



BARE
WOMAN

BARE RESET — BONUS GUIDE

THE NOURISH *Reset*

*Simple, seasonal food to nourish your reset
protein first, plants in abundance*

29 RECIPES · ONE WEEK PLAN · ONE SHOPPING LIST
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01 WELCOME

Food is not the enemy. *It's the medicine.*

After forty, your body changes. Muscle becomes harder to hold onto. Blood sugar becomes less forgiving. Inflammation rises more easily and settles more slowly.

None of that means you need a stricter diet. It means you need a better one — food that actually gives your body what it is asking for.

Every recipe in this book is built the same way: protein first, plants in abundance, healthy fats, real ingredients and enough flavour that you will want to cook it again.

No counting. No restriction. No perfection. Just simple, beautiful food that leaves you with more energy than it took to make.

*Eat to nourish.
Not to shrink.*

*Your body is built
from what you feed it.*

Every meal is information. Every plate is a decision.



02 THE BARE RESET PLATE

One formula. *Every single meal.*

You do not need a recipe to eat well. You need a shape. Build your plate this way and the rest takes care of itself.

<i>Half</i>	Vegetables	Colour, fibre and antioxidants — the base of every plate.
<i>Quarter</i>	Protein	20–30g per meal to protect muscle and steady hunger.
<i>Quarter</i>	Smart Carbohydrate	Whole, slow-release energy. Never the whole plate.
<i>Plus</i>	Healthy Fat	Olive oil, avocado, nuts and seeds for hormones and satiety.
<i>Always</i>	Herbs & Spices	Flavour without salt. Medicine without effort.

Five principles. *Six medicines.*

THE PRINCIPLES

Protein first

Build every meal around it, then add the rest.

Thirty plants a week

Variety matters more than perfection.

Colour on every plate

Different colours, different nutrients.

Real food, mostly

If your grandmother would recognise it, eat it.

Cook once, eat twice

Leftovers are the secret to eating well when busy.

THE BODY'S MEDICINES — NOTED ON EVERY RECIPE

Protein

Protects muscle, bone and metabolism after forty.

Fibre

Feeds your microbiome and steadies blood sugar.

Healthy Fats

Supports hormones, brain and skin.

Antioxidants

Protects your cells from everyday damage.

Anti-inflammatory

Turmeric, ginger, olive oil and oily fish.

Energy

Slow-release fuel instead of spikes and crashes.

Twenty-nine recipes.

Five reasons to cook.

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*Cook simply. Eat slowly.
Repeat often.*



04 9 RECIPES

Recipes for Energy

Steady, all day long.

These meals help stabilise blood sugar and keep your energy steady throughout the day. Protein and fibre first, always.

Greek Yogurt Power Bowl

PREP

5 minutes

COOK

No cook

SERVES

1

PROTEIN

32g

FIBRE

9g

HIGH PROTEIN · GUT FRIENDLY · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Supports muscle maintenance
- Helps balance blood sugar
- Rich in antioxidants
- Nourishes your gut microbiome

INGREDIENTS

200g full-fat Greek yogurt

80g mixed berries

1 tbsp chia seeds

1 tbsp flaked almonds

1 tsp ground cinnamon

1 tsp honey (optional)

METHOD

- 1 Spoon the yogurt into a wide bowl and smooth the surface.
- 2 Scatter the berries over one half and the almonds over the other.
- 3 Sprinkle with chia seeds and cinnamon.
- 4 Finish with a thread of honey and eat slowly.

EASY SWAPS

Dairy-free: coconut or soya yogurt

Extra protein: half a scoop of vanilla protein powder

Extra fibre: a spoonful of oats or ground flaxseed

MEAL PREP TIP

Portion yogurt into small jars for the week and add toppings each morning so nothing goes soft.

THE BODY'S MEDICINES

PROTEIN

FIBRE

ANTIOXIDANTS

Melissa's tip

Cinnamon isn't only for flavour — it helps steady your blood sugar. I add it to almost everything.

Green Protein Smoothie

PREP

5 minutes

COOK

No cook

SERVES

1

PROTEIN

30g

FIBRE

7g

HIGH PROTEIN · ANTI-INFLAMMATORY · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Supports muscle maintenance
- Delivers greens before 9am
- Rich in magnesium and folate
- Keeps you full until lunch

INGREDIENTS

1 large handful spinach
 1 scoop vanilla protein powder
 ½ frozen banana
 1 tbsp almond butter
 1 tbsp ground flaxseed
 250ml unsweetened almond milk

METHOD

- 1 Add the milk to the blender first, then the spinach.
- 2 Add the remaining ingredients on top.
- 3 Blend for sixty seconds until completely smooth.
- 4 Pour into a tall glass and drink within ten minutes.

EASY SWAPS

Vegetarian: pea or hemp protein
 Lower sugar: half an avocado instead of banana
 Extra greens: kale or frozen courgette

MEAL PREP TIP

Freeze smoothie packs — spinach, banana and flaxseed in a bag. In the morning, tip in, add liquid, blend.

THE BODY'S MEDICINES

PROTEIN

FIBRE

ANTIOXIDANTS

Melissa's tip

Frozen courgette makes a smoothie unbelievably creamy and you will never taste it. Trust me.

Veggie Omelette

PREP

5 minutes

COOK

8 minutes

SERVES

1

PROTEIN

28g

FIBRE

5g

HIGH PROTEIN · LOW CARB · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Choline for brain health
- Helps balance blood sugar
- Rich in antioxidants
- Supports hormone health

INGREDIENTS

3 eggs

1 handful spinach

4 cherry tomatoes, halved

¼ red pepper, diced

1 tsp extra virgin olive oil

Fresh parsley, salt and black pepper

METHOD

- 1 Warm the oil in a small pan and soften the pepper for two minutes.
- 2 Add the tomatoes and spinach and cook until just wilted.
- 3 Pour over the beaten eggs and cook gently for three minutes.
- 4 Fold, slide onto a plate and finish with parsley and pepper.

EASY SWAPS

Dairy-free: skip the cheese, add avocado

Extra protein: add smoked salmon or turkey

Extra vegetables: mushrooms, courgette or leftover roast veg

MEAL PREP TIP

Chop a container of omelette vegetables on Sunday — breakfast then takes six minutes flat.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

ANTIOXIDANTS

Melissa's tip

Cook eggs low and slow. High heat makes them rubbery — patience makes them silky.

Chia & Berry Pudding

PREP

5 minutes

COOK

Overnight

SERVES

2

PROTEIN

14g

FIBRE

14g

HIGH FIBRE · MEAL PREP FRIENDLY · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Nourishes your gut microbiome
- Plant omega-3 for inflammation
- Slow-release energy
- Supports regular digestion

INGREDIENTS

4 tbsp chia seeds
300ml milk of choice
150g Greek or coconut yogurt
100g berries
1 tsp vanilla extract
1 tsp maple syrup (optional)

METHOD

- 1 Whisk the chia seeds into the milk with the vanilla.
- 2 Leave for ten minutes, then whisk again to break up clumps.
- 3 Cover and refrigerate overnight.
- 4 Layer with yogurt and berries in the morning.

EASY SWAPS

Dairy-free: coconut milk and coconut yogurt
Extra protein: stir in protein powder before chilling
Different fruit: kiwi, mango or grated apple

MEAL PREP TIP

Make four jars at once on Sunday. They keep beautifully for four days in the fridge.

THE BODY'S MEDICINES

FIBRE

HEALTHY FATS

ANTIOXIDANTS

Melissa's tip

The second whisk is the secret. Skip it and you get chia clumps instead of pudding.

Cottage Cheese Breakfast Bowl

PREP

5 minutes

COOK

No cook

SERVES

1

PROTEIN

30g

FIBRE

6g

HIGH PROTEIN · LOW SUGAR · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Slow-digesting casein protein
- Supports muscle maintenance
- Helps balance blood sugar
- Rich in calcium for bone health

INGREDIENTS

200g cottage cheese

½ avocado, sliced

6 cherry tomatoes

1 tbsp pumpkin seeds

1 tsp extra virgin olive oil

Black pepper and fresh basil

METHOD

- 1 Spoon the cottage cheese into a shallow bowl.
- 2 Arrange the avocado and tomatoes alongside.
- 3 Scatter with pumpkin seeds and torn basil.
- 4 Drizzle with olive oil and finish with black pepper.

EASY SWAPS

Dairy-free: silken tofu whipped with lemon

Sweet version: berries, cinnamon and almond butter

Extra fibre: a slice of rye or sourdough

MEAL PREP TIP

Keep a tub of cottage cheese and a bag of seeds at eye level in the fridge. Visible food gets eaten.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

ANTIOXIDANTS

Melissa's tip

If you think you don't like cottage cheese, try it savoury with good olive oil and pepper. It changes everything.

Mediterranean Chicken Salad

PREP

10 minutes

COOK

12 minutes

SERVES

2

PROTEIN

38g

FIBRE

8g

HIGH PROTEIN · ANTI-INFLAMMATORY · MEAL PREP FRIENDLY

WHY YOUR BODY LOVES IT

- Supports muscle maintenance
- Olive oil polyphenols calm inflammation
- Rich in antioxidants
- Keeps blood sugar steady

INGREDIENTS

2 chicken breasts
 100g mixed leaves
 1 cucumber, diced
 150g cherry tomatoes
 50g olives and 50g feta
 Olive oil, lemon juice, oregano

METHOD

- 1 Season the chicken with oregano, salt and pepper.
- 2 Griddle for five to six minutes each side, then rest and slice.
- 3 Toss the leaves, cucumber, tomatoes and olives with oil and lemon.
- 4 Top with the chicken and crumbled feta.

EASY SWAPS

Vegetarian: chickpeas or grilled halloumi
 Dairy-free: leave out the feta, add avocado
 Extra carbohydrate: a scoop of quinoa

MEAL PREP TIP

Cook four chicken breasts at once. Keep the dressing separate and the salad stays crisp for three days.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

ANTIOXIDANTS

Melissa's tip

Dress the salad only when you sit down. Five minutes early and the leaves collapse.

Salmon & Avocado Bowl

PREP

10 minutes

COOK

12 minutes

SERVES

2

PROTEIN

36g

FIBRE

9g

OMEGA-3 · ANTI-INFLAMMATORY · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Omega-3 for brain and heart
- Supports hormone health
- Healthy fats keep you satisfied
- Rich in potassium and fibre

INGREDIENTS

2 salmon fillets

150g cooked quinoa or brown rice

1 avocado, sliced

1 cucumber, ribboned

1 tbsp sesame seeds

Lemon, olive oil, soy or tamari

METHOD

- 1 Roast the salmon at 200°C for ten to twelve minutes.
- 2 Divide the quinoa between two bowls.
- 3 Add the cucumber, avocado and flaked salmon.
- 4 Dress with lemon, olive oil and a little tamari, then scatter sesame.

EASY SWAPS

Vegetarian: marinated tofu or edamame

Lower carbohydrate: cauliflower rice

Tinned option: good-quality tinned salmon works perfectly

MEAL PREP TIP

Cook a big batch of quinoa once a week. It becomes the base of four different lunches.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

FIBRE

Melissa's tip

Oily fish twice a week is one of the highest-return habits there is. Tinned counts.

Turkey Lettuce Wraps

PREP

10 minutes

COOK

10 minutes

SERVES

2

PROTEIN

34g

FIBRE

6g

HIGH PROTEIN · LOW CARB · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Lean protein for muscle
- Very light on digestion
- Rich in B vitamins
- Helps balance blood sugar

INGREDIENTS

400g turkey mince

1 head baby gem or little gem lettuce

1 carrot, grated

2 spring onions, sliced

1 garlic clove and 1 tsp grated ginger

Tamari, lime and fresh coriander

METHOD

- 1 Brown the turkey in a hot pan with the garlic and ginger.
- 2 Add the carrot and cook for two more minutes.
- 3 Season with tamari and a squeeze of lime.
- 4 Spoon into lettuce cups and finish with coriander and spring onion.

EASY SWAPS

Vegetarian: crumbled tempeh or lentils

Extra vegetables: mushrooms, pepper or water chestnuts

More filling: serve over brown rice

MEAL PREP TIP

The filling keeps for three days and freezes well. Wash the lettuce cups and store them dry in a box.

THE BODY'S MEDICINES

PROTEIN

FIBRE

ENERGY

Melissa's tip

Fresh ginger and lime at the end, never at the start. That is where all the brightness lives.

Rainbow Quinoa Salad

PREP

15 minutes

COOK

15 minutes

SERVES

4

PROTEIN

18g

FIBRE

12g

HIGH FIBRE · VEGETARIAN · MEAL PREP FRIENDLY

WHY YOUR BODY LOVES IT

- Many plants in one bowl
- Nourishes your gut microbiome
- Rich in antioxidants
- Complete plant protein

INGREDIENTS

200g quinoa

1 red pepper and 1 yellow pepper, diced

150g cherry tomatoes, halved

1 red onion, finely sliced

400g tin chickpeas, drained

Parsley, mint, lemon and olive oil

METHOD

- 1 Cook the quinoa, then spread on a tray to cool quickly.
- 2 Combine all the vegetables and chickpeas in a large bowl.
- 3 Fold through the cooled quinoa and the chopped herbs.
- 4 Dress generously with lemon and olive oil and season well.

EASY SWAPS

Extra protein: chicken, feta or toasted seeds

Grain-free: cauliflower rice or shredded cabbage

Seasonal: roasted squash in winter, courgette in summer

MEAL PREP TIP

This gets better on day two. Make a big bowl on Sunday and eat it four different ways.

THE BODY'S MEDICINES

FIBRE

ANTIOXIDANTS

PROTEIN

Melissa's tip

Count the colours on your plate. Five or more and you have done something genuinely good for your body.



05 5 RECIPES

Recipes for Strength

Protect your muscle.

Designed to support muscle growth and recovery. After forty, protein is not optional — it is the foundation of a strong, capable body.

Lemon Herb Salmon

PREP

10 minutes

COOK

15 minutes

SERVES

2

PROTEIN

40g

FIBRE

6g

HIGH PROTEIN · OMEGA-3 · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Supports muscle maintenance
- Omega-3 reduces inflammation
- Vitamin D for bones and mood
- Supports hormone health

INGREDIENTS

2 salmon fillets
 1 lemon, half sliced and half juiced
 2 garlic cloves, crushed
 1 tbsp olive oil
 Fresh dill and parsley
 300g tenderstem broccoli

METHOD

- 1 Heat the oven to 200°C and line a tray.
- 2 Rub the salmon with oil, garlic, lemon juice and herbs.
- 3 Add the broccoli alongside, drizzled with oil.
- 4 Bake for twelve to fifteen minutes until the salmon flakes.

EASY SWAPS

Vegetarian: thick tofu steaks or halloumi
 Different fish: trout, cod or sea bass
 Extra carbohydrate: roast baby potatoes on the same tray

MEAL PREP TIP

Cook an extra fillet. Cold salmon flaked over leaves is tomorrow's lunch in ninety seconds.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

ANTI-INFLAMMATORY

Melissa's tip

Take the salmon out when it is still slightly translucent in the middle. It keeps cooking on the plate.

Turkey Meatballs

PREP

15 minutes

COOK

25 minutes

SERVES

4

PROTEIN

35g

FIBRE

7g

HIGH PROTEIN · MEAL PREP FRIENDLY · FREEZER FRIENDLY

WHY YOUR BODY LOVES IT

- Lean protein for muscle repair
- Lycopene from cooked tomatoes
- Helps balance blood sugar
- Family friendly nourishment

INGREDIENTS

500g turkey mince

1 egg and 2 tbsp oats or almond flour

1 garlic clove, grated

1 tsp dried oregano

700g passata

Fresh basil and olive oil

METHOD

- 1 Mix the mince, egg, oats, garlic and oregano and season well.
- 2 Roll into twenty small meatballs.
- 3 Brown in olive oil for five minutes, turning.
- 4 Add the passata and simmer gently for twenty minutes. Finish with basil.

EASY SWAPS

Vegetarian: lentil and mushroom balls

Dairy-free: already is — skip any parmesan

Extra vegetables: grated courgette hidden in the mix

MEAL PREP TIP

Freeze half the batch raw on a tray, then bag them. Cook straight from frozen in the sauce.

THE BODY'S MEDICINES

PROTEIN

ANTIOXIDANTS

FIBRE

Melissa's tip

Grated courgette in the mix keeps turkey meatballs tender. Nobody has ever noticed.

Chicken Stir Fry

PREP

15 minutes

COOK

12 minutes

SERVES

2

PROTEIN

42g

FIBRE

8g

HIGH PROTEIN · QUICK · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Supports muscle maintenance
- Vegetables cooked fast keep nutrients
- Ginger and garlic calm inflammation
- Steady energy for hours

INGREDIENTS

2 chicken breasts, sliced

1 head broccoli, in florets

1 red pepper, sliced

2 handfuls mangetout

2 tsp grated ginger and 2 garlic cloves

Tamari, sesame oil, sesame seeds

METHOD

- 1 Get the pan very hot before anything goes in.
- 2 Sear the chicken for four minutes until golden, then set aside.
- 3 Stir fry the vegetables for four minutes with the ginger and garlic.
- 4 Return the chicken, add tamari and sesame oil and toss for one minute.

EASY SWAPS

Vegetarian: firm tofu or edamame

Extra carbohydrate: brown rice or soba noodles

Different vegetables: whatever is in the drawer

MEAL PREP TIP

Buy or chop a stir-fry vegetable mix at the weekend. Dinner then takes twelve minutes.

THE BODY'S MEDICINES

PROTEIN

FIBRE

ANTI-INFLAMMATORY

Melissa's tip

Crowded pans steam instead of searing. Cook in two batches if you need to.

Garlic Prawn Bowl

PREP

10 minutes

COOK

10 minutes

SERVES

2

PROTEIN

38g

FIBRE

7g

HIGH PROTEIN · LOW CALORIE · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Very high protein, very light
- Selenium and iodine for thyroid
- Garlic supports immunity
- Ready in twenty minutes

INGREDIENTS

300g raw king prawns

3 garlic cloves, sliced

150g cooked brown rice

200g green beans

1 tbsp olive oil and a pinch of chilli

Lemon and flat-leaf parsley

METHOD

- 1 Steam or boil the green beans for four minutes and keep warm.
- 2 Warm the oil with the garlic and chilli until fragrant, not brown.
- 3 Add the prawns and cook for two to three minutes until pink.
- 4 Serve over rice with the beans, lemon juice and plenty of parsley.

EASY SWAPS

Vegetarian: chickpeas or halloumi

Lower carbohydrate: courgette noodles

Frozen prawns: defrost fully and pat very dry

MEAL PREP TIP

Keep a bag of raw prawns in the freezer. They defrost in ten minutes in cold water — emergency dinner solved.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

ENERGY

Melissa's tip

Prawns need three minutes, not six. The moment they curl into a C, they are done.

High Protein Burrito Bowl

PREP

15 minutes

COOK

15 minutes

SERVES

2

PROTEIN

45g

FIBRE

14g

HIGH PROTEIN · HIGH FIBRE · MEAL PREP FRIENDLY

WHY YOUR BODY LOVES IT

- Protein and fibre in one bowl
- Beans feed your microbiome
- Slow-release energy
- Deeply satisfying

INGREDIENTS

400g lean beef or turkey mince
 400g tin black beans, drained
 150g cooked brown rice
 1 avocado and 150g cherry tomatoes
 1 tsp each cumin, paprika, oregano
 Lime, coriander, Greek yogurt

METHOD

- 1 Brown the mince with the spices for eight minutes.
- 2 Stir in the black beans and warm through.
- 3 Build the bowls with rice, mince, tomatoes and avocado.
- 4 Finish with yogurt, lime and coriander.

EASY SWAPS

Vegetarian: double beans plus walnuts
 Dairy-free: skip the yogurt, add extra avocado
 Lower carbohydrate: shredded lettuce base

MEAL PREP TIP

Build in containers with the avocado added fresh. Perfect desk lunch for three days.

THE BODY'S MEDICINES

PROTEIN

FIBRE

HEALTHY FATS

Melissa's tip

A spoonful of Greek yogurt does the job of soured cream and adds another eight grams of protein.



06 5 RECIPES

Recipes for Gut Health

Feed your microbiome.

Rich in fibre and foods that nourish your microbiome. Aim for thirty different plants a week — these recipes make it effortless.

Lentil Vegetable Soup

PREP

15 minutes

COOK

30 minutes

SERVES

4

PROTEIN

18g

FIBRE

16g

HIGH FIBRE · VEGAN · FREEZER FRIENDLY

WHY YOUR BODY LOVES IT

- Nourishes your gut microbiome
- Plant protein and iron
- Very gentle on digestion
- Cheap, warming and filling

INGREDIENTS

200g dried green or brown lentils

1 onion, 2 carrots, 2 celery sticks

2 garlic cloves and 1 tsp cumin

1 tin chopped tomatoes

1.2 litres vegetable stock

Olive oil, parsley, black pepper

METHOD

- 1 Soften the onion, carrot and celery in olive oil for eight minutes.
- 2 Add the garlic and cumin and cook for one minute.
- 3 Add the lentils, tomatoes and stock and simmer for twenty-five minutes.
- 4 Season generously and finish with parsley and a swirl of oil.

EASY SWAPS

Extra protein: shredded chicken or a spoon of yogurt

Different pulses: chickpeas or butter beans

Extra greens: stir in spinach at the end

MEAL PREP TIP

Doubles perfectly and freezes for three months. Freeze in single portions for the days you can't cook.

THE BODY'S MEDICINES

FIBRE

PROTEIN

ANTIOXIDANTS

Melissa's tip

Soup tastes flat without enough salt and acid. Season properly, then add a squeeze of lemon.

Roasted Vegetable Bowl

PREP

15 minutes

COOK

35 minutes

SERVES

4

PROTEIN

16g

FIBRE

13g

HIGH FIBRE · VEGAN · MEAL PREP FRIENDLY

WHY YOUR BODY LOVES IT

- Many different plants at once
- Fibre feeds beneficial bacteria
- Rich in antioxidants
- Delicious hot or cold

INGREDIENTS

1 sweet potato, cubed
 1 red onion, in wedges
 1 courgette and 1 pepper
 400g tin chickpeas, drained and dried
 2 tbsp olive oil and 1 tsp paprika
 Tahini, lemon and parsley

METHOD

- 1 Heat the oven to 210°C.
- 2 Toss everything with oil, paprika, salt and pepper on two trays.
- 3 Roast for thirty to thirty-five minutes, turning once.
- 4 Whisk tahini with lemon and water and pour over generously.

EASY SWAPS

Extra protein: chicken thighs on the same tray
 Nut-free: swap tahini for yogurt dressing
 Seasonal: squash, fennel, cauliflower, beetroot

MEAL PREP TIP

Roast two trays at once. It becomes bowls, salads, omelette fillings and soup all week.

THE BODY'S MEDICINES

FIBRE

ANTIOXIDANTS

HEALTHY FATS

Melissa's tip

Dry your chickpeas properly before roasting. Wet chickpeas steam, dry chickpeas crisp.

Chickpea Salad

PREP

10 minutes

COOK

No cook

SERVES

2

PROTEIN

17g

FIBRE

12g

HIGH FIBRE · VEGETARIAN · NO COOK

WHY YOUR BODY LOVES IT

- Resistant starch for gut health
- Steady blood sugar
- Plant protein and folate
- Ready in ten minutes

INGREDIENTS

400g tin chickpeas, drained

1 cucumber, diced

150g cherry tomatoes, halved

½ red onion, finely diced

50g feta (optional)

Olive oil, lemon, parsley, mint

METHOD

- 1 Combine the chickpeas and all the vegetables in a bowl.
- 2 Add the chopped herbs.
- 3 Dress with olive oil, plenty of lemon, salt and pepper.
- 4 Crumble over the feta and let it sit for ten minutes before eating.

EASY SWAPS

Vegan: skip the feta, add olives and avocado

Extra protein: tinned tuna or leftover chicken

Different pulse: butter beans or lentils

MEAL PREP TIP

Keep tins of chickpeas and a lemon in the house at all times. That is a lunch you never have to think about.

THE BODY'S MEDICINES

FIBRE

PROTEIN

ANTIOXIDANTS

Melissa's tip

Let this sit for ten minutes before eating. The chickpeas drink up the dressing and it becomes a different salad.

Kimchi Rice Bowl

PREP

10 minutes

COOK

10 minutes

SERVES

2

PROTEIN

22g

FIBRE

9g

FERMENTED · GUT FRIENDLY · VEGETARIAN

WHY YOUR BODY LOVES IT

- Live cultures for your microbiome
- Fibre plus fermented food together
- Supports digestion and immunity
- Big flavour, few ingredients

INGREDIENTS

150g cooked brown rice

100g kimchi

2 eggs

1 handful spinach

1 spring onion, sliced

Sesame oil, sesame seeds, tamari

METHOD

- 1 Warm the rice in a pan with a little sesame oil.
- 2 Wilt the spinach through it, then divide between bowls.
- 3 Fry the eggs so the yolks stay soft.
- 4 Top with kimchi, the egg, spring onion, sesame and a little tamari.

EASY SWAPS

Vegan: crispy tofu instead of egg

Extra protein: leftover chicken or edamame

No kimchi: sauerkraut works too

MEAL PREP TIP

Cook rice in batches and cool it quickly — cooled rice develops resistant starch, which your gut loves.

THE BODY'S MEDICINES

FIBRE

PROTEIN

ENERGY

Melissa's tip

Add kimchi off the heat. Cooking it kills the living cultures you are eating it for.

Roasted Pumpkin Soup

PREP

15 minutes

COOK

40 minutes

SERVES

4

PROTEIN

10g

FIBRE

9g

HIGH FIBRE · VEGAN · FREEZER FRIENDLY

WHY YOUR BODY LOVES IT

- Beta-carotene for skin and immunity
- Gentle, warming digestion
- Anti-inflammatory spices
- Naturally sweet without sugar

INGREDIENTS

1kg pumpkin or squash, cubed

1 onion and 3 garlic cloves

1 tsp ground turmeric and 1 tsp cumin

800ml vegetable stock

2 tbsp olive oil

Pumpkin seeds and yogurt to finish

METHOD

- 1 Roast the pumpkin, onion and garlic with oil and spices at 200°C for thirty minutes.
- 2 Tip into a pan with the stock and simmer for ten minutes.
- 3 Blend until completely smooth and season well.
- 4 Serve with toasted pumpkin seeds and a swirl of yogurt.

EASY SWAPS

Creamier: a splash of coconut milk

Extra protein: red lentils cooked in the stock

Different squash: carrot and sweet potato work beautifully

MEAL PREP TIP

Freezes for three months. Pour into jars, leaving space at the top for expansion.

THE BODY'S MEDICINES

FIBRE

ANTIOXIDANTS

ANTI-INFLAMMATORY

Melissa's tip

Roast the vegetables first, always. Boiled soup is fine; roasted soup is unforgettable.



07 5 RECIPES

Recipes to Reduce Inflammation

Calm from within.

Rich in omega-3, spices and colourful vegetables. Turmeric, ginger, olive oil and oily fish are quietly powerful every single day.

Turmeric Chicken

PREP

10 minutes

COOK

30 minutes

SERVES

4

PROTEIN

38g

FIBRE

7g

ANTI-INFLAMMATORY · HIGH PROTEIN · ONE TRAY

WHY YOUR BODY LOVES IT

- Curcumin calms inflammation
- Black pepper boosts absorption
- Supports muscle maintenance
- Rich in antioxidants

INGREDIENTS

8 chicken thighs, bone in
 2 tsp ground turmeric and 1 tsp cumin
 ½ tsp black pepper (essential)
 2 tbsp olive oil and 3 garlic cloves
 1 red onion and 2 carrots
 Fresh coriander and lemon

METHOD

- 1 Rub the chicken with oil, turmeric, cumin, pepper and garlic.
- 2 Spread on a tray with the onion and carrots.
- 3 Roast at 200°C for thirty minutes until golden and cooked through.
- 4 Finish with coriander and a squeeze of lemon.

EASY SWAPS

Vegetarian: cauliflower and chickpeas, same spices
 Different protein: white fish, added for the last twelve minutes
 Extra vegetables: sweet potato or cauliflower on the tray

MEAL PREP TIP

Mix the spice rub in a jar and keep it. Ten seconds to season anything for the rest of the month.

THE BODY'S MEDICINES

ANTI-INFLAMMATORY

PROTEIN

ANTIOXIDANTS

Melissa's tip

Never use turmeric without black pepper. Pepper multiplies curcumin absorption many times over.

Ginger Salmon

PREP

10 minutes

COOK

15 minutes

SERVES

2

PROTEIN

40g

FIBRE

6g

OMEGA-3 · ANTI-INFLAMMATORY · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Omega-3 lowers inflammation
- Ginger soothes digestion
- Supports brain and heart health
- Vitamin D for bones and mood

INGREDIENTS

2 salmon fillets
 1 tbsp grated fresh ginger
 1 tbsp tamari and 1 tsp honey
 1 tsp sesame oil
 300g pak choi or greens
 Spring onion and sesame seeds

METHOD

- 1 Mix the ginger, tamari, honey and sesame oil.
- 2 Marinate the salmon for ten minutes.
- 3 Roast at 200°C for twelve minutes.
- 4 Steam the greens and serve with the pan juices spooned over.

EASY SWAPS

Vegetarian: tofu, marinated the same way
 Different fish: mackerel or trout
 Extra carbohydrate: brown rice or soba

MEAL PREP TIP

Freeze a knob of ginger and grate it straight from frozen — no peeling, no waste.

THE BODY'S MEDICINES

ANTI-INFLAMMATORY

HEALTHY FATS

PROTEIN

Melissa's tip

Ten minutes of marinating is enough for fish. Any longer and the acid starts to cook it.

Mediterranean Baked Cod

PREP

10 minutes

COOK

20 minutes

SERVES

2

PROTEIN

36g

FIBRE

6g

ANTI-INFLAMMATORY · HIGH PROTEIN · LOW CALORIE

WHY YOUR BODY LOVES IT

- Lean protein, very digestible
- Olive oil polyphenols
- Lycopene from cooked tomatoes
- Light but deeply satisfying

INGREDIENTS

2 thick cod fillets
 200g cherry tomatoes
 50g olives and 1 tbsp capers
 2 garlic cloves, sliced
 2 tbsp extra virgin olive oil
 Lemon, oregano, parsley

METHOD

- 1 Scatter the tomatoes, olives, capers and garlic in a baking dish.
- 2 Drizzle with oil and roast at 200°C for ten minutes.
- 3 Nestle in the cod, season and add lemon slices.
- 4 Bake for a further ten minutes until the fish is opaque.

EASY SWAPS

Vegetarian: thick slices of aubergine or halloumi
 Different fish: hake, haddock or sea bass
 Extra carbohydrate: white beans stirred into the sauce

MEAL PREP TIP

Assemble the whole dish in the morning, refrigerate and bake when you walk in the door.

THE BODY'S MEDICINES

PROTEIN

ANTI-INFLAMMATORY

ANTIOXIDANTS

Melissa's tip

White fish needs a hot oven and a short time. Watch it, and pull it out the moment it flakes.

Anti-inflammatory Buddha Bowl

PREP

15 minutes

COOK

30 minutes

SERVES

2

PROTEIN

22g

FIBRE

15g

ANTI-INFLAMMATORY · HIGH FIBRE · VEGAN

WHY YOUR BODY LOVES IT

- Turmeric, ginger and olive oil together
- Nourishes your gut microbiome
- Rich in antioxidants
- Colour from every direction

INGREDIENTS

1 sweet potato, cubed
 200g cauliflower florets
 400g tin chickpeas, drained
 1 tsp turmeric, ½ tsp pepper, 1 tsp cumin
 100g spinach and ½ avocado
 Tahini, lemon, ginger dressing

METHOD

- 1 Toss the sweet potato, cauliflower and chickpeas with oil and spices.
- 2 Roast at 210°C for thirty minutes until caramelised.
- 3 Whisk tahini with lemon, grated ginger and a little water.
- 4 Build over spinach, add avocado and pour over the dressing.

EASY SWAPS

Extra protein: salmon, chicken or a boiled egg
 Nut-free: yogurt and lemon dressing
 Seasonal: swap any vegetable for what you have

MEAL PREP TIP

Roast the vegetables and mix the dressing ahead. Assembly then takes two minutes.

THE BODY'S MEDICINES

ANTI-INFLAMMATORY

FIBRE

HEALTHY FATS

Melissa's tip

A good dressing turns vegetables into a meal. Tahini, lemon, water, salt — memorise that ratio.

Roasted Vegetable Tray Bake

PREP

15 minutes

COOK

35 minutes

SERVES

4

PROTEIN

14g

FIBRE

12g

ANTI-INFLAMMATORY · VEGAN · ONE TRAY

WHY YOUR BODY LOVES IT

- Every colour is a different antioxidant
- Olive oil calms inflammation
- Nourishes your gut microbiome
- One tray, almost no washing up

INGREDIENTS

1 aubergine and 1 courgette
 2 peppers and 1 red onion
 200g cherry tomatoes
 3 garlic cloves, unpeeled
 3 tbsp extra virgin olive oil
 Oregano, chilli flakes, basil

METHOD

- 1 Cut everything into similar-sized pieces so it cooks evenly.
- 2 Toss with oil, oregano, chilli, salt and pepper.
- 3 Roast at 210°C for thirty-five minutes, turning once.
- 4 Squeeze the soft garlic over the top and finish with basil.

EASY SWAPS

Extra protein: chicken thighs, sausages or feta
 Winter version: squash, fennel, carrot and parsnip
 Serve with: quinoa, lentils or good bread

MEAL PREP TIP

Make double. Leftovers become soup, omelette filling, pasta sauce or a salad base.

THE BODY'S MEDICINES

ANTIOXIDANTS

FIBRE

ANTI-INFLAMMATORY

Melissa's tip

Give the vegetables space on the tray. Piled up they steam; spread out they caramelise.



08 5 RECIPES

Recipes for Rest & Recovery

Lighter evenings.

Lighter evening meals that nourish without feeling heavy — so your body can spend the night repairing instead of digesting.

Courgette Soup

PREP

10 minutes

COOK

25 minutes

SERVES

4

PROTEIN

8g

FIBRE

6g

LIGHT · VEGAN · FREEZER FRIENDLY

WHY YOUR BODY LOVES IT

- Very light on evening digestion
- Potassium and magnesium for sleep
- Hydrating and mineral rich
- Ready in half an hour

INGREDIENTS

4 courgettes, sliced
1 onion and 2 garlic cloves
800ml vegetable stock
2 tbsp olive oil
Fresh basil and mint
Black pepper and lemon

METHOD

- 1 Soften the onion and garlic in olive oil for six minutes.
- 2 Add the courgettes and cook for five minutes more.
- 3 Pour in the stock and simmer for twelve minutes.
- 4 Blend with the herbs, season and finish with lemon.

EASY SWAPS

Creamier: a spoon of Greek yogurt or coconut milk
Extra protein: white beans blended in
Different vegetable: broccoli or pea and mint

MEAL PREP TIP

Freezes beautifully. Reheat gently — boiling blended soup dulls the fresh green colour.

THE BODY'S MEDICINES

FIBRE

ANTIOXIDANTS

ENERGY

Melissa's tip

Blend the herbs in at the very end, off the heat. That is how you keep the colour bright.

Baked White Fish

PREP

10 minutes

COOK

18 minutes

SERVES

2

PROTEIN

34g

FIBRE

5g

LIGHT · HIGH PROTEIN · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Protein without heaviness
- Easy to digest before sleep
- Selenium and iodine
- On the table in half an hour

INGREDIENTS

2 white fish fillets (cod, hake or haddock)

200g green beans or broccoli

1 courgette, sliced

1 tbsp olive oil and 1 garlic clove

Lemon slices

Fresh parsley and black pepper

METHOD

- 1 Lay the vegetables in a baking dish and drizzle with oil.
- 2 Roast at 190°C for eight minutes.
- 3 Add the fish, lemon slices and garlic and season.
- 4 Bake for a further ten minutes and finish with parsley.

EASY SWAPS

Vegetarian: tofu or a large field mushroom

Extra carbohydrate: new potatoes in the dish

More flavour: a spoon of pesto or salsa verde

MEAL PREP TIP

Frozen fish fillets bake straight from frozen — add five minutes.
Always have some in the freezer.

THE BODY'S MEDICINES

PROTEIN

HEALTHY FATS

FIBRE

Melissa's tip

Eating your last real meal two to three hours before bed will change the quality of your sleep.

Chicken & Greens

PREP

10 minutes

COOK

20 minutes

SERVES

2

PROTEIN

40g

FIBRE

7g

HIGH PROTEIN · LIGHT · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Protein overnight for muscle repair
- Magnesium-rich greens support sleep
- Light but genuinely filling
- Simple, everyday cooking

INGREDIENTS

2 chicken breasts or 4 thighs

200g tenderstem broccoli

100g kale or spinach

2 garlic cloves, sliced

1 tbsp olive oil and a squeeze of lemon

Chilli flakes and black pepper

METHOD

- 1 Season the chicken and pan-roast for six minutes each side.
- 2 Rest it while you cook the greens.
- 3 Sauté the garlic, broccoli and kale for five minutes with a splash of water.
- 4 Slice the chicken over the greens, add lemon, oil and chilli.

EASY SWAPS

Vegetarian: butter beans or halloumi

Different greens: cabbage, chard or courgette

Extra carbohydrate: a small sweet potato

MEAL PREP TIP

Cook extra chicken for tomorrow's salad. Slice it cold — it stays far juicier than reheated.

THE BODY'S MEDICINES

PROTEIN

FIBRE

ANTIOXIDANTS

Melissa's tip

Rest chicken for five minutes before slicing. It is the difference between dry and tender.

Vegetable Frittata

PREP

10 minutes

COOK

25 minutes

SERVES

4

PROTEIN

20g

FIBRE

5g

VEGETARIAN · MEAL PREP FRIENDLY · GLUTEN FREE

WHY YOUR BODY LOVES IT

- Choline and complete protein
- Uses up every leftover vegetable
- Works hot, warm or cold
- Feeds the whole family

INGREDIENTS

8 eggs

1 courgette, 1 pepper, 1 onion

100g spinach

50g feta or grated cheese (optional)

1 tbsp olive oil

Fresh herbs, salt and pepper

METHOD

- 1 Soften the onion, pepper and courgette in an ovenproof pan.
- 2 Add the spinach and let it wilt, then spread evenly.
- 3 Pour over the beaten, seasoned eggs and cook for four minutes.
- 4 Finish under the grill or in a 180°C oven for twelve minutes until set.

EASY SWAPS

Dairy-free: leave out the cheese, add olives

Extra protein: smoked salmon or leftover chicken

Any vegetables: this recipe is a container, not a rule

MEAL PREP TIP

Cut into four and refrigerate. Breakfast, lunch or dinner for the next three days.

THE BODY'S MEDICINES

PROTEIN

ANTIOXIDANTS

FIBRE

Melissa's tip

A frittata is the most forgiving recipe in this book. Whatever is wilting in the drawer belongs in it.

Warm Lentil Bowl

PREP

10 minutes

COOK

25 minutes

SERVES

2

PROTEIN

20g

FIBRE

16g

HIGH FIBRE · VEGAN · COMFORTING

WHY YOUR BODY LOVES IT

- Fibre feeds your microbiome overnight
- Plant protein and iron
- Warming without heaviness
- Steady blood sugar into the night

INGREDIENTS

150g puy or green lentils

1 carrot and 1 celery stick, diced

100g spinach

1 garlic clove and 1 tsp cumin

2 tbsp extra virgin olive oil

Lemon, parsley, black pepper

METHOD

- 1 Simmer the lentils with the carrot and celery for twenty minutes.
- 2 Drain, keeping a little of the cooking water.
- 3 Stir through the garlic, cumin, spinach and olive oil.
- 4 Season well, add lemon and plenty of parsley.

EASY SWAPS

Extra protein: a boiled egg or grilled halloumi

Creamier: a spoon of yogurt or tahini

Tinned shortcut: two tins of lentils, ten-minute version

MEAL PREP TIP

Cook a big pot of lentils weekly. Warm bowl tonight, cold salad tomorrow, soup on Thursday.

THE BODY'S MEDICINES

FIBRE

PROTEIN

HEALTHY FATS

Melissa's tip

Finish lentils with raw olive oil and lemon after cooking. That is where the flavour comes from.



Snacks

Ten smart snacks. *Protein and fibre, always.*

A good snack is not a treat or a failure. It is a small meal that keeps your blood sugar steady until the next one.

- **Apple + Almond Butter**
Fibre and fat together — no blood sugar crash.
- **Greek Yogurt + Cinnamon**
Protein, calcium and a steadier afternoon.
- **Boiled Eggs**
Six grams of protein each, ready in the fridge.
- **Mixed Nuts**
A small handful. Magnesium and healthy fats.
- **Carrots & Hummus**
Fibre, plant protein and something to crunch.
- **Cottage Cheese**
Slow protein that keeps you full for hours.
- **Dark Chocolate (85%)**
Polyphenols and genuine pleasure. Two squares.
- **Edamame**
Eleven grams of plant protein per cup.
- **Berries**
The most antioxidant-dense fruit you can eat.
- **Protein Smoothie**
When you need a meal and only have five minutes.



Nourishing Drinks

What you drink *matters too.*

Most tiredness in the afternoon is dehydration wearing a disguise. These are the drinks worth keeping in rotation.

- **Golden Milk**
Turmeric, black pepper and warm milk before bed.
- **Fresh Ginger Tea**
Soothes digestion and warms you from the inside.
- **Green Tea**
Gentle caffeine plus calming L-theanine.
- **Mint Tea**
Eases bloating after a meal.
- **Lemon Water**
The first thing you drink each morning.
- **Berry Infused Water**
Makes hydration something you look forward to.
- **Sparkling Water + Lime**
The evening drink that replaces the other one.



11 ONE WEEK MEAL PLAN

Seven days. *No decisions.*

Use it exactly as written or as a template. The point is not perfection — it is removing the daily question of what to eat.

DAY	BREAKFAST	LUNCH	DINNER
Monday	Greek Yogurt Bowl	Chicken Salad	Salmon
Tuesday	Omelette	Turkey Wraps	Stir Fry
Wednesday	Smoothie	Buddha Bowl	White Fish
Thursday	Chia Pudding	Quinoa Salad	Turkey Meatballs
Friday	Cottage Bowl	Leftovers	Vegetable Frittata
Saturday	Omelette	Lentil Soup	Mediterranean Chicken
Sunday	Smoothie	Rainbow Salad	Roast Chicken

Cook once. Eat twice.
Every dinner is tomorrow's lunch.

One list. *One trip.*

PROTEIN

- ☐ Chicken
- ☐ Salmon
- ☐ White Fish
- ☐ Eggs
- ☐ Turkey
- ☐ Greek Yogurt
- ☐ Cottage Cheese
- ☐ Lentils
- ☐ Chickpeas

VEGETABLES

- ☐ Spinach
- ☐ Broccoli
- ☐ Courgette
- ☐ Tomatoes
- ☐ Peppers
- ☐ Carrots
- ☐ Cucumber
- ☐ Mixed Leaves
- ☐ Sweet Potato
- ☐ Pumpkin

FRUIT

- ☐ Berries
- ☐ Apples
- ☐ Lemons
- ☐ Avocados
- ☐ Kiwi

HEALTHY FATS

- ☐ Olive Oil
- ☐ Almonds
- ☐ Walnuts
- ☐ Pumpkin Seeds
- ☐ Chia Seeds
- ☐ Flaxseeds

HERBS & SPICES

- ☐ Turmeric
- ☐ Ginger
- ☐ Cinnamon
- ☐ Garlic
- ☐ Black Pepper
- ☐ Fresh Parsley
- ☐ Coriander
- ☐ Basil

You need less *than you think.*

Ten things. That is genuinely all it takes to cook every recipe in this book well.

- ☐ Cast iron pan
- ☐ Glass food containers
- ☐ Air fryer (optional)
- ☐ Chopping boards
- ☐ Reusable water bottle
- ☐ Good chef's knife
- ☐ Blender
- ☐ Digital food thermometer
- ☐ Measuring spoons
- ☐ Lunch containers for meal prep

*A sharp knife and a hot pan
will take you further than any gadget.*



THE NOURISH RESET

You don't need a perfect diet.
You need a kitchen you trust.

Choose one recipe. Cook it this week. Then cook it again.
That is how eating well stops being a project and becomes a life.

Melissa

BARE RESET