

Lunch & Snack Ideas

SANDWICH IDEAS

Bread	Fillings
Wholemeal: Bagel, Wrap, or Pitta	Smoked Salmon, Cucumber, Full fat Cream Cheese
Spelt bread Sourdough bread	Roast chicken (turkey, beef) real full fat mayo, sliced tomato, mixed green leaves, mashed avocado, cucumber slices
Rye bread	Vine ripened tomato, mixed green leaves, sliced buffalo mozzarella, Parma ham, pesto Banana, Meridian butters

DIPS & DIPPERS

Dips	Dippers
Hummus Pesto Guacamole Chicken Liver Pate Mashed boiled egg	Carrot sticks (orange) Yellow pepper strips (yellow) Red pepper strips (red) Broccoli florets (green) Cucumber (green) Celery (green) Sugar Snap peas (green) Apple Slices Oat cakes Corn cakes Rye crackers

SNACK IDEAS

Healthy Oat Bars
<p><u>Ingredients</u></p> <p>4 tablespoons of coconut oil (melt in microwave) 2 ripe bananas 3 teaspoons of honey (if you can find local honey that has even more nutrients) 3 beaten eggs 150g of oats (fibre) 1 tablespoon of chia seeds (full of omega 3 health fats) 1 teaspoon of bread soda Big handful of blue berries</p> <p><u>Method</u></p> <p>Mix together and baked in a lined tray 160c for 40mins (cut into square when cool, and keep in the fridge)</p>

SNACK IDEAS (cont'd)

Banana Bread
<p><u>Ingredients</u></p> <p>450g mashed banana 2 beaten eggs 100g Olive oil 100g Honey 100g Desiccated Coconut 180g Whole wheat Spelt Flour 2tsp of baking powder 2tsp of cinnamon</p> <p><u>Method</u></p> <p>Mix together and bake in a lined loaf tin 160c for 45mins.</p>

SMOOTHIE IDEAS

Ingredients 1	Ingredients 2
<p>½ ripe avocado (green, good fats) 100ml mango chunks (yellow) Large handful spinach (green) 200ml apple juice 2 teaspoons of chia seeds (good fats)</p>	<p>1-2 handfuls of rinsed spinach (green) 1 cored pear (white) 1 banana (white) 1 cup of blueberries (blue) 1 cup of pineapple (yellow/orange) water</p>
Ingredients 3	Ingredients 4
<p>1-2 handfuls of rinsed kale (green) 1 pitted peach (white) 1 avocado (green) 1 handful of strawberries (red) 1/8 cup of flaxseeds (good fats & fibre) 1/8 cup of blue berries/ goji berries (blue/red)</p>	<p>½ ripe avocado (green, good fats) 1 pear 1 banana Handful of blue berries Thumb-sized piece of ginger 250ml almond milk</p>

HEALTHIER BRAND IDEAS

Breads
<p>First rule of thumb when buying bread. Look for 100% wholegrain/ wholemeal as number 1 on the ingredient list</p> <ul style="list-style-type: none"> • Brennan's 100% wholemeal bread • Dunnes wholemeal pitta bread • Cambridge wholemeal bread • All Biona Bread Brands • Ryvita • Nairn's organic rough oat biscuits

HEALTHIER BRAND IDEAS (cont'd)

Cereals

Can be eaten dry as a lunch snack.

- Nestle 100% shredded wheat
- Kellogg's No Added Sugar Multigrain Shapes
- Kellogg's No Added Sugar Granolas
- Kellogg's Raw fruits Bars
- Cocoa Alpha Bites (no added nonsense)
- Weetabix

Yogurts

- Plain full fat Greek Yoghurt, stir in blackberries, blueberries, chopped strawberries
- Glenisk Live Organic Yoghurt, reduced sugar
- Duneen Greek Style Yoghurt, all flavours, no added sugar
- Killowen Farm fruit yoghurts

Soups

- Happy Pear Soups
- Cully & Sully Soups

Hummus

- Aldi Red pepper (full fat) hummus
- Tesco Organic (full fat) hummus

Spreads

- Meridian butters including chocolate varieties
- Follain Nothing but fruit Jams
- Le Paysan Chicken live pate

Sweet

- Nairns mixed berry oat cakes
- Dr Coy chocolate bars and chocolate coated almonds
- Nakd Bars