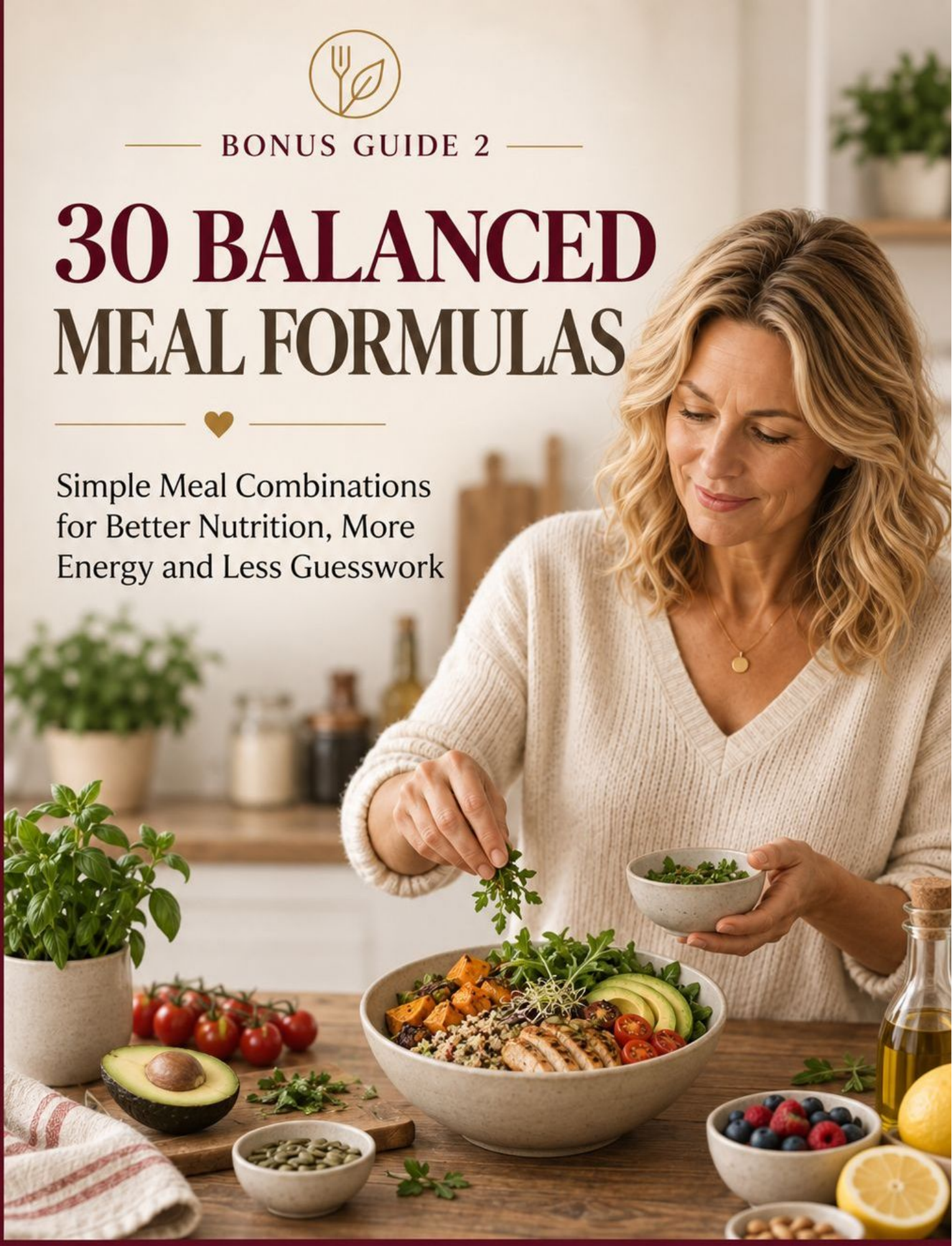
BONUS GUIDE 2

30 BALANCED MEAL FORMULAS

Simple Meal Combinations for Better Nutrition, More Energy and Less Guesswork



BUILD BETTER MEALS, ONE PLATE AT A TIME

Healthy Eating Does Not Need to Be Complicated

The Problem

Many people believe healthy eating requires new recipes every day, complicated techniques, exact measurements, unusual ingredients, and hours in the kitchen. It does not.

The Solution: Meal Formulas

A formula gives you **structure without rigidity.** Instead of memorising a single chicken recipe, learn the structure — then swap the ingredients each time.

> Learn the structure. Change the ingredients. That is all you need.

Rather than collecting hundreds of recipes you rarely use, this guide gives you **30 flexible meal formulas** — each one a reliable structure you can repeat, adapt, and genuinely enjoy. You will learn to build dozens of satisfying meals from a small number of simple frameworks, using ingredients you already know and love.

Recipes tell you exactly what to do — and that is precisely why they can feel limiting. If you are missing one ingredient, the whole plan falls apart. Meal formulas work differently. They give you a pattern that holds its shape no matter what you put inside it. A grain bowl is still a grain bowl whether you use brown rice or quinoa, roasted chicken or chickpeas, tahini or a squeeze of lemon. Once you understand the pattern, you stop needing the recipe at all. That is real food confidence.

This guide is organised into 30 formulas across a range of meal types — from quick weekday lunches to relaxed weekend dinners, from light and fresh combinations to warm and nourishing ones. Each formula includes a clear structure, example combinations, and simple guidance on how to adapt it to your preferences, your budget, or whatever happens to be in your fridge. You do not need to work through them in order. Browse, pick one that appeals, and start there.

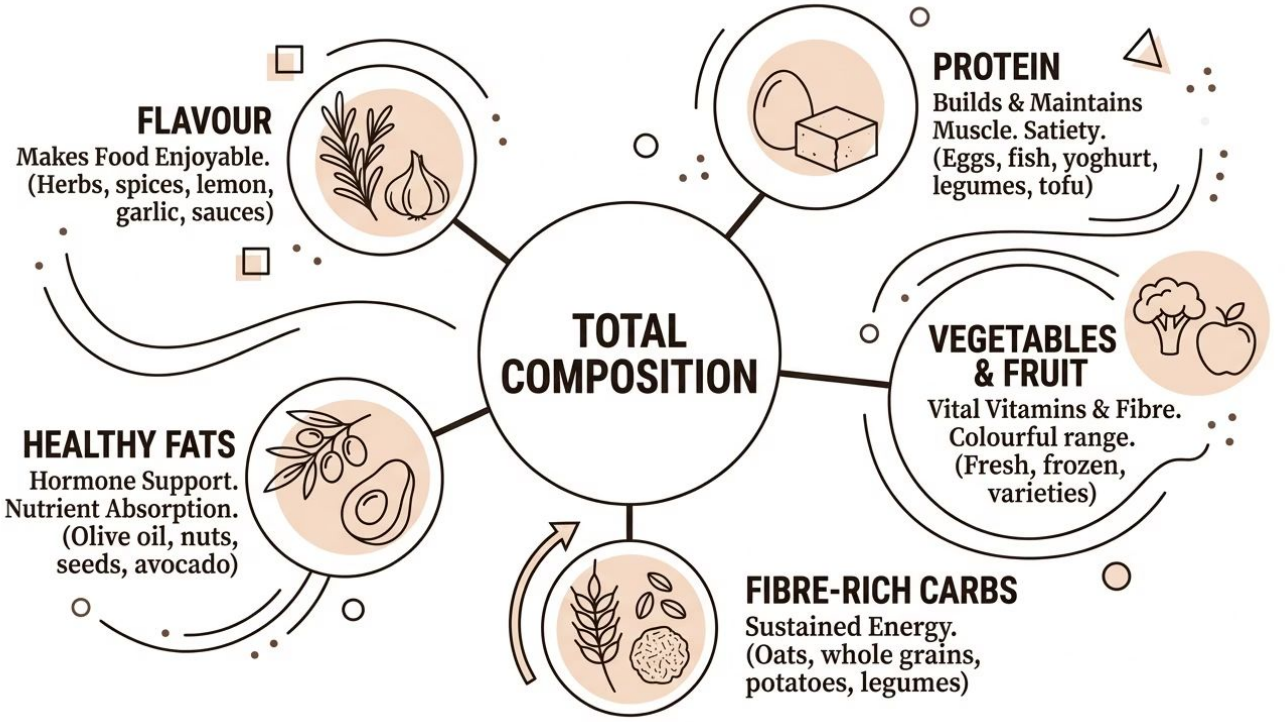
This guide is for anyone who wants to eat well without overthinking it. You do not need to be an experienced cook. You do not need a perfectly stocked pantry or a lot of spare time. These formulas are designed for real life — for busy mornings, tired evenings, and everything in between. Whether you are cooking for yourself, for a family, or simply trying to build better habits, the formulas in this guide will meet you where you are.

To get the most from this guide, try not to follow it too literally at first. Read through a few formulas, notice what they have in common, and start to see the patterns. Then experiment. Substitute ingredients you prefer. Adjust portions to suit your appetite. Make each formula your own. The goal is not perfection — it is progress. Small, consistent changes add up quickly, and before long, building a balanced meal will feel as natural as making a cup of tea.



The Complete Balance Plate

Every satisfying meal can be built from five simple building blocks. You do not need to measure portions or follow rigid percentages — simply aim to include most of these elements, adjusted to your own appetite, needs, and preferences.



Not every meal needs all five in equal proportions. Individual needs vary. Use this plate as a compass, not a rulebook.

In practice, the Balance Plate works best when you treat its five elements as a loose checklist rather than a strict formula. If your lunch already includes plenty of vegetables and a good source of protein, a handful of nuts or a drizzle of olive oil is all you might need to round it out. If dinner feels heavy on carbohydrates, add something green and bright to lift it. The elements are designed to complement one another — fat helps your body absorb vitamins from vegetables, protein keeps you full so you are not reaching for snacks an hour later, and flavour makes the whole thing worth eating again tomorrow. Over time, building with these five elements becomes instinctive. You will not need to think about it consciously; you will simply notice when something is missing and adjust. That gradual shift — small, consistent, and entirely your own — is where lasting change quietly takes root.



Your Protein Toolbox

Protein supports muscle maintenance, keeps you feeling satisfied after meals, and becomes especially relevant as we age. You do not need to count grams — simply aim to include a source of protein at most meals.

Animal-Based

- Eggs
- Greek-style yoghurt
- Cottage cheese
- Fish and seafood
- Poultry (chicken, turkey)
- Lean meat

Plant-Based

- Tofu and tempeh
- Beans, lentils, chickpeas
- Edamame
- Soy yoghurt
- Nut and seed butters (in combination)

Your Fibre, Fat & Flavour Toolbox

Fibre-Rich Foods

- Vegetables (all varieties)
- Fruit
- Legumes — beans, lentils, chickpeas
- Oats and whole grains
- Nuts and seeds
- Potatoes with skin

Increase fibre gradually to allow your gut to adjust comfortably. A wide variety of plant foods supports a thriving gut environment.

Healthy Fats

- Extra virgin olive oil
- Nuts and seeds
- Avocado
- Olives
- Oily fish (salmon, sardines, mackerel)
- Nut and seed butters

Fats are energy-dense and important. Include them in moderate, satisfying amounts.

Flavour Tools

- Fresh and dried herbs
- Garlic, onion, ginger
- Lemon and lime
- Vinegar, mustard, tahini
- Spices (cumin, paprika, turmeric)
- Yoghurt-based sauces
- Tomato-based sauces

Healthy food should still be food you genuinely want to eat. Flavour is not optional — it is essential.





BREAKFAST FORMULAS

Formulas 1–3: Start the Day Well

1

Formula 1 — The Protein Yoghurt Bowl

Yoghurt + fruit + fibre + crunch + optional healthy fat

Try: Greek yoghurt + berries + oats + walnuts. Or: yoghurt + apple + cinnamon + chia seeds. Takes 5 minutes. Keeps you full for hours.

2

Formula 2 — The Balanced Oat Bowl

Oats + protein + fruit + seeds or nuts + flavour

Try: oats + yoghurt + berries + chia. Or make overnight oats the evening before with milk, banana, and walnuts. Warm or cold — both work.

3

Formula 3 — The Egg & Vegetable Breakfast

Eggs + vegetables + optional wholegrain carbohydrate + flavour

Try: scrambled eggs + spinach + wholegrain toast. Or a quick omelette with mushrooms and tomatoes. Boiled eggs with rye bread is equally satisfying.

BREAKFAST FORMULAS

Formulas 4–6: More Morning Options



Formula 4 — The Wholegrain Toast Formula

Wholegrain bread + protein topping + vegetables or fruit + healthy fat

Try: egg + tomato. Cottage cheese + cucumber. Hummus + sliced peppers. Nut butter + sliced banana. Simple, satisfying, and endlessly variable.



Formula 5 — The Breakfast Smoothie

Liquid + protein + fruit or vegetables + fibre + optional healthy fat

Try: milk + yoghurt + banana + spinach + chia seeds. Smoothies are a practical option — not a nutritional requirement. Keep ingredients simple and whole-food based.



Formula 6 — The Quick Savoury Breakfast

Protein + leftover vegetables + simple carbohydrate

Try: egg + leftover roasted vegetables + potatoes. Or tofu + yesterday's greens + wholegrain toast. Breakfast does not have to taste sweet.





LUNCH FORMULAS

Formulas 7–9: Proper Midday Meals

Formula 7 — The Complete Balance Salad

Colourful vegetables + protein + fibre-rich carbohydrate + healthy fat + flavour

A salad should be a full meal, not just leaves. Add: chicken + quinoa + roasted peppers + olive oil dressing. Or: chickpeas + cucumber + whole grains + lemon tahini. Or: tuna + potatoes + green beans + mustard dressing.

Formula 8 — The Nourishing Grain Bowl

Whole grain + protein + vegetables + sauce + toppings

Try: brown rice + salmon + edamame + ginger dressing. Or: quinoa + chickpeas + roasted vegetables + tahini. Or: barley + chicken + wilted greens + lemon. Grain bowls are endlessly adaptable.

Formula 9 — The Wholegrain Wrap

Wholegrain wrap + protein + vegetables + sauce or flavour

Try: chicken + roasted peppers + yoghurt herb sauce. Or: hummus + chickpeas + mixed salad. Or: tuna + cucumber + spinach + mustard. Quick to assemble and easy to take to work.

LUNCH FORMULAS

Formulas 10–12: Practical Lunch Ideas



Formula 10 — The Open Sandwich

Wholegrain bread + protein + vegetables + flavour

Try: smoked salmon + cucumber + cream cheese. Cottage cheese + tomato + herbs. Egg + cress + mustard. Practical for desk lunches and quick at home.

Formula 12 — The Leftover Lunch

Yesterday's protein + vegetables + carbohydrate + new flavour

Last night's roasted chicken becomes today's wrap. Last night's lentils become today's grain bowl with a fresh dressing. **Leftovers are a tool, not a failure to cook.**



Formula 11 — The Soup + Protein Combination

Vegetable or legume soup + protein + optional wholegrain side

Try: lentil soup + a dollop of yoghurt + wholegrain toast. Vegetable soup + hard-boiled eggs. Bean soup + rye bread. Soup alone may not always be filling enough — adding protein and fibre makes it a complete meal.

DINNER FORMULAS

Formulas 13–15: Simple Evening Meals

Formula 13 — The One-Pan Dinner

Protein + vegetables + potatoes or whole grain + herbs + healthy fat

Place everything on one tray. Season well. Roast. Works with chicken, fish, tofu, or legumes alongside any vegetables you have. Minimal effort, minimal washing up.

Formula 14 — The Stir-Fry

Protein + 2–3 vegetables + rice or noodles + flavour sauce

Use garlic, ginger, a little soy sauce, sesame oil, and a squeeze of citrus. Ready in under 15 minutes. Works with chicken, tofu, prawns, or beef alongside broccoli, peppers, and pak choi.

Formula 15 — The Mediterranean Plate

Vegetables + protein + whole-food carbohydrate + olive oil + herbs

Try: grilled fish + roasted tomatoes + potatoes + fresh herbs. Or chicken + Greek salad + wholegrain pitta. Or legumes + roasted peppers + olive oil + lemon. A naturally varied and satisfying way to eat.





DINNER FORMULAS

Formulas 16–18: Comforting Weeknight Dinners



Formula 16 — The Simple Pasta Formula

Pasta + vegetables + protein + sauce

Try: wholegrain pasta + tomato sauce + lentils + spinach. Or pasta + salmon + courgette + lemon. Pasta is not the problem — what matters is the overall composition, portion, and dietary pattern.



Formula 17 — The Healthy Curry Formula

Protein or legumes + vegetables + spices + sauce + rice or grain

Try: chickpea and spinach curry with brown rice. Or chicken and vegetable curry with cauliflower rice. Or tofu and sweet potato curry. Use tinned tomatoes, onion, garlic, and spices as your base — simple and delicious.



Formula 18 — The Tray-Bake Formula

Protein + mixed vegetables + root vegetables + seasoning

Chop, season, and roast. That is genuinely all. Use whatever vegetables need using up. Season with olive oil, garlic, paprika, and herbs. One baking tray, one satisfying meal.

DINNER FORMULAS

Formulas 19–21: Fish, Legumes & Fridge Freestyle

Formula 19 — The Fish Dinner Formula

Fish + vegetables + fibre-rich carbohydrate + flavour

Try: salmon + green beans + new potatoes + lemon. Or cod + roasted tomatoes + quinoa + herbs. Or sardines on toast with a simple salad. Use whatever fish is available and affordable. Fish does not need to appear every day.

Formula 20 — The Legume Dinner

Beans, lentils or chickpeas + vegetables + whole grain or potatoes + sauce

Legumes can form the centrepiece of a meal, not just a side dish. Try: spiced lentil dal + rice + yoghurt. Or white bean stew + wilted greens + crusty wholegrain bread. Filling, affordable, and excellent for gut health.

Formula 21 — The "What's in the Fridge?" Dinner

1 protein + 2 vegetables + 1 carbohydrate + flavour

Open the fridge. Pick one thing from each column below. Season. Cook. Eat.

- **Protein:** eggs / chicken / tinned fish / tofu / beans
- **Vegetables:** whatever is there — spinach, courgette, peppers, frozen peas
- **Carbohydrate:** rice / pasta / potatoes / wholegrain bread
- **Flavour:** garlic + olive oil / soy + ginger / lemon + herbs

You do not need a plan. You need a structure.





QUICK MEAL FORMULAS

Formulas 22–25: When Time Is Short

Formula 22 — The 10-Minute Dinner

Eggs + frozen vegetables + canned legumes. Or: canned fish + bagged salad + wholegrain wrap. Or: pre-cooked grains + leftover protein + flavour. Use convenient healthy ingredients without apology.

Formula 23 — The Freezer Meal

Frozen vegetables + freezer protein (fish, chicken, edamame) + pantry carbohydrate + flavour. Your freezer is a meal-preparation tool. Fill it intentionally.

Formula 24 — The Pantry Emergency Meal

Canned fish + beans + tinned tomatoes + whole grains + spices. No fresh food does not mean no balanced meal. A well-stocked pantry is genuine insurance.

Formula 25 — The No-Cook Meal

Yoghurt bowl + fruit + seeds. Or tuna salad plate + wholegrain crackers. Or hummus + raw vegetables + wholegrain pitta. Ideal for hot days or exhausted evenings. No cooking required.

SNACK & LIGHT-MEAL FORMULAS

Formulas 26–28: Snacks That Actually Satisfy



Formula 26 — Protein + Fruit

Protein source + fruit

Try: Greek yoghurt + berries. Cottage cheese + sliced peach. A small portion of nuts + an apple. Snacks are entirely optional — but if you need one, pair protein with fruit for lasting satisfaction.

Formula 27 — The Crunchy Snack

Vegetables or fruit + protein or fat

Try: carrot and cucumber sticks + hummus. Apple slices + almond butter. Pear + a small amount of yoghurt. Simple, portable, and genuinely nourishing.



Formula 28 — The Mini-Meal

Protein + fibre + produce

For moments when you need more than a snack but less than a full meal. Try: cottage cheese + oatcakes + cherry tomatoes. Or: a small portion of leftover grain bowl. Or: wholegrain toast + nut butter + a piece of fruit.

Mini-meals are particularly useful for women whose appetite varies during the day, or for anyone managing energy between main meals.





SOCIAL & COMFORT FORMULAS

Formulas 29–30: Comfort & Connection

Formula 29 — The Healthier Comfort Bowl

Satisfying base + protein + vegetables + sauce

Comfort food does not need to be eliminated — it needs to be built thoughtfully. Try: mashed potato + grilled fish + green beans + simple sauce. Or pasta + tomato lentil sauce + parmesan. Or a rice bowl + teriyaki chicken + edamame.

Satisfaction is part of good nutrition. Meals you enjoy are meals you repeat.

Formula 30 — The Flexible Family Meal

Shared base + individual adjustments

Cook one base meal — protein + vegetables + carbohydrate. Then let each person adjust:

- Portion size according to appetite
- Sauce or topping preference
- Carbohydrate choice (rice, potatoes, bread)
- Plant or animal protein option

You do not need to cook four different dinners.



The Mix & Match Table

Use this table to build your own meal in minutes. Choose one item from each column. Season generously. Cook simply. The combinations are virtually endless — this single page replaces dozens of recipes.

Protein	Vegetables	Carbohydrate	Healthy Fat	Flavour
Eggs	Spinach	Brown rice	Olive oil	Garlic + lemon
Chicken	Broccoli	Quinoa	Avocado	Soy + ginger
Salmon	Courgette	Wholegrain pasta	Nuts	Herbs + vinegar
Chickpeas	Peppers	Potatoes	Seeds	Tahini + cumin
Lentils	Tomatoes	Oats	Nut butter	Tomato + paprika
Tofu	Kale or cabbage	Wholegrain bread	Olives	Mustard + lemon
Greek yoghurt	Cucumber	Barley	Tahini	Mint + lime
Tuna (tinned)	Sweet potato	Wholegrain wrap	Oily fish	Chilli + coriander



Make It Yours — Adapting Every Formula

Every formula in this guide can be adjusted to suit your needs on any given day. Use these simple adaptations as a practical reference.

More Protein

Add an extra egg, double the legumes, include a portion of Greek yoghurt, or add a piece of fish or chicken to an existing meal.

More Fibre

Add beans to soups, choose wholegrain versions of bread or pasta, add seeds to yoghurt, or include an extra portion of vegetables.

More Vegetables

Stir spinach into pasta, roast an extra tray of vegetables at the weekend, add frozen peas to rice dishes, or build salads as the meal base.

Vegetarian

Replace animal proteins with legumes, tofu, tempeh, eggs, dairy, or combinations thereof. Most formulas adapt naturally without any effort.

Budget-Friendly

Use eggs, canned legumes, frozen vegetables, seasonal produce, and whole grains. These are among the most affordable and nutritious foods available.

Busy Days

Rely on Formulas 22–25. Use canned, frozen, and pre-cooked convenience ingredients. A balanced meal can be assembled in ten minutes.

5-Ingredient Meals — Simple by Design

These examples use approximately five core ingredients. Seasonings, oil, and basic flavourings do not count toward the five. Every meal is realistic, nutritious, quick, and affordable.

Egg Fried Rice Bowl

Eggs · Brown rice · Frozen peas · Soy sauce · Sesame oil. Scramble the eggs, add rice and peas, season. Ready in 10 minutes.

Tuna & White Bean Salad

Tinned tuna · White beans · Tomatoes · Olive oil · Lemon. Combine, season, eat. No cooking required.

Yoghurt Grain Bowl

Greek yoghurt · Cooked quinoa · Cucumber · Olive oil · Fresh herbs. A cooling, satisfying no-cook meal for warm days or tired evenings.

Lentil & Tomato Bowl

Red lentils · Tinned tomatoes · Garlic · Cumin · Wholegrain bread. Simmer 20 minutes. One of the most nourishing meals you can make for under £2.



15-Minute Meals — Fast and Balanced

These combinations can realistically be assembled within approximately 15 minutes. They rely on ingredients that are quick to prepare or already ready to use. Speed does not require sacrificing nutritional quality.



Salmon & Grain Bowl

Pre-cooked grains + tinned salmon + frozen edamame + soy dressing. Microwave the grains, mix, dress, eat.

Scrambled Eggs & Greens

Eggs + frozen spinach + wholegrain toast + olive oil. Wilt the spinach in the pan, add eggs, season well.

Chickpea & Tomato Pan

Tinned chickpeas + tinned tomatoes + garlic + paprika + wholegrain bread. Simmer 10 minutes. Rich, filling, plant-based.

Tuna Wrap

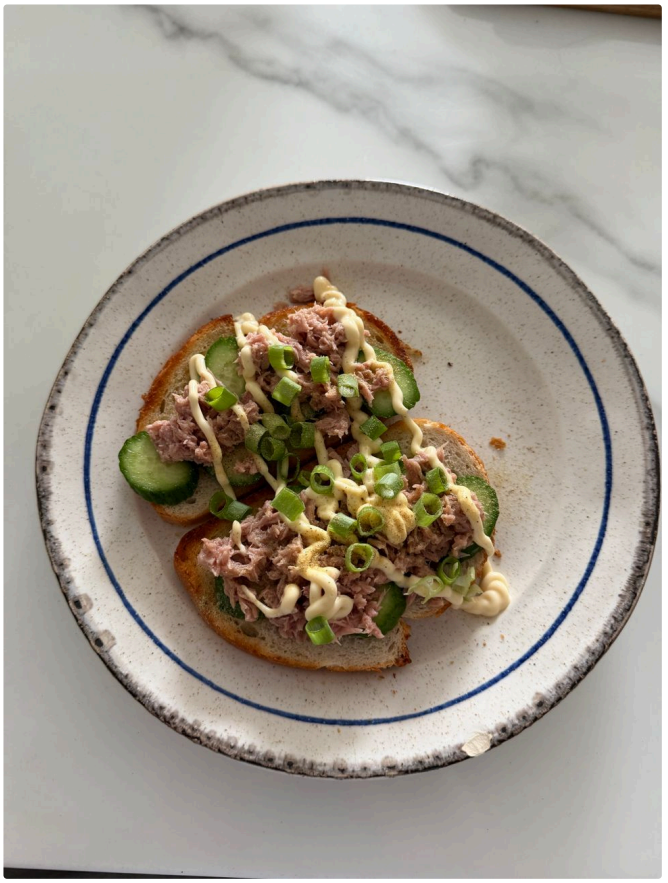
Wholegrain wrap + tinned tuna + cucumber + yoghurt + lemon. Combine and wrap. Portable and satisfying.

Greek Yoghurt Bowl (Savoury)

Greek yoghurt + cucumber + olive oil + wholegrain pitta + herbs. No cooking. Refreshing and protein-rich.

Oat Bowl with Berries

Oats + milk + frozen berries (microwaved) + chia seeds + a spoonful of nut butter. Ready in 5 minutes. Genuinely filling.





Cook Once, Eat Twice

Ingredient reuse is one of the most practical strategies for consistent, healthy eating. Rather than cooking from scratch every single day, prepare slightly more of a key ingredient and transform it across two or more meals.

1

Cook: Roasted Chicken + Vegetables

Sunday evening. Season generously. Roast together on one tray. Takes minimal effort.

2

Meal 1: Dinner Plate

Serve the chicken and vegetables with potatoes or grains and a simple herb dressing. A complete Formula 13 dinner.

3

Meal 2: Next-Day Lunch Wrap

Slice the leftover chicken. Add to a wholegrain wrap with yoghurt sauce and salad. Formula 9 complete — in under 5 minutes.

4

Cook: Lentils (Large Batch)

Simmer a large pot of green or brown lentils. These keep refrigerated for 4–5 days and freeze well.

5

Meal 1: Lentil Curry

Add tinned tomatoes, spices, garlic, and serve over rice. Rich, warming, and complete.

6

Meal 2: Lentil Grain Bowl

Serve cold lentils over quinoa with roasted vegetables and tahini dressing. Entirely different meal, same base.



Balanced Meal Prep — Prep Components, Not Identical Meals

Meal preparation does not mean filling seven identical containers on a Sunday afternoon. That approach leads to boredom and waste. Instead, prepare flexible components that combine differently across the week.

What to Prepare

- **One protein:** roasted chicken, boiled eggs, cooked lentils, or baked tofu
- **One grain or potato:** brown rice, quinoa, roasted potatoes
- **Two roasted vegetables:** whatever is in season or needs using
- **One sauce or dressing:** tahini lemon, yoghurt herb, or simple vinaigrette

How it Becomes Multiple Meals

- **Monday lunch:** Grain bowl with roasted vegetables + protein + dressing
- **Monday dinner:** Protein + fresh salad + potatoes
- **Tuesday lunch:** Wrap using leftover protein + raw vegetables
- **Tuesday dinner:** New protein added to leftover grains + sauce

Prep components. Combine differently. No boredom. No waste.

Meals for Gut Health

Many of the 30 formulas naturally support a healthy gut environment when built with variety and fibre-rich ingredients in mind. You do not need a special "gut health diet" — simply build meals that include a wide range of plant foods regularly.

Plant Variety

Aim to include a wide range of vegetables, fruits, legumes, grains, nuts, and seeds over the course of a week. Variety matters more than any single ingredient.

Legumes Regularly

Beans, lentils, and chickpeas are among the most valuable fibre sources available. Include them in soups, curries, grain bowls, salads, and stews.

Fermented Foods (If Tolerated)

Yoghurt, kefir, sauerkraut, miso, and kimchi contain live cultures. Include them where they suit your taste and digestion. These are supportive additions, not mandatory requirements.

Whole Grains

Oats, barley, brown rice, quinoa, and wholegrain breads provide fibre that feeds a healthy gut microbiome. Swap refined versions gradually if this feels helpful.





Meals for Women 40+

Nutritional needs shift with age. The formulas in this guide can be built to naturally support the priorities that become increasingly relevant for women in their 40s, 50s, and beyond — without the need for complicated dietary plans or supplements.

Prioritise Protein at Every Meal

Preserving muscle becomes progressively more important with age. Each formula in this guide includes a protein component — aim to include a meaningful source at breakfast, lunch, and dinner.

Include Calcium-Rich Foods

Dairy foods, calcium-set tofu, fortified plant milks, sardines (with bones), and leafy greens all contribute to bone health. Include them across the day rather than relying on a single source.

Fibre for Digestive Comfort

Many women notice changes in digestion during perimenopause and beyond. A fibre-rich dietary pattern built from whole foods supports digestive comfort and overall gut health.

Overall Dietary Quality

No single meal changes health outcomes — consistent patterns do. These formulas make it easier to eat well most of the time, which is where lasting benefits come from.

Meals for Healthy Weight

These formulas support a sustainable approach to healthy weight without restriction, calorie counting, or rigid rules. The goal is to build satisfying meals that naturally support good energy, fullness, and consistency.



The Key Principles

- Include protein at every meal to support satiety
- Build meals around vegetables and fibre-rich foods
- Eat regular, structured meals where possible
- Choose satisfying combinations that prevent excessive hunger later
- Develop portion awareness over time — not rigid measuring

Build Satisfaction First

The goal is to build genuinely satisfying meals before considering how to eat less. Meals that include protein, fibre, and vegetables naturally support appropriate portions — without willpower or restriction.

Avoid very low-calorie approaches. They tend to undermine muscle maintenance, energy levels, and long-term consistency.

Build satisfying meals before trying to eat as little as possible.





A Simple 3-Day Example

Example only — adapt completely to your own needs, preferences, and appetite. No calorie targets apply.

Day	Breakfast	Lunch	Dinner
Day 1	Formula 1 — Protein Yoghurt Bowl: Greek yoghurt + mixed berries + oats + walnuts	Formula 7 — Complete Balance Salad: Chicken + quinoa + roasted peppers + olive oil dressing	Formula 13 — One-Pan Dinner: Salmon + courgette + potatoes + herbs
Day 2	Formula 2 — Balanced Oat Bowl: Overnight oats + banana + chia + almond butter	Formula 12 — Leftover Lunch: Yesterday's salmon + salad + new lemon tahini dressing	Formula 17 — Healthy Curry: Chickpea and spinach curry + brown rice + yoghurt
Day 3	Formula 3 — Egg & Vegetable Breakfast: Scrambled eggs + spinach + wholegrain toast	Formula 11 — Soup + Protein: Lentil soup + yoghurt + wholegrain bread	Formula 21 — Fridge Freestyle: Eggs + courgette + frozen peas + rice + garlic oil



Common Meal Myths — Fact vs. Fiction

Nutrition information can be confusing and contradictory. These are some of the most common myths that make healthy eating feel harder than it needs to be.

Myth: Healthy food is complicated

Fact: Simple combinations of real ingredients provide excellent nutrition. Complexity is not a requirement for quality.

Myth: Dinner should never contain carbohydrates

Fact: Carbohydrate needs vary between individuals. A balanced evening meal that includes whole-food carbohydrates is appropriate for most people.

Myth: Salads are always healthy and complete

Fact: A salad of leaves alone is rarely a complete meal. Adding protein, a fibre-rich carbohydrate, and healthy fat transforms it into a genuinely nourishing formula.

Myth: You must cook everything from scratch

Fact: Healthy convenience foods — tinned fish, frozen vegetables, pre-cooked grains — make balanced meals easier and are not a compromise.

Myth: Healthy meals must be low-calorie

Fact: Nutritional quality, individual needs, and overall dietary patterns matter far more than calorie counts in isolation.

Myth: Eating the same breakfast daily is harmful

Fact: Repeating useful meals builds helpful consistency. Overall dietary variety across the week is what genuinely matters.

Shop from Your Meal Plan

This guide works naturally alongside **The Balance Shopping List**. Once you have chosen your formulas for the week, use this simple sequence to build your shopping list efficiently.

1

Choose Your Formulas

Select 2–3 breakfasts, 2–3 lunches, and 3–4 dinners from the 30 formulas. You do not need to plan every single meal.

2

Check What You Already Have

Before writing your list, check your fridge, freezer, and pantry. Avoid buying what you already own.

3

Write Your Proteins

List the specific protein sources your chosen formulas require. Include at least one plant-based and one quick-prep option.

4

Add Vegetables and Fruit

Choose a variety of colours and textures. Include at least one portion of frozen vegetables for convenience.

5

Add Carbohydrates and Fats

Whole grains, oats, potatoes, wholegrain bread. Olive oil, nuts, seeds, or avocado depending on your formulas.

6

Add Flavour Essentials

Garlic, lemon, herbs, spices, tahini, yoghurt, mustard. These transform simple ingredients into genuinely enjoyable meals.

7

Buy Only What You Will Use

A realistic, purposeful shopping list reduces waste and saves money. Buy with your actual week in mind — not an ideal version of it.

Build Your Personal 10-Meal Rotation

Decision fatigue is real. When you are tired and hungry, the last thing you want is to think of something new to cook. A personal rotation of reliable meals eliminates that friction entirely. Choose yours below — and revisit seasonally.

Your Personal Rotation

2 Breakfasts you genuinely enjoy and can prepare quickly.

3 Lunches that are portable, satisfying, and realistic for your working week.

4 Dinners that cover different protein sources and can be prepared within your available time.

1 Emergency Meal you can make with pantry and freezer ingredients when fresh food runs out.

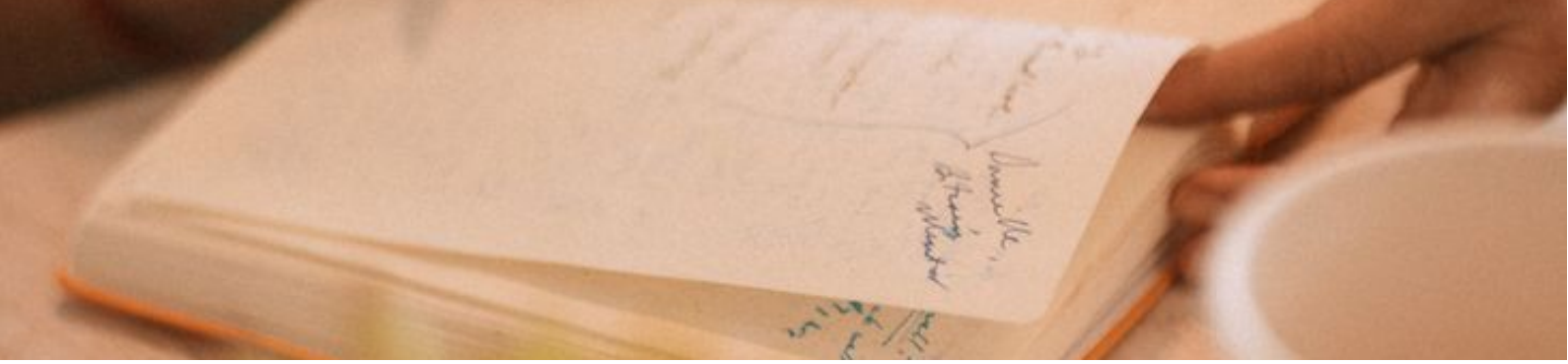
Why This Works

Research consistently shows that people who eat well over time tend to eat a smaller variety of regular meals than they expect. Reliability is a feature, not a limitation.

Your rotation does not need to stay fixed. Swap meals seasonally to keep things interesting. When a formula stops feeling appealing, replace it with another from the 30.

You do not need 100 recipes. You need 10 meals you can repeat, adapt, and enjoy.





My Favourite Formulas — Your Personal Reference

Use this page to identify the formulas that work best for your life. Return to it when you need inspiration or when meal planning feels overwhelming.

My 3 Favourite Breakfasts

Formula ___: _____

Formula ___: _____

Formula ___: _____

My 3 Favourite Lunches

Formula ___: _____

Formula ___: _____

Formula ___: _____

My 3 Favourite Dinners

Formula ___: _____

Formula ___: _____

Formula ___: _____

My Emergency Meal

Formula ___: _____

Ingredients I always keep available:

_____

My Favourite Snack

Formula ___: _____

_____

My Fastest Meal

Formula ___: _____

Ready in approximately _____ minutes.

My Family Favourite

Formula ___: _____

Works for everyone because:

_____

Your Weekly Meal Map

Use this planner to map out your meals before the week begins. You do not need to plan every single meal — simply choose the ones that would benefit from advance thought. Leave space for flexibility and spontaneity.

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Snacks or light meals this week: _____

Batch cooking or meal prep planned: _____



You Do Not Need 100 Recipes.

You need a few formulas you can repeat, adapt, and genuinely enjoy.

The 30 formulas in this guide are designed to work in real life — for real people, with real schedules, real budgets, and real preferences. Use them as a starting point, not a rulebook.

Start Simple

Choose 2–3 formulas this week. Build familiarity before variety.

Adapt Freely

Every formula is a structure, not a prescription. Swap ingredients based on what you have, what you enjoy, and what the season offers.

Build Gradually

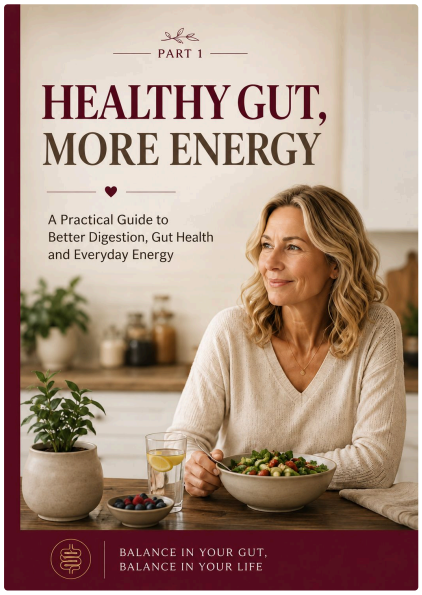
Over time, your personal rotation will emerge naturally. Consistency matters far more than perfection.

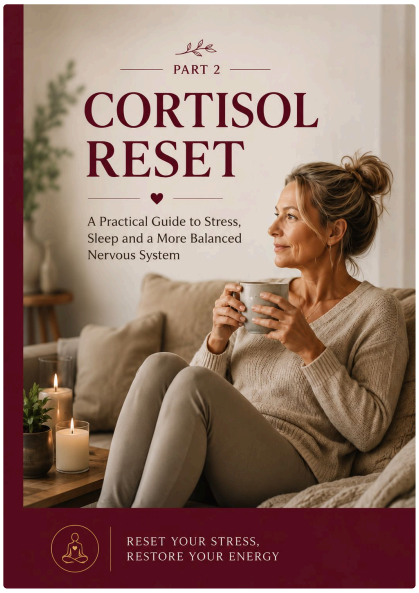
Part of The Complete Balance Method™ — helping you build a way of eating that actually works for your life.

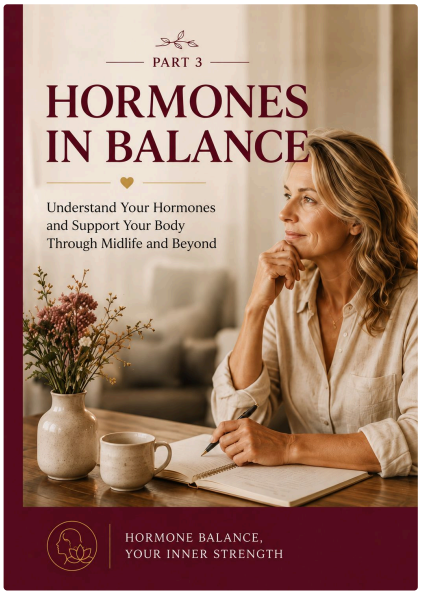
The Complete Balance Method™

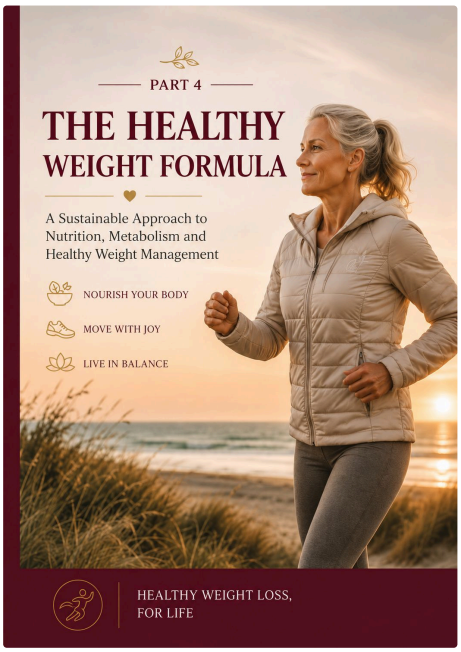
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.

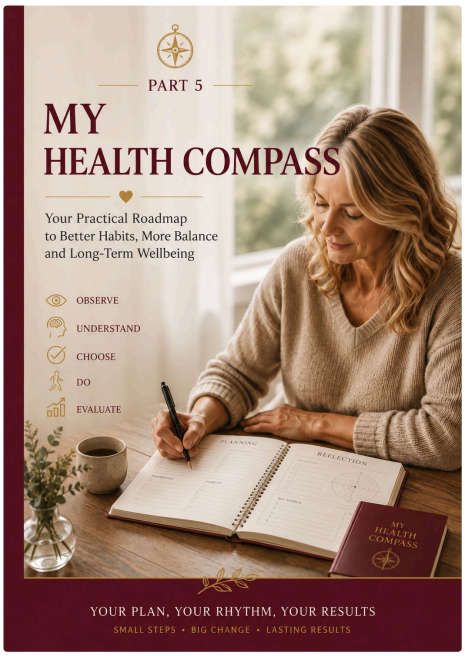
E-Books





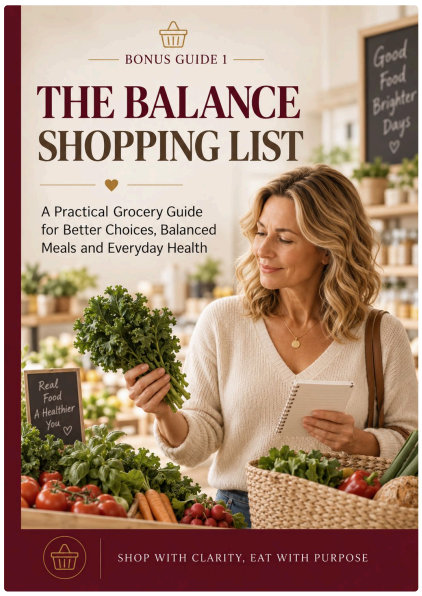


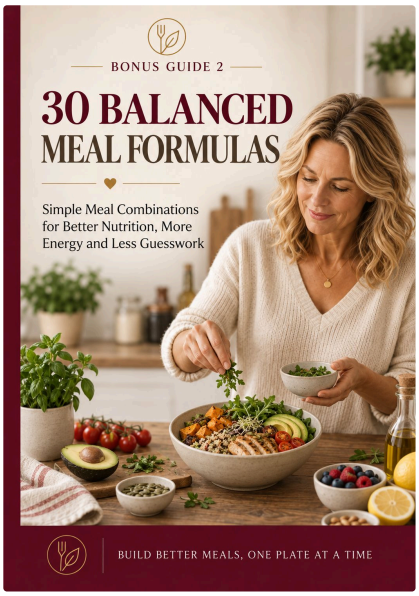




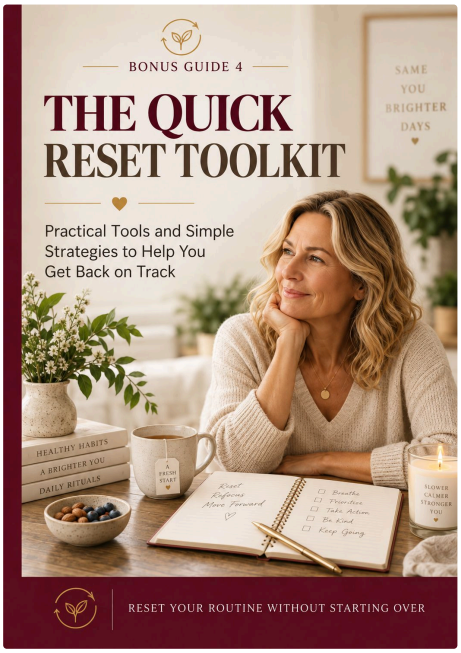
5 Bonus Guides

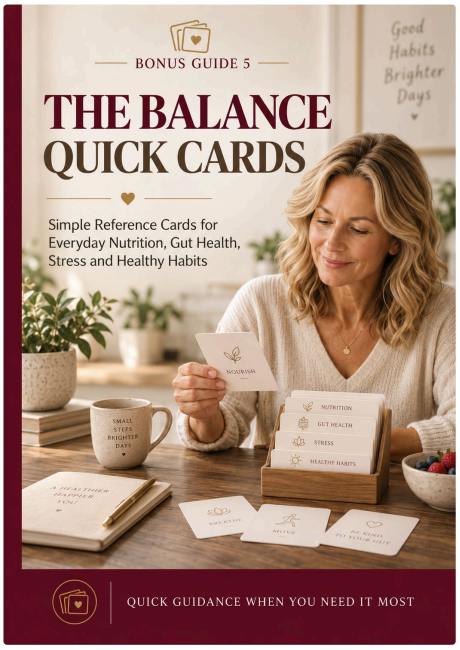
This guide is just one part of a complete approach to better health and lasting balance. **The Complete Balance Method™** brings together gut health, stress and cortisol, sleep and recovery, hormonal health, nutrition, healthy weight, energy, movement and practical daily routines — because your body does not work in separate parts. Each e-book and bonus guide has been created to help you understand your body more clearly and, above all, turn that knowledge into realistic actions you can actually maintain.











The Smart Supplement Guide

The Smart Supplement Guide helps you navigate supplementation with greater clarity and confidence. It provides a practical overview of carefully selected supplements, their key ingredients and their role within a broader healthy lifestyle — helping you make more informed choices based on your personal goals and needs. Supplements are not a replacement for healthy habits, but when chosen thoughtfully, they can be a valuable addition to **The Complete Balance Method™**.



ONE COMPLETE METHOD.
ONE PRACTICAL SYSTEM.
BUILT AROUND YOUR REAL LIFE.

You do not need another quick fix, another extreme diet or another list of health rules you cannot maintain. You need a clear framework that helps you understand how the different parts of your health work together — and shows you what to focus on next.

With the complete bundle, you receive the full **The Complete Balance Method™** collection: all five in-depth e-books plus all five practical bonus guides, designed to take you from understanding your body to creating healthier routines that fit into everyday life.

Your next step does not have to be bigger. It simply has to move you in the right direction.