



April

Recipes

LUNCH IDEAS

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April is here! Here's some fresh lunch ideas to make your break exciting.

Lunch doesn't have to be hard. Once you're prepared, that's all that counts. Try your best to make a lunch as this is one way of being sure of the ingredients.

In Season Produce

Add some into your weekly routine



Carrots

Vitamin A source. Great for eyesight.



Asparagus

Contains fibre and folate. Not for everyone, but can be nice with fish



Avocado

A healthy fat with potassium and folate.

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Grilled Cheese

Serves 1
400Kcal



Ingredients

- 1 tbsp grated parmesan
- 50g mozzarella
- 2 thick slices white bread
- 1 tbsp Low Fat mayonnaise
- Ham x 2 slices

Instruction & Ingredients

Take 2 thick slices white bread and spread the cheese mixture over one of them.

Spread the outsides of the sandwich, top and bottom, with the mayonnaise. Grill the sandwich for 3-4 mins each side, pressing the sandwich down gently as it cooks to make sure it melts evenly inside and stays together.



Chicken Pasta

Serves 2
189Kcal



Ingredients

- 2 tsp finely chopped red onion
- 1 tbsp pesto
- 2 tsp olive oil
- 100g chicken
- 100g leftover pasta shapes
- 3 sundried tomatoes, chopped

Instruction & Ingredients

Mix the onion, pesto and oil. Flake the chicken into a bowl with the pasta and tomatoes, then stir in the pesto mix.



Lentil Soup

Serves 4
219Kcal



Ingredients

- 2l vegetable or ham stock
- 150g red lentils
- 6 carrots, finely chopped
- 2 medium leeks, sliced (about 300g)
- small handful of chopped parsley, to serve

Instruction & Ingredients

Heat the stock in a large pan and add the lentils. Bring to the boil and allow the lentils to soften for a few minutes.

Add the carrots and leeks and season (don't add salt if you use ham stock as it will make it too salty). Bring to the boil, then reduce the heat, cover and simmer for 45-60 mins until the lentils have broken down. Scatter over the parsley and serve with buttered bread, if you like.



BLT Pasta

Serves 1
332Kcal



Ingredients

- 25g pasta bows
- 2 cooked crispy bacon rashers , broken into pieces
- 15g spinach , chopped
- 6 cherry tomatoes , halved
- ½ tbsp crème fraîche
- ¼ tsp wholegrain mustard



Instruction & Ingredients

Cook the pasta following pack instructions and run under cold water to cool quickly. Mix in the bacon, spinach, tomatoes, crème fraîche and mustard, and season with a little salt.

Spoon into an airtight container and keep overnight in the fridge.

Cajun Wrap

Serves 1
450Kcal



Ingredients

- 1 wholemeal tortilla wrap
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- 1 teaspoon cayenne pepper
- 1 grilled chicken breast, sliced
- 1 teaspoon vegetable oil
- 1 teaspoon low fat mayonnaise
- ½ teaspoon lemon juice
- 1 spring onion, chopped
- 4 lettuce leaves
- 1/2 small tomato



Instruction & Ingredients

Combine all of the ingredients for the wrap in a bowl. Simply spread the mixture onto your wrap and enjoy warm or cold.



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