

## Meals in minutes – in pictures

### Breakfast ideas



**Banana porridge:** Cooking rolled oats with milk and banana gives it natural sweetness. Sultanas can also be sprinkled on top.



**Googy eggs:** Serve soft-boiled eggs with toast soldiers or vegetable sticks which are delicious dipped in yoke.



**Smoothie and toast:** Whip up a breakfast smoothie with milk, yoghurt and banana, berries or canned peaches. You can add a little wheat germ if you like. Serve the smoothie with toast.

### Lunch ideas



**Sambos:** Sandwiches are best made with wholemeal or high-fibre bread. Try to include some protein-rich foods such as meat, chicken or egg (leftovers from last night's dinner are ideal) and vegetables.



**Wrap 'n' roll:** Fill flat breads such as mountain bread, lavash or pita pockets with grated cheese, carrot and sultanas or other favourite fillings. Spread the bread with hummus or avocado to help it stick together.



**Last night's pizza:** Slices of [leftover homemade pizzas](#) made with healthy ingredients are a nice lunch treat.

### Dinner ideas



**Crunchy chicken fingers:** These tasty chicken strips, coated in crushed corn flakes, are oven baked (not fried) and are great served with peas, broccoli and corn.



**Beans on toast:** Serve baked beans on toast with a sprinkle of reduced-fat cheese if you like. For fun, arrange simple salad vegetables in a moat around the toast.



**Jam chops:** Coat chops or pieces of steak with blackcurrant jam or marmalade and grill until cooked. Serve with mashed sweet potato and simple salad vegetables.