

# Breakfast

*Give yourself time to break your fast everyday!!* Eat within an hour of waking or your body will have to run on 'empty' which means an increase in stress hormones.

- \* Porridge – with ground nuts/seeds, red berries, ground cinnamon.
- \* Granola – with 'live' yoghurt, fruit, nuts, seeds.
- \* Wholegrain brown bread/Wholegrain spelt/ Rye
  - with 2 eggs (boiled, poached, scrambled)
  - tinned fish (salmon, sardines)
  - Peanut butter or marmite
  - 2 lean rashers of Bacon with grilled tomatoes and mushrooms
  - smoked/peppered mackerel fillets or Kippers
- \* Home made Smoothies – with 'live' yoghurt, fruit, nuts/seeds, granola
- \* Fresh fruit plate – with 2 oatcakes spread with nut butter (almond, cashew, hazelnut)

# Snacks

Try to eat a small snack 3 hours after breakfast/lunch. This will prevent blood sugars becoming too low and will comfortably see you through until lunch.

- \* 1 slice of McAmbridges bread/ Spelt/ Rye or 2 Oatcakes with
  - Hummus
  - Nut Butters (as before)
  - Tahini
  - Cream cheese, sliced peppers or cucumber
- \* A piece of fruit with 2-3 brazil nuts or 3-4 Almonds or 5-6 Cashews/Hazelnuts
- \* Vegetable sticks with Cream cheese/Hummus/Tahini dip.
- \* Home-made Smoothie (as before).
- \* Nak'd / 9 bars – from the health food shop (low sugar/high protein)
- \* Homemade seed mix – Take a handful each of Linseeds, Pumpkin, Sesame and sunflower seeds and dry-fry them lightly in a pan for 2-3 minutes. Add a little soy sauce / chilli oil and leave to cool. Will last for a few days in an airtight container.

# Lunch

Again, remember the 3-4 hour rule – don't leave lunch too late.

- \* A flask of home made soup – always add a handful of red lentils/mixed beans/chickpeas as a protein source to vegetable soups.
- \* Salad bowl – containing boiled eggs, prawns, lean chicken, tinned or fresh fish, feta cheese, wholegrain rice, quinoa, green lentils, mixed beans.
- \* Wholegrain sandwiches or wholegrain wraps containing good quality protein.
- \* Left-over's from previous days dinner.
- \* Roasted vegetables with wholegrain rice or quinoa and cashews.
- \* Omelette with vegetables, chicken, fish, feta cheese, spinach, pine nuts.
- \* Cous cous or Bulgar wheat salad with feta, tomatoes, spinach, raisins, nuts and seeds.
- \* Jacket Potatoes with tuna, chicken, beans etc..

# Dinner

- \* Stews with chicken, beef, fish, vegetables and add beans or lentils for protein.
- \* Home made Curries with beef, chicken, vegetables, beans, spinach/kale, lentils and wholegrain rice/chapatti.
- \* Oily fish 2 -3 times a week – Salmon, Mackerel, Sardine etc..
- \* Wholegrain/Spelt/Corn pasta with chicken/turkey, peppers, grilled aubergines, spinach/seaweed, courgettes etc...
- \* Fresh white fish fillets (cod, haddock, hake etc..) with green leafy vegetables, roasted root vegetables.
- \* Stir-fry's including beef, prawns, white fish, chicken, turkey, wholegrain rice and lots of fresh vegetables
- \* Grilled lean meat with sweet potato and lightly steamed vegetables
- \* Any of the lunch suggestions.