



Left-Over Chicken Wrap

120g left over chicken breast, shredded (see notes)

1 wholegrain wrap

1 cup cos lettuce leaves

1/2 cup cherry tomatoes, halved

1/4 avocado, sliced

1 tbsp mayo

Wedge of lemon

Salt and pepper

Spread mayo on wrap, top with 1/3 of the lettuce, chicken, ½ the cherry tomatoes, avocado; season with salt and pepper and wrap. Serve the remaining salad as a side with the wedge of lemon.

FLAVOUR KICKS Add a dash of paprika in the mayo to give it a spicy hit. Swap mayo for 2 tbsp of hummus Use any fresh veg or leaves you have in the fridge (no need to waste them!)

NOTES You can also get shredded chicken from the deli sections in major supermarkets.

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Satay Tofu Bowl

150g Pre-marinated Satay Tofu (store bought)

1/2 cup microwave brown rice & quinoa (opt)

1/2 cup edamame beans (defrosted)

1.5 cups shredded cabbage (see notes)

1/2 cup shredded carrot (see notes)

1 tbsp kimchi (opt)

1 tbsp rice wine vinegar

1 tbsp salt reduced soy sauce

Slice tofu into bite size pieces; place in a microwave safe serving bowl with edamame and grains; warm in microwave for 1 min and 30 seconds. Add remaining ingredients; toss with vinegar and soy sauce.

FLAVOUR KICKS Use any of your favourite pre-marinated tofu or tempeh. Omit brown rice and quinoa and replace with 1 tbsp of crushed wasabi peas

NOTES Use microwave brown rice and quinoa and a premade coleslaw mix to save time.

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Classic Tuna Salad

95-150g tuna in spring water, drained, chunks

1 cup cos lettuce, washed, finely chopped

½ Lebanese cucumber, sliced

½ cup Roma cherry tomatoes, halved

1 baby beetroot, cooked, finely sliced (see notes)

50g crumbled Danish feta

2 tbsp balsamic vinegar

1 tsp wholegrain mustard (or Dijon)

1 tsp olive oil

Salt and pepper

Place balsamic, olive oil, mustard in a jar; season with salt and pepper; shake well. Place remaining ingredients, besides feta in a bowl, toss with dressing. Leave in the bowl or transfer to a plate and top with crumbled feta and serve.

FLAVOUR KICKS Omit olive oil from dressing and add 5-7 pitted and chopped olives into salad Add ¼ cup of chopped fresh parsley leaves for some herby goodness. Add ½ cup canned and drained chickpeas for some added flavour and energy

NOTES Make a 5 x quantity of the dressing to have in the refrigerator for the weeks lunches. I don't precook beetroot, it's such a hassle during a time poor week! I buy freshly cooked, peeled and packaged in the fresh produce section at supermarkets, it's about \$3 for 250g.