-type: none"> • Fresh produce • Health foods 
<p>Subiaco Farmers Markets Saturday morning Subiaco primary school</p>	<ul style="list-style-type: none"> • Fresh produce 
<p>Mt Claremont Farmers Markets Saturday morning 7-11am Mt Claremont Primary school Alfred Rd</p>	<ul style="list-style-type: none"> • Fresh produce 
<p>The Angry Almond 71a Princess Rd Nedlands</p>	<ul style="list-style-type: none"> • Health foods • Bulk self serve dry foods 
<p>The Clean food store 214A Nicholson Rd Subiaco</p>	<ul style="list-style-type: none"> • Health foods • Bulk self serve dry foods • Cleaning products 
<p>Heartwood 35A Napoleon St Cottesloe</p>	<ul style="list-style-type: none"> • Natural skin care & cosmetics 
<p>Boatshed Market 40 Jarrad St Cottesloe</p>	<ul style="list-style-type: none"> • Fresh produce • Health foods • Meat & fresh seafood 

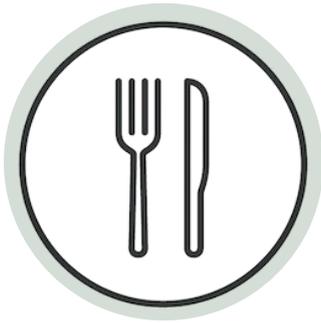




NatMed

Perth Guide for Food & Wellness Products

Empowering you to create health
Online Products & Delivery



DINNER TWIST

Wholesome and
plant based boxes



THE ORGANIC COLLECTIVE

Certified organic, seasonal fruit
and veg boxes delivered to your
doostep



WHOLESOME HUB

Online platform to shop for
organic, ethical and
sustainable products



HONEST TO GOODNESS

Sydney-based online retailer,
wholesaler and distributor of
certified organic food &
natural food products.



DANDARAGAN ORGANIC BEEF

Western Australia's leading
producer of certified organic
beef that is top quality, grass
fed and grass finished beef
without the use of hormones,
antibiotics and chemicals.



THE NAKED BUTCHER

Perth Butcher selling meat
free from antibiotics,
pesticides, hormones and
other nasties