



# Step One: Plan Your Meals with Purpose

This handout is here to help you create structure without rigidity — so you can eat well, feel empowered and reduce stress around food. It's not about perfection. It's about supporting your energy, honouring your body and creating a rhythm that feels nourishing and sustainable.

Meal planning and reflection can be a powerful act of self-care and feminine leadership — bringing more intention to your plate and helping you move from autopilot into aligned choices.

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## **Meal Planning & Recording**

This tool is designed to help you bring clarity and flow to your eating habits. By planning ahead and checking in with how things actually go, you'll begin to notice your preferences, your rhythms and what supports you best. This is how we create lasting change, with compassion and awareness.

### **1 Set the Structure**

Use the weekly meal planner template to outline your meals and snacks. Consider your weekly schedule, any family or social commitments, your energy levels and your nutritional needs. Ask yourself:

- Who will be eating with me this week?
- How many portions will I need per meal?
- Are there any dietary needs, intolerances or preferences to consider?
- What days or nights are especially busy and would benefit from something quick, pre-prepped or no-cook?
- What ingredients do I already have in the fridge, freezer or pantry that I want to use up?

### **2 Reflect Gently**

Throughout the week, take a few minutes to record what you actually ate. This isn't about guilt — it's about awareness. Include portion sizes, snacks or changes you made to your plan.

### 3 Compare & Understand

At the end of each day (or week), compare what was planned vs. what happened. What felt nourishing? Where did you pivot? What worked well?

### 4 Spot the Patterns

Gently reflect on what influenced any changes. Were you tired? Busy? Craving comfort? Emotional? These are not failures — they are clues.

### 5 Adjust with Love

Use what you learn to refine your next week. Could you prep more? Plan for quick dinners on certain nights? Make space for more satisfying meals?

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## **Routine & Easy Meal Inspiration**

Feel supported with go-to recipes you can rotate each week. These are designed to nourish your body, reduce stress and make meal planning feel like ease, not effort.

You don't need to reinvent the wheel. Use this recipe bank to spark inspiration, reduce decision fatigue and build a rhythm in your kitchen that feels intuitive.

<p><b>Vietnamese Lemongrass Chicken</b></p> <p>Ingredients:</p> <ul style="list-style-type: none"><li>500g chicken thighs (boneless, skinless)</li><li>2 stalks lemongrass (white part finely chopped)</li><li>2 garlic cloves (minced)</li><li>1 tbsp ginger (grated)</li><li>2 tbsp fish sauce</li><li>1 tbsp coconut sugar or honey</li><li>1 tbsp lime juice</li><li>1 tbsp coconut oil</li></ul> <p>Instructions:</p> <p>Mix lemongrass, garlic, ginger, fish sauce, sugar and lime juice into a marinade. Coat chicken and marinate for at least 30 mins (or overnight). Heat oil in a pan, cook chicken 4–5 mins per side until golden and cooked through. Serve with rice or salad.</p>	<p><b>Shakshuka Eggs</b></p> <p>Ingredients:</p> <ul style="list-style-type: none"><li>4 eggs</li><li>1 tbsp ghee</li><li>1 onion (chopped)</li><li>2 garlic cloves (minced)</li><li>1 red pepper (diced)</li><li>400g chopped tomatoes</li><li>1 tsp cumin</li><li>1 tsp smoked paprika</li><li>1 tsp cayenne pepper</li><li>1/2 tsp oregano,</li><li>Salt &amp; pepper</li></ul> <p>Instructions:</p> <p>Sauté onion, garlic, pepper in ghee. Add spices &amp; tomatoes. Simmer 10–15 mins. Crack eggs into wells, cover, cook 5–7 mins. Serve hot.</p>
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<p><b>Courgette &amp; Feta Fritters</b></p> <p>Ingredients:</p> <ul style="list-style-type: none"> <li>2 courgettes (grated &amp; squeezed)</li> <li>100g feta (crumbled)</li> <li>1 egg</li> <li>30g whole wheat or almond flour</li> <li>1 garlic clove (minced)</li> <li>½ tsp oregano</li> <li>Salt &amp; pepper</li> <li>Ghee or coconut oil (for frying)</li> </ul> <p>Instructions:</p> <p>Mix all ingredients (except oil). Heat oil in a pan. Add spoonfuls of mixture, flatten slightly, and cook for 3–4 mins per side until golden.</p>	<p><b>Red Pepper Soup</b></p> <p>Ingredients:</p> <ul style="list-style-type: none"> <li>3 red peppers (halved)</li> <li>2 red onions (quartered)</li> <li>4 garlic cloves (whole, skin on)</li> <li>3 tbsp coconut oil</li> <li>Himalayan salt</li> <li>500ml bone or veggie broth</li> <li>200ml tomato passata</li> </ul> <p>Instructions:</p> <p>Roast peppers, onions &amp; garlic with oil and salt at 200°C for 35–40 mins. Remove garlic skins. Blend with broth &amp; passata until smooth. Heat gently.</p>
<p><b>Slow Cook Oxtail and Beef Tendon</b></p> <p>Ingredients:</p> <ul style="list-style-type: none"> <li>500g oxtail</li> <li>500g beef tendon</li> <li>1 onion (chopped)</li> <li>2 garlic cloves (minced)</li> <li>1 bay leaf</li> <li>1 tbsp thyme</li> <li>1.5L beef stock</li> <li>Salt &amp; pepper</li> <li>2 tbsp coconut oil</li> </ul> <p>Instructions:</p> <p>Brown meat in oil in slow cooker. Add all other ingredients. Cook on low for 6–8 hrs until tender. Serve with sourdough.</p>	<p><b>Lentil and Butternut Curry</b></p> <p>Ingredients:</p> <ul style="list-style-type: none"> <li>200g red lentils</li> <li>1 butternut squash (cubed)</li> <li>1 onion (chopped)</li> <li>2 garlic cloves (minced)</li> <li>1 tin coconut milk</li> <li>1 tin chopped tomatoes</li> <li>1 tbsp curry powder</li> <li>1 tsp turmeric</li> <li>1 tsp cumin</li> <li>Salt &amp; pepper</li> <li>500ml stock</li> <li>Handful of kale</li> </ul> <p>Instructions:</p> <p>Sauté onion &amp; garlic. Add spices, lentils, squash, stock, coconut milk, tomatoes. Simmer 30–40 mins. Add kale for final 5 mins.</p>

Snacks	Kefir & Superfood Blends
<p>Fresh Fruit / Mixed Nuts and Seeds / Dark Chocolate</p> <p>Pre-Cooked Roast Chicken: Many supermarkets offer pre-cooked roast chicken at their hot counters, which you can pick up ready to eat. Additionally, you can often find cold, pre-cooked chicken in the refrigerated section of the store.</p> <p>Hard-Boiled Eggs: Keep a batch of hard-boiled eggs in the fridge for a quick and protein-rich snack that's portable and easy to grab when hunger strikes.</p> <p>Edamame: Enjoy a handful of steamed edamame sprinkled with sea salt for a satisfying and protein-rich snack that's packed with fibre and essential nutrients.</p> <p>Energy Balls: Make your own energy balls by blending together dates, nuts, seeds and your favourite spices (such as cinnamon or cocoa powder) in a food processor. Roll into bite-sized balls and refrigerate until firm for a convenient and nutritious snack that's perfect for on-the-go.</p> <p>Apple Slices with Almond Butter: Dip apple slices in almond butter for a crunchy and satisfying snack that's rich in fibre, healthy fats and essential nutrients.</p> <p>Roasted Chickpeas: Toss cooked chickpeas with olive oil and your favourite spices (such as paprika, cumin, or garlic powder) and roast in the oven until crispy for a crunchy and protein-rich snack that's perfect for munching on between meals.</p>	<p>Ingredients (customise to taste):</p> <ul style="list-style-type: none"> <li>1 glass plain, unsweetened kefir</li> <li>½ tsp cacao powder – for mood and antioxidant support</li> <li>¼ tsp mushroom powder (e.g. reishi, lion's mane, chaga) – for stress resilience and cognitive support</li> <li>¼ tsp agnus castus powder – may support hormone balance</li> <li>¼ tsp shatavari powder – supports feminine energy and reproductive wellness</li> <li>¼ tsp ashwagandha powder – adaptogen to calm the nervous system</li> <li>¼ tsp maca powder – boosts energy, libido and vitality</li> <li>1 scoop protein powder – supports satiety, metabolism and blood sugar balance</li> <li>Pinch of ginger powder – for digestion and circulation</li> <li>Pinch of cinnamon – balances blood sugar and adds natural sweetness</li> <li>Pinch of turmeric – anti-inflammatory support</li> <li>Crack of black pepper – enhances absorption of turmeric</li> </ul> <p>Toppings (optional):</p> <ul style="list-style-type: none"> <li>1 tsp sesame seeds – calcium and hormone-supporting fats</li> <li>1 tsp sunflower seeds – rich in vitamin E and magnesium</li> <li>Handful of blueberries – antioxidant-rich and refreshing</li> <li>Sprinkle of chopped nuts – healthy fats for energy and fullness</li> </ul> <p>Instructions:</p> <p>Pour kefir into a glass or jar. Whisk or stir in your chosen powders and spices. Top with seeds, berries and/or nuts if desired. Enjoy as a nourishing snack, breakfast or evening wind-down drink</p>

## Food Prep Options

Whether you're looking to simplify your weeknights, reduce decision fatigue or support your health goals, the right food prep option can make all the difference.

<p><b>Gousto</b></p> <p>Fresh ingredients + step-by-step recipe cards. Perfect for: Variety lovers who enjoy home-cooked meals without meal planning stress.</p> <p>Pros:</p> <ul style="list-style-type: none"> <li>✓ Over 60 recipes per week, including vegetarian and vegan</li> <li>✓ Fresh, quality ingredients delivered</li> <li>✓ Ideal for all skill levels</li> <li>✓ Health-focused options available</li> <li>✓ Pre-portioned to reduce waste and support portion control</li> </ul> <p>Cons:</p> <ul style="list-style-type: none"> <li>✗ Can be more expensive than grocery shopping</li> <li>✗ Generates more packaging waste</li> </ul>	<p><b>SimplyCook</b></p> <p>Flavour kits with spice blends and pastes. Perfect for: Quick, bold meals with minimal effort and a flexible shopping list.</p> <p>Pros:</p> <ul style="list-style-type: none"> <li>✓ Most meals ready in under 20 minutes</li> <li>✓ Budget-friendly</li> <li>✓ You choose your fresh ingredients</li> <li>✓ Low packaging waste</li> </ul> <p>Cons:</p> <ul style="list-style-type: none"> <li>✗ You still need to shop for fresh ingredients</li> <li>✗ Less variety than full meal kits</li> </ul>
<p><b>HelloFresh</b></p> <p>Full meal kits with clear instructions. Perfect for: Busy women who want variety and ease with zero planning.</p> <p>Pros:</p> <ul style="list-style-type: none"> <li>✓ Weekly selection of balanced recipes</li> <li>✓ Pre-portioned ingredients reduce prep time</li> <li>✓ Simple recipe cards for stress-free cooking</li> <li>✓ Pause or cancel anytime</li> </ul> <p>Cons:</p> <ul style="list-style-type: none"> <li>✗ Higher cost for families</li> <li>✗ Still creates packaging waste</li> </ul>	<p><b>Mindful Chef</b></p> <p>Wholesome, low-carb and gluten-free meals. Perfect for: Health-conscious women prioritising clean, whole foods.</p> <p>Pros:</p> <ul style="list-style-type: none"> <li>✓ Free from refined sugars and processed ingredients</li> <li>✓ Ethically sourced produce and protein</li> <li>✓ Meal plans for singles, couples, and families</li> </ul> <p>Cons:</p> <ul style="list-style-type: none"> <li>✗ Pricier than average</li> <li>✗ Smaller portion sizes may not suit everyone</li> </ul>

## Meal Planner

Time	Mon (plan)	Mon (record)	Tue (plan)	Tue (record)	Wed (plan)	Wed (record)	Thu (plan)	Thu (record)	Fri (plan)	Fri (record)	Sat (plan)	Sat (record)	Sun (plan)	Sun (record)
Break fast														
Lunch														
Dinner														
Snacks														



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*Disclaimer: This handout is based on current research and is intended for informational purposes only. It is not a substitute for professional medical advice, diagnosis or treatment. Consult with a qualified healthcare provider before making any significant changes to your diet or lifestyle. By following these suggestions, you acknowledge that you do so by exercising your right of choice.*

*P.S. Did you like this handout? Then you'll love [She Thrives Academy](#), along with my [Emotional Eating Breakthrough Blueprint](#) and [Menstrual Cycle Mastery](#) courses!*

