

# SNACK IDEAS

## FUELLING GENTLY

### GENERAL IDEAS

- Vegetables & dip
  - Hummus
  - Tzatziki
  - Relish
  - Salsa
  - Guacamole
  - Ranch
  - anything else you can think of :)
- Pieces of fruit
- Cheese (sticks, cubes etc.)
- Bowl of cereal with milk or yoghurt
- Crackers with toppings
  - butter
  - Vegemite
  - cream cheese
  - tuna
  - avocado
  - cheese
  - tomato
  - smoked salmon
  - anything else you can think of :)
- Corn chips & dip
- Pretzels
- Packets of chips
- Packets of biscuits/crackers
  - tiny teddies
  - shapes
  - oreos
  - sunbites
  - sakatas
- Leftovers
- Roasted chickpeas
- Eggs (hard-boiled, poached, scrambled, fried etc.)
- Rice cakes & corn cakes with toppings
- Salads
- Frozen fruit
- Dried fruit
- Yoghurt with toppings
  - museli/granola
  - fruit
  - honey/maple syrup
  - chocolate chips
  - nuts
  - anything else you can think of :)
- Smoothies
- Milkshakes
- Flavoured milk
- Fruit juice
- Acai bowls
- Ice-cream/gelato/sorbet
- Nuts
- Trail mix
  - sultanas
  - raisins
  - nuts
  - chocolate
  - dried fruit
  - pretzels
  - anything else you can think of :)
- Popcorn
- Pikelets & crumpets with toppings
- Toasties/Sandwiches/Bagels
- Sushi
- Wraps
- Museli bars
- Biscuits & crackers
- Mini Charcuterie Snacks
  - pickles
  - salami
  - crackers
  - cheese
  - olives
  - anything else you can think of :)
- Frittata muffins
- Cake
- Baked goods
- croissants
- scrolls
- scones
- muffins
- banana/carrot bread
- anything else you can think of :)
- Chocolate
- Soup in a cup
- Instant noodles
- Hot chocolate (& marshmallows ☺)
- Energy balls
- Beef Jerky
- Salami sticks/kabana

### FRUIT IDEAS

- apples
- nectarines
- apricots
- mangoes
- passionfruit
- strawberries
- pears
- kiwi
- raspberries
- blueberries
- blackberries
- peaches
- bananas
- pineapple
- orange
- grapefruit
- watermelon
- cantaloupe
- grapes
- plums
- cherries
- mandarins
- anything else you can think of :)

### VEGETABLE IDEAS

- carrots
- cucumbers
- cherry tomatoes
- celery
- capsicum
- snap peas
- edamame
- salad leaves
- avocado
- broccoli
- cauliflower
- roasted potato
- roasted sweet potato
- tinned corn
- anything else you can think of :)

**Gentle reminder:** vegetables don't have to be fresh to count. Frozen, tinned/canned, dried, or even things like roasted veggie crisps or dried mushrooms are all valid ways of adding vegetables to meals or snacks.

# BREAKFAST IDEAS FUELLING GENTLY

## GENERAL IDEAS

- Eggs
  - scrambled
  - hard-boiled
  - fried/sunny side up
  - poached
  - baked
- Omelette
  - mushrooms
  - bacon
  - spice/herbs
  - cheese
  - spinach
  - tomatoes
  - anything else you can think of :)
- Bacon
- Sausages
- Hash browns
- Porridge with toppings
  - honey
  - brown sugar
  - fruit
  - nuts
  - granola/museli
  - cinnamon
  - seeds
  - peanut butter
  - chocolate chips
  - anything else you can think of :)
- Toast with toppings
  - butter
  - vegemite
  - jam
  - nutella
  - peanut butter
  - bruschetta
  - avocado
  - ricotta
  - cream cheese
  - eggs
  - anything else you can think of :)
- Baked Goods
  - croissants
  - anything else you can think of :)
- Hot cross buns
  - fruit
  - fruitless
  - apple & cinnamon
  - chocolate
  - choc-chip
- Overnight oats
- Cereal
- Weetbix
- Yoghurt
- Fruit
- Smoothie
- Muffins
  - sweet
  - savoury
- Breakfast burritos
- Sandwiches
- Waffles
- Pancakes
  - lemon & sugar
  - honey
  - maple syrup
  - ice-cream
  - fruit
  - chocolate chips
  - blueberries
  - raspberries
  - anything else you can think of :)
- Leftovers
- Chia pudding
- Breakfast bowls
- French toast
- Frittata
- Muesli/granola
- Baked oatmeal
- Banana/pumpkin/zucchini bread
- Scones
- Shakshuka
- Baked beans

## IF MORNINGS FEEL HARD

- Keep easy options on hand (cereal, bars, yoghurt, toast)
- Prepare things the night before (overnight oats, cut fruit)
- Start small and add more if you want
- Eat while doing something comforting (watching a show, listening to music, sitting outside)
- Have breakfast foods available in different textures (soft, crunchy, drinkable)
- Try “drinkable breakfasts” if food feels difficult (smoothies, flavoured milk, yoghurt drinks)
- Remember: fuel is fuel — there is no perfect breakfast

### Breakfast Note

Breakfast doesn't have to look a certain way. Some mornings it might be a full meal, other days it might be something small or quick. All forms of fuelling are valid.

# GENTLE MEAL IDEAS

## FUELLING GENTLY

### GENERAL IDEAS

- Sandwiches
- Wraps
- Bagels
- Toasties / grilled sandwiches
- English muffins, crumpets & pikelets
- Snack boxes / snack plates / small plates
- Salads
- Instant noodles / noodle cups
- Soups
- Sushi
- Bahn mi
- Rice paper rolls
- Quesadillas
- Flatbreads with toppings
- Baked beans on toast
- Mashed potato & add ins
- Scrambled eggs on toast
- Frittata slices
- Savoury muffins
- Savoury scones
- Gnocchi (especially pre-made)
- Pierogi / filled pasta
- Dumplings
- Frozen meals / pre-made fridge meals

### SALAD IDEAS

- Lettuce (any kind)
- Spinach
- Rocket
- Mixed leaves
- Cabbage (shredded)
- Grains (rice, quinoa, couscous)
- Pasta
- Chicken
- Tuna
- Salmon
- Eggs
- Tofu
- Chickpeas
- Lentils
- Beans
- Falafel
- Cheese (cheddar, feta, mozzarella, halloumi, parmesan)
- Yoghurt-based dressings
- Creamy dressings
- Ricotta
- Tomato / cherry tomatoes
- Cucumber
- Capsicum
- Carrot (grated or sliced)
- Corn
- Beetroot
- Zucchini
- Roasted vegetables (any kind)
- Broccoli or cauliflower (raw or roasted)
- Red onion
- Spring onion
- Croutons
- Bread or toast pieces
- Wrap or pita pieces
- Noodles
- Potatoes or sweet potatoes
- Seeds
- Nuts (if tolerated)
- Crispy chickpeas
- Fried shallots
- Bacon bits

& anything else you can think of :)

### FILLING IDEAS

- Chicken
- Ham
- Turkey
- Tuna
- Salmon
- Eggs (fried, scrambled, boiled)
- Tofu
- Falafel
- Sausages
- Meatballs
- Cheese
- Tomato
- Cucumber
- Lettuce
- Spinach
- Rocket
- Capsicum
- Carrot
- Avocado
- Onion or caramelised onion
- Roasted vegetables
- Pickles
- Nutella
- Grilled cheese
- Ham & cheese
- Cheese & tomato
- Chicken & cheese
- Turkey & avocado
- Cream cheese & cucumber
- Cheese + tomato + pesto
- Ham + cheese + mustard
- Tuna melt
- Egg & cheese
- Sausage & cheese
- Leftover roast vegetables
- Leftover curry or stir-fry (toastie-style)
- Peanut butter & jam
- Banana & peanut butter
- Cream cheese & jam
- Honey & butter
- Ricotta & honey
- Apple slices & peanut butter

& anything else you can think of :)

### Gentle Meals Note

Gentle meals are often softer, simpler, or easier to prepare. They can be helpful on days when food feels overwhelming or energy is low. Small meals, simple combinations, and “put together” foods all count as real meals.

# MORE SUSTAINING IDEAS FUELLING GENTLY

## GENERAL IDEAS

- Burritos
  - rice
  - quinoa
  - beans
  - mince
  - tofu
  - meats
  - vegetables
  - cheese
  - guacamole
  - sour cream
  - salsa
  - relish
  - seasonings
- Pasta (hot dishes)
  - pesto
  - bolognaise
  - carbonara
  - alfredo
  - cheese
  - tomato & basil
  - mushroom
  - olive oil & garlic
  - garlic & chilli
  - anything else you can think of :)
- Rice bowls / sushi bowls
  - fish (salmon/tuna etc.)
  - brown/white rice
  - avocado
  - pickled carrot
  - pickled cucumber
  - pickled ginger
  - edamame
  - soy sauce
  - kewpie mayonnaise
  - anything else you can think of :)
- Quiche
- Lasagna
- Canelloni
- Nachos
- Tacos
- Pizza
  - garlic & cheese
  - margarita
  - hawaiian
  - meat lovers
  - chicken & mushroom
  - aussie
  - anything else you can think of :)
- Risotto
- Meatloaf
- Schnitzel
- Chicken Kievs
- Shepherd's / cottage pie
- Mac and cheese
- Enchiladas
- Grain bowls
  - rice
  - quinoa
  - cous cous
  - barley
  - farro
- Meat pie / pie
  - chicken & leek
  - beef
  - shepards pie
  - steak & mushroom
  - vegetables
  - spinach & feta
  - anything else you can think of :)
- Curry
- Burgers
- Jacket (stuffed) potatoes
- Fried rice
- Noodle stir-fry
- Ramen (fresh or frozen)
- Loaded fries
  - gravy
  - cheese
  - bacon
  - anything else you can think of :)
- Casseroles / slow-cooker meals
- Stuffed capsicums / zucchinis
- Roast chicken with sides
- Sausages with mash
- Fish & chips
- Pancakes or waffles (sweet or savoury)
- Roast vegetables
  - mushrooms
  - potatoes
  - sweet potatoes
  - pumpkin
  - onions
  - squash
  - asparagus
  - cauliflower
  - broccoli
  - parsips
  - carrots
  - zucchini
  - eggplant
  - anything else you can think of :)
- Stir fry
  - noodles
  - rice
  - vegetables
  - proteins
  - sauces/flavourings
  - anything else you can think of :)

### More Sustaining Meals Note

More sustaining meals can provide longer-lasting energy and help support your body through the day. These meals often include a combination of different foods and textures, but flexibility and preference matter most.

Meals can be simple or elaborate, homemade or pre-made — all forms of fuelling are valid.