



The Nourishment Guide

By Jane Moran *Nutrition & Mindset Support for Women Ready to Thrive*

Welcome lovely!

If you've found your way here, chances are you're making positive changes for your health—and that takes courage. Whether you're on a weight loss journey with support from medications, or just trying to feel better in your own body, I want you to know: you're not alone, and you're absolutely not expected to have it all figured out.

This isn't about restriction or perfection. It's about nourishing your body in a way that feels good, supports your energy, helps reduce unwanted side effects, and makes you feel more like you. There's so much noise out there when it comes to food and wellness—but this guide is here to simplify things.

No pressure. No judgment. Just small, doable steps you can come back to whenever you need.

My goal is to empower you with the confidence to nourish your body without restrictions or confusion—because food freedom is about understanding what works for you and feeling good about your choices.

By the end of this booklet, you will have a clearer understanding of how to build balanced meals, enjoy a variety of nourishing foods, and make choices that support your body's needs—without the pressure of diet rules or feeling deprived. You're already taking steps towards a healthier, more empowered relationship with food.

Let's dive in and unlock the knowledge that will help you feel confident, informed, and in control.

Warm wishes,

Jane

Nutritionist & Mindset Coach



Jane Moran is a Nutritionist and Mental Health Ambassador.

Having experienced first hand the transformative effect of nutrition and the link between food and mental health, she now works with individuals and organisations to implement holistic wellness through diet and mindfulness.

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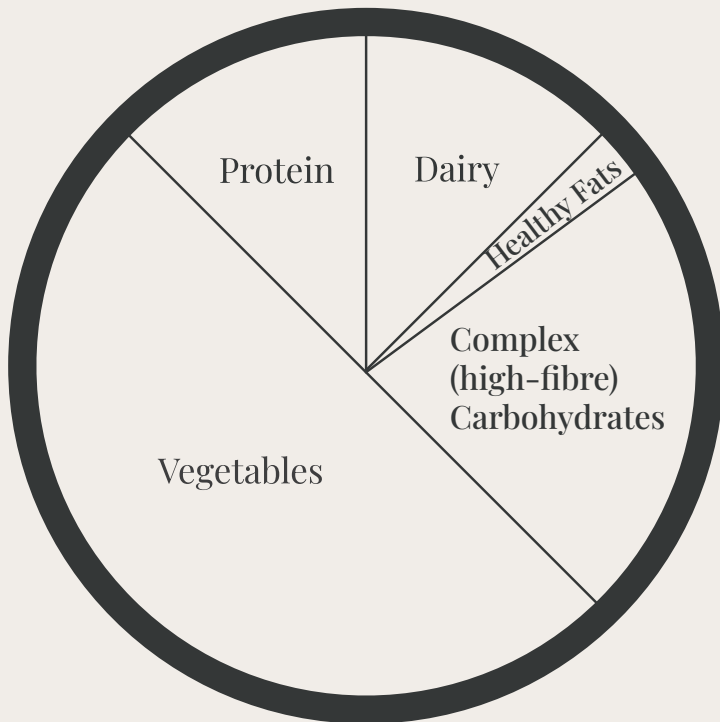
Build a Balanced Plate

This is the most important place to start. Appetite loss means you may not eat much, so when you do eat, it's important to make it count. So both meals and snacks should be 'nutrient dense.'

A balanced plate includes protein, healthy fats, complex carbohydrates, and colourful plants. Think about adding something from each food group at every meal to help you feel more satisfied, energised, and nourished.

This booklet will help you with this skill, so before you know it you'll be free from worrying about food!

There are a few simple recipes at the back of this booklet for inspiration.



Top tip:

How much is healthy?

Portion sizes can be tricky to navigate, because everyone is different. It will depend on your lifestyle and age too. You shouldn't be feeling hungry, but you shouldn't feel uncomfortably full either. While you are taking weight-loss meds, your hunger cues may not be normal, so find a balance that feels right for you. If you need somewhere to begin, using hand measurements as a rough guide is a good place to start. Work towards eating intuitively and stopping when you are full.

Palm size
protein

Fist size
vegetables

Handful
carbs

Thumb size
healthy fats



Why is this important?

If you only manage one or two meals a day, this balance becomes even more important – you need a bit of everything to keep your body working well and feeling great.

Balancing your meals helps manage blood sugar levels and reduce energy dips and cravings. It also supports muscle maintenance, skin and hair health, and overall wellbeing when your food intake is lower than usual.

So make sure you include one of each food group at every meal for a balance of everything your body needs.

Some people don't eat dairy, some don't eat grains, you may have an allergy or intolerance to a food group. If you are not able to eat one of the food groups, discuss how to rebalance your plate with a nutritionist.

Mix & Match

To make life easy, just pick one from each column to build a satisfying, nourishing meal. Before you know it you'll be doing this easily and won't need to rely on recipes, or this list!

Protein

Eggs
Fish
(Tuna, sardines, salmon)
Chicken
Lentils
Chickpeas
Tofu or tempeh
Meat
(Beef, lamb, steaks, chops or mince)
Beans
(Tinned cannellini, black, kidney etc)

Complex (High-Fibre) Carbs

Brown Rice
Wholemeal Pasta
Sweet Potato
Oats (porridge or baked)
Wholegrain bread/pitta/sourdough
Quinoa or Bulgur
Jacket Potato
Barley

Veg

Carrots
Broccoli
Peppers
Red Cabbage
Spinach
Frozen peas
Frozen mixed veg
Tomatoes
Courgette

There are actually over a thousand veggies across the world which I won't list here! Go for a rainbow of colours for ultimate nutrition.

Healthy Fats

Olive oil
Nuts/Seeds
Nut Butters
(Peanut, almond etc.)
Avocado
Full-fat Greek yogurt
Cheese
Flaxseed or chia seeds

Dairy

Plain yogurt
Milk
Cheese
Cottage Cheese
Kefir

Example Meals

- Sweet jacket potato (complex carb) with tuna (protein) mixed with greek yogurt (dairy) and dill with a salad (veg) in a vinaigrette made with olive oil and apple cider vinegar (healthy fat)
- Roast Chicken (protein) with roasted carrots, onion, garlic, potato, beetroot (veg and carbs) Cook the veg in olive oil. (healthy fat)
- Chickpeas (protein) and roasted tomatoes, peppers, onion, courgette in olive oil (veg + healthy fat) in a wholemeal pitta (complex carb). Add flavour with greek yogurt mixed with lemon juice and fresh basil, oregano or thyme and/or add herbs to your roasted veg.

Prioritise Protein & Fibre

Protein is crucial when you're eating less. It helps protect your muscles, supports recovery and immune function, and is essential for skin, hair, and nail health.

Aim for a protein source with each meal – whether it's meat, eggs, dairy, tofu, lentils, or fish. Snacks like boiled eggs, nuts, or a scoop of protein powder in a smoothie can help top up your intake if full meals are hard.

Top tip:

When choosing packed foods like protein powders or nut butters, be sure to check the ingredients. Nut butters should be 100% nuts and protein powders should be free from fillers, sugar and sweeteners.

Fibre supports your gut health and helps keep digestion regular – something that can slow down with GLP-1 medications. Swap white rice, bread, and pasta for brown or wholegrain versions where possible, and add in foods like oats, lentils, beans, chia seeds, and vegetables.

Top tip:

Start slow if fibre is new to you, and increase water alongside it. Try overnight oats or adding a spoonful of lentils or beans to soups.



Why is this important?

Protein helps with satiety and reduces muscle loss, which is a risk when losing weight quickly. It also supports blood sugar balance, mental clarity, and energy.

Fibre slows digestion, keeps you full longer, and feeds the good bacteria in your gut. It supports blood sugar regulation and may reduce the risk of side effects like constipation.

There's a handy printable food pyramid on the next page for you to stick on the fridge for inspiration!

Food Groups

Food Pyramid

My healthy, balanced food pyramid shows the basis of a nutritious & balanced diet. Don't forget the lifestyle tips at the bottom!

&...
Dark
Chocolate
Sparingly

Herbs & Spices
Garlic, ginger
Herbal teas
Unlimited amounts

Other Protein
Dairy
Lean meats
1-3 portions a day

Fish & Seafood
Oily fish
Wild fish
Eat 2-3 portions a week

Healthy Fats
Extra virgin olive oil, flax seed oil, avocados
Nuts & seeds including ground flax & hemp seeds
1-3 portions a day

Whole Grains
Brown rice, oats, quinoa
Wholewheat pasta/bread
2-3 portions a day

Beans & Legumes
Source of protein & carbs
Tinned/dried beans, peas & lentils
1-2 portions a day

Vegetables
Raw & Cooked
Rainbow coloured
Eat as much as you like

Fruits
Fresh in season
Frozen
3-4 portions a day

Drink Water, move daily, sleep well & manage stress Prioritise these as much as your food!

Stay Hydrated & Keep Moving

It's easy to forget to drink water, but hydration supports every cell in your body.

Hydration delivers essential nutrients to your cells. Without it, all this nutrient dense food won't be used well in the body.

It keeps your organs functioning properly, supports digestion, regulates your body temperature, keeps joints lubricated, prevents infections, increases energy and even improves sleep quality, focus, and mood.

You'll also help your body to flush out toxins, manage weight and your skin and hair will look fab!

Aim for water, herbal teas, or broths throughout the day. Get yourself a nice water bottle and take it everywhere!

Gentle daily movement (a walk, stretch, or low-impact class) supports mood, digestion, muscle tone, and weight loss. Even five minutes counts.

Why is this important?

GLP-1 medications can blunt your thirst and reduce your motivation to move. Staying hydrated and gently active helps prevent fatigue, lifts mood, and supports long-term health.

Top hydration tips:

Add a slice of lemon, lime or orange to your glass of water for a natural, subtle flavour.

Try a cup of bone or vegan broth for the most nourishing drink ever!

Discover the hundreds of herbal teas available to find your flavour.



Important Key Nutrients

There are a few other things I wanted to mention when it comes to weight loss meds that I think are important considerations.

Firstly, I want you to keep a check on key nutrients. When your food intake drops, you may fall short on key nutrients like iron, B12, and magnesium – all of which are essential for energy, focus, and reducing fatigue.

Include iron-rich foods (dark greens, meat, lentils), and pair them with vitamin C (like oranges, lemon or peppers) to help absorption. B12 is found in meat, fish, eggs, and dairy. Vegans may need a supplement, however supporting your body with nutrient dense meals as this booklet sets out should give you everything you need.

Top tip:

If you're tired, foggy, or losing hair, speak to your GP or nutritionist about checking your nutrient levels.

If you do need to take supplements, feel free to book in with me for a consultation and I'll help you prepare your supplement stack. All the details are on the back page.

Gut Health

GLP-1s can slow digestion and cause bloating or nausea. Eating slowly, chewing well, and including fermented foods like kefir, plain yogurt, or sauerkraut can help. So can reducing ultra-processed foods and sugars, which may upset the balance in your gut. Pay attention to what your body likes, our microbiome is as unique as a fingerprint and therefore what agrees with one person may not with another! Listen to your body.



Why is this important?

Nutrient deficiencies can creep up quickly, especially on a low intake. Supporting your stores of iron, B12, and magnesium helps you feel more energised, resilient, and nourished.

Your gut is linked to your mood, in fact most of our 'happy hormone' – serotonin – is produced in the gut. We also know that our gut affects immunity, and obviously digestion. A calm, well-fed gut supports everything from energy to emotional wellbeing.

It's a process!

A reminder to be kind to yourself...

Strive for a balance that is more healthy choices than not and feels in harmony with your life, not overwhelming.

Feeling bad or guilty about food is just not helpful, so give yourself a break and know that you are taking steps to improve your diet and long term health. You are amazing.

It's a process, and you don't have to change everything overnight. Start with one step that feels doable, and then add to each healthy habit.

It's one thing understanding what you should be doing, another thing to actually do it! Small changes make a big difference. Just changing one thing a day, one meal, increasing hydration, cutting out one sugary snack, is all it takes to make a start. So don't put too much pressure on yourself and pick one focus at a time. Use my healthy habit printable on the next page to keep you on track.

The notes on the next page will help you to build healthy habits that last a lifetime. Enjoy your food!

*You are learning a new
way of eating and living.
Listen to your body.
& enjoy the journey!*

Healthy Habits

Small changes make a big difference.

My focus for the next 3 weeks is:

Can I break this down into easier steps?

Can I tag this onto an existing habit?
ie. in the shower, whilst something cooks, while my cuppa brews...

The results that motivates me are:

Habit Tracker

	M	T	W	T	F	S	S
Week one	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week two	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Week three	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

There's space for you to add two other core habits like drinking water or exercising alongside your chosen focus.

Just start!

One of the hardest parts of creating healthy habits is making a start. We tend to never feel ready for change. Our brains want to protect us and keep us in our comfort zone, so you can imagine the lengths it's going to make this all seem like a bad idea. The excuses will come! Recognise them and address them. Ask if they are true. Ask if they are in your best interest.

One of the most common barriers we put up is the feeling of not being ready. I can't do this because... or I'll just wait until... The secret is just start. Today. Go for it - you won't regret it!

Don't give up

It can be hard to keep motivated, especially if you're not seeing results straight away. It's important to choose a small, realistic goal so you aren't relying heavily on motivation.

If you have a bad day or weak moment, don't give up. You are human, and some days we just need to be kind to ourselves and give ourselves a break.

It's a good idea to have someone you are accountable to, other than yourself. Choose someone, family, friends, colleagues or a health practitioner to support you. Sometimes just knowing someone else will be checking on your progress is enough to spur you on!

Visualise your future

A great practice is to sit for just a couple of minutes every day and just breathe. Visualise yourself in the future. Just sit and imagine how you will look, feel and act differently when you've achieved your goal.

If you think something is subconsciously blocking you from taking action, then seek help from a practitioner. CBT, EFT and NLP techniques can help you to move forward when you feel stuck.

After 3 weeks your habit should be formed. Keep it up & reward yourself. Buy yourself new clothes, music or something that reminds you how far you've come.

I wish you health & happiness.

Jane x

Meal ideas

*Create simple,
balanced meals*



Welcome

This isn't your average recipe book. It's less about measuring and perfection and more about learning to balance ingredients and flavours to make simple meals.

A lot of these will work as batch cooks that you can then freeze to make life easier. If I've included any ingredients that you know you can't have, then either switch them for something similar or ignore that recipe!

Whether you're a whizz in the kitchen or new to cooking from scratch, I hope this is useful and helps you on your journey to nourishing your body and enjoying your food.

Snacks

Balanced Snacks for when you feel hungry between meals or just want something light.

Sweet

The simplest way to get a healthy sweet hit is to snack on fruit. Great combos are:

- Fresh fruit with a small chunk of cheddar or dark chocolate
- A handful of nuts or nut butter with a pear
- A medjool date or satsuma and a square of dark chocolate

It really doesn't have to be more complicated than that. There are so many fruits, nuts and dark chocolates to try that you could go for something different all the time! In fact variety is key to this, each fruit and nut has different nutrients to offer, so experiment and try something new.

Follow me on social media for some easy snack recipes @JaneMoranNutrition

Savoury

These dips are great as a snack or part of a meal. They get those beans and legumes into your diet in a delicious way. Make up a batch and it should last a few days in the fridge. Keep some crudité's, like cucumber, carrots, peppers etc. in jars of water in the fridge for a quick snack. These also work well with the wholegrain crackers or oat cakes.

No blender or chopper? You can mash for a chunky dip or opt for the bean side salads on the last page.

Hummus

Pop a large tablespoon of tahini (optional) in a food processor, mini chopper or blender, with a tablespoon of lemon juice, a tin of chickpeas, 2 tablespoons of extra virgin olive oil, a clove of garlic and 1/2 tsp cumin and blend. Add 2-3 tablespoons of water for the consistency you like. Season with salt and pepper to taste.

You can add in paprika or onion to add flavour if you wish.

Bean dip, Baba ganoush & Guacamole

Substitute the chickpeas in the hummus recipe for beans or roasted aubergines (for baba ganoush) and play with flavours you enjoy. Use a couple of avocados for guacamole and add a couple of fresh tomatoes, a small onion, and season with salt, pepper and chilli to taste.

Grab some crudité's and plain tortilla chips and enjoy!

Breakfast

Getting a balanced breakfast is easy, particularly if you opt for a savoury start to your day.

Sweet

Buckwheat pancakes

Whisk 150ml any milk, 50g buckwheat flour, 1 egg and a pinch of salt. Heat some extra virgin olive oil in a frying pan and cook for 2 minutes on each side. Serve with veg, mushrooms, salad, or if you prefer, berries, bananas, nuts and seeds. Whatever you opt for, remember to get that balance. Banana, greek yogurt, walnuts and maple syrup is my favourite! Serves 2.

Smoothies

My go to foundation is milk and an avocado for a creamy base. Then you can add pretty much any fruit or veg you like. Just be aware that some fruits blend better with a water base instead of milk.

Try grabbing some bags of frozen berries, pineapple or mango and adding a handful of that in.

A mixture of fruit and veg works really well. A good handful of kale, lettuce, cucumber or spinach is a sneaky way to pack an extra bit of veg in to your diet.

You can add in some nut butter or protein powder. Make sure you choose one with no sugar or additives.

Add some fibre and healthy fats with a tablespoon of ground flaxseeds, chia seeds.

Finally, you can add a pinch of cinnamon, a date for sweetness if needed.

Overnight oats

Make 2 or 3 of these at once so you're all set for a quick, nutritious breakfast. Grab some glass jars with lids (jam jars work well) and add 1:1 ratio of oats and milk.

2-3 Tablespoons of oats is a good portion, but see what fits in your jar!

Add in a dessert spoon of chia or flax seeds for extra fibre, add a dollop of greek yogurt, perhaps some vanilla extract, honey or maple syrup, fresh or frozen fruit, nut butters, nuts, seeds and spices. Experiment!

Just add all the ingredients, cover with milk and leave overnight in the fridge.

This also works with hot porridge too. Just make sure you use rolled oats rather than porridge in a packet with added salt and sugar.

Savoury

Ideally we should be going for a savoury breakfast as it can affect our blood sugar levels and how we eat for the rest of the day. Again, I've listed some great combos, but experiment with flavour combinations and think about adding in nutrition rather than taking anything away.

- Mashed avocado on toast with egg and spinach
- Spinach omelette with tomatoes and peppers
- Apple and Sausage hash with kale and onion
- Veggie frittata
- Avocado and smoked salmon on wholegrain toast
- Veggie scramble (this is good if you cook extra veg the night before and then add it to an egg or two)
- Boiled egg with asparagus

Apple and sausage hash

If you usually like a fried breakfast, this is a good swap. I plan to have this the morning after we've eaten sausages so I have 1 left over to reheat. Then I bake extra sweet potatoes during the week so I just have to reheat that too.

Oven roast your sausages, onion, garlic and sweet potatoes, then saute in a saucepan with a chopped apple and some kale. Add a cup of bone broth or stock with a splash of apple cider vinegar and herbs of your choice. Sage or thyme works well.

Eggs

Make a boiled egg, omelette or fritatta for a quick breakfast. Try whizzing up your eggs with some spinach to make a green spinach omelette. A sprinkle of cheese never hurts! Wholemeal toast with butter and a boiled egg and some asparagus or spinach is one of my regular breakfasts. There are some great recipes online for fritattas and egg muffins which can be batch cooked and kept for a few days in the fridge. A huge variety of delicious combos that are balanced meals. Eggs are great on their own but lack carbs and fibre, so although a boiled egg makes a great snack, I would have it with veggies or toast.

Midday & Evening Meals

All other meals are interchangeable. I would advise you to try and eat a larger meal at midday if you can, and a lighter meal in the evening, so that your digestion doesn't impact your sleep.

Simple is best

There's no need to make fancy meals, unless you want to! Some of the best healthy meals are really simple. Soups and stews, Lasagne, Spaghetti bolognese and Shepherds pie can all have veg added (peas and carrots work well) and served up with wholegrain pasta or a mix of white and sweet potato.

You can also make amazing veggie versions of all of these. Veggie lasagne with roasted veg and lentil shepherds pie are staples in our house.

Mackerel on toast with a salad, baked salmon and veg, baked potatoes with homemade baked beans (see recipe below) are all age old recipes that result in good balanced and nutritious meals with minimum effort.

Roasting

Roasted meat or veg are so easy because you can stick everything in a casserole dish and you're done. I just heat the oven to 200°C and fill a tray with veggies, tofu, garlic etc, drizzle with extra virgin olive oil, season with herbs, spices, salt and pepper and roast for about 20-30 minutes or until everything is cooked.

My favourite roast dinner is a load of chopped root veg (carrots, onions, garlic, potatoe, beetroot) sprinkled with cumin, coriander and cinnamon and drizzled with olive oil. Rub the same spices and a bit of oil on your whole chicken or chicken thighs/breasts and lay on top of the veg and bake it all together. A whole chicken takes about an hour, thighs or breasts I roast the veg for 20 minutes first then add the meat on top for another 30 minutes. Just check the meat is not pink by the bone and piping hot. Serve with stuffing and gravy - yum!

Stir Fry

Anything goes! You can buy packs of veg, and marinade your protein for a few hours before hand. I batch marinade then freeze in portions. Have a play with marinades, but my favourite is lime juice and water, sesame oil, ginger, honey, soy sauce, and chinese five spice. Stir fry your meat, add the veg for a few minutes and cook some wholewheat noodles or brown rice to go with it and you're done. I like a handful of peanuts in stir fries too.

Curry

As a base, add onions and curry spices (cumin, garam masala, ground coriander and cinnamon) to some olive oil or ghee and cook for 5 minutes. Then add your meat (chicken/lamb/beef) and cook for 10 minutes. Add a tin of tomatoes or passata and some veggies and beans or lentils, and bubble until your veggies are cooked. If you're using meat make sure that's well cooked.

You can add in some coconut cream or a splash of coconut milk if you want a creamier curry. Make some tzatziki as a 'raita' too by chopping up cucumber, onion and mint and mixing with coconut yogurt.

Serve with brown rice or wholegrain pittas.

Baked beans

These are a great batch cook and so much better for you than tinned baked beans, full of sugar. Stick portions in the fridge for 3 days or in the freezer for a few months.

4 servings

1 tbsp extra virgin olive oil
1 onion
1 tsp each of ground cumin & cinnamon
2 tins of beans
(mixed, cannellini, butter, kidney and/or black beans)
1 tin chopped tomatoes
Splash of Balsamic or apple cider vinegar
1 tsp maple syrup or honey
Salt & pepper to taste

Cook the onion and spices for 5 minutes then add in drained beans, tomatoes and seasoning. Bubble away for about 20 minutes. Serve with baked potatoes (especially sweet potatoes) or brown rice, avocado, yogurt and cheddar. (Burrito Bowl)

Soups & Stews

These easy to digest foods are nourishing and warming. Great to batch and freeze. There are so many flavours to choose from. I suggest going for seasonal veg and experimenting with flavours. All you need are some veggie stock cubes and a few herbs and spices and you're good to go! Leave veggies chunky for a stew or blitz in the processor for a smooth soup. There are a couple of soup ideas on the next page.

Vegetable & Lentil Soup

4-6 servings

2 tablespoons extra virgin olive oil
1 medium onion, chopped
2 carrots, peeled and chopped
4 garlic cloves, pressed or minced
2 teaspoons ground cumin
½ teaspoon dried thyme
1 large tin (28 ounces) tomatoes,
1 cup brown or green lentils, rinsed
4 cups vegetable/chicken broth
2 cups water
1 teaspoon salt, more to taste
Freshly ground black pepper, to taste
1 cup chopped fresh greens (collard, kale, spinach)
1 tablespoons lemon juice, to taste

Warm the olive oil in a large pot over medium heat. Add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.

Add the garlic, cumin, and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavour.

Pour in the lentils, broth/stock and the water. Season generously with freshly ground black pepper and salt if you are using unsalted broth (stock already has salt in). Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer for 30 minutes.

You can use a hand blender to blend the soup a little, but not completely. Take care when blending hot liquids.

Add the chopped greens and cook for 5 more minutes, or until the greens have softened. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavours really sing!

Leftovers will keep well for about 4 days in the fridge, or can be frozen for several months.

Bean Soup

This is a great way to get in some extra protein. Sauté your onion, add mixed herbs and then sweat your chosen veggies.

Add in a tin of cannellini or butter beans and then add your broth or stock. Bubble for 20 minutes until cooked and then blitz in the food processor. You can add a handful of spinach or kale to finish as you reheat it.

Make a big batch and you can freeze it in portions so you don't get bored of the same soup!

Sensational Salad Bowls

'Salad' doesn't have to conjure up images of bowls of lettuce and tomato, salads can be exciting and varied meals. Just google 'Buddha bowl' for what I think of when I make a salad. Remember to balance out the plate with wholegrains like quinoa, barley or rice, a good source of healthy fat like avocado, nuts and seeds, and some protein.

Vinaigrette dressing

Make your own dressing by mixing a 3:1 ratio of extra virgin olive oil and apple cider vinegar. You can add other flavours like lemon or lime juice, garlic, onion, pepper, herbs, mustard or tahini. Pop it in a glass jar and shake before using.

Bean side salad

This is a really tasty and easy way to add beans to your diet. Rinse a tin of beans, chickpeas or lentils well. There are lots of varieties to choose from including kidney, black, pinto, cannellini, butter, and navy beans.

Just add a tablespoon or so of vinaigrette dressing along with some chopped fresh herbs and/or spices and some salt and pepper. Combos I like are dried cumin with fresh coriander and lemon juice and fresh thyme.

Make a batch and keep in the fridge for 4 days. Just add a heaped tablespoon to your salad bowl.

Green Goddess Salad

Finely chop:

Cabbage, Romaine Lettuce and Cucumber

Blend:

1 avocado

2 handfuls of spinach

a large handful of basil

10 walnut halves

1 shallot/½ an onion

2 cloves of garlic

A few glugs of vinaigrette (very precise!)

1 tablespoon nutritional yeast (rich in protein and vitamins)

himalayan salt to taste

Keep the chopped salad and dressing separate and mix together just before serving.

Quinoa Salad

Rinse a cup of quinoa. Ratio is 1:1 quinoa and water, I tend to add a splash more water. You can make it more interesting by using veggie stock.

Bring to the boil then cover and simmer for 15 minutes. I leave the lid on for a few minutes then break it up with a fork. If you plan to use it cold in a salad you can make up a batch and store it in the fridge for a couple of days.

Add this to your lunches for the wholegrain carb element or make into a salad by adding cucumber, pepper and vinaigrette. Throw in some chickpeas for some extra nutrition!

That's just a small selection of meal ideas to get you started. I really encourage you to find meals that you love to make and eat and create a fortnightly menu that you can rotate and be flexible with to fit your lifestyle.

It's a lot, I know!

This isn't about perfection. You don't have to make every change at once. In fact, the most lasting changes often start small — one simple tweak, one gentle shift, one new habit at a time. Whether it's adding a source of protein to your meals, trying a new vegetable, or making sure you're eating regularly, every small step matters. Use the Healthy Habit Printable to choose 1-3 changes every month, and build on those.

Thank you for taking the time to read this guide. I hope it's given you a clearer, more confident sense of how to nourish your body in a way that feels supportive, not stressful. Trust yourself. Be kind to yourself. You're doing better than you think — and you're not alone in this.

If you're looking for more personalised support, I offer one-to-one consultations over Zoom. Together, we can create a plan of action that works for your body, your lifestyle, and your goals.

To book a session visit www.janemorannutrition.co.uk/book

I'd also love to connect with you on social media, where I share more tips, encouragement, and real-life nutrition advice you can actually use. Come and say hello!

 Instagram: [@janemorannutrition](https://www.instagram.com/janemorannutrition)

 Facebook: [/janemorannutrition](https://www.facebook.com/janemorannutrition)

Take what works for you, leave what doesn't, and keep listening to your body. You're learning. You're growing. And you're doing just fine.

Warm wishes,

Jane

Nutritionist & Mindset Coach