
Live Well
Reading and West Berkshire
EAT WELL
Our guide to healthy eating



Food should be enjoyable, not stressful

We know it can sometimes feel time consuming, expensive or difficult when you're also thinking about health and weight. That's why we've created this book to show that eating well can be quick, budget-friendly, and full of flavour.

Inside, you'll find easy recipes for every meal, a simple 1-week meal plan to help you stretch your food further, plus tips and stories to keep you inspired along the way.

menu

gluten free

vegan friendly

vegetarian friendly

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BREAKFAST

Mushroom and Red Pepper Muffins

SERVES • 12

£ £ £ £

DIFFICULTY ● ● ○ ○ ○ PREP TIME 5 MINS COOK TIME 15-20 MINS

INGREDIENTS

- 1 tbsp olive oil
- 4 Eggs
- 1 Cup red pepper, chopped
- 1 Cup mushrooms, sliced
- Salt and pepper, to taste

METHOD

1. Preheat oven to 180°c.
2. Grease a standard non-stick 12-slot muffin tray.
3. Heat a large pan over medium heat. Add the oil and red pepper; sauté for 5–7 minutes until tender.
4. Add the mushrooms and cook for 2 more minutes.
5. Crack the eggs into a measuring jug and whisk together.
6. Stir in cooked vegetables.
7. Pour in the cooked the mixture evenly into the muffin tray.
8. Bake for 15–20 minutes, until tops are firm and eggs are cooked.



TOP TIP

Make a batch at the start of the week and freeze extras. Reheat in the microwave for a quick, nutritious breakfast anytime.

Breakfast

SERVES • 1
££££

Weetabix Cheesecake

DIFFICULTY ●○○○○ PREP TIME 3-4 MINS TOTAL TIME 3-4 MINS

INGREDIENTS

- 2 Weetabix biscuits
- 30ml (2 tbsp) skimmed milk
- 100g fat-free greek yoghurt
- ½ Cup (approx. 75g) fresh or frozen mixed berries
- ½ tsp vanilla extract (optional)

METHOD

1. Place the weetabix biscuits in a container and add the milk. Press down to create a cheesecake-like base.
2. Mix the yoghurt and vanilla extract, then spread evenly over the weetabix base.
3. Top with mixed berries and enjoy immediately or refrigerate overnight for a chilled treat.



Top Tip

Use frozen berries straight from the freezer to keep the yoghurt layer chilled and add a refreshing twist!

Breakfast

SERVES • 1
££££

Egg and Tomato Breakfast Sandwich

DIFFICULTY ●○○○○ PREP TIME 2 MINS COOK TIME 6-10 MINS

INGREDIENTS

- 1 Wholegrain sandwich thin
- 1 Medium egg, hard-boiled
- 2 Medium tomatoes, sliced
- Salt and pepper, to taste



METHOD

1. Boil an egg for 6-10 minutes. Once cooked, cool in cold water, peel and halve.
2. Slice the tomatoes and layer evenly on the sandwich thin.
3. Place half the egg on each side, lightly mash and then serve.

Swap Me

Make this recipe gluten free! Swap for gluten-free bread or serve on gluten-free crackers or lettuce wraps instead.

Breakfast

Banana Pancakes

SERVES • 1
££££

DIFFICULTY ●●○○○ PREP TIME 3 MINS COOK TIME 5-6 MINS

INGREDIENTS

- 1 banana
- 1 egg
- 25g rolled oats
- 1 tbsp oil
- Toppings of choice (e.g. Greek yoghurt, berries, peanut butter)



METHOD

1. Mash the banana in a bowl, and add the egg and oats to make a batter.
2. Heat half the oil in a non-stick frying pan over a medium heat.
3. Pour small spoonfuls of batter into the pan.
4. Cook for about 1 minute on each side until golden.
5. Serve with your favourite toppings.

Top Tip

For extra fibre and texture, add a pinch of cinnamon or some chia seeds to the batter.

Breakfast

Yoghurt Parfait

SERVES • 1
££££

DIFFICULTY ●○○○○ PREP TIME 3 MINS TOTAL TIME 3 MINS

INGREDIENTS

- 150g fat-free Greek yoghurt
- ½ Cup (approx. 75g) mixed fresh or frozen berries
- 40g granola
- 1 tsp of honey

METHOD

1. Layer the yoghurt, berries, and granola in a bowl.
2. Drizzle with honey and enjoy straight away!



Top Tip

Try adding a variety of fruit such as mangos or banana for a variety of flavours!

Breakfast

Overnight Oats

SERVES • 1

£££££

DIFFICULTY ●○○○○ PREP TIME 3-4 MINS TOTAL TIME 3-4 MINS

INGREDIENTS

- ½ cup (40g) oats
- ½ cup milk
- 1 tbsp thick low-fat yoghurt

METHOD

1. Add the oats, milk and yoghurt to a jar or container with a lid.
2. Mix well to combine.
3. Add your chosen toppings or flavour variation (see below).
4. Cover and refrigerate overnight.



Top Tip

Make several portions at once and store in the fridge for up to 4–5 days. Batch prepping helps you stay on track and makes busy mornings that much easier.

Shine

OUR CLIENT SUCESS STORIES

"With the help of your guidance, reading the weekly Best You articles, and instinctively knowing what's better for me, I've started making better choices around food. I'm no longer buying processed foods, and **I'm really enjoying cooking at home.**

The best part? I've dropped a jeans size — I can literally hold up my old pair and **see how far I've come.**"

Carlos
Sandwell





Shopping Tips

Shopping can be a daunting experience. Here are our top tips for making great choices when shopping.

Avoid shopping when hungry
It's easy to be tempted by quick, less healthy snacks.

Go with a plan
This way, you only buy what you need. This helps reduce waste and save money.

Shop online
If possible, shopping online is a great way to stick to your list and avoid impulse buys.

Shopping staples
Keep frozen fruit and vegetables as a shopping staple, they're long lasting, nutritious and boost meals easily.



LUNCH

BLT Pittas

SERVES • 1

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DIFFICULTY ●●○○○ PREP TIME 3-4 MINS COOK TIME 5 MINS

INGREDIENTS

- 1 wholemeal pitta bread (extra fibre)
- 2–3 bacon medallions (lower in fat)
- A few crisp lettuce leaves
- 1 large tomato, sliced
- 1 tsp light mayonnaise

METHOD

1. Grill or pan-fry the bacon medallions until cooked through.
2. Lightly toast the pitta bread if desired, then slice open to create a pocket.
3. Spread a thin layer of light mayonnaise inside the pitta.
4. Fill with cooked bacon, lettuce and tomato.

Serve immediately or prep a couple ahead of time and store in the fridge for up to two days.

TOP TIP

Serve with carrot sticks instead of crisps for added fibre, they'll help keep you fuller for longer.

LUNCH

SERVES • 6

££££££

Veggie Crustless Quiche

DIFFICULTY ●●●○○ PREP TIME 6 MINS COOK TIME 29-31 MINS

INGREDIENTS



- 1 tbsp olive oil
- 225g chestnut mushrooms
- 1 shallot
- 2 cups loosely packed spinach
- Salt and black pepper, to taste
- 8 eggs
- ¼ cup milk
- ¼ cup sundried tomatoes
- ¼ cup Italian hard cheese

METHOD

1. Preheat the oven to 190°C
2. Heat the oil to a low heat in a medium frying pan and cook the mushrooms for 2 minutes.
3. Stir and cook for a further 5 minutes.
4. Add the shallot and cook for 1 minute.
5. Add the spinach and cook until wilted. Season with salt and pepper.
6. In a large bowl, whisk together the eggs, milk, sundried tomatoes and parmesan.
7. Fold in the mushroom mixture and add another grind of salt and pepper.
8. Pour into an 8–9 inch pie dish.
9. Bake for 18–20 minutes, or until the eggs are just set.
10. Let cool slightly before slicing and serving.

LUNCH

SERVES • 1

££££

Tortilla Wrap Pizzas

DIFFICULTY ●●○○○ PREP TIME 5 MINS COOK TIME 10-15 MINS

INGREDIENTS

- 1 tortilla wrap
- 1 heaped tbsp tomato purée (counts towards your 5 a day)
- Grated cheese
- Leftovers from the fridge – e.g. sliced onion, peppers, mushrooms, ham, chicken

METHOD

1. Preheat the oven to 200°C
2. Spread the tomato purée over the tortilla wrap.
3. Sprinkle with grated cheese and add your choice of toppings.
4. Place on a baking tray and bake for 10–15 minutes, or until the cheese is melted and the edges are crisp.

Great for using up leftovers – mix and match toppings to suit what you have





LUNCH

Tuna Pasta Salad

SERVES • 4

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DIFFICULTY ●●○○○ PREP TIME 10-12 MINS COOK TIME 8-12 MINS

INGREDIENTS

- 200g wholemeal pasta
- 2–3 cans of tuna in brine or spring water, drained
- Romaine lettuce, chopped
- 16 cherry tomatoes, quartered
- 1 small can of sweetcorn, drained
- 4 inches cucumber, diced
- 55g feta cheese, crumbled or cubed
- 3 tbsp low-fat greek yoghurt
- 1 tbsp light mayonnaise
- Optional spicy kick: chopped jalapeños + 1 tbsp brine

METHOD

1. Cook pasta according to packet instructions. Drain, rinse under cold water to cool, and drain again.
2. While pasta cooks, chop lettuce, tomatoes, cucumber and feta into small bite-sized pieces.
3. In a large bowl, combine cooled pasta, chopped vegetables, sweetcorn, feta and tuna. Add jalapeños and brine if using.
4. Stir in yoghurt, mayonnaise and a pinch of black pepper. Mix well.
5. Divide evenly into 4 containers for easy grab-and-go lunches.

SWAP ME

Swap feta for mozzarella pearls or omit cheese entirely for a lighter and vegan option.



LUNCH

SERVES • 1

£ £ £ £

Chicken Caeser Salad Tacos

DIFFICULTY ●●○○○ PREP TIME 5 MINS COOK TIME 8 MINS

INGREDIENTS

- 2 mini wholegrain wraps
- 100g chicken mince
- light cooking spray or olive oil
- Salt and pepper, to taste
- Handful shredded lettuce
- 1 tbsp reduced-fat Caesar dressing
- 10g parmesan shavings

METHOD

1. Season chicken mince with salt, pepper, and any spices you like.
2. Heat a non-stick pan to a medium heat and use oil lightly. Flatten 50g chicken mince onto each wrap.
3. Place wraps mince-side down in the pan and brown for 2–3 minutes.
4. Add more oil if you prefer a crispier mince layer.
5. Remove from the pan, fold each wrap in half.
6. Top with shredded lettuce, Caesar dressing, and parmesan shavings.

Shine

OUR CLIENT SUCESS STORIES

"I feel so much better in myself which in turn has improved my confidence and self-worth. I'm finding everyday things easier now, from walking up the stairs without getting out of breath to choosing clothes I actually feel good in."

Aisha
Foleshill



Smart food waste

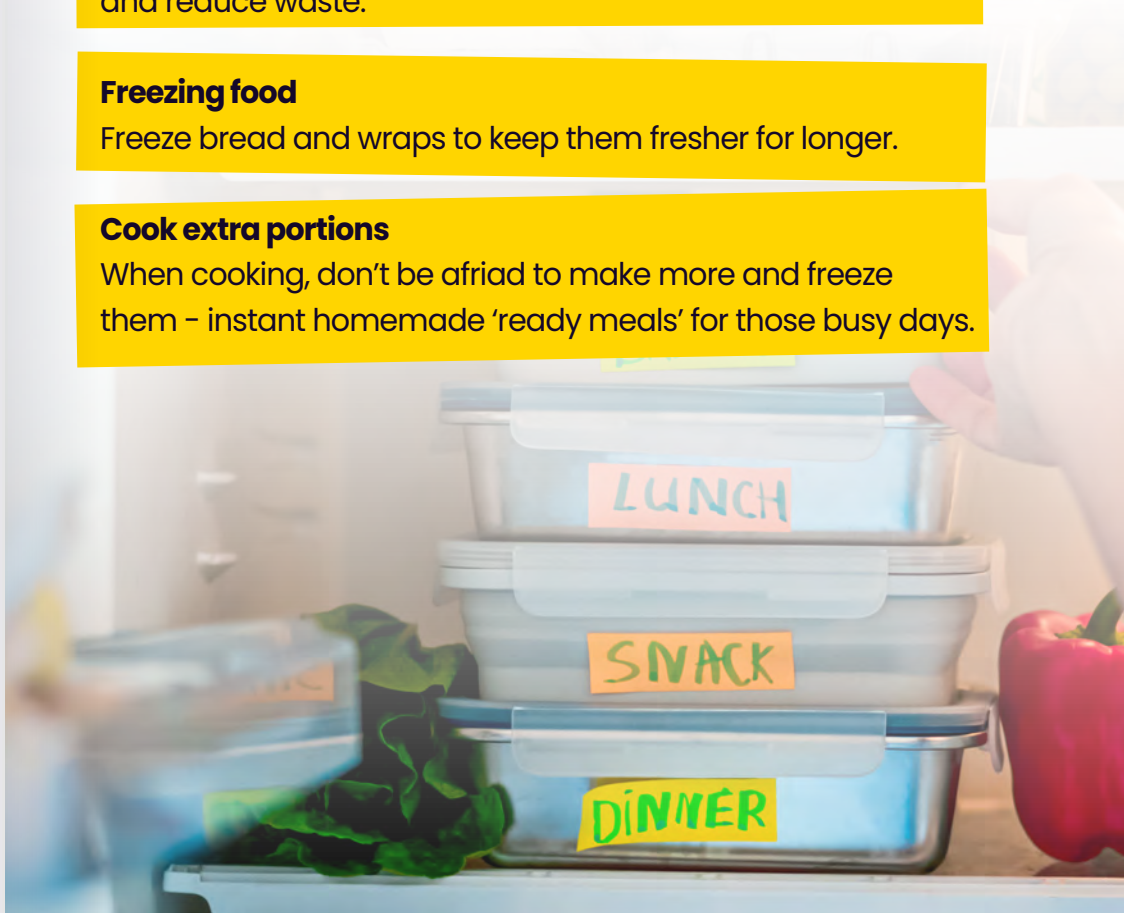
A few **small changes** can turn leftovers and cupboard staples into **tasty**, **stress-free** meals.

Clearing your plate
Don't feel pressured to clear your plate, leftovers can make an easy next day meal.

Cupboard staples
Keep cupboard staples like beans or lentils to bulk up dishes and reduce waste.

Freezing food
Freeze bread and wraps to keep them fresher for longer.

Cook extra portions
When cooking, don't be afriad to make more and freeze them - instant homemade 'ready meals' for those busy days.





DINNER

Bean Burgers

SERVES • 4

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DIFFICULTY ●●○○○ PREP 15 MINS CHILL 20 MINS COOK 8 MINS

INGREDIENTS

- 1 tbsp olive oil
- 1 x 400g tin butter beans, drained and rinsed
- 2 spring onions, trimmed and chopped
- 2 garlic cloves, peeled and chopped
- Handful fresh parsley
- 1 tsp ground cumin
- 1 tsp ground coriander
- Juice of 1 lime
- 30g wholemeal flour
- Salt and black pepper, to taste
- Bun, lettuce and tomato for serving

METHOD

1. Place the butter beans, spring onions, garlic, parsley, cumin, coriander, lime juice and flour into a food processor. Season with salt and pepper and blitz until fairly smooth.
2. Using your hands, shape the mixture into 4 burgers and chill for 20 minutes.
3. Heat the olive oil in a frying pan over medium heat. Fry the burgers for 3–4 minutes on each side until lightly golden.
4. Serve in a bun with lettuce, tomato and slices of red onion.

TOP TIP

Skip the bun and wrap your bean burger in large lettuce leaves for a lighter option. Serve with sweet potato wedges or a fresh mixed leaf salad!

DINNER

SERVES • 2

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Hunters Chicken Casserole

DIFFICULTY ●●●○○ PREP TIME 15 MINS COOK TIME 60 MINS

INGREDIENTS

- 1 tsp olive oil
- 2 skinless chicken breasts (120g each)
- 1 red onion, diced
- 1 red pepper, sliced lengthways
- 1 small courgette, sliced
- 1 carrot, sliced
- 1 clove garlic, finely chopped
- 1 tsp smoked paprika (optional)
- 1 tbsp tomato purée
- 1 x 227g can chopped tomatoes
- 100ml chicken stock
- Ground black pepper
- A few basil leaves, finely chopped

METHOD

1. Preheat oven 160°C.
2. Warm through olive oil in a non-stick pan and cook the chicken for 5 minutes until browned. Transfer to a covered ovenproof dish.
3. Add the onion, pepper, courgette, carrot, garlic, and smoked paprika to the same pan. Cook over low heat for 5 minutes until vegetables are softened but not browned.
4. Stir in the tomato purée, chopped tomatoes, and chicken stock. Season with black pepper (no added salt needed as stock contains salt).
5. Pour the vegetable mixture over the chicken, cover, and bake in the oven for 60 minutes or until chicken is cooked through.
6. Remove from the oven and stir in the chopped basil before serving.



Shine

OUR CLIENT SUCESS STORIES

"I am now far more mindful of my food choices and only eat **until I am full.** I am drinking more water each day and the weight loss I have achieved **has spurred me on** to lose more without a restricted diet."

Vishal
Coventry



DINNER

SERVES • 1

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Turkey Chilli and Wholegrain Rice

DIFFICULTY ●●○○○ PREP TIME 10 MINS COOK TIME 25 MINS

INGREDIENTS

- 500g turkey mince
- 1 can of mixed beans (400g), drained and rinsed
- 1 can of chopped tomatoes (400g)
- 1 bell pepper, diced
- 1 onion, diced
- 60g dry wholegrain rice



METHOD

1. Cook the rice as per the packet instructions
2. Brown the turkey mince in a large pot at a medium heat.
3. Add the diced pepper and onion, cooking until softened.
4. Stir in beans and chopped tomatoes. Simmer gently for 20 mins, stirring occasionally.
5. Serve the chilli over the rice.

DINNER

SERVES • 2

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Cod and Lentil Traybake

DIFFICULTY ●●○○○ PREP TIME 20 MINS COOK TIME 10 MINS

INGREDIENTS

- ½ tsp olive oil
- 2–4 cod fillets
- 1 courgette, sliced into half-moons
- 1 red pepper, sliced
- 1 red onion, sliced
- 1 tin of chopped tomatoes
- 2 sprigs of thyme
- 250g pouch of cooked puy lentils (french lentils)
- Salt and black pepper
- ½ bunch flat parsley, chopped

METHOD

1. Preheat oven to 180°C
2. Place the courgette, pepper, and onion in a baking dish, then nestle the cod fillets on top.
3. Drizzle with olive oil, season with salt and pepper, and bake for 20 minutes.
4. Add the cooked puy lentils, chopped tomatoes, and thyme to the dish.
5. Return to the oven for another 10 minutes, until the fish is cooked through.
6. Remove from oven and sprinkle with fresh parsley before serving.



DINNER

SERVES • 2

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Homemade Pesto

DIFFICULTY ●●○○○ PREP TIME 20 MINS COOK TIME 10 MINS

INGREDIENTS

- 2 packed cups basil leaves
- ½ cup walnut pieces
- 1 garlic clove, peeled and smashed
- 1 tsp lemon juice
- ¼ cup extra virgin olive oil + 2 tbsp
- Salt and black pepper, to taste

METHOD

1. Place walnuts, basil, garlic, lemon juice, and ¼ cup olive oil in a food processor. Blend until smooth.
2. With the motor running, slowly add the remaining 2 tbsp olive oil.
3. Season with salt and black pepper.
4. Transfer to a jar and store in the fridge for up to 1 week. To prevent browning, pour a thin layer of olive oil over the top before sealing.
5. For longer storage, freeze in ice cube trays, then transfer cubes to a freezer bag. Thaw as needed or drop frozen into hot dishes.



TOP TIP

Why not try a pesto salmon with greens. Brush the salmon fillet with cooked pesto and steam or roast brocolli for a balanced dinner.



DINNER

SERVES • 4

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Protein Packed Pasta

DIFFICULTY ●●○○○ PREP TIME 10 MINS COOK TIME 15 MINS

INGREDIENTS

- 280g wholemeal pasta (any shape)
- 4 large handfuls of spinach
- 200g button mushrooms

FOR THE SAUCE

- 300g silken tofu
- 3 tbsp nutritional yeast
- 1 jar roasted peppers
- 4 jalapeños
- 3 garlic cloves
- Salt and pepper to taste
- Light cooking spray or olive oil

METHOD

1. Cook pasta according to packet instructions & drain excess water.
2. Slice the mushrooms and lightly fry with oil in a pan.
3. Blend all sauce ingredients until smooth.
4. Once pasta is cooked, combine it with mushrooms, sauce, and spinach.
5. Stir well until the sauce is heated through and the spinach is wilted.
6. Serve immediately.

Top Tip

For extra texture, add toasted pine nuts or seeds just before serving.



SNACKS

Fancy Rice Cakes

SERVES • 1

£££££

DIFFICULTY ● ○ ○ ○ ○ PREP TIME 5 MINS TOTAL TIME 5 MINS

INGREDIENTS

- 2 rice or lentil cakes
- 1/8 cucumber, thinly sliced (or 1 salad tomato, sliced)
- 30g half-fat cream cheese or low-fat hummus
- ½ tsp sesame seeds
- Salt and pepper

METHOD

1. Spread cream cheese or hummus over the rice cakes.
2. Arrange cucumber or tomato slices on top.
3. Sprinkle with sesame seeds, salt, and pepper.
4. Serve immediately.

TRY IT SWEET INSTEAD

1. Spread peanut butter evenly over the rice cakes.
2. Top with banana or apple slices.
3. If desired, sprinkle with seeds or cinnamon.
4. Serve immediately.



TOP TIP

Swap toppings to suit your mood — try avocado with cherry tomatoes or cottage cheese with chives for a fresh twist.

SNACKS

SERVES • 12

£££££

Homemade Snickers

DIFFICULTY ●●○○○ PREP 15 MINS COOK 5 MINS CHILL 3 HR 20



INGREDIENTS

- 100g Medjool dates
- 100g peanuts
- 4 tbsp peanut butter (99–100% peanuts)
- 70g dark chocolate, melted

METHOD

1. Line a square tin with parchment paper.
2. Roughly chop the dates and spread evenly over the parchment.
3. Toast the peanuts in a frying pan over medium heat for about 5 minutes.
4. Smear the peanut butter evenly over the dates.
5. Sprinkle the toasted peanuts over the peanut butter layer.
6. Pour the melted chocolate over the peanuts, covering as much as possible.
7. Tap the tin on the worktop to remove air bubbles.
8. Freeze for about 3 hours, or until the chocolate has set.
9. Remove from freezer, lift out the parchment, and cut into squares.
10. Store in an airtight container in the fridge.

Top Tip

For extra texture, try adding a sprinkle of sea salt or a few crushed nuts on top before freezing.

SNACKS

SERVES • 8

£££££

Energy Balls

DIFFICULTY ●○○○○ PREP TIME 10 MINS TOTAL TIME 10 MINS

INGREDIENTS

- 250g dried prunes
- 2 tbsp peanut butter (99–100% peanuts)
- 1 tbsp cocoa powder
- 1 tsp vanilla essence

METHOD

1. Place all ingredients in a blender and blend until combined. Blend to your preferred texture — smooth or slightly chunky.
2. Roll the mixture into small balls, about the size of a ping pong ball.
3. Optional: Roll the balls in cocoa powder, desiccated coconut, or finely chopped nuts for extra texture and flavour.
4. Store in the fridge for up to 7 days.



Top Tip

Freeze a batch for a quick, energising snack that's ready whenever you need a pick-me-up.

Shine

OUR CLIENT SUCESS STORIES



Best You has **completely changed** the way I think about food. I've learned to trust my instincts, make healthier choices and **enjoy cooking again**. I no longer rely on processed foods, and sitting down to a home-cooked meal now feels satisfying **in a way it never did before**."

Naveen Smethwick

DRINKS

SERVES • 2

£££££

Breakfast Smoothie

DIFFICULTY ●○○○○ PREP TIME 5 MINS TOTAL TIME 5 MINS

INGREDIENTS

- 1 banana
- 1 tbsp oats
- 80g soft fruit (strawberries, blueberries, mango, or raspberries)
- 150ml milk of choice
- 1 tsp honey or agave syrup
- 1 tsp vanilla extract

METHOD

1. Combine all ingredients in a blender.
2. Blend for about 1 minute until smooth.
3. Pour into glasses and enjoy immediately.



TOP TIP

Freeze your fruit ahead of time to make the smoothie extra chilled and refreshing without needing ice.

DRINKS

SERVES • 1

£££££

Fruity and Refreshing Cooler

DIFFICULTY ●○○○○ PREP TIME 2 MINS TOTAL TIME 2 MINS

1) CHOOSE YOUR BASE

- Plain water
- Sparkling water

2) CHOOSE YOUR FLAVOURS

- Mixed berry - frozen berries double as flavour and ice
- Cucumber - thinly sliced for a crisp, fresh taste
- Lemon and lime - fresh wedges, or slice and freeze for later use.

METHOD

1. Fill a glass (or jug) with your chosen base.
2. Add your chosen flavouring(s).
3. Stir gently and enjoy. Add ice if desired.



TOP TIP

For picnics or entertaining, make a jug of each flavour. Swapping fizzy drinks for sparkling water with fruit gives the same fizz but cuts out added sugar.

Weekly Meal Planner

Get organised and save on your shop with our handy meal planner

MONDAY	Breakfast
	Lunch
	Dinner
TUESDAY	Breakfast
	Lunch
	Dinner
WEDNESDAY	Breakfast
	Lunch
	Dinner
THURSDAY	Breakfast
	Lunch
	Dinner
FRIDAY	Breakfast
	Lunch
	Dinner

SATURDAY	Breakfast
	Lunch
	Dinner
SUNDAY	Breakfast
	Lunch
	Dinner

Snacks for the week

Shine

OUR CLIENT SUCESS STORIES

"I would say to anyone embarking on this programme to **start with small steps** to gradually build up your knowledge and experiment with different foods and recipes to **get as much variety as possible.** I'm looking forward to the future now with a positive outlook and will continue to **nourish myself with healthy food** and to introduce more exercise going forward."

Laura
Devon



Small changes, one step at a time, can make a big difference to your health. **Get FREE 1-1, inperson or online help** from our friendly yet expert healthy lifestyles team of coaches, together with FREE lifetime access to **best-you.org**

Why wait, start your journey today...

For more FREE support to improve your health, wellbeing and happiness visit...

Best-You.org

SCAN ME



Start your **FREE** journey to better health today...

Live Well
Reading and West Berkshire



- Stop Smoking
- Healthy Weight
- Increase Activity
- Reduce Alcohol

FREE support programmes

livewellrwb.org

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