

ON-THE-GO HEALTHY LUNCH & HOT DRINK OPTIONS



Real People, Real Results



Lunch Options

Pret A Manger

M&S

Tesco

EAT

POD

Starbucks

Nandos

Snaps & Rye

Lowry and Baker

Pret A Manger

- Egg & spinach Protein Pot
- Egg & Avocado Protein Pot
- Crayfish Protein Pot
- Smoke Salmon & Egg Protein Pot
- Tuna Nicoise Salad
- Teriyaki Salmon Sushi Salad
- Wild Crayfish & Avocado
- Crisped Kale

M&S

- British Chicken with Mayo Free Dressing
- Spiced Chicken with Quinoa & rice
- Lime & Lemongrass Chicken with rice
& Rainbow Slaw
- Harissa Chicken & couscous salad
- Basil Chicken Pasta Salad





Tesco

- Healthy Living Mediterranean chicken salad
- Sushi packs
- Falafel, red pepper and Tabbouleh salad
- Crayfish and Mango salad
- Tuna, egg and feta salad

EAT

- Texan chilli Hot pot
- Thai Green chicken curry with rice
- Vietnamese chicken curry with rice
- Chicken and vegetable soup
- Ham hock and egg salad
- Simple chicken salad
- Simple Tuna salad
- Quinoa and Rainbow salad

POD

- Vietnamese Pork hot pot
- Spanish chicken and chorizo hot pot
- Protein box
- Gym box
- Salmon detox box
- Chicken detox box
- Go green chicken salad
- Go green salad
- Lebanese red pepper chicken tabbouleh

Starbucks

- Zesty chicken and black bean salad bowl
- Hearty veggie and brown rice salad bowl





Nandos

- ¼ Chicken (with side salad/corn on the cob)
- Chicken Breast fillet Pita
- Butterfly chicken (with side salad/corn on the cob)

Snaps + Rye

- Cured Herring, Curried Potato Salad, Soft-boiled Egg,
- Snaps-cured Salmon, Beetroot, Horseradish, Rye Bread, Green Salad

Lowry And Baker

- Poached eggs, smoked salmon and avocado
- Eggs, avocado, spinach and ham
- Chicken salad

Hot Drinks

Best Options

Herbal tea

Green tea

Breakfast tea

Hot water and lemon

Espresso

Americano

Macchiato

Worst Options

Hot chocolate

Adding sugar

Added syrups

(vanilla, caramel,
hazelnut)

Mocha

Chai latte