

# BUILD A HEALTHY LUNCHBOX

## Basic Pasta Salad - Example (Serves 1)

### Ingredients

#### Base

Handful of salad leaves

+

#### Carbohydrate

75g wholegrain pasta

+

#### Fruit/ Vegetables

3 cherry tomatoes

3 black olives

8th cucumber, chopped

¼ red onion, thinly sliced

40g sliced peppers

80g sliced beetroot

+

#### Protein/ Healthy Fats

15g Feta cheese, crumbled

5g pine nuts, toasted

+

#### Light dressing

1tsp olive oil

1tsp balsamic vinegar



### Basic Method

1. Ensure you have cooked/ prepped all ingredients you are using.
2. Add the base, carbohydrates, fruit/vegetables, protein, healthy fats in a bowl and mix well.
3. Combine the dressing and drizzle this over the top.

### Nutrition Information

467 kcal • 67.7g carbs • 8.3g fibre 15.4g protein • 2.5 F&V

**Total Approximate Costs\***: £1.58

### Possible substitutions

- Change the vegetables for any that you have in the fridge
- Use dairy-free cheese as a non-dairy alternative, or cottage cheese to reduce fat intake
- Add boiled eggs/ tin of tuna to increase protein intake

## Top Tips

### How to save time:

Cook the pasta in bulk and divide into lunch boxes each day.

### How to add extra protein:

Add more eggs, fish, tofu, or beans to lunches, or add nut butter/ yoghurts to snacks.

### How to add extra fruit and vegetables:

Experiment with different colours and flavours of vegetables, and snack on fresh/dried fruits.

### What to swap:

Chocolate -  
Cereal bar/nuts

Crisps -  
Hummus/crackers

Sugary drinks -  
Water

Sugary coffee -  
Unsweetened coffee/tea

\*Costs calculated based on average Tesco Food prices, Summer 2022

\*\*Photo taken from Diabetes UK

Try our weekly meal planner below:

	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

## Chicken and Salad Tortilla Wraps



### Ingredients

- 75g grilled chicken breast (sliced)
- 200g red kidney beans, drained and rinsed
- 1tsp half-fat crème fraiche (or mayo)
- 1 wholemeal tortilla wrap
- 1 small carrot, peeled and grated
- Handful mixed salad leaves
- freshly ground black pepper

### Method

1. Lay a wholemeal wrap on a clean work surface.
2. In a bowl, mash together the kidney beans and crème fraiche/ light mayonnaise.
3. Spread bean mixture on the wrap and add the chicken.
4. Add the carrot and salad leaves, season well, roll up and enjoy.

### Nutrition Information

484 kcal • 60.5g carbs • 17.5g fibre 33.7g protein • 2 F&V

**Total Approximate Costs\*:** £1.98

With Pudding:

- 125g natural yogurt
- 30g raisins
- 10g pumpkin seeds

### Nutrition Information

238 kcal • 33g carbs • 2g fibre 10g protein • 1 F&V

**Total Approximate Cost\*:** £0.38

(Healthy Lunch)

(Serves 1)

### Possible Substitutions:

- Make it vegetarian by substituting the chicken with tofu/fried mushrooms
- Use other carbohydrates instead of wraps such as wholemeal bread/ pittas.
- Use other vegetables you have in the fridge such as avocado, tomatoes, cucumber

\*Costs calculated based on average Tesco Food prices, Summer 2022

## Tomato, Olive, Asparagus and Bean Bowl



### Ingredients

- 3 Asparagus stems, grilled
- 100g rinsed and drained haricot beans
- 1 medium tomato, cut into wedges
- 10g green olives
- 10g fresh basil
- 1tsp olive oil
- 1tsp balsamic vinegar
- 1 tsp lemon juice
- Serve with medium wholemeal roll (60g)

### Method

1. Grill the asparagus stems for 1-2 minutes on each side.
2. Place the asparagus, haricot beans, tomatoes, olives, and basil in a large bowl.
3. Whisk the olive oil, balsamic vinegar, and lemon juice.
4. Drizzle the dressing over the salad, toss to combine and pop in a container to take to work.

### Nutrition Information

265 kcal • 38.2g carbs • 10.6g fibre 11.8g protein • 2 F&V

**Total Approximate Costs\*:** £1.14

With Snack:

- 1 small 104g pear
- 30g plain almonds

### Nutrition Information

229 kcal • 13g carbs • 5g fibre • 6g protein • 1 F&V

**Total Approximate Cost\*:** £0.94

(Vegetarian Lunch)

(Serves 1)

### Possible Substitutions:

- Use other carbohydrates instead of bread such as couscous/ quinoa
- Substitute the asparagus for sliced peppers to reduce the cost
- Substitute the beans for any other beans/chickpeas

\*Costs calculated based on average Tesco Food prices, Summer 2022

\*\*Photo taken from Diabetes UK

## Potato and Lentil Curry

### Ingredients

- 1 tsp sunflower oil
- ½ onion, chopped
- ½ tsp mustard seeds
- 1cm fresh ginger, peeled and grated
- ½ tsp chilli powder
- 3 tbsp fresh coriander, leaves and finely chopped stalks
- 100g chopped tomatoes
- 1 tbsp tomato purée
- 65g red lentils, washed and drained
- 300ml vegetable stock
- 450g potatoes, peeled and cubed
- Side of broccoli/ green vegetables

### Method

- 1.Heat the oil in a pan. Add the onion and fry for 2-3 minutes. Add the mustard seeds, ginger, chilli powder, and coriander and continue to fry for 1 minute.
- 2.Add the tomatoes, puree and lentils and pour over the stock. Bring to the boil, reduce the heat, and simmer for 25 minutes or until the lentils are almost tender.
- 3.Stir in the potatoes and continue to cook for 10-15 minutes until tender. Serve with a side of broccoli/ green vegetables.

### Nutrition Information (per portion)

282 kcal • 52.9g carbs • 8.4g fibre 8.4g protein • 1 F&V

**Total Approximate Costs\*:** £0.63



(Vegetarian Dinner)

(Serves 2)

### Possible Substitutions:

- Change the potatoes to sweet potatoes to increase the vegetable portions
- Add some wholemeal bread if the curry is not filling enough
- Add some chickpeas for an extra source of protein and fibre

\*Costs calculated based on average Tesco Food prices, Summer 2022

\*\*Photo taken from Diabetes UK

## Turkey and Mince Stuffed Jackets

### Ingredients

- 1 tsp olive oil
- 1 onion, finely chopped
- 1 carrot, finely diced
- 170g turkey thigh mince
- 85g mushrooms, sliced
- ½ stick celery, finely diced
- ½ heaped tbsp plain flour
- ½ low-salt chicken stock cube dissolved in 500ml boiling water
- 1 tsp reduced-salt soy sauce
- 2 x 180g baked potato, cooked in microwave
- Side of broccoli/ green vegetables

### Method

1. Heat the oil in a pan. Add the onions and carrots and cook 4-5 minutes until the onions start to brown.
2. Add the turkey mince, mushrooms, and celery. Cook for 5 minutes, breaking up any clumps of mince.
3. Sprinkle over the flour and mix well. Gradually pour in the stock stirring continuously until it starts to thicken. Add the soy sauce, stir, and reduce the heat to low.
4. Simmer gently for 3-4 minutes. Serve with a side of broccoli/ green vegetables/sprinkling of cheese.

### Nutrition Information (per portion)

397.6 kcal • 53g carbs • 9.6g fibre 33.6g protein • 2 F&V

**Total Approximate Costs\*:** £1.09



(Healthy Dinner)  
(Serves 2)

### Possible Substitutions:

- Make it vegetarian by substituting the turkey mince with Quorn/ plant-based mince
- Serve this with wholemeal rice instead of potato if desired
- Use low-fat turkey mince to reduce the fat content of the meal.

\*Costs calculated based on average Tesco Food prices, Summer 2022

\*\*Photo taken from BBC Good Food