

Lunch builder ideas

Pick from each selection and mix and match for lunch.

- **PROTEIN** (pick one)
- **VEGETABLES** (pick at least two)
- **CARBOHYDRATE** (pick one)
- **FATS** (choose one)
- **FLAVOUR BOOSTERS** (pick as many as you like)

Match with Meal plans in this booklet, or at healthyfood.com/KSPlan

Fish

small can no-added-salt salmon or tuna
or 100g-140g cooked fish or sashimi or 75g steamed salmon



1 cup lettuce + 1 tomato + 3 radishes + 1 Lebanese cucumber

4 Ryvita crispbreads
or ½ a 125g quick-cook brown rice & chia
or ½ can cannellini beans

1 table-spoon light mayo or 1 table-spoon lemon juice vinaigrette

wasabi + fresh chilli + 1 teaspoon sesame seeds + quick-pickled veges

Vegetarian

100g tofu or 75g tempeh or 1 vege pattie or 2 eggs, poached or boiled



1 cup sliced red cabbage + 1 cup slaw mix + 1 cup bean sprouts

½ cup cooked brown rice or ¾ cup cooked quinoa or ¾ cup cooked barley

2 teaspoons nut butter or 2 teaspoons tahini

sriracha + curry powder + mint + coriander + lemon zest

Chicken

100g cooked chicken



2 cups rocket + 1 cup broccoli florets + 2-3 tablespoons edamame + 1 spring onion

1 large cooked potato or ¾-1 cup cooked wholegrain pasta

1 table-spoon avocado or 1 table-spoon lite mayonnaise or 1 table-spoon mustard vinaigrette

capers + black pepper + fresh thyme + mustard + Tabasco sauce

Beef or lamb

80g cooked beef or lamb



2 cups baby spinach + 1 cup green beans + ½ red capsicum + 2 cups mesclun

1 cup sweetcorn kernels or 1 can lentils or 1½ cups cooked kumara

1 teaspoon sesame oil or 1 table-spoon toasted pumpkin seeds or 3 table-spoons feta or goats' cheese

balsamic vinegar + fresh chilli + smoked paprika + 1 table-spoon chipotle sauce