



Diet and Nutrition Resources

Joe Wicks Instagram

Joe Wicks has released a number of cookbooks in the last few years. He posts a lot of these on his Instagram @thebodycoach , so why not check his account and see if there are any recipes you see there that you could make over these next few weeks?

Eat Well for Less

Use the link below to find some healthy recipes from the BBC programme 'Eat Well for Less'.

LINK: <https://www.bbc.co.uk/programmes/b0520lz9>

Recipe Generator

Use this link to generate random healthy recipes that you can make!

LINK: <https://www.stuff.co.nz/life-style/food-wine/90104714/recipe-generator-find-something-healthy-and-delicious-to-eat>

Healthy Eating Blogs

Below is a link to a list of 10 great healthy eating blogs including vegetarian and vegan options as well as simple balanced recipes.

LINK: https://www.huffingtonpost.co.uk/entry/healthy-food-blogs_n_5460940?guccounter=1&guce_referrer=aHR0cHM6Ly9jb25zZW50LnIhaG9vLmNvbS8&guce_referrer_sig=AQAAADhGi6CHuXETDSLs83I8DRRVsSx6Eu1cddhnt6xIbMbUSIjUXrrrUNygF7AXXKouPnIFbS1RoK-MSn6NH0upZFu-AWkE5TV70z4iXa8pnj7Yg5LG17fmtlgCUz1fDcdYLSYQrIAk4t3I9iqrtAHcVSucq810cjrg2J4wRE5AGbKK

5-A-DAY

Alternatively, if everything above seems too complicated for you simply ensure that you include at least one serving of fruit or vegetables in every meal. If you include one in every meal you are already well on your way to getting your 5-a-day.