🥗 300-Calorie Dinner Ideas

These are light but satisfying—ideal for evenings when you want something simple and nourishing.

1. Courgette & Chickpea Stir-Fry  
   150g courgette, 80g cooked chickpeas, 1 tsp olive oil, garlic, lemon juice
2. Poached Egg on Spinach Toast  
   1 slice wholemeal toast (40g), 1 poached egg, 80g steamed spinach, 1 tsp olive oil
3. Tomato & Lentil Soup  
   250ml homemade tomato-onion soup base, 100g cooked red lentils, herbs
4. Grilled Sardines on Salad  
   80g grilled sardines, 100g mixed salad leaves, 1 tsp olive oil, balsamic vinegar
5. Stuffed Peppers  
   1 medium pepper stuffed with 100g cooked quinoa, 50g chopped tomatoes, garlic, herbs
6. Mushroom & Leek Omelette  
   2 eggs, 50g mushrooms, 50g leeks, 1 tsp olive oil
7. Ricotta & Tomato Toast  
   1 slice wholemeal toast, 60g ricotta, 80g cherry tomatoes, basil
8. Courgetti with Pesto  
   150g courgette noodles, 1 tbsp pesto, 30g pine nuts, garlic
9. Squash & Feta Salad  
   100g roasted butternut squash, 30g feta, 100g rocket, 1 tsp olive oil
10. Sardines on Rye Crispbread  
    2 rye crispbreads, 60g sardines, 50g cucumber slices, lemon zest

🍽️ 400-Calorie Dinner Ideas

Balanced and filling—great for a typical weekday dinner.

1. Grilled Chicken & Tomato Pasta  
   75g wholewheat pasta, 100g grilled chicken breast, 100g tomato-onion sauce, garlic
2. Salmon & Broccoli Traybake  
   100g salmon fillet, 150g broccoli, 1 tsp olive oil, lemon, dill
3. Vegetable & Bean Stew  
   100g mixed vegetables, 100g cooked cannellini beans, 1 tsp olive oil, herbs
4. Stuffed Aubergine  
   1 small aubergine, 100g cooked lentils, 50g chopped tomatoes, garlic, parsley
5. Tuna & Sweetcorn Jacket Potato  
   150g baked potato, 60g tuna in spring water, 50g sweetcorn, 1 tsp olive oil
6. Chickpea & Spinach Curry  
   100g chickpeas, 100g spinach, 100g chopped tomatoes, spices, 1 tsp olive oil
7. Grilled Mackerel Salad  
   80g grilled mackerel, 100g salad leaves, 50g beetroot, 1 tsp olive oil
8. Prawn Stir-Fry  
   100g prawns, 150g mixed stir-fry veg, 1 tsp sesame oil, soy sauce
9. Tomato & Garlic Pasta  
   75g wholewheat pasta, 100g tomato sauce with garlic and onion, 1 tsp olive oil
10. Leek & Potato Soup with Rye Bread  
    250ml leek-potato soup, 1 slice rye bread (40g), 1 tsp olive oil

🍛 500-Calorie Dinner Ideas

More substantial—ideal when you need a bit more fuel or after a long day.

1. Grilled Chicken & Quinoa Salad  
   100g grilled chicken, 100g cooked quinoa, 100g salad leaves, 1 tbsp olive oil dressing
2. Baked Cod with Tomato Sauce & New Potatoes  
   120g cod fillet, 100g tomato-onion sauce, 100g boiled new potatoes, herbs
3. Vegetable Lasagne  
   150g portion with layers of courgette, aubergine, tomato sauce, and ricotta
4. Chickpea & Sweet Potato Curry  
   100g chickpeas, 150g sweet potato, 100g chopped tomatoes, spices, 1 tsp olive oil
5. Oily Fish & Roasted Veg  
   100g grilled salmon, 150g roasted veg (peppers, courgette, onion), 1 tsp olive oil
6. Lentil Shepherd’s Pie  
   100g cooked lentils, 100g mashed potato, 100g mixed veg, herbs
7. Chicken Stir-Fry with Brown Rice  
   100g chicken breast, 150g stir-fry veg, 75g cooked brown rice, 1 tsp olive oil
8. Stuffed Courgette Boats  
   2 courgette halves stuffed with 100g turkey mince, tomato sauce, garlic, herbs
9. Pasta with Sardines & Tomato Sauce  
   75g wholewheat pasta, 80g sardines, 100g tomato sauce, 1 tsp olive oil
10. Vegetable & Nut Pilaf  
    100g cooked rice, 100g mixed veg, 30g mixed nuts, spices, 1 tsp olive oil

🍳 300-Calorie Breakfast Ideas

Light, energising starts to the day — ideal for busy mornings or lighter appetites.

1. Greek Yogurt & Berries  
   150g low-fat Greek yogurt, 80g mixed berries, 10g chopped walnuts
2. Boiled Egg & Soldiers  
   1 boiled egg, 1 slice wholemeal toast (40g), 1 tsp olive oil spread
3. Banana & Peanut Butter Toast  
   1 slice wholemeal toast, 1 small banana (100g), 1 tsp peanut butter
4. Tomato & Mushroom Scramble  
   2 eggs, 50g cherry tomatoes, 50g mushrooms, 1 tsp olive oil
5. Oat Porridge with Apple  
   30g oats, 150ml semi-skimmed milk, 100g grated apple, cinnamon
6. Avocado Rye Crispbread  
   2 rye crispbreads, 50g mashed avocado, lemon juice, black pepper
7. Ricotta & Honey Toast  
   1 slice wholemeal toast, 60g ricotta, 1 tsp honey, 10g almonds
8. Berry Smoothie  
   150ml almond milk, 80g frozen berries, 1 tbsp chia seeds, ½ banana
9. Tomato & Basil Omelette  
   2 eggs, 50g chopped tomatoes, fresh basil, 1 tsp olive oil
10. Fruit & Nut Muesli  
    40g muesli, 100ml semi-skimmed milk, 10g mixed nuts

🍞 400-Calorie Breakfast Ideas

Balanced and sustaining — perfect for a full morning ahead.

1. Smoked Salmon & Cream Cheese Bagel  
   ½ wholemeal bagel (60g), 50g smoked salmon, 30g low-fat cream cheese
2. Avocado & Egg Toast  
   1 slice wholemeal toast, 50g avocado, 1 poached egg, 1 tsp olive oil
3. Oat Porridge with Nuts & Fruit  
   40g oats, 150ml milk, 10g walnuts, 80g berries
4. Vegetable Frittata  
   2 eggs, 50g spinach, 50g mushrooms, 1 tsp olive oil, herbs
5. Greek Yogurt Parfait  
   150g Greek yogurt, 50g granola, 80g fruit, 1 tsp honey
6. Peanut Butter & Banana Toast  
   2 slices wholemeal toast, 1 tbsp peanut butter, 1 small banana
7. Tomato & Mozzarella Muffin  
   1 wholemeal English muffin, 50g mozzarella, 50g tomato, basil
8. Berry & Almond Smoothie Bowl  
   150ml almond milk, 100g berries, 1 tbsp ground almonds, 1 tbsp oats
9. Scrambled Eggs with Spinach & Toast  
   2 eggs, 50g spinach, 1 slice wholemeal toast, 1 tsp olive oil
10. Cottage Cheese & Fruit Plate  
    100g cottage cheese, 100g apple slices, 10g walnuts

🥪 500-Calorie Breakfast Ideas

Hearty and nourishing — ideal for active mornings or post-workout fuel.

1. Full Mediterranean Breakfast  
   1 poached egg, 50g grilled tomato, 50g mushrooms, 1 slice toast, 1 tsp olive oil, 30g avocado
2. Smoked Mackerel & Rye Toast  
   80g smoked mackerel, 2 rye crispbreads, 50g cucumber, lemon juice
3. Oat Porridge with Banana & Nuts  
   50g oats, 200ml milk, 1 small banana, 10g almonds, cinnamon
4. Spinach & Feta Omelette with Toast  
   2 eggs, 50g spinach, 30g feta, 1 slice wholemeal toast, 1 tsp olive oil
5. Avocado & Salmon Bagel  
   ½ wholemeal bagel, 50g smoked salmon, 50g avocado, lemon
6. Greek Yogurt Bowl with Granola & Fruit  
   150g Greek yogurt, 50g granola, 80g berries, 10g seeds
7. Vegetable Breakfast Wrap  
   1 wholemeal wrap, 2 eggs, 50g spinach, 50g tomato, 1 tsp olive oil
8. Nut Butter & Fruit Toast  
   2 slices wholemeal toast, 1 tbsp almond butter, 100g apple slices
9. Tomato & Mozzarella Toastie  
   2 slices wholemeal bread, 50g mozzarella, 50g tomato, basil
10. Smoothie Bowl with Seeds & Fruit  
    150ml almond milk, 100g berries, ½ banana, 1 tbsp flaxseed, 1 tbsp oats

🥗 300-Calorie Lunch Ideas

Light and fresh — great for focused afternoons or pairing with a snack.

1. Tomato & Lentil Soup  
   250ml homemade tomato-onion soup, 100g cooked lentils, herbs
2. Sardine Salad  
   80g sardines, 100g salad leaves, 1 tsp olive oil, lemon
3. Hummus & Veg Wrap  
   1 small wholemeal wrap, 50g hummus, 100g mixed raw veg
4. Grilled Veg & Couscous Bowl  
   100g grilled veg, 50g cooked couscous, 1 tsp olive oil
5. Tuna Salad Plate  
   80g tuna, 100g salad leaves, 50g cucumber, 1 tsp olive oil
6. Tomato & Mozzarella Salad  
   50g mozzarella, 100g tomatoes, basil, 1 tsp olive oil
7. Egg & Spinach Sandwich  
   2 slices wholemeal bread, 1 boiled egg, 50g spinach, mustard
8. Chickpea & Rocket Salad  
   100g chickpeas, 100g rocket, lemon juice, 1 tsp olive oil
9. Vegetable Soup & Crispbread  
   250ml veg soup, 2 rye crispbreads, 1 tsp olive oil
10. Avocado & Tomato Toast  
    1 slice wholemeal toast, 50g avocado, 50g tomato, black pepper

🍽️ 400-Calorie Lunch Ideas

Balanced and satisfying — ideal for a standard midday meal.

1. Grilled Chicken Salad  
   100g grilled chicken, 100g salad leaves, 50g tomato, 1 tbsp olive oil dressing
2. Tuna & Sweetcorn Jacket Potato  
   150g baked potato, 60g tuna, 50g sweetcorn, 1 tsp olive oil
3. Vegetable & Bean Stew  
   100g mixed veg, 100g cannellini beans, 1 tsp olive oil, herbs
4. Falafel Wrap  
   1 small wholemeal wrap, 2 falafel (60g), 50g salad, 1 tbsp yogurt dressing
5. Prawn & Avocado Salad  
   100g prawns, 50g avocado, 100g salad leaves, lemon juice
6. Tomato Pasta Bowl  
   75g wholewheat pasta, 100g tomato sauce, garlic, basil
7. Stuffed Peppers  
   1 pepper stuffed with 100g quinoa, 50g tomato, herbs
8. Mackerel & Beetroot Salad  
   80g mackerel, 100g beetroot, 100g salad leaves, 1 tsp olive oil
9. Vegetable Stir-Fry with Rice  
   150g stir-fry veg, 75g cooked brown rice, 1 tsp sesame oil
10. Egg Salad Sandwich  
    2 slices wholemeal bread, 1 boiled egg, 1 tsp olive oil mayo, lettuce

🍛 500-Calorie Lunch Ideas

Hearty and energising — perfect for long workdays or post-training meals.

🍛 500-Calorie Lunch Ideas (Complete List)

1. Grilled Salmon & Quinoa Bowl  
   100g grilled salmon, 100g cooked quinoa, 100g salad leaves, 1 tbsp olive oil dressing
2. Chicken & Veg Stir-Fry with Rice  
   100g chicken breast, 150g mixed stir-fry veg, 75g cooked brown rice, 1 tsp olive oil
3. Lentil Shepherd’s Pie  
   100g cooked lentils, 100g mashed potato, 100g mixed veg, herbs
4. Stuffed Aubergine  
   1 aubergine, 100g turkey mince, 50g tomato sauce, garlic, onion, olive oil
5. Vegetable Lasagne  
   150g portion with layers of courgette, aubergine, tomato sauce, ricotta, and wholemeal pasta sheets
6. Grilled Mackerel & Beetroot Salad  
   100g grilled mackerel, 100g beetroot, 100g salad leaves, 1 tbsp olive oil dressing
7. Falafel & Couscous Bowl  
   3 falafel (90g), 100g cooked couscous, 100g chopped tomato-cucumber salad, 1 tbsp tahini dressing
8. Tuna & Bean Salad  
   80g tuna, 100g cannellini beans, 100g salad leaves, 1 tbsp olive oil, lemon juice
9. Chickpea & Sweet Potato Curry  
   100g chickpeas, 150g sweet potato, 100g chopped tomatoes, spices, 1 tsp olive oil
10. Wholemeal Pitta with Hummus & Grilled Veg  
    1 wholemeal pitta (60g), 50g hummus, 100g grilled peppers and courgette, 1 **tsp olive oil**

🍳 Breakfast: No-Cook Options

✅ 300 Calories

1. Greek Yogurt & Blueberries  
150g Greek yogurt, 50g blueberries, 1 tsp flaxseed

2. Peanut Butter Toast with Banana  
1 slice wholemeal toast (~40g), 1 tsp peanut butter (~5g), ½ banana (~60g)

3. Cottage Cheese & Tomato with Oatcakes  
100g cottage cheese, 50g sliced tomato, 2 oatcakes (~12g each)

4. Cinnamon Overnight Oats  
30g oats, 100ml semi-skimmed milk, pinch of cinnamon

5. Boiled Egg with Avocado & Tomatoes  
1 boiled egg (~60g), ¼ avocado (~50g), 50g cherry tomatoes

6. Berry & Spinach Smoothie  
150ml almond milk, 30g spinach, 50g frozen berries, 1 tsp chia seeds

7. Apple with Almond Butter & Walnuts  
1 small apple (~100g), 1 tbsp almond butter (~15g), 10g walnuts

8. Rice Cakes with Hummus & Cucumber  
2 rice cakes (~7g each), 2 tbsp hummus (~40g), 50g cucumber slices

9. Fromage Frais with Pear & Seeds  
100g low-fat fromage frais, 1 small pear (~100g), 1 tsp sunflower seeds

10. Muesli with Milk & Raspberries  
30g muesli, 100ml semi-skimmed milk, 50g raspberries

✅ 400 Calories

1. Berry Overnight Oats with Greek Yogurt  
100g Greek yogurt, 40g oats, 50g berries

2. Hummus Wrap with Spinach & Carrot  
1 wholemeal wrap (~50g), 2 tbsp hummus (~40g), 30g spinach, 30g grated carrot

3. Banana & Oat Smoothie  
1 medium banana (~120g), 20g oats, 200ml almond milk, 1 tsp flaxseed

4. Cottage Cheese with Oatcakes & Grapes  
150g cottage cheese, 3 oatcakes (~12g each), 50g grapes

5. Boiled Eggs with Avocado & Toast  
2 boiled eggs (~120g), ¼ avocado (~50g), 1 slice wholemeal toast (~40g)

6. Apple Muesli with Milk  
40g muesli, 150ml semi-skimmed milk, ½ apple (~75g)

7. Rice Cakes with Peanut Butter & Banana  
2 rice cakes (~7g each), 1 tbsp peanut butter (~15g), ½ banana (~60g)

8. Greek Yogurt with Granola & Strawberries  
150g Greek yogurt, 20g granola, 50g strawberries

9. Chia Pudding with Kiwi & Seeds  
Chia pudding (made with ~150ml almond milk), 1 kiwi (~70g), 1 tsp pumpkin seeds

10. Smoked Salmon & Cream Cheese on Crispbread  
30g low-fat cream cheese, 50g smoked salmon, 2 rye crispbreads (~10g each)

✅ 500 Calories

1. Peanut Butter Overnight Oats with Banana  
50g oats, 150ml semi-skimmed milk, 1 medium banana (~120g), 1 tbsp peanut butter (~15g)

2. Bagel with Cream Cheese & Smoked Salmon  
1 wholemeal bagel (~90g), 30g cream cheese, 60g smoked salmon

3. Nutty Smoothie with Oats & Banana  
30g oats, 1 medium banana (~120g), 250ml almond milk, 1 tbsp nut butter (~15g)

4. Greek Yogurt with Granola & Mixed Berries  
200g Greek yogurt, 30g granola, 50g mixed berries

5. Avocado Toast with Egg  
2 slices wholemeal bread (~80g), ½ avocado (~100g), 1 boiled egg (~60g)

6. Cottage Cheese with Oatcakes & Grapes  
150g cottage cheese, 4 oatcakes (~12g each), 75g grapes

7. Pear Muesli with Milk  
50g muesli, 200ml semi-skimmed milk, 1 small pear (~100g)

8. Rice Cakes with Hummus & Tomatoes  
3 rice cakes (~7g each), 3 tbsp hummus (~60g), 50g cherry tomatoes

9. Chia Pudding with Banana & Almond Butter  
Chia pudding (made with ~200ml almond milk), 1 medium banana (~120g), 1 tbsp almond butter (~15g), 1 tsp mixed seeds

10. Apple Wrap with Peanut Butter & Cinnamon  
1 wholemeal wrap (~50g), 1 tbsp peanut butter (~15g), ½ apple (~75g), pinch of cinnamon

🥗 Lunch: No-Cook Options

✅ 300 Calories

1. Hummus Pitta with Cucumber  
1 wholemeal pitta (~60g), 2 tbsp hummus (~40g), 50g cucumber slices

2. Tuna Salad with Balsamic  
80g canned tuna, 40g salad leaves, 1 tsp balsamic vinegar

3. Boiled Egg with Oatcakes & Tomatoes  
1 boiled egg (~60g), 2 oatcakes (~12g each), 50g cherry tomatoes

4. Cottage Cheese with Pepper & Rice Cakes  
100g cottage cheese, 50g sliced pepper, 2 rice cakes (~7g each)

5. Lentil & Tomato Salad  
100g cooked lentils, 50g chopped tomato, 20g onion, fresh herbs

6. Greek Yogurt with Walnuts & Grapes  
150g Greek yogurt, 10g walnuts, 50g grapes

7. Avocado Wrap with Spinach  
1 wholemeal wrap (~50g), ¼ avocado (~50g), 30g spinach

8. Chickpea & Cucumber Salad  
100g chickpeas, 50g cucumber, 1 tsp lemon juice, fresh parsley

9. Smoked Mackerel with Beetroot  
50g smoked mackerel, 50g beetroot, 40g salad leaves

10. Egg & Hummus Snack Plate  
1 hard-boiled egg (~60g), 1 tbsp hummus (~20g), 50g carrot sticks, 2 oatcakes (~12g each)

✅ 400 Calories

1. Hummus Wrap with Carrot & Spinach  
1 wholemeal wrap (~50g), 2 tbsp hummus (~40g), 30g grated carrot, 30g spinach

2. Tuna & Bean Salad  
100g canned tuna, 50g cannellini beans, 40g salad leaves, 1 tsp olive oil

3. Cottage Cheese with Oatcakes & Grapes  
150g cottage cheese, 3 oatcakes (~12g each), 50g grapes

4. Chickpea Salad with Avocado & Tomato  
100g chickpeas, ¼ avocado (~50g), 50g chopped tomato, 1 tsp lemon dressing

5. Boiled Eggs with Toast & Tomato  
2 boiled eggs (~120g), 1 slice wholemeal toast (~40g), 50g tomato

6. Smoked Salmon & Cream Cheese on Crispbread  
50g smoked salmon, 30g cream cheese, 2 rye crispbreads (~10g each)

7. Lentil Salad with Beetroot & Spinach  
150g cooked lentils, 50g beetroot, 30g spinach, 1 tsp vinaigrette

8. Rice Cakes with Peanut Butter & Apple  
3 rice cakes (~7g each), 1 tbsp peanut butter (~15g), 75g apple slices

9. Greek Yogurt with Granola & Berries  
150g Greek yogurt, 20g granola, 50g mixed berries

10. Falafel Pitta with Hummus & Salad  
1 wholemeal pitta (~60g), 2 tbsp hummus (~40g), 1 falafel (~40g), 40g salad

✅ 500 Calories

1. Falafel Wrap with Hummus & Salad  
1 wholemeal wrap (~50g), 2 tbsp hummus (~40g), 2 falafel (~80g), 40g salad

2. Tuna & Bean Salad with Olive Oil  
100g canned tuna, 75g mixed beans, 40g salad leaves, 1 tsp olive oil

3. Cottage Cheese with Oatcakes & Grapes  
200g cottage cheese, 4 oatcakes (~12g each), 75g grapes

4. Chickpea Salad with Avocado & Tomato  
150g chickpeas, ½ avocado (~100g), 50g chopped tomato, 1 tsp lemon dressing

5. Smoked Salmon Bagel with Cream Cheese  
60g smoked salmon, 30g cream cheese, ½ wholemeal bagel (~45g)

1. Lentil Salad with Beetroot & Spinach  
200g cooked lentils, 50g beetroot, 30g spinach, 1 tsp vinaigrette

2. Rice Cakes with Peanut Butter & Banana  
3 rice cakes (~7g each), 1 tbsp peanut butter (~15g), 75g banana slices

3. Greek Yogurt with Granola & Berries  
200g Greek yogurt, 30g granola, 75g mixed berries

4. Hummus Pitta with Grilled Veg  
1 wholemeal pitta (~60g), 3 tbsp hummus (~60g), 100g grilled peppers and courgette

5. Boiled Eggs with Avocado & Toast  
2 boiled eggs (~120g), ½ avocado (~100g), 1 slice wholemeal toast (~40g)

📚 Full Bibliography: Nutrient Data & Recipe Inspiration

🧮 Nutrient Composition & UK Standards

* **McCance and Widdowson’s CoFID Dataset**  
  Primary source for macro and micronutrient values in UK foods.  
  [gov.uk – CoFID](https://www.gov.uk/government/publications/composition-of-foods-integrated-dataset-cofid)
* **British Nutrition Foundation**  
  Used for nutrient targets, food group guidance, and healthy eating principles.  
  [nutrition.org.uk](https://www.nutrition.org.uk/)
* **NHS Eatwell Guide & Live Well Resources**  
  For portion sizes, dietary balance, and UK adult nutrient recommendations.  
  [nhs.uk/live-well/eat-well](https://www.nhs.uk/live-well/eat-well)

🍽️ Recipe Inspiration & Meal Ideas

These were used to inspire the structure, ingredients, and Mediterranean/dementia-risk-reducing principles behind the meals:

* **BBC Good Food**  
  For Mediterranean-style recipes, balanced meal ideas, and ingredient pairings.  
  [bbcgoodfood.com](https://www.bbcgoodfood.com/)
* **Jamie Oliver UK Recipes**  
  Used for ideas around simple, whole-food meals with UK-accessible ingredients.  
  [jamieoliver.com](https://www.jamieoliver.com/)
* **Tesco Real Food & Product Pages**  
  For branded product nutrition (e.g. sausages, oatcakes, hummus) and serving suggestions.  
  [tesco.com](https://www.tesco.com/)
* **Knorr UK – Stock Pots & Cooking Bases**  
  Referenced for ingredient-specific nutrient values and usage ideas.  
  [knorr.com/uk](https://www.knorr.com/uk)
* **Olive Magazine & Waitrose Recipes**  
  For Mediterranean and brain-health-friendly dishes with UK seasonal ingredients.  
  [olivemagazine.com](https://www.olivemagazine.com/)  
  [waitrose.com](https://www.waitrose.com/)