

SIMPLE MEALS & SNACKS

cailie
FORD
NUTRITION





Welcome!

Keeping on track with healthy eating day in and day out can seem overwhelming. As a busy mum of three growing boys, I know all too well! But I also know that with the right tips and tools, you can make things a lot easier on yourself to ensure you eat (mostly) healthy foods.

This ebook has been designed to make it easier for you to prep some of my favourite meals & snacks.

With this cookbook, you'll find the recipes are not only nutritious but also tasty and easy to prepare. The recipes in this cookbook use a range of fresh ingredients that are easily accessible, making it possible for you to meal prep without breaking the bank.

I hope that this cookbook inspires you to enjoy making homemade options your meals & snacks.

So let's get cooking and create delicious and nutritious recipes!

For more recipe inspo:

- [check out my blog](#)
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NECTARINE BLISS SMOOTHIE

This delicious smoothie is going to transform your breaky routine and manage your hunger and cravings throughout the day!



PREP TIME
10 MIN



COOK TIME
0 MIN



SERVINGS
1

Instructions

1. Blitz all ingredients together in a blender until smooth.
2. Add a little more water to reach your desired consistency.
3. Enjoy!

Ingredients

- 2 tbsps Ground Flax Seed
- 1 Nectarine
- 1 tbsp Pumpkin Seeds
- 1 cup Ice Cubes
- 30 grams Vanilla Protein Powder
- 2 tbsps Shredded coconut
- 80g High protein Yoghurt
- 1 cup Water

Nutrition

(per serve)

Calories: 395

Fat: 16g

Protein: 39g

Carb: 24g

Fibre: 8g

Notes:

- Smoothies are best consumed fresh to obtain maximum flavour and nutrients.



TAHINI & HONEY OAT BITES

These tasty morsels are easy to whip up & make the perfect snack with a cup of herbal tea.



PREP TIME
15 MIN



COOK TIME
0 MIN



SERVINGS
9

Ingredients

- 120g oats (rolled)
- 160g Tahini
- 3 Tbsp Honey
- 1 Tsp vanilla extract

Nutrition

(per serve)

Calories: 178

Fat: 10g

Protein: 5g

Carb: 19g

Fibre: 3g

Instructions

1. Add the oats to a food processor and blend until it reaches a flour consistency.
2. Add the tahini, honey, and vanilla and blend until combined and the mixture holds together.
3. Use a cookie scoop or a tablespoon to scoop out the mixture and roll them into balls in your hands. Repeat until all of the mixture is used. Enjoy!

Notes:

- Storage: Store the protein calls in an airtight container in the fridge for up to a week, or freeze for 4 months.



STRAWBERRY KIWI SALAD WITH CHICKEN

The perfect mix of tangy and sweet; this salad is quick and easy to throw together, but packs a nutritional punch!



PREP TIME
5 MIN



COOK TIME
0 MIN



SERVINGS
2

Ingredients

- 1.5 tbsp Apple Cider Vinegar
- 1.5 tbsps Extra Virgin Olive Oil
- 1.5 tsps Maple Syrup
- Sea Salt & Black Pepper (to taste)
- 115g Mixed Greens
- 145g Strawberries (chopped)
- 2 Kiwi (peeled and chopped)
- 2 tbsps Sunflower Seeds
- 140g Chicken Breast, Cooked (sliced) - use rotisserie chicken

Nutrition

(per serve)

Calories: 337

Fat: 17g

Protein: 26g

Carb: 23g

Fibre: 5g

Instructions

1. In a small bowl combine the apple cider vinegar, oil, and maple syrup. Season with salt and pepper and stir well.
2. Divide the mixed greens between bowls and top with the chopped strawberries, kiwi, and sunflower seeds. Pour the apple cider vinegar dressing over top and mix well. Top with the chicken and enjoy!

Notes:

- Use rotisserie chicken for convenience
- Add a mix of Mediterranean veg to change it up
- Orange would be a lovely substitute in place of strawberries

ABOUT CAILIE FORD NUTRITION



CAILIE FORD IS A MOTIVATIONAL SPEAKER, CLINICAL NUTRITIONIST AND ACCREDITED CHANGE MANAGER.

CAILIE WORKS WITH INDIVIDUALS AND BUSINESSES ACROSS THE GLOBE, PROVIDING CUSTOMISED PROGRAMS THAT SUPPORT PEOPLE TO THRIVE AND COMPANIES TO SUCCEED.

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