

30 Days to Change your Life - Lunch Ideas

www.paleo-britain.co.uk

All of these lunchtime salads use only 5 main ingredients. My go to salad dressing is equal parts raw apple cider vinegar or fresh lemon juice with extra virgin olive oil, salt and pepper and then fresh or dried herbs. You can change the flavor of the dressing by using different vinegars, lime instead of lemon, different herbs, adding 1 teaspoon of mustard or adding chilli, ginger or garlic.

Nicoise Salad

- Tin of tuna in brine or olive oil, drained
- 2 hardboiled eggs, quartered
- 1 tomato, cut into chunks
- Cooked green beans
- Handful of black olives

Mix everything together and put into your lunchbox or tupperware. Keep the dressing separate until you are ready to eat.

Dressing – red wine vinegar, extra virgin olive oil, salt and pepper, chopped fresh parsley and chives. Whisk all the ingredients together and keep in a small bottle or tub until you are ready to eat the salad. Or use a couple of tablespoons of paleo mayonnaise mixed with a little parsley and chives as a dressing.

Smoked Salmon Salad

- 50g wild smoked salmon
- Half an avocado, cut into chunks
- Bag of watercress
- 1 thinly sliced shallot
- Handful of capers

Mix everything together and put into your lunchbox or tupperware. Keep the dressing separate until you are ready to eat.

Dressing - horseradish sauce, extra virgin olive oil, fresh lemon juice, salt and pepper. Whisk all the ingredients together and keep in a small bottle or tub until you are ready to eat the salad.

Chicken, Pesto, Avocado and Watercress Salad

- 1 poached chicken breast, sliced
- Half an avocado, cut into chunks

30 Days to Change your Life - Lunch Ideas

www.paleo-britain.co.uk

- Bag of watercress
- 2 tbsp. homemade pesto or a tub of fresh pesto (made with olive oil rather than sunflower oil)
- Handful of black olives

Mix everything together and put into your lunchbox or tupperware.

Greek Salad with Prawns, Tuna or Sardines

- 100g cooked and peeled prawns (OR 1 small tin of tuna or sardines in brine or olive oil, drained)
- 1 tomato, cut into chunks
- 1/4 of a cucumber, cut into chunks
- Handful of black olives
- 1/4 thinly sliced red onion

Mix everything together and put into your lunchbox or tupperware.

Dressing - red wine vinegar, extra virgin olive oil, salt and pepper, dried oregano and ¼ crushed garlic clove. Whisk all the ingredients together and keep in a small bottle or tub until you are ready to eat the salad.

Sweet Potato and Chicken Salad

- 1 sweet potato, cut into chunks
- 1 pepper (green, red or yellow), cut into chunks
- 1 red onion, cut into chunks
- Half an avocado, cut into chunks
- 1 poached chicken breast, sliced
- Optional: pine nuts and poppy seeds for crunch

Preheat the oven to 180 degrees Celsius. Place the sweet potato, pepper and onion into an ovenproof dish, drizzle with olive oil and roast for 25 minutes. Leave to cool.

Mix the cooled vegetables with the avocado and chicken and put into your lunchbox or tupperware. Keep the dressing separate until you are ready to eat.

Dressing – equal parts extra virgin olive oil, lemon juice, pinch of chilli flakes, salt, pepper and tahini. Whisk or blend all the ingredients together and keep in a small bottle or tub until you are ready to eat the salad.

Other Lunch Ideas

- Make a big batch of soup at the beginning of the week and take in a Thermos flask for lunch. I sometimes have soup and salad for lunch if I don't think I will be full up with just salad.
- Thinly sliced roast beef, roast pork, or ham, wrapped around slices of cucumber, avocado, carrot or peppers. Cold meatballs are also good lunch box food.



- Coconut wraps filled with chicken, avocado and salad and paleo mayo. You can buy these wraps from www.perfectlypaleo.co.uk



30 Days to Change your Life - Lunch Ideas
www.paleo-britain.co.uk

- Sushi made with sheets of nori, smoked salmon, tinned tuna or tinned crab with lots of thinly slice vegetables and wasabi



- Frittata makes great lunch box food – you can use all kinds of ingredients in a frittata – this one is made with celeriac and chopped spinach. Or try out some paleo egg muffins.

