



Lunch recipe pack

8 simple lunches to support
a healthy and balanced lifestyle





Lunch menu

Simply select a meal option below to go directly to the recipe and you can return to this page by simply selecting the icon in the top right corner.

v Vegetarian DF Dairy Free

VE Vegan GF Gluten Free

Page	Recipes	Protein	Carbs	Fat	Estimated Calories
3	Easy egg muffins	15g	7g	16g	217 kcal
4	Halloumi burgers	22g	37g	24g	425 kcal
5	Sweet potato, spinach & feta tortilla	33g	49g	39g	675 kcal
6	Couscous salad	17g	51g	18g	414 kcal
7	The green eggs brunch	12g	8g	16g	215 kcal
8	Celery soup	6g	21g	8g	166 kcal
9	Chilli chicken wraps	44g	79g	24g	712 kcal
11	Cod with cucumber, avocado & mango salsa salad	22g	25g	12g	277 kcal

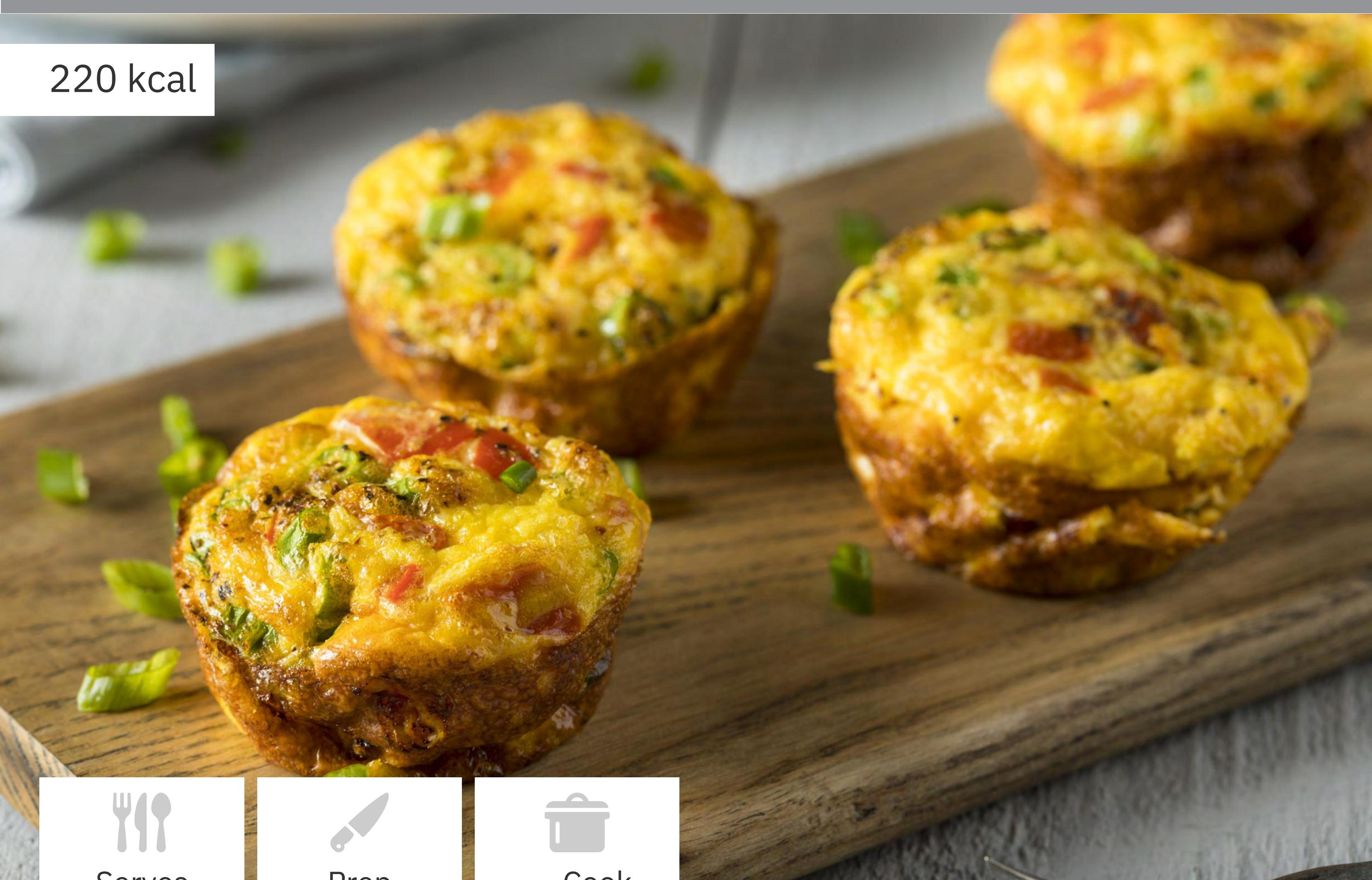
*Please note that this recipe pack should be used only as an inspirational guide. The eBook provides only the basic ingredients and methods needed to make very simple dishes. The macro and calorie values in each dish are estimated and again are there as a guide only. If monitoring calories accurately, it is recommended you weigh your food and use a calorie counting tool. No responsibility can be taken for allergy management to allergy management, the key is for reference only. The individual making the dish is fully responsible for the ingredients added and the integrity of the dish when serving to others who may have allergies, intolerances or alternative diets.

Easy egg muffins

GFV
● ●



220 kcal



Serves
4



Prep
15 mins



Cook
25 mins

Ingredients

1 tbsp oil
150g broccoli chopped
A red pepper chopped
A large spring onion sliced
6 medium eggs
1 tbsp milk
Large pinch of smoked paprika
50g cheddar cheese grated
Small amount of chives for topping

Nutrition per serving:
220 kcal
16g Fats
7g Carbs
15g Protein

Method

STEP 1

Heat the oven to 200C/180C fan. Oil up your 8-hole muffin tin (use half the oil). Heat the remaining oil in a pan and add your broccoli, pepper and onion. Fry for 5 mins and turn off to cool.

STEP 2

Whisk the eggs up with tbsp of milk, the smoked paprika and 25g of the cheese. Add in the broccoli, pepper and onion mix. Pour the mixture into the tray holes and top each with the remaining cheese and chives. Bake for 15-18 mins or until golden brown. Serve and enjoy.

Haloumi burgers



425 kcal



Serves
2



Prep
10 mins



Cook
10 mins

Ingredients

125g block halloumi cheese, cut into 4 thick slices
1/2 tbsp olive oil
2 burger buns
2 tbsp hummus
1 large ripe sliced up tomato
Some large lettuce leaves
Fresh tomato salsa shop bought

Nutrition per serving:
425 kcal
24g Fats
37g Carbs
22g Protein

Method

STEP 1

This tastes amazing when done on the BBQ.
Cover each side of all the halloumi slices with some olive oil and cook them on each side until golden (3 mins).

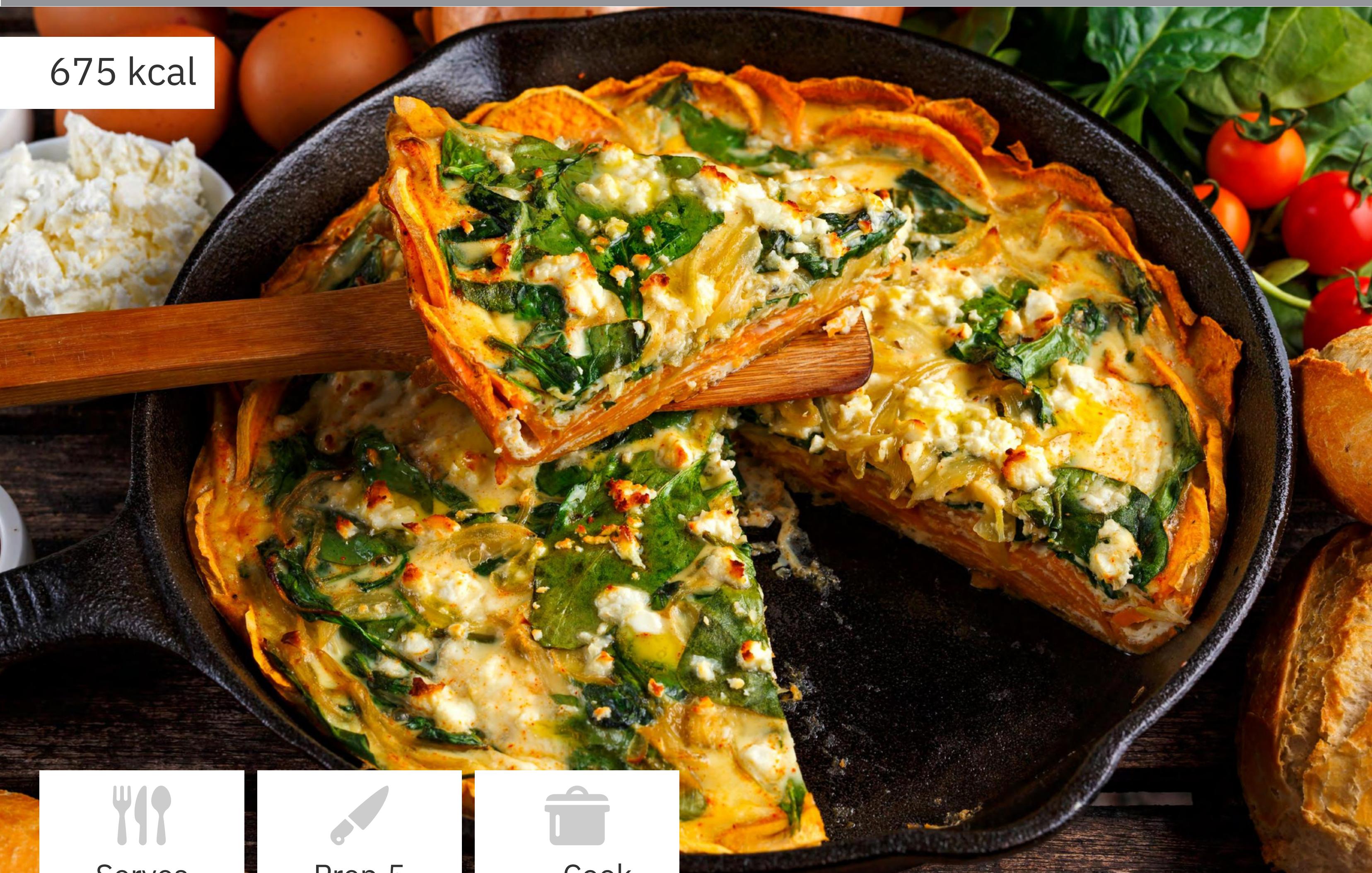
STEP 2

Toast your buns on the inside of the bun. Then add the hummus on the lower part of the burger bun. Add some tomato and then add the golden-brown halloumi. Finish with some lettuce and salsa before dropping the top bun on. Use a skewer stick to hold the burger together and serve up.

Sweet potato, spinach & feta tortilla



675 kcal



Serves
2



Prep 5
mins



Cook
20 mins

Ingredients

3 large sweet potatoes
100g baby spinach
6 medium to large eggs
100g feta crumbled
2 tbsp olive oil

Nutrition per serving:
675 kcal
39g Fats
49g Carbs
33g Protein

Method

STEP 1

Pierce the potatoes a few times on each side, then microwave until soft (circa 6-8 minutes). Then let them cool down.

STEP 2

Heat the oil in a deep ovenproof frying pan and wilt the spinach. Cut each sweet potato in half (lengthways) and scoop out the flesh, keeping it in big chunks. Then whisk your eggs up.

STEP 3

Add your sweet potato to the pan and stir whilst adding the spinach – don't flatten it, keep it lumpy. Add the eggs and swirl the eggs into any gaps. Scatter the broken feta over the pan contents and cook for 4-5 mins over a low heat until the sides and bottom look set.

STEP 4

Finally place under a grill for 1-2 mins to cook the top of the tortilla. Let it cool a little before separating into slices to serve. Can keep chilled for up to a day in the fri-

Couscous salad

v
orange



414 kcal



Serves
2



Prep
10 mins



Cook
0 mins

Ingredients

100g couscous
200ml hot vegetable stock
1 spring onion
1 red pepper
 $\frac{1}{2}$ cucumber
50g feta cheese crumbled
2 tbsp pesto
2 tbsp pine nuts or other nuts of choice

Nutrition per serving: 414 kcal
18g Fats
51g Carbs
17g Protein

Method

STEP 1

Put the couscous into a bowl and pour over the veggie stock. Cover up and leave for 10 mins until stock has been sucked up and the couscous is fluffy.

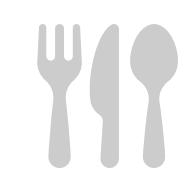
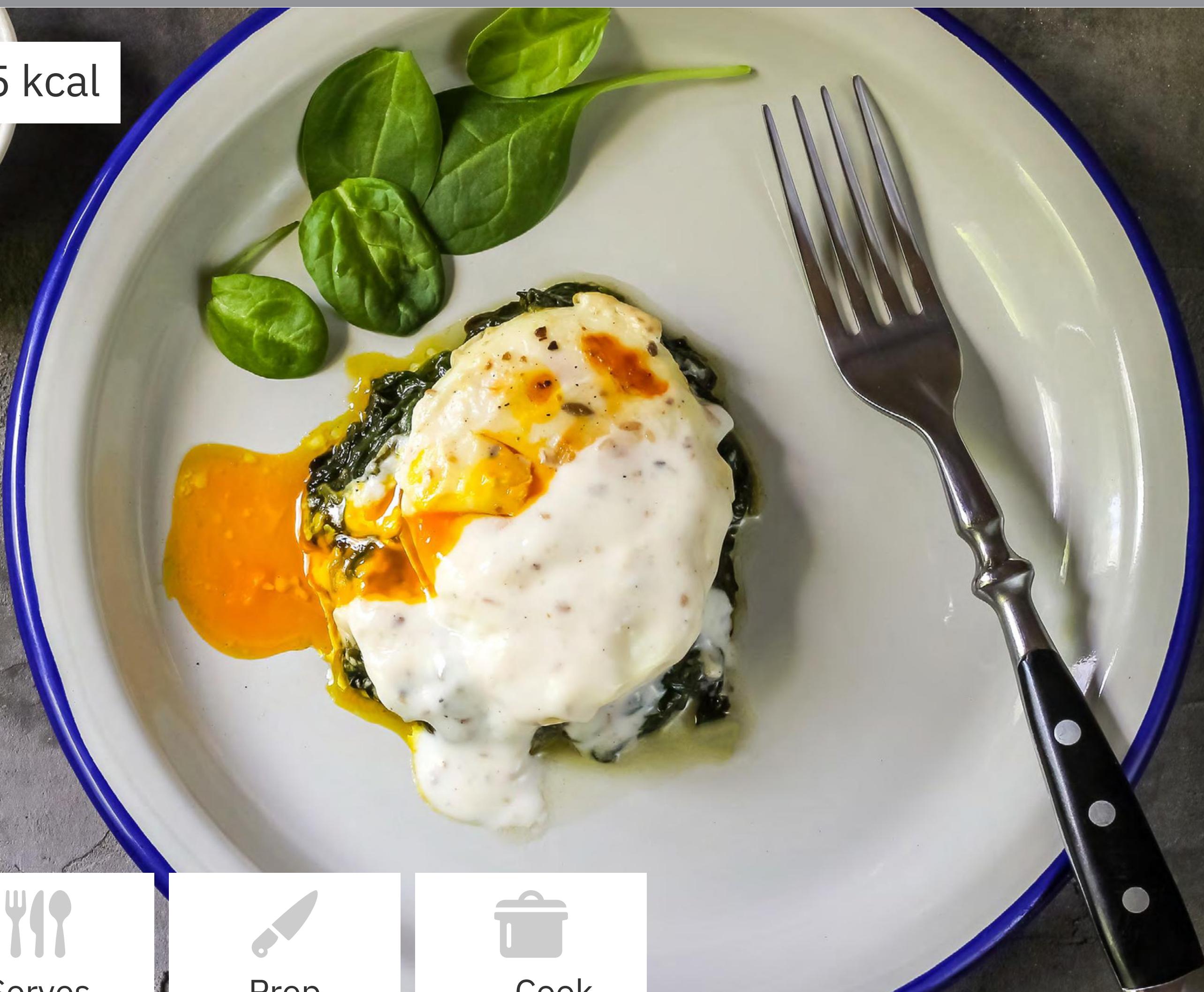
Then slice the onions and pepper and slice up the cucumber. Add to the couscous bowl, mix in the pesto and crumbled feta, then scatter the pine nuts to serve.

The green eggs brunch



V GF

215 kcal



Serves
2



Prep
15 mins



Cook
15 mins

Ingredients

300g of spinach
2 medium eggs
2 trimmed & sliced leeks
2 sliced up garlic cloves
 $\frac{1}{2}$ tsp coriander seeds
 $\frac{1}{2}$ tsp fennel seeds
Pinch of chilli flakes
2 tbsp Greek yogurt
Lemon to squeeze
1 $\frac{1}{2}$ tbsp olive oil

Nutrition per serving:
215 kcal
16g Fats
8g Carbs
12g Protein

Method

STEP 1

Heat the oil in your frying pan. Add the leeks a pinch of salt then cook until soft (approx. 4 minutes). Add the fennel & coriander seeds, garlic cloves and chilli flakes to the pan. Once the seeds start crackling, add the spinach and reduce the heat. Mix everything together until the spinach has reduced, then move it to one side of the frying pan. Add some additional oil to the pan, then add your eggs and fry until cooked to your preference.

STEP 2

Mix the yogurt into the spinach mix and season again to preference. Split the mix between two plates, add the fried eggs, squeeze some lemon and finish with some crushed black pepper and chilli flakes.

Celery soup



166 kcal



Serves
2



Prep
15 mins



Cook
40 mins

Ingredients

300g sliced celery (removed any tough strings)

1 peeled garlic clove

1 tbsp olive oil

200g peeled and sliced potatoes

500ml veg stock

100ml skimmed milk

Bread of choice to serve (calories not included in total here)

Nutrition per serving:
166 kcal
8g Fats
21g Carbs
6g Protein

Method

STEP 1

Add 2 tbsp of olive oil and heat in a good-sized saucepan. Use a medium heat, add in the celery, garlic and potatoes, stir up and cover in the oil. Add a splash of water and a decent pinch of salt. Stir the mix regularly for around 15 mins.

STEP 2

Add the stock and bring pan up to the boil, then reduce heat and simmer for approx. 20 mins, until the potatoes are breaking apart and the celery has softened.

STEP 3

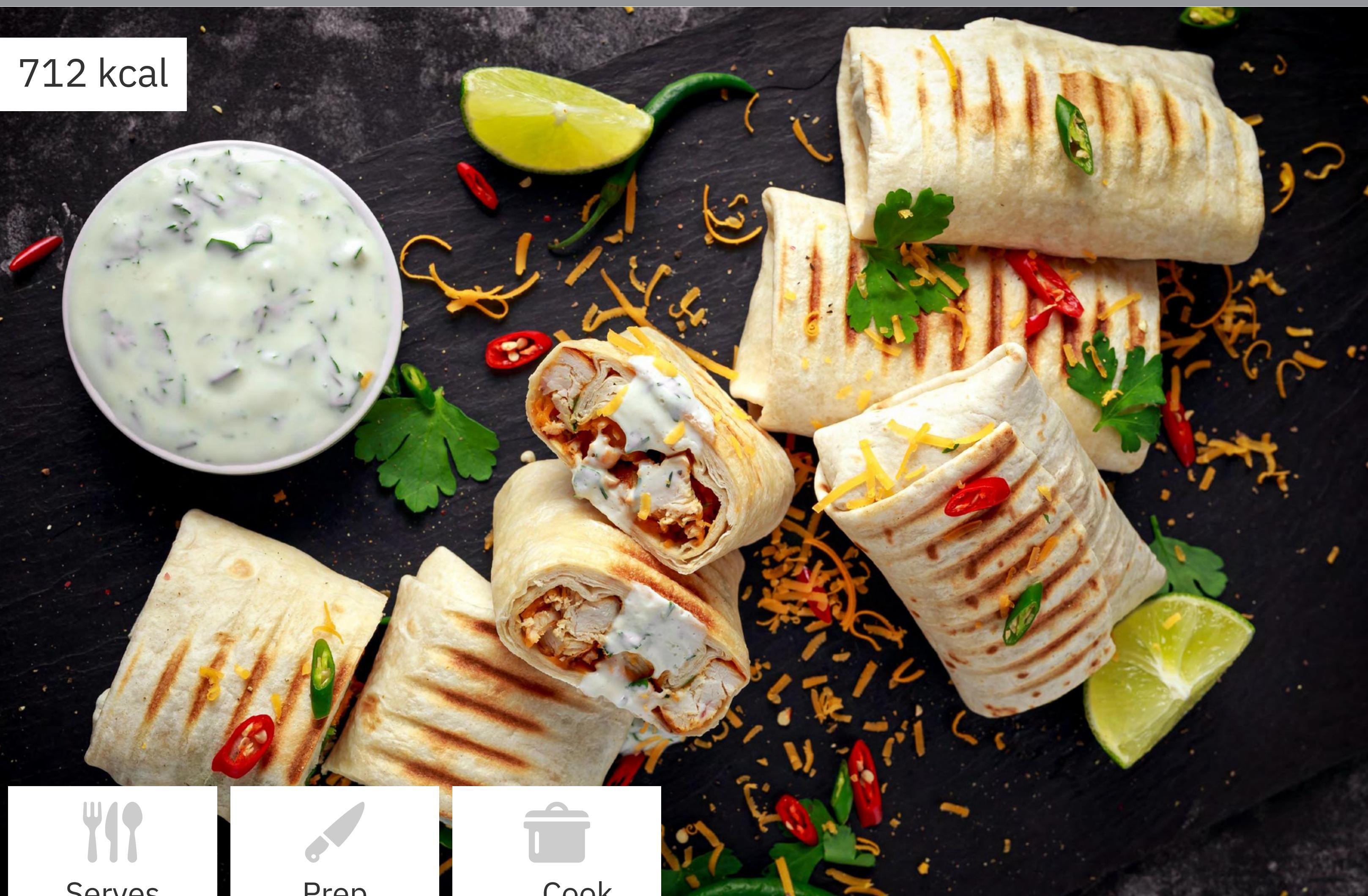
Use a hand-held blender to purée the mix down. Pour in 100ml of milk and blend further. Season to taste and serve up with some bread of your choice.

Chilli chicken wraps

V
VE



712 kcal



Serves
2



Prep
10 mins



Cook
25 mins

Ingredients

- 4 medium wraps
- 2 large skinless chicken breasts cut into bite-sized pieces
- 2 tbsp vegetable oil
- 1 large onion, thinly sliced
- 2 garlic cloves, finely chopped
- 1 small piece of peeled ginger, finely chopped
- 1 tbsp tomato purée
- 1 red chilli thinly sliced
- Juice of $\frac{1}{2}$ lemon
- 1 small sliced up red onion
- 2 tbsp mango chutney
- 2 handfuls of coriander
- 50g natural yogurt

Nutrition per serving:
712 kcal
24g Fats
79g Carbs
44g Protein

Method

STEP 1

Heat the vegetable oil in frying pan (medium heat). Add the chicken breast slices and brown, then remove. Add the sliced onion, finely chopped ginger, garlic and throw in a pinch of salt. Cook for around 4-6 mins until softened.

STEP 2

Put the heat up to high. Bring the chicken back to the pan, add in the tomato purée, chilli rings and squeeze the lemon juice over the mix. Season well with salt and pepper and then cook until the chicken is tender (approx 10 minutes).

Chilli chicken wraps



STEP 3

Warm and plate the wraps, add the chicken and then add the red onion, chutney, herbs and yogurt as fillings to your preference. Roll up and enjoy.

Cod with cucumber, avocado & mango salsa salad GF



277 kcal



Serves
2



Prep 5
mins



Cook
8 mins

Ingredients

2 skin free cod fillets
1 small mango peeled and chopped
1 small avocado peeled and sliced
 $\frac{1}{4}$ cucumber sliced
160g cherry tomatoes chopped
1 red chilli de-seeded and chopped
2 sliced spring onions
1 lime
Handful chopped coriander

Nutrition per serving:
277 kcal
12g Fats
25g Carbs
22g Protein

Method

STEP 1

Heat oven to 200C/180C

Put the cod in a ovenproof dish and pour over half the lime juice and grate a little of the zest over too. Then add black pepper. Cook for 8 mins in the oven until the fish flakes but remains moist.

STEP 2

Whilst the cod is cooking put the mango, cucumber, cherry tomatoes, red chilli slices, spring onion, avocado and coriander into a bowl. Take the remaining lime juice and zest, add and mix well. Spoon onto plates and top with the cod, spooning over any juices in the dish.



**Contact me to get more help in
your fitness journey**

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