

MEAL IDEAS

BREAKFAST IDEAS

Variety is important; here are some tasty, healthy and filling breakfast options:

- Low carb muesli with berries and milk / plain yoghurt
- 1 x wholegrain / whole-wheat toast with sugar free nut butter, cream cheese, or marmite
- Scrambled eggs and tomatoes mushrooms / smoked salmon on 1 x wholegrain / wholewheat toast or 1.5 x rye toast
- Boiled / poached eggs and 1 x wholegrain/wholewheat toast or 3 oat cakes
- Cinnamon apple porridge
- Smoothie
- 1 x weetabix with berries, seeds and milk
- Fruit salad (e.g. berries, apples, pears, apricots) with plain yoghurt sprinkled with nuts / seeds
- Breakfast platter: a mixture of low GL fruits, nuts, seeds, lean ham, cheese
- Omelette in wholewheat pitta bread

LUNCH IDEAS

- Small sweet jacket potato with cottage cheese and green salad
- Cheese and spinach omelette with lettuce, tomato and cucumber
- 1 boiled egg and salad
- Grilled halloumi salad. With red onion, red pepper, rocket, tomatoes, fresh coriander with lime juice & olive oil dressing. Serve with 2 oatcakes
- Grilled white fish with roasted red peppers & courgettes chopped into 25g couscous or 65g quinoa
- Sardines on toast
- Smoked mackerel, tomato and avocado salad and 1 slice rye bread with butter
- Mushroom omelette with green salad and 2 rough oatcakes
- Roasted pepper filled with 65g quinoa feta and mixed vegetables

DINNER IDEAS

- Chicken stir fry with non-starchy green veg and Zero noodles
- Chilli con carne with quinoa and green veg

- Red salad: beetroot, tomatoes, radish, red pepper with rocket served with flaked smoked mackerel or smoked trout
- Grilled turkey steak with steamed broccoli and cauliflower
- Roasted vegetables (onions, peppers, courgette, mushrooms, etc.) and roasted chicken thigh
- Home-made vegetarian curry with quinoa, spelt or millet
- Baked salmon with aubergine and small sweet potato
- Grilled fish served with stir fried veg and brown basmati rice

SNACK IDEAS

- Smoked salmon and cream cheese on 1 thin slice of wholegrain / whole wheat or rye toast
- Berries and 1 small plain yoghurt (150g), sprinkle a few seeds
- Almonds (small handful)
- Celery stick filled with no added sugar peanut butter
- Crudites with 1tbsp cream cheese
- 6 cubes of feta cheese with 6 olives and a handful of cherry tomatoes
- Cup of instant miso soup & 1 rough oatcake
- 30g nuts covered in dark chocolate
- Plain yoghurt with berries
- 2 oatcakes topped with a layer of the following:
No sugar peanut butter / Cashew nut butter / Almond butter