

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 Litre 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 between meals as little as possible.

Meal Builder - Follow this simple system to plan your meals

Choose one fist sized portion	Choose 3-4 cups of any combination of the below	Optional if desired one choice from this column	Fruit	Cooking methods
Chicken Turkey Fish Beef lamb Pork Liver Eggs Beans Lentils Tofu Nuts Plain yoghurt 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 / Coconut Oil to Cook Use Butter in moderation

Snack builder (aim to avoid eating between meals)

One - Small Handful	Plus One (Optional)	Snack Combinations
Unsalted Nuts Nut Butter Natural Yoghurt Protein Powder Hard boiled Egg Hummus Protein balls	Oatcake x2 Crudities Sliced Apple Sliced pear Berries	Apple and Almond butter Hummus and Crudites Hard Boiled Egg Natural Yoghurt & Berries

Food Swaps

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