



BALANCE | GLO

Lunch To-Go Plan

5 Day Plan to Refresh Your Lunch Box



Ask yourself the following questions: Bored of your sandwich? Limited on time? Resorting to overpriced convenience food? Feeling unsatisfied? Suffering from a mid-afternoon slump? If you answered yes to one or more, or you're just looking for a little inspiration, this plan is for you. Refresh your lunch box, with 5 easy to create, nutritionally balanced, delicious lunches to-go. Perfect to take to the office, can be prepped the night before (so you can make full use of your lunch break), enjoyed as a picnic, and includes store cupboard essentials.

We hope you love these recipes as much as we do.

Love Jen + Ev xxx



HANNAH COLEMAN

Why lunch is important...

Hannah has a Masters in Applied Human Nutrition and works 1-2-1 with clients offering nutrition + lifestyle assessments to help guide towards better eating habits and a healthy life. Her ethos is filling our plates with whole foods, and enjoying a diet rich in nutritious foods with a balanced approach to health and optimum living.

“Lunch is our chance to refuel and to feed our brains and our bodies to stay alert and nourished long into the afternoon. When we get it right, we can avoid that mid afternoon crash, and we're much less likely to grab less nutritious snacks or junk food to stave off hunger. Time can be a huge factor around lunch time. Many of us are not able to commit to a regular lunch time slot, and are often grabbing something on the go. This guide is going to arm you with the knowledge to make simple choices to make your lunch nutritious, quick, easy and delicious.”

Having a regular meal pattern

By eating regular meals (every 3-4 hours) we stabilise our blood sugar - this is the glucose (literally, energy) floating around in our blood. If we eat a very sugary snack (or one which is high in carbohydrates, probably very processed and with little unsaturated fats or protein) we cause a massive spike in this blood sugar. Think of it as a 100m sprint. We get a short burst of energy, but then will quickly slump. Regular meals, with less processed foods or simple carbohydrates and our energy levels, cognitive function and mood will stabilise too - think of it more like a steady marathon.

This regular meal pattern will also make a huge difference on your hormones. Our bodies sends us signals to tell us when we are hungry and when we are full. Regular meal patterns will allow your body to properly digest your meals and your snacks, and to send you those chemical messages to let you know it's time for more fuel. This is key if you are looking to reduce your body fat. Fasting from dinner through to breakfast is fantastic, but during the day, regular nutritious meals are key to optimising your hormone function, which control your body's fat metabolism. It's ironic - eating too little, too sporadically and the wrong types of food can make fat loss much harder than it needs to be.



Balancing your lunchbox

Trying to include all three of our macros (carbohydrates, proteins and fats) at every meal will have a huge impact on our satiety, energy and our mood. Our bodies will draw energy, protein, unsaturated fats, vitamins and minerals from our food to replenish, heal and grow our cells. Getting that balance simply means looking at your plate and asking yourself, where is my protein, my complex carbs and my healthy fats? We won't get it right in every meal - and that's ok! But the more mindful we are about what we eat, the more aware we'll start to become of how different foods make us feel. When something makes you feel good, it's easier to make an effort to eat it more (and we're not just talking about cake!)

Balancing your lunchbox Guide

Rich, lean protein sources (aim for a palm sized portion):

- Meat and meat products (beef, chicken, turkey, lamb, pork)
- Fish and seafood
- Eggs
- Dairy food such as milk and yoghurt
- Beans and pulses
- Nuts (also fats)
- Soy and tofu products

Complex carbohydrates (aim for a clenched fist size portion):

- Wholegrain bread, brown rice, pasta, oats, quinoa, couscous
- Starchy vegetables (potatoes, corn and pumpkin)
- Beans and pulses (chickpeas, baked beans, lentils)
- Some dairy foods such as milk and yoghurt
- All fruit + vegetables

Healthy mono + polyunsaturated fats (aim for a thumb sized portion):

- Oily fish (salmon, trout, mackerel, sardines)
- Nuts
- Avocados
- Vegetable oils (olive, canola, sunflower, rice bran)

Lunch Inspiration

If time is not your friend, preparation is key. Not only will you save yourself money, but knowing you have a delicious and wholesome lunch waiting for you and give yourself more time to sit and eat - rather than dashing around looking for your meal can give you precious peace in a busy day.

Check out the following page for recipe some recipe inspiration.

Example Recipes

Rainbow protein bowl

Roast a tray of veggies on a Sunday evening: peppers, courgette, onions, aubergine, carrots, parsnips, sprouts. Allow to cool and stored in a sealed container in the fridge for up to 5 days. Add a cup full to half a cup of quinoa (you can get precooked quinoa/rice pouches in most supermarkets - which hold 2 servings) and finish with a small tin of tuna, salmon fillet, tofu or 1/2 cup of mixed beans and pulses. Make your own dressing with 1 tbsp of extra virgin olive oil (get the best quality you can afford), 1/2 tsp balsamic vinegar, the juice of 1/2 a lemon and an optional 1/2 tsp of dijon mustard. If you want to skip the dressing, add a squeeze of lemon and a tbsp of pumpkin seeds. Delicious, full of flavour and loaded in all of the macros and minerals your body needs.

Loaded Jacket Potatoes

The humble potato can be the base of a quick and delicious lunch option. Ideal if you have access to a microwave at work, or eating at home. Choose a fist size sweet potato, enjoy hot out of the oven, or reheated, and then add your protein and healthy fats. This could be tuna with a drizzle of balsamic glaze, or baked beans and a tbsp of grated cheese, 5 bean chilli topped with toasted walnuts, mozzarella with sliced tomato basil and drizzle of olive oil, or scrambled tofu sprinkled with pumpkin seeds. Baked potatoes (cooled and stored in a sealed container) can last 5 days in the fridge, making this another versatile option!



Healthy Wraps

When you need something you can pull out of your bag for days on the go - wraps are a great option. Opt for simple wholegrain wraps (you may also be able to find exciting nutrient dense Ezekial, multigrain or sprouting grain versions too). Fill with salad leaves, perhaps some of your roasted vegetables from your protein bowl or fresh tomato, cucumber and spinach. Hummus is high in protein and can substitute for less healthy sauces. Then add sliced chicken, terriaki fried tofu, salmon or mixed beans. You can transform the flavour by stirring 1/2 a tsp of pesto into the hummus or adding basil or coriander leaves into your salad. Drizzle a tsp of extra virgin olive oil over your filling (or a homemade dressing) and roll up. The flavours will intensify over the morning and by lunch your wrap will be perfection.



The shop option

On days when you are buying your lunch out - stick to the same principles. Complex carbs, protein, healthy fats. Avoid white bread, and swap out a bag of crisps for a small bag of mixed nuts or almonds. You'll get your hit of omega oils, and feel fuller from it. Craving a sweet fix? Choose a banana, 3-4 dates or a couple of squares of 80% cocoa chocolate. Good mood food - your body will thank you for it!

The Lunch Plan

5 Days of Recipes to Refresh Your Lunchbox

RECIPE MENU

Frittata with Side Salad

Protein Boost Salad

Protein Boost Salad -
Vegan

Hummus and Feta Wrap

Sweet Potato and Quinoa
Salad



I am so excited to be sharing these recipes with you. Each recipe is nutritionally balanced (using Hannah's principles) and equally delicious.

Lunch is such an important meal of the day, helping you to avoid that mid-afternoon slump and dip in productivity. Hopefully these recipes will show you that with just a little bit a prep, you can create simple and nutritious lunches.

Love Ev xxx



POTATO, CHIVE & CHESSE FRITTATA

Servings: 4

Time to create: 30 minutes

Carbs 73g | Protein 33g | Fats 30g

This is a great recipe to prepare at the weekend. Makes enough for 4 lunches (perfect for the whole family) and also works well as a light evening meal.

METHOD

1. Heat the oil over a medium heat in a small non-stick frying pan. Add the garlic and potatoes and sauté for approximately 8 minutes, until they begin to crisp. Meanwhile, in a bowl, whilst together the eggs, spring onions, mustard and fresh herbs.
2. Heat the grill. Add the egg mixture into the pan and mix quickly. Lower the heat and top with the grated cheese. Leave for approximately 8 minutes, until the top side has almost set. Pop the pan under the grill for 2-3 minutes, until the frittata is firm and golden. Slide out of the pan. Leave to cool, slice into quarters, and store in the fridge in an air tight container.
3. Place all the salad ingredients in a bowl and mix together. Then place all the dressing ingredients into a food processor and blitz until smooth.

INGREDIENTS

Frittata:

- 2 tbsp olive oil
- 1 clove of garlic (crushed)
- 4 spring onions (diced)
- 400g new potatoes (leftover, cooked and sliced)
- 4 large eggs
- 25g grated cheddar
- 1 tsp dijon mustard
- 1 tbsp of your choice of chopped herbs: chive, parsley or dill (2 tbsp)

Green side salad:

- 1 Cos Lettuce (chopped)
- 1 avocado (sliced)
- 1/2 cucumber (sliced)
- 50g edamame beans
- 1 tbsp pumpkin seeds (toast in a dry pan for extra flavour)
- Dressing ingredients: 250g natural yogurt, 1 tsp English mustard, 1/2 clove of garlic, 1 tbsp white wine vinegar, small handful of chopped coriander, a squeeze of lemon juice, salt and pepper to taste



PROTEIN BOOST SALAD

Servings: 2

Time to create: 15 minutes

Carbs 59g | Protein 50g | Fats 27g

A quick, tasty, protein-rich lunch box recipe. If vegan head to Day 3 for the vegan version. If you're not vegan, I still recommend trying both - it's good have a diverse diet and to get protein from different sources.

METHOD

1. Boil the eggs for 7 minutes, adding the green beans for the final 2 minutes. Drain and allow to cool.
2. Peel the eggs and halve.
3. Add the beans, lentils and spring onions into a mixing bowl.
4. Whisk together the dressing ingredients. Pour over the salad mixture and toss.
5. Decant the salad between 2 lunchboxes and top with the eggs and chicken.

TOP TIPS:

If preparing the salad the morning or the night before, store the dressing in a small separate container, ready to pour over the salad at lunchtime. This will keep the salad nice and fresh.

INGREDIENTS

Salad:

- 250g cooked Puy lentils
- 2 eggs
- 100g green beans
- 3 spring onions (sliced)
- 2 cooked chicken breasts (sliced)
- Handful of spinach
- *Add extra flavour with your choice of fresh herbs as a topping.*

Dressing:

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dijon mustard



PROTEIN BOOST SALAD - VEGAN

Servings: 2

Time to create: 15 minutes

Carbs 66g | Protein 32g | Fats 30g

Boost your protein intake with this crispy tofu salad bowl.

METHOD

1. Tear the tofu into bite sized pieces. Sandwich the tofu between 2 sheets of kitchen roll. Press down to release as much water as possible. Repeat the process again with 2 new sheets of kitchen roll. The more water you can release, the better (will make it extra crispy!)
2. Add the olive oil to a pan and heat over a medium heat. Add the tofu and season with salt and pepper. Cook for 12-15 minutes until golden and crispy. Add the tamari and maple syrup and cook for a further 2 minutes. Allow to cool.
3. Whilst the tofu is cooking, cook the green beans. Add to a pan of boiling water and cook for 2-3 minutes. Drain and allow to cool.
4. Add the beans, lentils and spring onions into a mixing bowl.
5. Whisk together the dressing ingredients. Pour over the salad mixture and toss.
6. Decant the salad between 2 lunchboxes and top with the tofu.

INGREDIENTS

Salad:

- 200g firm tofu
- 1 tbsp olive oil
- 1 tbsp tamari
- 1 tbsp maple syrup
- Pinch of smoked paprika
- 100g green beans
- 250g cooked Puy lentils
- 3 spring onions (diced)

Dressing:

- 2 tbsp olive oil
- 1 tbsp red wine vinegar
- 1 tsp dijon mustard

TOP TIPS

Don't skip step 1. It's important to drain as much water as possible from the tofu - this enables it to soak up the marinade and get crispy in the pan.

Store the salad and the dressing separately. Pour over the dressing when ready to enjoy!



HUMMUS & FETA WRAP

Servings: 4

Time to create: 5 minutes (20 minutes prep)

Carbs 32 g | Protein 13g | Fats 17g

Eat the rainbow with these simple to make, delicious wraps. Save half of the crispy chickpeas for Day 5's recipe. If vegan, leave out the feta and boost your protein consumption with a handful of edamame beans.

METHOD

1. Start by preparing the chickpeas. Heat oven to 180C/160C fan/gas 4. Drain the chickpeas in a sieve, shaking off any excess water. Place the chickpeas on a baking tray lined with baking parchment.
2. Drizzle over the olive oil, sprinkle the spices and the salt. Use spoon to toss and ensure an even coating. Pop in the oven and bake for 15 minutes (or until crispy), using a spoon to toss half way through. Allow to cool.
3. Spread the wraps with hummus and fill with the beetroot, carrot, spinach, feta and half of the crispy chickpeas (use the remaining chickpeas for Day 5).

INGREDIENTS

Crispy chickpeas:

- 1 can of chickpeas (drained)
- 1 tbsp olive oil
- Pinch of cumin + pinch of paprika
- Salt and pepper to taste

Wraps:

- 4 wholemeal wraps
- 6 tbsp hummus
- 300g beetroot (grated)
- 2 carrots (grated)
- 1 handful of spinach
- 120g feta (crumbled)

TOP TIPS

Prepare the chickpeas at the weekend or the night before, helping to save you time in the week. Opt for wholemeal over white wraps (higher in fibre and a more gradual release of energy).



SWEET POTATO & QUINOA SALAD BOWL

Servings: 2

Time to create: 5 minutes (plus 40 minute prep the night before)

Carbs 54g | Protein 22g | Fats 22g

Up your protein intake with quinoa - the only plant source that contains all nine amino acids that make up a protein. Don't be put off by the prep time - put the sweet potato in the oven the night before whilst preparing dinner.

METHOD

1. Preheat the oven to 200°C/400°C/gas 6. Place the sweet potato on a baking tray, lined with baking parchment. Drizzle with the olive oil and season with salt and pepper. Roast until golden, approximately 25-35 minutes.
2. If serving warm, allow the potato to cool slightly before adding to a mixing bowl with the rest of the ingredients. Toss and serve.

TOP TIPS:

If taking the lunch to go, allow potato to cool completely before adding remaining ingredients. Decant into airtight containers and store in the fridge. If limited on time, opt for pre-cooked quinoa or cook at the same time as roasting the potatoes.

INGREDIENTS

- 1 medium sweet potato (peeled & diced into approx 1 cm x 1 cm cubes)
- 80g mixed salad leaves
- 1/4 red cabbage shredded
- 50g almonds (roughly chopped)
- 200g cooked quinoa
- 120g crispy chickpeas (half the chickpeas from Day 4)
- 1 tbsp olive oil
- 60g feta cheese crumbled