

Healthy Intel Lunches



Easy nutrition for local government workers



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LGIS Health & Wellbeing



At LGIS, we care about the health and wellbeing of local government workers across Western Australia. As the sector's mutual indemnity scheme we know firsthand the issues that local government workers face and have developed a range of resources to support their health and wellbeing.

These recipes are taken from our monthly Healthy Intel newsletters, which also includes tips and tricks to improve overall health.

For more information check out the LGIS website www.lgiswa.com.au



How to eat well

To eat well, is to have a diet that focuses on a balance of good quality lean proteins, an abundance of fruit and vegetables in a variety of colours, fibre rich wholegrains or grain alternatives and healthy sources of fat.

Whilst we aim to prioritise nutrient rich foods for optimal health, it is also important to remember that eating well should also include sensory appeal. This means enjoying the food that we consume. Balanced nutrition includes having a healthy relationship with food and an understanding that nourishment also comes from environmental factors such as connection. Food brings us together for celebrations, it plays a role in tradition, it can be nostalgic, provide comfort and can be healing.

Research has established that including all macronutrients (protein, carbohydrates, and fat) in the appropriate amount and frequency may have a positive impact on our health, energy, longevity and most importantly our ability to prevent disease.

What is good health?

There are multiple indicators of good health outside of the traditional weight focused parameters and measures. When we view our health through a holistic lens, research demonstrates that importance should be placed on our quality of sleep, stress resilience, consistent levels of energy and our ability to undertake physical activity and movement without pain or restriction. All of these factors may play a role in determining our perceived quality of life, health and vitality.

When our sleep is affected, our mood, energy levels and food choices may be influenced. When we are inactive or experiencing pain our risk for negative mental health outcomes may be increased. Good health encompasses multidimensional aspects of wellness.

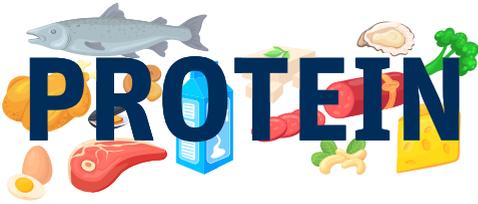
Excluding foods or food groups

Fad dieting is a dietary pattern that offers an appealing quick fix for potentially long term health issues. Clever marketing in the media, celebrity endorsements and peers contribute to the popularity of these diets and may put pressure on individuals who desire a certain body image. Research indicates this may lead to low self-esteem and negatively impact a person's eating behaviours and relationship with food. Recent studies have shown that restrictive diets or those that exclude macronutrients are unsustainable long term and can result in multiple adverse side effects to your physical and mental health.

You may have recently heard about the importance of gut health. A balanced gut bacteria (microbiome) supports our psychological, immune, cardiovascular, and digestive health (to name a few) as well as preventing a multitude of chronic diseases. Gut bacteria thrives in population and diversity when our diets are abundant in variety. The greater the restriction, the more we deplete our microbiome in population and in diversity which has a negative impact on our overall health and wellbeing.



Role of each food group



Protein is not only important for building muscle. Protein is key to weight management and satiety, muscle preservation as we age, wound healing and our hormonal health. Protein is best distributed evenly over three main meals in order for our bodies to utilise the essential amino acids optimally.



Carbohydrates, preferably low GI and wholegrain varieties contain essential minerals which are protective against some cancers. Wholegrains are excellent sources of fibre which is essential for everything from managing our cholesterol to managing our blood sugar levels and supporting sustained energy throughout the day.



Fats are essential for our hormone health, skin health, satiety, absorption of fat-soluble vitamins and management of inflammation. Good sources include nuts, seeds, olive oil and avocado oil.



Additionally, when it comes to fruits and vegetables, colour is important. Colours represent different antioxidants, vitamins and minerals which are essential in the prevention of chronic illness. Non-starchy varieties in every colour of the rainbow are vital to good health and these should make up half of your plate.



Importance of lunch

Lunch is important to provide you with energy to sustain you for the remainder of the day and avoid that energy crash associated with the 3pm slump and visit to the vending machine for stimulants such as chocolate and caffeine to get you through the afternoon.

Additionally, research suggests that eating in an area away from your desk is associated with improved productivity and cognitive function. Lunch is an opportunity to nourish yourself, take a break from focusing on your computer, move your body after sitting for an extended period and provides you with time to eat mindfully, so avoid any distractions.

A recent study on the practice of taking a lunch break, identified a positive impact on employees' health, performance, and reduced stress at work. Additionally, the study also supports that lunch breaks prevent absenteeism, improved job satisfaction, and an employees' attitude towards their work.

Snacking

Not everyone needs to snack and there are certain populations that should avoid snacking altogether. Often those who prefer to snack are not eating enough protein at their main meals. However, when choosing snacks it is necessary to have an awareness of the impact of our snack choice on our blood sugars which influence our energy levels.

If you want to avoid that energy crash and improve your blood sugar regulation, it is best to pair your carbohydrate-based snack with a source of protein, fat or fibre. Some examples of good snack choices include:

- ▶ Seasonal fruit paired with unsalted nuts such as almonds and cashews
- ▶ Strawberries or other berries (berries are the lowest sugar fruits) with boiled eggs
- ▶ Carrots, cucumber, green beans with hummus or tzatziki
- ▶ Wholegrain pita chips with guacamole
- ▶ Dark chocolate, seed mix (sunflower/flax/pumpkin/hemp seeds) and Greek yoghurt



On your plate

A useful tool to design a balanced meal is the 'Australian Guide to Healthy Eating' which shows how much of each food group is recommended.

Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.

Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



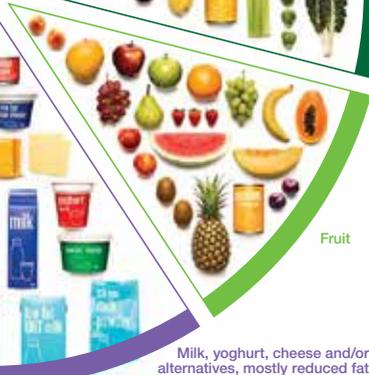
Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts



Getting prepared

It's easier to plan and prepare healthy and tasty lunches if you're organised.

There are a few things that you should stock up in your 'work pantry' that can augment your lunches and snacks. At a push, a well-stocked 'work pantry' can even provide lunch and snacks when you forget your lunch.



Make sure you also have a variety of containers which seal and can go in the freezer, fridge or microwave. Containers that can go from freezer to fridge make last minute lunches a breeze.

Remember when planning and creating meals for the week to store wet ingredients separately to salads and other 'fresh' elements. Assembling your lunch at work will ensure that it's at its freshest and most delicious.

Home pantry

- ▶ Salt, pepper and basic spices
- ▶ Olive oil and vinegar
- ▶ Canned fish
- ▶ Baking basics: flour, baking powder, sugar
- ▶ Rice
- ▶ Pasta
- ▶ Onions, garlic
- ▶ Potatoes, sweet potato
- ▶ Canned veg, beans
- ▶ Rolled oats

Work pantry

- ▶ Sandwich crackers that are low in salt and high in fibre
- ▶ Canned tuna
- ▶ Baked beans
- ▶ Snack cans of beans or corn
- ▶ Dried fruit and nuts
- ▶ Single serve microwave rice
- ▶ Oatmeal packets
- ▶ Protein bars
- ▶ Peanut butter
- ▶ Tea bags – black or your favourite herbal blend
- ▶ Miso soup

Home fridge

- ▶ Eggs
- ▶ Milk
- ▶ Greek yoghurt
- ▶ Butter
- ▶ Cheddar
- ▶ Mozzarella
- ▶ Olives
- ▶ Cornichons, capers, anchovies, pickles

Fresh produce

- ▶ Avocados
- ▶ Bananas
- ▶ Lemons
- ▶ Leafy greens: spinach, kale
- ▶ Lettuce, rocket
- ▶ Carrots, celery, capsicum
- ▶ Tomatoes, cucumber
- ▶ Fresh herbs

Snacks



Smoothies

Replace sugary cool drinks with homemade healthy juice. By making your own juice, you avoid any hidden ingredients and sweeteners.

Simple green juice

A simple green juice that will quench your thirst on those hot summer days, and give you a health kick for the day.

Serves 2

Ingredients

- ▶ 3 stalks of celery
- ▶ ½ large cucumber, cut into quarters
- ▶ 1 medium green apple, roughly chopped
- ▶ 1 medium pear, roughly chopped

Method

- ▶ Add all ingredients into a juicer or high power blender to create your desired consistency.
- ▶ Serve on ice for added refreshment!



Tip: Adding just ½ inch chunk of fresh ginger to your green smoothies aids digestion and provides amazing health benefits like reducing inflammation.



Banana spice immunity booster

Packed with nutrients, this smoothie is the perfect to start the day or after a workout.

Serves 2

Ingredients

- ▶ 2 cups spinach
- ▶ 2 cups coconut milk
- ▶ 3 bananas
- ▶ 1 piece (½ inch) fresh ginger, peeled
- ▶ ½ tsp ground cinnamon
- ▶ ⅛ tsp ground cardamom

Method

- ▶ Blend the spinach and coconut milk until smooth
- ▶ Add the bananas, ginger, cinnamon and cardamom. Blend again until smooth



Snacks



Chocolate coconut energy balls

Enjoy this as a snack or to curb those winter cravings!

Makes 18 | Prep time: 20 minutes

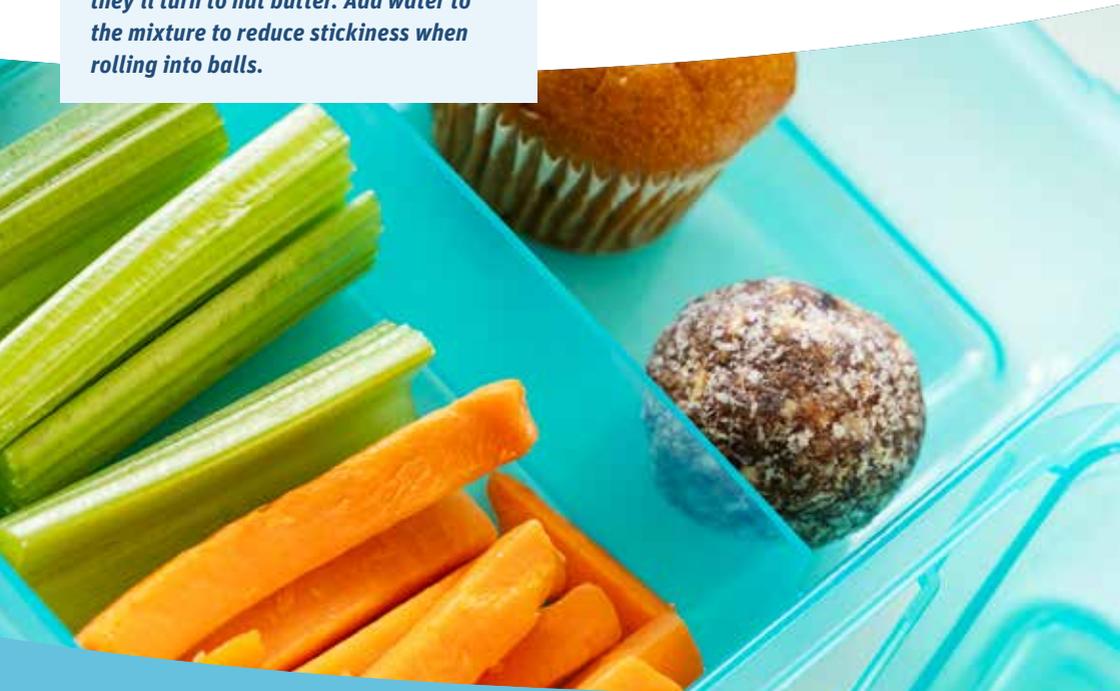
Ingredients

- ▶ 1 cup raw almonds
- ▶ 15 medjool dates, pitted
- ▶ ½ cup unsweetened cocoa powder
- ▶ ⅓ cup unsweetened shredded coconut
- ▶ 1 tsp vanilla extract/essence
- ▶ ¼ cup mini chocolate chips

Method

- ▶ First, place almonds into a food processor and process on high until you've created a fine almond meal.
- ▶ Add the rest of the ingredients to the food processor and process on high until everything is combined.
- ▶ Scoop a tablespoon of dough into your hands and roll into a ball. Roll the ball in shredded coconut and place on a baking sheet. Repeat until dough is gone.
- ▶ Place baking sheet in the freezer for 10-15 minutes and then enjoy!

Tip: Don't blend almonds too long or they'll turn to nut butter. Add water to the mixture to reduce stickiness when rolling into balls.



Salt & vinegar kale chips

Do you love salt and vinegar chips? Enjoy this healthy snack as a great substitute that is sure to handle the mid-afternoon craving.



Serves 2 | Prep time: 5 minutes | Cooking time: 25 minutes

Ingredients

- ▶ 1 large bunch of kale –washed and dried
- ▶ 3 tbsp apple cider vinegar
- ▶ 6 tbsp olive oil
- ▶ 1 tsp salt

Method

- ▶ Preheat oven to 120°C.
- ▶ Line a large baking tray with baking paper. Set aside.

- ▶ Remove and discard the hard rib from the centre of each leaf.
- ▶ Chop the leaves into small bite size pieces.
- ▶ In a bowl place the kale, apple cider vinegar, olive oil and salt.
- ▶ With clean hands, mix the kale for 1-2 minutes until leaves become soft and darkened.
- ▶ Spread the kale out in a single layer on the prepared baking tray.
- ▶ Bake for 25 minutes or until leaves are crisp.
- ▶ Cool completely before serving.



Snacks

3 Ingredient chia pudding

Perfect for a simple breakfast, or an afternoon snack that won't fill you with sugar. You can prepare your chia pudding in advance and it will store in a jar or plastic container for up to a week in the fridge.

Serves 1 | Prep time: 5 minutes

Ingredients

- ▶ 2 tbsp chia seeds
- ▶ ½ cup almond milk or milk of choice
- ▶ 1 tsp honey or other sweetener, optional
- ▶ Add any fruit or nuts for toppings (recommend blueberries with slithered almonds)

Method

- ▶ Pour ingredients into a jar and mix well. Let settle for 2-3 minutes then mix again very well until you see no clumping.
- ▶ Cover the jar and store in fridge overnight or for at least 2 hours.
- ▶ When you're ready to eat it, top with your favourite fruit and enjoy cold!



Blueberry muffins

You can double your batch and enjoy these muffins for morning tea every day at work with a cup of coffee or tea!

Makes 6 muffins | Prep time: 10 minutes | Cooking Time: 15 minutes



Ingredients

- ▶ 1 ½ cups self-raising flour (sifted)
- ▶ ½ cup brown sugar
- ▶ ¾ cup fresh blueberries
- ▶ 1 egg lightly beaten
- ▶ ¾ cup milk
- ▶ 90g butter, melted

Method

- ▶ Mix flour, sugar and blueberries in a bowl. In a separate bowl, lightly whisk egg, milk and butter together.
- ▶ Pour the liquid ingredients into the flour and stir with a spoon until ingredients are just combined, do not over mix.
- ▶ Spray muffin pans with cooking spray and fill pans level to the top with the muffin mixture.
- ▶ Bake at 200 C for 15 minutes until muffins spring back when lightly touched.
- ▶ Allow to cool for 5 minutes on a wire rack. Enjoy!



Snacks



Delicious dips

When you need a quick and easy snack, try one of these dip recipes. Whether they're hot or cold these dips come together in under 15 minutes! Pair with fresh cut veggies, crackers or bread for a simple and delicious snack. You can also use dips in wraps and sandwiches packing extra flavour into your weekly lunches. Store in an airtight container in the fridge to stay organised.

Tzatziki dip

Tzatziki is a good-for-you and refreshing cucumber and yogurt dip. Delicious on its own or in pitas with grilled meats.

Makes 2 cups | Prep time: 10 minutes

Ingredients

- ▶ 1 ½ cups Greek yoghurt
- ▶ 1 cup cucumber, coarsely grated and squeezed as dry as possible
- ▶ 2 small garlic cloves (minced)
- ▶ 2 tbsp extra virgin olive oil
- ▶ Salt and pepper to taste

Method

- ▶ Combine all ingredients in a medium bowl and mix until well combined.
- ▶ Taste and adjust seasoning if necessary, that's all there is to it!



Cannellini bean dip

Creamy and rich in flavour, this dip is a must for your weekly meal prep.

Makes 2 cups | Prep time: 10 minutes

Ingredients

- ▶ 400g cannellini beans
- ▶ 1 small garlic clove
- ▶ 2 tbsp extra virgin olive oil
- ▶ Salt and pepper to taste

Method

- ▶ Drain beans in a colander and rinse, drain well.
- ▶ Place beans, garlic and olive oil into a small food processor.
- ▶ Add salt and ground pepper to taste.
- ▶ Check that the paste is the consistency you require, add more oil if necessary.

Tip: You can pimp your dip by adding your favourite fresh herbs, finely cut rosemary makes a delicious addition



Snacks

Whipped feta dip

Creamy whipped feta is a delicious dip you can make super-fast. All you need is a few simple ingredients and you have this tasty snack ready to go.

Makes 2 cups | Prep time: 7 minutes

Ingredients

- ▶ 180g feta cheese
- ▶ 80g cream cheese
- ▶ 3 tbsp extra virgin olive oil
- ▶ 2 tsp lemon zest

Method

- ▶ Place feta, cream cheese, olive oil and lemon zest into a food processor. Blend together until smooth and creamy.
- ▶ Keep tasting to check seasoning.

Tip: Top the whipped feta with extra virgin olive, chilli flakes and some lemon zest for extra flavour.



Creamy avocado dip

Avocados are packed full of nutrients, combining them with plain Greek yogurt adds protein and probiotics as well as making this dip super creamy and delicious!

Makes 2 cups | Prep time: 5 minutes

Ingredients

- ▶ 2 ripe avocados
- ▶ ½ cup plain Greek yogurt
- ▶ 2 cloves garlic, minced
- ▶ Juice of 1 lime
- ▶ Salt and pepper to taste

Method

- ▶ In a medium bowl, mash avocados with a fork.
- ▶ Stir in yogurt, garlic and lime juice.
- ▶ Season generously with salt and pepper.



Lunches

Portuguese chicken with rice and vegetables

Healthy, fresh and tasty Portuguese chicken in no time.

Makes 4 lunches | Cooking Time 25 minutes



Ingredients

- ▶ 4 chicken breast fillets
- ▶ 2 garlic cloves, crushed
- ▶ 1 tbsp extra-virgin olive oil
- ▶ 2 tbsp fresh lemon juice
- ▶ 1 tbsp finely grated lemon rind
- ▶ 1 tsp finely grated fresh ginger
- ▶ ½ tsp dried chilli flakes
- ▶ 1 cup white long-grain rice
- ▶ 200g green round beans, trimmed, cut into 3cm pieces
- ▶ 1 cup frozen peas, thawed
- ▶ 8 cherry tomatoes
- ▶ 4 shallots, trimmed, thinly sliced

Method

- ▶ Use a sharp knife to cut 3-4 slashes diagonally in the top of each chicken fillet. Combine the garlic, oil, lemon juice, lemon rind, ginger, and chilli flakes in a shallow glass or ceramic dish. Add the chicken and toss to coat. Place in a covered container and set aside for 10 minutes to marinate.
- ▶ Meanwhile, cook the rice following packet directions. Cook the beans and peas in a saucepan of boiling water for 2 minutes or until tender. Drain. Transfer to a large bowl. Add the rice, tomato, shallot, extra lemon juice and extra oil. Toss to combine. Season with salt and pepper.
- ▶ Preheat a barbecue grill or chargrill on high. Cook chicken for 4 minutes each side or until lightly charred and cooked through.
- ▶ Place a single chicken breast in each container and portion out rice salad. Add 2 cherry tomatoes to each serve. Before reheating, remove the tomatoes and slice. Mix tomato into the rice once heated.



Easy beans

Try out this delicious low calorie, protein rich recipe. It's great with toast as a simple lunch or add it as a delicious side with roast chicken and salad for something more substantial. Double the batch and freeze leftovers.

Makes 2 lunches | Cooking Time: 15-20 minutes | Good to freeze

Ingredients

- ▶ 400g can cannellini beans (substitute with any bean you like)
- ▶ 400g can diced tomatoes
- ▶ 2 garlic cloves, finely diced
- ▶ 1 onion, finely chopped
- ▶ 300 ml tomato passata (puree or sauce)
- ▶ 1 tsp olive oil
- ▶ 1 tsp smoked paprika (use your favourite sweet, mild or hot)

Method

- ▶ Gently cook garlic and onions in a saucepan until translucent.
- ▶ Then add beans and tomato passata, and paprika for seasoning.
- ▶ Simmer for about 10-15mins until reduced and thickened.
- ▶ Serve hot on wholemeal, rye or multi-grain toast.



Lunches

Zucchini slice

An Aussie classic, zucchini slice is super delicious, quick and easy to make. Mix it up by adding different veggies to play with the flavour! Enjoy it as a perfect lunchbox snack, or served with a salad for a healthy main meal.



Prep time: 20 minutes | Cooking time: 30 minutes

Ingredients

- ▶ 2 tsp olive oil
- ▶ 1 brown onion, finely chopped
- ▶ 2 garlic cloves, crushed
- ▶ 2 carrots, coarsely grated
- ▶ 150g kale, chopped
- ▶ 8 eggs
- ▶ 85g low-fat ricotta cheese
- ▶ 3 zucchini, finely grated, moisture removed
- ▶ 2 tbsp parsley, chopped
- ▶ 150g/1 cup cooked quinoa
- ▶ 200g grape tomatoes, halved

Method

- ▶ Preheat oven to 180°C. Lightly spray a 20 x 30cm baking pan with oil and line the base with baking paper, allowing the 2 long sides to overhang. Cook quinoa and allow to cool.
- ▶ Heat the oil in a large non-stick frying pan over medium heat. Add the finely chopped onion and cook, stirring often, for 3-4 minutes or until softened. Add the crushed garlic cloves and grated carrots, and cook for 1 minute or until garlic is aromatic. Add the chopped kale and cook for 3 minutes or until wilted. Season and set aside for 5 minutes to cool slightly.
- ▶ Whisk the eggs and ricotta together in a large bowl. Add the cooled vegetables, zucchini, parsley, and cooked quinoa. Spoon the mixture into the prepared pan. Top with halved tomatoes (cut side up). Bake for 25-30 minutes or until golden, puffed and firm to the touch. Set aside for 10 minutes to cool before cutting into slices.
- ▶ Store in the fridge for up to three days in a sealed container.



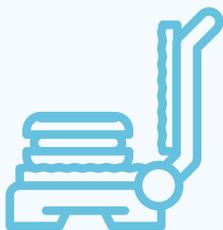
Toastie style chicken tortillas

Are you looking for a more satisfying lunch option? We've got you covered.

Serves 4 | Total time: 20 minutes

Ingredients

- ▶ 1 small BBQ chicken (remove skin and bones)
- ▶ 8 burrito tortillas
- ▶ 250g cottage cheese
- ▶ 1 red capsicum, finely chopped
- ▶ 1 green capsicum, finely chopped
- ▶ Coriander leaves, chopped (to taste)
- ▶ 310g can creamed corn



Method

- ▶ Remove skin and bones from BBQ chicken, and shred meat.
- ▶ Prep all ingredients, including chopping capsicums and coriander leaves.
- ▶ Place four burrito tortillas on to a chopping board, cover each of the tortillas with a small portion of cottage cheese, shredded chicken, chopped capsicum and coriander, trying to divide ingredients evenly between four tortillas.
- ▶ Spread creamed corn on to the remaining four tortillas, and place corn-side down onto the chicken mixture tortilla.
- ▶ Pre-heat sandwich press, using oil or baking paper as required, and place tortillas (one per serve), onto sandwich press. Cook for 3 to 4 minutes, or until crispy.
- ▶ Serve with salsa.



Tip: Serve with a variety of steamed vegetables for a healthy and quick dinner option.



Lunches

Homemade sausage rolls

Sausage rolls are a popular lunch and party treat, but the usual ones from the servo or bakery can be full of fat and preservatives. Make this batch on the weekend and freeze ready for lunches or your next gathering

Serves 20 | Total time: 50 minutes | Good to freeze

Ingredients

Filling

- ▶ ½ tbsp olive oil
- ▶ 2 cloves garlic, minced
- ▶ 1 small brown onion, finely chopped
- ▶ 1 celery stalk, finely chopped
- ▶ 150g bacon, finely diced
- ▶ 1 tsp fennel seeds, toasted (optional)
- ▶ 500g pork mince (ground pork)
- ▶ ¾ cup / 40g panko breadcrumbs
- ▶ 1 egg
- ▶ Salt and pepper (optional)

Pastry

- ▶ 2 or 3 sheets of puff pastry
- ▶ 1 egg, lightly whisked



Method

- ▶ Heat oil in a non-stick fry pan over medium high heat. Sauté garlic, onion and celery for 2 minutes, then add bacon. Cook for a further 2 minutes, then transfer to bowl and allow to cool for 10 minutes.
- ▶ Add remaining filling ingredients into the bowl. Use your hands to mix well.
- ▶ Lay out a sheet of pastry, long edge closest to you. Brush egg along one long edge.
- ▶ Get a third of the filling and shape into a long log shape down the middle of the pastry. Ensure the meat is tight and compact.
- ▶ Brush edge of pastry with egg. Roll up, sealing on the edge with egg wash on it.
- ▶ Repeat with other sheets of pastry.
- ▶ Preheat oven to 180°C.
- ▶ Cut each log into four equal lengths. Brush with egg. If freezing, wrap each roll in baking paper and then place into a freezer container or glad wrap individual portions. To reheat, remove from the freezer and straight into an oven preheated to 180C for 45 minutes or until golden.
- ▶ To eat straight away: place on baking trays lined with baking paper. Bake for 30 - 35 minutes in total, or until the pastry is deep golden brown.
- ▶ Cool slightly on trays. Serve hot or warm with tomato sauce!



Grain-free spinach & quinoa patties

Try this delicious vegan and gluten free recipe to enjoy for lunch or a healthy snack. You can meal prep these patties and store in an airtight container for up to five days in the fridge. You can even freeze patties before or after cooking them!

Makes 20 patties | Total time: 20 minutes | Good to freeze

Ingredients

- ▶ 3 cups quinoa, cooked
- ▶ 3 eggs (substitute it with two tbsp of rice flour)
- ▶ 1 tsp onion powder
- ▶ 1 tsp garlic powder
- ▶ 1/2 to 1 tsp salt
- ▶ 2 tbsp ground flax seed
- ▶ 1 cup baby spinach, chopped
- ▶ 1 medium sweet potato, cooked and cooled
- ▶ 2 to 3 tbsp avocado or olive oil

Method

- ▶ In a medium-sized bowl mix all ingredients well.
- ▶ Let the mixture sit for 5-10 minutes before cooking.
- ▶ Heat a frying pan with 1-2tbsp of oil on low flame.
- ▶ Divide the mixture into small balls and press gently to form a patty. Alternatively, you can create your own shapes to make your plate look fun.
- ▶ Cook for 3 minutes on each side or until golden brown.
- ▶ Don't crowd the pan, cook in batches for crispier and yummiier results.



Tip: Quick dinner hack - pair with your favourite dipping sauce and a garden salad



Lunches

Stuffed sweet potatoes with chipotle & lime yoghurt

Warm yourself up with this amazing low calorie recipe, perfect for those cold winter days at work!

Serves 4 | Total time: 50 minutes

Ingredients

- ▶ 4 small to medium sweet potatoes
- ▶ 2 tbsp olive oil
- ▶ Freshly ground black pepper
- ▶ 1 cup plain Greek yogurt
- ▶ ½ tsp dried chipotle chili powder
- ▶ 1 tbsp fresh lime juice
- ▶ 1 cup cooked black beans (drained and rinsed, if canned)
- ▶ 1 avocado, cubed
- ▶ 2 tbsp chopped coriander
- ▶ 2 tsp chopped fresh chives

Method

- ▶ Preheat the oven to 200 C and line a baking tray with a sheet of aluminium foil.
- ▶ Place the sweet potatoes on the tray and bake until fork-tender (40 to 45 minutes).
- ▶ Remove from the oven. Slice the potatoes lengthwise into two halves. Fluff the flesh with a fork when still hot.
- ▶ Drizzle a tbsp of olive oil and a pinch of salt and pepper into each potato and mix well.
- ▶ For your yogurt dressing, add chili powder and lime juice to yoghurt and stir.
- ▶ To serve, add 2-3 tablespoons of black beans, one tbsp of the cubed avocado, fresh coriander and chives on top of each sweet potato.
- ▶ Drizzle some chipotle-lime yogurt and freshly ground black pepper to enjoy.



Egg stuffed roasted mushrooms

A low carb and protein rich breakfast, lunch or even snack!
Great for a busy day at work or when you're on the move.

Serves 1 | Total time: 20 minutes

Ingredients

- ▶ 2 large portobello or field mushrooms, stalks removed
- ▶ 2 garlic cloves, minced
- ▶ 4 fresh thyme sprigs or dried
- ▶ 2 eggs
- ▶ 2 cherry tomatoes
- ▶ Handful of baby rocket
- ▶ 2 slices of rye bread, toasted

Method

- ▶ Preheat the oven to 200 C and line a baking tray with a sheet of baking paper.
- ▶ Sprinkle a little bit of the crushed garlic over each mushroom and place them on the baking tray.
- ▶ Top the mushrooms with thyme and pepper. Lightly spray with olive oil and bake for 10 minutes.
- ▶ Crack an egg into each mushroom and place the halved cherry tomatoes next to the mushrooms. Bake for another 10 minutes or until egg whites are set.
- ▶ Serve mushrooms and tomatoes with fresh rocket leaves and a slice of toast.



Lunches

Roasted eggplant with spiced yoghurt dressing

This simple dish makes a delightful light meal which can be prepared in advance for a healthy vegetarian lunch at work.

Serves 2 | Total time: 50 minutes

Ingredients

- ▶ 3 eggplants, sliced into 2cm thick rounds
- ▶ ¼ cup natural Greek yoghurt
- ▶ ½ tsp curry powder
- ▶ ¼ tsp turmeric
- ▶ Handful of coriander leaves
- ▶ ½ lemon, juiced

Method

- ▶ Preheat the oven to 220 C. Lay eggplant out in a large roasting tray. Aim to have as much of the eggplant touching the tray base as possible. This will ensure a golden roast.
- ▶ Place tray of eggplant in oven for 40 minutes or until golden.
- ▶ Mix yoghurt, turmeric, curry powder and lemon juice to make dressing. Season to taste and add a little water if you want it to be runnier.
- ▶ Remove eggplant from the oven and dress with spiced yoghurt dressing.



Tip: Stores in fridge well for three days, reheat your portion in the microwave.



You can substitute for your favourite vegetable and follow the same method!



Fig and mozzarella salad

A refreshing lunch salad recipe to liven up your mood and taste buds!

Pair with your favourite grain such as quinoa or brown rice for a more substantial meal

Serves 4 | Total time: 20 minutes

Ingredients

Salad

- ▶ 200g fine green beans, trimmed
- ▶ 6 small figs, cut into quarters
- ▶ 1 shallot, thinly sliced
- ▶ 1 ball of mozzarella, drained and ripped into chunks
- ▶ 50g hazelnuts, toasted and chopped
- ▶ Handful of basil leaves
- ▶ 1 cup mixed salad leaves

Dressing

- ▶ 3 tbsp balsamic vinegar
- ▶ 1 tbsp fig jam or relish
- ▶ 3 tbsp extra virgin olive oil

Method

- ▶ Fill a large saucepan with water and let it boil. Also add a pinch of salt to the water.
- ▶ Add the beans to the water and blanch for about 3 minutes.
- ▶ Rinse them in cold water and then dry on a kitchen paper towel.
- ▶ Arrange the beans on a platter and then top it with salad leaves, figs, shallots, mozzarella, hazelnuts and basil.
- ▶ For the dressing, take a small bowl or jar with a fitted lid. Add vinegar, fig jam, olive oil and some seasoning to it.
- ▶ Shake well and pour over salad just before serving.



Lunches

Simple chicken savoury pancakes

This easy recipe is great for a quick lunch or dinner. Double your batch and save leftovers, or freeze for a quick and tasty meal when you can't be bothered cooking. Reheat in a sandwich press to keep the outside crisp.

Serves 4 | Total time: 35 minutes | Good to freeze

Ingredients

- ▶ 1 red capsicum, halved and deseeded
- ▶ 1 tsp sesame oil
- ▶ 250g chicken breast mince
- ▶ 125g green beans, thinly sliced
- ▶ 2 garlic cloves, minced
- ▶ ½ cup wholemeal plain flour
- ▶ 4 eggs
- ▶ 2 tbsp chilled water
- ▶ 200g pre-packed fine cut coleslaw
- ▶ 1 ½ tbsp oyster sauce

Method

- ▶ Finely chop 1 capsicum half. Thinly slice the remaining half. Transfer to separate bowls.
- ▶ Heat the oil in a large non-stick frying pan over high heat. Add the chicken and cook, using a wooden spoon to break up any lumps, for 5 minutes or until browned.
- ▶ Add the beans, garlic and finely chopped capsicum half. Cook, stirring, for 3 minutes or until softened. Set aside for 5 minutes to cool slightly.
- ▶ Place the flour, eggs and water in a large bowl. Whisk until smooth and well combined.
- ▶ Add the coleslaw and chicken mixture to the flour mixture. Stir to combine.
- ▶ Wipe the pan clean and spray with oil while heating over medium-high heat.
- ▶ In batches, add ½ cupfuls of the mixture to the pan. Use the back of a spoon to spread into 1cm-thick discs. Repeat to make 8 pancakes in total.
- ▶ Drizzle the oyster sauce over the pancakes. Serve with sliced capsicum and your choice of salad on the side.



Easy fish curry

Fish curries are a delicious mid-week meal that are always full of goodness and flavour. Hearty without being heavy, this dish can be brought together in as little as 30 minutes. Great meal prepping lunches for the week.

Serves 4 | Total time: 30 minutes | Good to freeze

Ingredients

- ▶ 1 tbsp peanut oil
- ▶ 1 brown onion, finely chopped
- ▶ 1 carrot, thinly sliced
- ▶ 1 zucchini, thinly sliced
- ▶ 400g butternut pumpkin, cut into 2cm pieces
- ▶ 2 tbsp yellow curry paste
- ▶ 400ml tin coconut milk
- ▶ 700g firm white fish fillets, cut into 3cm pieces
- ▶ 500g rice (brown preferred)
- ▶ ½ cup coriander
- ▶ 1tbsp fried shallots or sliced spring onion (garnish)

Method

- ▶ Heat the peanut oil in a large wok over medium heat. Add the onion, carrot, zucchini and pumpkin and stir-fry for 5 mins or until onion softens.
- ▶ Add the curry paste and cook, stirring for 1 min or until fragrant and vegetables are coated in paste. Stir in the coconut milk and bring to the boil. Reduce heat to medium-low and simmer (covered), for 10 mins or until pumpkin is tender.
- ▶ Add the fish and stir gently to combine. Simmer (uncovered), for 5 mins or until fish is cooked through. Season with salt and pepper.
- ▶ Meanwhile, cook the rice as per packet instructions.
- ▶ Sprinkle curry with coriander and fried shallots.
- ▶ Serve with the rice. ENJOY!



Lunches

Easy soups

These soups are easy to prepare, freeze well and are delicious for lunch or dinner. They're also a great way to up your daily vegetable intake.



Pumpkin soup

When the weather is cold, it's easy to turn to unhealthy comfort food. Instead, why not keep cosy with this delicious, classic pumpkin soup.

Serves 4 | Time: 15 minutes | Good to freeze

Ingredients

- ▶ 1kg pumpkin or butternut squash
- ▶ 1 brown onion, sliced
- ▶ 2 garlic cloves, peeled
- ▶ 3 cups vegetable or chicken stock
- ▶ 1 cup water
- ▶ Salt and pepper
- ▶ Greek natural yoghurt (optional)

Method

- ▶ Peel and deseed pumpkin, then cut pumpkin into 3cm chunks.
- ▶ Place pumpkin, sliced onion, garlic, stock and water in a large pot.
- ▶ Bring to the boil, then reduce the heat and simmer until pumpkin is tender (approx. 10 minutes).
- ▶ Remove from the heat and use stick blender to blend until smooth.
- ▶ Season to taste and divide between containers. Add a dollop of natural yoghurt when served for added flavour.



Chicken vegetable soup

Chock full of vegetables, this hearty chicken and veggie soup is the perfect way to get your five-a-day all at once!

Serves 4 | Time: 30-40 minutes | Good to freeze

Ingredients

- ▶ 2 carrots, diced into 1 cm cubes
- ▶ 2 sticks of celery, diced
- ▶ 1 zucchini diced into 1cm cubes
- ▶ 1 brown onion, diced
- ▶ 2 chicken breasts
- ▶ Bunch of herbs – fresh tarragon, coriander or parsley (as you prefer)
- ▶ 1 bunch of greens such as spinach or kale, sliced to strips
- ▶ 2 garlic cloves, peeled
- ▶ 2 tsp ground turmeric
- ▶ 3 cups vegetable or chicken stock
- ▶ 1 cup water
- ▶ 1 tbsp olive oil
- ▶ Salt and pepper

Method

- ▶ Heat oil in soup pot on stove, once hot add onion and garlic. Turn down heat and cook until translucent.
- ▶ Herbs (if using) – pick off a few leaves of tarragon and reserve to serve, tie wood steams together and add to the pot. If using parsley or coriander, reserve leaves and finely dice stalks and add to onion and garlic mix.
- ▶ Add turmeric and stir for 1 minute until fragrant.
- ▶ Add diced vegetables and allow to cook for 5 minutes.
- ▶ Add stock and water and bring to the boil, once at a boil add chicken and allow to boil for another 5 minutes, then reduce heat.
- ▶ When vegetables are tender, the chicken should be cooked. Remove chicken and tear apart or chop into smaller pieces as desired. Once separated return chicken to pot. Add spinach/kale if using and stir until wilted.
- ▶ Add reserved herb leaves to the soup and turn off heat.
- ▶ Divide between lunch containers and freeze.



Lunches

Cream of vegetable and bacon soup

A comforting winter soup that packs a punch of flavour and is perfect for cleaning out the fridge. Once you're comfortable with the recipe, get experimenting and substitute your favourite vegetables. Old school favourites like parsnip, swede and turnip are great to add an earthy twist.



Serves 6 | Time: 30 - 40 minutes | Good to freeze

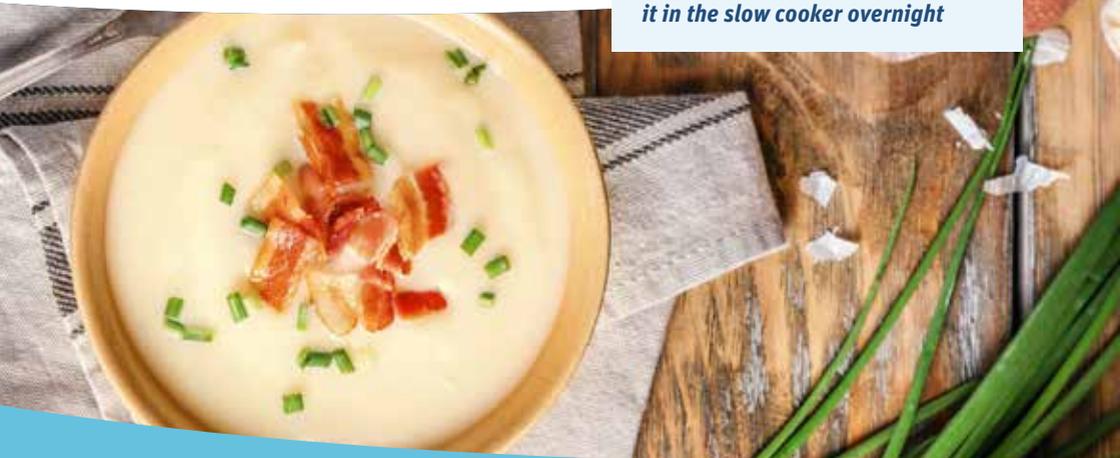
Ingredients

- ▶ 4 potatoes, washed and skin on. Diced into 2-3 cm cubes
- ▶ 4 sticks of celery, cut into 3 cm sticks
- ▶ 1 zucchini diced into 2-3 cm cubes
- ▶ 2 carrots skin on, 2-3 cm sticks
- ▶ 1 brown onion chopped
- ▶ 4 rashers of bacon, sliced
- ▶ 2 cups frozen peas
- ▶ 2 garlic cloves, peeled
- ▶ 3 cups vegetable or chicken stock
- ▶ ½ cup milk (optional)
- ▶ 1 cup water
- ▶ 1 tbsp olive oil
- ▶ Salt and pepper to taste

Method

- ▶ Heat oil in soup pot on stove, once hot add onion and bacon. Turn down heat and cook until onion is translucent and bacon is cooked.
- ▶ Add carrot, celery, and zucchini. Cook for 5 minutes
- ▶ Add potatoes, stock and water.
- ▶ Bring to a boil, then simmer for 20 minutes or until potatoes are soft.
- ▶ Add peas and stir. Cook for 3 minutes.
- ▶ Once peas are cooked, reduce heat and stir through milk (if using).
- ▶ Use a stick blender to blend until smooth. Serve

Tip: If you're short on time pop it in the slow cooker overnight



Quick winter carrot soup

Need a quick winter warmer? Get this soup on your table in half an hour!

Serves 4 | Total time: 20 minutes | Good to freeze

Ingredients

- ▶ 2 tbsp olive oil
- ▶ 2 x 300g packets of shredded carrot (or fresh grated carrot if you have the time)
- ▶ 1 large onion, chopped
- ▶ 2 tsp ginger paste
- ▶ 2 tsp ground cumin
- ▶ 1 orange, rind finely grated and juiced
- ▶ 1 garlic cloves, crushed
- ▶ 1L liquid vegetable stock
- ▶ 1 cup of water

To serve:

- ▶ Top with chives, yoghurt and serve with crusty bread

Method

- ▶ Heat 2 tablespoons of olive oil in a large saucepan over medium heat. Add the carrot and onion and cook, stirring, for 3-4 minutes or until softened. Stir in the ginger, cumin, orange rind, and the garlic.
- ▶ Add the orange juice, vegetable stock and 1 cup (250ml) water. Stir to combine. Bring to the boil. Reduce heat to medium-low. Simmer for 15-20 minutes, until the carrot is soft.
- ▶ Remove soup from heat. Cool slightly. Use a stick mixer to blend until smooth. Return to heat to warm through. Season.
- ▶ Divide soup among serving bowls. Top with yoghurt and sprinkle with chives and serve with the crusty bread.



Lunches

Salads

These delicious salad recipes are perfect for lunches, each one can double as a main or side dish for dinner! Just add your protein of choice and that's dinner done.

To make things easy, these salads can be prepped in a jar, or a tall sealable container, and stays fresh and crisp for days. Get organised and make a collection of salads on the weekend and set yourself up for delicious, healthy work lunches. The trick is in the layering, wet ingredients are on the bottom and delicate leaves and herbs at the very top.

The jar salad method

This method of layering can be applied to any salad:

Once you've mastered these salads and the technique, get creative with your ingredients. It's good to remember that adding vegetables and vinegar at the bottom of the jar will provide a quick pickle and an extra flavour punch to your meal.



Ingredients

- ▶ Layer 1: Important! Add your dressing into the jar first.
- ▶ Layer 2: It's time to add something more substantial! Rice, pasta, quinoa or couscous.
- ▶ Layer 3: Add crisp ingredients such as tomatoes, cucumbers, red onion, celery and carrots into the jar. This layer is important to "protect" the other ingredients from getting soggy.
- ▶ Layer 4: This level is for the ingredients that shouldn't swim in dressing, but it's also not a drama if they do get wet. Some ideas would be: mushrooms, beans, lentils, peas, corn and so on.
- ▶ Layer 5: More delicate ingredients such as hard boiled eggs and cheese can be added into the jar.
- ▶ Layer 6: The last level is for leafy greens, seeds or nuts which are less palatable when soggy.



Tuna nicoise salad

Serves 4 | Total time: 20 minutes

Ingredients

Salad

- ▶ 8 baby chat potatoes, steamed and sliced
- ▶ 1 cup of trimmed green beans
- ▶ 2 tomatoes (cut in to 8ths)
- ▶ 1 baby cos lettuce (or lettuce of your choice)
- ▶ ¾ cup pitted black olives
- ▶ 250g canned tuna, broken up with fork

- ▶ 4 hard-boiled egg

Dressing

- ▶ 1 ½ tbsp. lemon juice
- ▶ 4 tbsp olive oil
- ▶ 1 small garlic clove grated
- ▶ 1 tsp Dijon mustard
- ▶ Ground black pepper

Method

- ▶ Combine all dressing ingredients in a jar and shake to combine.
- ▶ Cook potatoes until tender (approx. 6 minutes in a microwave) allow to cool completely.
- ▶ If desired blanch beans, they are equally delicious raw if you want to skip this step.

Assemble

- ▶ Arrange the cos leaves on a large, wide plate.
- ▶ Scatter and layer the remaining ingredients around the plate. Finishing with the eggs, olives and chunks of tuna.
- ▶ Drizzle salad dressing over and serve!



Lunches

Mediterranean chicken salad

Serves 4 | Total time: 25 minutes

Ingredients

Salad

- ▶ 4 cups lettuce
- ▶ 1 cucumber, diced
- ▶ 2 tomatoes, diced
- ▶ 1 red onion, sliced
- ▶ 1 avocado, sliced
- ▶ 1/3 cup pitted olives
- ▶ Roast chicken, shredded (see tips)

Dressing

- ▶ 2 tbsp extra virgin olive oil
- ▶ Juice of 1 lemon
- ▶ 2 tbsp red wine vinegar
- ▶ Salt and pepper to taste
- ▶ 2 tsp dried oregano
- ▶ 2 tsp dried basil
- ▶ 1 garlic clove, minced

Method

- ▶ Combine all dressing ingredients in a bowl and mix well.
- ▶ If roasting chicken at home, save half the dressing and use as a marinade for chicken prior to cooking.

Assemble

- ▶ Arrange the lettuce on a large, wide plate and add the rest of the salad ingredients.
- ▶ Once chicken is ready, shred and arrange over salad.
- ▶ Drizzle remaining untouched salad dressing.



Tip: Using a store bought roast chicken can save you so much time in the kitchen!



Protein egg and quinoa salad

A protein-packed meatless salad, perfect for on the go lunches at work. You can always add a can of tuna or shredded chicken for extra protein!

Serves 2 | Total time: 25 minutes

Ingredients

Salad

- ▶ ½ cup cooked quinoa
- ▶ ½ cup cherry tomatoes, halved
- ▶ ½ avocado diced
- ▶ 2 cups baby rocket
- ▶ 2 hard-boiled eggs

Dressing

- ▶ Juice of 1 lemon
- ▶ 4 tsp extra virgin olive oil
- ▶ Salt and pepper to taste

Method

- ▶ Combine all dressing ingredients in a bowl and mix well.
- ▶ Spread cooked quinoa onto a large, wide plate.
- ▶ Layer remaining ingredients, finishing with baby rocket and hard boiled eggs.



Lunches

Pasta salad

This pasta salad is bursting with colour and flavour!
Make it in batches so you're prepared for your upcoming week at work.

Serves 2 | Total time: 25 minutes

Ingredients

- ▶ 4 tbsp red onion, finely chopped
- ▶ 4 tbsp balsamic vinegar
- ▶ 4 tbsp grape seed oil
- ▶ Salt and pepper to taste
- ▶ ½ cup canned chickpeas, rinsed
- ▶ 1 cup cherry tomatoes, halved
- ▶ ¼ cup Kalamata olives, halved
- ▶ 1 ½ cups cooked spiral pasta
- ▶ 1 ½ cups baby rocket, roughly chopped
- ▶ ¼ cup crumbled feta cheese

Method

- ▶ Combine chopped onion, grape seed oil and balsamic vinegar in a salad bowl.
- ▶ Season with salt and pepper to taste.
- ▶ Stir in the chickpeas and make sure they are covered in the dressing.
- ▶ Layer the tomatoes, Kalamata olives, pasta, baby rocket and feta cheese.
- ▶ Mix everything together to ensure an even coat.



Hot smoked salmon salad

Salmon is always a treat, plus it's high in omega-3 fatty acids which can support a healthy heart and brain. It's also bursting in potassium and other nutrients like iron and vitamin D. Adding fresh herbs, capers and cornichons packs this delicious salad with plenty of flavour.

Serves 2 | Total time: 15 minutes

Ingredients

Salad

- ▶ 3 baby chat potatoes
- ▶ 150 gm hot smoked salmon
- ▶ 8 cornichons, sliced (optional)
- ▶ 1 tsp capers, diced (optional)
- ▶ Generous bunch of dill, roughly chopped
- ▶ ½ red onion finely sliced
- ▶ 150 gm green beans or snow peas, chopped into 1.5 cm lengths
- ▶ 2 small Lebanese cucumbers, halved and sliced
- ▶ 4 cups mixed lettuce leaves

Dressing

- ▶ 3 tbsp cider or white wine vinegar
- ▶ 1 tbsp olive oil
- ▶ 1 tbsp seeded mustard
- ▶ 1 tsp honey (optional)
- ▶ Salt and pepper to taste

Method

- ▶ Prick potatoes and place in the microwave on high for 4 minutes. Test to make sure they are soft in the middle, if not return to microwave and cook until steamed through. Cut into cubes.
- ▶ Combine all dressing ingredients in a jar and shake.
- ▶ Add red onion, cornichons and capers to dressing jar. Note, by sitting in the dressing the onion will pickle and the sharpness will soften. At this point you can also add chopped dill stems, the vinegar will soften the stems and the dressing will be infused with dill.
- ▶ Add the potatoes. If the potatoes are still hot wait until they are cool before adding the remaining ingredients.
- ▶ In this order add lettuce, beans or peas, cucumber, flaked salmon and top with dill.



Lunches

Sandwiches

Another day, another sandwich for lunch. We love a good sandwich but you deserve better than the same old boring cuts. These delicious sandwiches will get you excited about your midday meal and keep you satisfied until dinner!

Always opt for less processed breads such as multigrain, wholemeal, rye and sourdough.

Say NO! to soggy sandwiches:

- ▶ Don't be shy with spreads and condiments, a layer of mayo, mustard, pesto or hummus keeps your bread intact and soggy at bay.
- ▶ Adding a thin layer of butter to the bread helps keep bread fresh.
- ▶ Instead of using sliced bread, go for a crusty bread, like a roll or baguette. Even a wrap!
- ▶ Create barriers for wet ingredients, especially sliced tomato. For example make sure a wet ingredient sits between two dry such as lettuce leaves and sliced meat.
- ▶ Slightly toasting the bread provides some extra crunch and helps to prevent bread from going soggy.
- ▶ Avoid sandwich wrapping that traps moisture and makes food sweat.



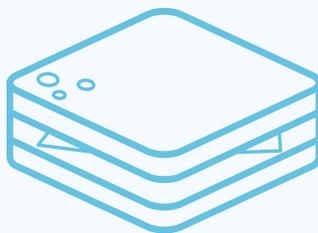
'The Conti' - classic Italian sub

Ingredients

- ▶ 1 large Italian sub roll
- ▶ Pesto
- ▶ Cheese
- ▶ Ham
- ▶ Mortadella
- ▶ Hot salami
- ▶ Sliced tomato
- ▶ Handful of rocket/salad leaves
- ▶ Coarsely chopped peppers/capsicum
- ▶ Salt and pepper to taste

Method

- ▶ Use a serrated knife to cut roll in half, length ways.
- ▶ Spread pesto on inside of the bread.
- ▶ Next, in the following order, add the cheese, cold meats, tomatoes, rocket and peppers.
- ▶ Season with salt and pepper to taste.
- ▶ Wrap tightly in baking paper until ready to eat.



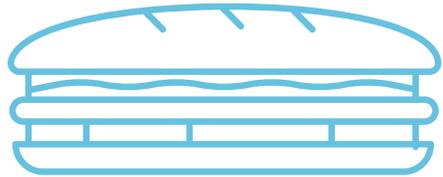
Roast beef roll

Ingredients

- ▶ Sliced roast beef
- ▶ Baby rocket
- ▶ Cheese
- ▶ Sandwich pickles (or horseradish)
- ▶ Mayonnaise
- ▶ Roll/bread of choice

Method

- ▶ Slice roll in half.
- ▶ Spread mayonnaise on one half.
- ▶ Layer cheese, pickles and beef – in that order.
- ▶ Finishing with a handful of rocket.
- ▶ Wrap in glad wrap and enjoy later!



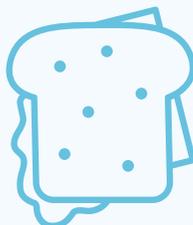
Ham and creamy egg

Ingredients

- ▶ Sliced ham
- ▶ 1 hard-boiled egg (sliced)
- ▶ mayonnaise
- ▶ Tomato (sliced)
- ▶ Cucumber (sliced)
- ▶ Lettuce
- ▶ Rye sliced bread (or bread of choice)

Method

- ▶ Spread mayonnaise on bread.
- ▶ Assemble in the following order: egg, ham, tomato, cucumber and lettuce.
- ▶ Enjoy!



Chicken and avocado

Ingredients

- ▶ Chicken (see tips)
- ▶ Sliced cheese
- ▶ Avocado (sliced)
- ▶ Rocket
- ▶ Mayonnaise
- ▶ Bread roll or bread of choice

Method

- ▶ Slice bread in half.
- ▶ Spread mayonnaise onto bread.
- ▶ Assemble ingredients in the following order: rocket, chicken, avocado, cheese.
- ▶ Wrap tightly and enjoy at lunch time.

Tip: You can use shredded leftovers or store bought roast chicken. Otherwise sliced chicken from the deli is also delicious.





Disclaimer: The information contained in this publication provides general nutrition information and does not take into account your individual objectives, situation or needs and may not suit your personal circumstances. For advice tailored to your specific health needs please consult with your GP or dietitian.

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