











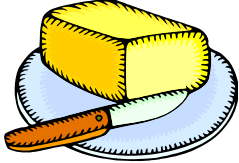

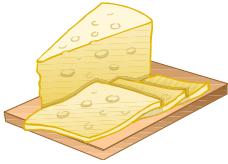
# ***Bromley Healthy Lifestyles Group***








# ***A week of healthy lunches***




<b>Tips for healthy lunches</b>	
	<ul style="list-style-type: none"> <li>• <b>Make</b> your own <b>lunch</b> rather than buying ready made food</li> <li>• Ready made food can have lots of calories, fat and salt in it</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>Healthy</b> well-balanced <b>lunches</b> can be <b>quick</b> to make and much <b>cheaper</b></li> <li>• If you are in a rush and have to buy ready meals check the label for salt, fat and sugar</li> </ul>




<b>Portion size</b>	
	<ul style="list-style-type: none"> <li>• a portion of <b>salad</b> is one dessert bowl</li> </ul>
	<ul style="list-style-type: none"> <li>• a portion of <b>fruit</b> is usually one piece</li> <li>• for small fruits like <b>berries</b> it is <b>1</b> heaped <b>tablespoon</b></li> </ul>
	<ul style="list-style-type: none"> <li>• a portion of <b>vegetables</b> is <b>3</b> heaped <b>tablespoons</b></li> </ul>
	<ul style="list-style-type: none"> <li>• a portion of lean <b>meat</b> or <b>fish</b> is the size of your <b>fist</b> (or a pack of cards)</li> </ul>
	<ul style="list-style-type: none"> <li>• a portion of <b>cheese</b> is the size of a <b>matchbox</b> (or 4 dice)</li> </ul>
	<ul style="list-style-type: none"> <li>• a portion of <b>bread</b> is usually <b>1 slice</b></li> </ul>




<b>Things to avoid</b>	
	<ul style="list-style-type: none"> <li>• <b>butter</b> and <b>margarine</b> – use lower fat options</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>mayonnaise</b></li> </ul>
	<ul style="list-style-type: none"> <li>• too much <b>cheese</b></li> </ul>


<b>Things to tuck into</b>	
	<ul style="list-style-type: none"> <li>• <b>salads</b></li> <li>• try low fat yogurt or a balsamic dressing on your salad instead of mayonnaise or salad cream</li> </ul>
	<ul style="list-style-type: none"> <li>• <b>fruit</b></li> <li>• you can have tinned fruit as well as fresh but make sure it is in juice not syrup</li> </ul>
	<ul style="list-style-type: none"> <li>• food that will keep you feeling full</li> <li>• this is called slow release energy food</li> <li>• it includes things like <b>couscous</b>, <b>whole wheat pasta</b>, <b>brown rice</b> and <b>oat cakes</b></li> <li>• If people have <b>allergies</b> they should get <b>advice</b> about their diet</li> </ul>

<b>Monday</b>	
	<b>chicken wraps</b>
<b>What do I need?</b> 	<ul style="list-style-type: none"> <li>● 1 wrap – wholemeal is best</li> <li>● a small portion of cooked sliced chicken</li> <li>● lettuce or other salad leaves washed</li> <li>● choose from <ul style="list-style-type: none"> <li>○ diced cucumber</li> <li>○ sliced tomato</li> <li>○ sweet corn</li> <li>○ thinly sliced pepper</li> </ul> </li> <li>● 2 teaspoons of low fat natural yogurt</li> </ul>
<b>What do I do?</b> 	<ul style="list-style-type: none"> <li>● place the chicken and salad in a line down the middle of the wrap</li> <li>● spoon the yogurt on top</li> <li>● fold in the sides of the wrap</li> <li>● fold over the edge nearest you and roll it away from you tucking in the edges</li> <li>● cut in half and eat</li> </ul>
<b>Tips</b>	<ul style="list-style-type: none"> <li>● don't put too much filling in – you won't be able to roll the wrap up</li> </ul>
<b>What other fillings can I have?</b>	<ul style="list-style-type: none"> <li>● cottage cheese</li> <li>● tuna</li> <li>● chilli</li> <li>● avocado</li> <li>● prawns</li> <li>● anything you would normally put in a sandwich</li> </ul>




<b>Tuesday</b>	
	<p><b>tuna salad</b></p>
<p><b>What do I need?</b></p> 	<ul style="list-style-type: none"> <li>• a small can of tuna</li> <li>• a small crisp lettuce - baby gem is good</li> <li>• 2 tomatoes</li> <li>• choose from <ul style="list-style-type: none"> <li>○ diced cucumber</li> <li>○ olives</li> <li>○ sweetcorn</li> </ul> </li> <li>• 1 tablespoon of olive oil</li> <li>• 1 tablespoon of lemon juice</li> <li>• black pepper</li> </ul>
<p><b>What do I do?</b></p> 	<ul style="list-style-type: none"> <li>• mix the olive oil, lemon juice and pepper in a large bowl</li> <li>• wash and chop the lettuce, tomatoes and salad vegetables</li> <li>• add to the bowl and mix well</li> <li>• drain the tuna</li> <li>• add to the bowl and mix again</li> <li>• serve with a small portion of warm wholemeal pitta bread</li> </ul>
<p><b>Tips</b></p>	<ul style="list-style-type: none"> <li>• make it healthier by having low fat crisp bread like Ryvita instead of pitta bread</li> </ul>
<p><b>What other salads can I have?</b></p>	<ul style="list-style-type: none"> <li>• try chicken instead of tuna</li> <li>• use low fat natural yogurt and a teaspoon of mustard instead of oil and lemon juice</li> </ul>




<b>Wednesday</b>	
	<b>pasta salad</b>
<b>What do I need?</b> 	<ul style="list-style-type: none"> <li>• 4 oz of dried pasta shapes – whole wheat is best</li> <li>• 1 to 2 tablespoons of low fat honey and mustard salad dressing</li> <li>• small portion of half fat mozzarella</li> <li>• 12 cherry tomatoes</li> <li>• 1 avocado</li> </ul>
<b>What do I do?</b> 	<ul style="list-style-type: none"> <li>• cook the pasta in boiling water until soft – usually about 10 to 12 minutes</li> <li>• drain and rinse under cold water until cool</li> <li>• chop mozzarella, tomatoes and avocado</li> <li>• mix with the pasta</li> <li>• add salad dressing and mix again</li> </ul>
<b>Tips</b>	<ul style="list-style-type: none"> <li>• this will make enough for 2 days – eat half and keep the rest in the fridge</li> </ul>
<b>What else can I put in my pasta salad?</b>	<ul style="list-style-type: none"> <li>• Replace the mozzarella with: <ul style="list-style-type: none"> <li>○ diced ham</li> <li>○ feta cheese</li> <li>○ diced chicken</li> <li>○ tuna</li> </ul> </li> <li>• Replace the avocado with your favourite vegetables</li> </ul>

<b>Thursday</b>	
	<p><b>jacket potato with cottage cheese and chives</b></p>
<p><b>What do I need?</b></p> 	<ul style="list-style-type: none"> <li>● 1 medium sized potato</li> <li>● 1 small tub of cottage cheese with chives</li> <li>● black pepper</li> </ul>
<p><b>What do I do?</b></p> 	<ul style="list-style-type: none"> <li>● scrub the potato</li> <li>● prick all over with a fork or a knife</li> <li>● microwave on high for about 10 minutes or until tender</li> <li>● cut open</li> <li>● top with cottage cheese with chives</li> <li>● sprinkle on black pepper</li> </ul>
<p><b>Tips</b></p>	<ul style="list-style-type: none"> <li>● add a side salad for a well-balanced and filling lunch</li> <li>● try to avoid adding butter</li> </ul>
<p><b>What else can I put on my potato?</b></p>	<ul style="list-style-type: none"> <li>● baked beans</li> <li>● chilli</li> <li>● tuna</li> <li>● a small portion of grated cheese – low fat is best</li> <li>● a small tin of spicy mixed beans</li> </ul>

<b>Friday</b>	
	<b>couscous salad</b>
<b>What do I need?</b> 	<ul style="list-style-type: none"> <li>● 1 packet of roasted vegetable couscous</li> <li>● 160 ml of boiling water</li> <li>● small portion of low fat feta cheese diced (I use apertina light)</li> <li>● choose from <ul style="list-style-type: none"> <li>○ diced cucumber</li> <li>○ halved cherry tomatoes</li> <li>○ sweet corn</li> <li>○ olives</li> </ul> </li> <li>● pine nuts</li> </ul>
<b>What do I do?</b> 	<ul style="list-style-type: none"> <li>● place the couscous in a heat proof bowl</li> <li>● pour over the boiling water and leave for 5 minutes</li> <li>● stir with a fork</li> <li>● add the feta cheese and your choice of salad vegetables</li> <li>● mix well</li> <li>● top with a small sprinkling of pine nuts</li> </ul>
<b>Tips</b>	<ul style="list-style-type: none"> <li>● this will make enough for 2 days – eat half and keep the rest in the fridge</li> </ul>
<b>What else can I put in my couscous salad?</b>	<ul style="list-style-type: none"> <li>● try it with your favourite vegetables</li> <li>● try different flavoured couscous – lemon and coriander is my favourite!</li> </ul>



<b>Saturday</b>	
	<b>homemade vegetable soup</b>
<b>What do I need?</b>  	<ul style="list-style-type: none"> <li>• 2 vegetable stock cubes</li> <li>• half an onion</li> <li>• 1 carrot</li> <li>• 1 potato</li> <li>• 1 leek</li> </ul>
<b>What do I do?</b>  	<ul style="list-style-type: none"> <li>• put 1 litre of water in a large saucepan and bring to the boil</li> <li>• add the stock cubes and stir</li> <li>• chop up all the vegetables and carefully put in the saucepan with the stock</li> <li>• leave to simmer for 30 minutes (half an hour)</li> <li>• put some in a bowl for lunch and freeze the rest for another day</li> </ul>
<b>Tips</b>	<ul style="list-style-type: none"> <li>• you can add some herbs or garlic if you like them</li> </ul>
<b>What else can I put in my soup?</b>	<ul style="list-style-type: none"> <li>• 5 minutes before the end of cooking you can add <ul style="list-style-type: none"> <li>○ some frozen peas or</li> <li>○ a small tin of beans – cannellini beans are my favourite!</li> </ul> </li> </ul>

<b>Sunday</b>	
	<b>mushroom omelette</b>
<b>What do I need?</b> 	<ul style="list-style-type: none"> <li>• 1oz butter</li> <li>• 2oz mushrooms</li> <li>• 2 large eggs</li> <li>• black pepper</li> </ul>
<b>What do I do?</b> 	<ul style="list-style-type: none"> <li>• beat the eggs in a bowl using a fork</li> <li>• sprinkle in some pepper</li> <li>• melt the butter in a small non stick frying pan over a low heat</li> <li>• add the mushrooms and cook for 3 minutes</li> <li>• add the beaten egg and pepper and cook on a low heat for 4 to 5 minutes or until the egg mixture is firm</li> <li>• remove from the heat and ease round the edge of the omelette with a spatula</li> <li>• slide on to a plate</li> </ul>
<b>Tips</b>	<ul style="list-style-type: none"> <li>• when the omelette is nearly cooked, place the pan under the grill for 1 or 2 minutes for a nice golden top</li> </ul>
<b>What else can I put in my omelette?</b>	<ul style="list-style-type: none"> <li>• Sprinkle a small amount of grated cheese on top of the omelette before placing under the grill – delicious!</li> </ul>

## Desserts

Finish off your lunch with one of these simple, healthy desserts



### fruit jelly

- make up jelly with water (see pack)
- leave it to cool a little
- mix in some fruit
- place in the fridge to set



### fruit kebabs

- choose a mix of your favourite fruit
- place bite sized pieces on a skewer
- eat on its own or dip into natural yogurt



### raspberry meringue

- take 1 small meringue nest
- add 1 scoop of raspberry sorbet
- top with a portion of raspberries



### honeyed banana

- peel a banana and slice it length ways
- place on a plate
- top with a teaspoon of honey
- place in the microwave for about 1 minute on high



### blackberry milkshake

- put vanilla ice cream in a glass (low fat is healthiest)
- leave to melt
- stir in a portion of blackberries and drink!



## **baked apple**

- wash 1 large apple and remove the core
- prick the skin with a fork or knife
- place in a dish and fill the centre with raisins or sultanas
- pour 2 tablespoons of orange juice over the raisins
- add a pinch of cinnamon
- bake in the microwave for 3 to 4 minutes or until the apple is soft



## **ice cream cake (makes 4 portions)**

- put a small tub (0.5 litres) of low fat vanilla ice cream in a bowl
- leave it for about 10 minutes until it is slightly soft
- stir 4 oz of fresh or frozen mixed berries into the ice cream
- crumble 2 small meringue nests into the mixture
- mix well
- divide the mix into 4 dishes or pots (old yogurt pots are good)
- cover with cling film
- put back in the freezer until ready to eat