

movewithdiane

High in protein, soluble fibre and
healthy fats

Simply meals

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Nutrition for Health & Longevity

Skeletal Muscle Health

Proper nutrition plays a vital role in supporting healthy skeletal muscle, which not only aids in weight management but also enhances brain health. As Dr. Gabrielle Lyons, a leading expert in muscle-centric medicine, often says: “Appropriate nutrition supports muscle health, which is key to weight maintenance, brain health, and overall longevity.” Maintaining muscle mass is critical for metabolic health and functional independence as we age.

Gut Health

Our gut is often referred to as our "second brain" because it impacts nearly every aspect of our well-being, from digestion to mood regulation. A healthy gut microbiome supports digestion, immunity, and overall vitality. Probiotics, prebiotics, and a varied diet rich in fibre contribute to a thriving gut ecosystem.

Heart Health

Heart health is foundational to longevity. A diet rich in healthy fats, fibre, and lean proteins supports cardiovascular well-being by reducing inflammation and improving blood circulation. Heart-healthy choices, including plant-based fats and omega-3-rich foods, protect against heart disease, ensuring long-term vitality.

Foundation Nutrition for Longevity

Foundation nutrition emphasises the importance of balance. Aiming for at least 30 grams of protein per meal, 30 grams of fibre per day, and including healthy fat portions is essential. As Dr. Mark Hyman, a leading functional medicine expert, explains: “Healthy fats help regulate blood sugar, preventing crashes and cravings, particularly important for women’s health.” Incorporating at least three servings of probiotics weekly, from sources like yogurt, kefir, or fermented vegetables, further promotes gut health.

Keeping Meals Simple

Simplicity is key for sustainability. Keep your meals flexible by using similar base ingredients throughout the week. For example, use a salad or wrap for lunch, rotating different protein sources like chickpeas, tofu, or lentils with fresh toppings. This allows variety without overwhelming your week. Most importantly, enjoy your meals! Sustainable nutrition is not about restrictive diets but rather consistent, nourishing choices that support long-term health.

Vegan Brekki



- Cooking Time:

15 minutes



- Serving Size:

1 person



- Nutritional Information

(per serving):

- Protein: 32g
- Fiber: 7g
- Carbs: 20g
- Fat: 18g
- Calories: 350

Tofu Scramble with Veggies

INGREDIENTS:

- 200g firm tofu, crumbled
- 1 tbsp olive oil
- 1/2 cup spinach, chopped
- 1/4 cup bell peppers, diced
- 1/4 cup mushrooms, sliced
- 1 tbsp nutritional yeast
- 1/4 tsp turmeric
- Salt and pepper to taste

METHOD:

1. Heat olive oil in a pan over medium heat.
2. Add mushrooms and bell peppers, sautéing until soft.
3. Crumble tofu into the pan and add spinach, nutritional yeast, turmeric, salt, and pepper.
4. Cook for 5-7 minutes, stirring occasionally, until heated through.
5. Serve with a side of avocado for extra healthy fats.



Vegan Lunch

- Cooking Time:

10 minutes



- Serving Size:

2 wraps



- Nutritional Information

(per wrap):

- Protein: 32g
- Fiber: 9g
- Carbs: 38g
- Fat: 14g
- Calories: 400

Chickpea Salad Wrap

INGREDIENTS:

- 1 can chickpeas, drained and mashed
- 2 whole wheat wraps
- 1/2 avocado, sliced
- 1/4 cup cucumber, sliced
- 1/4 cup red onion, thinly sliced
- 2 tbsp tahini
- 1 tbsp lemon juice
- Salt and pepper to taste

METHOD:

1. Mash chickpeas in a bowl, adding lemon juice, tahini, salt, and pepper.
2. Place a wrap on a plate and spread the chickpea mixture.
3. Add avocado, cucumber, and onion on top.
4. Roll up the wrap and enjoy!



Vegan Dinner

- Cooking Time:

35 minutes



- Serving Size:

1 pepper



- Nutritional Information

(per serving):

- Protein: 33g
- Fiber: 14g
- Carbs: 45g
- Fat: 9g
- Calories: 450

Lentil & Quinoa Stuffed Peppers

INGREDIENTS:

- 2 large bell peppers, halved and seeded
- 1/2 cup cooked quinoa
- 1/2 cup cooked lentils
- 1/4 cup diced tomatoes
- 1/4 cup red onion, diced
- 1 tsp cumin
- 1 tsp chili powder
- Salt and pepper to taste

METHOD:

1. Preheat oven to 190°C.
2. In a bowl, mix quinoa, lentils, tomatoes, onion, cumin, chili powder, salt, and pepper.
3. Stuff the bell pepper halves with the mixture and place them in a baking dish.
4. Cover with foil and bake for 25-30 minutes, until peppers are tender.
5. Serve hot with a sprinkle of fresh coriander.

Veg Brekki



- Cooking Time:

5 minutes



- Serving Size:

1 person



- Nutritional Information

(per serving):

- Protein: 35g
- Fiber: 6g
- Carbs: 32g
- Fat: 15g
- Calories: 400

Greek Yogurt Parfait Nuts & Berries

INGREDIENTS:

- 1 cup full-fat Greek yogurt
- 2 tbsp chia seeds
- 1/4 cup mixed berries
- 1/4 cup almonds, chopped
- 1 tbsp honey (optional)

METHOD:

1. In a bowl or glass, layer Greek yogurt, chia seeds, and honey (optional).
2. Top with mixed berries and almonds.
3. Enjoy a quick and nutrient-packed breakfast!



Veg Lunch



- Cooking Time:
10 minutes
- Serving Size:
2 slices



- Nutritional
Information
(per serving):

- Protein: 31g
- Fiber: 7g
- Carbs: 25g
- Fat: 18g
- Calories: 380

Egg Salad on Whole Wheat Toast

INGREDIENTS:

- 3 hard-boiled eggs, chopped
- 2 tbsp Greek yogurt
- 1 tbsp mustard
- Salt and pepper to taste
- 2 slices whole wheat bread
- Fresh lettuce leaves

METHOD:

1. Mix eggs, Greek yogurt, mustard, salt, and pepper in a bowl.
2. Toast the whole wheat bread and spread the egg mixture on top.
3. Add fresh lettuce leaves for crunch.
4. Serve with a side of fresh veggies.

Veg Dinner



- Cooking Time:

10 minutes



- Serving Size:

3 tacos



- Nutritional Information

(per serving):

- Protein: 32g
- Fiber: 10g
- Carbs: 40g
- Fat: 12g
- Calories: 450

Sweet Potato & Black Bean Tacos

INGREDIENTS:

- 1 large sweet potato, diced and roasted
- 1 can black beans, drained and rinsed
- 6 small corn tortillas
- 1/4 cup avocado, sliced
- 1/4 cup red cabbage, shredded
- 1 tbsp lime juice
- Salt and pepper to taste

METHOD:

1. Roast the diced sweet potato with olive oil, salt, and pepper at 200°C for 15 minutes.
2. Heat the black beans in a pan with lime juice and a pinch of salt.
3. Warm the tortillas and fill them with sweet potato, black beans, avocado, and cabbage.
4. Serve immediately with a drizzle of hot sauce if desired.



Pesci Brekki



- Cooking Time:
5 minutes
- Serving Size:
1 person



- Nutritional Information
(per serving):
 - Protein: 32g
 - Fiber: 8g
 - Carbs: 25g
 - Fat: 20g
 - Calories: 400

Smoked Salmon & Avocado Toast

INGREDIENTS:

- 2 slices whole grain bread
- 1/2 avocado, mashed
- 3 oz smoked salmon
- 1 boiled egg, sliced
- Salt and pepper to taste

METHOD:

1. Toast the bread slices and spread mashed avocado on each.
2. Top with smoked salmon and boiled egg slices.
3. Season with salt and pepper, and enjoy!

Pesci Lunch



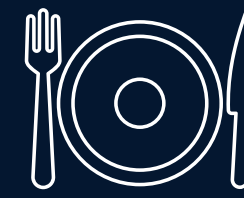
- Cooking Time:

15 minutes



- Serving Size:

1 person



- Nutritional Information

(per serving):

- Protein: 34g
- Fiber: 6g
- Carbs: 35g
- Fat: 15g
- Calories: 450

Tuna Salad with Quinoa

INGREDIENTS:

- 1 can tuna in water, drained
- 1/2 cup cooked quinoa
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/4 cup celery, chopped
- 1/4 cup red onion, diced
- Salt and pepper to taste

METHOD:

1. Mix the tuna, quinoa, olive oil, lemon juice, celery, and onion in a bowl.
2. Season with salt and pepper and serve chilled or at room temperature.

Pesci Dinner



- Cooking Time:
20 minutes
- Serving Size:
1 person



- Nutritional
Information
(per serving):

- Protein: 32g
- Fiber: 9g
- Carbs: 30g
- Fat: 14g
- Calories: 380

Prawn Stir-Fry with Veggies

INGREDIENTS:

- 6 oz prawns, peeled and deveined
- 1/2 cup broccoli florets
- 1/4 cup bell peppers, sliced
- 1/4 cup snap peas
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1/2 tsp garlic powder
- Ginger and Cooked brown rice (optional)

METHOD:

1. Heat sesame oil in a pan and sauté prawns until pink.
2. Add veggies and stir-fry for 5-7 minutes. Beansprouts and carrots are a lovely addition if desired.
3. Season with soy sauce, garlic powder and a grating of ginger (optional).
4. Serve over brown rice if desired.

Meat Brekki



- Cooking Time:
10 minutes
- Serving Size:
1 person



- Nutritional
Information
(per serving):

- Protein: 31g
- Fiber: 2g
- Carbs: 3g
- Fat: 24g
- Calories: 350

Scrambled Eggs & Turkey Sausage

INGREDIENTS:

- 2 eggs
- 2 turkey sausages,
sliced
- 1 tbsp olive oil
- Salt and pepper to
taste

METHOD:

1. Heat olive oil in a pan and sauté sausage slices
until browned.
2. Scramble eggs and cook until done.
3. Serve the eggs and sausages together.

Meat Lunch



- Cooking Time:

15 minutes



- Serving Size:

1 person



- Nutritional Information

(per serving):

- Protein: 35g
- Fiber: 6g
- Carbs: 12g
- Fat: 20g
- Calories: 450

Chicken Caesar Salad

INGREDIENTS:

- 6 oz grilled chicken breast
- 2 cups Romaine lettuce
- 1/4 cup standard Caesar dressing
- 1 tbsp grated Parmesan
- Croutons (optional)

METHOD:

1. Grill the chicken and slice it thinly.
2. Toss lettuce, Caesar dressing, chicken, and Parmesan together.
3. Top with croutons if desired.

***If you want to be a little extra, make your own Greek yoghurt Caesar dressing by mixing ½ cup Greek yogurt, 2 tbsp olive oil, 1 tbsp lemon juice, 1 tsp Dijon mustard, 1 tsp Worcestershire sauce, 1 small garlic clove, minced, 2 tbsp grated Parmesan cheese, salt & pepper to taste.



Meat Dinner



- Cooking Time:
20 minutes
- Serving Size:
1 person



- Nutritional
Information
(per serving):

- Protein: 33g
- Fiber: 8g
- Carbs: 25g
- Fat: 15g
- Calories: 400

Beef Stir-Fry with Veggies

INGREDIENTS:

- 6 oz lean beef,
sliced thin
- 1/2 cup bell
peppers, sliced
- 1/2 cup broccoli
florets
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1/2 tsp garlic
powder
- Cooked quinoa or
rice (optional)

METHOD:

1. Heat sesame oil in a pan and sauté beef until
browned.
2. Add veggies and stir-fry for 5-7 minutes.
3. Season with soy sauce and garlic powder.
4. Serve over quinoa or rice.



Let's Thrive Together

As a female health coach, my mission is to guide women toward living vibrant, long-lasting lives through sustainable nutrition and self-care.

Forget the short-term, punishing diets. This is about nourishing your body with foods that support your longevity, enhance your daily energy, and let you enjoy life to the fullest.

Let's embrace a lifestyle that supports health, not restriction. Here's to eating well, feeling good, and thriving at every age!