

Recovery Bites

ALCOHOL AND DRUG RECOVERY SERVICE

Quick and Easy Meal Ideas

Alcohol and drug use may affect your appetite and motivation to cook which can result in a poor diet. There are lots of foods and drinks that are quick and easy to prepare. Having them regularly will help meet your nutritional requirements.

Our '**store cupboard items**' nutrition leaflet also has examples of easy to prepare foods. You can access this via our resources website found at the end of this leaflet.



Meal Ideas

Porridge or cereal made with milk



Tinned macaroni



Baked potato with beans / cheese / tuna



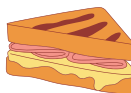
Hot roll / sausage / bacon / egg / chicken



Toast with egg / beans / cheese



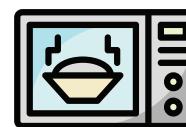
Filled sandwiches or toasties with cold meat / egg / cheese / tuna



Soup with bread



Variety of ready meals



Snack Ideas

Cheese and crackers / oatcakes



Fruit and yoghurt



Nuts



Dried / tinned fruit



Drink Ideas

Fresh fruit juice



Milk / milkshakes



Hot chocolate



Over the counter "build up drinks"

For more information on over the counter nutritional products, scan the QR code or visit:

www.nhsggc.scot/downloads/over-the-counter-nutritional-products/



Once you have established a regular eating pattern you may wish to improve your cooking at home.

Below you will find a variety of resources to help support your cooking journey. Use the QR code or type the web address into your web browser to access each of the resources.

Cooking Made Easy In Bite Sized Chunks. The Alcohol and Drug Recovery Service along with its service users have developed a cook book that covers cooking basics and simple recipes to encourage healthier eating.

🌐 www.nhsggc.scot/downloads/cooking-made-easy-cook-book/



Love Food Hate Waste have lots of tasty recipes for simple meal ideas and useful tips on how to use up leftovers. There is also lots of helpful information on shopping, planning and preparing meals.

🌐 www.lovefoodhatewaste.com



Parent Club have recipes to cover each meal time. They also have a helpful meal planner when budgeting.

🌐 www.parentclub.scot/recipes



The British Dietetic Association have produced a series of different recipes which can be found via the food and health section of their website.

🌐 <http://www.bda.uk.com/food-health/cooking-at-home.html>



Nutrition Scotland have a library full of nutritious recipes for different meals and snacks.

🌐 www.nutritionscotland.org/recipes/



NHS Greater Glasgow and Clyde have helpful information on nutrition. Follow the link and click on ‘cooking and shopping’ and you will find a selection of easy recipes along with demonstration videos for each.

🌐 www.nhsggc.scot/your-health/public-health-nutrition/



Visit our website for more nutrition leaflets.

www.nhsggc.scot/your-health/right-care-right-place/addictions/adrs-nutrition-leaflets

