

Fuel Food Meal Plan

BREAKFAST CHOICES

'EggCado' Organic Chopped Boiled Eggs (400cal)

With Ripe Avocado & Chives (Day 1 only)

(E, SF, NF, VG, P)

The Fast and Fabulous Green Smoothie (350cal)

Pineapple Cucumber Lime Avocado Celery Spinach Apple (C, SF, GF, DF, NF, V)

Bircher Muesli (410cal)

With Flaxseed and Fresh Seasonal Fruit

(G, M, SF, NF, VG)

Sugar Free Chia Seed Granola (400cal)

Served with natural yoghurt and mixed berries

(N, M, SF, GF, VG)

LUNCH CHOICES

Our Fuel Food Wholefood Salad Box

(Calories per 100g portion)

Roasted Beetroot Walnuts

Puy Lentils Feta Cheese

(140cal)

Asian Mayo Free Coleslaw (P)

(65cal)

Roast Butternut Sweet Potato

Fennel Quinoa (P) (115cal)

(VG, SF, GF, DF, SOY, SE,

N, MUS)

Fuel Food Veggie Burger

Choice of Millet (400cal),

Quinoa (P) (400cal),

Sweet Potato (150cal) or

Lentil (150cal)

Served with our fuel food dip of

homemade pesto or hummus

(V, SF, GF, NF, DF, C)

Fuel Food Veggie Super Soup (150cal)

with choice of small salad

(VG, SF, GF, DF, SOY, SE, N)

The Super Green Smoothie (350cal)

Lime Pineapple Avocado

Apple Cucumber Wheatgrass

Spirulina

(SF, GF, NF, DF, V, P)

SNACK CHOICES

(before lunch/after dinner):

Fuel Food Energy Bite

with mixed seeds & nuts & plant protein (200cal)

(V, SF, DF, GF, N, P)

Fuel Food Protein Ball

with mixed seeds & nuts & spirulina (200cal)

(V, SF, DF, GF, N, P)

Paleo Seed & Nut Bar

(200cal)

(V, DF, GF, SF, N, P)

Fresh Fruit Salad Cup (100cal)

(V, SF, GF, NF, DF, P)

DINNER CHOICES

Fuel Food Veggie Bake (350cal)

Carrots parsnips turnip onion garlic mushrooms potatoes sweet potato spinach puy lentils turmeric

(V, SF, GF, NF, DF)

Fuel Food Salmon Bake (460cal)

Potatoes leeks courgettes shallots garlic salmon soya chives parsley

(SF, NF, DF, F, P, GF, SOY)

Fuel food Veggie Stew

with protein grain (400cal)

(V, SF, GF, DF, NF, C)

Fuel Food Falafel (200cal) or Veggie Burger Salad Box

(V, SF, GF, DF, C, SOY, SE, N)

All foods Must be kept refrigerated at all times.

We are proud to have Irish Organic Trust Certification.

Top 10 'Healthiest Cafes/Delis in Dublin' by LovinDublin.com - Irish critique site

Top 10 'Best Shops in Ireland' The Irish Times - voted by readers & public

A local family Dalkey business established 1959 as seen on TV3/RTE

GF Gluten Free	P Paleo	C Contains Celery	M Contains Milk
SF Sugar Free	V Vegan	N Contains Nuts	MUS Contains Mustard
NF Nut Free	VG Vegetarian	F Contains Fish	SE Contains sesame
DF Dairy Free	G Contains gluten	SOY Contains Soya	

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FUEL FOOD

MEAL PLAN

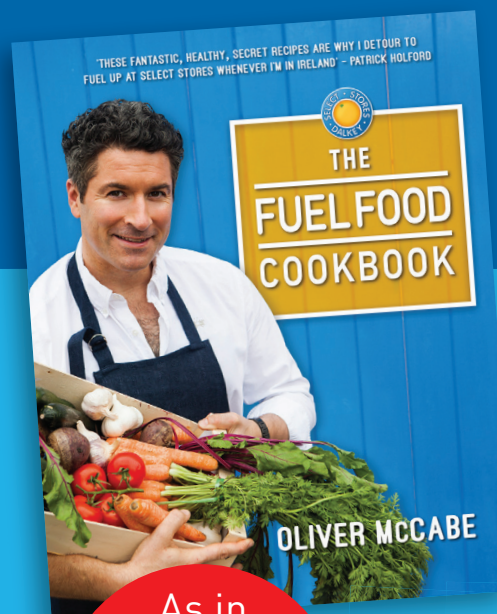
created by **Oliver McCabe** Dip Nt, Itec Diploma in Diet & Nutrition

Freshly made for busy lifestyles!

- ➔ Mental and Physical Performance Fuel
- ➔ Stress Free – Sugar Free
- ➔ Stay Energised and Healthy

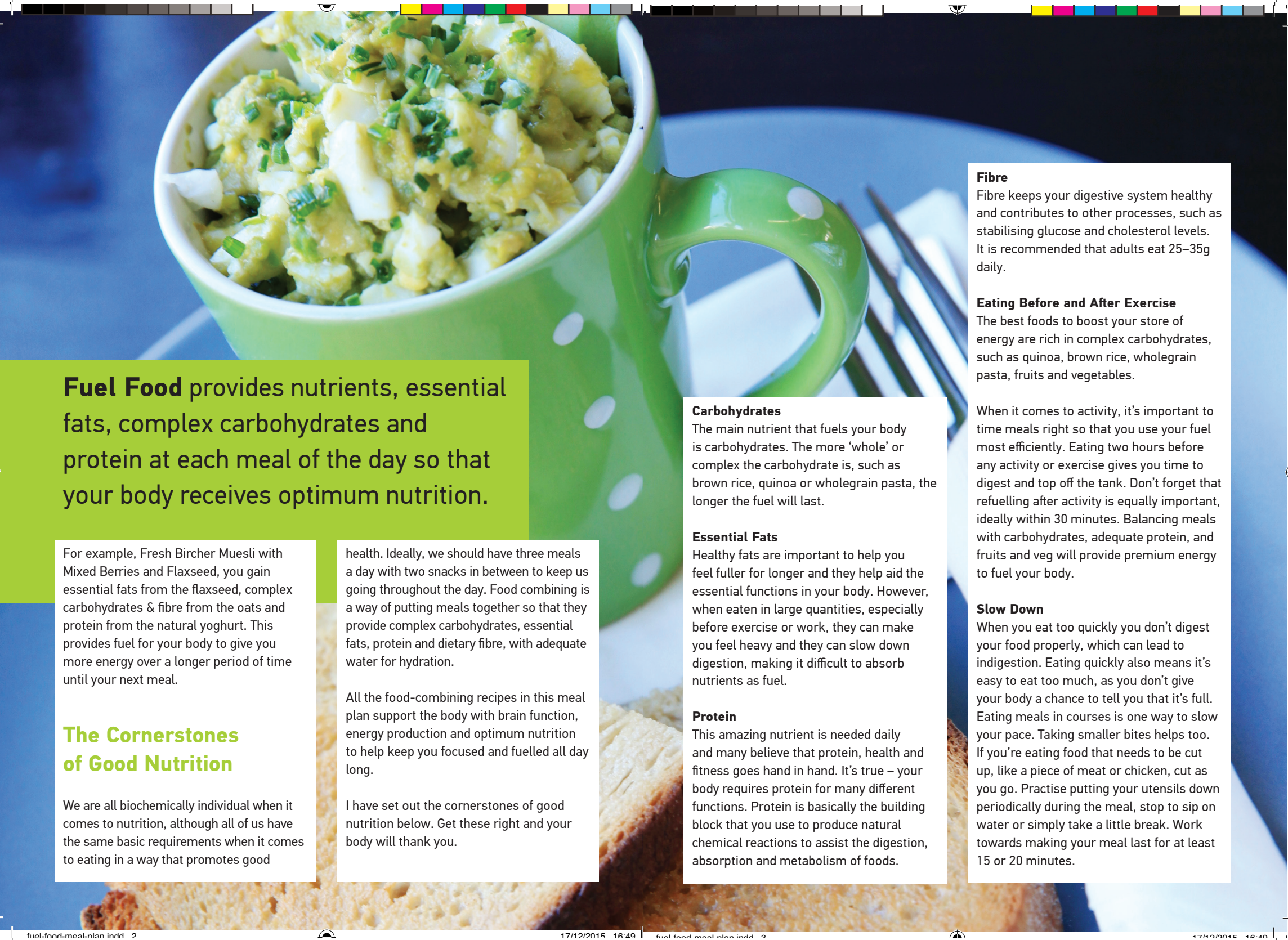
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As in
The Fuel Food Cookbook
by Oliver McCabe





Fuel Food provides nutrients, essential fats, complex carbohydrates and protein at each meal of the day so that your body receives optimum nutrition.

For example, Fresh Bircher Muesli with Mixed Berries and Flaxseed, you gain essential fats from the flaxseed, complex carbohydrates & fibre from the oats and protein from the natural yoghurt. This provides fuel for your body to give you more energy over a longer period of time until your next meal.

The Cornerstones of Good Nutrition

We are all biochemically individual when it comes to nutrition, although all of us have the same basic requirements when it comes to eating in a way that promotes good

health. Ideally, we should have three meals a day with two snacks in between to keep us going throughout the day. Food combining is a way of putting meals together so that they provide complex carbohydrates, essential fats, protein and dietary fibre, with adequate water for hydration.

All the food-combining recipes in this meal plan support the body with brain function, energy production and optimum nutrition to help keep you focused and fuelled all day long.

I have set out the cornerstones of good nutrition below. Get these right and your body will thank you.

Carbohydrates

The main nutrient that fuels your body is carbohydrates. The more 'whole' or complex the carbohydrate is, such as brown rice, quinoa or wholegrain pasta, the longer the fuel will last.

Essential Fats

Healthy fats are important to help you feel fuller for longer and they help aid the essential functions in your body. However, when eaten in large quantities, especially before exercise or work, they can make you feel heavy and they can slow down digestion, making it difficult to absorb nutrients as fuel.

Protein

This amazing nutrient is needed daily and many believe that protein, health and fitness goes hand in hand. It's true – your body requires protein for many different functions. Protein is basically the building block that you use to produce natural chemical reactions to assist the digestion, absorption and metabolism of foods.

Fibre

Fibre keeps your digestive system healthy and contributes to other processes, such as stabilising glucose and cholesterol levels. It is recommended that adults eat 25–35g daily.

Eating Before and After Exercise

The best foods to boost your store of energy are rich in complex carbohydrates, such as quinoa, brown rice, wholegrain pasta, fruits and vegetables.

When it comes to activity, it's important to time meals right so that you use your fuel most efficiently. Eating two hours before any activity or exercise gives you time to digest and top off the tank. Don't forget that refuelling after activity is equally important, ideally within 30 minutes. Balancing meals with carbohydrates, adequate protein, and fruits and veg will provide premium energy to fuel your body.

Slow Down

When you eat too quickly you don't digest your food properly, which can lead to indigestion. Eating quickly also means it's easy to eat too much, as you don't give your body a chance to tell you that it's full. Eating meals in courses is one way to slow your pace. Taking smaller bites helps too. If you're eating food that needs to be cut up, like a piece of meat or chicken, cut as you go. Practise putting your utensils down periodically during the meal, stop to sip on water or simply take a little break. Work towards making your meal last for at least 15 or 20 minutes.