



GETTING BACK ON TRACK WITH YOUR DIET

**CONTACT GILLIE O'LOUGHLIN 087 4128798
FOR AN INDIVIDUALISED MEAL PLAN**

Due to the lock down and the change in routine it is understandable that best laid plans around healthy eating and making weight have gone astray.

However, with the possibility of racing starting back in May or June that gives you a number of weeks to get back on track with your weight. If your weight has increased aim to lose 1-2 lbs a week.

By putting a plan in place you can reach your target and keep the weight off. The jockey pathway supports are there to help you achieve your goals.

A few tips first;

- Try to stick to a daily routine in both exercise and meals.
- Plan out what you are going to eat for your 3 main meals and 2-3 healthy snacks for the following day or even the week if that's possible.
- Try to go to bed and get up at the same time daily.
- If you are going shopping make a list – see shopping list attached.
- Buy in healthy snacks and gradually reduce the number of the tempting high calorie snacks from your cupboards.
- Stay hydrated by drinking plenty of water avoid full sugar drinks as they will lead to an increase in weight.

Planning your meals

- Take time to plan your meals for the week.
- Look at the ingredients you already have at home. Check your cupboard, fridge and freezer before you go shopping.
- Pick meals that you enjoy
- Plan for leftovers, e.g. left over veg can be added to stir frys, curries and omelettes
- Batch cook and freeze. This works well with dishes like curries, stews, pies and casseroles.
- Choose recipes that use the same ingredients e.g. an easy to make tomato sauce makes a great base for spaghetti bolognaise, chilli con carne or pasta bake (see cooking demo for jockeys)

Shopping list

Fruit

- 1 bunch of bananas
- 1 orange*
- 1 punnet of strawberries
- 1 apple*
- 1 lime
- 1 lemon
- 1 bulb of garlic
- 1 bunch of grapes
- 1 punnet cherry tomatoes
- 1 kiwi*
- 1 bag of mandarins

Vegetable

- 1 tin of sweetcorn
- 1 bag of carrots
- 1 bag of frozen peas
- 1 bag of frozen sweetcorn
- 1 bag of potatoes
- 1 medium red peppers
- 1 medium yellow pepper
- 1 head of lettuce
- 450g/1lb of broccoli (fresh or frozen)
- 4 - 5 onions

Cereal

- 1 box of wheat biscuits
- 1 box of porridge
- 1 box of flaked cereal (non-sugar options)
- 1 box of high fibre cereal

Dairy

- 1 packet of cream cheese
- 3ltr of low fat milk
- 2 x low fat yoghurt* (no added sweetener)
- Low fat cheddar cheese

Bread

- 1 medium wholegrain bread roll*
- 1 pack pitta bread (remainder can be frozen)
- 1 wholemeal scone*
- 1 loaf of wholemeal bread
- 4 burger buns
- 110g/4oz brown breadcrumbs (around 4 slices or buy frozen)
- 1 pack wholemeal tortilla wraps (remainder can be frozen)

Garnish and store cupboard

- Olive oil
- Pepper
- Mixed herbs
- Lemon juice
- Plain flour
- Fresh mint
- Brown Pasta
- Crackers
- Eggs
- Chopped parsley
- Tin of chopped tomatoes

Other items

- 1 tin tuna
- 4 skinless chicken breasts (520g / 1lb 2½ oz)
- 4 pieces of white fish fillets (boned and skinned, buy fresh or frozen) (approx 5oz/150g each)
- 1 packet of cooked sliced ham
- 2 x lean minced beef (450g /1lb)
- Pot of stewed fruit*
- 1 packet of cooked sliced chicken

5 DAY MEAL PLAN



Monday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- A bowl of high fibre breakfast cereal with low fat milk and small glass of fruit juice



Lunch & Morning Snack

- 2 slices of wholemeal bread with cooked ham and lettuce
- 6 cherry tomatoes, cream cheese and small tub of stewed fruit



Lunchbox Friendly

Afternoon Snack

- Kiwi



Dinner

- Family shepherd's pie



Recipe

Family shepherd's pie

Serves 4 Adults

Ingredients

- 900g / 2lb potatoes, peeled and diced
- 300g / 10oz. carrots, peeled and sliced
- 100g / 4oz. onion, peeled and chopped
- 450g / 1lb lean minced beef
- 1 x 400g / 14oz. tin of chopped tomatoes

Method

1. Preheat your oven to 180°C / 350°F / Gas Mark 4
2. Cook the potatoes and carrots in boiling water until tender (around 20 minutes)
3. Meanwhile heat vegetable oil in a small saucepan and cook the onion until softened
4. Add the minced meat to the onion, cook and season, stirring occasionally, until browned all over. Drain off any excess fat
5. Add the tinned tomatoes. Cover, bring to the boil and then simmer for about 20 minutes, then transfer to a casserole dish
6. When the potatoes and carrots are cooked, drain them and return to the saucepan. Mash the potatoes and carrots together with a potato masher or potato ricer until smooth
7. Spoon the carrot and potato mixture on top of the minced meat mixture and bake in the pre-heated oven for 30 minutes or until the top starts to brown.

Portion tip:
A five year old
needs about half
the food an
adult does

Meal plan adapted from the safefood/Healthy Ireland website visit makeastart.ie

Tuesday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- A bowl of porridge with low fat milk & apple slices



Lunch & Morning Snack

- Tortilla wrap with chicken, sliced peppers and lettuce
- Orange & ½ wholemeal scone
- Small carton of milk



Lunchbox Friendly

Afternoon Snack

- 8 Strawberries



Dinner

- Spanish omelette served with broccoli and extra potatoes



Have a meat free day

Recipe

Spanish omelette

Serves 4 Adults

Ingredients

- 2 onions, chopped
- 1 red pepper, cored and chopped
- 4 eggs
- 2 large potatoes boiled and chopped
- 1 dessertspoon of chopped parsley

Add broccoli and extra potatoes

Method

1. Heat 1 tablespoon of oil in a frying pan
2. Add the onions and cook until soft
3. Add the red pepper and cook for 5 minutes
4. Beat the eggs in a bowl. Add pepper
5. Stir the potatoes, parsley and fried vegetables into the egg mixture
6. Pour the egg mixture into the heated frying pan and spread evenly to the edge
7. Cook for 5 minutes until the egg mixture comes away from the side of the pan
8. Place the pan under a pre-heated moderate grill for about 3 minutes to cook the top of the omelette.



THE JOCKEY
PATHWAY

Meal plan adapted from the Safe food /Healthy Ireland website visit makeastart.ie

Wednesday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- 1 to 2 wheat biscuits, top with low fat milk and strawberries



Lunch & Morning Snack

- Medium wholegrain bread roll with tomato & cheese.
- Pot of low fat yoghurt & 1 banana
- Bottle of water



Lunchbox Friendly

Afternoon Snack

- Handful of carrot sticks



Dinner

- Baked garlic lime chicken breasts with mixed veg and potatoes



Recipe

Baked chicken breasts with garlic and lime.

Serves 4 Adults

Ingredients

- 4 skinless chicken breasts (520g / 1lb 2½ oz)
- 25ml / 1fl oz. of fresh lime juice or half a lime
- 1 tablespoon of olive oil
- 4 cloves of garlic, finely chopped or minced

Steam some potatoes and vegetables (you can use frozen mixed vegetables too)

Method

1. Mix the lime juice, olive oil and garlic together in a large sealable plastic bag
2. Add chicken to the bag and seal it, removing as much air from the bag as you can
3. Marinate the chicken for at least 4 hours in the fridge to add flavour
4. Preheat your oven to 180°C / 350°F / Gas Mark 4
5. Remove chicken from marinade and throw away the marinade
6. Brown the chicken breasts in a hot pan with a little oil
7. Place chicken in a casserole dish and cook thoroughly, for about 25 to 30 minutes.



THE JOCKEY
PATHWAY

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Thursday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- A bowl of flaked cereal with low fat milk.
- 2 mandarins



Lunch & Morning Snack

- 2 tablespoons of pasta with sliced cherry tomatoes and vegetables
- 2 crackers with low fat cheddar cheese and yoghurt



Lunchbox Friendly

Afternoon Snack

- 10-12 grapes



Dinner

- Fish, peas and chips



Recipe

Fish, peas and chips

Serves 4 Adults

Ingredients

- 4 pieces of white fish (boned and filleted) (approx 5oz/150g)
- 7- 8 potatoes
- 500g /16 oz. of frozen peas / sweetcorn

Method

1. Preheat oven at 180°C/356°F/Gas Mark 4
 2. Cut the potatoes into thick cut chips
 3. Bake the fish in the oven for 25 mins
 4. Drizzle chips with a teaspoon of olive oil (if desired), bake in oven for 20 minutes
 5. Cook frozen peas as per instructions on packet.
- You could also add sweetcorn for extra veg.



THE JOCKEY
PATHWAY

Meal plan adapted from the Safe food /Healthy Ireland website visit makeastart.ie

Friday

Add a glass of water or milk (semi-skimmed or low fat preferably) to every meal or snack.

Breakfast

- 1-2 slices of wholemeal toast with mashed banana.
- Glass of milk



Lunch & Morning Snack

- Small wholemeal pitta bread with tuna & sweetcorn.
- Apple and yoghurt



Lunchbox friendly

Afternoon Snack

- Slice of wholemeal toast with peanut butter



Dinner

- Homemade burgers



Portion tip:
A five year old
needs about half
the food an
adult does

Recipe

Homemade burgers

Serves 4 Adults

Ingredients

- 450g /1lb lean minced beef
- 110g / 4 oz. brown breadcrumbs, around 4 slices
- Pinch mixed herbs
- 1 small onion, finely chopped
- 1 beaten egg
- 1 teaspoon of plain flour

Method

1. Brown the onion in a pan
2. Mix the remainder of the burger ingredients and the browned onion together in a bowl.
3. Add approx. half the beaten egg to bind
4. Shape the mixture into 4 round shapes using a little flour
5. Fry or grill gently on both sides over a low heat until well cooked.

Serve in small burger buns and top with sliced tomato. Why not add cooked veg on the side?

Make burgers smaller for children



Meal plan adapted from the Safe food /Healthy Ireland website visit makeastart.ie

SNACK LIST



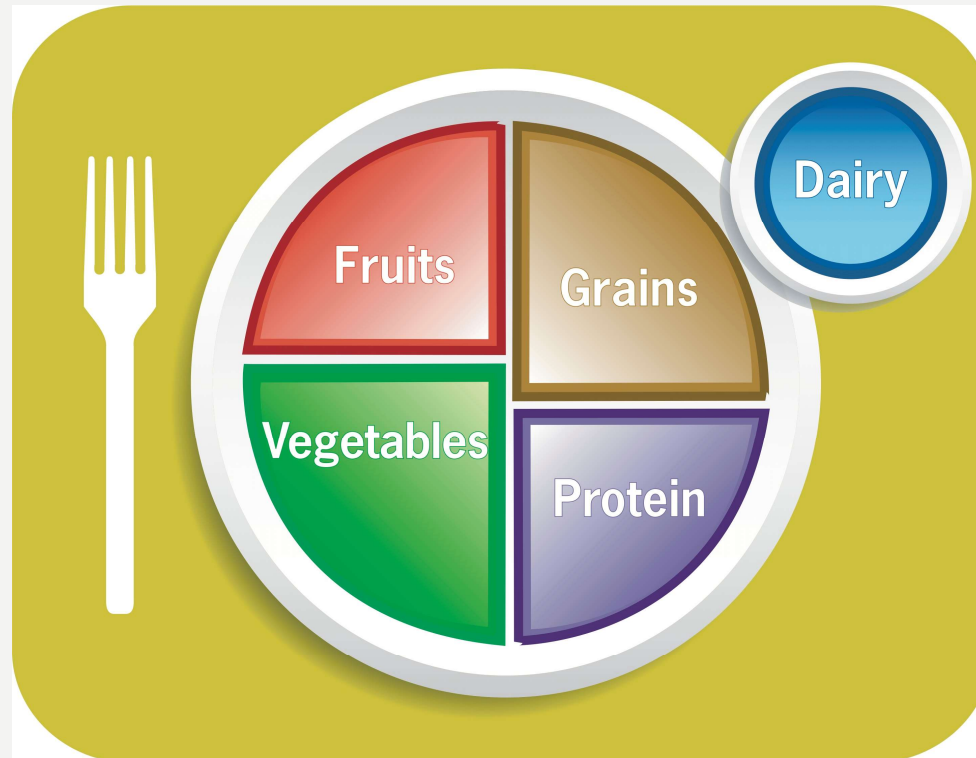
Small snacks for when you are feeling peckish between meals

- Piece of fruit
- Vegetable sticks
- Small pot of yoghurt
- Glass of milk
- 2-3 crackers / 1-2 oatcakes / 2 rice cakes
- Handful of nuts and seeds
- 2-3 Breadsticks

More substantial snacks/light meal for you have been exercising or are really hungry

- One slice of wholemeal toast with some mashed / chopped banana
- Cheese, meat or fish sandwich using one slice of bread. You could add some sliced tomato and make a toasty sandwich
- Cheese with two or three crackers or breadsticks. You can add a few grapes or apple slices
- Small bowl of breakfast cereal and milk
- Small bowl of homemade soup
- Half a bagel with lightly spread peanut butter
- Mini wrap with cheese, meat or fish filling. Add some veg and make a toasty sandwich
- Mini wholemeal scone and low-fat spread
- Small slice of malt bread / teabrick
- One crumpet
- One bought pancake

GET YOUR PORTIONS RIGHT !





THE JOCKEY
PATHWAY

ONE
HEALTHY
MEAL
AT A TIME