



# c-sectionUK Meal Ideas

Pregnancy and recovery can be exhausting, and simple, balanced meals can really help. These 5 recipes are designed to be **high in protein and fibre, gentle on digestion, and easy to prep** in advance. You can freeze most of them, and you can make them meat inclusive, veggie or vegan with easy swaps.



Important note: This guide is not medical advice and has not been generated by a nutritionist. These are simply handy hints and tips from the C-sectionUK team. Please always check with your midwife, GP, or healthcare provider if you have dietary needs or concerns.

## LENTIL + VEGETABLE SHEPHERD'S PIE

### INGREDIENTS

- 200g dried green or brown lentils (or 400g cooked)
- 1 onion (100g), diced
- 2 carrots (150g), diced
- 2 celery sticks (100g), diced
- 2 garlic cloves, minced
- 400g tin chopped tomatoes
- 2 tbsp tomato purée
- 500ml vegetable stock
- 600g sweet potatoes, peeled & mashed

### METHOD

1. Sauté onion, carrots, celery, and garlic until soft.
2. Stir in lentils, tomatoes, purée, and stock. Simmer 20 minutes until thick.
3. Spread into an oven dish, top with mashed sweet potato, bake at 200°C for 20 minutes.

**SERVES: 4**

**VEGAN: ALREADY VEGAN** 🌱

**VEGETARIAN: ADD CHEESE TO THE MASH TOPPING.**

**MEAT INC: COOK MEAT OF CHOICE AS PER INSTRUCTIONS AND ADD**



# CHICKPEA AND SPINACH CURRY

## INGREDIENTS

- 1 tbsp olive oil
- 1 onion (100g), chopped
- 2 garlic cloves, minced
- 10g fresh ginger, grated
- 1 tbsp curry powder or paste
- 400g tin chopped tomatoes
- 400g tin chickpeas, drained (240g net weight)
- 100g spinach (fresh or frozen)
- 400ml coconut milk

**SERVES: 4**

**VEGAN: ALREADY VEGAN** 🌱

**VEGETARIAN: ADD 150G PANEER CUBES IF DESIRED.**

**MEAT INC: COOK MEAT OF CHOICE AS PER INSTRUCTIONS AND ADD**

## METHOD

1. Fry onion, garlic, and ginger until soft.
2. Stir in curry powder, tomatoes, and coconut milk.
3. Add chickpeas and simmer 15 minutes.
4. Stir in spinach until wilted. Serve with 200g brown rice.



# QUINOA SALAD BOWL

## INGREDIENTS

- 150g quinoa, cooked (about 400g once cooked)
- 1 roasted red pepper (120g), sliced
- 1 courgette (150g), roasted
- 200g chickpeas (drained weight), roasted or plain
- 50g spinach or rocket
- 50g feta cheese (optional)
- 20g pumpkin seeds
- Dressing: 2 tbsp olive oil + juice of ½ lemon

## METHOD

1. Roast veg at 200°C for 20 minutes.
2. Toss quinoa, veg, chickpeas, and greens together.
3. Top with feta (optional) and pumpkin seeds.
4. Drizzle with dressing before serving.

**SERVES: 2**

**VEGAN: SKIP THE FETA OR USE VEGAN ALTERNATIVE.**

**VEGETARIAN: AS IS WITH FETA.**

**MEAT INC: COOK MEAT OF CHOICE AS PER INSTRUCTIONS AND ADD**

# EGG AND VEGGIE FRITTATA

## INGREDIENTS

- 6 eggs (300g)
- 150ml milk (or dairy-free alternative)
- 1 onion (100g), diced
- 1 red pepper (120g), chopped
- 1 courgette (150g), grated
- 50g grated cheese (optional)

**SERVES: 4**

**VEGAN: REPLACE EGGS WITH A CHICKPEA FLOUR BATTER (100G CHICKPEA FLOUR + 240ML WATER + SEASONING).**

**VEGETARIAN: AS ABOVE WITH EGGS + CHEESE.**

**MEAT INC: COOK MEAT OF CHOICE AS PER INSTRUCTIONS AND ADD**

**(THIS ONE IS MIDWIFE VIC'S FAVE!)**

## METHOD

1. Preheat oven to 180°C.
2. Whisk eggs and milk together.
3. Fry onion, pepper, and courgette until soft.
4. Transfer veg to oven dish, pour egg mix over.
5. Sprinkle cheese if using.
6. Bake 25–30 mins until set.

# VEGGIE AND BEAN CHILLI

## INGREDIENTS

- 1 tbsp olive oil
- 1 onion (100g), diced
- 2 garlic cloves, minced
- 1 red pepper (120g), chopped
- 1 courgette (150g), diced
- 400g tin chopped tomatoes
- 400g tin kidney beans, drained (240g net)
- 400g tin black beans, drained (240g net)
- 1 tsp smoked paprika
- 1 tsp cumin

**SERVES: 4**

**VEGAN: ALREADY VEGAN**

**VEGETARIAN: ADD CHEESE OR SOUR CREAM TOPPING IF DESIRED.**

**TIP: THIS FREEZES WELL! DOUBLE UP WHEN COOKING AND SAVE EXTRA PORTIONS FOR RECOVERY DAYS**

## METHOD

1. Fry onion, garlic, and pepper until soft.
2. Add courgette, paprika, and cumin. Stir well.
3. Add tomatoes and beans, simmer 20 minutes.
4. Serve with 200g brown rice or a baked sweet potato.