

**Move in a healthy direction**

Healthy Eating Recipe Cards

**Build a Lunch Box idea.**

**Basic Pasta Salad Example (Serves 1)**

**Base:** Handful of mixed salad leaves

 +

**Carbohydrate:** 75g wholegrain pasta shapes (cooked)

 +

**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

handful basil leaves

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.

*Total Nutrition Statistics: 467 kcal • 67.7g carbs • 8.3g fibre 15.4g protein • 2.5 F&V*

*Total Approximate Costs\*: £1.58*

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

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.
* Use wholewheat pasta to increase fibre.

Other top tips:

***How to save time:***

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

***How to add extra protein to lunches:***

*Add more eggs, fish, tofu, or beans to lunches, or adding nut butter/ yoghurts to fruit-based snacks.*

***How to add extra fruit and veg to lunches:***

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

***What to swap to make it healthier:***

*Chocolate bars 🡪 Low sugar cereal bars/ unsalted nuts*

*Crisps 🡪 Hummus and low salt crackers/ oat cakes*

*Sugary coffee 🡪 Unsweetened tea/coffee with semi-skimmed milk*

*Sugary drinks 🡪 No added sugar drinks / water*

**Try our free meal planner:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Breakfast** | **Lunch** | **Dinner** | **Snacks** |
| **Monday** |  |  |  |  |
| **Tuesday** |  |  |  |  |
| **Wednesday** |  |  |  |  |
| **Thursday** |  |  |  |  |
| **Friday** |  |  |  |  |
| **Saturday** |  |  |  |  |
| **Sunday** |  |  |  |  |

**Healthy Lunch Box idea** – **Chicken and Salad Tortilla Wraps (Serves 1):**

Ingredients:

5g 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.

*Total Nutrition Statistics: 484 kcal • 60.5g carbs • 17.5g fibre 33.7g protein • 2 F&V*

*Total Approximate Cost\*: £1.98*

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.

Possible substitutions:

* Make it vegetarian by substituting chicken with tofu/egg (this will reduce the cost too)
* Use other carbohydrates instead of wraps such as wholemeal bread/pittas.
* Use any other vegetables you have in the fridge such as avocado, tomatoes, cucumber.

**With Pudding:**

125g natural yogurt

30g raisins

10g pumpkin seeds

*Total Nutrition Statistics: 238 kcal • 33g carbs • 2g fibre 10g protein • 1 F&V*

*Total Approximate Cost\*: £0.38*

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

**Vegetarian Lunch Box - Tomato, Olive, Asparagus and Bean Bowl (Serves 1):**

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 60g wholemeal roll.

*Total Nutrition Statistics: 265 kcal • 38.2g carbs • 10.6g fibre 11.8g protein • 2 F&V*

*Total Approximate Cost\*: £1.14*

Method:

1. Grill the asparagus stems on high heat 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 in a small jug.
4. Drizzle the dressing over the salad, toss to combine and pop in a container to take to work.

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/chickpea.

**With Snack:**

1 small 104g pear

30g plain almonds

*Total Nutrition Statistics: 229 kcal • 13g carbs • 5g fibre • 6g protein • 1 F&V*

*Total Approximate Cost\*: £0.94*

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

**Evening Meal - Turkey and mince stuffed jackets (Serves 2)**

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.

*Total nutrition statistics (for 1 portion): 397.6 kcal • 53g carbs • 9.6g fibre 33.6g protein • 2 F&V*

*Total Approximate Cost\* (for 1 portion): £1.09*

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

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.

**Vegetarian Evening Meal - Potato and Lentil Curry (Serves 2)**

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.

*Total nutrition statistics (for 1 portion): 282 kcal • 52.9g carbs • 8.4g fibre 8.4g protein • 1 F&V*

*Total Approximate Cost\* (for 1 portion): £0.63*

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

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.