



Aim to eat a healthy, balanced plate: $\frac{1}{4}$ complex carbohydrates (wholegrains / potatoes), $\frac{1}{4}$ protein, $\frac{1}{2}$ vegetables (at least 5 portions daily)

1. Save time, effort & money

1. Plan your meals
2. And your shopping
3. Meal prep & batch cook where you can
4. Keep it simple

2. Avoid weight gain

1. Make it easier, limit bought or made treats
2. Prep healthy snacks
3. Try 12 hour overnight fast

3. Manage stress levels

1. Eat regularly
2. Hydrate well
3. Limit caffeine & alcohol
4. Exercise daily
5. Prioritise sleep

Store cupboard essentials – ready, steady cook....

- Wholegrains
- Tinned fish
- Canned & dried pulses
- Tinned tomatoes
- Full fat coconut milk
- Curry paste
- Herbs & spices
- Eggs
- Natural yoghurt
- Hummus
- Salad leaves / greens
- Cheese
- Frozen berries
- Frozen veg
- Frozen unbreaded fish fillets
- Leftover bread, herbs, fruit....

Don't waste it, freeze it

Use your freezer for these foods. Remember to label them and use within 3 months

- Overripe bananas – smoothies, healthy banana bread, banana 'icecream'
- Fresh herbs – freeze in ice-cube trays with wine, stock or coconut milk
- Bread – freeze slices on day you buy or make, toast from frozen
- Fresh ginger and garlic – peel and freeze. Grate from frozen
- Fresh chillis – wash and freeze. Grate from frozen
- Natural yoghurt – smoothies, healthy 'icecream', curries

Online recipes resources

Thehappypear.ie
 Littlegreenspoon.ie
 Bbcgoodfood.com
 Bonappetit.com
 greenkitchenstories.com

Take a break

- Move
- Stretch
- Drink water
- Breathe – try 2 minute breath bubble

Your healthy focus

Your meal plan

	Breakfast	Lunch	Dinner	Snack
Mon				
Tues				
Wed				
Thurs				
Fri				

Our tips: Start with dinners. What can you pre-prepare and on what nights? Check your stock as you plan
Include: Two meat-free evening meals and aim for >5 portions of vegetables daily

Meal ideas

Breakfast

- Overnight oats
- Shredded wheat with fruit and seeds
- Weetabix with berries and flaked almonds
- Porridge with berries and natural yoghurt
- Apple compote with natural yoghurt and 1 tbsp granola
- 2 scrambled eggs with spinach, tomato, one slice porridge bread
- Omelette with spinach and tomato / leftover veg

- Boiled egg, slice porridge or wholegrain bread, piece fruit
- Rye bread with smoked salmon and avocado
- Wholegrain / porridge bread toasted with peanut butter, banana
- Breakfast smoothie

Add your favourites

-
-
-

Lunch

- Carrot and lentil soup
- Bought fresh soup e.g. Just Food spicy lentil soup with slice wholegrain bread
- Baked potato with salad and tinned salmon / egg / cheese
- Frittata with salad
- Greek salad with feta and olives
- Chicken / tinned mackerel / egg salad
- Open smoked salmon sandwich with vegetable sticks / avocado
- Quinoa or leftover rice, roast vegetables, chickpeas, red / green pesto

- Wholegrain pitta with hummus and salad
- Quick mixed bean salad
- Beetroot and lentil salad
- Leftovers from previous dinner
- Tinned salmon/ chicken / feta salad in wholegrain wrap

Add your favourites

-
-
-
-

Dinner

- Chickpea and butternut squash curry with brown rice
- Omelette with goat's cheese and salad
- Simple salmon / chicken / tofu and cashew nut stir-fry with brown rice
- Quick red Thai prawn / salmon / chicken / tofu curry with brown rice
- Vegetable chilli with wholegrain rice
- Baked fish with pesto, steamed veg, brown rice / new potato / courgetti
- Grilled salmon / mackerel / hake with stir-fried / roast vegetables and potato

- 1 tray roast salmon, asparagus, green beans, broccoli
- Pasta / courgetti with green pesto and peas, large side salad
- Roast chicken, steamed veg, potato
- Easy bean / chicken casserole with steamed potatoes / wholegrain rice

Add your favourites

-
-
-

Recipes to try

Porridge bread

Ingredients

- 1 large tub of natural yogurt (500 ml) e.g. Glenisk (or use natural soya yoghurt for dairy free)
- 1 egg
- 1 tablespoon milk (optional, replace with dairy free milk)
- 2 yogurt tubs of porridge oats (use the empty yogurt tub to measure out 2 full tubs of oats. Use gluten free oats if necessary)
- ½ tsp salt
- 2 tsp baking soda
- 1 cup of seeds or chopped nuts

Directions

- Preheat oven to 180°C. Line standard loaf tin (2lbs/900g) with greaseproof paper
- Place the yogurt, milk and egg in a bowl and mix
- Add rest of ingredients, saving 2 tbsp. of seeds to sprinkle on top, mix well
- Pour mixture into the lined loaf tin and sprinkle the 2 tbsp. seeds
- Place in middle of oven and cook for 45 - 50 minutes. Check at 45 minutes by removing from oven, turning upside down and tapping base of bread. Should sound hollow. If not done, place back in oven without tin for a further 5 - 10 minutes
- Leave to cook completely on a wire tray before serving

Spiced carrot and lentil soup

Ingredients

- 2 tsp cumin seeds
- 1 tsp dried chilli flakes
- 1 tbsp coconut oil
- 1 large onion, finely chopped
- 600g carrots, peeled and sliced
- 150g red lentils
- 1 L vegetable stock
- 125ml milk (use dairy free milk if required)
- Fresh coriander and toasted pumpkin seeds to serve

Directions

- Dry fry the cumin seeds and chilli flakes for 1 – 2 minutes until fragrant and place in a bowl
- Heat the coconut oil in a large saucepan and gently fry the onion for 5 – 6 minutes until softened, then add ¾ of the cumin chilli mixture and fry for 1 minute
- add the carrots, lentils, stock and milk, bring to the boil and simmer for 15 – 18 minutes until the carrots are soft
- Season, blend and serve topped with toasted pumpkin seeds, coriander and a little chilli and cumin

Easy berry 'ice cream'

Ingredients:

- 400g pack frozen mixed berries*
- 8 tbsp. full fat natural yoghurt
- Squeeze lime juice
- 1 tbsp. raspberry or strawberry jam or squeeze honey / maple syrup (optional)

*Use organic or Irish berries. FSAI recommend boiling imported frozen berries before eating

Directions

- Place frozen berries in a food processor and blitz
- Add other ingredients and blend until creamy and consistency of soft serve ice cream
- Serve straight away or store in freezer.
- Remove from freezer 15 minutes before serving
- Make an icecream sandwich by serving a scoop between 2 Nairns mixed berry oat biscuits