

# LUNCHBOX

+ *Rescue* +





# WELCOME TO LUNCHTIME

## *Simplified*

It's time to rescue your everyday lunch choices and give them a healthy upgrade – one that your tastebuds will LOVE.

We've created 5 easy mix-and-match, no-fail recipes that will make prepping your lunches a breeze ...

... and eating them a delight.

They'll also rescue your wallet from pricey takeout meals.

All of the options in this book are:

- ✓ *Balanced*
- ✓ *Meal prep friendly*
- ✓ *Almost infinitely customizable*
- ✓ *So delicious you'll be looking forward to lunchtime!*



At Tighten Up, we help Women and Men over 40 lose body fat and gain muscle to live a more confident, happier and healthier life.

We have a proven program that's helped hundreds of women and men just like you reach their goals and enjoy the process.

If you want to learn more about getting serious results, make sure to check out the last page of this ebook for a special offer!

We hope this guide helps rescue your lunchbox!



**COMMITTED**

*To your success.*

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# RESCUE Prep

The recipes in this ebook aren't just recipes. They are templates you can use over and over – and never make the same meal twice.

That means they are great for picky eaters AND serious foodies!

## Here's how it works:

For each meal, you'll see that some of the ingredients call for a protein, vegetable, or grain.

All you have to do is choose an option from the accompanying list and plug it into the template. You can keep your choices as simple or as fancy as you want.

*\*\*\*The measures in the recipes are for COOKED ingredients – for example, ½ cup of grains means cooked grains, not dry.*

We've also included recipes for 5 fresh and delicious dressings you can use to spice up your meals.

You'll be a lunch-prepping superstar before you know it!



## ✓ HELPFUL TIP

*Batch cooking will make your prep easier!*

- Cook up a pot of your favorite grains
- Grill or sauté a protein choice or two
- Slice & chop veggies
- Whisk together some dressings and sauces

# RECIPES

## LUNCHBOX RESCUE

### Macro Bowl

*This hearty and delicious bowl is always a favourite.*

*It gets its name from the fact it contains a balance of the macronutrients you need for a healthy meal: proteins, carbs, and fats (plus a good amount of fibre).*

*Because this keeps well in the fridge, we recommend cooking up a batch of your favourite grain and making 3-4 bowls for lunches throughout the week. Add the dressing just before serving.*

**Makes 1 serving.**



## INGREDIENTS

- Grains (see list): ½ cup (100 g)
- Protein (see list): 85-115 g
- Veggies (see list): 1 cup (150 g)
- Beans (see list): ½ cup (80 g)
- Dressing (see list): 2 tbsp
- Topping (see list): choose 1-2 of your favourite

## ASSEMBLY

1. Place the grain, protein, veggies, and beans in a container.
2. Just before it's time to eat, toss with your choice of dressing.
3. Add your favorite topping and enjoy!

# RECIPES

## LUNCHBOX RESCUE

### Salad Bowl

*Salads are a classic lunch option... but sometimes they can leave you feeling hungry just an hour or two later.*

*Not this one! It's packed with ingredients that will fill you up without weighing you down.*

*Makes 1 serving.*

## INGREDIENTS

- Salad greens (see list): 2 big handfuls
- Grains (see list): ½ cup (100 g)
- Protein (see list): 85-115 g
- Dressing (see list): 2 tbsp
- Topping (see list): choose 2-3 of your favourites

## ASSEMBLY

1. Combine the greens, grains, and protein in a serving bowl.
2. Toss with your dressing just before it's time to eat, and add your toppings.
3. Enjoy!



# RECIPES

## LUNCHBOX RESCUE *Sandwich*

*Sandwiches are a great lunch choice because they're fast and easy to make. Plus, they're portable!*

*This sandwich can be changed up depending on the season, what ingredients you have on-hand, and your mood.*

*It also can be served as an open-faced sandwich with one slice of bread.*

*Makes 1 serving.*



### INGREDIENTS

- 2 slices of bread
- Spread (see list): 2 tbsp
- Salad greens (see list): 2-3 leaves
- Protein (see list): 85-115 g
- Toppers (see list): choose 1-2 of your favourites

### ASSEMBLY

1. Toast the bread, while it's toasting gather your ingredients.
2. Cover each slice of toast with your sandwich spread.
3. Add the greens, protein, and toppers on top of one of the slices. Cover with the other slice.
4. Wrap it up and keep it refrigerated until it's time to eat.

# RECIPES

## LUNCHBOX RESCUE *Bento Box*

*Bento Boxes win the award for the “funnest” lunch option.*

*These boxes – which originated in Japan – usually have several compartments for different types of food. That makes them a great option for portable lunches. They are a favorite of people who love to “graze” or eat with their fingers.*

*To make a healthy & filling Bento Box lunch, be sure to include a protein, a veggie, and a healthy fat, along with extras like fruit and grains.*

*Makes 1 serving.*

## INGREDIENTS

- Grain (see list): ½ cup
- Protein (see list): 85-115 g
- Veggies (see list): 1 cup
- Fresh fruit (berries, cherries, sliced melon, pomegranate arils, grapes): ½ cup
- Toppings (see list): 1-2 options
- Dressing (see list): 2 tbsp

## ASSEMBLY

1. Place the grain, protein, veggies, fruit, and toppings into different compartments in your container.
2. Add a dressing to pour over your ingredients when it's time to eat, or use it as a dipping sauce for your veggies.





# MIX & MATCH

## Ingredient Options



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### GRAIN OPTIONS *(cooked)*

- Quinoa
- Rice
- Farro
- Barley
- Buckwheat
- Millet
- Bulgur

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### BEAN OPTIONS

*(canned, rinsed & drained)*

- Chickpeas
- Lentils
- Black beans
- Pinto beans
- White beans

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### VEGGIE OPTIONS

*(roasted, steamed or raw)*

- Broccoli
- Beets
- Squash
- Cauliflower
- Capsicum
- Green beans or peas
- Carrots

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### PROTEIN OPTIONS

- Sautéed tofu or tempeh
- Rotisserie chicken
- Grilled chicken, pork, roo or steak
- Tuna or salmon, foil-packed or grilled
- Hard-boiled eggs

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### SALAD GREEN OPTIONS

- Any lettuce variety
- Spinach
- Rocket
- Mixed leaves
- Endive
- Radicchio
- Kale

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### TOPPING OPTIONS

- 28 g nuts or seeds (pumpkin seeds, sunflower seeds, pecans, walnuts etc)
- 1-2 tbsp dried cranberries, sultanas, etc.
- 4 tbsp diced apple, grapes, berries
- ¼ avocado, peeled & cubed
- 2 tbsp feta or goat cheese crumbled
- Roasted capsicum strips or eggplant slices
- Lettuce, tomato or cucumber slices
- Pickles, kimchi, or sauerkraut

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### DIPPING SAUCES, SPREADS AND DRESSING OPTIONS

- ¼ avocado, mashed
- ¼ cup hummus
- 2-3 tbsp tzatziki
- 2 tbsp pesto
- Special Balsamic Dressing *(see recipe)*
- Green Goddess Dressing *(see recipe)*
- Thai Peanut Dressing *(see recipe)*
- Lime-Coriander Dressing *(see recipe)*
- Ranch Dressing *(see recipe)*

# BONUS LUNCHBOX RESCUE

## Dressing Recipes

### SPECIAL BALSAMIC DRESSING

*(Makes 12 x 2-tbsp servings)*

#### INGREDIENTS

- 1 cup extra virgin olive oil
- ⅓ cup balsamic vinegar
- 1 tbsp dried parsley
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tbsp honey mustard
- 1 garlic clove, minced

#### ASSEMBLY

1. Add all ingredients into a bowl & whisk until thick and creamy.
2. Season and adjust where needed

### GREEN GODDESS DRESSING

*(Makes 8 x 2-tbsp servings)*

#### INGREDIENTS

- 1 cup full-fat Greek yogurt
- 1 cup fresh herbs (remove any tough stems)
- 2 garlic cloves, chopped
- ½ tsp sea salt
- Black pepper

#### ASSEMBLY

1. Place all the ingredients in a food processor, process until smooth and green – the herbs should be reduced to tiny flecks.
2. Taste and add more salt and/or pepper if necessary.

# BONUS LUNCHBOX RESCUE

## Dressing Recipes

### THAI PEANUT DRESSING

*(Makes 8 x 2-tbsp servings)*

#### INGREDIENTS

- ½ cup peanut butter
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp ground ginger (or 2 tsp freshly grated ginger)
- 1½ tbsp apple cider vinegar
- 2-3 “squirts” sriracha sauce (to taste)
- 3-4 tbsp warm water (to thin the sauce if needed)

#### ASSEMBLY

1. Place all the ingredients except the water in a small bowl. Stir together until it starts to combine.
2. Add 1 tbsp of water and whisk together until it reaches your desired consistency, adding more water if necessary.

### LIME & CORIANDER DRESSING

*(Makes 8 x 2-tbsp servings)*

#### INGREDIENTS

- ½ cup finely minced fresh coriander leaves
- ½ cup extra virgin olive oil
- Juice of 1 large lime
- 2 tbsp water
- 1 tbsp apple cider vinegar
- 2 tsp honey
- ½ tsp sea salt

#### INGREDIENTS CONTD.

- 1 clove garlic, minced
- ½ tsp dried oregano
- 2-3 pinches black pepper

#### ASSEMBLY

1. Place ingredients in a blender or small food processor. Pulse until emulsified.
2. Taste and adjust the seasonings.

# BONUS LUNCHBOX RESCUE

## Dressing Recipes

### RANCH DRESSING

*(Makes 8 x 2-tbsp servings)*

#### INGREDIENTS

- 1 cup plain Greek yogurt
- 2 tsp garlic powder
- ½ tsp onion powder
- 1 tbsp fresh lemon juice
- 1 tsp dried dill
- ½ tsp sea salt, plus more to taste
- ½ tsp honey
- 3-4 tbsp water to thin dressing

#### ASSEMBLY

1. Place all the ingredients except the water in a bowl or mason jar and whisk together until well combined, adding water 1 tsp at a time until it reaches your desired consistency.
2. Taste and adjust seasonings if necessary.

# Ready to Take Your **NEXT STEPS?**

At Tighten Up, our mission is to Build a Future of Healthy People over 40.

If you're a Professional, Business Owner or Entrepreneur looking for a better way to fit in exercise so you can have the confidence you need, we want to invite you to experience a simpler, faster and easier approach that's already gotten hundreds of women and men amazing results.

## *Ways to Work With Me:*

### **Small Group Training**

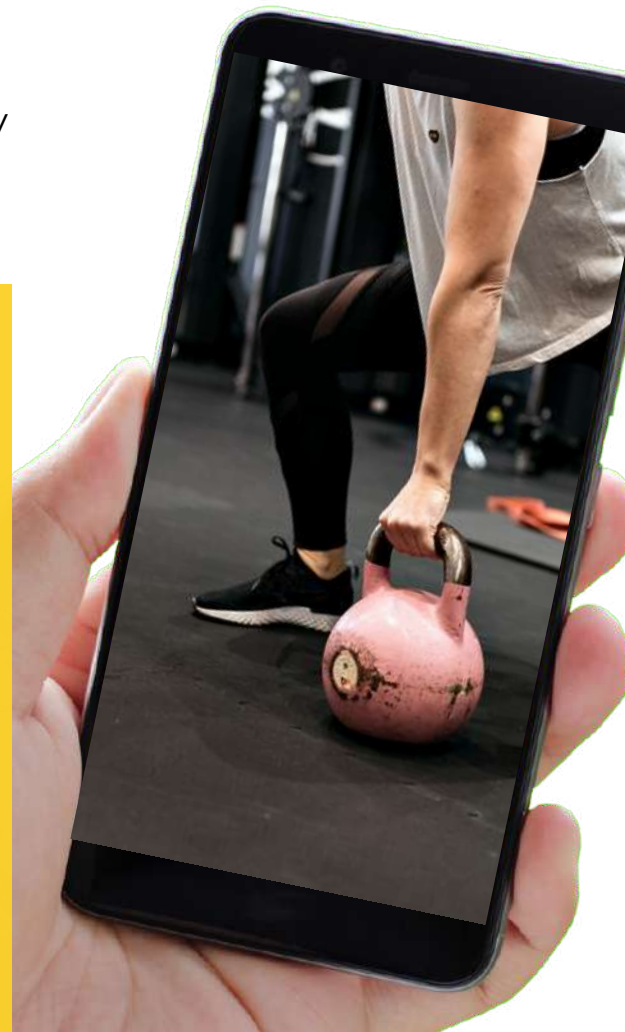
SMGT is tailored to Small Groups of people that want guidance with technique. Max of 8 people

[LEARN MORE HERE](#)

### **Personal Training**

Customised 1on1 Training for in depth guidance and accountability

[LEARN MORE HERE](#)



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