

Lunches

Make your own soup:

Veg: chop up pretty much which ever veg you like. An onion, a carrot and a couple of sticks of celery combine pretty well. Fry these veg in a little vegetable oil for a few minutes before adding a litre of water and throw in a veggie stock cube. Thicken it up by adding a soup mix (things like lentils and barley) or potato. Cook it up on the hob, keeping the heat low for an hour or so (while you get on with other stuff, but check it now and again). Turn of the heat and mash it all up with a potato masher, or a blender (if you are really minted). You can add a bit of milk if you like it creamier.

Tomato , basil, lentil: chop up some onion, garlic and carrot and fry for a few minutes in the bottom of a big saucepan. Add in tinned lentils (about half a tin is fine), two tins of chopped tomatoes and a couple of teaspoons of basil (fresh if you like it posh). Add in a veggie stock cube and cook at a low heat for around 45 minutes, then just mash it up and add a little water or milk to get the thickness that you like.

Sambos:

Five big ideas:

Tuna melt – Mix some tinned tuna with low fat mayonnaise and chop in some spring onion and peppers. Top with a slice of cheddar cheese and grill. Yum.

Egg salad – hard boil and egg by boiling it for around 10 minutes. Let it cool and mix it with some low fat mayo and onion if you fancy it. Spread on some whole grain bread and add your favourite salad vegetables, like cucumber, tomato or lettuce.

Ploughman's - Go crazy and treat yourself to a jar of Branston pickle . Spread some on whole grain bread and add cheese and salad veg. Delish.

Hummus pitta – You can buy a small tub of hummus for just over €1 that will do about 3-4 sandwiches, so not too expensive. Just buy a pack of wholemeal pitas and pop one in the toaster. When it's ready spread with hummus and add chopped veg like tomato, peppers and onion for an Eastern treat.

Hawaiian chicken – chop up some deli chicken slices with some tinned pineapple chunks, onion and peppers and mix with a little mayo for an exotic treat.