

♥ Safe Haven Connect CIC · Eat Well for Mental Wellbeing

50 Healthy Recipes to Support Your Mind & Body

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Disclaimer

Welcome to the Safe Haven Connect CIC · Eat Well for Mental Wellbeing recipe book.

This cookbook has been created to provide general healthy eating information, meal ideas and recipes that support overall health and wellbeing.

The information contained within this book is provided for educational and informational purposes only and is not intended to diagnose, treat, cure or prevent any physical or mental health condition.

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Some recipes within this cookbook may contain one or more of the following common allergens:

- Cereals containing gluten
- Milk
- Eggs
- Peanuts
- Tree nuts
- Fish
- Shellfish
- Soya
- Sesame
- Mustard
- Celery
- Sulphites

Every recipe includes an ingredient list, but it is your responsibility to read all food labels, ingredient lists and allergen information before preparing or consuming any recipe.

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Nothing within this cookbook should be relied upon as medical or nutritional advice.

About This Book

Healthy eating is only one part of looking after your mental wellbeing.

Good nutrition, regular exercise, quality sleep, meaningful relationships and professional support when needed all contribute to overall wellbeing.

This cookbook aims to make healthy eating enjoyable, affordable and easy for everyone.

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Next: We'll start with Recipe 1 – Creamy Berry Overnight Oats, including a full-page colour layout with ingredients, method, nutrition, preparation time, cooking time, servings and an allergen box.

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BREAKFAST RECIPE 1

Creamy Berry Overnight Oats

A quick, nutritious breakfast that can be prepared the night before, making busy mornings easier.

Preparation Time

10 minutes

Cooking Time

No cooking required

Serves

1

Ingredients

50g rolled oats

150ml semi-skimmed milk (or plant-based alternative)

2 tablespoons Greek yogurt

1 tablespoon chia seeds

1 teaspoon honey (optional)

80g mixed berries (fresh or frozen)

1 teaspoon pumpkin seeds (optional)

Method

1. Add the oats, milk, Greek yogurt and chia seeds to a jar or container.
2. Stir well until fully combined.
3. Add the honey if using.

4. Cover and refrigerate overnight (or for at least 6 hours).

5. In the morning, stir the oats.

6. Top with the mixed berries and pumpkin seeds.

7. Enjoy chilled.

♥ Why it's good for wellbeing

This breakfast contains slow-release carbohydrates, protein, fibre and healthy fats to help keep you feeling fuller for longer and provide steady energy throughout the morning.

A balanced breakfast can support overall health and wellbeing as part of a healthy lifestyle.

Approximate Nutrition (per serving)

Calories: ~360 kcal

Protein: 18g

Carbohydrates: 42g

Fibre: 9g

Fat: 12g

⚠ Allergy Information

Contains:  Milk  Oats (may contain gluten unless certified gluten-free)

Optional ingredient: 🍂 Pumpkin seeds

Always check ingredient labels carefully before preparing this recipe.

💡 Top Tip

Prepare two or three jars at once to save time during the week.

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BREAKFAST RECIPE 2

🍌 Banana & Peanut Butter Porridge

A warm, comforting breakfast that's quick to make and provides lasting energy for the morning.

🕒 Preparation Time

5 minutes

🔥 Cooking Time

5–7 minutes

👤 Serves

1

Ingredients

50g porridge oats

250ml semi-skimmed milk (or plant-based alternative)

1 medium banana, sliced

1 tablespoon natural peanut butter

½ teaspoon ground cinnamon

1 teaspoon chia seeds (optional)

Method

1. Add the oats and milk to a saucepan.
2. Cook over a medium heat, stirring regularly for 5–7 minutes until creamy.
3. Stir in half of the sliced banana.
4. Spoon into a bowl.
5. Top with the remaining banana.
6. Add the peanut butter and sprinkle with cinnamon.
7. Finish with chia seeds if using and enjoy warm.

 Why it's good for wellbeing

This breakfast provides slow-release carbohydrates, protein and healthy fats to support steady energy levels throughout the morning.

Bananas also provide potassium, while oats are a good source of fibre as part of a balanced diet.

Approximate Nutrition (per serving)

Calories: ~430 kcal

Protein: 16g

Carbohydrates: 48g

Fibre: 8g

Fat: 18g

Allergy Information

Contains:  Milk (unless using a dairy-free alternative)  Peanuts  Oats (may contain gluten unless certified gluten-free)

Always check ingredient labels carefully before preparing this recipe.

Top Tip

For extra crunch, sprinkle a handful of chopped walnuts or pumpkin seeds over the top if they're suitable for your dietary needs.

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BREAKFAST RECIPE 3

🍇 Greek Yogurt & Fruit Bowl

A fresh, high-protein breakfast that's quick to prepare and packed with colourful fruit.

🕒 Preparation Time

5 minutes

🔥 Cooking Time

No cooking required

👤 Serves

1

🛒 Ingredients

200g plain Greek yogurt

80g blueberries

80g strawberries, sliced

1 small banana, sliced

2 tablespoons low-sugar granola

1 teaspoon chia seeds

1 teaspoon honey (optional)

Method

1. Spoon the Greek yogurt into a bowl.
2. Arrange the blueberries, strawberries and banana on top.
3. Sprinkle over the granola and chia seeds.
4. Drizzle with honey if desired.
5. Serve immediately.

Why it's good for wellbeing

This breakfast combines protein, fibre and fruit to provide steady energy and help keep you feeling satisfied.

Eating a variety of colourful fruit can contribute to a balanced diet that supports overall health and wellbeing.

Approximate Nutrition (per serving)

Calories: ~390 kcal

Protein: 24g

Carbohydrates: 36g

Fibre: 7g

Fat: 11g

Allergy Information

Contains:  Milk

May contain:  Gluten (depending on the granola used)

Always check ingredient labels carefully before preparing this recipe.

Top Tip

Try using seasonal fruit or frozen berries to keep this recipe affordable all year round.

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BREAKFAST RECIPE 4

Avocado & Poached Egg Toast

A simple, filling breakfast packed with protein, healthy fats and fibre to help keep you satisfied throughout the morning.

Preparation Time

5 minutes

Cooking Time

5 minutes

Serves

1

Ingredients

2 slices wholemeal bread

½ ripe avocado

2 eggs

½ teaspoon lemon juice

Pinch of black pepper

Pinch of chilli flakes (optional)

Handful of cherry tomatoes (optional)

Method

1. Toast the wholemeal bread until golden.
2. Mash the avocado with the lemon juice and black pepper.
3. Poach the eggs for 3–4 minutes until cooked to your liking.
4. Spread the avocado evenly over the toast.
5. Place a poached egg on each slice.
6. Sprinkle with chilli flakes if desired.
7. Serve with cherry tomatoes on the side.

💚 Why it's good for wellbeing

This breakfast combines protein, healthy fats and wholegrains to provide lasting energy and help you feel fuller for longer.

Avocados contain healthy unsaturated fats, while eggs provide protein as part of a balanced diet.

📊 Approximate Nutrition (per serving)

Calories: ~430 kcal

Protein: 22g

Carbohydrates: 32g

Fibre: 9g

Fat: 24g

⚠️ Allergy Information

Contains: 🥚 Eggs

🌾 Wheat (Gluten)

May contain: 🥛 Milk (depending on the bread used)

Always read ingredient labels carefully before preparing this recipe.

💡 Top Tip

Add a handful of spinach or rocket for extra colour, fibre and nutrients.

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BREAKFAST RECIPE 5

Apple & Cinnamon Overnight Oats

A delicious make-ahead breakfast combining creamy oats, fresh apple and warming cinnamon for a satisfying start to your day.

 Preparation Time

10 minutes

 Cooking Time

No cooking required

 Serves

1

 Ingredients

50g rolled oats

150ml semi-skimmed milk (or plant-based alternative)

2 tablespoons Greek yogurt

½ apple, grated

½ teaspoon ground cinnamon

1 teaspoon chia seeds

1 teaspoon honey or maple syrup (optional)

1 tablespoon chopped walnuts (optional)

Method

1. Place the oats, milk, Greek yogurt, grated apple, cinnamon and chia seeds into a jar or container.

2. Stir everything together until well mixed.

3. Add the honey or maple syrup if you prefer a sweeter flavour.

4. Cover and refrigerate overnight, or for at least 6 hours.

5. Stir before serving.

6. Sprinkle with chopped walnuts if using.

7. Enjoy straight from the fridge.

Why it's good for wellbeing

This breakfast provides fibre, protein and slow-release carbohydrates to help keep your energy levels steady throughout the morning.

Apples contribute fibre and natural sweetness, while cinnamon adds flavour without extra sugar.

 Approximate Nutrition (per serving)

Calories: ~385 kcal

Protein: 17g

Carbohydrates: 44g

Fibre: 8g

Fat: 13g

 Allergy Information

Contains:  Milk

 Oats (may contain gluten unless certified gluten-free)

Optional ingredient:  Walnuts (Tree Nuts)

Always check ingredient labels carefully before preparing this recipe.

 Top Tip

Prepare several jars on Sunday evening for quick, healthy breakfasts throughout the week.

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BREAKFAST RECIPE 6

 Spinach & Mushroom Omelette

A quick, protein-rich breakfast packed with vegetables to help you start your day feeling satisfied.

Preparation Time

5 minutes

Cooking Time

8 minutes

Serves

1

Ingredients

2 large eggs

50g spinach

50g mushrooms, sliced

1 teaspoon olive oil

1 tablespoon semi-skimmed milk (optional)

Pinch of black pepper

Pinch of mixed herbs

1 slice wholemeal toast (optional)

Method

1. Whisk the eggs with the milk, black pepper and mixed herbs.

2. Heat the olive oil in a non-stick frying pan.
3. Cook the mushrooms for 3–4 minutes until softened.
4. Add the spinach and cook until wilted.
5. Pour the egg mixture into the pan.
6. Cook gently until the omelette is almost set, then fold it in half.
7. Serve immediately with wholemeal toast if desired.

Why it's good for wellbeing

This meal provides protein, vegetables and healthy fats to support a balanced diet.

Leafy greens like spinach contribute vitamins and minerals, while eggs provide high-quality protein to help keep you feeling full.

Approximate Nutrition (per serving)

Calories: ~320 kcal (~410 kcal with wholemeal toast)

Protein: 22g

Carbohydrates: 8g (24g with toast)

Fibre: 3g (6g with toast)

Fat: 22g

Allergy Information

Contains:  Eggs

Optional ingredient:  Milk  Wheat (Gluten) if served with wholemeal toast

Always check ingredient labels carefully before preparing this recipe.

Top Tip

Add chopped tomatoes, peppers or spring onions for extra flavour and colour without adding much preparation time.

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BREAKFAST RECIPE 7

Berry Smoothie Bowl

A refreshing breakfast packed with fruit, protein and fibre that's quick to prepare and perfect for busy mornings.

Preparation Time

10 minutes

Cooking Time

No cooking required

 Serves

1

Ingredients

150g frozen mixed berries

1 small banana

150g Greek yogurt

50ml semi-skimmed milk (or plant-based alternative)

2 tablespoons rolled oats

1 teaspoon chia seeds

Optional Toppings

Fresh blueberries

Sliced strawberries

Pumpkin seeds

Flaked almonds

Unsweetened coconut flakes

Method

1. Place the frozen berries, banana, Greek yogurt, milk and oats into a blender.
2. Blend until smooth and thick.
3. Pour into a serving bowl.
4. Sprinkle over the chia seeds.

5. Add your favourite toppings.

6. Serve immediately.

♥ Why it's good for wellbeing

This smoothie bowl provides fruit, protein and fibre as part of a balanced breakfast.

The combination of whole fruit, oats and yogurt can help provide steady energy and makes it an enjoyable way to include a variety of nutritious foods in your diet.

📊 Approximate Nutrition (per serving)

Calories: ~385 kcal

Protein: 20g

Carbohydrates: 44g

Fibre: 8g

Fat: 10g

⚠️ Allergy Information

Contains: 🥛 Milk

May contain: 🌾 Oats (may contain gluten unless certified gluten-free)

Optional topping: 🌰 Tree Nuts (Flaked Almonds)

Always read ingredient labels carefully before preparing this recipe.

Top Tip

Freeze ripe bananas in slices before they become overripe. They make smoothie bowls naturally sweeter and even creamier.

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BREAKFAST RECIPE 8

Peanut Butter & Banana Toast

A quick, satisfying breakfast that combines wholegrains, fruit and protein for a nutritious start to the day.

Preparation Time

5 minutes

Cooking Time

2–3 minutes

Serves

1

Ingredients

2 slices wholemeal bread

2 tablespoons natural peanut butter

1 medium banana, sliced

½ teaspoon ground cinnamon (optional)

1 teaspoon chia seeds (optional)

Method

1. Toast the wholemeal bread until golden brown.
2. Spread the peanut butter evenly over both slices.
3. Arrange the banana slices on top.
4. Sprinkle with cinnamon and chia seeds if using.
5. Serve immediately.

Why it's good for wellbeing

This breakfast provides wholegrains, protein, healthy fats and fruit to support a balanced diet and help keep you feeling satisfied throughout the morning.

Choosing wholegrain bread also adds fibre as part of a healthy lifestyle.

Approximate Nutrition (per serving)

Calories: ~440 kcal

Protein: 16g

Carbohydrates: 42g

Fibre: 8g

Fat: 22g

Allergy Information

Contains:  Peanuts

 Wheat (Gluten)

May contain:  Sesame (depending on the bread used)

Always read ingredient labels carefully before preparing this recipe.

Top Tip

For extra flavour, add a handful of fresh blueberries or strawberries alongside your toast for an easy fruit boost.

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BREAKFAST RECIPE 9

 Healthy Banana & Oat Muffins

Soft, naturally sweet muffins that are perfect for breakfast or as a healthy snack on the go.

Preparation Time

15 minutes

Cooking Time

20–25 minutes

Serves

Makes 8 muffins

Ingredients

2 ripe bananas, mashed

150g rolled oats

100g wholemeal flour

2 eggs

100ml semi-skimmed milk (or plant-based alternative)

1 teaspoon baking powder

1 teaspoon ground cinnamon

1 teaspoon vanilla extract

2 tablespoons raisins (optional)

1 tablespoon chopped walnuts (optional)

Method

1. Preheat the oven to 180°C (160°C fan).

2. Line or lightly grease an 8-hole muffin tin.
3. Mash the bananas in a large bowl.
4. Add the eggs, milk and vanilla extract, then mix well.
5. Stir in the oats, flour, baking powder and cinnamon.
6. Fold in the raisins and walnuts if using.
7. Divide the mixture evenly between the muffin cases.
8. Bake for 20–25 minutes, until golden and a skewer inserted into the centre comes out clean.
9. Leave to cool for 10 minutes before serving.

Why it's good for wellbeing

These muffins provide wholegrains, fruit and protein as part of a balanced diet.

They're ideal for preparing in advance, making it easier to have a nutritious breakfast or snack during a busy week.

Approximate Nutrition (per muffin)

Calories: ~180 kcal

Protein: 6g

Carbohydrates: 24g

Fibre: 4g

Fat: 6g

Allergy Information

Contains:  Eggs

 Milk (unless using a dairy-free alternative)

 Wheat (Gluten)

 Oats (may contain gluten unless certified gluten-free)

Optional ingredient:  Tree Nuts (Walnuts)

Always read ingredient labels carefully before preparing this recipe.

Top Tip

These muffins freeze well for up to 3 months. Defrost overnight or warm gently before serving for a quick breakfast.

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BREAKFAST RECIPE 10

Berry Protein Pancakes

Light, fluffy pancakes packed with protein and topped with fresh berries for a delicious and satisfying breakfast.

Preparation Time

10 minutes

Cooking Time

10 minutes

Serves

2

Ingredients

100g rolled oats

2 large eggs

1 ripe banana

100g Greek yogurt

1 teaspoon baking powder

½ teaspoon vanilla extract

½ teaspoon ground cinnamon

1 teaspoon olive oil (for cooking)

Toppings

100g mixed berries

2 tablespoons Greek yogurt

1 teaspoon honey (optional)

Method

1. Place the oats, eggs, banana, Greek yogurt, baking powder, vanilla and cinnamon into a blender.
2. Blend until smooth.
3. Heat a non-stick frying pan over a medium heat and lightly grease with the olive oil.
4. Pour small amounts of batter into the pan to make pancakes.
5. Cook for 2–3 minutes until bubbles appear, then flip and cook for another 2 minutes.
6. Stack the pancakes onto serving plates.
7. Top with the mixed berries, Greek yogurt and a drizzle of honey if desired.
8. Serve immediately.

Why it's good for wellbeing

These pancakes provide protein, wholegrain oats and fruit as part of a balanced breakfast.

The combination of protein and fibre can help you feel satisfied, while the fresh berries add natural sweetness and colour.

Approximate Nutrition (per serving)

Calories: ~395 kcal

Protein: 20g

Carbohydrates: 38g

Fibre: 6g

Fat: 15g

 Allergy Information

Contains:  Eggs

 Milk

 Oats (may contain gluten unless certified gluten-free)

Always read ingredient labels carefully before preparing this recipe.

 Top Tip

Make a double batch and freeze the pancakes with baking paper between each one. Reheat in the toaster or microwave for a quick, healthy breakfast.

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 Breakfast section complete (10/10 recipes).

Next section:  Lunch Recipes (10 recipes),

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LUNCH RECIPE 11

 Mediterranean Chicken Salad

A fresh, colourful salad packed with lean protein, vegetables and healthy fats, perfect for lunch or a light evening meal.

 Preparation Time

15 minutes

 Cooking Time

10 minutes

 Serves

2

 Ingredients

2 skinless chicken breasts

1 tablespoon olive oil

1 teaspoon mixed herbs

Pinch of black pepper

100g mixed salad leaves

1 cucumber, sliced

200g cherry tomatoes, halved

½ red onion, thinly sliced

1 red pepper, sliced

50g reduced-fat feta cheese

10 black olives

Dressing

1 tablespoon extra virgin olive oil

Juice of ½ lemon

1 teaspoon Dijon mustard

Pinch of oregano

Method

1. Season the chicken with mixed herbs and black pepper.
2. Heat the olive oil in a frying pan over a medium heat.
3. Cook the chicken for 5–6 minutes on each side until fully cooked.
4. Leave to rest for 5 minutes before slicing.
5. Place the salad leaves, cucumber, tomatoes, onion and pepper into a large bowl.
6. Add the sliced chicken, feta cheese and olives.
7. Mix the dressing ingredients together and drizzle over the salad.
8. Toss gently and serve immediately.

Why it's good for wellbeing

This meal provides lean protein, colourful vegetables and healthy unsaturated fats as part of a balanced diet.

Including a variety of vegetables can help you increase your fibre intake and support overall health and wellbeing.

 Approximate Nutrition (per serving)

Calories: ~420 kcal

Protein: 38g

Carbohydrates: 12g

Fibre: 5g

Fat: 24g

 Allergy Information

Contains:  Milk (Feta Cheese)

May contain:  Mustard (Dijon Mustard)

Always read ingredient labels carefully before preparing this recipe.

 Top Tip

Cook extra chicken the night before and keep it refrigerated. It makes this recipe even quicker to prepare for lunch the next day.

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LUNCH RECIPE 12

Tuna Pasta Salad

A simple, filling and budget-friendly lunch that's easy to prepare in advance and ideal for meal planning.

Preparation Time

10 minutes

Cooking Time

10 minutes

Serves

2

Ingredients

150g wholewheat pasta

1 tin tuna in spring water, drained

100g sweetcorn

1 red pepper, diced

½ cucumber, diced

8 cherry tomatoes, halved

2 tablespoons reduced-fat mayonnaise

2 tablespoons Greek yogurt

1 teaspoon lemon juice

Pinch of black pepper

Fresh parsley (optional)

Method

1. Cook the pasta according to the packet instructions.
2. Drain and rinse under cold water until cooled.
3. In a large bowl, combine the pasta, tuna, sweetcorn, red pepper, cucumber and tomatoes.
4. Mix the mayonnaise, Greek yogurt, lemon juice and black pepper together.
5. Pour the dressing over the pasta and stir well.
6. Sprinkle with fresh parsley if using.
7. Serve immediately or chill in the fridge for later.

Why it's good for wellbeing

This meal provides protein, wholegrains and vegetables as part of a balanced diet.

Using wholewheat pasta adds fibre, while tuna provides protein that can help keep you feeling satisfied throughout the afternoon.

Approximate Nutrition (per serving)

Calories: ~445 kcal

Protein: 28g

Carbohydrates: 42g

Fibre: 7g

Fat: 15g

Allergy Information

Contains:  Fish (Tuna)  Milk (Greek Yogurt)  Wheat (Wholewheat Pasta)  Eggs (Mayonnaise)

Always read ingredient labels carefully before preparing this recipe.

Top Tip

Prepare a larger batch and keep it refrigerated for up to 2 days. It's perfect for packed lunches or quick weekday meals.

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LUNCH RECIPE 13

Hearty Lentil & Vegetable Soup

A warming, budget-friendly soup that's rich in vegetables and perfect for batch cooking.

 Preparation Time

15 minutes

 Cooking Time

35 minutes

 Serves

4

 Ingredients

1 tablespoon olive oil

1 onion, diced

2 carrots, diced

2 celery sticks, chopped

2 cloves garlic, crushed

150g dried red lentils, rinsed

1 litre low-salt vegetable stock

1 x 400g tin chopped tomatoes

1 teaspoon dried mixed herbs

1 teaspoon paprika

Pinch of black pepper

Handful of fresh spinach (optional)

Fresh parsley for garnish (optional)

 Method

1. Heat the olive oil in a large saucepan over a medium heat.
2. Add the onion, carrots and celery and cook for 5 minutes until softened.
3. Stir in the garlic and cook for 1 minute.
4. Add the lentils, vegetable stock, chopped tomatoes, herbs and paprika.
5. Bring to the boil, then reduce the heat and simmer for 30 minutes until the lentils are soft.
6. Stir in the spinach during the final 2 minutes if using.
7. Blend until smooth if preferred, or leave chunky.
8. Serve warm with wholemeal bread if desired.

Why it's good for wellbeing

This soup is packed with vegetables, lentils and fibre, making it a filling and nutritious meal as part of a balanced diet.

Lentils provide plant-based protein and fibre, helping to keep you feeling satisfied.

Approximate Nutrition (per serving)

Calories: ~280 kcal

Protein: 14g

Carbohydrates: 36g

Fibre: 11g

Fat: 7g

 Allergy Information

Contains:  Celery

May contain:  Wheat (if served with bread)

Always read ingredient labels carefully before preparing this recipe.

 Top Tip

This soup freezes well for up to 3 months, making it a great option for busy days when you need a quick, healthy meal.

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LUNCH RECIPE 14

Chicken & Hummus Wholemeal Wrap

A quick, protein-rich lunch that's perfect for busy days and easy to take to work or school.

Preparation Time

10 minutes

Cooking Time

No cooking required (if using cooked chicken)

Serves

1

Ingredients

1 large wholemeal wrap

100g cooked chicken breast, sliced

2 tablespoons hummus

Handful of mixed salad leaves

½ red pepper, sliced

¼ cucumber, sliced

¼ grated carrot

¼ avocado, sliced (optional)

Pinch of black pepper

Method

1. Lay the wholemeal wrap flat on a clean surface.
2. Spread the hummus evenly across the centre.
3. Add the salad leaves.
4. Arrange the chicken, pepper, cucumber and grated carrot on top.

5. Add the avocado if using.
6. Sprinkle with black pepper.
7. Fold in the sides of the wrap and roll tightly.
8. Slice in half and serve immediately or wrap for lunch later.

Why it's good for wellbeing

This wrap combines lean protein, wholegrains and colourful vegetables to create a balanced meal.

The fibre from the vegetables and wholemeal wrap, together with the protein from the chicken, can help you feel satisfied throughout the afternoon.

Approximate Nutrition (per serving)

Calories: ~440 kcal

Protein: 34g

Carbohydrates: 32g

Fibre: 8g

Fat: 18g

Allergy Information

Contains:  Wheat (Gluten)  Sesame (Hummus)

May contain: 🥛 Milk (depending on the wrap used)

Always read ingredient labels carefully before preparing this recipe.

💡 Top Tip

For a vegetarian version, replace the chicken with roasted chickpeas or grilled halloumi (if suitable for your dietary needs).

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LUNCH RECIPE 15

🔍 Vegetable & Feta Omelette

A quick, nutritious lunch packed with colourful vegetables, protein and flavour that's ready in under 15 minutes.

🕒 Preparation Time

10 minutes

🔥 Cooking Time

8–10 minutes

👤 Serves

1

Ingredients

2 large eggs

30g reduced-fat feta cheese, crumbled

½ red pepper, diced

50g mushrooms, sliced

Handful of spinach

1 spring onion, sliced

1 teaspoon olive oil

Pinch of black pepper

Pinch of mixed herbs

Method

1. Whisk the eggs with the black pepper and mixed herbs.
2. Heat the olive oil in a non-stick frying pan.
3. Cook the mushrooms and red pepper for 3–4 minutes.
4. Add the spinach and spring onion until the spinach has wilted.
5. Pour the egg mixture into the pan.
6. Sprinkle the feta evenly over the top.
7. Cook until the eggs are set, then carefully fold the omelette in half.

8. Serve immediately with a side salad if desired.

💚 Why it's good for wellbeing

This meal provides protein, vegetables and healthy fats as part of a balanced diet.

Including a variety of colourful vegetables can help increase your intake of vitamins, minerals and fibre while supporting overall health and wellbeing.

📊 Approximate Nutrition (per serving)

Calories: ~340 kcal

Protein: 24g

Carbohydrates: 8g

Fibre: 3g

Fat: 22g

⚠️ Allergy Information

Contains: 🥚 Eggs

🥛 Milk (Feta Cheese)

Always read ingredient labels carefully before preparing this recipe.

💡 Top Tip

Serve with a slice of wholemeal toast or a mixed salad to make this meal even more filling.

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Eat Well for Mental Wellbeing

LUNCH RECIPE 16

Baked Sweet Potato with Tuna & Cottage Cheese

A filling, nutritious lunch that's high in protein and fibre, making it a satisfying meal for any day of the week.

 Preparation Time

10 minutes

 Cooking Time

45–50 minutes

 Serves

1

 Ingredients

1 medium sweet potato

1 tin tuna in spring water, drained

3 tablespoons low-fat cottage cheese

2 spring onions, sliced

Handful of mixed salad leaves

6 cherry tomatoes, halved

Pinch of black pepper

Pinch of paprika (optional)

Method

1. Preheat the oven to 200°C (180°C fan).
2. Pierce the sweet potato several times with a fork.
3. Bake for 45–50 minutes, until soft.
4. Slice the potato open and fluff the inside with a fork.
5. Mix the tuna, cottage cheese and spring onions together.
6. Spoon the mixture into the baked sweet potato.
7. Sprinkle with black pepper and paprika if desired.
8. Serve with a fresh side salad.

Why it's good for wellbeing

Sweet potatoes provide fibre and are a source of vitamins, while tuna and cottage cheese provide protein to help keep you feeling full.

This balanced meal combines vegetables, protein and slow-release carbohydrates to support a healthy lifestyle.

 Approximate Nutrition (per serving)

Calories: ~430 kcal

Protein: 35g

Carbohydrates: 36g

Fibre: 7g

Fat: 10g

 Allergy Information

Contains:  Fish (Tuna)  Milk (Cottage Cheese)

Always read ingredient labels carefully before preparing this recipe.

 Top Tip

Short on time? Cook the sweet potato in the microwave for 8–10 minutes, then finish it in the oven for 10 minutes to crisp the skin.

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LUNCH RECIPE 17

 Chickpea & Roasted Vegetable Salad

A colourful, plant-based lunch that's packed with vegetables, fibre and protein, making it both filling and nutritious.

Preparation Time

15 minutes

Cooking Time

25 minutes

Serves

2

Ingredients

1 x 400g tin chickpeas, drained and rinsed

1 courgette, sliced

1 red pepper, chopped

1 yellow pepper, chopped

1 red onion, sliced

1 tablespoon olive oil

1 teaspoon paprika

1 teaspoon dried oregano

100g mixed salad leaves

10 cherry tomatoes, halved

Dressing

1 tablespoon extra virgin olive oil

Juice of ½ lemon

1 teaspoon Dijon mustard

Pinch of black pepper

Method

1. Preheat the oven to 200°C (180°C fan).
2. Place the courgette, peppers and onion onto a baking tray.
3. Drizzle with olive oil and sprinkle with paprika and oregano.
4. Roast for 20–25 minutes until tender.
5. Place the salad leaves, cherry tomatoes and chickpeas into a large bowl.
6. Add the roasted vegetables.
7. Mix the dressing ingredients together and pour over the salad.
8. Toss gently and serve warm or cold.

Why it's good for wellbeing

This colourful salad provides plant-based protein, fibre and a variety of vegetables as part of a balanced diet.

Eating a wide range of colourful vegetables helps increase your intake of vitamins and minerals while supporting overall health and wellbeing.

 Approximate Nutrition (per serving)

Calories: ~390 kcal

Protein: 14g

Carbohydrates: 36g

Fibre: 11g

Fat: 18g

 Allergy Information

Contains:  Mustard (Dijon Mustard)

Always read ingredient labels carefully before preparing this recipe.

 Top Tip

This salad is perfect for meal prep and can be stored in the refrigerator for up to 3 days. Add the dressing just before serving to keep the salad fresh.

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LUNCH RECIPE 18

Quinoa, Avocado & Black Bean Salad

A colourful, nutritious salad packed with plant-based protein, healthy fats and fibre. Perfect for lunch, meal prep or a light evening meal.

Preparation Time

15 minutes

Cooking Time

15 minutes

Serves

2

Ingredients

100g quinoa

1 x 400g tin black beans, drained and rinsed

1 ripe avocado, diced

1 red pepper, diced

½ cucumber, diced

10 cherry tomatoes, halved

2 spring onions, sliced

Handful of fresh coriander (optional)

Dressing

1 tablespoon extra virgin olive oil

Juice of 1 lime

1 teaspoon honey

Pinch of black pepper

½ teaspoon ground cumin

Method

1. Cook the quinoa according to the packet instructions.
2. Drain and allow it to cool.
3. Place the quinoa into a large bowl.
4. Add the black beans, avocado, pepper, cucumber, tomatoes and spring onions.
5. Mix the dressing ingredients together in a small bowl.
6. Pour the dressing over the salad.
7. Toss gently until everything is coated.
8. Garnish with fresh coriander if using and serve.

Why it's good for wellbeing

This colourful salad combines wholegrains, plant-based protein, healthy fats and fresh vegetables as part of a balanced diet.

Quinoa provides protein and fibre, while avocado contains healthy unsaturated fats that support overall health.

 Approximate Nutrition (per serving)

Calories: ~435 kcal

Protein: 15g

Carbohydrates: 42g

Fibre: 12g

Fat: 20g

 Allergy Information

Contains: None of the 14 major UK allergens in the core recipe.

Optional ingredient:  Fresh Coriander

Always check ingredient labels carefully, particularly for tinned products and seasonings, as ingredients and manufacturing processes may change.

 Top Tip

This salad tastes even better after chilling in the fridge for an hour, allowing the flavours to develop. It's ideal for meal prep and can be stored in the refrigerator for up to 2 days.

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LUNCH RECIPE 19

Turkey & Avocado Wholemeal Sandwich

A fresh, protein-rich sandwich that's quick to prepare and ideal for lunch at home or on the go.

Preparation Time

10 minutes

Cooking Time

No cooking required

Serves

1

Ingredients

2 slices wholemeal bread

100g cooked turkey breast, sliced

½ ripe avocado, mashed

Handful of mixed salad leaves

2 tomato slices

¼ cucumber, sliced

Pinch of black pepper

½ teaspoon lemon juice

Method

1. Toast the bread if preferred.
2. Mash the avocado with the lemon juice and black pepper.
3. Spread the avocado evenly over one slice of bread.
4. Layer the turkey, salad leaves, tomato and cucumber.
5. Place the second slice of bread on top.
6. Slice in half and serve immediately.

Why it's good for wellbeing

This sandwich combines lean protein, wholegrains and fresh vegetables to provide a balanced, satisfying meal.

Wholemeal bread provides fibre, while avocado contains healthy unsaturated fats that form part of a healthy diet.

Approximate Nutrition (per serving)

Calories: ~410 kcal

Protein: 32g

Carbohydrates: 30g

Fibre: 8g

Fat: 17g

Allergy Information

Contains:  Wheat (Gluten)

May contain:  Milk  Sesame (depending on the bread used)

Always read ingredient labels carefully before preparing this recipe.

Top Tip

For extra crunch, add sliced radishes or grated carrot. Pair with a piece of fruit for a balanced lunch.

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LUNCH RECIPE 20

Chicken & Brown Rice Power Bowl

A balanced, protein-rich meal packed with wholegrains and colourful vegetables. Perfect for lunch or meal prep.

Preparation Time

15 minutes

Cooking Time

20 minutes

 Serves

2

 Ingredients

2 skinless chicken breasts

150g brown rice

1 tablespoon olive oil

1 teaspoon paprika

½ teaspoon garlic powder

Pinch of black pepper

1 small broccoli, cut into florets

1 carrot, grated

½ red pepper, sliced

50g sweetcorn

Handful of spinach leaves

Juice of ½ lemon

 Method

1. Cook the brown rice according to the packet instructions.
2. Season the chicken with paprika, garlic powder and black pepper.
3. Heat the olive oil in a frying pan over a medium heat.

4. Cook the chicken for 6–7 minutes on each side until fully cooked.
5. Steam the broccoli for 4–5 minutes until tender.
6. Slice the cooked chicken.
7. Divide the brown rice between two bowls.
8. Arrange the broccoli, carrot, pepper, sweetcorn and spinach around the rice.
9. Top with the sliced chicken.
10. Squeeze over the fresh lemon juice and serve.

Why it's good for wellbeing

This meal combines lean protein, wholegrains and a variety of vegetables as part of a balanced diet.

Brown rice provides slow-release carbohydrates, while chicken supplies protein to help keep you feeling satisfied.

Approximate Nutrition (per serving)

Calories: ~495 kcal

Protein: 38g

Carbohydrates: 40g

Fibre: 8g

Fat: 15g

Allergy Information

Contains: No major UK allergens in the core recipe.

Always check ingredient labels carefully, particularly for seasonings and packaged ingredients, as manufacturers may change ingredients or production methods.

Top Tip

Cook extra chicken and rice to prepare healthy lunches for the next few days. Store in airtight containers in the refrigerator for up to 3 days.

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 Lunch section complete (10/10 recipes).

Next section:  Evening Meals (15 recipes),

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Eat Well for Mental Wellbeing

EVENING MEAL RECIPE 21

 Oven Baked Salmon with Sweet Potato & Broccoli

A simple, nutritious evening meal that's full of flavour and easy to prepare. Perfect for a healthy family dinner.

 Preparation Time

10 minutes

 Cooking Time

30 minutes

 Serves

2

 Ingredients

2 salmon fillets (approximately 150g each)

2 medium sweet potatoes

1 medium broccoli, cut into florets

1 tablespoon olive oil

Juice of ½ lemon

1 teaspoon mixed herbs

Pinch of black pepper

1 garlic clove, crushed (optional)

 Method

1. Preheat the oven to 200°C (180°C fan).

2. Wash and cut the sweet potatoes into wedges.

3. Place the wedges on a baking tray, drizzle with half the olive oil and sprinkle with mixed herbs.

4. Bake for 25–30 minutes, turning halfway through.
5. Place the salmon fillets on a separate baking tray.
6. Drizzle with the remaining olive oil, lemon juice and garlic if using.
7. Bake the salmon for 15–18 minutes, or until it flakes easily with a fork.
8. Steam the broccoli for 5–6 minutes until tender.
9. Serve the salmon with the sweet potato wedges and broccoli.

Why it's good for wellbeing

This meal provides lean protein, vegetables and healthy unsaturated fats as part of a balanced diet.

Salmon is naturally rich in omega-3 fats, while sweet potatoes provide fibre and vitamins. Eating fish regularly can contribute to a varied and healthy eating pattern.

Approximate Nutrition (per serving)

Calories: ~560 kcal

Protein: 37g

Carbohydrates: 34g

Fibre: 8g

Fat: 28g

Allergy Information

Contains:  Fish (Salmon)

Always read ingredient labels carefully before preparing this recipe, particularly for seasonings and packaged ingredients.

Top Tip

Serve with a side salad or steamed green beans for even more vegetables, and add a squeeze of fresh lemon just before serving for extra flavour.

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EVENING MEAL RECIPE 22

Chicken & Vegetable Stir Fry

A colourful, quick and nutritious meal that's perfect for busy evenings and ready in under 30 minutes.

Preparation Time

10 minutes

Cooking Time

15 minutes

 Serves

2

 Ingredients

2 skinless chicken breasts, sliced

1 tablespoon olive oil

1 red pepper, sliced

1 yellow pepper, sliced

1 small broccoli, cut into florets

1 carrot, thinly sliced

100g sugar snap peas

2 cloves garlic, crushed

1 teaspoon grated fresh ginger

2 tablespoons reduced-salt soy sauce

1 teaspoon sesame oil (optional)

150g brown rice

 Method

1. Cook the brown rice according to the packet instructions.
2. Heat the olive oil in a large frying pan or wok.
3. Add the chicken and cook for 6–7 minutes until fully cooked.

4. Add the garlic and ginger and cook for 1 minute.
5. Add the peppers, broccoli, carrot and sugar snap peas.
6. Stir-fry for 5–6 minutes until the vegetables are tender but still slightly crisp.
7. Stir in the soy sauce and sesame oil if using.
8. Serve immediately over the cooked brown rice.

Why it's good for wellbeing

This meal combines lean protein, colourful vegetables and wholegrains as part of a balanced diet.

The variety of vegetables provides fibre and important nutrients, while brown rice offers slow-release carbohydrates to help provide lasting energy.

Approximate Nutrition (per serving)

Calories: ~510 kcal

Protein: 39g

Carbohydrates: 42g

Fibre: 8g

Fat: 15g

Allergy Information

Contains: 🌱 Soya (Soy Sauce)

Optional ingredient: 🌱 Sesame (Sesame Oil)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

💡 Top Tip

Swap the chicken for tofu, prawns or lean beef to create different versions of this recipe while keeping plenty of colourful vegetables.

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EVENING MEAL RECIPE 23

🍲 Healthy Turkey Chilli

A hearty, protein-rich meal packed with vegetables and beans. Perfect for family dinners, meal prep or freezing for later.

🕒 Preparation Time

15 minutes

🔥 Cooking Time

35 minutes

👥 Serves

4

Ingredients

500g lean turkey mince

1 tablespoon olive oil

1 onion, diced

2 cloves garlic, crushed

1 red pepper, diced

1 carrot, grated

1 x 400g tin chopped tomatoes

1 x 400g tin kidney beans, drained and rinsed

2 tablespoons tomato purée

250ml low-salt chicken stock

1 teaspoon smoked paprika

1 teaspoon ground cumin

1 teaspoon mild chilli powder (adjust to taste)

Pinch of black pepper

Fresh coriander (optional)

To Serve

200g cooked brown rice

Steamed green vegetables (optional)

Method

1. Heat the olive oil in a large saucepan over a medium heat.
2. Add the onion and cook for 3–4 minutes until softened.
3. Stir in the garlic and cook for 1 minute.
4. Add the turkey mince and cook until browned.
5. Stir in the red pepper and grated carrot.
6. Add the chopped tomatoes, tomato purée, chicken stock and spices.
7. Stir in the kidney beans.
8. Simmer gently for 25–30 minutes, stirring occasionally.
9. Serve with brown rice and garnish with fresh coriander if desired.

Why it's good for wellbeing

This meal provides lean protein, beans and vegetables as part of a balanced diet.

Kidney beans are a good source of fibre, while turkey provides protein to help keep you feeling satisfied.

Approximate Nutrition (per serving)

Calories: ~540 kcal

Protein: 38g

Carbohydrates: 42g

Fibre: 10g

Fat: 14g

Allergy Information

Contains: No major UK allergens in the core recipe.

Always read ingredient labels carefully, particularly for stock cubes, tomato purée and seasonings, as ingredients and allergen information may change.

Top Tip

Make a double batch and freeze individual portions for up to 3 months. It's a perfect healthy meal for busy evenings.

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EVENING MEAL RECIPE 24

Mild Chickpea & Vegetable Curry

A comforting, budget-friendly curry packed with vegetables and plant-based protein. Perfect for a healthy family meal.

 Preparation Time

15 minutes

 Cooking Time

30 minutes

 Serves

4

 Ingredients

1 tablespoon olive oil

1 onion, diced

2 cloves garlic, crushed

1 teaspoon grated fresh ginger

1 red pepper, diced

1 courgette, diced

2 carrots, sliced

1 x 400g tin chickpeas, drained and rinsed

1 x 400g tin chopped tomatoes

200ml light coconut milk

2 teaspoons mild curry powder

1 teaspoon ground turmeric

1 teaspoon ground cumin

Pinch of black pepper

Fresh coriander (optional)

To Serve

200g cooked brown rice

Fresh coriander (optional)

Method

1. Heat the olive oil in a large saucepan over a medium heat.
2. Cook the onion for 4–5 minutes until softened.
3. Add the garlic and ginger and cook for 1 minute.
4. Stir in the curry powder, turmeric and cumin.
5. Add the peppers, courgette and carrots and cook for 5 minutes.
6. Stir in the chickpeas, chopped tomatoes and coconut milk.
7. Simmer gently for 20 minutes, stirring occasionally.
8. Serve with brown rice and garnish with fresh coriander if desired.

Why it's good for wellbeing

This meal combines colourful vegetables, chickpeas and wholegrains as part of a balanced diet.

Chickpeas provide plant-based protein and fibre, while the vegetables contribute a variety of vitamins and minerals that support overall health.

 Approximate Nutrition (per serving)

Calories: ~465 kcal

Protein: 14g

Carbohydrates: 49g

Fibre: 11g

Fat: 18g

 Allergy Information

Contains: No major UK allergens in the core recipe.

Always check ingredient labels carefully, particularly for curry powder, coconut milk and other packaged ingredients, as manufacturers may change ingredients or allergen information.

 Top Tip

This curry tastes even better the next day as the flavours continue to develop. It also freezes well for up to 3 months, making it ideal for batch cooking.

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EVENING MEAL RECIPE 25

 Baked Cod with Brown Rice & Green Beans

A light, nutritious evening meal that's simple to prepare and packed with protein and vegetables.

Preparation Time

10 minutes

Cooking Time

25 minutes

Serves

2

Ingredients

2 cod fillets (approximately 150g each)

150g brown rice

200g green beans

1 tablespoon olive oil

Juice of ½ lemon

2 cloves garlic, crushed

1 teaspoon dried parsley

Pinch of black pepper

Lemon wedges to serve (optional)

Method

1. Preheat the oven to 200°C (180°C fan).
2. Cook the brown rice according to the packet instructions.
3. Place the cod fillets on a lined baking tray.
4. Drizzle with olive oil and lemon juice.
5. Sprinkle over the garlic, parsley and black pepper.
6. Bake for 15–18 minutes, or until the fish flakes easily with a fork.
7. Steam the green beans for 5–6 minutes until just tender.
8. Divide the rice between two plates.
9. Top with the baked cod and serve with the green beans and a lemon wedge if desired.

Why it's good for wellbeing

This meal combines lean protein, wholegrains and vegetables as part of a balanced diet.

Cod is a good source of protein, while brown rice provides slow-release carbohydrates and green beans add fibre and nutrients to support overall health.

Approximate Nutrition (per serving)

Calories: ~480 kcal

Protein: 37g

Carbohydrates: 41g

Fibre: 6g

Fat: 14g

Allergy Information

Contains:  Fish (Cod)

Always read ingredient labels carefully before preparing this recipe, particularly for seasonings and packaged ingredients, as manufacturers may change ingredients or allergen information.

Top Tip

Swap the green beans for asparagus, broccoli or peas to add variety while keeping the meal nutritious.

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EVENING MEAL RECIPE 26

Spinach & Mushroom Wholewheat Pasta

A comforting, nutritious pasta dish that's packed with vegetables and ready in under 30 minutes.

 Preparation Time

10 minutes

 Cooking Time

20 minutes

 Serves

2

 Ingredients

150g wholewheat pasta

1 tablespoon olive oil

200g mushrooms, sliced

100g fresh spinach

2 cloves garlic, crushed

200ml reduced-fat crème fraîche (or reduced-fat cream cheese)

30g grated Parmesan cheese

½ teaspoon dried mixed herbs

Pinch of black pepper

Fresh parsley, chopped (optional)

 Method

1. Cook the wholewheat pasta according to the packet instructions.

2. Heat the olive oil in a large frying pan.

3. Add the mushrooms and cook for 5–6 minutes until softened.
4. Stir in the garlic and cook for 1 minute.
5. Add the spinach and cook until wilted.
6. Stir in the crème fraîche and Parmesan cheese.
7. Add the mixed herbs and black pepper.
8. Drain the pasta and stir it into the sauce until well coated.
9. Sprinkle with fresh parsley if desired and serve immediately.

♥ Why it's good for wellbeing

This meal combines wholegrains, vegetables and protein as part of a balanced diet.

Wholewheat pasta provides fibre, while spinach and mushrooms contribute vitamins and minerals that support overall health and wellbeing.

Approximate Nutrition (per serving)

Calories: ~510 kcal

Protein: 21g

Carbohydrates: 49g

Fibre: 8g

Fat: 22g

Allergy Information

Contains:  Wheat (Gluten)

 Milk (Crème Fraîche and Parmesan)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

For extra protein, add grilled chicken, salmon or cooked chickpeas. You can also swap the spinach for kale or add peas for extra colour and texture.

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EVENING MEAL RECIPE 27

Healthy Cottage Pie

A comforting family favourite made with lean beef, plenty of vegetables and topped with creamy mashed potatoes.

Preparation Time

20 minutes

Cooking Time

45 minutes

 Serves

4

 Ingredients

Filling

500g lean beef mince (5% fat)

1 tablespoon olive oil

1 onion, diced

2 carrots, diced

2 celery sticks, diced

2 cloves garlic, crushed

150g frozen peas

2 tablespoons tomato purée

300ml low-salt beef stock

1 teaspoon Worcestershire sauce

1 teaspoon dried mixed herbs

Pinch of black pepper

Mash Topping

800g potatoes, peeled and chopped

30ml semi-skimmed milk

15g reduced-fat butter

Pinch of black pepper

Method

1. Preheat the oven to 190°C (170°C fan).
2. Boil the potatoes for 15–20 minutes until soft.
3. Meanwhile, heat the olive oil in a large frying pan.
4. Cook the onion, carrots and celery for 5 minutes.
5. Add the garlic and cook for 1 minute.
6. Add the beef mince and cook until browned.
7. Stir in the tomato purée, Worcestershire sauce, herbs and beef stock.
8. Add the peas and simmer for 15 minutes.
9. Mash the cooked potatoes with the milk, butter and black pepper.
10. Spoon the beef mixture into an ovenproof dish.
11. Spread the mashed potato evenly over the top.
12. Bake for 20–25 minutes until the top is lightly golden.

Why it's good for wellbeing

This meal combines lean protein, vegetables and potatoes as part of a balanced diet.

Including plenty of vegetables increases fibre intake, while lean beef provides protein and important nutrients such as iron and vitamin B12.

 Approximate Nutrition (per serving)

Calories: ~540 kcal

Protein: 35g

Carbohydrates: 39g

Fibre: 7g

Fat: 20g

 Allergy Information

Contains:  Milk

May contain:  Gluten (Worcestershire sauce—check the label, as ingredients vary by brand)

 Celery

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

Prepare this cottage pie the day before and keep it covered in the refrigerator. Bake when you're ready to eat, or freeze portions for up to 3 months.

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EVENING MEAL RECIPE 28

🥩 Lean Beef & Vegetable Stew

A hearty, comforting stew packed with lean beef and vegetables. Perfect for colder days and ideal for batch cooking.

🕒 Preparation Time

20 minutes

🔥 Cooking Time

2 hours

👤 Serves

4

🛒 Ingredients

500g lean diced beef

1 tablespoon olive oil

1 onion, diced

2 carrots, sliced

2 celery sticks, sliced

2 parsnips, chopped

200g mushrooms, halved

2 cloves garlic, crushed

500ml low-salt beef stock

2 tablespoons tomato purée

1 teaspoon Worcestershire sauce

1 teaspoon dried thyme

1 bay leaf

Pinch of black pepper

Fresh parsley to garnish (optional)

Method

1. Heat the olive oil in a large casserole dish or saucepan.
2. Brown the beef on all sides, then remove and set aside.
3. Add the onion, carrots, celery, parsnips and mushrooms, cooking for 5 minutes.
4. Stir in the garlic and cook for 1 minute.
5. Return the beef to the pan.
6. Add the tomato purée, Worcestershire sauce, thyme and bay leaf.
7. Pour in the beef stock and bring to the boil.
8. Reduce the heat, cover and simmer gently for 1½–2 hours, until the beef is tender.
9. Remove the bay leaf before serving.

10. Garnish with fresh parsley if desired.

💚 Why it's good for wellbeing

This stew combines lean protein with a variety of vegetables as part of a balanced diet.

The vegetables provide fibre and important nutrients, while slow cooking helps develop rich flavour without needing lots of added fat.

📊 Approximate Nutrition (per serving)

Calories: ~470 kcal

Protein: 36g

Carbohydrates: 24g

Fibre: 7g

Fat: 20g

⚠️ Allergy Information

Contains: 🌿 Celery

May contain: 🌾 Gluten (Worcestershire sauce—check the label, as ingredients vary by brand)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

💡 Top Tip

This stew tastes even better the following day. Refrigerate overnight to allow the flavours to develop, or freeze portions for up to 3 months.

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EVENING MEAL RECIPE 29

 Turkey Meatballs with Wholewheat Spaghetti

A healthy twist on a family favourite, combining lean turkey meatballs with a rich tomato sauce and wholewheat spaghetti.

 Preparation Time

20 minutes

 Cooking Time

30 minutes

 Serves

4

 Ingredients

For the Meatballs

500g lean turkey mince

1 egg

40g wholemeal breadcrumbs

2 cloves garlic, crushed

1 teaspoon dried oregano

1 teaspoon dried basil

Pinch of black pepper

For the Sauce

1 tablespoon olive oil

1 onion, finely diced

2 cloves garlic, crushed

2 x 400g tins chopped tomatoes

2 tablespoons tomato purée

1 teaspoon dried oregano

1 teaspoon dried basil

Pinch of black pepper

To Serve

300g wholewheat spaghetti

Fresh basil (optional)

20g grated Parmesan (optional)

Method

1. Preheat the oven to 200°C (180°C fan).

2. Mix the turkey mince, egg, breadcrumbs, garlic, oregano, basil and black pepper together.
3. Roll into approximately 16 meatballs.
4. Place on a lined baking tray and bake for 20 minutes until cooked through.
5. Meanwhile, heat the olive oil in a saucepan.
6. Cook the onion for 4–5 minutes until softened.
7. Add the garlic and cook for 1 minute.
8. Stir in the chopped tomatoes, tomato purée, oregano and basil.
9. Simmer gently for 15 minutes.
10. Cook the wholewheat spaghetti according to the packet instructions.
11. Add the cooked meatballs to the tomato sauce and heat for 2–3 minutes.
12. Serve over the spaghetti and garnish with fresh basil and Parmesan if desired.

Why it's good for wellbeing

This meal combines lean protein, wholegrains and a tomato-based sauce as part of a balanced diet.

Using lean turkey mince helps reduce saturated fat while still providing plenty of protein to keep you feeling satisfied.

 Approximate Nutrition (per serving)

Calories: ~540 kcal

Protein: 38g

Carbohydrates: 45g

Fibre: 8g

Fat: 16g

 Allergy Information

Contains:  Eggs

 Wheat (Gluten)

 Milk (if using Parmesan)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

These meatballs freeze brilliantly. Freeze them with the tomato sauce in individual portions for up to 3 months, making healthy homemade dinners quick and convenient.

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EVENING MEAL RECIPE 30

Lean Beef & Vegetable Fajitas

A colourful, flavourful meal packed with lean beef, peppers and onions, served in wholemeal tortillas for a balanced family dinner.

Preparation Time

15 minutes

Cooking Time

15 minutes

Serves

4

Ingredients

500g lean beef strips

1 tablespoon olive oil

2 mixed peppers, sliced

1 large onion, sliced

2 cloves garlic, crushed

1 teaspoon smoked paprika

1 teaspoon ground cumin

½ teaspoon mild chilli powder

Pinch of black pepper

Juice of ½ lime

8 wholemeal tortilla wraps

Optional Toppings

Shredded lettuce

Diced tomatoes

Greek yogurt

Sliced avocado

Fresh coriander

Lime wedges

Method

1. Heat the olive oil in a large frying pan over a medium-high heat.
2. Add the beef strips and cook for 4–5 minutes until browned.
3. Add the onion, peppers and garlic.
4. Cook for another 5–6 minutes until the vegetables soften.
5. Stir in the paprika, cumin, chilli powder and black pepper.
6. Add the lime juice and stir well.
7. Warm the wholemeal tortillas according to the packet instructions.
8. Fill each tortilla with the beef mixture and add your favourite toppings.
9. Serve immediately.

💚 Why it's good for wellbeing

This meal combines lean protein, colourful vegetables and wholegrains as part of a balanced diet.

The peppers and onions add fibre and nutrients, while wholemeal tortillas provide slow-release carbohydrates to help keep you feeling satisfied.

📊 Approximate Nutrition (per serving)

Calories: ~560 kcal

Protein: 36g

Carbohydrates: 42g

Fibre: 8g

Fat: 20g

⚠️ Allergy Information

Contains: 🌾 Wheat (Gluten)

Optional toppings may contain: 🥛 Milk (Greek yogurt)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

💡 Top Tip

For extra vegetables, add sliced mushrooms, courgette or sweetcorn to the pan. Leftover filling also makes a great topping for baked potatoes or salads the next day.

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Eat Well for Mental Wellbeing

EVENING MEAL RECIPE 31

 Lemon & Herb Chicken with Roasted Vegetables

A simple, colourful and nutritious meal that's easy to prepare and perfect for a healthy family dinner.

 Preparation Time

15 minutes

 Cooking Time

35 minutes

 Serves

4

 Ingredients

Chicken

4 skinless chicken breasts

2 tablespoons olive oil

Juice of 1 lemon

2 cloves garlic, crushed

1 teaspoon dried oregano

1 teaspoon dried thyme

Pinch of black pepper

Roasted Vegetables

2 courgettes, sliced

2 red peppers, chopped

2 carrots, sliced

1 red onion, cut into wedges

200g broccoli florets

1 tablespoon olive oil

Pinch of black pepper

Method

1. Preheat the oven to 200°C (180°C fan).
2. Mix the olive oil, lemon juice, garlic, oregano, thyme and black pepper together.
3. Coat the chicken breasts in the marinade.
4. Arrange the vegetables on a large baking tray and drizzle with olive oil.
5. Place the chicken alongside the vegetables.

6. Roast for 30–35 minutes, turning the vegetables halfway through, until the chicken is fully cooked and the vegetables are tender.

7. Serve immediately.

Why it's good for wellbeing

This meal provides lean protein and a wide variety of colourful vegetables as part of a balanced diet.

Roasting vegetables brings out their natural sweetness while helping you enjoy a range of vitamins, minerals and fibre that support overall health and wellbeing.

Approximate Nutrition (per serving)

Calories: ~470 kcal

Protein: 40g

Carbohydrates: 18g

Fibre: 6g

Fat: 22g

Allergy Information

Contains: No major UK allergens in the core recipe.

Always read ingredient labels carefully, particularly for dried herbs, seasonings and packaged ingredients, as manufacturers may change ingredients or allergen information.

Top Tip

This meal is excellent for meal prep. Store leftovers in an airtight container in the refrigerator for up to 3 days, or freeze cooked portions for up to 3 months.

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EVENING MEAL RECIPE 32

Stuffed Peppers with Lean Turkey & Brown Rice

A colourful, wholesome meal packed with lean protein, wholegrains and vegetables. Great for family dinners and meal prep.

Preparation Time

20 minutes

Cooking Time

35–40 minutes

Serves

4

Ingredients

4 large bell peppers (any colour)

500g lean turkey mince

150g brown rice

1 tablespoon olive oil

1 onion, finely diced

2 cloves garlic, crushed

1 carrot, grated

1 x 400g tin chopped tomatoes

2 tablespoons tomato purée

1 teaspoon dried oregano

1 teaspoon smoked paprika

Pinch of black pepper

40g reduced-fat grated cheddar cheese (optional)

Fresh parsley, chopped (optional)

Method

1. Preheat the oven to 190°C (170°C fan).
2. Cook the brown rice according to the packet instructions.
3. Slice the tops off the peppers and remove the seeds.
4. Heat the olive oil in a frying pan.
5. Cook the onion for 4 minutes until softened.
6. Add the garlic and grated carrot and cook for 2 minutes.

7. Add the turkey mince and cook until browned.
8. Stir in the chopped tomatoes, tomato purée, oregano, paprika and black pepper.
9. Mix in the cooked brown rice.
10. Fill each pepper with the turkey mixture.
11. Sprinkle with cheese if using.
12. Place the peppers in an ovenproof dish and bake for 20–25 minutes until the peppers are tender.
13. Garnish with fresh parsley and serve.

Why it's good for wellbeing

This meal combines lean protein, wholegrains and colourful vegetables as part of a balanced diet.

The peppers provide vitamin C, while brown rice contributes fibre and turkey provides protein to help keep you feeling satisfied.

Approximate Nutrition (per serving)

Calories: ~510 kcal

Protein: 35g

Carbohydrates: 36g

Fibre: 7g

Fat: 16g

Allergy Information

Contains:  Milk (if using cheddar cheese)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

These stuffed peppers freeze well. Allow them to cool completely before freezing in airtight containers for up to 3 months. Reheat thoroughly before serving.

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EVENING MEAL RECIPE 33

One-Pot Chicken & Vegetable Casserole

A hearty, comforting meal that's full of lean protein and colourful vegetables. Perfect for family dinners and batch cooking.

Preparation Time

15 minutes

Cooking Time

45 minutes

Serves

4

Ingredients

4 skinless chicken breasts, diced

1 tablespoon olive oil

1 onion, diced

2 carrots, sliced

2 celery sticks, sliced

200g mushrooms, halved

1 red pepper, chopped

2 cloves garlic, crushed

400g baby potatoes, halved

500ml low-salt chicken stock

1 tablespoon tomato purée

1 teaspoon dried thyme

1 teaspoon dried rosemary

Pinch of black pepper

Fresh parsley, chopped (optional)

Method

1. Heat the olive oil in a large casserole dish or ovenproof saucepan.
2. Brown the diced chicken for 5–6 minutes, then remove and set aside.
3. Add the onion, carrots, celery, mushrooms and pepper, cooking for 5 minutes.
4. Stir in the garlic and cook for 1 minute.
5. Return the chicken to the pan.
6. Add the baby potatoes, tomato purée, thyme, rosemary and black pepper.
7. Pour in the chicken stock and stir well.
8. Bring to a gentle simmer.
9. Cover and cook in a preheated oven at 180°C (160°C fan) for 35–40 minutes, or until the chicken is cooked through and the potatoes are tender.
10. Garnish with fresh parsley before serving if desired.

Why it's good for wellbeing

This casserole combines lean protein, vegetables and potatoes as part of a balanced diet.

The variety of vegetables adds fibre and nutrients, while chicken provides protein to help keep you feeling full and support a healthy lifestyle.

Approximate Nutrition (per serving)

Calories: ~485 kcal

Protein: 39g

Carbohydrates: 29g

Fibre: 7g

Fat: 18g

 Allergy Information

Contains:  Celery

Always read ingredient labels carefully before preparing this recipe, particularly for stock cubes and seasonings, as manufacturers may change ingredients or allergen information.

 Top Tip

This casserole can be made in a slow cooker. Brown the chicken first, then cook on Low for 6–7 hours or High for 3–4 hours until the chicken and vegetables are tender.

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EVENING MEAL RECIPE 34

 Mediterranean Baked Haddock with Roasted Vegetables

A light, flavourful meal packed with colourful vegetables and lean protein, inspired by Mediterranean cooking.

 Preparation Time

15 minutes

 Cooking Time

30 minutes

 Serves

2

 Ingredients

Fish

2 haddock fillets (approximately 150g each)

1 tablespoon olive oil

Juice of ½ lemon

1 teaspoon dried oregano

1 clove garlic, crushed

Pinch of black pepper

Roasted Vegetables

1 courgette, sliced

1 red pepper, chopped

1 yellow pepper, chopped

1 small red onion, cut into wedges

150g cherry tomatoes

1 tablespoon olive oil

Pinch of black pepper

Method

1. Preheat the oven to 200°C (180°C fan).
2. Place the vegetables onto a baking tray.
3. Drizzle with olive oil and season with black pepper.
4. Roast for 15 minutes.
5. Place the haddock fillets onto another lined baking tray.
6. Drizzle with olive oil, lemon juice and sprinkle with garlic and oregano.
7. Bake the haddock for 15–18 minutes, until it flakes easily with a fork.
8. Continue roasting the vegetables until tender.
9. Divide the vegetables between two plates and top with the baked haddock.
10. Serve immediately with a fresh lemon wedge if desired.

Why it's good for wellbeing

This meal combines lean protein with a variety of colourful vegetables as part of a balanced diet.

Haddock is a good source of protein, while the vegetables contribute fibre, vitamins and minerals that support overall health and wellbeing.

 Approximate Nutrition (per serving)

Calories: ~445 kcal

Protein: 37g

Carbohydrates: 18g

Fibre: 6g

Fat: 19g

 Allergy Information

Contains:  Fish (Haddock)

Always read ingredient labels carefully before preparing this recipe, particularly for herbs, seasonings and packaged ingredients, as manufacturers may change ingredients or allergen information.

 Top Tip

Serve with a portion of wholegrain couscous or brown rice if you'd like a more filling meal, or enjoy it on its own for a lighter dinner.

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EVENING MEAL RECIPE 35

Garlic & Herb Chicken with Quinoa & Roasted Vegetables

A wholesome, balanced meal packed with lean protein, wholegrains and colourful vegetables. A perfect way to finish a healthy day.

Preparation Time

15 minutes

Cooking Time

35 minutes

Serves

2

Ingredients

Chicken

2 skinless chicken breasts

1 tablespoon olive oil

2 cloves garlic, crushed

1 teaspoon dried mixed herbs

½ teaspoon paprika

Pinch of black pepper

Quinoa & Vegetables

120g quinoa

1 courgette, sliced

1 red pepper, chopped

1 carrot, sliced

100g broccoli florets

1 tablespoon olive oil

Juice of ½ lemon

Fresh parsley, chopped (optional)

Method

1. Preheat the oven to 200°C (180°C fan).
2. Mix the olive oil, garlic, herbs, paprika and black pepper together.
3. Coat the chicken breasts with the mixture.
4. Place the chicken on a baking tray.
5. Arrange the vegetables on a separate tray and drizzle with olive oil.
6. Roast the chicken and vegetables for 30–35 minutes, turning the vegetables halfway through.
7. Meanwhile, cook the quinoa according to the packet instructions.
8. Divide the quinoa between two plates.
9. Top with the roasted vegetables and chicken.

10. Finish with a squeeze of fresh lemon juice and parsley if desired.

💚 Why it's good for wellbeing

This meal combines lean protein, wholegrains and a variety of vegetables as part of a balanced diet.

Quinoa provides fibre and protein, while the colourful vegetables contribute vitamins and minerals that support overall health and wellbeing.

📊 Approximate Nutrition (per serving)

Calories: ~525 kcal

Protein: 40g

Carbohydrates: 35g

Fibre: 7g

Fat: 19g

⚠️ Allergy Information

Contains: No major UK allergens in the core recipe.

Always read ingredient labels carefully before preparing this recipe, particularly for herbs, spices and packaged ingredients, as manufacturers may change ingredients or allergen information.

💡 Top Tip

Swap the quinoa for brown rice, wholewheat couscous or a baked sweet potato for an easy variation while keeping the meal balanced and nutritious.

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HEALTHY SNACK RECIPE 36

 Apple Slices with Peanut Butter

A quick, nutritious snack that's ready in minutes and combines fruit with protein and healthy fats.

 Preparation Time

5 minutes

 Cooking Time

No cooking required

 Serves

1

 Ingredients

1 medium apple

2 tablespoons natural peanut butter

½ teaspoon ground cinnamon (optional)

1 teaspoon chia seeds (optional)

Method

1. Wash the apple thoroughly.
2. Slice the apple into wedges and remove the core.
3. Arrange the slices on a plate.
4. Spoon the peanut butter into a small bowl for dipping.
5. Sprinkle the apple with cinnamon and chia seeds if using.
6. Serve immediately.

Why it's good for wellbeing

This snack combines fresh fruit with healthy fats and protein as part of a balanced diet.

Apples provide fibre, while peanut butter helps make this snack more filling and satisfying between meals.

Approximate Nutrition (per serving)

Calories: ~240 kcal

Protein: 8g

Carbohydrates: 22g

Fibre: 6g

Fat: 15g

⚠️ Allergy Information

Contains: 🥜 Peanuts

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

💡 Top Tip

Try swapping the apple for pear slices, banana or celery sticks for a simple variation while keeping the snack nutritious.

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HEALTHY SNACK RECIPE 37

🥕 Carrot, Cucumber & Pepper Sticks with Hummus

A colourful, crunchy snack that's quick to prepare and perfect for home, work or lunchboxes.

Preparation Time

10 minutes

Cooking Time

No cooking required

Serves

2

Ingredients

2 medium carrots, peeled and cut into sticks

½ cucumber, cut into sticks

1 red pepper, sliced into strips

1 yellow pepper, sliced into strips

100g hummus

Pinch of paprika (optional)

Fresh parsley, chopped (optional)

Method

1. Wash and prepare all the vegetables.
2. Cut them into evenly sized sticks.
3. Spoon the hummus into a small serving bowl.

4. Sprinkle with paprika and parsley if using.
5. Arrange the vegetable sticks around the hummus.
6. Serve immediately or keep chilled until ready to eat.

Why it's good for wellbeing

This snack combines fresh vegetables with hummus, providing fibre and plant-based protein as part of a balanced diet.

Eating a variety of colourful vegetables can help increase your intake of vitamins and minerals while supporting overall health and wellbeing.

Approximate Nutrition (per serving)

Calories: ~180 kcal

Protein: 5g

Carbohydrates: 15g

Fibre: 6g

Fat: 10g

Allergy Information

Contains:  Sesame (Hummus)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

Prepare several containers of vegetable sticks at the beginning of the week and keep them refrigerated. They'll stay fresh for 3–4 days, making healthy snacking quick and convenient.

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HEALTHY SNACK RECIPE 38

 Homemade Nut & Seed Trail Mix

A simple, nutritious snack that's perfect for taking to work, school or on a walk. Easy to prepare in minutes and ideal for keeping on hand.

 Preparation Time

10 minutes

 Cooking Time

No cooking required

 Serves

6

 Ingredients

100g unsalted almonds

100g unsalted walnuts

50g pumpkin seeds

50g sunflower seeds

50g raisins

50g dried cranberries (reduced sugar if possible)

30g unsweetened coconut flakes (optional)

Method

1. Place all the ingredients into a large mixing bowl.
2. Stir until evenly combined.
3. Divide into six small airtight containers or reusable snack bags.
4. Store in a cool, dry place.
5. Enjoy one portion as a healthy snack.

Why it's good for wellbeing

This trail mix provides healthy unsaturated fats, fibre and plant-based protein as part of a balanced diet.

Having a prepared healthy snack available can make it easier to choose nutritious options when you're hungry.

 Approximate Nutrition (per serving)

Calories: ~240 kcal

Protein: 7g

Carbohydrates: 12g

Fibre: 4g

Fat: 18g

 Allergy Information

Contains:  Tree Nuts (Almonds, Walnuts)

May contain:  Peanuts (depending on manufacturing processes)  Sesame (check ingredient labels)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

Measure each serving into small containers straight after making the mix. This helps with portion control and makes it easy to grab a healthy snack when you're on the go.

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HEALTHY SNACK RECIPE 39

Greek Yogurt, Berries & Honey Pot

A refreshing, protein-rich snack that's quick to prepare and naturally sweetened with fresh fruit.

Preparation Time

5 minutes

Cooking Time

No cooking required

Serves

1

Ingredients

200g plain Greek yogurt

80g mixed berries (fresh or frozen, thawed)

1 teaspoon honey (optional)

1 tablespoon chopped walnuts (optional)

1 teaspoon chia seeds (optional)

Method

1. Spoon the Greek yogurt into a serving bowl or glass.
2. Add the mixed berries over the top.
3. Drizzle with honey if using.

4. Sprinkle with the chopped walnuts and chia seeds if desired.

5. Serve immediately.

Why it's good for wellbeing

This snack combines protein, fruit and healthy fats as part of a balanced diet.

Berries provide fibre and natural sweetness, while Greek yogurt is a good source of protein that can help keep you feeling fuller for longer.

Approximate Nutrition (per serving)

Calories: ~260 kcal

Protein: 20g

Carbohydrates: 18g

Fibre: 5g

Fat: 10g

Allergy Information

Contains:  Milk

Optional ingredient:  Tree Nuts (Walnuts)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

Prepare this in a lidded container the night before for a quick snack or breakfast on busy days. For extra crunch, add the walnuts just before eating.

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HEALTHY SNACK RECIPE 40

 Dark Chocolate & Strawberry Bites

A simple, delicious snack that combines fresh fruit with a small amount of dark chocolate for an enjoyable treat.

 Preparation Time

10 minutes

 Cooking Time

No cooking required

 Serves

2

 Ingredients

200g fresh strawberries

30g dark chocolate (70% cocoa or higher)

1 teaspoon chopped pistachios (optional)

1 teaspoon unsweetened desiccated coconut (optional)

Method

1. Wash and dry the strawberries thoroughly.
2. Break the dark chocolate into small pieces and melt gently in a heatproof bowl over simmering water, or microwave in short bursts, stirring regularly.
3. Dip each strawberry halfway into the melted chocolate.
4. Sprinkle with chopped pistachios or desiccated coconut if using.
5. Place onto baking paper.
6. Chill in the refrigerator for 15–20 minutes until the chocolate has set.
7. Serve chilled.

Why it's good for wellbeing

This snack combines fresh fruit with a modest amount of dark chocolate as part of a balanced diet.

Enjoying treats in moderation alongside nutritious foods can help support a healthy and enjoyable approach to eating.

 Approximate Nutrition (per serving)

Calories: ~150 kcal

Protein: 2g

Carbohydrates: 15g

Fibre: 4g

Fat: 9g

 Allergy Information

Contains:  Milk (some dark chocolates may contain milk—check the label)

Optional ingredient:  Tree Nuts (Pistachios)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

Store these in an airtight container in the refrigerator for up to 2 days. They're a refreshing snack or a healthier dessert to enjoy after a meal.

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HEALTHY SNACK RECIPE 41

Frozen Banana & Yogurt Bites

A refreshing, naturally sweet snack that's easy to prepare and perfect for warmer days.

Preparation Time

15 minutes

Chilling Time

2–3 hours

Serves

4

Ingredients

2 ripe bananas

150g Greek yogurt

1 teaspoon honey (optional)

1 teaspoon vanilla extract

1 tablespoon chopped almonds (optional)

1 tablespoon unsweetened desiccated coconut (optional)

Method

1. Slice the bananas into thick rounds.
2. Mix the Greek yogurt, honey and vanilla extract together.

3. Spoon a small amount of yogurt onto each banana slice.
4. Sprinkle with chopped almonds or coconut if using.
5. Place the banana bites onto a tray lined with baking paper.
6. Freeze for 2–3 hours until firm.
7. Enjoy straight from the freezer.

Why it's good for wellbeing

This snack combines fruit and protein as part of a balanced diet.

Bananas provide natural sweetness, while Greek yogurt adds protein to help make the snack satisfying.

Approximate Nutrition (per serving)

Calories: ~160 kcal

Protein: 7g

Carbohydrates: 20g

Fibre: 3g

Fat: 5g

Allergy Information

Contains:  Milk

Optional ingredient: 🌰 Tree Nuts (Almonds)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

💡 Top Tip

Keep a batch in the freezer for up to 1 month. They're a great alternative to ice cream when you're looking for a lighter treat.

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HEALTHY SNACK RECIPE 42

🥣 Oat, Nut & Seed Energy Balls

A simple, no-bake snack that's perfect for busy days, lunchboxes or a quick energy boost.

🕒 Preparation Time

15 minutes

❄️ Chilling Time

30 minutes

👥 Serves

Makes 12 energy balls

Ingredients

150g rolled oats

100g natural peanut butter

2 tablespoons honey

2 tablespoons ground flaxseed

2 tablespoons chia seeds

1 teaspoon vanilla extract

30g dark chocolate chips (optional)

2 tablespoons chopped pumpkin seeds

Method

1. Place all the ingredients into a large mixing bowl.
2. Mix thoroughly until a firm dough forms.
3. If the mixture feels too dry, add 1–2 teaspoons of water.
4. Roll the mixture into 12 evenly sized balls.
5. Place onto a tray or plate.
6. Refrigerate for 30 minutes until firm.
7. Store in an airtight container in the refrigerator.

💚 Why it's good for wellbeing

These energy balls provide wholegrains, healthy fats and plant-based protein as part of a balanced diet.

Preparing healthy snacks in advance can make it easier to choose nutritious options throughout the week.

📊 Approximate Nutrition (per energy ball)

Calories: ~120 kcal

Protein: 4g

Carbohydrates: 10g

Fibre: 2g

Fat: 7g

⚠️ Allergy Information

Contains: 🥜 Peanuts

May contain: 🌾 Oats (may contain gluten unless certified gluten-free)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

💡 Top Tip

Store these energy balls in the refrigerator for up to 1 week, or freeze for up to 3 months. They're perfect for a quick snack before work, after exercise or whenever you need a little boost.

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HEALTHY SNACK RECIPE 43

 Wholegrain Crackers with Cottage Cheese & Cherry Tomatoes

A quick, protein-rich snack that's fresh, satisfying and easy to prepare in just a few minutes.

 Preparation Time

5 minutes

 Cooking Time

No cooking required

 Serves

1

 Ingredients

4 wholegrain crackers

100g low-fat cottage cheese

6 cherry tomatoes, halved

Pinch of black pepper

Fresh chives, chopped (optional)

Pinch of dried oregano (optional)

Method

1. Arrange the wholegrain crackers on a plate.
2. Spread the cottage cheese evenly over each cracker.
3. Top with the halved cherry tomatoes.
4. Sprinkle with black pepper, chives or oregano if using.
5. Serve immediately.

Why it's good for wellbeing

This snack combines wholegrains, protein and fresh vegetables as part of a balanced diet.

The protein from cottage cheese can help keep you feeling satisfied, while tomatoes add freshness and flavour.

Approximate Nutrition (per serving)

Calories: ~210 kcal

Protein: 15g

Carbohydrates: 18g

Fibre: 4g

Fat: 7g

Allergy Information

Contains:  Milk
 Wheat (Gluten)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

Swap the cherry tomatoes for sliced cucumber, radishes or roasted peppers to create different flavours while keeping the snack healthy.

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HEALTHY SNACK RECIPE 44

Pear & Cinnamon Yogurt Bowl

A light, refreshing snack that's packed with protein, fruit and natural sweetness. Perfect for an afternoon pick-me-up.

Preparation Time

5 minutes

Cooking Time

No cooking required

 Serves

1

 Ingredients

150g plain Greek yogurt

1 ripe pear, diced

½ teaspoon ground cinnamon

1 tablespoon chopped walnuts (optional)

1 teaspoon pumpkin seeds (optional)

1 teaspoon honey (optional)

 Method

1. Spoon the Greek yogurt into a serving bowl.
2. Add the diced pear evenly over the yogurt.
3. Sprinkle with the cinnamon.
4. Add the chopped walnuts and pumpkin seeds if using.
5. Drizzle with honey if desired.
6. Serve immediately.

Why it's good for wellbeing

This snack combines protein, fruit and healthy fats as part of a balanced diet.

Pears provide fibre, while Greek yogurt offers protein to help keep you feeling satisfied between meals.

Approximate Nutrition (per serving)

Calories: ~230 kcal

Protein: 16g

Carbohydrates: 22g

Fibre: 5g

Fat: 8g

Allergy Information

Contains:  Milk

Optional ingredient:  Tree Nuts (Walnuts)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

Try chilling the pear before preparing this snack for an extra refreshing treat, especially during warmer weather.

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HEALTHY SNACK RECIPE 45

 Roasted Chickpeas

A crunchy, high-fibre snack that's easy to make, full of flavour and a great alternative to crisps.

 Preparation Time

10 minutes

 Cooking Time

30–35 minutes

 Serves

4

 Ingredients

1 x 400g tin chickpeas, drained and rinsed

1 tablespoon olive oil

1 teaspoon smoked paprika

½ teaspoon garlic powder

½ teaspoon onion powder

Pinch of black pepper

Pinch of sea salt (optional)

Method

1. Preheat the oven to 200°C (180°C fan).
2. Drain and rinse the chickpeas thoroughly.
3. Pat them dry with kitchen paper.
4. Place the chickpeas into a bowl.
5. Add the olive oil, paprika, garlic powder, onion powder and black pepper.
6. Mix until evenly coated.
7. Spread onto a lined baking tray in a single layer.
8. Roast for 30–35 minutes, shaking the tray halfway through.
9. Allow to cool slightly—they'll become crispier as they cool.
10. Serve immediately or store in an airtight container.

Why it's good for wellbeing

Roasted chickpeas provide plant-based protein and fibre as part of a balanced diet.

Having healthy homemade snacks available can make it easier to choose nutritious options between meals and reduce the temptation to reach for less nutritious alternatives.

 Approximate Nutrition (per serving)

Calories: ~155 kcal

Protein: 6g

Carbohydrates: 16g

Fibre: 5g

Fat: 7g

 Allergy Information

Contains: No major UK allergens in the core recipe.

Always read ingredient labels carefully before preparing this recipe, particularly for seasonings and packaged ingredients, as manufacturers may change ingredients or allergen information.

 Top Tip

Experiment with different seasonings such as curry powder, Italian herbs or a pinch of chilli flakes to create a variety of flavours without changing the recipe.

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HEALTHY SNACK RECIPE 46

Green Power Smoothie

A refreshing smoothie packed with fruit and leafy greens. An easy way to enjoy a nutritious snack at home or on the go.

Preparation Time

5 minutes

Cooking Time

No cooking required

Serves

1

Ingredients

1 handful fresh spinach

1 ripe banana

150g frozen mango chunks

200ml semi-skimmed milk (or unsweetened plant-based alternative)

150g plain Greek yogurt

1 tablespoon chia seeds

½ teaspoon vanilla extract (optional)

Ice cubes (optional)

Method

1. Place the spinach, banana, mango, milk and Greek yogurt into a blender.
2. Add the chia seeds and vanilla extract if using.
3. Blend until smooth and creamy.
4. Add ice cubes if you prefer a colder smoothie.
5. Pour into a glass and enjoy immediately.

Why it's good for wellbeing

This smoothie combines fruit, leafy greens and protein as part of a balanced diet.

Including a variety of fruits and vegetables can help increase your intake of vitamins, minerals and fibre while supporting overall health and wellbeing.

Approximate Nutrition (per serving)

Calories: ~310 kcal

Protein: 18g

Carbohydrates: 38g

Fibre: 7g

Fat: 8g

Allergy Information

Contains:  Milk (unless using a suitable dairy-free alternative)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

Freeze ripe bananas in slices before they become overripe. They'll make your smoothie naturally sweeter and creamier without needing added sugar.

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Eat Well for Mental Wellbeing

HEALTHY SNACK RECIPE 47

Homemade Spiced Popcorn

A light, crunchy snack that's quick to make and perfect for movie nights or an afternoon pick-me-up.

Preparation Time

5 minutes

Cooking Time

5 minutes

 Serves

Ingredients

80g plain popping corn

1 tablespoon olive oil

1 teaspoon smoked paprika

½ teaspoon garlic powder

½ teaspoon onion powder

Pinch of black pepper

Pinch of sea salt (optional)

1 teaspoon dried mixed herbs (optional)

Method

1. Heat the olive oil in a large saucepan over a medium heat.
2. Add 2 or 3 popcorn kernels and cover with a lid.
3. Once they pop, add the remaining popcorn kernels.
4. Replace the lid and gently shake the pan occasionally.
5. When the popping slows to several seconds between pops, remove the pan from the heat.
6. Sprinkle over the paprika, garlic powder, onion powder and black pepper.

7. Shake well to coat the popcorn evenly.

8. Serve immediately.

Why it's good for wellbeing

Popcorn is a wholegrain snack and can be a satisfying alternative to crisps when prepared with minimal oil and seasoning.

Enjoying homemade snacks can help you control the ingredients and reduce added salt compared with many ready-made snacks.

Approximate Nutrition (per serving)

Calories: ~140 kcal

Protein: 3g

Carbohydrates: 16g

Fibre: 3g

Fat: 7g

Allergy Information

Contains: No major UK allergens in the core recipe.

Always read ingredient labels carefully before preparing this recipe, particularly for seasonings, as manufacturers may change ingredients or allergen information.

Top Tip

Try different flavours such as cinnamon, Italian herbs or a pinch of chilli powder for variety. Store any leftovers in an airtight container and enjoy within 2 days for the best crunch.

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Eat Well for Mental Wellbeing

HEALTHY SNACK RECIPE 48

 Cucumber, Tomato & Mozzarella Salad Cups

A fresh, light and protein-rich snack that's perfect for warm days or a quick bite between meals.

 Preparation Time

10 minutes

 Cooking Time

No cooking required

 Serves

2

 Ingredients

½ cucumber, sliced

150g cherry tomatoes, halved

100g reduced-fat mozzarella, diced

Fresh basil leaves, chopped

1 tablespoon extra virgin olive oil

1 teaspoon balsamic vinegar (optional)

Pinch of black pepper

Method

1. Wash and prepare all the vegetables.
2. Slice the cucumber and halve the cherry tomatoes.
3. Dice the mozzarella into bite-sized cubes.
4. Place the cucumber, tomatoes and mozzarella into a mixing bowl.
5. Add the chopped basil.
6. Drizzle with olive oil and balsamic vinegar if using.
7. Sprinkle with black pepper.
8. Toss gently and divide into two serving bowls.
9. Serve immediately.

 Why it's good for wellbeing

This snack combines fresh vegetables with protein as part of a balanced diet.

The colourful vegetables provide fibre and important nutrients, while mozzarella adds protein and calcium to help make this snack satisfying.

Approximate Nutrition (per serving)

Calories: ~210 kcal

Protein: 12g

Carbohydrates: 7g

Fibre: 2g

Fat: 15g

Allergy Information

Contains:  Milk (Mozzarella)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

For extra flavour, add a few sliced black olives or a squeeze of fresh lemon juice just before serving. This snack is best enjoyed fresh on the day it's made.

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Eat Well for Mental Wellbeing

HEALTHY SNACK RECIPE 49

Frozen Berry Yogurt Bark

A refreshing, high-protein snack that's simple to make and perfect for warmer days.

Preparation Time

10 minutes

Freezing Time

3–4 hours

Serves

8

Ingredients

500g plain Greek yogurt

150g mixed berries (fresh or frozen, thawed)

2 tablespoons honey (optional)

2 tablespoons chopped pistachios (optional)

1 tablespoon pumpkin seeds

1 teaspoon chia seeds

Method

1. Line a shallow tray or baking dish with baking paper.

2. Spread the Greek yogurt evenly over the tray to about 1cm thick.
3. Scatter the mixed berries evenly across the yogurt.
4. Sprinkle with the pumpkin seeds, chia seeds and pistachios if using.
5. Drizzle with honey if desired.
6. Freeze for 3–4 hours, or until completely firm.
7. Break into pieces and enjoy straight from the freezer.

Why it's good for wellbeing

This snack combines protein, fruit and seeds as part of a balanced diet.

Preparing healthy homemade snacks can make it easier to enjoy nutritious choices throughout the week.

Approximate Nutrition (per serving)

Calories: ~140 kcal

Protein: 8g

Carbohydrates: 10g

Fibre: 2g

Fat: 6g

Allergy Information

Contains:  Milk

Optional ingredient:  Tree Nuts (Pistachios)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

Top Tip

Store the yogurt bark in an airtight freezer container with baking paper between the layers to prevent the pieces from sticking together.

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Eat Well for Mental Wellbeing

HEALTHY SNACK RECIPE 50

 Banana, Oat & Dark Chocolate Cookies

A wholesome homemade snack that's naturally sweetened with banana and perfect for lunchboxes or an afternoon treat.

Preparation Time

10 minutes

Cooking Time

15 minutes

 Serves

Makes 12 cookies

 Ingredients

2 ripe bananas, mashed

150g rolled oats

50g dark chocolate chips (70% cocoa or higher)

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

1 tablespoon chia seeds (optional)

2 tablespoons chopped walnuts (optional)

 Method

1. Preheat the oven to 180°C (160°C fan).
2. Line a baking tray with baking paper.
3. Mash the bananas in a large bowl.
4. Stir in the oats, vanilla extract and cinnamon.
5. Fold in the dark chocolate chips.
6. Add the chia seeds and walnuts if using.

7. Spoon the mixture onto the baking tray, making 12 small cookies.

8. Bake for 12–15 minutes until lightly golden.

9. Leave to cool before serving.

♥ Why it's good for wellbeing

These cookies combine wholegrains, fruit and a small amount of dark chocolate as part of a balanced diet.

Making homemade snacks allows you to control the ingredients and enjoy a tasty treat with less added sugar than many shop-bought alternatives.

📊 Approximate Nutrition (per cookie)

Calories: ~105 kcal

Protein: 3g

Carbohydrates: 15g

Fibre: 2g

Fat: 4g

⚠️ Allergy Information

May contain: 🌾 Oats (may contain gluten unless certified gluten-free)

Optional ingredient: 🌰 Tree Nuts (Walnuts)

Dark chocolate may contain: 🥛 Milk (check the product label)

Always read ingredient labels carefully before preparing this recipe, as manufacturers may change ingredients or allergen information.

 Top Tip

Store these cookies in an airtight container for up to 4 days, or freeze them for up to 3 months. They make a great grab-and-go breakfast or healthy snack.

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 Congratulations!

You have completed 50 healthy recipes:

 10 Breakfast Recipes

 10 Lunch Recipes

 15 Evening Meal Recipes

 15 Healthy Snack Recipes

This cookbook provides a collection of balanced, practical recipes designed to support overall health and wellbeing as part of a healthy lifestyle.