

These meal ideas focus on nutrient-dense ingredients, healthy fats, proteins, and vegetables. Try to avoid sugary cereals and focus on wholesome foods to maintain energy levels throughout the day. Below are some breakfast, lunch, and dinner ideas to help you plan your meals.

Breakfast Ideas

1. Green Power Oatmeal

A savory oatmeal made with oats, avocado, seeds, and fresh greens.

Ingredients:

- 2 cups + 2 tablespoons water
- 1/2 cup rolled oats
- 1 tablespoon flax seeds
- 1 tablespoon chia seeds
- 1 small avocado, mashed (about 1/2 cup)
- 2-3 tablespoons fresh lemon juice
- 1/4 cup plain yogurt (coconut yogurt)
- 1 tablespoon lemon zest
- 2 teaspoons avocado oil (for serving)
- 1 cup arugula or any leafy greens
- 1/4 cup sliced almonds or crushed toasted hazelnuts
- Freshly ground black pepper (to taste)



How to make: Cook oats add the flax seeds and chia seeds, leave it to rest for 5 min, stir in mashed avocado, lemon juice, and yogurt. Top with avocado slices, greens, nuts, and green onions. Drizzle with avocado oil and finish with a sprinkle of black pepper.

2. Bruschetta with Egg, Salmon, and Avocado

Ingredients:

- 2 slices of gluten-free bread
- 1/2 avocado, thinly sliced
- 2 poached or soft-boiled eggs
- 100 g lightly salted salmon, thinly sliced

For the fresh salad:

- 200 g white cabbage, finely chopped
- 1 small celery root, thinly sliced
- 1 medium carrot, grated
- 1 tablespoon olive oil



How to Make Chia Pudding (2 Steps)

1. The process of making chia pudding is so easy! The first step is to stir together your chia seeds and milk in a mason jar or bowl. I usually do 3-4 Tablespoons of chia seeds to 1 cup of liquid.

2. Once the mixture is well combined, let it sit for 10 minutes, give it another

stir/shake to break up any clumps of chia seeds, cover and put the mixture

in the fridge to “set” for 1-2 hours or overnight. To save time in the morning

after giving it the 2 nd stir you can add the other ingredients, and put it in the fridge.

3. Carrot Cake Soaked Oats

Ingredients:

- 20-30g Gluten free porridge oats
- 1 tsp chia seeds
- 1 carrot, grated
- 1 apple, grated
- 200 ml milk (plant-based)
- 100g coconut yogurt
- 1/4 tsp cinnamon, ginger, or other spices

How to make:

Take a large jam jar and add all the ingredients, except the apple and carrot.

Mix well. The mixture should be quite runny at this stage.

Leave in the fridge for 4 hours or, better still, overnight.

Before serving, stir in the grated apples and carrot (these can go in overnight, but may discolor slightly). Top up with more milk or water if the mixture is too thick. This will keep in the fridge for a couple of days.

Lunch & Dinner Ideas



1. Buttery Cabbage with Walnuts+ protein of your choice

Ingredients:

- 1-2 tbsp butter
- 1/4 cup chopped walnuts
- 0.5 shallots, finely chopped
- 1/4 head green cabbage, thinly sliced

How to make:

1. Melt the butter in a large pan over medium heat.

.Add the chopped walnuts and cook for 2–3 minutes, stirring frequently, until they're lightly toasted and fragrant.

Add the shallots and sauté for another 2–3 minutes until soft and golden.

Add the cabbage, season with salt and pepper, and stir to coat everything in the buttery walnut mixture.

Cook the cabbage, stirring occasionally, for about 10–15 minutes or until it's tender and slightly caramelized.

Taste and adjust seasoning if needed. Serve warm as a comforting side dish.



2. Lebanese Tabbouleh Salad+ protein of your choice

Ingredients:

- 1.5table spoons extra virgin olive oil
- 1 tablespoons lemon juice
- 1/4 cup pomegranate seeds
- 1 bunch of parsley
- 1 firm ripe tomatoes, diced
- 2 green onions (both green and white parts), finely sliced
- 1/4 cup fresh mint leaves (optional), chopped
- Salt and pepper to taste

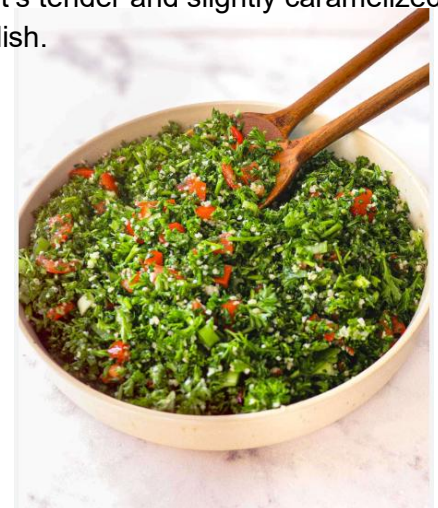
How to make:

Finely chop the parsley and mint (if using), dice the tomatoes, and slice the green onions.

In a large bowl, combine the chopped herbs, tomatoes, green onions, and pomegranate seeds.

In a small bowl, whisk together the olive oil and lemon juice. Season with salt and pepper.

Pour the dressing over the salad and toss everything gently to combine.



Let the salad sit for a few minutes before serving to let the flavors meld. Serve fresh!

3. Cauliflower Chicken Bowl

Ingredients:

2 tablespoons olive oil
1 cups cauliflower florets
1/2 onion, chopped
1/2 cup fresh parsley, chopped
200 g boneless, skinless chicken breast, cut into bite-sized pieces
2 tablespoons lemon juice
1/2 teaspoon dried oregano
1/2 cup tomatoes, sliced into wedges
0.5 cup red and yellow bell peppers, sliced
1/4 cup celery, sliced
1/4 zucchini (white or green), chopped
Salt and freshly ground black pepper to taste

How to make:

Heat 1 tablespoon of olive oil in a large pan over medium heat. Add the chicken pieces and season with salt, pepper, and oregano. Cook until the chicken is golden and cooked through (about 7–10 minutes). Remove and set aside. In the same pan, add the remaining 1 tablespoon of olive oil. Add the onion and cook until soft, about 3 minutes.

Add the cauliflower, bell peppers, zucchini, and celery to the pan. Cook for about 5–7 minutes, until just tender but still vibrant.

Stir in the tomatoes and cooked chicken, cooking for another 2 minutes just to warm everything through.

Remove from heat. Stir in lemon juice and fresh parsley.

Adjust salt and pepper to taste, and serve warm in a bowl.



4. Grilled Salmon with Blood Sugar Balancing Salad Ingredients

For the salmon:

Salmon fillet, skin-on
1 tablespoon extra virgin olive oil
Sea salt, to taste
Freshly ground black pepper, to taste

For the Salad:

1 carrot (grated)
1 beetroot (grated, raw or steamed)
1 small apple (grated)
2 celery stalks (sliced)
Red cabbage (50–70g, shredded)
Pumpkin + sunflower seeds (20–30g total)



Handful fresh herbs or sprouts (e.g. parsley, watercress)

Dressing:

2 tbsp olive oil

1 tbsp lemon juice

1 tsp fresh ginger juice

Salt and pepper to taste.

2. Cook the salmon:

Preheat a grill or grill pan over medium-high heat.

Rub the salmon fillet with olive oil, salt, and pepper.

Place the salmon skin-side down on the grill and cook for about 4–6 minutes on each side, depending on thickness, until the flesh is opaque and flakes easily.

3. Serve:

Plate the grilled salmon and top or serve it with the liver and sugar balancing salad.



5. Turkey Meatballs with Broccoli

Ingredients (serves 2):

200g ground turkey

3–5 broccoli florets

1 egg

Salt and pepper, to taste

1 tbsp olive oil, for pan-searing

3–4 tbsp almond milk (unsweetened)



Instructions:

1. Boil the florets in water for 2 minutes until just tender. Drain and let cool slightly.
2. Blend the cooked broccoli in a food processor or blender until smooth.
3. In a bowl, combine the ground turkey, broccoli purée, egg, salt, and pepper. Mix well until uniform.
4. Shape the mixture into small balls using your hands.
5. Heat olive oil in a pan over medium heat. Gently sear the meatballs for about 3 minutes, turning them regularly to brown all sides.
6. Transfer the seared meatballs to a flat baking dish. Pour a little almond milk over them to keep them moist.
7. Bake at 180°C (350°F) for 20 minutes, until fully cooked through.

Soup :

Green creme soup

Ingredients:

200g broccoli, chopped into florets
½ fennel bulb, roughly chopped
1 cup iceberg lettuce, roughly chopped
A small bunch of fresh basil
A small bunch of fresh parsley or coriander
2 cm piece of fresh ginger, peeled and chopped
½ tsp mixed spices (e.g., cumin, coriander, paprika)
Salt and freshly ground black pepper, to taste
A pinch of chilli flakes (optional, for heat)
1 tbsp extra virgin olive oil



How to make:

Bring a pot of salted water to a boil. Add the broccoli and fennel and cook for about 3–4 minutes, until just tender. Add the iceberg lettuce, basil, parsley or coriander, and ginger in the last minute of cooking to lightly soften the herbs without dulling their flavour.

Reserve for garnish:

Using a slotted spoon, remove a few broccoli florets and set them aside for garnishing.

Blend the soup:

Transfer the remaining vegetables and herbs into a blender. Add the olive oil, mixed spices, salt, pepper, and optional chilli flakes. Blend until smooth and creamy. If the mixture is too thick, add a splash of the cooking water until the desired consistency is reached.

Pour the soup into bowls and top with the reserved broccoli florets and a sprinkle of chopped parsley or coriander for a fresh finish.

If you'd like a personalised plan tailored to your health, lifestyle, and work environment, I would be honoured to support you on your wellness journey.

You can reach me on:

[nutrition.co.uk](https://www.nutrition.co.uk)

Join me on Telegram

<https://t.me/brebunatalia>

Join me on WhatsApp

<https://whatsapp.com/channel/0029VbCIPf623n3iZuTFNw05>

WhatsApp:
+447938831077



@BREBUNATALIA

NataliaBrebun|nutrition.co.uk

WhatsApp channel



With care,

Your nutritionist,