

IDEAS FOR THE MONTH

You don't need a meal plan you'll abandon by week two. You need ideas to reach for. Pick what fits your day and rotate through them.

BREAKFAST

Oats

Overnight oats or porridge. Steady energy, no mid-morning slump, ready before you are.

Eggs

Scrambled, poached, or an omelette. High protein, keeps you full, endlessly adaptable.

Smoothies

Fruit, veg, yoghurt or protein. Fast, hydrating, good when eating feels like a chore.

Nothing

Skip it. A simple intro to intermittent fasting: eat within a shorter window, see how you feel.

LUNCH

Soups

Batch it, freeze it. Veg, lean protein, whole grains in one bowl, ready in minutes.

Salad Boxes

Not just lettuce. Rice, grains, grilled meat. Grab and go, warm or cold.

Meat & 2 Veg

Leftovers reheated properly. Simple, balanced, no real cooking required.

Wraps

Protein, veg, whole grain wrap. Portable, quick to build, hard to get wrong.

DINNER

Stews & Curries

One pot, big batch, freezer-friendly. Vegetables, protein, spice, done.

Grilled Meat or Fish

With veg or a proper salad. Lean, quick, and it doesn't get much cleaner than this.

Pasta

Whole grain where you can. Balanced sauce, side of veg. A weeknight regular, not a cheat.

Beans on Toast

Or better, make your own. Protein, fibre, five minutes, done.

SNACKS

Banana / Frozen Grapes

Sweet without the guilt. Frozen grapes are a genuinely good trick.

Peanut Butter on Toast

Fats, protein, fibre. Satisfying enough to actually stop the snacking.

Hummus & Crudités

Chickpeas, raw veg, done in two minutes. Crunchy and filling.

Nuts & Seeds

A small handful. Healthy fats, protein, keeps you going between meals.