

Recipe Book



Recipes & meal ideas for
elderly people

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Breakfast

- I Porridge with fruit
- II Greek yogurt with fruit & honey
- III Soft scrambled eggs
- IV Wholegrain toast with avocado
- V Fresh fruit smoothie
- VI Poached eggs on wholegrain toast
- VII Fruit salad with yogurt



Porridge with fruit

Ingredients:

Porridge oats (50g)

Milk or water (250ml)

Fruit (choose one or a mix):

- Berries (e.g. strawberries, blueberries, raspberries)
- Banana (half, sliced)
- Peach (half, sliced)

Optional: Peanut butter (1 tablespoon), cinnamon (to taste)



Greek yogurt with honey & granola

Ingredients:

Greek yogurt (150g)

Granola (30g)

Honey (1 teaspoon)

Optional: Fruit (choose one or a mix):

- Berries (e.g. strawberries, blueberries, raspberries)
- Banana (half, sliced)
- Peach (half, sliced)



Soft scrambled eggs

Ingredients:

Eggs (2 medium)

Milk (1 tablespoon)

Butter (10g)

Optional: Creamy yogurt (1 tablespoon), fresh herbs (to taste, e.g. chives)



Avocado on wholegrain toast

Ingredients:

Wholegrain bread (1 slice)

Avocado (half, sliced)

Optional: Lemon juice (a squeeze)



Fresh fruit smoothie

Ingredients:

Liquid (250ml, e.g. almond or coconut milk, fruit juice)

Fruit (choose one or a mix):

- Berries (50g, e.g. strawberries, blueberries, raspberries)
- Banana (1 small, sliced)
- Mango (half, diced)
- Pineapple chunks (50g, tinned)

Optional: Yogurt (2 tablespoons), ice cubes (a handful)



Poached eggs on wholegrain toast

Ingredients:

Eggs (2 large)

Vinegar (1 teaspoon)

Wholegrain bread (1 slice)

Salt & pepper (to taste)

Optional: Fresh herbs (e.g. chives, parsley)



Fruit salad with yogurt

Ingredients:

Mixed fruits (150g, e.g. berries, melon, orange, banana)

Greek or plant based yogurt (100g)

Lunch

- I Quinoa salad with vegetables
- II Mashed potato with gravy
- III Grilled cheese sandwich with tomato soup
- IV Chickpea salad with lemon dressing
- V Tuna salad on wholegrain bread
- VI Lentil soup
- VII Turkey & avocado wrap



Quinoa salad with vegetables

Ingredients:

Quinoa (50g)

Pepper (1/4 medium, chopped)

Cucumber (1/4 small, chopped)

Tomato (1 small, chopped)

Red onion (1/4 small, finely chopped)

Fresh herbs (e.g. parsley, coriander)

For the salad dressing:

Olive oil (1 tablespoon)

Lemon juice (1 tablespoon)

Dijon mustard (1/2 teaspoon)

Salt & pepper (to taste)



Mashed potato with gravy

Ingredients:

Potato (1 medium, peeled & chopped)

Milk (30ml, warm)

Butter (15g)

Salt & pepper (to taste)

For the gravy:

Butter (15g)

Plain flour (1 tablespoon)

Chicken or vegetable stock (120ml)



Grilled cheese sandwich with tomato soup

Ingredients:

Wholegrain bread (2 slices)

Cheese (50g, sliced or grated, e.g. cheddar, mozzarella)

Butter or margarine (1 teaspoon)

For the tomato soup:

Olive oil (1 teaspoon)

Onion (1/4 medium, chopped)

Garlic (1 clove, minced)

Tomatoes (200g, tinned)

Low sodium broth (200ml)

Dried herbs (1/4 teaspoon, e.g. basil or oregano)



Chickpea salad with lemon dressing

Ingredients:

Chickpeas (100g, cooked or canned, drained & rinsed)

Vegetables (choose your own mix):

- Celery (1/2 stick, finely chopped)
- Red onion (1/4 small, finely chopped)
- Pepper (1/4 medium, finely chopped)

For the salad dressing:

Olive oil (1 tablespoon)

Lemon juice (1 tablespoon)

Dijon mustard (1/2 teaspoon)

Salt & pepper (to taste)



Tuna salad on wholegrain bread

Ingredients:

Tuna (1 can, drained)

Greek yogurt or avocado (2 tablespoons)

Celery (1/2 stick, finely chopped)

Red onion (1/4 small, finely chopped)

Pepper (1/4 medium, finely chopped)

Cucumber (1/4 small, finely chopped)

Wholegrain bread (2 slices)

Optional: Lettuce (2 large leaves)



Lentil soup

Ingredients:

Olive oil (1 teaspoon)

Onion (1/4 medium, chopped)

Carrot (1 small, chopped)

Celery (1/2 stick, chopped)

Red or green lentils (50g, rinsed)

Chicken or vegetable broth (300ml)

Optional: Herbs & spices (e.g. 1 bay leaf, 1/4 teaspoon dried thyme, 1/4 teaspoon dried cumin)



Turkey & avocado wrap

Ingredients:

Wholegrain tortilla (1 large)

Turkey slices (2-3 slices)

Avocado (1/2 small, sliced)

Lettuce (1-2 leaves)

Tomato (1/4 small, sliced)

Cucumber (1/4 small, sliced)

Hummus or mustard (1 tablespoon)

Dinner

- I Chicken & vegetable soup
- II Salmon & steamed broccoli
- III Warm & steamy chicken pie
- IV Beef stew with carrot & potato
- V Vegetable lasagne
- VI Baked chicken & sweet potato
- VII Pasta bake



Chicken & vegetable soup

Ingredients:

Boneless, skinless chicken breast or thigh (100g)

Chicken broth (300ml)

Carrot (1 small, chopped)

Celery (1 stick, chopped)

Onion (1/4 medium, chopped)

Leafy greens (chopped, e.g. spinach, kale)

Optional: Herbs (e.g. 1 bay leaf, 1/4 teaspoon dried rosemary, 1/4 teaspoon dried thyme)



Salmon & steamed broccoli

Ingredients:

Salmon fillet (150g)

Broccoli florets (100g)

Optional: Lemon juice (1 tablespoon)



Chicken pie

Ingredients:

Boneless, skinless chicken breast (100g, diced)

Olive oil (1 teaspoon)

Carrot (30g, chopped)

Celery (30g, chopped)

Peas (a handful)

Potato (50g, diced)

Chicken broth or stock (100ml)

Herbs & spices (1/4 teaspoon, e.g. thyme, parsley)

For the crust:

Plain flour (50g)

Salt (a pinch)

Cold butter (25g, cut into small pieces)

Cold water (1-2 tablespoons)

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Beef stew with carrot & potato

Ingredients:

Beef (100g, diced)

Carrot (1 small, chopped)

Potato (1 small, chopped)

Onion (1/2 small, chopped)

Garlic (1 clove, minced)

Beef broth or stock (250ml)

Optional: Cornflour (1 tablespoon, for thickening),
water (1 tablespoon, to mix with cornflour)



Vegetable lasagne

Ingredients:

Marinara sauce (100ml)

Lasagne pasta sheets (2 sheets)

Courgette (50g)

Mushrooms (50g)

Spinach (30g)

Aubergine (50g)

Pepper (50g)

Olive oil (1 teaspoon)

Ricotta or cottage cheese (75g)

Parmesan cheese (50g, grated)



Baked chicken & sweet potato

Ingredients:

Chicken breast or thigh (150-200g)

Sweet potato (1 small, peeled & cubed)

Olive oil (1 tablespoon)

Optional: Salt & pepper (to taste), herbs & spices (e.g. rosemary, thyme, paprika)



Pasta bake

Ingredients:

Chicken breast or beef (100g, diced)

Wholegrain pasta (50g)

Courgette (50g, sliced)

Peas (50g, fresh or frozen)

Carrot (1 small, diced)

Onion (1 small, finely chopped)

Garlic (1 clove, minced)

Chicken or beef stock (100ml)

Olive oil (1 tablespoon)

Mixed herbs (1 teaspoon, e.g. thyme, rosemary, oregano)

Cheese (20g, grated)

Snacks

- I Celery with cream cheese
- II Apple with peanut butter
- III Carrot with hummus
- IV Mixed nuts
- V Yogurt with fruit & honey
- VI Cheese & wholegrain crackers
- VII Cottage cheese with peaches



Celery with cream cheese

Ingredients:

Celery (1-2 sticks)

Cream cheese (30g)



Apple with peanut butter

Ingredients:

Apple (1 medium)

Peanut butter (1 tablespoon)



Carrot with hummus

Ingredients:

Carrot (1 medium, peeled & cut into sticks)

For the hummus:

Chickpeas (60g, drained & rinsed)

Olive oil (1 tablespoon)

Tahini (1 tablespoon)

Lemon juice (1 teaspoon)

Garlic (1/4 clove, minced)

Water (1-2 teaspoons)



Mixed nuts

Ingredients:

Nuts (choose your own mix):

- Walnuts
- Peanuts
- Cashews
- Pecans
- Pistachios



Yogurt with fruit & honey

Ingredients:

Greek yogurt (150g)

Honey (1 tablespoon)

Optional toppings: Fresh or frozen berries (50g),
chopped nuts (1 tablespoon, e.g. almonds,
walnuts), peanut butter (1 teaspoon)



Cheese & wholegrain crackers

Ingredients:

Wholegrain crackers (3-4 crackers)

Low fat cheese (50g, e.g. cottage cheese, mozzarella, cheddar)

Optional toppings: Tomato (1 small, sliced)
cucumber (1/4 whole, sliced), fresh herbs (e.g. basil, parsley)



Cottage cheese with peaches

Ingredients:

Cottage cheese (100g)

Peaches (fresh or canned, drained)