

10 Minutes or Less to a Great Clean Lunch!

Eating clean is a great way to refresh your eating habits: it's about eating more of the best and healthiest options in each of the food groups and eating less of the not-so-healthy ones.

Check out these great clean eating lunch ideas that take less time to prepare than it takes to hit a fast food restaurant and are full of flavour and nutritional benefits!

Fruit Salad

Mix a variety of fresh fruit, a few sprigs of mint, and the juice of half a lemon. Consider adding a tablespoon or two of Greek yogurt if you want something a bit more substantial.

Rolled Turkey Breast with Veggies

Be sure to choose meat that contains no nitrates. You can eat the veggies raw or grill them the night before if you prefer the taste of cooked vegetables.

Cottage Cheese with Nuts & Berries

This is a filling lunch that also satisfies your craving for something sweet – cottage cheese should be the main ingredient and be cautious with the amount of nuts you add to this recipe (1-2 tbsp is plenty). Fresh berries are ideal but frozen berries are a great choice in the off-season.



Quinoa Pilaf with Veggies

Quinoa is an essential superfood that combines high amounts of protein & fiber with the right amount of omega-3 fatty acids to help the body ward off many diseases. Add in some grilled veggies and you've got a delicious, filling and nutritionally dense lunch recipe!

Ingredients:

- ½ cup diced onions
- 1 cup white mushrooms, chopped
- 1 stalk celery, diced
- 2 cloves garlic, minced
- 2 tbsp extra-virgin olive oil
- 1 cup pre-rinsed quinoa (red or white)
- 2 cups low-sodium vegetable stock
- ¼ tsp crushed red pepper flakes
- ½ tsp black pepper

Directions:

In a large skillet saucepan, add oil, turn to medium-low heat, add white mushrooms and saute for about 3 minutes. Add onion, garlic, and celery to mushrooms and continue cooking until onion and celery are tender, about 4 minutes.

Add quinoa, red pepper flakes, black pepper, stir to combine. Add vegetable stock, stir & cook for 15 minutes or until liquid is absorbed. Yields 4 servings.

** Grill a variety of veggies and add them to this pilaf for a great lunch!

Spinach & Bean Burrito Wrap

These wraps not only taste amazing but are also packed with a whopping 13 grams of protein and one whole cup of spinach!



Ingredients:

- 6 cups baby spinach, loosely packed
- 1 (15oz) can of black beans, rinsed & drained
- 1 ½ cups cooked brown rice
- ½ cup chopped romaine lettuce
- ½ cup grated reduced-fat cheddar cheese
- ½ cup salsa
- 6 tbsp fat-free Greek yogurt
- Kosher or sea salt to taste
- 6 (8" whole-grain) wraps or tortillas

Directions:

To warm tortillas, preheat oven to 300°F. Stack tortillas, wrap in foil, place on cookie sheet and warm 15 minutes while preparing ingredients.

Place spinach in a food processor and pulse until finely chopped, or use a knife to dice leaves. In a large skillet, turn to medium heat, add black beans and spinach. Heat until spinach is wilted, approximately 3 minutes.

Evenly distribute spinach and bean mixture in the middle of the wraps (leaving about 2" on one end for folding), add ¼ cup rice to each wrap, add lettuce, cheese, salsa and Greek yogurt evenly over the wraps. Fold wraps over and under on the ends. Yields 6 servings.

Clean-Eating Cobb Salad

Cobb Salads typically are made with bacon. This clean-eating version is made with whole foods and a delicious olive oil dressing.

Ingredients:

- 6 cups chopped romaine heart lettuce
- 2 ripe avocados, seeded & peeled, slice into 1" pieces
- 1 split chicken breast, cooked, skin removed and cubed
- 2 vine-ripe tomatoes, chopped
- 2 hard-boiled eggs, peeled & sliced

Dressing:

- ¼ cup red wine vinegar
- ½ cup extra-virgin olive oil
- 1 tsp honey or maple syrup
- Kosher or sea salt to taste
- 1/8 tsp black pepper



Directions:

Combine salad ingredients in a large bowl. Combine dressing ingredients and drizzle over salad. Yields 6 servings.

Source: m.skinnym.com