

A photograph of a meal on a white plate. On the right side, there is a folded omelette with a golden-brown, slightly charred edge. Three stalks of asparagus are placed vertically across the omelette. The omelette is garnished with small black and green specks, likely herbs and pepper. On the left side of the plate, there is a pile of fresh green spinach leaves with prominent red veins. Below the spinach, several cherry tomatoes are sliced in half, showing their red flesh and seeds. An orange square is overlaid in the center of the image, containing the word "LUNCH" in white, uppercase, sans-serif font.

LUNCH



Prep time:
5 minutes

Cream Cheese and Salmon Bagel

with Exante Diet

A nutritious, quick and easy-to-make lunch option that provides an energy boost.

Ingredients:

- 75g smoked salmon
- 25g cream cheese
- ½ wholemeal bagel
- 1x tbsp chopped chives

Method:

- 1 Halve your bagel and toast one portion, saving the other for another meal.
- 2 Spread the tangy cream cheese and sprinkle half of the chopped chives over the top of your half portion.
- 3 Place the smoked salmon on top and add the remaining chives.

Food Hero

Wholemeal products have a low glycaemic index which means they are a slow-release energy source.

Nutritional:

Energy (kcal)	344
Protein (g)	22.4
Total Carbs (g)	19.9
Total fat (g)	19.4



Food Hero

The hero is more in the method – steaming, as opposed to boiling, vegetables ensures they retain more nutrients.

Prep time:
5 minutes

Cooking time:
10 minutes

Tuna Nicoise Salad

with Exante Diet

A classic, French lunch option, big on taste and low in calories.

Ingredients:

- 1x tin of tuna
- 1x large egg
- 80g green beans
- 45g mixed leaf salad
- 5x cherry tomatoes
- 25g olives

For the dressing

- 5ml olive oil
- ½ tsp Dijon mustard
- ½ tsp lemon juice
- Pinch of salt and pepper

Method:

- 1 Bring a saucepan of water to the boil. Gently add the egg and cook for 9-10 minutes.
- 2 Cook the green beans in a steamer or bain-marie for 10 minutes, ensuring they're cooked through but still aldente.
- 3 Whilst the egg and green beans cook, halve the cherry tomatoes and olives.
- 4 Mix together the olive oil, Dijon mustard and lemon juice in a bowl and season with the salt and pepper.
- 5 To serve, create a bed of mixed-leaf salad and add the tomatoes and olives. Shell your egg and slice into wedges. Place on top of the salad along with the tuna.
- 6 Finally drizzle over the refreshing dressing over the top.

Nutritional:

Energy (kcal)	304
Protein (g)	34.8
Total Carbs (g)	9.5
Total fat (g)	14.1



Prep time:
5 minutes

Cooking time:
20 minutes

Chorizo, Prawn & Butterbean Stew

with Exante Diet

A tasty lunch, packed with protein, Vitamin A and Omega 3 for an overall health kick.

Ingredients:

- 45g chorizo
- 75g cooked prawns
- 100g butterbeans
- ½ small onion
- 1x glove of garlic
- 150g chopped tomatoes
- 1x tsp oregano
- Pinch of salt and pepper

Method:

- 1 Place a saucepan on high heat.
- 2 Dice the chorizo, onion and garlic and add to the saucepan.
- 3 Once the chorizo browns, add in the tomatoes, butterbeans and oregano and bring to the boil.
- 4 Allow to simmer for 20 minutes or until the sauce has thickened.
- 5 Add the prawns and cook for a further 5 minutes.
- 6 Season to taste and serve

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Butterbeans are a great vegetarian protein source which is high in fibre too

Nutritional:

Energy (kcal)	395
Protein (g)	31.6
Total Carbs (g)	24.6
Total fat (g)	18.9



Prep time:
5 minutes

Cooking time:
30 minutes

Wild Rice and Chicken Salad

with Exante Diet

A delicious, filling lunch option made with wild rice, a source of slow-release carbohydrate.

Ingredients:

- 1x (115g) chicken breast
- 25g wild rice
- ¼ red pepper
- ½ small red onion
- 75g spinach

For the dressing

- 5ml olive oil
- ½ tsp Dijon mustard
- ½ tsp manuka honey
- Pinch of paprika
- Pinch of salt and pepper

Method:

- 1 Pre-heat your oven to 200C.
- 2 Season the chicken breast with salt and pepper and place in an oven proof dish.
- 3 Bake in the oven for 25-30 minutes ensuring it is cooked through.
- 4 Whilst the chicken cooks, weigh out 25g of rice in a saucepan and pour over boiling water so that it covers the rice by 2cm. Boil for 20-25 minutes until the rice is soft and drain any excess water.
- 5 Whilst the chicken and rice are cooking, dice the onion and pepper.
- 6 Mix together the ingredients for the dressing in a bowl.
- 7 Remove the chicken from the oven and allow to sit for 5 minutes.
- 8 Combine the onion, pepper, rice and spinach in a bowl.
- 9 Slice the chicken and lay on top of the warm rice salad.
- 10 Finally, drizzle over the dressing. Add more paprika for a more intense smokey fragrant flavour.

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Manuka honey has antibacterial properties that can protect against cell damage and defend against infections.

Nutritional:

Energy (kcal)	392
Protein (g)	31.8
Total Carbs (g)	28.9
Total fat (g)	16.6



 Prep time:
 20 minutes
 Cooking time:
 40 minutes

Polenta Crusted Asparagus & Feta Quiche

with Exante Diet

A healthy lunch choice, easily prepared in advance and a source of probiotics.

Ingredients:

- 180g polenta
- 600ml water
- 50g parmesan
- 1x large egg

For the filling

- 250g asparagus
- 90g Greek yogurt
- 2x large eggs
- 90g milk
- 50g feta cheese

To serve

- 45g mixed leaf salad
- 5x cherry tomatoes

Method:

- 1 Preheat the oven to 190C.
- 2 Break the asparagus where the fibrous end meets the tender stalk and place on a baking tray.
- 3 Roast in the oven for 15-20 minutes.
- 4 Whilst the asparagus is roasting, prepare the crust.
- 5 Bring the water to the boil with ½ teaspoon of salt. Slowly add the polenta stirring all the time and cook on a low heat for 10minutes.
- 6 When fully thickened, remove from the heat and stir in the parmesan, the beaten egg and a pinch of salt and pepper.
- 7 Transfer the mixture to a greased quiche dish and smooth into a rough 3/4inch crust with a spatula. Bake for 20-30 minutes, the crust should be golden and dry to touch.
- 8 For the filling, whisk together the Greek yogurt, eggs, milk and salt and pepper before gently folding in the crumbled feta.
- 9 Pour the filling into the polenta crust and arrange the asparagus on top.
- 10 Return the quiche to the oven and bake for 40-45 minutes until fully set. To check if cooked, a knife inserted into the centre should come out clean.
- 11 Serve with the mixed leaf salad and cherry tomatoes.

Food Hero

Polenta is a low carbohydrate source rich in vitamin A and C providing a boost to the immune system.

Nutritional:

	Whole quiche	Per Serving
Energy (kcal)	866	289
Protein (g)	71.4	23.8
Total Carbs (g)	53.1	17.7
Total fat (g)	40.9	13.6