



Lunch Ideas

At home

Baked potato –filling ideas include tuna, grated low fat cheese, baked beans, coleslaw*, fruity chicken or cheese savoury (see recipes below)

Eggs – why not try scrambled, poached or boiled eggs with toast? or make an omelette or Frittata*

Beans on toast

Homemade soup*

Pitta Pizza*

Add a side of salad or some vegetable sticks as one of your 5 a day



Packed lunches or picnics

Sandwiches, wraps, bagels or pitta breads – filled with: low fat cheese and tomato, houmous and peppers, tuna sweetcorn, cooked chicken or turkey with salad, fruity chicken or cheese savoury (see recipes below)

Pasta salad*

Oatcakes, rice cakes, crackers or breadsticks with low fat cream cheese or houmous

Low fat plain natural yogurt or Greek yoghurt with chopped fruit

Remember to keep food cold in a cool bag or with an ice block and eat within 4 hours

Fruity Chicken Filling

Ingredients - serves 4

3 tbsp light mayonnaise
3 tbsp low fat Greek or natural yoghurt
1 tsp curry powder
1- 2 tsp mango chutney
300g cooked chicken
100g pineapple chunks (fresh or tinned in own juice)



Method

Mix together in a bowl the mayonnaise, yoghurt, curry powder, mango chutney, pineapple and chicken

Fill your wrap, roll, sandwich or baked potato with fruity chicken mix

Cheese Savoury Filling

Ingredients - serves 4

120g Edam cheese
60g low fat cheddar Cheese
2 spring onions
4 tbsp low fat Natural Yoghurt
1 medium carrot
Small handful of raisins (optional)



Method

Grate both cheeses
Wash, peel and grate the carrot
Wash & slice the spring onions
Place in a bowl with the raisins and bind together with the yoghurt

Fill your wrap, roll, sandwich or baked potato with cheese savoury or serve with a salad

Eating lunch out – Top tips:

Look at menus in advance - it can be easier to stick to choices if they have been agreed as a family before going out

Look at food labels and consider the fat, sugar and salt content before making your choice

Lots of eateries offer the opportunity to swap less healthy choices for healthier ones. For example salads or vegetable sticks can be swapped in place of fried potato products (e.g. chips)

Produced by:

*See Fit4Fun Families recipe book

Borders CHW Fit4Fun Families

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