



eat
FOR PERFECT
HEALTH

BYO Lunch

WHAT DO NUTRITIONISTS PACK TO FUEL WORKDAY AFTERNOONS?
WE UNWRAP THEIR FAVOURITE HEALTHY LUNCHES-TO-GO

■ by KAREN BURGE ■ photography MARCUS NILSSON



On a Roll

Wrapped Waldorf

Catherine Saxelby

Mountain bread (or any other thin wrap) is the ideal healthy-lunch vehicle; it's the perfect way to make a salad portable. I like to mix up chunks of cooked chicken with some celery, walnuts and anything a little sweet—slices of red-skinned apple, a handful of raisins or chopped prunes. Add a dollop of reduced-fat mayo and it's ready to go. Sliced avocado, thinly sliced rare roast beef, tomato slices and rocket also team up well. So do cottage cheese, lettuce leaves and a small can of well-drained sardines with a squeeze of lemon.

Ham, Cheese & Tomato Toastie

Kathleen Alleaume

This makes for a great fast lunch. Pack some shaved lean ham, 2 slices of your choice of light cheese and some tomato slices between 2 pieces of soy and linseed bread, then toast. Follow up the sandwich with a piece of fresh fruit.

Veggie Roll

Judy Davie

My favourite sandwich is a grainy bread roll filled with avocado, rocket, tomato, grated beetroot, grated carrot, tabouli, tuna and capers. The vinegary capers help with digestion and make the sandwich taste extra delicious. You just have to open wide to fit it all in!

Mediterranean Wrap

Catherine Itsiopoulos

Spread a wholemeal pita with 2 tbs of goat's cheese fetta. Add 3 slices of roasted capsicum, 2 slices each of grilled eggplant and zucchini (cook these at home and store a week's worth in the fridge, or buy from a deli), 1 tbs of pitted kalamata olives, ¼ Spanish onion (sliced), 3 sun-dried tomatoes and salad leaves. Wrap and go!

TIP: Grill a red capsicum; turn to blister all sides. Cool in a plastic bag. Rub off skin, slice capsicum and dress with balsamic vinegar and olive oil. Keep in fridge for up to a week.

OUR EXPERTS



KATHLEEN ALLEAUME

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JUDY DAVIE

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A healthier packaged food!

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Making wraps and sandwiches is all about the bread. Davie recommends wholegrain sourdough. "Going big on grains is the best choice for satiety; they offer plenty of fibre, minerals and vitamins, and they taste fabulous. Wholemeal flatbread is also good."





Beans, greens,
proteins—just
add a carb!

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For a well-balanced lunch, Alleaume recommends keeping this formula in mind: one serve of carbs (1 cup of brown rice, a small bread roll or 2 slices of bread), 1 serve of protein (80 to 100 g of meat, 1 hard-boiled egg or a tin of fish) and 2 to 3 serves of salad vegies. Adding some healthy fats (an olive-oil dressing or some avocado or nuts) helps your body absorb the vegetables' nutrients.

From the Salad Bowl

Vegetable Top-Up

Judy Davie

If you don't get some veggies in at lunch, it's tough to make up the necessary five serves at dinner! Build a salad on tinned legumes; I'm a huge fan of chickpeas—particularly delicious, crunchy carbs. One satisfying option: pack a container with a cup of rocket; a small tin of drained, rinsed chickpeas; some chopped tomato (vine-ripened because they taste the way tomatoes should); diced cucumber; and sliced carrot. Sprinkle with ½ tbs of toasted sesame seeds (a 'good' fat). In a separate jar, mix a dressing of 3 tsp extra-virgin olive oil (another good fat), 1 tsp white balsamic vinegar, ¼ tsp grainy mustard and some seasoning to taste. At work, toss it all together, along with a small tin of red salmon, drained; eat the little bones—they're a terrific source of calcium.

Roast Veggies with Couscous

Kathleen Alleaume

Roast 2 cups of your favourite vegetables—try chopped pumpkin, zucchini and Spanish onion, for example—drizzled with olive oil; make some wholemeal couscous the night before. Combine these with a small tin of chickpeas and a handful of pine nuts. In addition to the veggies, this meal gives you a serve of carbs, a serve of protein and a serve of 'good' fat.

Brown-Rice Salad

Catherine Saxelby

This is a great way to use your leftover brown rice. Just mix the cooked rice in a bowl with fresh finds from your kitchen: cherry tomatoes, sun-dried tomatoes, olives and mixed baby leaves make a great combo. Or try chopped celery, leftover diced cooked lamb and a handful of currants. In a small jar, mix the juice of a lemon with 1 to 2 tbs of olive oil. Take it all to work, along with a small avocado. Just before serving, peel, dice and add avocado, along with the dressing, to the salad. Vegetarians should aim to combine grains—in this case, brown rice—with legumes to get a balanced intake of protein.

Mixed Traditional Greek Potato Salad

Catherine Itsiopoulos

Boil 2 medium potatoes until tender but not falling apart (choose a potato that's good for salads, such as desiree). Cut into bite-sized chunks (leave the skin on for its extra fibre). Finely chop 1 small Spanish onion, thinly slice 1 celery stalk (with leaves), thinly slice 2 to 3 radishes and finely chop 2 to 3 shallots; toss through the potato chunks along with 2 tbs of finely chopped fresh parsley. Dress with 1 to 2 tbs of extra-virgin olive oil and the juice of 1 lemon. Season with sea salt and ground pepper. Add a quartered hard-boiled egg for protein! →

Hot Stuff

Vegetable Curry

Judy Davie

In a large pan, sauté an onion and a couple of garlic cloves, chopped, in a little olive or coconut oil. (The body seems to metabolise coconut oil similarly to how it does monounsaturated fatty acids.) Add 200 g of chopped mushrooms, 2 chopped zucchini, 1 cup chopped pumpkin and 2 tbs Madras curry powder. Stir for a couple of minutes before adding 750 ml of water. Simmer for 10 minutes. Add a can of chopped tomatoes and a can of drained chickpeas. Simmer for an additional 20 minutes. Stir in the juice of half a lemon, ¼ cup of coconut milk and a little seasoning. Refrigerate in portions. Reheat at work (or take hot in a thermos) and enjoy with wholemeal flatbread and a sprinkling of chopped coriander.

Fassoulada

Catherine Itsiopoulos

For this classic Greek bean soup, you need a large pot (about 5 litres) filled with 3 litres of cold water. Add 3 cups of dried cannellini beans; 2 onions, finely chopped; 2 garlic cloves, finely chopped; 3 to 4 celery stalks, finely sliced; a 440 g tin of tomato puree; and 120 ml of extra-virgin olive oil. Simmer for 30 minutes. Add 3 to 4 carrots, diced, and 1 tbs of finely chopped fresh parsley; simmer for another 30 minutes. Freeze in portions. After reheating, garnish with chopped fresh parsley and season with salt and pepper to taste.

Fish & Veggies

Kathleen Alleaume

This quick and easy lunch takes only a little preparation but gives you a satisfying serve of protein and two serves of vegetables. Keep a packet of frozen Atlantic-salmon pieces and a bag of mixed frozen veggies handy. The night before, precook a piece of salmon. Pop it in a container and refrigerate overnight, so it's ready to bring to work the next morning. At lunchtime, just pop a single-serve bag of mixed frozen vegetables into the microwave and reheat your fish. Enjoy with a small wholemeal bread roll for a tasty, nutritious lunch.

Better Tinned Soup

Catherine Saxelby

When you're in a hurry, nothing beats a convenient can of hearty soup (go for low-sodium varieties). You can always boost the nutritional content of tinned soup by adding something fresh—chopped parsley and a squeeze of lemon, for instance, add zing to almost any soup. Sprinkle fresh diced tomato and a few torn basil leaves over a hot bowl of pea-and-ham soup. Heat up some mushroom soup and add diced cooked chicken. Chopped hard-boiled egg and parsley are great with noodle soup, while chopped black olives and capsicum can upgrade your canned minestrone. Baby-spinach leaves also blend well with most flavours. **P**

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Plan for lunch
when making
dinner—couscous
travels well

**Eat for
Perfect
Health**

Texture, colour and variety are all part of a rewarding lunch. Dinner leftovers often need just a tin of chickpeas and a fresh drizzle of oil-based dressing or sweet-chilli sauce for a spicy lunchtime wake-up call.

