











# Quick, easy, tasty & healthy lunches for sleever

It can be really hard to find lunch options that are quick & easy to prepare, nutritious but in small enough portions and taste good! Try some of these great lunch options and see how easy & delicious lunch can be!

## Lunches to put together

-  Baby spinach, a few cherry tomatoes, a tin of tuna (flavoured or in oil) & salad topper - no chopping!
-  A mountain bread wrap with a handful of salad, avo and slice of leftover roast meat, turkey or ham.
-  4-6 Vita-Weats or Ryvitas with cream cheese, or hummus, avo and a few baby spinach leaves.
-  A "tasting plate" with some cherry tomatoes, carrot sticks, cheese slices, hummus, ham and nuts.
-  A pre-packed coleslaw mix with left-over BBQ chicken and a little coleslaw dressing.
-  A tin of John West Tuna & Beans - it's the perfect size and a great emergency option.
-  A handful of baby spinach, a few cherry tomatoes, a hard-boiled egg and some avocado.
-  1/2 cup frozen peas, a slice of turkey breast and some cheese, microwaved for a couple of minutes.
-  Avocado, cheese and vegemite on a slice of toast!
-  Left-over roast vegies with some BBQ chicken or a tin of tuna.

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Buying a small lunch can be a nightmare - it can seem such a waste throwing the rest out. Try some of these, they're small or easily to reheat the next day.

## Lunches to buy

- ✓ A sushi roll and seaweed salad. A sushi roll is the perfect size, just be careful as rice doesn't sit well with some people after a sleeve.
- ✓ A half-wrap with some protein (chicken, beef, ham or cheese) and salad. Some cafes will sell half wraps which are the perfect size.
- ✓ A small garden salad with some chicken or beef as an add-on. Salad bars will often have a small option (~1 cup).
- ✓ McDonalds Grilled Chicken Snack Wrap™ - for those times when you need something quick and readily available!
- ✓ A taco from your local Mexican. One is enough and go for something that has some salad on it - fish or chicken are good options.
- ✓ A stir-fry dish from your local Asian. Go for something like beef, chicken or tofu and veg without the rice and save half for the next day.
- ✓ A Vietnamese rice paper roll with some protein. Try something like prawn, chicken or beef rolls - these are great with lots of veg!
- ✓ A small chickpea and pumpkin salad. Often a staple at salad bars and often with a bit of cheese for taste. Just go for the smallest option
- ✓ In Winter, soups are always a good option, just make sure it contains protein. Often in small portions anyway, but easy to reheat as well.
- ✓ A poached egg on toast with grilled tomato or mushrooms. Often available all day - the breakfast menu is a great place to look!

# Essentials for healthy & easy lunches

## 1 From the fresh food section...



Choose any fresh vegies you like, but **cherry tomatoes** and **baby spinach** are winners as no prep needed!

A bag of **salad mix** makes eating vegies easy. They'll last all week.

Packed with healthy fats & fibre, **avos** are delicious. Try the squeezy tube for a longer-lasting option.

## 2 From the fridge...



**Cream cheese** is an easy protein option and the little packs are perfect portions!

**Sliced cheese** for the work fridge to add to a lunch or have as a snack.

**Hummus** is a great high-protein dip. Go for the mini tubs to minimise waste.

**Sliced ham, turkey or chicken** make an easy protein base for any lunch.

## 3 From the aisles...



**Wraps** are great but often too big. **Mountain Bread** is thinner so a better size. Otherwise try **mini flour tortillas**.

**John West Tuna & Beans** are the perfect size and already have a mix of protein and veg. Emergency solved!

**Crispbread** is often easier to eat than bread and last longer in your drawer. Just be sure to get a grainy one.



**Nuts & Seeds** make a great addition to any salad.

**Tinned tuna** is simple, tasty and versatile. An essential!