

# JENNY'S QUICK LUNCH IDEAS

These nourishing lunch recipes are macronutrient balanced meals, as they contain the perfect balance of protein, carbohydrates and fats, to help keep you fuller for longer. This will also help to reduce any mid afternoon cravings!



**MACKEREL SALAD**

## PROTEIN SOURCE



Mackerel (tinned 120g)

## CARB SOURCE



Ready made Puy lentils (60g)

## VEGGIES & EXTRAS



Handful of tomatoes



Handful of spinach



Handful of cucumber (chopped)



One beetroot



**MIXED EGG SALAD**

## PROTEIN SOURCE



2 boiled eggs

## CARB SOURCE/VEGGIES



One beetroot (Sliced)



Handful of spinach



Half a red bell pepper (chopped)



Handful of cucumber (chopped)



Handful of tomatoes

## FAT SOURCE



1/2 Avocado



**EGGS, AVOCADO & CRISPREAD**

## PROTEIN SOURCE



2 boiled eggs

## CARB SOURCE/VEGGIES



2 wholegrain crackers e.g. Rivita



Handful of tomatoes

## FAT SOURCE



1/2 Avocado

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