

DERVAL.ie

Run your life

FOOD PLAN – QUICK GUIDE (MEAL PLAN)

1. Each day choose one breakfast, one lunch, one dinner and two snack options.
2. This plan aims to make your food choices healthier in a sustainable and doable way.
3. If you're going to cook a recipe e.g. dinner recipe, cook in bulk so you can use the leftovers for either lunch the next day or for another dinner.
4. During this 8-week plan, aim to cook a minimum of 2 new recipes a week (these recipes will be with you long after the 8 weeks finish).
5. For each category there is a non-cook/prep option, this will help you on days that you are busy to choose healthy shop bought options as well as quick ways to stay on track.
6. The optional extras are recipes that can be used to get your veggies in or for salad ideas, or for a quick sauce.
7. A capital (R) denotes that you can find the recipe via the recipe section on the website.
8. I know how busy everybody's lives get and there are some days where you don't have a chance to prep. I have done my best to give some non-prep options at the bottom of each list.





BREAKFAST

- Big Burrito Breakfast (R)
- Blueberry Protein Pancakes (R)
- Fitter Pitta (R)
- Scrambled Eggs Two Ways (R)
- Fancy Toast (R)
- Banana Smoothie (R)
- Veggie Fry Up (R)
- Fruit & Granola (R)
- Overnight Oats (R)
- Five-Minute Muesli with Natural Yoghurt & Fruit (R)
- Apple and Carrot Muffins (R)
- Slice of Frittata (R)
- 2 Weetabix With Milk and Chopped Fruit
- Avocado on Toast (R)
- Two Slices of Wholemeal Toast With 2 Boiled Eggs
- 2 Slices of Toast With Nut Butter And Banana (R)



LUNCH

- Spicy Chicken Pitta (R)
- Oaty Chicken Strips Served with Baked Potato & a Side Salad (R)
- Spinach & Feta Frittata (R)
- Baked Potato & Tuna (R)
- Chicken & Veg Soup (R)
- Superfood Salad Served with Salmon or Chicken (R)
- Lentil Soup (R)
- Moroccan Spiced Chicken Skewers (R)
- Chilli Con Carne (R)
- Vegetable Tagine with Minty Couscous (R)
- Healthy Wholegrain Vegetarian Quesadillas (R)
- Chicken and Lentil Casserole (R)
- Couscous Salad with Chicken/Turkey (R)
- Baked Potato with Fillings and Side Salad (R)
- Wholemeal Pitta with Fillings (R)
- Soup with 2 Slices of Wholemeal Bread (R)
- Pitta with Egg, Avocado & Grated Cheese (The Fitter Pitta) (R)
- Shop Bought Soup (e.g. Cully and Sully) with 2 Slices of Wholemeal Bread
- Shop Bought Wholemeal Sandwich with Turkey, Salad Leaves and Veggies Plus a Drizzle Extra Virgin Olive Oil



DINNER

- Chicken & Chorizo Stew (R)
- Turkey Stir-Fry (R)
- Salmon Bake (R)
- Red Lentil Dahl (R)
- Simple Curry Served with Rice & Stir-Fried Vegetables (R)
- Lamb Tagine Served with Rice & Stir-Fried Vegetables (R)
- Warm Pizza Served with Homemade Potato Wedges and Side Salad (R)
- Avocado & Mishmash (R)
- Chilli Con Carne served with Rice and Stir Fried Veg (R)
- Chicken and Lentil Casserole (R)
- Stuffed Peppers (R)
- Super-Fast Chicken and Rice (R)
- Chicken and Broccoli Bake (R)
- Moroccan Spiced Chicken Skewers (R)
- Vegetable Tagine with Minty Couscous (R)
- Thai Red Curry (R)
- Vegetarian Enchiladas (R)
- Butternut Squash and Bean Stew (R)
- Chicken/Beef/Fish + Mixed veg + rice/potatoes/pasta
(Please look at portioning guidelines on this quick prep dinner)



SNACKS

- Chewy Granola Bars (R)
- Bounty Bars (R)
- Homemade Trail Mix (R)
- Hazel & Cocoa Bombs (R)
- Apple and Carrot Muffins (R)
- Energy Ball (R)
- Handful of Sweet & Salty Pecans (R)
- 2 Rice Cakes with Banana
- Kids Smoothie Carton Plus a Handful of Mixed Nuts
- Fruit and Nut Bar (Lidl/Aldi and Naked do good versions of fruit and nut bars)
- Banana
- Handful of Cashew Nuts (40g) and a Piece of Fruit
- Apple with 2tbsp of a nut butter of your choice
- Handful of dried fruit
- 2 oat cakes, 1 matchbox size piece of cheddar cheese, cut in half and 1 apple, cut into chunks
- 2 rice cakes topped with nut butter (30g sachet or 1-2 tbsp) and chopped banana
- 3-4 squares of dark chocolate (70%+) with a handful of mixed berries
- 2-3 squares of dark chocolate with a handful of popcorn
- Small pot of natural yoghurt with 1tbsp seeds and an apple
- Hummus with carrot sticks
- One small bag of popcorn
- Rice cakes with nutbutter and banana
- Oatcakes with hummus
- Handful of granolas with yoghurt