

# 10 minute lunches

Here are a few ideas to show you how quick and easy it can be...

## Prawn and Avocado Salad



We've tried to keep the ingredients as simple as possible. You can add as many or as little extra ingredients as you like!

with a sprinkling of sunflower seeds and golden linseeds

## Stuffed pepper



Top with your choice of cheese



Cous cous, chopped tomato and celery

You can opt for quinoa if you'd prefer to go even lower carb

## Mozzarella and tomato salad

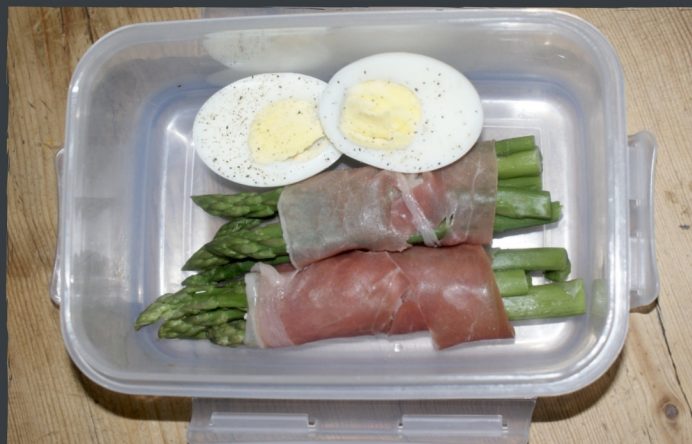
Mix of leaves including spinach, watercress and lettuce



Add some pepper & a drizzle of olive oil and balsamic vinegar for some extra flavour!

## Boiled eggs with asparagus wrapped in parma ham

If you're not keen on bacon or parma ham, why not try a tuna nicoise salad?



Just fancy a graze?

## Wholewheat pitta and raw veg



Home-made humous

This really is a 1 minute job, and is great for using any leftover veg in the fridge! Including celery, carrots, pepper, cucumber, courgette and even broccoli!

Selection of unsalted nuts

## Quinoa, roasted veg and haloumi

Add any leftover vegetables you have from last night's dinner

sprinkle some rocket on the top for extra flavour and colour



For those non-veggies, you could also add some chicken and chorizo

## Tofu stir fry

Red onion and kale



Low carb noodles



Carrot

We cooked the tofu with ginger, garlic and a little soy sauce

## Roasted aubergine topped with feta, pepper and red onion

and add a mixed leaf salad



Top with some nuts and seeds

## Roasted veg and tofu salad

Roasted red onion, pepper and tomatoes...

and you guessed it a mix of salad leaves!



## Courgette noodles



Courgette

Tomato

Feta cheese

Pesto

Olives

Spinach

## Pesto and Feta, quinoa salad



add chopped tomatoes, olives, cucumber and some spinach leaves