



Eat Well • Feel Better

A gentle guide to nourishing your body — one meal at a time

What's on Your Plate? <i>The six food groups</i>	Building a Meal <i>How to put it all together</i>	A Day on Your Plate <i>One simple sample day — more on page 2 →</i>
Dairy & Alternatives <i>Milk, yogurt, cheese, soy milk</i> CALCIUM & BONE HEALTH	Breakfast 3–4 food groups <i>Oatmeal (starch) + nuts (fat) + blueberries (fruit) + milk (dairy)</i>	Breakfast <i>Greek yogurt + berries + a small handful of nuts</i>
Fruit <i>Apples, bananas, berries, oranges, grapes, pear, melon</i> NATURAL ENERGY & VITAMINS	Lunch 3–5 food groups <i>Turkey sandwich (protein + starch) + cheese (dairy) + carrots (veg) + mayo (fat)</i>	★ Snack <i>Apple + peanut butter</i>
Vegetables <i>Spinach, broccoli, carrots, cucumber, peppers, kale, tomato, zucchini</i> FIBRE & NUTRIENTS	Snack 2–3 food groups <i>Apple (fruit) + peanut butter (fat) —or— pretzels (starch) + hummus (fat)</i>	Lunch <i>Whole-grain pita + hummus + cucumber, tomato & spinach</i>
Starch <i>Bread, rice, pasta, oats, potatoes, crackers, beans, popcorn</i> ENERGY & FULLNESS	Dinner 3–5 food groups <i>Grilled chicken (protein) + rice (starch) + broccoli (veg) + olive oil (fat)</i>	★ Snack <i>Carrots + hummus —or— plain yogurt + cinnamon</i>
Protein <i>Chicken, fish, eggs, tofu, beef, lentils, lunch meat</i> MUSCLE & MOOD SUPPORT	Mix it up <i>Try to include at least 3 different food groups at every main meal — variety helps your body get what it needs.</i>	Dinner <i>Baked salmon + roasted broccoli + quinoa with a little olive oil</i>
Healthy Fats <i>Nut butter, nuts, avocado, olive oil, dressing, butter</i> BRAIN HEALTH & SATISFACTION	No-cook options <i>Yogurt + fruit, crackers + cheese, or a peanut butter sandwich are quick, nourishing meals that need no cooking.</i>	Tip <i>Drink water throughout the day. Herbal tea counts too.</i>

REGULAR MEALS

Try to eat at similar times each day — it helps steady your energy and mood.

STAY HYDRATED

Aim for 6–8 glasses of water a day. Thirst is easy to miss when you're busy.

BE KIND TO YOURSELF

Some days, eating well is hard. Any nourishing choice — however small — is a good one.

YOUR PACE

Small changes stick. Swap one thing at a time rather than overhauling everything at once.

★ Start here. Starred items are the easiest places to begin — no cooking, no special ingredients. Nourishing yourself is an act of care, and every small step counts.

This handout is for general guidance only. Please speak with your doctor about your individual nutrition needs.

Your 7-Day Meal Plan

Simple, balanced meals inspired by the Mediterranean diet — easy to adapt to what you have at home

This is just an example — there’s no right order. Feel free to swap days around, repeat a day you enjoy, or mix and match meals however suits you. The goal is simply to eat something nourishing — not to follow a plan perfectly.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Greek yogurt + berries + chia seeds + nuts	Breakfast Oatmeal + cinnamon + almonds + berries	Breakfast Avocado & tomato toast + hard-boiled egg	Breakfast Smoothie: spinach, banana, chia seeds & yogurt	Breakfast Chia pudding topped with berries & nuts	Breakfast Veggie egg scramble (spinach, onion, tomato) + fruit	Breakfast High-fiber toast + nut butter + berries
Snack Apple + handful of almonds	Snack Carrots + 2–3 tbsp hummus	Snack Pear + walnuts	Snack Orange + handful of pistachios	Snack Plain Greek yogurt + cinnamon	Snack Whole-grain crackers + small portion of cheese	Snack Apple + handful of almonds
Lunch Chickpea & veggie salad with cucumber, tomato, parsley & lemon	Lunch Whole-grain pita + hummus + cucumber, tomato & spinach	Lunch Lentil soup + side green salad with olive oil & lemon	Lunch Tuna bowl with quinoa, olives & veggies	Lunch White bean & arugula salad with tomato, lemon & olive oil	Lunch Veggie stir-fry wrap in a whole-grain tortilla with hummus	Lunch Greek grain bowl: farro, chickpeas & veggies
Dinner Baked salmon + roasted broccoli + quinoa	Dinner Mediterranean chicken skillet over brown rice	Dinner Whole-wheat pasta with white beans & spinach	Dinner Roasted chicken thighs + Brussels sprouts + sweet potato	Dinner Shrimp & veggie stir-fry with brown rice or farro	Dinner Baked cod with tomato-olive relish + green beans	Dinner Hearty vegetarian chili: beans, spinach & tomatoes

Don't have an ingredient? That's fine — here are some easy swaps

- No quinoa?** Use rice, couscous, or any grain you have — brown rice is a great option.
- No salmon or fish?** Tinned tuna or sardines work just as well, and eggs are a great alternative too.
- No fresh vegetables?** Frozen vegetables are equally nutritious — often better value and easier to keep stocked.
- No Greek yogurt?** Any plain yogurt is a great stand-in. Cottage cheese works too.
- No whole-grain bread?** Try a seeded or wholegrain wrap, rice cakes, or oatcakes if you have them.
- No hummus?** A small spoonful of any nut butter or plain yogurt does the job.
- No fresh fruit?** Frozen fruit is just as nutritious and often cheaper. Canned fruit is fine occasionally — drain the juice before eating.

Food and movement work together

- Eating well and moving gently support each other in ways that really matter during recovery.
- Energy:** Regular meals help sustain the energy you need for gentle activity.
- Mood:** Nutritious food and movement can help stabilize mood and reduce stress.
- Sleep:** Eating at regular times and moving during the day support better sleep.
- Confidence:** Each small step — a walk, a nourishing meal — builds on the last.

You don't have to do everything at once. Any step forward is a good one.