



Meals For Those On The Move

- **Ryvita crackers/toppings** - Ryvita crackers (2-3), light triangles (1-2), chicken or ham slices (1-2) OR Ryvita crackers (2-3), light triangles (1-2), small tin of tuna and sprinkle with black pepper.
- **Mustard yogurt tuna salad** - 1 large tin of tuna in brine, 2tbsp low fat plain yogurt, 1tbsp lemon juice, 1tbsp Dijon mustard, 1tbsp chopped scallion. Mix in a bowl and eat or fill into medium wholemeal roll. Add salad.
- **Tuna & egg salad** - Selection of salad greens, onions, ½ apple chopped, ½ orange, some beetroot and 1 tin of tuna in brine. Add 1 egg cut in quarters. Serve with 2 Ryvita and 2 tbsp of cottage cheese if required.
- **Baked potato choices** - Cottage cheese & salad. Tuna, sweetcorn and salad. Beans and salad. Serve hot or cold.
- **Tuna & Broccoli pasta salad** - 1 cup of cooked pasta with a few chopped peppers and salad. Mix in a little low fat cottage cheese to bind together, or a little low fat cheese sauce.
- **Ham & bean salad** - 2 slices of lean ham, ¼ can of mixed beans, 6 cherry tomatoes, sprinkle of onions, ½ pepper, and selection of greens.
- **Toasties - hot or cold** - Tuna & onion, chicken, onion & sweetcorn, lean ham and low fat cheese slice. For a dinner, make extra and heat up if possible.
- **Beef, ham & chicken salad** - 1 slice of Sunday roast, 1 slice of lean ham, 1 slice of chicken or turkey, 1 hard-boiled egg, selection of greens, tomato and a little low fat cottage cheese. Can be eaten in 2 halves.
- **Soups & pittas** - Baxters Healthy Options with toasted pitta bread chopped up or swedishe 'krisprolls' low in carbs (2-3 rolls).
- **Wholemeal sandwiches or rolls** - Chicken & sweetcorn. Tuna & onion or peppers or sweetcorn. Ham & low fat cheese. Beef, onion & Tomato. Cheese & tomato. Egg & onion. Egg & smoked ham or turkey.
- **Snacks** - Low fat yogurts, low fat custard or low fat rice. Add some chopped fruit. Add sugar free jelly to one of the above and 2tbsp of dry cereal.
- **Filled pitta selections** - Scrambled egg & onion. Scrambled egg & ham. Scrambled egg with chicken pieces & peppers. Low fat cottage cheese & chicken.