

# LUNCH BOX BUILDER

NO MONEY  
NO TIME



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

**Choose lean meats and avoid processed meats.**

Protein keeps you fuller for longer.

- Chicken
- Beef
- Lamb
- Mince
- Pork
- Prawns
- Canned tuna
- Salmon
- Cheese
- Tofu
- 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

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

### flavour

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

### 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 [No Money No Time 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!