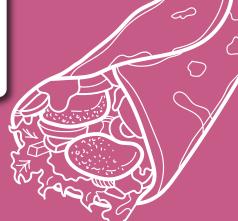
# LUNCH BOX BUILDER





Use our lunch builder to create a nutritious and filling mid-day meal to your taste and budget.

### **GET READY**

Planning is key to healthy lunch success - Pack your lunchbox the night before and put it in the fridge ready to pack up, when you're heading out the door.

### **START WITH GRAINS**

## Always choose wholemeal/grain varieties where possible!

Grains and starchy veg boost our energy levels and give us brain power.

- Wraps
- Bread (slice or roll)
- Sandwich thins
- Pita Pocket
- English muffin
- Rice

- Pasta
- Cous cous
- Rice noodles
- Quinoa
- Pearl barley

### + PROTEIN

Protein keeps you fuller for longer.

- Chicken
- Beef
- Lamb
- Mince
- Pork

- Prawns
- Canned tuna
- Salmon
- Cheese
- Tofu

## Choose lean meats and avoid processed meats.

- Baked beans (no added salt)
- Tempeh
- Falafel
- Cheese
- Legumes e.g., chick peas, edamame canned and flavoured varieties available.

### + VEGETABLES OR FRUIT

Add colour and nutrients with vegetables or fruit.

- Capsicum
- Mushrooms
- Brown/red onion
- Cauliflower
- Tomato
- Potato

- Pumpkin
- Zucchini
- Pineapple
- Mango
- Broccoli
- Sweet potato
- Spinach
- Rocket
- Avocado
- Carrot
- Beetroot
- Corn

- Pomegranate
- Peas
- Cabbage
- Lettuce
- Eggplant

### + TASTE & TEXTURE

### flavour

- Olives
- Spring onion
- Chilli
- Fresh herbs (parsley, mint, chives, basil, thyme, coriander, dill)
- Hummus

## Add flavour and crunch to your lunch using some of these ideas!

### crunch

- Nuts (walnuts, almonds, pistachios, peanuts)
- Seeds (pine nuts, sesame seeds, sunflower seeds, pepitas
- Toasted coconut

### + SNACKS

The goal of 'Smart Snacking' is to provide slow-release energy and key nutrients that are beneficial to health.

Additional 'Smart Snack' recipes can be found on the No Money No Time website.

- Zucchini and Vegetable Slice
- Sweet Potato Brownies
- Banana Pancakes
- Apricot Bliss Balls

- Spicy Tofu Sliders
- Rice Paper Rolls
- Mango and Banana Smoothie
- Vegetable Chips

### **BONUS: TIME AND MONEY SAVING TIPS**

- 1. Use the healthy, easy and budget-friendly lunch recipes from the <u>No Money No Time</u> Website (examples below):
- Quick Thai Chicken Burger
- Zucchini, haloumi and mint toastie
- Easy Tuna & Quinoa Salad

#### 2. Plan Ahead

- Cook extra food so you have leftovers for the next day's lunch, or portion out leftovers into microwave safe containers and pop in the fridge (or freezer).
- Prep salad by add green leafy salad mix, baby carrots and cherry tomatoes into containers or snap lock bags (the same can be done with sandwiches/ wraps).

### 3. The Freezer is your Friend

- Beat boredom by popping leftovers into the freezer in single serve portions for the next week, or as a backup when you have run out of time to prepare lunch.
- Freezer hack: Freeze a water bottle to use as a freezer brick in your lunchbox to keep your items cool! It also doubles as a drink once defrosted.

#### 4. Focus on the Savings!

• By packing lunch yourself, you could be saving \$1000 or more per year!