



# LIVELIGHTER®

## LUNCH BUILDER

### Roast beef and chutney sandwich

**Preparation time: 5 minutes / Servings: 1**

#### Ingredients

- ▲ 2 slices grainy or wholemeal bread
- ▲ 2 teaspoons chutney
- ▲ 90g roast beef, sliced
- ▲ 4 slices canned beetroot
- ▲ ½ carrot, grated
- ▲ Large handful of rocket or other salad leaves, washed and dried

#### Method

Spread chutney onto one slice of bread. Add other ingredients in the order listed. Make sure that the beetroot and carrot are not touching the bread to avoid a soggy sandwich. Top with the remaining slice of bread.

### Pesto chicken wrap

**Preparation time: 5 minutes / Servings: 1**

#### Ingredients

- ▲ 1 grainy or wholemeal wrap
- ▲ 2 teaspoons basil pesto
- ▲ 90g cooked chicken, sliced
- ▲ ¼ Lebanese cucumber, thinly sliced
- ▲ ¼ red capsicum, thinly sliced
- ▲ ¼ cup alfalfa sprouts

#### Method

Spread pesto down the centre of the wrap. Layer ingredients and roll up.

### Fiesta salad

**Preparation time: 10 minutes / Servings: 1**

#### Ingredients

- ▲ ⅓ cup iceberg lettuce, shredded
- ▲ 3 cherry tomatoes, halved
- ▲ ¼ capsicum, chopped
- ▲ ¼ Lebanese cucumber, chopped
- ▲ 1 slice red onion, chopped
- ▲ ¼ avocado, chopped
- ▲ ¼ cup no-added-salt canned corn, drained and rinsed
- ▲ ½ cup no-added-salt canned kidney beans, drained and rinsed
- ▲ 1 tablespoon coriander leaves, chopped
- ▲ 1 lime wedge

#### Method

Mix together all ingredients except lime. Squeeze lime over salad just before serving.

### Asian slaw with sweet chilli tuna

**Preparation time: 10 minutes / Servings: 1**

#### Ingredients

- ▲ ½ cup cabbage, finely sliced
- ▲ ½ carrot, grated
- ▲ ½ celery stick, finely sliced
- ▲ 3 snow peas, finely sliced
- ▲ ¼ apple, finely sliced
- ▲ ¼ cup cooked brown rice
- ▲ 90g can tuna in sweet chilli sauce

#### Method

Mix together vegetables, apple and rice. Add tuna just before serving.

**Hint** Squeeze a little lemon juice on the apple after slicing to prevent browning, or slice it up at the last minute.



**Healthy lunch inspiration!**

Three easy steps to build a healthy salad or sandwich.

**LIVELIGHTER**®

**For more delicious lunchtime recipes, visit [livelighter.com.au](http://livelighter.com.au)**

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Government of Western Australia  
Department of Health



## CHOOSE MOST

### FRUIT AND VEG

Have these raw, cooked or canned, and choose a variety of colours and textures.



Tomato



Celery



Cucumber



Beetroot



Apple/pear



Cabbage



Snow peas



Alfalfa sprouts



Mushroom



Carrot



Pumpkin



Capsicum



Avocado



Onion



Mixed greens



Iceberg



Broccoli



Orange

## CHOOSE SOME

### BREADS, CEREALS AND GRAINS

Wholegrain, wholemeal and high-fibre varieties are the best choice.

### MEAT AND MEAT ALTERNATIVES

Choose lean and low-fat options. Aim to have more veg than meat in your meal.



Bread roll



Bread



Wrap



Crackers



Rice cakes



Couscous



Pasta/noodles



Brown rice



Quinoa



Lentils



Beans



Fish



Chicken



Egg



Lean meat

## ADD A LITTLE

### TASTY BITS

Choose a few tasty bits to add zing, yum and crunch to your lunch!



Home-made croutons



Seeds



Pita chips



Sundried tomatoes



Olives



Fresh herbs



Balsamic vinegar + olive oil



Low-fat yoghurt with herbs



Fresh lemon or lime juice



Nuts



Sprouted beans



Reduced-fat tasty cheese



Commercial/home-made low-fat dressing



Sweet chilli sauce



Dried fruit



Mustard



Low-fat mayonnaise



Pesto



Hummus



Low-fat cottage or ricotta cheese



Chutney or salsa