



**DIANA WRIGHT**

FOOD SCIENCE AND NUTRITION

BSc Hons Dip ION

## G.I. MEAL IDEAS

### BREAKFAST

Cereal; (dry weight)

- 50g oat flakes/oat bran
- 40g all bran
- 40g unsweetened muesli
- 1 weetabix
- 25g quinoa flakes
- 25g millet flakes

With fruit;

- 1 kg punnet Strawberries
- 1 pear
- 1 grapefruit
- 1 apple
- 1 small Peach
- ½ banana

- Add milk;
- Soya milk
- Oat milk

Add 2 tbsp yoghurt and 1 tbsp nuts and seeds ground or whole.

Egg – scrambled, omelette, boiled, poached or lightly fried in olive oil. With 1 slice wholemeal or soya and linseed bread or 4 oat cakes if intolerant to wheat/yeast.

An organic Kipper with grilled tomatoes.

2 slices bacon with 2tbsp LOW SUGAR baked beans and grilled tomatoes.

### PROTEIN SMOOTHIE

- 1 tbsp protein powder
- Small pot yoghurt
- Strawberries/raspberries/blueberries/blackberries
- 110ml soya milk/apple juice
- Vanilla flavouring

### LUNCHES AND DINNER IDEAS

- Chicken Caesar salad
- Bean and vegetable soup with 2 oat cakes (can be Covent Garden)
- Roasted vegetables with salmon and cous cous
- Wholemeal bean salad with tabouleh (can be shop bought)
- Lamb with ratatouille and new potatoes
- Pasta bolognese (half meat and half green tinned lentils with salad)

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Steam fried vegetables with prawns or tofu and wholemeal/basmati rice  
Open sandwich with smoked salmon and salad  
Tuna steak with black bean salsa  
Small baked potato/sweet potato with chicken, tuna, prawns and salad  
Herb crusted cod with green beans and new potatoes  
Hearty meat casseroles with starchy vegetables and kale/cabbage  
Buckwheat noodles with chicken/tofu stir fry  
Chilli with beans and rice and salad  
Ratatouille sauce with quinoa

## SNACKS

A piece of fruit plus 5 almonds or tbsp pumpkin seeds  
2 oat cakes and half tub hummous  
2 oat cakes and almond nut butter  
Crudities and hummous  
Small plain yoghurt and berries/piece of fruit  
Guacomole with oat cakes  
Aubergine dip with oat cakes  
Salsa dip with oat cakes  
Buckwheat pancake as a wrap with fillings  
Homemade low sugar flapjack with seeds and dried fruit  
Oat bran blueberry muffin

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