

# Bring your own lunch



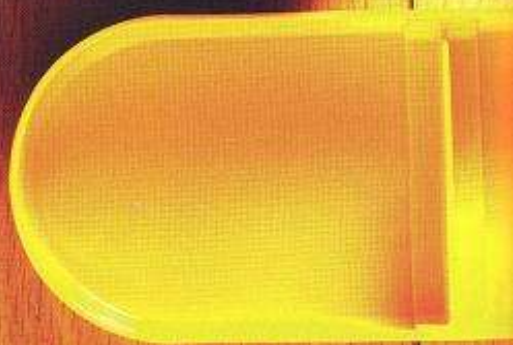
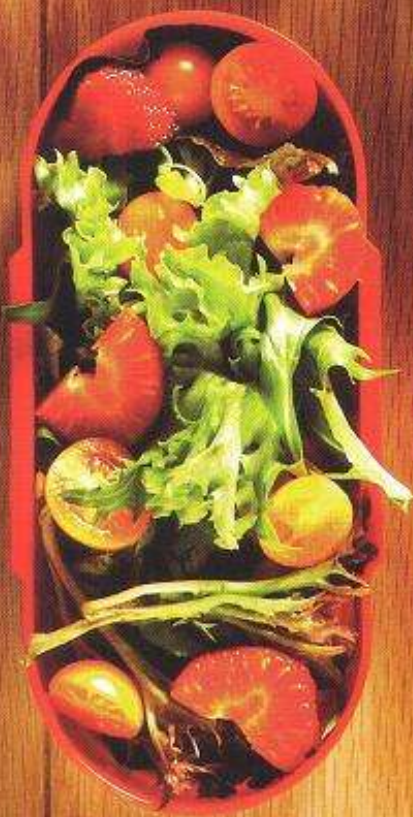
When it comes to shedding unwanted kilos, lunch – not breakfast – is the most important meal of the day. A study in the *Journal of the Academy of Nutrition and Dietetics* found that women who lunched out at least once a week lost, on average, 2.5kg less than those who did so less frequently. The reason? Dining out makes it harder to track those calories.

"Eating in restaurants usually means less individual control over ingredients and cooking methods, as well as larger portion sizes," according to the study's authors.

So, if a shapely figure is what you're gunning for, pack your lunch for work. Jaclyn Reutens, a dietitian on *Shape's* advisory board, offers four easy options that will take you only 10 minutes to prepare. Perfect!

These homemade meals can put you on the fast track to weight loss.

BY BANG WEI-TIN





## Multigrain Roast Beef Sandwich

SERVES 1

### YOU'LL NEED

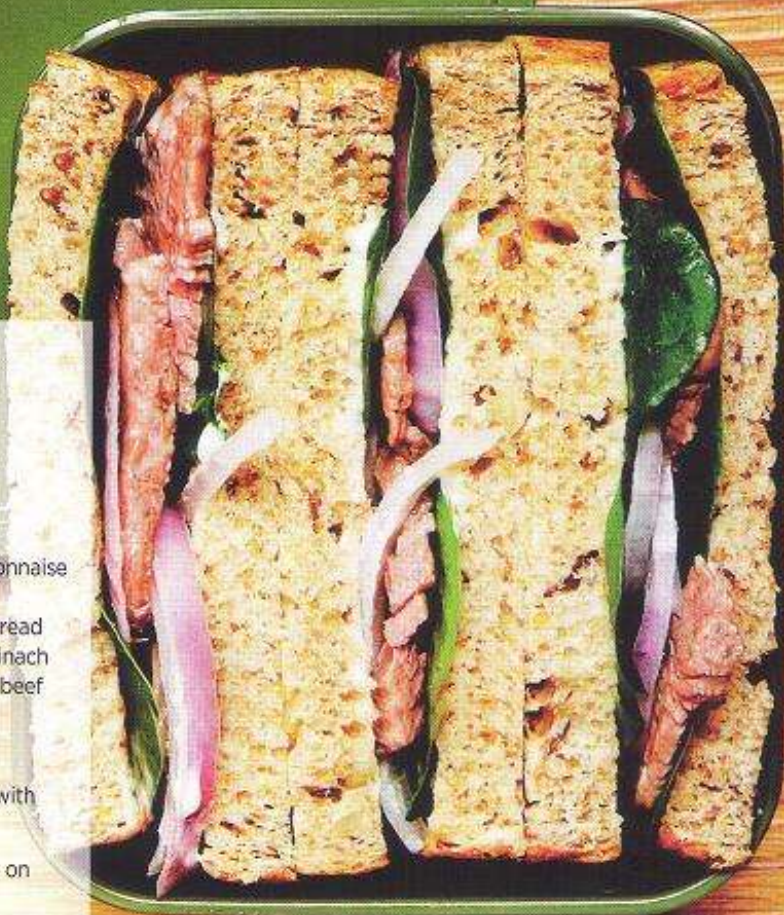
- ½ tbsp fat-free mayonnaise
- ¼ tbsp mustard
- 2 slices multigrain bread
- ¼ cup fresh baby spinach
- 70g thinly sliced roast beef (store bought)
- 2 slices red onion

**1/** Combine mayonnaise with mustard. Mix well.

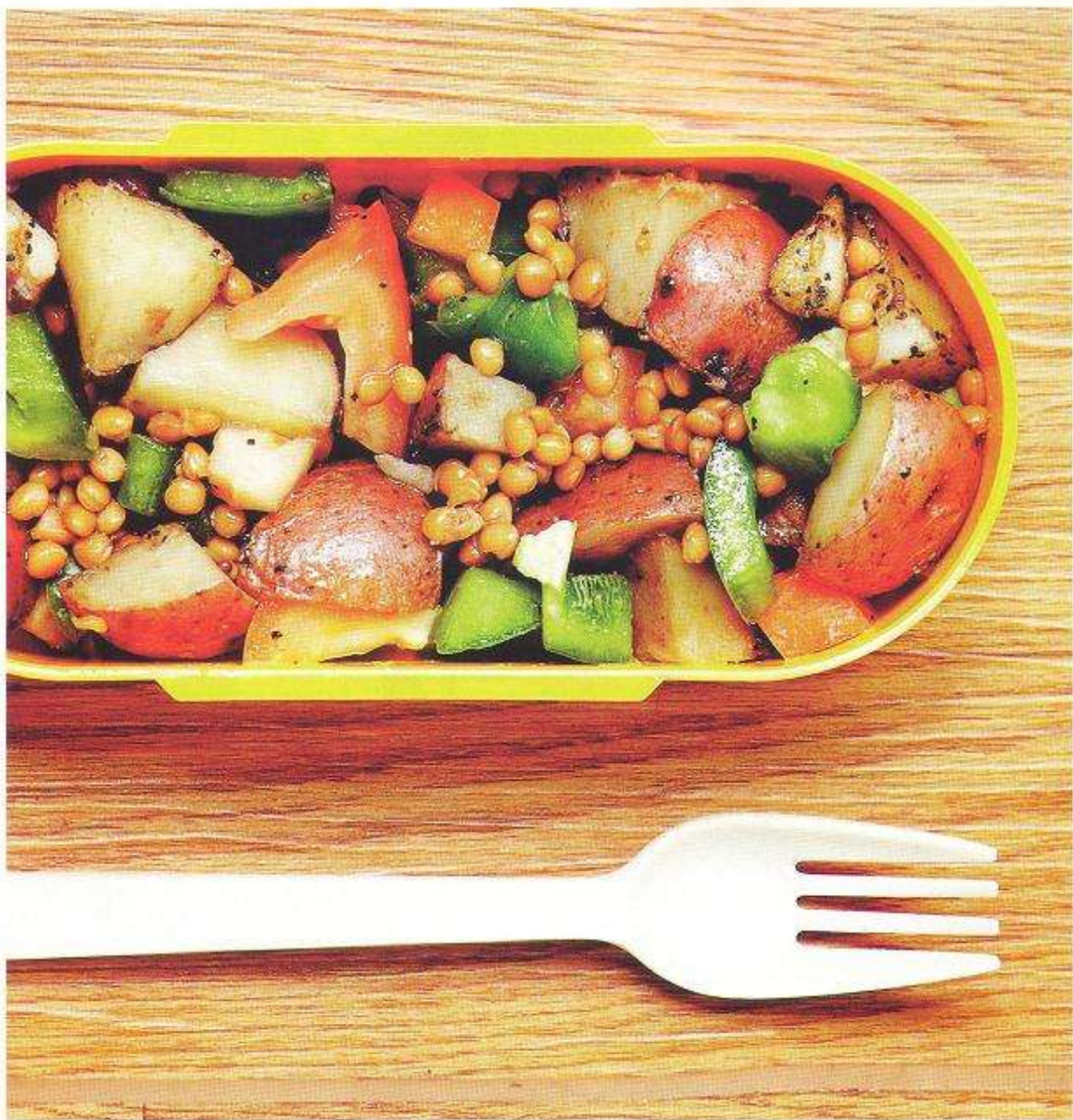
**2/** Spread mixture evenly on both slices of bread.

**3/** Top one slice with spinach, beef, and onion. Cover with remaining bread slice. Cut sandwich into half and pack.

● **NUTRITION SCORE PER SERVING** 284 kcal, 31.4g carbs, 25g protein, 6.3g fat (1.9g saturated), 3.9g fibre, 476mg sodium







## Roasted Potatoes and Lentils Salad

### SERVES 1

#### YOU'LL NEED

- 100g red potatoes chopped
- $\frac{1}{4}$  red onion, chopped
- $\frac{1}{2}$  tbsp olive oil
- $\frac{1}{4}$  tsp cracked black pepper
- $\frac{1}{4}$  tsp dried oregano
- 100g canned lentils, drained
- 50g tomatoes, chopped
- 50g green capsicum, chopped

#### FOR THE DRESSING

- $\frac{1}{4}$  tsp seeded mustard
- $\frac{1}{2}$  tbsp balsamic vinegar
- 1 tbsp olive oil
- $\frac{1}{4}$  tsp sugar

**1/** Place potatoes and onion in a freezer bag. Add oil, black pepper and oregano. Shake bag until potatoes are evenly coated.

**2/** Heat pan on medium. Transfer potato mix to pan and fry for 10 minutes or until potatoes are cooked through.

**3/** Combine potato mix with cooked vegetables, lentils, tomatoes and capsicum. Mix dressing ingredients. Pour over salad when you're ready to eat.

#### ● NUTRITION SCORE PER SERVING

309 calories, 28.1g carbs, 10.4g protein, 17.7g fat (2.9g saturated), 6.2g fibre, 299mg sodium



## High-fibre Chicken Fried Rice

SERVES 1

### YOU'LL NEED

- ¼ tsp olive oil
- 1 tbsp onion, diced
- 100g cooked chicken meat, cubed
- 1 tbsp sodium-reduced soya sauce
- 1 tbsp small carrot, diced
- 1 tbsp celery, chopped
- 1 tbsp red bell pepper, chopped
- 1 tbsp fresh peas
- 1 tbsp green bell pepper, chopped
- 100g cooked brown rice
- 1 egg, beaten

**1/** Heat oil in pan. Add onion and sauté until soft.

**2/** Add chicken and ½ tbsp soya sauce. Stir-fry for 5 minutes.

**3/** Stir in carrots, celery, red bell pepper, peas and green bell pepper and cook for a further 5 minutes. Then add rice and mix thoroughly.

**4/** Finally, add beaten egg and remaining ½ tbsp soya sauce, and fry until egg is done.

### ● NUTRITION SCORE PER SERVING

408 calories, 36.1g carbs, 35.2g protein, 13.4g fat (3.6g saturated), 3.2g fibre, 698mg sodium





## Tuna Pasta Primavera

SERVES 1

### YOU'LL NEED

- ¼ tsp olive oil
- 100g canned tuna in spring water
- 1 tbsp red onion, chopped
- 100g cooked fusilli pasta
- 60g fresh broccoli florets
- 1 tsp dried basil leaves
- 60g tomatoes, coarsely chopped
- 2 tbsp grated mozzarella cheese
- Salt and pepper for seasoning

**1/** Heat oil in pan and fry onions until soft.

**2/** Add broccoli and basil; stir-fry for 3 minutes. Add tomatoes and stir-fry until soft.

**3/** Pour vegetables over pasta.

**4/** Add tuna and grated mozzarella cheese. Season with salt and pepper.

### ● NUTRITION SCORE PER SERVING

317 calories, 27.3g carbs, 36.4g protein, 6.4g fat (3.1g saturated), 5.5g fibre, 601mg sodium



## OUR FAVE TAPAO WARE!

These well-designed lunch boxes will meet all your needs.



### CLEVER

The all-in-one **Fit N Fresh Salad Bowl** (\$19.95, Howards Storage World) comes with a removable ice ring and dressing dispenser to keep greens chilled and crisp throughout the day.

### ORGANISED

**Bordera Lunch Box** (\$24, Francfranc) has two stacks, which can be used separately or together. It also has dividers to help you exercise better portion control.



### VERSATILE

Pack a hearty meal with the BPA-free **Aladdin Bento Lunch Box** (\$46.95, Howards Storage World). This modern-day tiffin carrier is microwavable and double insulated to keep food warm for hours.