

# Healthy Meal Planning #1



*Early Spring edition*

- ✓ These meals are designed to feed two people (with leftovers) though can be scaled for families
- ✓ Some elements are complimentary and can be mixed and matched with food outside of this plan
- ✓ All meals can be prepped ahead of time and the dinner recipes are suitable for freezing too
- ✓ This is designed as weekday plan with flexibility built in for cooking or eating out at

# Lunch

## *'Jennifer Aniston' Quinoa Greek Salad*

Recipe makes 3-4 servings (with approx. 10g of fibre / portion)

[Recipe link](#)



## *Carrot & Parsnip Soup*

Recipe makes 3 servings (with approx. 13g of fibre / portion), I recommend a side such as a sandwich, bread or croutons and salad

[Recipe link](#)

# Dinner

## *Coconut, Vegetable & Chickpea Curry*

Recipe makes 3-4 servings (with approx. 15g of fibre / portion), I recommend serving with a flatbread or quinoa

[Recipe link](#)



## *Moroccan-style Chickpea Stew*

Recipe makes 3-4 servings (with approx. 9g of fibre / portion), I recommend serving with quinoa

[Recipe link](#)



## *Paneer Chickpea Rice*

Recipe makes 4 servings (with approx. 9g of fibre / portion),

[Recipe link](#)

# Sides & Snacks

## *Yoghurt Flatbreads*

Recipe makes 8 servings (with approx. 3g of fibre / portion)



[Recipe link](#)



*Quinoa*

Recipe makes 5 servings (with approx. 3g of fibre / portion)

[Recipe link](#)



*Hummus*

Recipe makes 4 servings (with approx. 9g of fibre / portion),

[Recipe link](#)

# Ideas & Inspiration



*How to enjoy varied meals  
throughout the week*

- ✓ The flatbreads can be used as a naan with the curry or as lunch wraps with the hummus and a few additions (like feta, salad leaves and chickpeas)
- ✓ The quinoa can be used in salads but also as a high-fibre replacement for rice
- ✓ Enjoy the hummus as a snack with raw vegetables