



LIVEN UP YOUR LUNCH

SOUPS

Butternut Squash
Curried Lentil
Ginger & Carrot
Spicy Tomato Bean
Chicken Noodle
Sweet Potato

SALADS

Quinoa, Feta & Roast Veg
Red pepper & Chickpea
Broccoli, Feta & Tomato
Moroccan Cous Cous
Summer Pasta

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recipes & more
in our Recipes
for Success
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Omelettes & Baked
Potatoes with a variety
of fillings and toppings;

*Ham & Tomato; Rocket & Red Pepper;
Mushroom & Onion; Tuna &
Sweetcorn; Chili con Carne; Cajun
Salmon & Creme Fraiche*

Sandwiches, wraps
and panini's with a
variety of fillings;

*Chili chicken; Tuna mayo;
Veggie; Salmon; Hawaiian;
Cheesy BLT*

HOT LUNCH

SANDWICHES

HEALTHY TIPS FOR A HEALTHY LUNCH



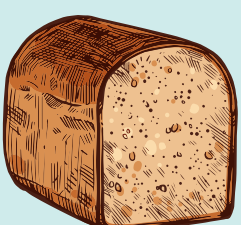
Aim to add fruit to your lunch everyday. It is packed full of fibre as well as essential vitamins and minerals and is naturally low in calories.



Vegetables are also full of essential vitamins, minerals, and antioxidants that provide many important health benefits



Milk, yoghurts and cheese provide a source of protein required for muscle repair and recovery. They are also a great source of calcium in the diet and supply minerals such as phosphorus, potassium and iodine; important for the maintenance of healthy bones, teeth and muscles.



Choosing wholegrains will help keep you feeling fuller for longer and are high in fibre to support a healthy digestive system. Wholegrains are also a good source of B vitamins essential for the release of energy.



Lean protein from meat, fish, eggs or plant based alternatives is important to support the repair of muscle tissues and cells and also boosts glycogen storage. Protein should be included in each meal of the day.

HYDRATION



1.6 litres/
8 glasses
per day



2 litres/ 10
glasses per
day

physical
activity
increases the
amount of fluid
you need to
consume in
order to
replace fluid
that is lost
during
exercise.

