

Maximum You Slow Food Meal Plan

Review your typical meals and then choose a slower food option. If you're already eating a slower food option then try out the really-slow option and see how you feel!

Make changes gradually, starting with developing good breakfast habits and swapping out your snacks. Once you've done this work on improving your other meals.

Review how you feel each day to understand which food works for you and which don't.

	FAST FOOD	SLOWER FOOD OPTION	REALLY SLOW FOOD OPTION
Breakfast	Coffee and croissant or white toast with jam	Americano (regular or decaf) and wholegrain toast with no sugar peanut butter and sliced apple	Green or herbal tea & a power smoothie with frozen berries, spinach and protein powder
	Breakfast cereal or granola	Low-sugar muesli with natural yoghurt and fresh fruit salad	Gluten-free oat muesli, without added sugar, with berries and 0% fat organic Greek yoghurt
	Fried breakfast	Poached or scrambled eggs on toasted rye bread with avocado	Vegetable juice (carrots, mint, celery, ginger, lime) and homemade omelette or vegetable frittata

	FAST FOOD	SLOWER FOOD OPTION	REALLY SLOW FOOD OPTION
Lunch	<p>Ham and cheese baguette with crisps</p> <p>Sweet and sour chicken with noodles or Katsu curry with white rice</p> <p>Mixed sushi</p> <p>Burger and fries</p>	<p>Wholegrain/soda bread sandwich with smoked salmon and salad</p> <p>Naked burrito: long-grain rice with beans, salad, grilled peppers and guacamole. Optional grilled chicken</p> <p>Salmon and brown rice bento bowl with seaweed and a portion of edamame</p> <p>Caesar salad with fries and no crutons</p>	<p>Bean soup and wholegrain soda bread</p> <p>Grilled chicken with vegetables and brown rice or Homemade bean chilli with brown rice</p> <p>Tuna nicoise with beans and new potatoes</p> <p>Chef's salad with lean chicken and an apple</p>
Dinner	<p>Pizza</p> <p>Spaghetti Bolognese with grated cheese</p>	<p>Veggie burger with no bun, sweet potato wedges and salad</p> <p>Bolognese (meat or veggie) with brown or lentil pasta and a side salad</p>	<p>Oven baked salmon, or homemade salmon fishcakes, with mashed new or sweet potatoes and steamed veg</p> <p>Homemade Bolognese (beef or lentil) with courgette noodles and a side salad</p>

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Dinner	Takeaway sweet and sour chicken with white rice	Low sugar takeaway dishes, such as Indian vegetable side dishes and grilled meats. Cook brown rice at home to accompany.	Cashew and vegetable stir fry flavoured with five spice and Braggs Liquid aminos, with brown rice and your choice of protein: Tofu, tempeh, seitan, seafood, fish, skinless chicken or turkey
Dessert	Apple Crumble with custard Chocolate cake	Almond flour, honey-sweetened crumble with coconut cream Home-made refined sugar-free, almond flour brownie See elanaspantry.com for healthy dessert recipes.	Fresh fruit. High-sugar fruit is best eaten on an empty stomach, so berries are the best post-dinner option 2 squares of 70%+ cocoa dark chocolate and a fresh mint tea
Snacks	Muesli or granola bar (these are full of refined sugar)	Nak'd or Primal Kitchen or Laar-bar fruit-sweetened bars	Drink a glass of water when you feel like a snack. Wait 10 minutes and then, if you are still hungry, eat a piece of fruit and a palmful of raw nuts

	FAST FOOD	SLOWER FOOD OPTION	REALLY SLOW FOOD OPTION
Snacks	<p>Nachos with sour cream dip</p> <p>Crisps</p> <p>Chocolate bar or biscuit</p>	<p>Flaxseed or wholegrain crackers with guacamole</p> <p>Gluten-free oatcakes with hummus</p> <p>Homemade trail-mix with roasted nuts, raisins and dark chocolate drops</p>	<p>Palmful of raw, unsalted nuts and some fresh olives</p> <p>Vegetable crudites with hummus</p> <p>Honey-spiced nuts, made with ½ cup raw nuts. Lightly toast nuts, stir in with 1 tsp honey, 1 tsp coconut oil, cinnamon, allspice and a pinch of Himalayan crystal salt to taste. Stir until coated and warmed through, leave to cool</p>
Drinks	<p>Fruit cordial/squash</p> <p>Fizzy drinks</p> <p>Latté/Cappuccinor any sweetened coffee or tea</p>	<p>Freshly squeezed fruit juice, diluted with 1/3 water</p> <p>Mix half fruit juice/half soda water to make your own fizzy drinks</p> <p>Black Americano or black tea, add a splash of organic or nut milk if needed</p>	<p>Water!! Liven up with sliced citrus fruit, cucumber slices and/or mint.</p> <p>Sparkling mineral water infused with fresh fruit</p> <p>Green tea (rich in antioxidants) or herbal teas, I like Pukka and Yogi brands</p>