



Rachel
Bartholomew
NUTRITION CONSULTANT

Super Nutritious Meal & Snack Ideas

Breakfasts

- ✓ Boiled / scrambled / poached egg / omelette & wholegrain toast
- ✓ Cereal (Mesa Sunrise / muesli / granola / Whole Earth cornflakes / Dorset Cereals / Rude Health) with milk, fruit, yoghurt & ground seeds
- ✓ Large fruit salad topped with yoghurt, ground seeds & granola / cereal / muesli.
- ✓ Porridge oats made with milk & topped with chopped fruit, ground seeds & honey
- ✓ Muesli / granola topped with yoghurt, chopped fruit & ground seeds

Lunches

- ✓ Flask of soup & sandwich made with wholegrain bread, chicken / meat / fish / cheese / houmous and a variety of colourful salad items such as lettuce, cucumber, tomato, peppers, red onion, grated carrot & ground seeds.
- ✓ Wholegrain pasta with chicken / meat / fish, a variety of colourful vegetables, grated cheese & ground seeds.
- ✓ Sandwich made with wholegrain bread, cheese / houmous, grated carrot, salad leaves & ground seeds
- ✓ Savoury wholegrain rice salad made with meat / chicken / fish / soy , colourful vegetables & ground seeds.

Snacks

- ✓ Wholegrain cereal bar – my favourites are ‘Organix Goodies’ bars (most supermarkets in the baby food section!), Lyme Regis ‘Fruitus’ bars (Asda), ‘Wallaby’ bars (health food shops), ‘Nakd’ bars (Asda & health food shops), Village Bakery Melmerby ‘Four Fruit / Nut / Seed Bars’ (Booths), Eat Natural Bars (most supermarkets).
- ✓ Piece of fruit / chopped fruit salad with a pot of yoghurt (my favourites are Yeo Valley Organic / Rachel’s Organic & Ann Forshaws – most supermarkets)
- ✓ Piece of fruit / chopped fruit salad & a handful of nuts (walnuts, almonds, cashew nuts, hazelnuts)
- ✓ Yoghurt based fruit smoothie
- ✓ Flapjack
- ✓ Small bowl cereal & milk
- ✓ Flask of soup & bread roll
- ✓ Small portion pasta / rice salad
- ✓ Oatcakes, banana & peanut butter / houmous