

How to build a balanced lunch

Select one from each of the 4 sections to plan and prepare a balanced lunch meal.

Lean Protein

- 2 eggs
- 65g cooked beef, pork, lamb
- 80g cooked chicken or turkey
- 100g cooked fish (e.g. small can tuna)
- 40g or 2 slices cheese
- 30g or ¼ cup nuts/seeds



Low GI Carbohydrate

- 2 slices wholegrain bread
- 1 small wrap
- 6 wholegrain crispbreads
- 1 cup cooked rice, grains, pasta or noodles
- 1 cup lentils or legumes
- 1 cob or 1 cup corn kernel
- 1 cup sweet potato



Vegetables

- 2 cups raw or salad vegetables
- 1 cup cooked vegetables



Healthy Fats

- 1 tablespoon oil or oil-based dressing
- ¼ avocado
- 30g or ¼ cup nuts/seeds



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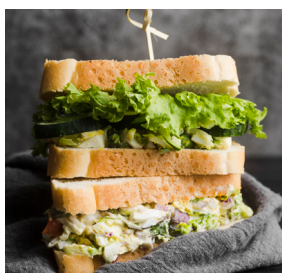
Healthy lunch ideas



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Cheese and salad sandwich



Tuna, rice and salad



Chicken salad wrap



Chicken, quinoa and salad bowl



Legume and vegetable soup



Salmon, rice and vegetables

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