

Top 7 lunches for weight loss!

1. Protein packed tuna and egg salad

Ingredients:

- 2-3 cups of lettuce (arugula, romaine, baby spinach, kale)
- 1 can water-packed tuna, drained
- 1 tablespoon mayonnaise
- 1 hard boiled egg, sliced
- 1 cup chopped vegetables (tomatoes, peppers, cucumbers, onions, sprouts)
- 1 tablespoon feta cheese
- 1 tablespoon extra virgin olive oil
- 1 teaspoon Dijon mustard
- Juice from ½ lemon

Method:

Add washed lettuce to a large bowl and add tuna, egg and vegetables. Sprinkle with cheese. In a small mixing bowl, add olive oil, mustard and lemon juice and mix well. Drizzle onto salad and toss.

Serves 1

GF = gluten free

2. Open faced shaved turkey sandwich

Ingredients:

- 2 slices of sprouted grain bread
- 4 oz. nitrate free turkey slices, shaved
- ¼ avocado, sliced thinly
- Small handful of sprouts
- 6 cucumber slices
- 1 teaspoon mustard

Method:

Lay bread and top with turkey, avocado slices, sprouts and cucumber. Drizzle with mustard.

Serves 1

DF = dairy free

3. Greek quinoa salad

Ingredients:

- ½ cup cooked quinoa
- ¼ cup cherry tomatoes, halved
- ¼ cup cucumbers, diced
- ¼ cup red onion, diced
- 6 black olives, pits removed and cut in halves

- 1 tablespoon feta cheese
- 1 tablespoon extra virgin olive oil
- 1 teaspoon oregano
- Juice of ½ lemon

Method:

Add cooked quinoa into bowl and top with tomatoes, cucumbers, onion, olives and cheese. In small mixing bowl, add olive oil, oregano and lemon juice. Mix well and drizzle over salad.

Serves 1

GF = gluten free

4. Crispy chicken fingers with veggie sticks

Ingredients:

- ½ cup spelt or whole wheat bread crumbs
- 5 oz. chicken breast, cut into chicken finger sized pieces
- 1 egg
- Cucumber, pepper, celery, and carrot sticks
- 1-tablespoon healthy dip (hummus, guacamole, etc.)

Method:

Preheat oven to 350F. Put breadcrumbs onto plate and crack egg into separate bowl and scramble. Dip chicken pieces into egg mixture and then coat with breadcrumbs. Put onto baking

sheet and put in oven for 15-20 minutes, until chicken is cooked through and no longer pink inside. Enjoy with veggie sticks and dip!

Serves 1

DF = dairy free

Tip: make these the night before to save time the next day. They are good cold or warmed up.

5. Homemade egg salad wrap

Ingredients:

- 2 hard boiled eggs
- 1 tablespoon mayonnaise
- 1 tablespoon celery pieces, diced
- 1 whole wheat wrap
- ½ cup diced tomatoes and cucumbers
- Handful of romaine lettuce

Method:

In a small mixing bowl, add hard-boiled eggs and mash. Add mayonnaise and celery pieces and mix all together. Lay wrap flat and add prepared egg salad, tomatoes, cucumbers and lettuce. Wrap together and enjoy.

Serves 1

6. Chickpea and feta salad

Ingredients:

- ½ cup chickpeas, rinsed well
- 3 cups of romaine lettuce
- 1 tablespoon feta cheese, crumbled
- 1 teaspoon fresh parsley
- ½ cup red peppers, diced
- 6 green olives, pits removed and cut in half
- 1 tablespoon extra virgin olive oil
- 1 tablespoon fresh lemon juice
- Pinch of sea salt and pepper

Method:

In medium bowl, add chickpeas, lettuce, feta cheese, parsley, peppers and olives. In small mixing bowl, add olive oil, lemon juice, salt and pepper and mix to combine. Drizzle onto salad ingredients and toss everything together, until ingredients are coated in dressing.

Serves 1

GF = gluten free

7. Pilled high veggie sandwich

Ingredients:

- 2 slices of sprouted grain bread
- 2 tablespoons hummus
- 1 tablespoon pesto
- Handful of sprouts
- 1 tablespoon goat cheese
- ¼ avocado, sliced
- Cucumber and tomato slices

Method:

Lay bread and top with all ingredients. Cut in half and wrap in tin foil to keep everything together.

Serves 1

Courtesy of www.drjoey.com