

Meal ideas

Meal ideas to help you eat well
while taking medications for obesity



Meal ideas that use both animal and plant proteins

These meals use meat and plant-based proteins, carbohydrates and lots of vegetables. This helps you get a good balanced meal.

Add different carbs and vegetables. If you are vegetarian or vegan, you can swap meat or fish for beans, lentils, tofu, or eggs.

	Breakfast	Lunch	Dinner
Monday	Wheat bisk with semi skimmed milk	Tuna salad with oatcakes	Jerk chicken with rice and peas
Tuesday	Overnight oats with frozen raspberries and yoghurt	Pasta with tuna and sweetcorn with a side salad	Spinach and lamb curry with a pan-toasted wrap
Wednesday	Peanut butter sandwich and a handful of grapes	Omelette and cheese sandwich with tomatoes	Creamy pasta tossed with jerk chicken and red peppers
Thursday	Shakshuka with wholemeal bread	Sweet potato and chickpea salad	Daal (red split lentil) with pitta bread and side salad
Friday	Oatmeal porridge with nuts and berries	Chicken/Lamb shawarma with salad	Sweet potato and chickpea curry with easy cook rice
Saturday	Oat and banana smoothie with a handful of pumpkin seeds	Home made carrot soup with oatcakes and sliced cheese	Chicken and mixed vegetable stir fry with rice
Sunday	Wholemeal bread with scrambled eggs and tinned tomatoes	Wrap with hummus and peppers with a side salad	Salmon fillet with potatoes, carrots, and broccoli

Helpful webpages

We hope that you have found this leaflet and the information in it helpful. For helpful webpages to support your obesity management journey see:


 www.bda.uk.com/OMMinfo

or scan the QR code below



If you need to see a dietitian

Visit your GP for a referral or find a private dietitian. To check your dietitian is registered visit:

 www.hcpc-uk.org

About this publication

This resource is a publication of The British Dietetic Association (BDA) and is intended for information only. It is not a substitute for proper medical diagnosis or dietary advice given by a dietitian. This resource will be available to download free of charge from the BDA website.

These menu suggestions are based on work available on the BDA at [Sustainable Baskets - BDA](#)

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