

Lesley's "W8 Matters" (Packed Lunches) Recipe 14

You can easily pack up a slimming, healthy lunch and take it to work with you, whether it's a crisp, crunchy salad, some sandwiches or even some hot soup in a vacuum flask. They can all be prepared in advance, either the night before or in the morning before you leave home. If you are prepared to put some time and effort into it there is **NO** reason for you to break your diet

Tupperware or plastic containers are all perfect tools for us to use when we are DETERMINED to lose weight. Cling film, kitchen foil, foil containers-for freezing, cool bags with ice packs, flasks - traditional for soups etc. or food flasks for almost any type of foods:- Mince,pasta,Baked potatoes,stew,rice,salads,use your imagination!

Fruit & Chicken Salad

Unlimited amounts of shredded lettuce, chopped cucumber and any other salad veg.
1 apple, 1 pear, 1 orange, 1 kiwi fruit
2oz chopped chicken breast
2 tbsp VLF natural yogurt
1 tbsp wine vinegar
1 clove crushed garlic
salt & freshly ground black pepper

Place lettuce, green salad on the bottom of a Tupperware box. Prepare the fruits by peeling, coring and slicing. Lay the slices in a circle on top of the salad vegetables and in the centre put the chopped chicken. Serve with dressing made of natural yogurt mixed with wine vinegar, garlic & seasoning or use Fat Free Vinaigrette.

(Free on Red Day or use Chicken from "B" Balanced section on a Green Day)

Spread for Ryvita or W/Meal

Bread Toasted

Mash one banana with 2oz VLF cottage cheese and spread onto Ryvita or Bread taken from "B" Balanced section.

Red Kidney Bean Salad

~~8oz red kidney beans (cooked)~~
3oz peas (cooked), Onion rings, fresh
4oz potatoes (cooked & chopped)
chopped mint
5oz VLF natural yogurt
Green salad vegetables

Mix the beans, peas, potatoes and mint with the yogurt and serve on bed of salad vegetables. Decorate with onion rings.

(Free on Green Day)

Spicy Potato Salad

1. Cook 113g/4oz new potatoes in boiling ~~salted water until tender.~~
2. Drain and cool. Mix with 2 chopped spring onions, and a chopped ripe tomato.
3. Blend 85g/3oz VLF natural yogurt with a good pinch of curry powder, 1/2 tsp each of ground coriander and cumin and a pinch of turmeric.
4. Mix the yogurt dressing with the potatoes and then scatter with chopped coriander.

Lebanese Tabbouleh Salad

1. Soak 57g/2oz bulgur wheat in enough cold water to cover it for 15 mins.
2. Drain & mix with 2 chopped spring onions or 1/4 chopped red onion, 1 chopped ripe tomato, 1/4 diced cucumber, some chopped fresh parsley and mint (to taste) and 1 deseeded and chopped red chilli.
3. Add the juice of 1 lemon, 1-2 tbsp fat free vinaigrette dressing and some salt and pepper to taste. Toss gently together.

(Free on Green Plan)

BLT Sandwich

28g/1oz lean back bacon rashers, fat removed
3 slices Silueta Integral bread (300g loaf)
1 tbsp VLF natural fromage frais/Quark cheese
few crisp salad leaves
1 large ripe tomato, thinly sliced
salt & freshly ground black pepper

1. Grill the bacon rashers until crisp. Set aside to cool while you make the BLT sandwich.
2. Spread 2 slices of bread with F.Frais/Quark and arrange the salad leaves on top with the sliced tomato.
3. Add a little salt and freshly ground black pepper, if wished, and top with the bacon rashers. Cover with the remaining bread so it is 3 layers high, and cut into half or into quarters. Before cutting secure with cocktail sticks.

(Free on Red Day if using bread from "B" Balanced section or count 40cals if on a Green Day)

Mini Pitta Sandwiches

Pitta breads can be split open and then stuffed ~~with some colourful, mouthwatering fillings.~~ However, make sure that you use the mini wholemeal pittas which can be used from your "B" Balanced section, otherwise count approx 200cals if using a large white pitta bread. Split the pitta bread down one side to make a pocket. Carefully fill the pitta with one of the suggested fillings above. Store in a sealed transportable container until required.

OR

Use 3 slices of Silueta wholemeal bread from a 300g loaf OR 2 slices from a 600g loaf

Grilled Chicken and Tomato Filling

Grill 113g/4oz bones, skinned chicken breast in a grill pan or under a grill until cooked and browned. Slice thinly and place inside the mini pitta pocket with crisp lettuce leaves and halved cherry tomatoes. Mix 1/2 tsp chopped fresh mint with 2 tbsp natural yogurt or fromage frais and spoon over the chicken and salad.

(Free Red day)

Greek Lamb Filling

Grill 85g/3oz very lean lamb until cooked to your liking. Cut into cubes and mix with 3 tbsp VLF natural yogurt, 1 heaped tbsp diced cucumber, a few thin red onion rings and a pinch of dried oregano. Season to taste and spoon into pitta bread or spread on sandwich.

(Free Red Day)

Spicy Bombay Potato Filling

~~Cook 1 x 85g/3oz potato (60 cals red day)~~ in boiling water until just tender. Drain, cut into chunks and mix with a sprinkling of turmeric, cumin and ground coriander. Add salt and pepper and some chopped fresh coriander, then spoon into the split pitta bread.

(Free on Green Day)

Grilled Vegetable Filling

Put 1/2 sliced red or yellow pepper, 1/4 sliced red onion and 1/2 sliced courgette in a hot grill pan and cook until tender and slightly charred (or cook under a hot grill). Mix the grilled vegetables with 2 tbsp VLF natural fromage frais/yogurt/Quark cheese and a little crushed garlic (optional). Season and stuff into pitta with some salad leaves..

(Free on Both Plans)

Other Basic Fillings

Mashed Banana
~~Mashed hard-boiled eggs with spring onion~~
Salmon & Cucumber
Corned Beef mashed with chopped tomato
Ham Lettuce & Tomato
Cold Tortilla (Home-made)