

Lunch Cheats 🍏

You don't have to live on ham and cheese sandwiches. Leftovers are great but cutting corners is often necessary to save time and reduce stress when it comes to eating at work. This does not mean you have to compromise with nutrition or taste, so here are 14 ways to speed up your lunches, but planning is still key!

1. Get some 2 min microwave rice / multi-grain pouches for your kitchen cupboards or desk drawer.
2. Fresh pasta only takes 2-3 mins to cook if you're making your lunch the night before or in the morning. Add some jarred pesto or a stir in tomato sauce and you're nearly there!
3. Hot smoked salmon is great for protein and healthy fats. It comes in small packets; perfect to add to a salad, pasta or jacket potato.
4. Tinned salmon or tuna make for great brain food instead of cheese and ham.
5. Stock your cupboards with a selection of tinned mixed beans, sweetcorn and lentils for higher fibre and protein options; no cooking (just rinsing) required.
6. Ready cooked fresh, herby new potatoes can also help turn a disappointing salad into something substantial and satisfying.
7. Roasted peppers, artichokes, olives and sun-dried tomatoes in jars or pots add intense flavour and colour to so many meals, as well as extra nutrition.
8. Keep bottled lime and lemon juice in the fridge for dressings.
9. Grate cheese at the beginning of the week and keep in a sealed container.
10. Hard boil half a dozen eggs at a time and use for lunches or snacks.
11. Dip pitta or flat bread, bread sticks or veggie sticks into ready-made dips from the chilled section (or make your own).
12. Ready to eat falafels are great in flat breads with hummus and salad leaves.
13. Fresh soups from the fridge section in the supermarket are more substantial than tinned and often have less salt and sugar.
14. Apples, pears and bananas get boring after a while. Mix it up, chop up and pack different fruits in pots for pudding – try persimmons, plums, kiwis and mango if you like a sweet hit.

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