# Lunch Ideas

*Thirty meals: everyday, family & kids, and weekend menus.*
*Full macros. Average UK supermarket cost per serving.*

| 30 | £0.33 | £3.40 | 3 |
|---|---|---|---|
| LUNCHES | FROM, AVG. PER SERVING | TO, AVG. PER SERVING | SUPERMARKETS AVERAGED |

PREPARED EXCLUSIVELY FOR

## Terry Gilchrist Clients & Members

CLIENT & MEMBER EDITION

START HERE

# A proper lunch, for less

*Thirty lunches, including family & kids and weekend menus, with an average UK supermarket cost.*

This guide leans on cheap staples — tins, bread, pasta, rice, eggs and a little fresh meat or fish — and works out an average cost for every one of them across three major UK supermarkets, so the price on the page is a realistic one to plan around. Pick one lunch a day and use the recipe page for exactly how to make it, what it costs, and what's in it.

### The ground rules

- Buy own-brand. Basics-range bread, pasta, rice and tins are usually the same, or very close, for a lot less.
- Batch cook. A pasta bake or a tray of jackets shares the oven cost across several lunches.
- Tins are your friend. Tuna, beans and sweetcorn keep for months and cost pennies per portion.
- Fresh chicken is the priciest ingredient in this book — still far cheaper than a shop-bought lunch, but worth batching to make it stretch.
- Cheap doesn't mean processed. Check labels on bread, wraps and mayo for a blended 'vegetable oil', which can mean palm oil.

### About the numbers

Each price is an average of researched estimates for the cheapest own-brand or value-range pack at Aldi, Lidl and Asda, current at the time of writing. Your actual shop may run a little above or below this figure — see the where-to-shop pages for how that typically breaks down. Prices vary by store and change often — check the shelf edge label for the figure on the day. This is general information, not personal medical advice.

### Inside this volume


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### IMPORTANT INFORMATION

This guide is general information for Terry Gilchrist Personal Training clients and members. It isn't personalised medical, nutritional or dietary advice, and it doesn't replace guidance from a registered dietitian, doctor or other qualified healthcare professional — particularly if you're pregnant, breastfeeding, managing a medical condition or allergy, or feeding a child. Always check ingredient labels yourself, since brands and formulations change. Nutritional values are estimates based on typical ingredients and will vary. Prices are researched estimates correct at the time of writing; they are not guaranteed or kept up to date after publication, and will vary by store, region and over time — always check the current price before relying on it. Terry Gilchrist Personal Training accepts no liability for loss or inconvenience arising from use of this guide.

THE MENU

# Everyday Lunches

*Ten healthy lunches, averaging £0.44 to £1.26 a portion. Pick one a day.*

## 01 Ham & Cheese Sandwich

Ham, cheese and salad on wholemeal, plus an apple.
RECIPE P.6

**455 KCAL**
24g protein
**~£0.68**

## 02 Tuna Mayo Sandwich

Tuna mayo and sweetcorn on wholemeal, plus a banana.
RECIPE P.7

**500 KCAL**
38g protein
**~£1.21**

## 03 Jacket Potato, Beans & Cheese

A baked potato with beans, cheese and a side salad.
RECIPE P.8

**550 KCAL**
25g protein
**~£0.76**

## 04 Egg Mayo Sandwich

Egg mayo and lettuce on wholemeal, plus an apple.
RECIPE P.9

**480 KCAL**
21g protein
**~£0.85**

## 05 Cheese & Pickle Sandwich

Mature cheddar and pickle with salad, plus an apple.
RECIPE P.10

**480 KCAL**
18g protein
**~£0.64**

## 06 Tomato Soup & a Roll

Tomato soup, a bread roll, butter and a little cheese.
RECIPE P.11

**480 KCAL**
17g protein
**~£0.72**

## 07 Pasta & Tuna Salad

Pasta with tuna, sweetcorn and cherry tomatoes in a light mayo dressing.
RECIPE P.12

**510 KCAL**
35g protein
**~£1.22**

## 08 Rice, Bean & Sweetcorn Bowl

Rice with baked beans, sweetcorn, tomatoes and spring onion.
RECIPE P.13

**400 KCAL**
14g protein
**~£0.54**

## 09 Ham & Cheese Toastie

Ham and cheese toasted between two slices of bread.
RECIPE P.14

**470 KCAL**
22g protein
**~£0.45**

## 10 Chicken & Sweetcorn Wrap

Pan-fried chicken breast, sweetcorn and salad in a wrap.
RECIPE P.15

**440 KCAL**
35g protein
**~£1.00**

THE MENU — FAMILY & KIDS

# Family & Kids Lunches

*Ten more, built to share — batch-cooked, handheld, and easy on the washing up.*

**01 Mini Ham & Cheese Toasties** — 325 KCAL, 16g protein, ~£0.45
Toasted ham and cheese sandwiches, cut into small triangles.
RECIPE P.16

**02 Pasta Salad Pots** — 380 KCAL, 18g protein, ~£0.54
Pasta with ham, sweetcorn and cherry tomatoes in a light mayo dressing.
RECIPE P.17

**03 Family Jacket Potatoes with Beans & Cheese** — 350 KCAL, 14g protein, ~£0.55
Baked potatoes with beans and cheese.
RECIPE P.18

**04 Tuna Pasta Bake** — 440 KCAL, 28g protein, ~£0.68
Pasta baked with tuna, passata and melted cheese.
RECIPE P.19

**05 Build-Your-Own Wrap Station** — 425 KCAL, 30g protein, ~£1.03
Chicken, cheese, salad and wraps laid out for everyone to build their own.
RECIPE P.20

**06 Cheesy Veg Quesadillas** — 375 KCAL, 18g protein, ~£0.70
Wraps folded around cheese, pepper and spring onion, toasted until crisp.
RECIPE P.21

**07 Homemade Egg Fried Rice** — 365 KCAL, 14g protein, ~£0.48
Rice fried with egg, peas and spring onion.
RECIPE P.22

**08 Chicken & Sweetcorn Pasta** — 425 KCAL, 28g protein, ~£0.63
Pasta with chicken, sweetcorn and melted cheese.
RECIPE P.23

**09 Tomato Soup & Dippers** — 290 KCAL, 10g protein, ~£0.33
Tomato soup with buttered toast fingers.
RECIPE P.24

**10 English Muffin Pizzas** — 305 KCAL, 14g protein, ~£0.49
Toasted English muffins topped with passata, cheese and tomato.
RECIPE P.25

### A note on younger children

- Chicken must always be cooked all the way through: no pink, juices running clear.
- Quarter grapes lengthwise and halve cherry tomatoes for under-5s, since whole ones are a choking hazard.
- Keep raw and cooked chicken apart, with separate boards, and wash hands and surfaces after handling it raw.
- Portions here suit an adult or two younger children. Scale down for toddlers and always supervise young children while they eat.

THE MENU — WEEKEND

# Weekend Lunches

*Ten more, for when it's worth spending a little extra — steak salads to a proper prawn bowl.*

**01 Steak Sandwich with Caramelised Onions**

Sirloin steak and sweet caramelised onions on toasted sourdough.
RECIPE P.26

500 KCAL · 35g protein · ~£2.87

**02 Smoked Salmon & Avocado Salad**

Smoked salmon and avocado over salad leaves with cherry tomatoes.
RECIPE P.27

405 KCAL · 24g protein · ~£2.07

**03 Chicken Caesar Salad**

Grilled chicken, parmesan and croutons with a light Caesar-style dressing.
RECIPE P.28

350 KCAL · 38g protein · ~£1.37

**04 King Prawn & Chorizo Rice Bowl**

King prawns and chorizo with rice, cherry tomatoes and spring onion.
RECIPE P.29

520 KCAL · 32g protein · ~£2.61

**05 Halloumi & Roasted Veg Grain Bowl**

Grilled halloumi with couscous, roasted pepper and cherry tomatoes.
RECIPE P.30

440 KCAL · 20g protein · ~£1.66

**06 Brie & Cranberry Sourdough Melt**

Toasted sourdough with melted brie, cranberries and rocket.
RECIPE P.31

430 KCAL · 16g protein · ~£1.36

**07 Parma Ham, Mozzarella & Rocket Sourdough**

Parma ham and mozzarella on toasted sourdough with rocket.
RECIPE P.32

410 KCAL · 24g protein · ~£1.97

**08 Chorizo & Butter Bean Stew**

Chorizo and butter beans in a light tomato sauce, with sourdough.
RECIPE P.33

370 KCAL · 22g protein · ~£1.23

**09 Sirloin Steak Salad with Rocket & Parmesan**

Sliced sirloin steak over rocket with parmesan and cherry tomatoes.
RECIPE P.34

410 KCAL · 40g protein · ~£3.40

**10 Prawn, Avocado & Mango Salad**

King prawns with avocado, mango and salad leaves.
RECIPE P.35

385 KCAL · 26g protein · ~£3.12

# Ham & Cheese Sandwich

*A packed-lunch staple, tidied up.*

SERVES 1 | PREP 5 MIN | COOK NONE

## NUTRITION PER SERVING — ESTIMATE

| 455 | 24g | 56g | 15g | 8g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES: **4g**

SALT: **1.8g**

HIGH IN SALT

*WHY IT'S CHEAP — A pack of sliced ham splits across several lunches, so the cost per sandwich stays low.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Wholemeal bread, 2 slices | £0.06 |
| Sliced ham, 40g | £0.22 |
| Cheddar, 20g | £0.09 |
| Tomato, cucumber and lettuce | £0.10 |
| Light mayo, 1 tsp | £0.03 |
| Apple, 1 | £0.17 |
| **AVERAGE TOTAL PER SERVING** | **£0.68** |

### Ingredients

- 2 slices wholemeal bread — check for 'vegetable oil' on the label; some economy loaves use a palm oil blend
- 40g sliced ham (2 slices)
- 20g cheddar, sliced
- A few slices of tomato, cucumber and lettuce
- 1 tsp light mayo or mustard — look for rapeseed or sunflower oil rather than a blended vegetable oil
- 1 apple

### Method

1. Spread the mayo or mustard on one slice of bread.
2. Layer on the ham, cheese and salad.
3. Close the sandwich, press down and cut in half diagonally.
4. Pack the apple alongside.

### Store & prep ahead

Make it the night before, wrap it tightly and keep it in the fridge. Add the tomato in the morning to avoid a soggy sandwich. Eat within 24 hours.

### Key micronutrients

Calcium, vitamin B12 and zinc (cheese). B vitamins (ham). Vitamin C and fibre (apple).

**COACH'S NOTE**

*Ham is salty, so it's a good one to rotate rather than have every day. Swap in fresh chicken or turkey slices sometimes.*

# Tuna Mayo Sandwich

*A tin, a spoon, five minutes.*

SERVES 1 | PREP 5 MIN | COOK NONE

## NUTRITION PER SERVING — ESTIMATE

| 500 | 38g | 62g | 11g | 7g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **1.5g**

SALT **1.1g**

*WHY IT'S CHEAP — A tin of tuna is the priciest single item here, but it still comes in well under a shop-bought sandwich.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Wholemeal bread, 2 slices | £0.06 |
| Tuna in spring water, 1 tin | £0.86 |
| Light mayo, 1 tbsp | £0.03 |
| Sweetcorn, 40g | £0.04 |
| Cucumber, a few slices | £0.11 |
| Banana, 1 | £0.10 |
| **AVERAGE TOTAL PER SERVING** | **£1.21** |

### Ingredients

- 2 slices wholemeal bread — check for 'vegetable oil' on the label
- 1 tin tuna in spring water, drained
- 1 tbsp light mayo
- 2 tbsp (40g) sweetcorn
- A few cucumber slices
- 1 banana
- Black pepper

### Method

1. Drain the tuna really well, pressing the lid into the tin to squeeze out the water.
2. Mix the tuna, mayo, sweetcorn and pepper in a bowl.
3. Spread onto one slice, add the cucumber and top with the other slice.
4. Cut in half and pack the banana on the side.

### Store & prep ahead

The tuna mix keeps in an airtight tub in the fridge for 24 to 48 hours. Build the sandwich in the morning so the bread doesn't go soggy.

### Key micronutrients

Iodine, selenium, B12 and niacin (tuna). Potassium (banana). Iron and magnesium (wholemeal bread).

**COACH'S NOTE**

*Tinned tuna isn't an oily fish, so it's not a big omega-3 source. A tin of salmon or mackerel once a week fills that gap.*

# Jacket Potato, Beans & Cheese

*The lunch that never gets old.*

SERVES 1 | PREP 5 MIN | COOK 12 MIN (MICROWAVE) OR 75 MIN (OVEN)

## NUTRITION PER SERVING — ESTIMATE

| 550 | 25g | 85g | 12g | 14g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **4g**

SALT **1.3g**

*WHY IT'S CHEAP — A whole bag of potatoes and a tin of beans between several lunches keeps this one of the cheapest hot lunches around.*

## Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Baking potato, 300g | £0.23 |
| Baked beans, 200g (half tin) | £0.18 |
| Cheddar, 30g | £0.14 |
| Side salad | £0.20 |
| **AVERAGE TOTAL PER SERVING** | **£0.76** |

## Ingredients

- 1 large baking potato (about 300g)
- 200g reduced sugar and salt baked beans (half a tin)
- 30g cheddar, grated
- Side salad: lettuce, tomato, cucumber
- A pinch of salt and a few drops of oil

## Method

1. Prick the potato all over with a fork. Oven method: bake at 200°C (180°C fan) for 60 to 75 minutes until soft inside.
2. Quick method: microwave for 8 to 10 minutes, turning halfway, until soft. Rub with oil and salt and crisp in the oven or air fryer for 10 minutes.
3. Split the potato, fluff the inside with a fork and heat the beans for 2 minutes.
4. Top with beans and cheese and serve with the salad.

## Store & prep ahead

Bake 4 potatoes at once, cool them completely and keep them in the fridge for up to 2 days. Reheat in the microwave or air fryer until steaming hot all the way through.

## Key micronutrients

Potassium, vitamin C and B6 (potato). Folate, iron and magnesium (beans). Calcium (cheese).

**COACH'S NOTE**

*Eat the skin. It carries a lot of the fibre and potassium.*

# Egg Mayo Sandwich

*Soft, simple and packed with protein.*

SERVES 1 | PREP 5 MIN | COOK 10 MIN

## NUTRITION PER SERVING — ESTIMATE

| 480 | 21g | 54g | 20g | 8g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **3g**

SALT **0.9g**

*WHY IT'S CHEAP — Two eggs and a spoon of mayo is about as cheap as protein gets.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Large eggs, 2 | £0.46 |
| Mayo, 2 tsp | £0.02 |
| Lettuce | £0.14 |
| Wholemeal bread, 2 slices | £0.06 |
| Apple, 1 | £0.17 |
| **AVERAGE TOTAL PER SERVING** | **£0.85** |

### Ingredients

- 2 large eggs
- 2 tsp mayo
- Salt and pepper
- Lettuce
- 2 slices wholemeal bread — check for 'vegetable oil' on the label
- 1 apple

### Method

1. Boil the eggs for 9 to 10 minutes, cool in cold water for 5 minutes and peel.
2. Mash the eggs with a fork with the mayo, salt and pepper.
3. Spread on one slice, add the lettuce and close the sandwich.
4. Cut in half and pack the apple alongside.

### Store & prep ahead

The egg mayo keeps in an airtight tub in the fridge for 24 hours. Make it fresh where you can.

### Key micronutrients

Choline, vitamin B12, vitamin D and iodine (eggs). Vitamin C and fibre (apple).

**COACH'S NOTE**

*Light mayo or a spoon of Greek yoghurt instead saves a few calories without losing the creamy texture.*

# Cheese & Pickle Sandwich

*A ploughman's in your hand.*

SERVES 1 | PREP 5 MIN | COOK NONE

## NUTRITION PER SERVING — ESTIMATE

| 480 | 18g | 59g | 19g | 8g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **5g**

SALT **1.6g**

HIGH IN SATURATED FAT & SALT

*WHY IT'S CHEAP — One block of cheddar covers this sandwich many times over, so the cost per lunch stays a few pence.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Wholemeal bread, 2 slices | £0.06 |
| Mature cheddar, 40g | £0.19 |
| Pickle, 20g | £0.06 |
| Butter, 1 tsp | £0.02 |
| Lettuce | £0.14 |
| Apple, 1 | £0.17 |
| **AVERAGE TOTAL PER SERVING** | **£0.64** |

### Ingredients

- 2 slices wholemeal bread — check for 'vegetable oil' on the label
- 40g mature cheddar, sliced or grated
- 1 tbsp (20g) pickle
- 1 tsp butter or light spread
- Lettuce
- 1 apple

### Method

1. Butter the bread lightly and spread the pickle on one slice.
2. Layer on the cheese and lettuce.
3. Close the sandwich, press down and cut in half.
4. Pack the apple alongside.

### Store & prep ahead

Make it the night before and wrap it tightly. Keep it in the fridge and eat within 24 hours.

### Key micronutrients

Calcium, vitamin B12 and phosphorus (cheese). Fibre (apple).

**COACH'S NOTE**

*Mature cheddar has more flavour, so you need less of it. Weigh 40g once to see what that looks like on a slice.*

# Tomato Soup & a Roll

*Warming, and on the table in five minutes.*

SERVES 1 | PREP 2 MIN | COOK 3 MIN

## NUTRITION PER SERVING — ESTIMATE

| 480 | 17g | 54g | 22g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES: 3g

SALT: 2g

HIGH IN SALT

*WHY IT'S CHEAP — A tin of soup and a roll is one of the cheapest hot lunches there is, and it needs almost no washing up.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Tomato soup, 1 tin | £0.46 |
| Bread roll, 1 | £0.14 |
| Butter, 1 tsp | £0.02 |
| Cheddar, 20g | £0.09 |
| **AVERAGE TOTAL PER SERVING** | **£0.72** |

### Ingredients

- 1 tin (400g) tomato soup
- 1 bread roll
- 1 tsp butter
- 20g cheddar

### Method

1. Heat the soup in a pan or the microwave (2 to 3 minutes, stirring halfway) until steaming hot.
2. Cut the roll and butter it, and add the cheese if using it as a side.
3. Pour the soup into a bowl and serve.

### Store & prep ahead

Tip opened tinned soup into a covered tub and use within 2 days. Homemade soup freezes for up to 3 months in single portions.

### Key micronutrients

Lycopene and vitamin C (tomato). Calcium and B12 (cheese). B vitamins (roll).

### COACH'S NOTE

*Tinned soup can be high in salt and low in protein. The cheese helps, and a chicken and veg soup adds even more.*

# Pasta & Tuna Salad

*Cold, quick, and travels well in a box.*

SERVES 1 | PREP 10 MIN | COOK 10 MIN

## NUTRITION PER SERVING — ESTIMATE

| 510 | 35g | 70g | 10g | 5g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

| OF WHICH SATURATES | SALT |
|---|---|
| 1.5g | 0.9g |

*WHY IT'S CHEAP — One tin of tuna between a bowl of pasta makes this go further than a sandwich for a similar price.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Dried pasta, 75g | £0.07 |
| Tuna in spring water, 1 tin | £0.86 |
| Sweetcorn, 40g | £0.04 |
| Cherry tomatoes, 50g | £0.21 |
| Light mayo, 1 tbsp | £0.03 |
| **AVERAGE TOTAL PER SERVING** | **£1.22** |

### Ingredients

- 75g dried pasta
- 1 tin tuna in spring water, drained
- 2 tbsp (40g) sweetcorn
- A handful (50g) cherry tomatoes, halved
- 1 tbsp light mayo
- Black pepper

### Method

1. Cook the pasta for 10 to 11 minutes, or as the packet says. Drain and rinse under cold water.
2. Mix the tuna, sweetcorn, tomatoes and mayo in a bowl.
3. Stir through the cooled pasta and season with pepper.
4. Pack into a lunchbox and keep chilled until ready to eat.

### Store & prep ahead

Keeps in the fridge for up to 2 days. Eat cold, or give it 90 seconds in the microwave if you'd rather have it warm.

### Key micronutrients

Iodine, selenium and B12 (tuna). Vitamin C (tomatoes). Iron and magnesium (pasta).

**COACH'S NOTE**

*A good one to batch on a Sunday and split across two or three lunchboxes for the week.*

# Rice, Bean & Sweetcorn Bowl

*A meat-free lunch that still fills you up.*

SERVES 1 | PREP 10 MIN | COOK 12 MIN

## NUTRITION PER SERVING — ESTIMATE

| 400 | 14g | 75g | 5g | 9g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **0.5g**

SALT **0.8g**

*WHY IT'S CHEAP — Rice, beans and tinned veg are three of the cheapest staples going, which is what keeps this one under a pound with room to spare.*

## Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Dried rice, 75g | £0.06 |
| Baked beans, 120g | £0.11 |
| Sweetcorn, 40g | £0.04 |
| Cherry tomatoes, 50g | £0.21 |
| Spring onions, 2 | £0.11 |
| **AVERAGE TOTAL PER SERVING** | **£0.54** |

## Ingredients

- 75g dried rice
- 120g reduced sugar and salt baked beans
- 2 tbsp (40g) sweetcorn
- A handful (50g) cherry tomatoes, halved
- 2 spring onions, sliced
- Black pepper

## Method

1. Cook the rice in boiling water for 10 to 12 minutes, or as the packet says. Drain.
2. Warm the beans for 2 minutes in the microwave or a small pan.
3. Stir the beans, sweetcorn and tomatoes through the rice.
4. Scatter with spring onion and pepper and pack into a lunchbox.

## Store & prep ahead

Cool rice within 1 hour, keep it in the fridge for no more than 24 hours and reheat only once, until steaming hot.

## Key micronutrients

Folate, iron and magnesium (beans). Vitamin C (tomatoes). Manganese (rice).

**COACH'S NOTE**

*Lower in protein than the meat and fish lunches in this book, so a boiled egg or a spoon of Greek yoghurt on the side rounds it out.*

# Ham & Cheese Toastie

*Comfort food that still fits.*

SERVES 1 | PREP 3 MIN | COOK 6 MIN

**NUTRITION PER SERVING — ESTIMATE**

| 470 | 22g | 50g | 20g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **6g** | SALT **2g**

HIGH IN SATURATED FAT & SALT

*WHY IT'S CHEAP — Two slices of bread, a little ham and cheese is one of the cheapest hot lunches you can make without a hob.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Bread, 2 slices | £0.06 |
| Sliced ham, 40g | £0.22 |
| Cheddar, 30g | £0.14 |
| Butter, 1 tsp | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£0.45** |

## Ingredients

- 2 slices bread — check for 'vegetable oil' on the label
- 40g sliced ham
- 30g cheddar, grated
- 1 tsp butter

## Method

1. Butter one side of each slice. The butter goes on the outside.
2. Place one slice butter-side down and layer on the ham and cheese.
3. Top with the other slice, butter-side up.
4. Use a toastie maker for 3 to 4 minutes, or a non-stick pan on a medium heat for 3 minutes each side, pressing down, until golden.
5. Rest for a minute, because the cheese is very hot, then cut in half.

## Store & prep ahead

Best eaten hot. If making it ahead, wrap it in foil and reheat in a dry pan until the cheese melts again.

## Key micronutrients

Calcium, B12 and zinc (cheese). B vitamins (ham). Iron (wholemeal bread).

**COACH'S NOTE**

*Ham is salty. One toastie a week is fine, but it shouldn't become the everyday lunch.*

# Chicken & Sweetcorn Wrap

*The lunch that feels like a treat but isn't.*

SERVES 1 | PREP 10 MIN | COOK 8 MIN

## NUTRITION PER SERVING — ESTIMATE

| 440 | 35g | 48g | 12g | 5g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **2g**

SALT **1g**

*WHY IT'S CHEAP — Cooking a whole pack of chicken breasts at once and splitting it across a few lunches brings the cost down further.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Chicken breast, 130g | £0.66 |
| Oil, 1 tsp | £0.02 |
| Large wrap, 1 | £0.11 |
| Sweetcorn, 40g | £0.04 |
| Lettuce | £0.14 |
| Light mayo, 1 tbsp | £0.03 |
| **AVERAGE TOTAL PER SERVING** | **£1.00** |

### Ingredients

- 130g chicken breast fillet, sliced
- 1 tsp oil
- 1 large wrap — check for 'vegetable oil' on the label; some wraps use a palm oil blend
- 2 tbsp (40g) sweetcorn
- Lettuce
- 1 tbsp light mayo
- Salt and pepper

### Method

1. Season the chicken and fry in the oil over a medium-high heat for 6 to 8 minutes, turning, until there's no pink and the juices run clear.
2. Warm the wrap for 10 seconds in the microwave.
3. Spread the mayo down the middle and add the lettuce, sweetcorn and sliced chicken.
4. Fold the bottom up, fold the sides in and roll tightly. Cut in half.

### Store & prep ahead

Cook extra chicken and keep it in the fridge for up to 2 days. Build the wrap fresh, or wrap it tightly and eat within a few hours if making it ahead.

### Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Vitamin C (salad). Fibre (wrap).

**COACH'S NOTE**

*This is the priciest lunch in the book because of the fresh chicken, but it's still a fraction of a shop-bought chicken wrap.*

# Mini Ham & Cheese Toasties

*Quartered and easy to hold.*

SERVES 4 | PREP 8 MIN | COOK 10 MIN

## NUTRITION PER SERVING — ESTIMATE

| 325 | 16g | 34g | 14g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **5g**

SALT **1.8g**

HIGH IN SATURATED FAT & SALT

*WHY IT'S CHEAP — One pack of ham and one block of cheese covers all four portions here, which keeps each one under 50p.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Bread, 8 slices (whole batch) | £0.06 |
| Sliced ham, 160g (whole batch) | £0.22 |
| Cheddar, 120g (whole batch) | £0.14 |
| Butter, 20g (whole batch) | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£0.45** |

### Ingredients

- 8 slices bread — check for 'vegetable oil' on the label (whole batch)
- 160g sliced ham (whole batch)
- 120g cheddar, grated (whole batch)
- 20g butter (whole batch)

### Method

1. Butter one side of each slice. The butter goes on the outside.
2. Build 4 sandwiches with the ham and cheese between two slices, butter-side out.
3. Toast in a sandwich press, or a dry pan over a medium heat for 3 minutes each side, until golden and the cheese has melted.
4. Cool slightly, then cut each sandwich into small triangles or fingers.

### Store & prep ahead

Best eaten warm. Assembled but uncooked sandwiches keep in the fridge for a few hours if you're prepping ahead.

### Key micronutrients

Calcium, vitamin B12 and zinc (cheese). B vitamins (ham). Iron (wholemeal bread).

### COACH'S NOTE

*Cutting them small and cool enough to pick up by hand makes this an easy one for little ones to manage themselves.*

# Pasta Salad Pots

*A cold lunchbox filler the whole table can share.*

SERVES 4 | PREP 10 MIN | COOK 10 MIN

## NUTRITION PER SERVING — ESTIMATE

| 380 | 18g | 55g | 10g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **1.5g**

SALT **0.9g**

*WHY IT'S CHEAP — One bag of pasta and a small pack of ham stretches to four full lunchboxes.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Dried pasta, 300g (whole batch) | £0.07 |
| Sliced ham, 150g (whole batch) | £0.21 |
| Sweetcorn, 80g (whole batch) | £0.02 |
| Cherry tomatoes, 200g (whole batch) | £0.21 |
| Light mayo, 4 tbsp (whole batch) | £0.03 |
| **AVERAGE TOTAL PER SERVING** | **£0.54** |

### Ingredients

- 300g dried pasta (whole batch)
- 150g sliced ham, diced (whole batch)
- 80g sweetcorn (whole batch)
- 200g cherry tomatoes, halved (whole batch)
- 4 tbsp light mayo (whole batch)

### Method

1. Cook the pasta for 10 to 11 minutes, or as the packet says. Drain and rinse under cold water.
2. Mix the ham, sweetcorn, tomatoes and mayo in a large bowl.
3. Stir through the cooled pasta.
4. Divide between 4 pots or lunchboxes and chill until ready to eat.

### Store & prep ahead

Keeps in the fridge for up to 2 days. A good one to make on a Sunday for the week ahead.

### Key micronutrients

B vitamins and zinc (ham). Vitamin C (tomatoes). Iron and magnesium (pasta).

**COACH'S NOTE**

*Easy to customise: swap the ham for tuna, or leave it out entirely for a meat-free version.*

# Family Jacket Potatoes with Beans & Cheese

*Four potatoes, one oven, dinner's worth of lunch.*

SERVES 4 | PREP 10 MIN | COOK 75 MIN (OVEN) OR 40 MIN (MICROWAVE THEN OVEN)

## NUTRITION PER SERVING — ESTIMATE

| 350 | 14g | 60g | 6g | 9g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **3g**

SALT **1.1g**

*WHY IT'S CHEAP — A bag of potatoes and two tins of beans between four is one of the cheapest hot family lunches there is.*

## Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Baking potatoes, 1.2kg (whole batch) | £0.23 |
| Baked beans, 2 tins (whole batch) | £0.18 |
| Cheddar, 120g (whole batch) | £0.14 |
| **AVERAGE TOTAL PER SERVING** | **£0.55** |

## Ingredients

- 4 baking potatoes (about 1.2kg) (whole batch)
- 2 tins (800g) reduced sugar and salt baked beans (whole batch)
- 120g cheddar, grated (whole batch)

## Method

1. Prick the potatoes all over. Oven method: bake at 200°C (180°C fan) for 60 to 75 minutes until soft inside.
2. Quick method: microwave each for 8 to 10 minutes, turning halfway, then finish in a hot oven or air fryer for 10 minutes to crisp the skins.
3. Warm the beans in a pan for 3 to 4 minutes.
4. Split the potatoes, top with beans and cheese and serve.

## Store & prep ahead

Bake extra and keep cooled potatoes in the fridge for up to 2 days. Reheat in the microwave or oven until steaming hot all the way through.

## Key micronutrients

Potassium and vitamin C (potato). Folate, iron and magnesium (beans). Calcium (cheese).

**COACH'S NOTE**

*Leave the skins on. Kids don't always love them, but they carry a lot of the fibre and potassium, so it's worth encouraging.*

# Tuna Pasta Bake

*A hot family lunch from a handful of storecupboard tins.*

SERVES 4 | PREP 10 MIN | COOK 25 MIN

## NUTRITION PER SERVING — ESTIMATE

| 440 | 28g | 60g | 10g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **3g**

SALT **1.2g**

*WHY IT'S CHEAP — Two tins of tuna between four portions keeps the fish cost modest while still making it the main event.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Dried pasta, 300g (whole batch) | £0.07 |
| Tuna in spring water, 2 tins (whole batch) | £0.44 |
| Passata, 200g (whole batch) | £0.05 |
| Cheddar, 100g (whole batch) | £0.12 |
| **AVERAGE TOTAL PER SERVING** | **£0.68** |

### Ingredients

- 300g dried pasta (whole batch)
- 2 tins tuna in spring water, drained (whole batch)
- 200g passata (whole batch)
- 100g cheddar, grated (whole batch)

### Method

1. Heat the oven to 200°C (180°C fan). Cook the pasta for 8 minutes (2 minutes less than the packet says) and drain.
2. Stir the tuna and passata through the pasta and tip into an ovenproof dish.
3. Scatter over the cheese.
4. Bake for 15 to 18 minutes until bubbling and golden on top.

### Store & prep ahead

Keeps in the fridge for up to 2 days. Reheat until piping hot all the way through, or freeze in portions for up to 2 months.

### Key micronutrients

Iodine, selenium and B12 (tuna). Lycopene (passata). Calcium (cheese).

**COACH'S NOTE**

*A good one to make ahead on a Sunday and reheat through the week for a hot lunch with no extra effort.*

# Build-Your-Own Wrap Station

*Everyone fills their own. Fewer arguments at the table.*

SERVES 4 | PREP 15 MIN | COOK 10 MIN

## NUTRITION PER SERVING — ESTIMATE

| 425 | 30g | 45g | 14g | 5g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES: 3g

SALT: 1.1g

*WHY IT'S CHEAP — The priciest lunch in this book because of the fresh chicken, but still a fraction of four takeaway wraps.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Large wraps, 4 (whole batch) | £0.11 |
| Chicken breast, 300g (whole batch) | £0.38 |
| Cheddar, 80g (whole batch) | £0.09 |
| Lettuce, 1 (whole batch) | £0.14 |
| Cucumber, 1 (whole batch) | £0.11 |
| Cherry tomatoes, 150g (whole batch) | £0.16 |
| Light mayo, 4 tbsp (whole batch) | £0.03 |
| **AVERAGE TOTAL PER SERVING** | **£1.03** |

### Ingredients

- 4 large wraps — check for 'vegetable oil' on the label (whole batch)
- 300g chicken breast, sliced and pan-fried (whole batch)
- 80g cheddar, grated (whole batch)
- 1 lettuce, shredded (whole batch)
- 1 cucumber, sliced (whole batch)
- 150g cherry tomatoes, halved (whole batch)
- 4 tbsp light mayo (whole batch)

### Method

1. Season the chicken and fry in a little oil over a medium-high heat for 6 to 8 minutes, until there's no pink and the juices run clear.
2. Warm the wraps for 10 seconds each in the microwave.
3. Lay everything out in bowls on the table: chicken, cheese, lettuce, cucumber, tomatoes and mayo.
4. Let everyone build their own wrap, fold in the sides and roll.

### Store & prep ahead

Cook extra chicken and keep it in the fridge for up to 2 days for the next round.

### Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Calcium (cheese). Vitamin C (salad).

**COACH'S NOTE**

*Letting everyone build their own tends to mean less fuss about what's on the plate, since they chose it themselves.*

# Cheesy Veg Quesadillas

*Crisp, cheesy, and a good way to sneak in a pepper.*

SERVES 4 | PREP 10 MIN | COOK 12 MIN

**NUTRITION PER SERVING — ESTIMATE**

| 375 | 18g | 40g | 16g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **5g**

SALT **1.4g**

HIGH IN SATURATED FAT

*WHY IT'S CHEAP — A block of cheese and a couple of vegetables split across eight wraps keeps this well under a pound a portion.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Large wraps, 8 (whole batch) | £0.22 |
| Cheddar, 200g (whole batch) | £0.24 |
| Pepper, 1 (whole batch) | £0.11 |
| Spring onions, 4 (whole batch) | £0.11 |
| Sweetcorn, 80g (whole batch) | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£0.70** |

## Ingredients

- 8 large wraps — check for 'vegetable oil' on the label (whole batch)
- 200g cheddar, grated (whole batch)
- 1 pepper, finely diced (whole batch)
- 4 spring onions, sliced (whole batch)
- 80g sweetcorn (whole batch)

## Method

1. Scatter cheese, pepper, spring onion and sweetcorn over half of each wrap, then fold the other half over.
2. Toast in a dry pan over a medium heat for 2 to 3 minutes each side, pressing down gently, until golden and the cheese has melted.
3. Rest for a minute, then cut into wedges.

## Store & prep ahead

Best eaten warm and fresh, straight from the pan.

## Key micronutrients

Calcium and vitamin B12 (cheese). Vitamin C (pepper). Folate (spring onion).

**COACH'S NOTE**

*A good one for using up whatever vegetables are in the fridge. Grated carrot or courgette works just as well as pepper.*

# Homemade Egg Fried Rice

*Better than a takeaway, and ready faster.*

SERVES 4 | PREP 10 MIN | COOK 12 MIN

## NUTRITION PER SERVING — ESTIMATE

| 365 | 14g | 55g | 10g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **1.5g**

SALT **1.6g**

HIGH IN SALT

*WHY IT'S CHEAP — Rice, eggs and a bag of frozen peas make this one of the cheapest hot lunches in the whole book.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Dried rice, 300g (whole batch) | £0.06 |
| Large eggs, 4 (whole batch) | £0.23 |
| Frozen peas, 150g (whole batch) | £0.04 |
| Spring onions, 4 (whole batch) | £0.11 |
| Soy sauce, 2 tbsp (whole batch) | £0.03 |
| Oil, 2 tbsp (whole batch) | £0.01 |
| **AVERAGE TOTAL PER SERVING** | **£0.48** |

### Ingredients

- 300g dried rice (whole batch)
- 4 large eggs, beaten (whole batch)
- 150g frozen peas (whole batch)
- 4 spring onions, sliced (whole batch)
- 2 tbsp reduced-salt soy sauce (whole batch)
- 2 tbsp oil (whole batch)

### Method

1. Cook the rice for 10 to 12 minutes, or as the packet says. Drain and cool, ideally for an hour or so.
2. Heat half the oil in a large wok or pan on a high heat. Add the peas and cook for 2 minutes.
3. Push to one side, add the rest of the oil and pour in the eggs. Stir until scrambled, about 30 to 45 seconds.
4. Add the rice, breaking it up, and fry for 2 to 3 minutes.
5. Stir through the soy sauce and spring onion and serve.

### Store & prep ahead

Rice safety matters. Cool leftover rice within 1 hour, keep it in the fridge, eat within 24 hours and only reheat it once until steaming hot.

### Key micronutrients

Choline and vitamin B12 (eggs). Vitamin C and folate (peas). Manganese (rice).

**COACH'S NOTE**

*A milder version of a takeaway favourite, with a fraction of the salt if you use a reduced-salt soy sauce.*

# Chicken & Sweetcorn Pasta

*A creamy-tasting pasta with no cream needed.*

SERVES 4 | PREP 10 MIN | COOK 20 MIN

**NUTRITION PER SERVING — ESTIMATE**

| 425 | 28g | 58g | 9g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

| OF WHICH SATURATES | SALT |
|---|---|
| 3g | 0.9g |

*WHY IT'S CHEAP — Splitting one pack of chicken breast across four portions of pasta is a cheaper way to get a proper protein hit into a hot lunch.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Dried pasta, 300g (whole batch) | £0.07 |
| Chicken breast, 300g (whole batch) | £0.38 |
| Sweetcorn, 160g (whole batch) | £0.04 |
| Cheddar, 100g (whole batch) | £0.12 |
| Butter, 1 tbsp (whole batch) | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£0.63** |

## Ingredients

- 300g dried pasta (whole batch)
- 300g chicken breast, diced (whole batch)
- 160g sweetcorn (whole batch)
- 100g cheddar, grated (whole batch)
- 1 tbsp butter (whole batch)

## Method

1. Cook the pasta for 10 to 11 minutes, or as the packet says. Drain, reserving a splash of the cooking water.
2. Meanwhile, season the chicken and fry in the butter over a medium-high heat for 6 to 8 minutes, until there's no pink and the juices run clear.
3. Add the sweetcorn to the chicken for the last 2 minutes.
4. Toss the chicken and sweetcorn through the pasta with a splash of the cooking water and most of the cheese.
5. Serve scattered with the rest of the cheese.

## Store & prep ahead

Keeps in the fridge for up to 2 days. Reheat with a splash of water until steaming hot all the way through.

## Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Vitamin C (sweetcorn). Calcium (cheese).

**COACH'S NOTE**

*No cream or stock cube needed. The starchy pasta water and melted cheese do the work of a sauce.*

# Tomato Soup & Dippers

*A big pot to share, with toast fingers for dunking.*

SERVES 4 | PREP 5 MIN | COOK 8 MIN

## NUTRITION PER SERVING — ESTIMATE

| 290 | 10g | 45g | 8g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES: 3g

SALT: 1.9g

HIGH IN SALT

*WHY IT'S CHEAP — Two tins of soup and a loaf of bread between four is one of the cheapest lunches in the whole book.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Tomato soup, 2 tins (whole batch) | £0.23 |
| Bread, 8 slices (whole batch) | £0.06 |
| Butter, 40g (whole batch) | £0.04 |
| **AVERAGE TOTAL PER SERVING** | **£0.33** |

### Ingredients

- 2 tins (800g total) tomato soup (whole batch)
- 8 slices bread — check for 'vegetable oil' on the label (whole batch)
- 40g butter (whole batch)

### Method

1. Heat the soup in a large pan for 5 to 6 minutes, stirring often, until piping hot.
2. Toast the bread and butter it while warm.
3. Cut into fingers.
4. Ladle the soup into bowls and serve with the dippers.

### Store & prep ahead

Tip any leftover soup into a covered tub and use within 2 days. Freezes well for up to 3 months.

### Key micronutrients

Lycopene and vitamin C (tomato). Iron and B vitamins (bread).

**COACH'S NOTE**

*Dippers turn a simple soup into something more fun to eat, and it's an easy way to use up the end of a loaf.*

# English Muffin Pizzas

*Handheld pizza halves, ready in 10 minutes.*

SERVES 4 | PREP 8 MIN | COOK 8 MIN

**NUTRITION PER SERVING — ESTIMATE**

| 305 | 14g | 35g | 12g | 2g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **4g**

SALT **1.1g**

*WHY IT'S CHEAP — Four muffins split into eight halves means this whole family lunch comes in under £2.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| English muffins, 4 (whole batch) | £0.16 |
| Passata, 150g (whole batch) | £0.04 |
| Cheddar, 150g (whole batch) | £0.17 |
| Cherry tomatoes, 100g (whole batch) | £0.11 |
| **AVERAGE TOTAL PER SERVING** | **£0.49** |

## Ingredients

- 4 English muffins, split (whole batch)
- 150g passata (whole batch)
- 150g cheddar or mozzarella, grated (whole batch)
- 100g cherry tomatoes, sliced (whole batch)
- A pinch of dried oregano (optional)

## Method

1. Heat the grill to medium. Lightly toast the muffin halves, cut-side up.
2. Spread each half with passata.
3. Top with the cheese and a few tomato slices.
4. Grill for 3 to 4 minutes until the cheese is bubbling. Scatter with oregano if using.

## Store & prep ahead

Best eaten fresh from the grill.

## Key micronutrients

Lycopene and vitamin C (passata and tomato). Calcium and vitamin B12 (cheese). Iron (muffin).

**COACH'S NOTE**

*A good one for letting everyone build their own before it goes under the grill.*

# Steak Sandwich with Caramelised Onions

*The lunch that makes the rest of the office jealous.*

SERVES 1 | PREP 10 MIN | COOK 20 MIN

## NUTRITION PER SERVING — ESTIMATE

| 500 | 35g | 40g | 22g | 4g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **5g**

SALT **0.9g**

HIGH IN SATURATED FAT

*WHY IT'S CHEAP — A steak sandwich at a café or pub easily runs to £8 or more, so this is a fraction of that for a similar plate.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Sirloin steak, 150g | £2.15 |
| Onion, 1 | £0.12 |
| Butter, 1 tsp | £0.02 |
| Sourdough, 2 slices | £0.24 |
| Rocket, 20g | £0.32 |
| Mustard, 1 tsp | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£2.87** |

### Ingredients

- 1 sirloin steak (about 150g), trimmed of visible fat
- 1 onion, sliced
- 1 tsp butter
- 2 slices sourdough bread
- A handful (20g) rocket
- 1 tsp mustard

### Method

1. Melt the butter in a pan and cook the onion slowly over a low heat for 15 minutes, stirring often, until soft and golden.
2. Push the onions to one side. Turn the heat up, season the steak and cook for 2 to 3 minutes each side for medium-rare (for a 2cm steak). Rest for 5 minutes.
3. Toast the sourdough and spread with mustard.
4. Slice the steak thinly against the grain and pile onto the bread with the onions and rocket.

### Store & prep ahead

Best cooked fresh. Leftover cold steak keeps in the fridge for 2 days.

### Key micronutrients

Iron, zinc, vitamin B12 and B6 (beef). Vitamin K (rocket). Fibre (sourdough).

**COACH'S NOTE**

*A proper treat of a lunch. The onions take the most time, but nearly all of it is unattended.*

# Smoked Salmon & Avocado Salad

*Light, rich, and no cooking required.*

SERVES 1 | PREP 10 MIN | COOK NONE

## NUTRITION PER SERVING — ESTIMATE

| 405 | 24g | 14g | 28g | 9g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **4g**

SALT **1.6g**

HIGH IN SALT

*WHY IT'S CHEAP — A 100g pack of smoked salmon covers two salads, which softens the cost of what's otherwise a pricier ingredient.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Smoked salmon, 40g | £0.93 |
| Avocado, 1 | £0.76 |
| Lettuce, quarter | £0.14 |
| Cherry tomatoes, 50g | £0.21 |
| Olive oil, 1 tsp | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£2.07** |

### Ingredients

- 40g smoked salmon
- 1 avocado
- A quarter lettuce, torn
- A handful (50g) cherry tomatoes, halved
- A squeeze of lemon
- 1 tsp olive oil

### Method

1. Arrange the lettuce and tomatoes on a plate.
2. Slice or fan out the avocado and salmon on top.
3. Dress with the lemon and olive oil.

### Store & prep ahead

Best assembled fresh. Keep smoked salmon chilled and use within 2 days of opening.

### Key micronutrients

Iodine, selenium and vitamin B12 (salmon). Vitamin E, vitamin K and potassium (avocado). Vitamin C (tomatoes).

**COACH'S NOTE**

*One of the lightest lunches in this book on carbs, so pair it with a slice of bread on the side if you want more.*

# Chicken Caesar Salad

*The lunch-menu classic, lightened up.*

SERVES 1 | PREP 10 MIN | COOK 10 MIN

## NUTRITION PER SERVING — ESTIMATE

| 350 | 38g | 18g | 14g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **3g**

SALT **1.1g**

*WHY IT'S CHEAP — A small pot of parmesan lasts for many salads, since only a spoonful is needed each time.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Chicken breast, 130g | £0.66 |
| Lettuce, half | £0.28 |
| Parmesan, 10g | £0.37 |
| Bread, 1 slice | £0.03 |
| Light mayo, 1 tbsp | £0.03 |
| **AVERAGE TOTAL PER SERVING** | **£1.37** |

### Ingredients

- 130g chicken breast, sliced
- ½ lettuce, torn
- 10g parmesan, grated
- 1 slice bread, cubed and toasted for croutons
- 1 tbsp light mayo
- A squeeze of lemon
- Black pepper

### Method

1. Season the chicken and fry in a little oil for 6 to 8 minutes, until there's no pink and the juices run clear.
2. Toast the bread cubes in a dry pan for 2 to 3 minutes until golden, to make quick croutons.
3. Mix the mayo, lemon and half the parmesan into a dressing.
4. Toss the lettuce with the dressing, then top with the sliced chicken, croutons and remaining parmesan.

### Store & prep ahead

Best assembled fresh. Cooked chicken keeps in the fridge for 2 days if prepping ahead.

### Key micronutrients

Niacin, vitamin B6 and selenium (chicken). Calcium (parmesan). Vitamin K (lettuce).

**COACH'S NOTE**

*A lighter dressing than a classic Caesar, using mayo rather than a raw-egg emulsion, but with the same flavours.*

# King Prawn & Chorizo Rice Bowl

*A Spanish-inspired lunch in one bowl.*

SERVES 1 | PREP 10 MIN | COOK 15 MIN

## NUTRITION PER SERVING — ESTIMATE

| 520 | 32g | 62g | 16g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **4g**

SALT **2.3g**

HIGH IN SALT

*WHY IT'S CHEAP — Chorizo brings a lot of flavour for 50g, so there's no need for extra oil or stock to season this one.*

## Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Raw king prawns, 100g | £1.78 |
| Chorizo, 50g | £0.45 |
| Dried rice, 75g | £0.06 |
| Cherry tomatoes, 50g | £0.21 |
| Spring onions, 2 | £0.11 |
| **AVERAGE TOTAL PER SERVING** | **£2.61** |

## Ingredients

- 100g raw king prawns
- 50g cooking chorizo, sliced
- 75g dried rice
- A handful (50g) cherry tomatoes, halved
- 2 spring onions, sliced

## Method

1. Cook the rice for 10 to 12 minutes and drain.
2. Fry the chorizo in a dry pan for 3 to 4 minutes until it releases its oil and crisps at the edges.
3. Add the prawns to the same pan and cook for 2 to 3 minutes until pink and opaque all the way through.
4. Stir in the rice and cherry tomatoes to warm through, then scatter with spring onion.

## Store & prep ahead

Best eaten fresh. Cooked prawns keep in the fridge for 1 day.

## Key micronutrients

Iodine, selenium and vitamin B12 (prawns). Vitamin B12 and iron (chorizo). Manganese (rice).

**COACH'S NOTE**

*Prawns are done as soon as they turn pink and opaque. Overcooked, they turn rubbery fast, so pull them off the heat promptly.*

# Halloumi & Roasted Veg Grain Bowl

*A meat-free lunch that still feels like a proper meal.*

SERVES 1 | PREP 10 MIN | COOK 15 MIN

## NUTRITION PER SERVING — ESTIMATE

| 440 | 20g | 40g | 22g | 5g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES: 7g

SALT: 2.2g

HIGH IN SATURATED FAT & SALT

*WHY IT'S CHEAP — Halloumi is rich and salty, so 100g goes further than you'd expect for the price.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Halloumi, 100g | £0.90 |
| Dried couscous, 50g | £0.07 |
| Pepper, 1 | £0.46 |
| Cherry tomatoes, 50g | £0.21 |
| Olive oil, 1 tsp | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£1.66** |

### Ingredients

- 100g halloumi, sliced
- 50g dried couscous
- 1 pepper, sliced
- A handful (50g) cherry tomatoes, halved
- A squeeze of lemon
- 1 tsp olive oil

### Method

1. Toss the pepper in the oil and roast at 200°C (180°C fan) for 15 minutes, or grill in a hot pan for 6 to 8 minutes, until softened and lightly charred.
2. Put the couscous in a bowl, pour over about 75ml of boiling water, cover and leave for 5 minutes. Fluff with a fork.
3. Grill or pan-fry the halloumi for 1 to 2 minutes each side until golden.
4. Stir the pepper and tomatoes through the couscous, top with the halloumi and finish with lemon.

### Store & prep ahead

Best eaten fresh. Halloumi goes rubbery once cold.

### Key micronutrients

Calcium, vitamin B12 and phosphorus (halloumi). Vitamin C (pepper and tomatoes). Selenium (couscous).

**COACH'S NOTE**

*A good option to keep in the rotation if you're cutting back on meat without wanting a lunch that feels like an afterthought.*

# Brie & Cranberry Sourdough Melt

*Christmas lunch flavours, any day of the year.*

SERVES 1 | PREP 5 MIN | COOK 6 MIN

## NUTRITION PER SERVING — ESTIMATE

| 430 | 16g | 42g | 22g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **8g**

SALT **1.1g**

HIGH IN SATURATED FAT

*WHY IT'S CHEAP — A small wedge of brie and a bag of dried cranberries between several lunches keeps this cheaper than it tastes.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Sourdough, 2 slices | £0.24 |
| Brie, 50g | £0.63 |
| Dried cranberries, 20g | £0.15 |
| Rocket, 20g | £0.32 |
| Butter, 1 tsp | £0.02 |
| **AVERAGE TOTAL PER SERVING** | **£1.36** |

### Ingredients

- 2 slices sourdough bread
- 50g brie, sliced
- 1 tbsp (20g) dried cranberries
- A handful (20g) rocket
- 1 tsp butter

### Method

1. Butter one side of each slice, butter-side out.
2. Layer the brie and cranberries between the slices.
3. Toast in a dry pan or sandwich press for 2 to 3 minutes each side until golden and the cheese has melted.
4. Open slightly and tuck in the rocket before serving.

### Store & prep ahead

Best eaten hot and fresh.

### Key micronutrients

Calcium and vitamin B12 (brie). Vitamin K (rocket). Iron (dried cranberries).

**COACH'S NOTE**

*Brie is a softer, milder cheese than cheddar, and melts beautifully, which is most of the appeal here.*

# Parma Ham, Mozzarella & Rocket Sourdough

*An Italian deli counter, between two slices.*

SERVES 1 | PREP 5 MIN | COOK NONE

## NUTRITION PER SERVING — ESTIMATE

| 410 | 24g | 38g | 18g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **5g**

SALT **1.8g**

HIGH IN SATURATED FAT & SALT

*WHY IT'S CHEAP — A small 70g pack of parma ham covers more than two lunches, since 30g goes a long way on flavour.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Sourdough, 2 slices | £0.24 |
| Parma ham, 30g | £0.99 |
| Mozzarella, 60g | £0.42 |
| Rocket, 20g | £0.32 |
| **AVERAGE TOTAL PER SERVING** | **£1.97** |

### Ingredients

- 2 slices sourdough bread
- 30g parma ham
- 60g mozzarella, torn
- A handful (20g) rocket
- A drizzle of olive oil and balsamic vinegar

### Method

1. Toast the sourdough if you like it warm, or leave it as is.
2. Layer the mozzarella, parma ham and rocket over one slice.
3. Drizzle with a little olive oil and balsamic vinegar.
4. Top with the other slice, press gently and cut in half.

### Store & prep ahead

Best assembled just before eating.

### Key micronutrients

B vitamins and zinc (parma ham). Calcium (mozzarella). Vitamin K (rocket).

**COACH'S NOTE**

*Parma ham is cured rather than cooked, so this one is ready in minutes with nothing to fry.*

# Chorizo & Butter Bean Stew

*A warming lunch you can make ahead.*

SERVES 1 | PREP 10 MIN | COOK 20 MIN

## NUTRITION PER SERVING — ESTIMATE

| 370 | 22g | 35g | 16g | 8g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **4g**

SALT **1.9g**

HIGH IN SALT

*WHY IT'S CHEAP — Butter beans are a cheap way to bulk out a small amount of chorizo into a full bowl.*

### Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Chorizo, 75g | £0.67 |
| Onion, quarter | £0.02 |
| Butter beans, 200g | £0.28 |
| Passata, 150g | £0.14 |
| Sourdough, 1 slice | £0.12 |
| **AVERAGE TOTAL PER SERVING** | **£1.23** |

### Ingredients

- 75g cooking chorizo, diced
- ¼ onion, diced
- 200g butter beans (half tin), drained
- 150g passata
- 1 slice sourdough bread, to serve

### Method

1. Fry the chorizo in a dry pan for 3 to 4 minutes until it releases its oil.
2. Add the onion and cook for 4 to 5 minutes until soft.
3. Stir in the butter beans and passata with a splash of water. Simmer for 10 minutes until thickened.
4. Serve with the sourdough for dipping.

### Store & prep ahead

Keeps in the fridge for up to 2 days, and the flavour improves overnight. Reheat until steaming hot.

### Key micronutrients

Vitamin B12 and iron (chorizo). Folate, iron and magnesium (butter beans). Lycopene (passata).

**COACH'S NOTE**

*A properly warming, filling lunch, and one of the cheaper options on this menu despite the chorizo.*

# Sirloin Steak Salad with Rocket & Parmesan

*A proper steak lunch, on a plate of leaves.*

SERVES 1 | PREP 10 MIN | COOK 8 MIN

**NUTRITION PER SERVING — ESTIMATE**

| 410 | 40g | 8g | 24g | 3g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

OF WHICH SATURATES **6g**

SALT **0.7g**

HIGH IN SATURATED FAT

*WHY IT'S CHEAP — A whole steak can safely be served pink because the outside is seared, unlike mince, which must be cooked through.*

**Cost breakdown — average per serving, cheapest own-brand or value-range item**

| INGREDIENT | AVG. COST |
|---|---|
| Sirloin steak, 150g | £2.15 |
| Rocket, 40g | £0.64 |
| Parmesan, 10g | £0.37 |
| Cherry tomatoes, 50g | £0.21 |
| Olive oil, drizzle | £0.03 |
| **AVERAGE TOTAL PER SERVING** | **£3.40** |

## Ingredients

- 1 sirloin steak (about 150g), trimmed of visible fat
- 40g rocket
- 10g parmesan, shaved
- A handful (50g) cherry tomatoes, halved
- A drizzle of olive oil and balsamic vinegar

## Method

1. Take the steak out of the fridge 20 minutes before cooking. Season well.
2. Heat a pan until very hot. Cook the steak for 2 to 3 minutes each side for medium-rare (for a 2cm steak). Rest for 5 minutes.
3. Toss the rocket and tomatoes with a little oil and balsamic vinegar on a plate.
4. Slice the steak thinly against the grain and lay over the salad. Finish with the parmesan.

## Store & prep ahead

Best cooked fresh.

## Key micronutrients

Iron, zinc, vitamin B12 and B6 (beef). Vitamin K (rocket). Calcium (parmesan).

**COACH'S NOTE**

*The priciest lunch in this book, so it's one for a special occasion rather than a Wednesday at the desk.*

# Prawn, Avocado & Mango Salad

*A taste of somewhere warmer.*

SERVES 1 | PREP 10 MIN | COOK 3 MIN

## NUTRITION PER SERVING — ESTIMATE

| 385 | 26g | 30g | 18g | 7g |
|---|---|---|---|---|
| KCAL | PROTEIN | CARBS | FAT | FIBRE |

| OF WHICH SATURATES | SALT |
|---|---|
| 3g | 0.6g |

*WHY IT'S CHEAP — Buying a whole mango and using half here means the other half covers a second lunch or a snack.*

## Cost breakdown — average per serving, cheapest own-brand or value-range item

| INGREDIENT | AVG. COST |
|---|---|
| Raw king prawns, 100g | £1.78 |
| Avocado, 1 | £0.76 |
| Mango, half | £0.44 |
| Lettuce, quarter | £0.14 |
| **AVERAGE TOTAL PER SERVING** | **£3.12** |

## Ingredients

- 100g raw king prawns
- 1 avocado
- ½ mango, diced
- A quarter lettuce, torn
- A squeeze of lime

## Method

1. Cook the prawns in a hot pan for 2 to 3 minutes until pink and opaque all the way through. Cool slightly.
2. Arrange the lettuce on a plate.
3. Top with the avocado, mango and prawns.
4. Finish with a squeeze of lime.

## Store & prep ahead

Best eaten fresh.

## Key micronutrients

Iodine and selenium (prawns). Vitamin E and potassium (avocado). Vitamin C (mango).

**COACH'S NOTE**

*A bright, fresh lunch with barely any cooking, good for a warmer day.*

REFERENCE

# Where to shop

*The cheapest pack of every ingredient used in this guide, with an average UK price.*

Each price is the average of researched estimates for the cheapest own-brand or value-range pack at Aldi, Lidl and Asda, current at the time of writing. Individual shops will run a little above or below this figure — see the notes on the next page for how that typically breaks down. Prices vary by store, region and time of year and change often, so treat every figure here as a guide and check the shelf edge label for the price on the day.

| STAPLE | PACK SIZE | AVG. PRICE |
|---|---|---|
| Tuna in spring water | 160g tin | **£0.86** |
| Light mayonnaise | 500g jar | **£1.07** |
| Sliced ham | 200g pack | **£1.11** |
| Pickle | 310g jar | **£0.96** |
| Tomato soup | 400g tin | **£0.46** |
| Bread rolls | 4-pack | **£0.56** |
| Dried pasta | 500g bag | **£0.45** |
| Rice, dried | 1kg bag | **£0.85** |
| Potatoes | loose, per kg | **£0.75** |
| Sweetcorn | 325g tin | **£0.36** |
| Cucumber | each | **£0.43** |
| Lettuce | each | **£0.56** |
| Chicken breast fillets | 650g pack | **£3.29** |
| Apples | loose, per kg | **£1.16** |
| Passata | 500g carton | **£0.46** |
| Large wraps | 8-pack | **£0.86** |
| English muffins | 4-pack | **£0.66** |
| Frozen peas | 800g bag | **£0.95** |
| Reduced-salt soy sauce | 150ml bottle | **£0.66** |
| Sourdough bread | 400-500g loaf | **£1.68** |
| Avocados | each | **£0.76** |
| Halloumi | 225g block | **£2.02** |
| Sirloin steak | 2 x 227g pack | **£6.49** |
| Parmesan, grated | 40g pot | **£1.47** |
| Raw king prawns | 200g pack | **£3.54** |
| Butter beans | 400g tin | **£0.56** |
| Brie | 150g wedge | **£1.88** |
| Dried cranberries | 150g bag | **£1.17** |
| Mozzarella | 125g ball | **£0.86** |
| Parma ham | 70g pack | **£2.32** |
| Rocket | 60g bag | **£0.96** |
| Mango | each | **£0.86** |
| Couscous | 500g bag | **£0.66** |
| Onions | loose, per kg | **£0.81** |

REFERENCE

# A few notes on the numbers

*How the average price and quality columns were worked out.*

### A few notes on price

- Every price on these pages is an average of three researched estimates, for Aldi, Lidl and Asda.
- Milk, bread, baked beans, fresh fruit, pasta, rice and fresh meat are Asda price-matched lines, so the average is close to the exact price at any of the three.
- Mayonnaise, ham, cheese and tuna sit outside that scheme, so Asda tends to run a little above the average and Aldi or Lidl a little below.
- These are researched estimates, not live prices, so treat every figure as a guide and check the shelf edge label for the price on the day.

### A few notes on quality

Most of these lunches are built from tins, bread, pasta, rice and dairy, none of which carry any palm oil risk. The items worth a label check are bread, wraps and mayonnaise — look for 'vegetable oil' on the ingredients list, which can mean a palm oil blend in the cheapest lines, and choose a mayo made with rapeseed or sunflower oil where you can. Tuna in spring water, tinned beans, sweetcorn, chicken breast and dairy are all safe bets across all three shops. Sourdough is worth the same label check as everyday bread. Steak, prawns, avocado, halloumi, parmesan, brie, mozzarella and parma ham carry no palm oil risk; chorizo and parma ham are processed or cured meats best kept occasional, same as anywhere else in this book.