

Example Meal Plan

*Get inspired with easy, balanced meal ideas
to support your weight and health goals*

Breakfast

30 minutes before:

500ml water

1 apple

Then choose one option:

Porridge made with 60g oats + low-fat milk or soya milk +
1 tbsp fat-free high-protein yogurt + 2 handfuls of berries or fruit (*optional:*
sprinkle of seeds or nuts)

Beans and eggs/tofu: 200g baked beans + 2 eggs or scrambled tofu on 2 slices
wholegrain toast

Veggie toast plate: 2 slices wholegrain toast + 2 eggs or scrambled tofu + grilled
mushrooms and tomatoes

Cottage cheese and fruit toast: 200g low-fat cottage cheese + 1 sliced pear on 2
slices toasted rye bread + toasted seeds and cinnamon



Lunch

30 minutes before:

500ml water

Small bowl of soup (e.g. tomato, lentil, vegetable)

Then choose one option from each line:

Bread base: Wholemeal wrap or bagel or 2 slices brown bread

Protein: 1 chicken breast, tin of tuna, 2 hard-boiled eggs, 60g
mozzarella, 4 baked falafel, 150g black beans or 100g Quorn™

Salad: peppers, cucumber, tomatoes, lettuce or other vegetables

Spread: hummus, avocado, soft cheese like Quark
or cottage cheese, pesto or olive tapenade



Dinner

30 minutes before:

500ml water

Salad or crunchy raw vegetables (e.g. carrots, cucumber, celery, peppers)



Then choose one option from each line:

Carbs: 2 medium/large potatoes or 60g (dry weight) brown rice or wholemeal pasta

Protein: 1 fillet of fish, 130g prawns, palm-sized serving of lean poultry/meat, half tin cooked lentils/chickpeas/beans or 100g tofu

Add 2–3 portions of vegetables

Supper (optional)

100g Quark, Skyr or Greek yogurt

Add some fresh fruit (e.g. berries, apple, kiwi)



💡 *This snack is rich in casein protein which may reduce hunger the next day*

✓ Tips to get the most from this plan

Hydrate before meals to support fullness

Add protein and fibre to every meal

Adjust portions to suit your size, activity level and appetite

Choose meals that you **enjoy and can stick with long term**

This plan is flexible – **swap ingredients** to suit your preferences or dietary needs

For stress-free **recipe ideas**, check out irishheart.ie/recipes