



NURTRITION GUIDE

EASY MEALS & SNACKS FOR BUSY WORKERS

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WELCOME

MEET YOUR NUTRITIONIST

Laurann is a farmer's daughter from Tipperary with a passion for food, nutrition and health education

She has an degree in Human Nutrition from the University of Nottingham & Masters in Public Health Nutrition from University College Dublin

She has over 12 years experience working in clinical and community care, personalised nutrition plans, teaching & developing nutrition courses, talks and workshops and rolling out national health promotion programmes.

From healthy eating, weight loss, digestive issues to tailored diet plans, you are in good hands



*Laurann
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GUIDE

EASY MEALS & SNACKS FOR BUSY WORKERS

OUTLINE

- 1 MEAL PLANNING EXPLAINED**
The concept behind meal planning, what it is and how it works
- 2 PORTION SIZES**
Before we plan our meals we have to understand what quantities we need
- 3 HOW TO MEAL PLAN**
From breakfast, lunch, dinner to snacks, what you'll need to begin your own meal planning journey and your meal planning strategy
- 4 EASY HEALTHY SNACK IDEAS**
This list will help provide you with a variety of different nutritious snack options
- 5 SAMPLE WEEKLY MEAL PLAN**
Get your meal planning off to a great start with this sample week of nourishing breakfast, lunches dinners and snacks
- 6 RECIPES**
To help you on your meal planning journey I've enclosed some simple and easy recipes for you to incorporate into your meal plan



1. MEAL PLANNING EXPLAINED



Meal planning or meal prepping involves the bulk preparation of meals and snacks ahead of time.

Being organised and having your meals pre-prepared can be a huge time and energy saver during busy working weeks. It can also help to ensure that your meals are composed of the right nutrients, divided into the appropriate portion sizes and helps to avoid the temptation of purchasing take away foods.

2. PORTION SIZES

PROTEIN - 1/4 OF YOUR PLATE

The palm of your hand - for example this could be 1 breast of chicken/1 turkey burger/1 fillet of fish for a smaller hand or 2 for bigger hand

CARBOHYDRATE - 1/4 OF YOUR PLATE

1 fist is a portion of carbohydrates, this would be for your cooked wholegrain rice, pasta, potato but also your cereal.

VEGETABLES - 1/2 OF YOUR PLATE

2 fists are equivalent to your 2 portions of vegetables. These should take up the remaining half of your plate

CHEESE

Your thumb or a matchbox is a portion of cheese,

NUTS & SEEDS

2 thumbs or 1/4 of a measuring cup is equivalent to a portion of nuts and seeds

3. HOW TO MEAL PLAN

BREAKFAST ON THE GO

For those of you who don't have time for breakfast in the morning, prepping your breakfast in advance is key. I have some recipe ideas and breakfast recipes in store for you here



SNACKS ON THE GO

Having pre prepared healthy snacks such as pre-washed and chopped fruits, vegetables, nuts and seeds helps to reduce the temptation of reaching for high sugar high fat foods.



LUNCH & DINNER ON THE GO

Having your main meals prepared in advance makes your week flow seamlessly particularly during and after a busy day.



3. HOW TO MEAL PLAN

PLANNING

1

Aim to plan out your meals a week in advance and be sure to include 1) a good quality source of protein such as lean meat, chicken, turkey, fish and/or plant based sources of protein 2) wholegrain brown bread/rice/pasta or oats and 3) a wide variety of fruit and vegetables. You can use your sample weekly meal plan below as a guide

DO YOUR SHOPPING LIST

2

Now that you have your meals planned, it's time to write your shopping list. You'll need to include all of the ingredients that you need for each meal, the number of portions and portion sizes that you'll need for example 5 breasts of chicken, 5 dardnes of salmon, fruit and vegetables

PREPARE YOUR EQUIPMENT

3

You'll need 2 oven trays, tupperware/lunch boxes for each main meal and ziplock bags for the snacks

TIME TO COOK

4

Preheat your oven to 180°Celsius, on one tray place 5 portions of protein for example chicken breasts and on your second tray place another 5 portions of protein for example salmon dardnes, season and cook for 20-25 minutes. Meanwhile cook your vegetables. When ready, divide between the tupperware boxes, allow to cool, freeze and remove the night before as needed

4. HEALTHY EASY SNACK IDEAS

- Whole fruit such as apple, pear, orange, kiwi
- 2 Hard boiled eggs
- 2 Tablespoons of hummus & chopped vegetables (such as carrot, cucumber, celery)
- Yogurt with berries & 1 tablespoon of pumpkin/chia/flax seeds
- Small bowl of mixed chopped fruit (such as apple, kiwi, strawberries, pineapple & grapes)
- 2 Tablespoons of cottage cheese on 2 rice or corn cakes/wholegrain crackers
- 1/4 Cup (measuring cup) of mixed nuts/seeds
- 1 Cup homemade chia pudding (great for digestion)
- Homemade cereal bar
- 1 cup of unsalted/unbuttered popcorn
- 1/2 Cup of roasted chickpeas (simple drizzle with olive oil, sea salt, and curry powder, and popping them into the oven)





BERRY POWER SMOOTHIE

SERVES 2

Ingredients

35g Porridge oats
200g Greek yoghurt
10 Blueberries
10 raspberries

Optional: Chia seeds, chopped nuts, honey, reduced sugar jam

Directions

1. In a glass jar (a re-used and cleaned sauce or jam jar is ideal) layer up the porridge oats, yoghurt and fruit
2. If you wish top with honey, reduced sugar jam nuts and seeds
3. Place the on lid on and leave overnight



WHOLEMEAL BANANA & BLUEBERRY BREAKFAST MUFFINS

SERVES 18

Ingredients

225g mashed bananas
1 egg
125ml water
125ml rapeseed oil
250g wholemeal flour
1 teaspoon bicarbonate of soda
2 ¼ teaspoons of baking powder
150g fresh or frozen blueberries

Directions

1. Preheat oven to 180°Celsius and grease 18 muffin cases
2. Mix together mashed bananas, egg, water and oil in a large bowl. Mix in flour, bicarb and baking powder until mostly smooth (you will still see lumps from the banana, but that's okay). Gently fold the blueberries into the mixture.
3. Bake in the preheated oven until golden and the tops spring back when lightly pressed, about 15 minutes. Remove muffins from tins, and cool on a wire rack.

A top-down view of several rectangular cereal bars resting on a piece of white parchment paper. The bars are golden-brown and packed with rolled oats, almonds, and dark dried cranberries. The background is a light-colored wooden surface.

HOMEMADE CEREAL BARS

SERVES 12

Ingredients

- 2 ½ cups (230g) rolled oats
- ½ cup (80 grams) whole almonds, coarsely chopped
- ⅓ cup (113g) honey
- ½ cup unsalted butter, but into pieces
- ¼ cup (50g) packed light brown sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon salt
- ½ cup (60g) dried cranberries, coarsely chopped
- ½ cup (65g) cocoa nibs

Directions

1. To toast oats and nuts: Preheat the oven to 180°Celsius, line a tin with aluminium foil and spray with cooking oil. Add oats and nuts and bake for 3-5 minutes, stir and bake for a further 5 minutes until lightly toasted. When done add to large bowl
2. Combine butter, honey, brown sugar, vanilla extract and the salt in a small saucepan over medium heat. Cook, stirring occasionally until butter melts and the sugar completely dissolves.
3. Pour butter mixture into bowl with toasted oats and almonds. Mix well. Let cool about 5 minutes then add cranberries and a ¼ cup of the cocoa nibs. Stir to combine.
4. Transfer oat mixture to lined pan then use a rubber spatula or damp fingertips to firmly press the mixture into the pan. (Press hard here, this way the bars will stay together once cooled and cut - press for about one minute to be extra safe)
5. Scatter remaining chocolate nips over pressed granola mixture then use a rubber spatula to gently press them into the top. Cover then refrigerate at least 2 hours.
6. Remove block of granola mixture from pan then peel away aluminium foil. Cut into 12 bars.



HOMEMADE HUMMUS

SERVES 2

Ingredients

- 1 can chickpeas
- 2 cloves garlic
- 2 tablespoons almond milk
- Juice of half a lemon
- 2 tablespoons tahini (sesame seed paste)

Directions

1. Drain, rinse the chickpeas and set them aside.
2. Add the garlic cloves to the bowl of a food processor and pulse until finely minced. Add in chickpeas and pulse until the chickpeas are finely chopped.
3. Add in the almond milk, lemon juice, and tahini and process until the hummus is creamy and completely smooth. Salt and pepper to taste. Top with a sprinkle of paprika and maybe even a splash of good olive oil.

Eat

alongside pre-chopped carrots/celery/cucumber/wholemeal pitta bread



HOMEMADE PASTA SAUCE

SERVES 2

Ingredients

1 tbsp olive oil
½ medium onion,
finely diced
2 garlic cloves,
crushed
1 tbs tomato paste
½ tsp dried oregano
300g tinned diced
tomatoes
Salt and ground black
pepper
10g (¼ cup) chopped
basil
10g (¼ cup) chopped
Italian parsley

Directions

1. Heat the oil in a large saucepan over medium heat. Add the onion and garlic and cook for 3-4 minutes until softened, stirring often.
2. Add the tomato paste and oregano and cook for 1-2 minutes, stirring constantly.
3. Add the diced tomatoes, reduce the heat to medium-low and simmer for 8-10 minutes, until thickened, stirring occasionally.
4. Season with salt and pepper, if desired. Remove from the heat and stir through the fresh basil and parsley and adjust the seasoning if needed.
5. Transfer the sauce, in batches, to a food processor or blender and process for the desired consistency.



THANK YOU

LET'S STAY IN TOUCH!

I hope that you found this helpful, and you are now ready to begin your meal planning journey.

Know that I am here to support you and feel free to contact me if you have any questions.

Yours sincerely

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CORPORATE SERVICES



NUTRITION TALKS & WORKSHOPS

- Bespoke nutrition talks and workshops tailored to the needs of your workplace
- Available as single or a series of sessions
- Includes a live Q&A session
- Can be performed onsite/online by a qualified and experienced nutritionist

[CLICK HERE](#)



1:1 ONSITE & ONLINE STAFF NUTRITION CONSULTATIONS

- 30 Minute Nutrition Consultation
- Measurements (onsite only)
- Personalised Nutrition Recommendations & Guidelines

[CLICK HERE](#)



ONSITE STAFF FOOD INTOLERANCE TESTING

- 30 minute nutrition consultation onsite
- Blood based food intolerance test
- 30 minute online results call
- Guidance booklet, recipes, nutrition and product recommendations

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