



CAN DINNER JUST BE DINNER SOMETIMES?

Zoe and I talk about food, sleep and looking after ourselves in midlife. There's room for curiosity and enjoyment here too. Every meal doesn't need to become another thing to mark ourselves on.

Zoe Bingley-Pullin and I chat about nourishment, sleep and finding a little more enjoyment.

DINNER, SLEEP AND A BIT OF JOY.

01 LET'S LOOK AT THE EVERYDAY STUFF.

Zoe starts with the overall pattern of eating. It's an invitation to look at your routine, rather than pin everything on one ingredient.

02 THERE'S MORE TO ASK ABOUT THAN PROTEIN.

Zoe brings different kinds of fibre and resistant starch into the chat. It opens up the conversation about what's on the plate.

04 FOOD CAN STILL BE INTERESTING.

Zoe suggests exploring produce markets and foods that appeal to your senses. Looking after yourself can include a bit of curiosity and enjoyment.

03 AND HOW ARE WE SLEEPING?

Zoe and I talk about interrupted sleep and trying to solve problems in the early hours. Sleep routines belong in this conversation too.

05 WE'RE ALLOWED SOME JOY IN THIS CHAPTER TOO.

At the end of our chat, I reflect on nourishment, noticing what our bodies need and making room for joy. Midlife doesn't have to mean restricting everything.



PACK THE SNACK.

SAVE SOME LUNCH.

More useful bits from the conversation, each with one way to use it.

Pick the one that fits your week.

06 REPEAT BACK WHAT YOU HEARD

Zoe checks she's understood by summarising. At an appointment it can catch a misunderstanding before you leave. **Try it:** Summarise the plan to your GP and ask if you've got it right.

07 NOTICE YOUR EATING RHYTHM

Zoe suggests an old-school food journal to understand your habits and timing. **Try it:** Note meal times and hunger for a few days, if it feels helpful not stressful.

08 KEEP A SNACK HANDY

Zoe carries macadamias between commitments so a busy morning doesn't leave her empty. **Try it:** Pack a snack that suits you before you leave home.

09 SAVE SOME LUNCH

Zoe saves part of her lunch for the afternoon rather than buying a special snack. **Try it:** Put some lunch aside for later, refrigerated if needed.

10 HAND IN HAND

When overwhelmed, Zoe holds her own hand to pause and settle. It's her personal cue. **Try it:** Hold your hands together and pause next time you feel overwhelmed.

11 DON'T PILE ON SUPPLEMENTS

Take twenty supplements and you won't know what's doing what. Zoe stresses getting advice. **Try it:** Review your supplement list with your GP or pharmacist before adding more.



ONE ORDINARY MEAL. A LITTLE MORE JOY.

Ask someone qualified about the rest.

1 THINK ABOUT ONE ORDINARY MEAL.

What makes it satisfying, rushed or easy? Is there one little thing that could make it more enjoyable for you?

2 TRY SOMETHING YOU'D ACTUALLY LIKE TO EAT.

A suitable ingredient or a simple recipe you're curious about. Keep it right for your needs. It doesn't need to become a whole new diet.

3 BRING THE QUESTION TO SOMEONE QUALIFIED.

If a sleep, food or hormone concern is persisting, write it down for your GP or qualified dietitian. Ask what makes sense for your needs.

ONE THING BEFORE 50. OR STARTING NOW.

Make one meal or act of nourishment enjoyable. You don't need a perfect diet or a cupboard full of new supplements before you can start asking questions.

OVER TO YOU

The meal or routine I'd like to give some care to is...

The question I'll take to a professional is...
