

Cultivate: Food for thought

Eating regular meals throughout the day is essential to maintaining a good metabolism and healthy eating habits.



Research has shown that having a varied diet that includes good helpings of whole plant based foods including greens (spinach), beans, legumes, whole grains (brown rice, oats, brown pastas) nuts and seeds is great for healthy microbiomes, which leads to a healthy gut, improved digestion and improved health.

Breakfast

Breakfast is one of the most important meals of the day. "Breaking the fast" or taking the first food of the day is important to get your metabolism going and setting you up for the day. Try and have a breakfast that is high in fibre, fruit, and potentially a helping of nuts and seeds which gives an added helping of much needed protein.



Porridge Oats

Oats cooked with water or plant-based milk. You can add fruits like chopped banana for added fibre and blueberries for added antioxidants. Add a handful of nuts or seeds for added protein. Some dark chocolate, yogurt, a drizzle of maple syrup or similar never go a miss!

Smoothies

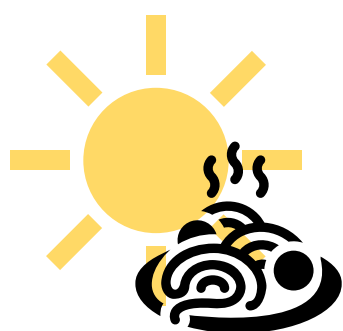
If you have a smoothie maker/blender you can always throw your oats, fruits, milk, seeds and nuts into a smoothie and still get the same high fibre and protein breakfast in a delicious drink.

Things for the cupboard/fridge:

Rolled oats/Jumbo oats
Plant-based milk
(oat/almond/soy/hemp/pea/coconut)
Bananas (slice them up and freeze them if you want to have in smoothies!)
Blueberries
Strawberries
Nuts
(peanuts/cashews/walnuts/almonds)
Seeds
(Sunflower/pumpkin)
Frozen berries
Soy yogurt
Dark chocolate
Maple syrup or similar
Nut butters (Peanut/Almond)

Lunch

Lunch is important to help manage cravings to graze or snack throughout the day. Having another meal during the day addresses hunger pains and prevents reaching for sweet and fatty snacks.



Pasta dishes

Swapping in wholegrain or brown pasta for white pasta is an easy way to increase fibre intake. For lunch (or dinner) try a simple tomato pasta sauce. Fry onion, add chopped tomatoes (fresh and/or canned) with seasoning/herbs of your choice. Boil pasta until cooked to your liking then add baby spinach/rocket and mix together. Add a drizzle of lemon to help with iron absorption!

Sandwiches

A lunch time sandwich is even quicker and easier. Try some mashed avocado with some salt, pepper and lemon juice on a slice of wholegrain bread. You can add some tomatoes, spinach or rocket for added vitamins and antioxidants.

Things for the cupboard/fridge:

Brown pasta
Cherry tomatoes
Onions
Basil
Baby spinach
Rocket
Canned/tinned tomatoes
Italian seasoning mixes
Lemons
Sourdough bread or similar
wholegrain loaf
Avocado
Nutritional yeast
Salt
Pepper

Dinner

Similar to lunch a meal in the evening helps to manage hunger and cravings and keep energy sufficiently topped up until bed time.



Curries

Curries make great meals because they are easy to make and easily swappable. Start with frying some cumin seeds in some oil for a 2 or 3 minutes, then add chopped onions, curry paste/powder and other seasoning of your choice. Add canned tomatoes, water or vegetable stock (to ensure that it doesn't burn), more curry powder, garam masala, salt and pepper, and chilli to taste. Then add skinned and chopped potatoes, and canned chickpeas. Cook until the potatoes are soft, and stir in spinach at the end. Serve with brown rice. You can shake things up by swapping out potatoes for sweet potatoes of lentils for any other canned beans or pulses.

Stir fries

Another easy meal that is good for you is a stir fry. Essentially you fry up any chopped vegetables you want and add some sauce and noodles. Broccoli, cauliflower, bell peppers, carrots, mushrooms, baby corn, green beans/sugar snap peas fried in a wok until browning. While frying you can make an easy sauce: peanut butter(3 tablespoons), with sesame seed oil (2 teaspoons), soy sauce (3 tablespoons) and siracha (or other chilli) sauce depending on how spicy you like it! Stir this all together until is sauce like then add to vegetables and cook for a few minutes until coated. Serve with rice noodles or rice.

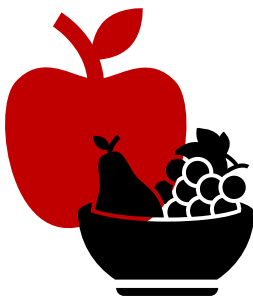
Things for the cupboard/fridge:

Brown rice
Vegetable oil (rapeseed)
Cumin seeds
Onions
Garlic
Curry powder/paste
Garam Masala
Canned/chopped tomatoes
Fresh chilli or chilli powder
Vegetable stock
Potatoes
Sweet potatoes
Canned pulses/beans (chickpeas/broad beans/black beans/cannoleni beans etc)
Lentils

Frozen peas
Broccoli
Baby stem broccoli
Bell peppers
Carrots
Mushrooms
Green beans
Sugar snap peas
Nut butter (peanut/almond)
Sesame seed oil
Soy sauce
Siracha sauce or similar
Rice noodles/Brown rice noodles

Snacks

Sometime we will still feel a little peckish throughout the day depending on how busy we are etc.



Fruit and nuts

If you must graze have a piece of fresh fruit or a serving of nuts/seeds is always good. High fibre and protien your body will thank you for it.

Toast

If you have the time and need something a bit more substantial, try a slice of bread with a nutbutter, or some hummous with a little salt, pepper and lemon or some other topping of your choice.

Flapjacks

Flapjacks are also a good go to for a bite on the go. Look for items in shops where the 1st item is oats, or make your own. Stir some maple syrup and sugar into oats then bake in the oven. Lots of recipes available online.

Nicecream

If you want something cold, consider making a frozen smoothie or nice cream. Requires a bit of prep, but if you routinely keep frozen bananas and berries in the

Things for the cupboard/fridge:

Fresh fruit (Apples, bananas, citrus fruit, Mango, Pineapple, Raspberries, Blueberries,)
Nut butters (Peanut/Almond)

Hummus
Wholegrain bread
Oats
Maple Syrup
Sugar/Coconut sugar
Plant-based milk

Sunflower seeds
Almonds
Pumpkin seeds
Linseeds

freezer you can whip up a delicious cold ice cream alternative. Just add a milk alternative or a juice to your frozen fruit with nut butter/seeds/nuts/oats of your choice. You can even add extra syrup or equivalent to make it a bit sweeter. Depending on thickness you enjoy with a straw or a spoon.

The ideas included in this handout are for inspiration. There are many great online resources for learning more about food and cooking. For more information go to:

<https://www.pickuplimes.com/>

<https://www.sisterwomanvegan.com/recipes>

<https://www.rachelama.com/see-all-the-goodness>

Food Diary

You can use this space to record what you are eating usually over the course of two weeks. Then think about making a meal plan, what do you want eat throughout the week? What would be good to have in the cupboards and fridge to make this possible?

Week beginning _____

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast						
Snack(optional)						
Lunch						
Snack (optional)						
Dinner						
Snack (optional)						

Shopping list: