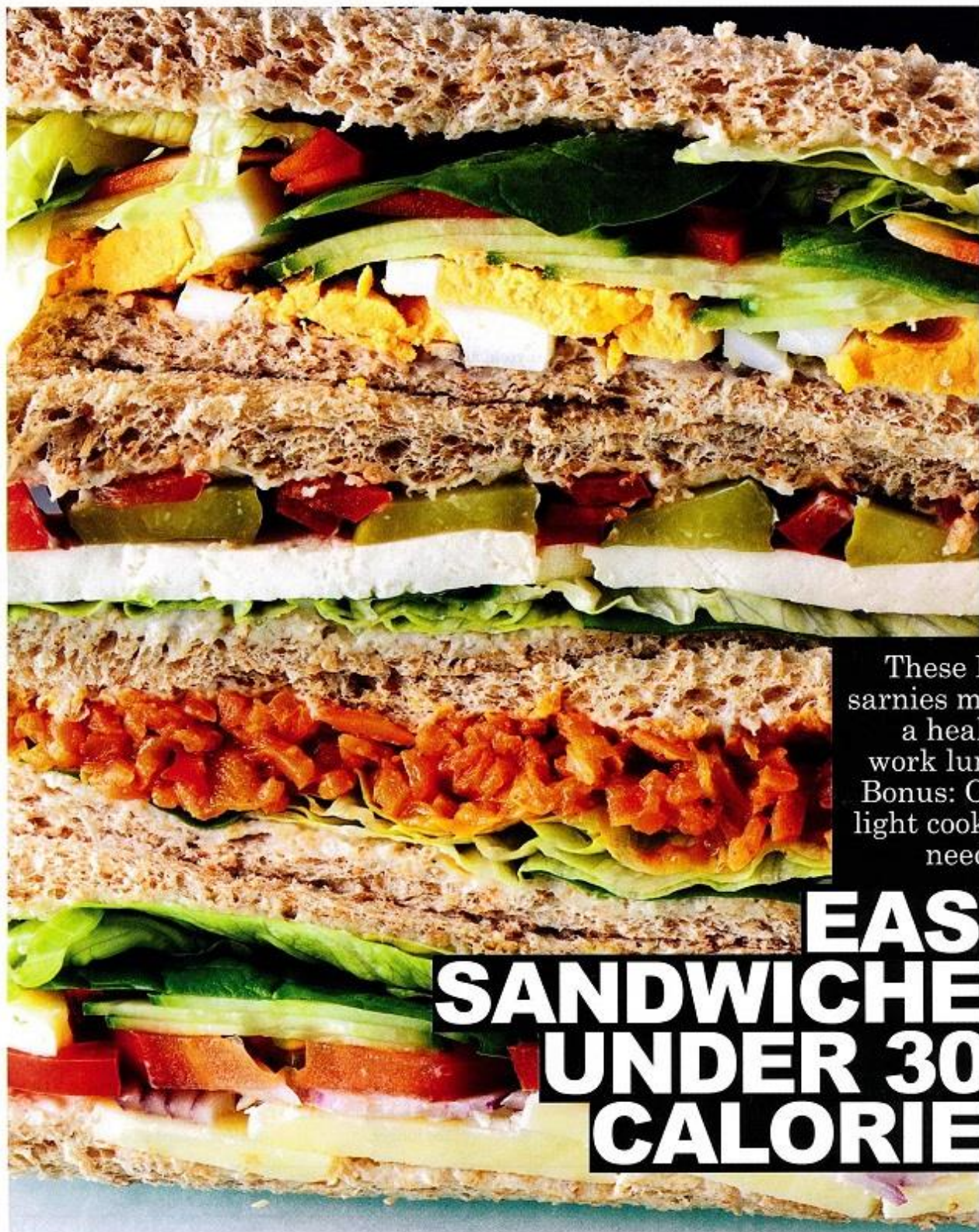


# Cheatsheets

HEALTH / FITNESS / WORK / MONEY / LIFE ETC



These DIY sarnies make a healthy work lunch. Bonus: Only light cooking needed!

**EASY  
SANDWICHES  
UNDER 300  
CALORIES**





## ROASTED VEGGIE WRAP

The red peppers in this recipe offer good-for-the-heart phytochemicals and twice the amount of vitamin C of an average-sized orange. Zucchini and spinach are good sources of fibre and folate, while hummus has plant-based protein. A slice of cheese adds calcium.



**280**  
CALORIES

### You'll need...

- 1 small zucchini, sliced lengthwise
- ½ small red bell pepper, thinly sliced
- ½ cup baby spinach
- 1 piece whole-wheat wrap
- 1 tablespoon hummus
- 1 slice edam cheese (or any other low-fat cheese)

1. Brush zucchini and red pepper slices with olive oil and sprinkle with pepper. Grill until browned, three minutes each side.
2. Spread hummus on the wrap and add cheese. Top with roasted zucchini and red pepper slices, and spinach. Roll it all up.



**254**  
CALORIES

## TURKEY CRANBERRY WHOLEMEAL SANDWICH

This combo is low in fat and high in protein.

Turkey contains selenium, which activates your thyroid and immune system, and reportedly helps guard against cancer.

### You'll need...

- 2 teaspoons cranberry sauce
- 2 teaspoons light cream cheese
- 45g deli roast turkey slices
- ½ cup shredded lettuce
- 2 slices wholemeal bread

In a small mixing bowl, mix cranberry sauce with cream cheese until combined. Spread mixture over bread slices. Place turkey slices and shredded lettuce between these.



**265**  
CALORIES

## GRILLED PINEAPPLE CHICKEN SANDWICH

Chicken is a great source of protein and B vitamins, while pineapple contains slow-to-digest dietary fibre, which keeps you full for longer.

### You'll need

- ½ chunk chicken breast, skinned and deboned
- ½ tablespoon low-fat honey mustard
- 3 slices canned pineapple
- ½ red bell pepper, thinly sliced
- 2 slices wholemeal bread

1. Grill or pan-fry chicken and pineapple slices until tender. Brush occasionally with honey mustard.
2. Place chicken on one slice of bread, then lay on slices of caramelised pineapple and red bell pepper. Top with second slice of bread.

Expert sources Jaclyn Reutens, clinical dietitian at Aptima Nutrition & Sports Consultants, and Vanessa McNamara, founder of The Travelling Dietitian