

Cityline.ca – Top 5 lunches for weight loss

Looking for some quick and easy options for lunch that will keep your metabolism high and your weight low? Check out these delicious meals!

Please note: On the [Cityline Weight Loss Challenge](#) – 1 grain per day is recommended. 1 grain = 2 pieces of bread, 1/2 cup of cooked quinoa or rice, 1 wrap, or 1 whole grain bagel. If you decide to eat your grain at lunch in the form of a sandwich or a wrap – you have used the grain for the day.

The Chickwich

The chickwich provides high protein and low glycemic index carbohydrates for stamina as well as slow burning fuel that will keep you satiated throughout the day.

Serves: 1

Ingredients:

- 1/2 cup chopped cooked chicken breast
- 1/4 cup finely chopped red pepper, cucumber, mango
- 2 tbsp sliced green onion
- 1/4 cup low-fat plain yogurt
- 1 tbsp lime juice
- 1/4 tsp salt
- 1/4 tsp fresh cracked pepper
- 1 tbsp chopped fresh cilantro
- 1 spouted grain bagel
- 1 lettuce leaf

In a medium-sized bowl, combine chicken, red pepper, cucumber, mango and green onion. Stir in yogurt, lime juice, salt, and pepper until well combined. Sprinkle with cilantro and toss to combine. Slice bagel in half horizontally. Arrange lettuce over cut side of bottom half. Top with chicken mixture. Cover with top half of bagel.

Per serving: 450 calories, 7.5 g total fat, 58 g carbohydrates, 38 g protein, 7 g fibre

Smoked salmon on sprouted grain bread with Japanese mayo

Serves: 1

Ingredients:

- 2 pieces of sprouted grain bread

- 3/4 tsp non-fat mayonnaise
- 1/4 tsp wasabi paste
- 4 slices of wild smoked salmon
- 6 slices of cucumber
- 2 thin slices of red onion rounds
- 1 tbsp capers
- Pepper to taste

In a small bowl, combine mayonnaise and wasabi paste; mix well, then spread on one piece of bread. Layer the smoked salmon, cucumber, onion and capers on top of the mayonnaise and season with pepper. Close sandwich with the other piece of bread. Slice and serve.

Per serving: 297 calories, 6.5 g total fat, 41 g carbohydrates, 22 g protein, 7 g fibre

Heart-healthy tuna salad

Instead of using mayonnaise in your tuna salad, why not throw in heart-healthy mashed avocado? The healthy monounsaturated fat found in avocados will help you lose weight.

Serves: 1

Ingredients:

- 1 can (6 1/2 oz/184 g) light tuna packed in water
- 1/2 fresh avocado, mashed
- 1/2 lemon, juiced
- Large handful of fresh herbs of your choice
- Chopped onion, celery or bell pepper (optional)
- Dash of hot sauce (optional)

Mix ingredients together in a medium-size bowl. Enjoy on a piece of Romaine lettuce or Belgium endive or on top of a salad.

Per serving: 360 calories, 14 g total fat, 14 g carbohydrates, 43 g protein, 7 g fibre

Creamy salmon dill wrap

Serves: 1

Ingredients:

- 4 ounces of canned salmon
- Juice of 1/2 lemon
- 1/4 cup (60 mL) chopped celery
- 1 tbsp (10 mL) low-fat mayonnaise

- 2 tsp (10 mL) chopped fresh dill
- Sea salt and pepper
- 1 oz (60 g) soft goat's cheese
- 1 small whole-grain tortillas
- 1/4 cup (125 mL) chopped Romaine lettuce
- 1/4 cup (60 mL) diced tomato

Drain salmon. In a medium-size mixing bowl, combine salmon, lemon juice, celery, mayonnaise and dill. Season with salt and pepper, using a fork to mix thoroughly.

Spread goat's cheese over tortillas. Top each with salmon mixture, then lettuce and tomato. Fold wraps and serve.

Per serving: 330 calories, 15 g total fat, 19 g carbohydrates, 27 g protein, 2 g fibre

Salad Niçoise

Serves: 1

Ingredients:

- 2 hard-boiled eggs, quartered
- 2 cups (500 mL) arugula
- 1/2 cup (125 mL) green beans, steamed and cooled
- 1/2 cup (125 mL) fresh grape tomatoes, halved
- 4 Kalamata olives, pitted and sliced
- 1 tsp (5 mL) capers (optional)
- 2 tsp (10 mL) balsamic vinegar
- 2 tsp (10 mL) olive oil

Place all ingredients on plate and drizzle with olive oil and balsamic vinegar.

Per serving: 312 calories, 22 g total fat, 15 g carbohydrates, 14 g protein, 3 g fibre

Courtesy Dr. Joey Shulman

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