

Lunch Meal Planner

To say thank you for subscribing to my newsletter, I wanted to give you a fab lunch plan for free PLUS some tips on how to avoid that mid afternoon energy slump!

This plan includes some simple recipes that will leave you feeling full and energised and the recipes also make great inspiration for kids lunch boxes too!

VEGGIE & SWEET POTATO HUMMUS WRAP

MAKES 1 WRAP

INGREDIENTS:

WRAP:

2 TBSP OF PUMPKIN SEEDS

1 WHOLEMEAL WRAP (I LOVE CROSTA AND MOLLICA)

½ TSP OF CHILLI FLAKES

3 STEAMED TENDERSTEM BROCCOLI SPEARS

A HANDFUL OF SPINACH

¼ OF AVOCADO

SWEET POTATO HUMMUS:

1 STEAMED MEDIUM SWEET POTATO

2 TBSP OF TAHINI

1 CAN OF CHICKPEAS

½ LEMON JUICED

½ TSP OF SEA SALT

1 TSP OF CHILLI FLAKES

3 TBSP OF OLIVE OIL

HOW TO MAKE:

Blend the hummus ingredients until smooth.

Spread 3 tbsp of the hummus on the wrap and top with avocado, chilli flakes, broccoli, spinach and pumpkin seeds.

Wrap up and pop in your lunchbox and serve.

MEXICAN QUINOA BOWL

MAKES 1 BOWL

INGREDIENTS:

50G OF COOKED QUINOA

1 TSP OF OLIVE OIL

1 TSP OF CHILLI FLAKES

2 TBSP OF FROZEN SWEETCORN

4 HALVED CHERRY TOMATOES

¼ OF A LIME

2 TBSP OF CHOPPED CORIANDER 1 HANDFUL OF

TORTILLA CHIPS

¼ AVOCADO SLICED

HOW TO MAKE:

Warm the quinoa, sweet corn, olive oil, chilli flakes with a pinch of salt for 3 minutes.

Pop in your lunch box, next to the cherry tomatoes, top with avocado, top with coriander and pop in a small side of tortilla chips

TOP TIP:

If you love a good dunk you can always make a guacamole dip instead of sliced avocado!

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'Don't let yesterday take up too much of today'

GREEK STYLE SALAD IN A JAR

MAKES 1 SALAD

INGREDIENTS

2 TBSP OF CRUMBLED FETA
4 OLIVES SLICED
1/4 CUCUMBER CHOPPED
4 SLICED CHERRY TOMATOES
1/4 CAN, RINSED CHICKPEAS

OLIVE OIL DRESSING

2 TBSP OF OLIVE OIL
1 TBSP OF RED WINE VINEGAR
1 TSP OF DIJON MUSTARD
1 BIG PINCH OF SEA SALT

HOW TO MAKE:

Whisk the dressing together. Pour into the bottom of a large glass jar. Stack the olives, cucumber, feta, cherry tomatoes and chickpeas in the jar then pop the lid on. Keep in the fridge until lunch then shake your jar and serve on a bowl or eat out of the jar.

CARROT AND BUTTERNUT SQUASH SOUP

MAKES 1 PORTION

INGREDIENTS

1 BAG OF FROZEN BUTTERNUT SQUASH
3 CARROTS
2 TBSP OF COCONUT OIL
1 CRUSHED GARLIC CLOVE
1 ONION
500ML OF CHICKEN OR VEGGIE STOCK

TOPPINGS

CHIA SEEDS
SESAME SEEDS
BASIL LEAVES

HOW TO MAKE:

Peel and chop up the carrots into bite size chunks. Toss the carrot and butternut squash in 1 tbsp of melted coconut oil, the garlic and a grind of salt and pepper. Heat 1 tbsp of coconut oil in a large pan on a medium heat for 1 minute, add the chopped onions and sauté with a pinch of salt for 5 minutes. Throw in the squash and carrots and sauté for 3 minutes constantly stirring so that nothing burns. Add the stock to the pan and bring to a simmer for 30 minutes. Puree the contents of the pan with a hand blender and serve sesame seeds, chia seeds and fresh basil (optional.) Pour into a thermos to enjoy warm later on.

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'Nourish to Flourish'

RICE BENTO BOX

MAKES 1 BOX

INGREDIENTS

50G OF COOKED BROWN RICE

50G OF FROZEN PEAS, DEFROSTED

50G OF FROZEN SWEET CORN, DEFROSTED 50G
OF CASHEW NUTS

1 PINCH OF CHILLI FLAKES

MISO DRESSING

1 TBSP OF MISO PASTE

1 TBSP OF SESAME OIL

1 TSP OF GRATED GINGER 1 TSP OF TAMARI

HOW TO MAKE:

Mix the rice, peas, sweetcorn with the chilli flakes.

Pop in the bento box with a side of cashew nuts

Mix the dressing together and keep in a small container to add on right
at the end when you;'e ready to eat

SWEET POTATO HUMMUS AND HALLOUMI SANDWICH

MAKES 1 SANDWICH WITH LEFTOVER HUMMUS

INGREDIENTS

SWEET POTATO HUMMUS

1 STEAMED MEDIUM SWEET POTATO

2 TBSP OF TAHINI

1 CAN OF CHICKPEAS

1/2 LEMON JUICED

1/2 TSP OF SEA SALT

1 TSP OF CHILLI FLAKES

3 TBSP OF OLIVE OIL

THE REST

2 SLICES OF HALLOUMI

4 OLIVES

1 HANDFUL OF SPINACH

2 SLICES OF TOASTED RYE BREAD

HOW TO MAKE:

Blend the hummus ingredients until smooth.

Place a pan on a medium heat and dry fry the halloumi for a few
minutes each side.

Smother one piece of toast with the hummus, add the spinach, halloumi,
olives and pop the other piece of toast on top. Pop in your lunch box
and enjoy later on.

This hummus is so delicious with crudites, added on top of stews or to
spread on sandwiches and wraps. Plus it lasts 3-4 days in the fridge!

5 Tips For Avoiding The Afternoon Energy Slump!

- 1. START YOUR DAY RIGHT:** By starting your day with a protein rich meal you will fill your body with what it needs and prevent it from craving afternoon sugar!
- 2. DRINK MORE WATER:** It's easy to mistake hunger for thirst, so before you reach for a snack grab and drink a glass of water and wait 5 minutes to see if your craving passes.
- 3. EAT A PROTEIN AND FIBRE RICH LUNCH:** By eating recipes or similar recipes like the ones in this plan that are full of fibre and protein, you are less likely to crave sugary snacks.
- 4. BYO SNACK:** Have healthy protein and fibre rich snacks on hand - like an apple with almond butter, or hummus with ryvitta.
- 5. GET MORE SLEEP:** So often we snack when we're tired - so try and get to bed earlier to catch up some zzz's, you'll be amazed at the positive impact it has.

There is definitely nothing wrong with afternoon snacking so enjoy it when you do, but if you're organised and follow these hacks you can nibble on some nutritious goodies and hopefully avoid the dreaded afternoon slump!

Susie xx