

Guidance:

Core Meal Plan Good Food for Weight Loss and Great Health

Evidence-based Food and Lifestyle Advice from our Lifestyle Medicine Team

We've put together a simple and easy to follow healthy eating guide to help you to achieve your health and weight loss goals. The guide focuses on eating real food and is easily adapted to fit around your lifestyle.

Eating Guide

- Aim to eat 2-3 meals a day.
- Drink 1.5-2 Litres of water a day - this can include fruit based and herbal teas but doesn't include caffeinated drinks.
- Aim to include some protein, some vegetables and a small portion of carbohydrates and healthy fats at each meal. Use the meal builder below to help guide you.
- Use herbs and spices and stock cubes to add flavour.
- Reduce snacking aiming to eat as little as possible between meals.

Meal Builder – Follow this simple system to plan your meals

Choose one fist sized portion of protein	Choose 3-4 cups of any combination of the below (vg)	Optional if desired one choice from this column (vg)	Fruit (vg)	Cooking methods
Chicken Turkey Fish Beef Lamb Pork Liver Eggs Beans vg Lentils vg Tofu vg Tempeh vg Nuts vg Plain yoghurt Coconut Yoghurt vg Cheese Cottage cheese Goat's cheese	Broccoli Cabbage Kale Cauliflower Beans Sugar snap peas Onions Garlic Swede Courgette Pepper Lettuce Tomatoes Cucumber Bok choy Aubergine Artichoke Asparagus Mushrooms Mange tout Avocado Olives Celery Spinach Watercress	2-3 new potatoes 2-3 Tbsp of brown rice 1-2 slices whole grain bread 1 medium sweet potato 2-3 Tbsp barley 2 Rye Crispbreads 2 Oatcakes 1 whole grain wrap 3 Tbsp whole oats 2-3 Tbsp Quinoa	Oranges Satsumas Apples Pears Melon Unripe Banana All Berries	Steam Slow roast Slow cook Stir fry Salads Smoothies Herbs & Spices Use Freely Fats Use Olive Oil vg /Coconut Oil vg to Cook Use Butter in moderation

Snack builder (aim to avoid eating between meals)

One - Small Handful	Plus One (Optional)	Snack Combinations
Unsalted Nuts vg Nut Butter vg Natural Yoghurt Protein Powder vg Hard boiled Egg Hummus vg Protein ball * vg Friendly Protein Powders include Soy/ Rice or Pea	Oatcake x2 vg Crudites vg Sliced Apple vg Sliced pear vg Berries vg	Apple and Almond butter vg Hummus and Crudites vg Yoghurt & Berries vg Hard Boiled Egg

Food Swaps

From	To
Jacket Potatoes	New Potatoes vg / sweet potatoes vg
White Rice	Quinoa vg / cauliflower rice vg
Spaghetti	Whole wheat spaghetti / courgetti vg
Flavoured yoghurts	Natural yoghurts with berries
Instant oats	Rolled oats vg
White bread	Wholemeal bread/ multi grain wraps
Sweet snacks	Protein balls vg / nuts and seeds vg /small portion of dried fruit vg

Fizzy drinks	Carbonated water add fruit to flavour
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Key

Vg = vegan suitable option