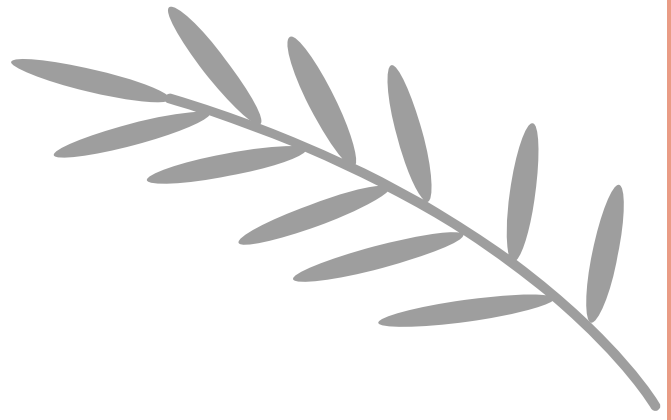


GHA Cystitis Natural Support Plan SUPPORT TOOL

Resource 5

Healthy Meal Inspiration





"The key to good health is on
your plate"



Welcome

 to your meal ideas resource.

Here you will find inspiration for healthy, balanced meals to eat alongside following your 6-day natural prescription.

The ingredients within the suggested meals can help improve how you digest and absorb vitamins and minerals and support the function of your defence system.

Feel free to adapt the suggestions to suit your dietary preferences or you can just take an ingredient or two and it to a usual favourite.





Breakfasts



Live yoghurt (dairy or non-dairy) topped with a portion of fresh or frozen berries and a small handful of mixed seeds, nuts or toasted oats

2 poached eggs on wholemeal (preferable rye or spelt) toast topped with mixed seeds and a squeeze of lemon and black pepper, sprinkled with paprika

Small bowl of oat porridge made with milk of choice or water and topped with portion of berries, sliced apple, a sprinkle of cinnamon, nut or seeds or a little honey if you like it sweet

Mixed berry and spinach smoothie (See recipe)





Lunches



Half an avocado sliced on wholemeal toast with poached egg and wilted spinach topped with a squeeze of lemon juice, mixed seeds, chilli flakes and paprika (optional)

Rainbow wrap – wholemeal wrap (recommend the brand Crosta & Mollica) filled with humous, grated carrot, grated beetroot, grilled chicken or halloumi, shredded lettuce and lemon juice and black pepper

Simple super green vegetable soup (See recipes)

Fish, tofu or cashew poke bowl – Diced smoked fish of choice such as salmon or mackerel, diced cooked tofu or a handful of cashews served with a portion of cooked and cooled wholegrain rice or quinoa, edamame beans, cube cucumber and finely chopped coriander. Dressed with a small amount of soy sauce, sesame oil and lemon juice and topped with sesame seeds





Evening Meals



Lentil and red pepper stew (See recipes)

Baked sweet or white potato served with tuna, cheese or homemade baked beans and served with a mixed leaf side salad with apple cider vinegar, olive oil and black pepper dressing

Aubergine, mushroom, spinach and lentil curry served with brown rice (See recipe)

2 egg frittata with diced sweet potato, onion, garlic and spinach topped with feta cheese and fresh coriander

Oven baked fish of choice or large flat mushroom served with a portion of cooked quinoa or other whole grain, steamed and flash fried kale - cooked with garlic and chilli in olive oil, steamed portion of broccoli and drizzled with olive oil and balsamic vinegar dressing to finish



"I want you to feel nourished over the next 6-days. Eating well regularly can help you to build resilience and feel good in yourself. I recommend that you continue to follow a healthy and balanced diet once you have completed your 6-day schedule"



Please move on to resource number 6