



No more cravings! East 1-Day Meal Plan

Do you do want more energy?
Better sleep?
Fewer cravings?
Do you want to eat healthier
using simple everyday foods?



Here at Jemma Kehoe Nutrition, I believe that healthy food isn't about what you can't eat, and all about what you can eat.

I also believe that your meals should satisfy you without the need to eat endlessly all...day...long...!

So, if you're feeling a little overwhelmed by all of the confusing information out there and you want a simplified approach to food, you're in the right place.

Here's some simple advice to help you on the road to better health...

Ensure that your meals are loaded with brightly coloured vegetables (ideally half of your plate) as these are a wonderful source of fibre, vital nutrients and add lots of bulk to your diet to keep you fuller for longer.

Eliminate snacking – grazing your way through spoons of peanut butter/fruit/cheese /fistful of breakfast cereal/leftovers from the kids' plates. These cause peaks and valleys in your blood sugar levels all day which leads to poor energy and possible weight gain, not to mention fuelling your cravings. Keep to 3 meals per day.

Focus on getting your breakfast right, and by right I mean that it needs to contain some protein (eggs/dairy products/meats or fish) and healthy fats (nuts/seeds/1/2 avocado/egg) such as the egg muffin recipes below in order to steer you away from biscuit jar later in the day.



This easy 1 day meal plan contains lots of colourful veggie, healthy proteins, and good quality fats, all of which help to stabilise your energy and provide your body with many of the nutrients it needs to produce and release energy from your cells. This way of eating helps to keep your blood sugar levels in check, preventing highs and lows which invariably lead to needing that sugar fix, afternoon slumps, low mood and energy problems. Add to the list brain fog, hormone imbalances, and poor sleep and you're really in trouble...

The great news is...with some simple dietary tweaks to help improve your nutrient intake, you can get yourself back in tip top form, with increased energy and vitality quicker than you think!

Breakfast

Egg Muffins

Ingredients

6 muffins (Serves 2)

1 red pepper, chopped

3 spring onions, chopped

4 cherry tomatoes/ 1
whole tomato, chopped

6 eggs

1 handful spinach/kale

2 slices (50g) cheddar –
alternatively use goats/feta

Pinch of sea salt

Optional: Pinch Curry
powder



1 - Preheat the oven to 200C.

2 - Add the eggs, chopped pepper, onions, tomatoes, pinch of sea salt (and optional curry powder) to a large mixing bowl and mix well.

3 - Grease a 6-hole muffin tin (or a regular cupcake tin for smaller muffins) with melted butter or coconut oil and carefully pour in the egg mixture.

4 - Layer some cheese over the top (you can grate it and add it to the batter).

5 - Pop the tray into the oven for 15-18 minutes until the muffins are firm to the touch.

Remove from the oven and cool. Once cooled, store in the fridge for 2-3 days / freeze.



Lunch Salmon Salad

Ingredients

Serves 1

1 can wild pink salmon
2 sticks of celery, finely sliced
1 carrot, finely chopped
3 radishes, finely chopped
½ cup red grapes
Pinch of chopped dill (fresh or dried)
Large handful of fresh salad greens such as rocket and romaine or baby gem lettuce which are most nutritious.
Optional: Roasted/pickled/vacuum-packed beetroot

Mix the salmon, celery, carrots, radishes, grapes and dill in a bowl with the optional beetroot.

Serve on top of a bed of the salad greens. Season with sea salt and freshly ground black pepper.

Dressings:

- Dress simply with 1-2 tsp of extra virgin olive oil and a drizzle of balsamic/live apple cider vinegar.
- Or this this ah-mayo-zing avocado mayo instead of dressing will take this salad to a whole new level!

Avocado Mayo

1 ripe avocado
½ cup olive oil
¼ cup of water
½ lemon, juiced
1 clove garlic
1/2 teaspoon ground turmeric
Pinch of sea salt

Place all of the ingredients in a blender and blend on high for a minute or two until a thick sauce forms. If the mayo is too thick, thin it with a little water.

Spoon 1-2 tablespoons onto your salad and the rest will store in the fridge for 2-3 days in a sealed container. Enjoy!

Lunch Zesty Beef Stir-fry

Ingredients

Serves 3

- 4 tsp coconut oil
- 200g tender stem broccoli
- 400g rump or sirloin steak, in thin strips
- 2 tsp cornflour
- 2 red peppers, deseeded and sliced
- thumb-sized piece ginger peeled and cut into matchsticks
- 4 garlic cloves, finely chopped
- 1 red chilli, thinly sliced
- 4 scallions (spring onions), finely sliced
- 2 Oranges, 1 juiced and 1 cut into segments
- 1 1/2 tbsp clear honey
- 1 tbsp dark soy sauce
- steamed rice or noodles



Heat 2 tsp of the oil in a non-stick wok or large frying pan and toss the beef strips in cornflour. When the oil has melted, fry the beef for 1-2 mins to brown, then remove from the pan and put to one side.

Heat the remaining oil in the pan, then toss in the peppers and fry for 2 mins. Add the ginger, garlic, chilli (deseeded if you don't like it too hot) and 3 spring onions, and cook for 1 min, taking care not to burn the garlic.

Add the orange juice, honey and soy sauce, and bubble down briefly before stirring in the broccoli*, beef and orange segments. Heat through, then sprinkle with the remaining chopped spring onion. * If you dislike crunchy broccoli, you can always give it a quick steam for 2 minutes before adding it to the pan.

Serve with rice or noodles.