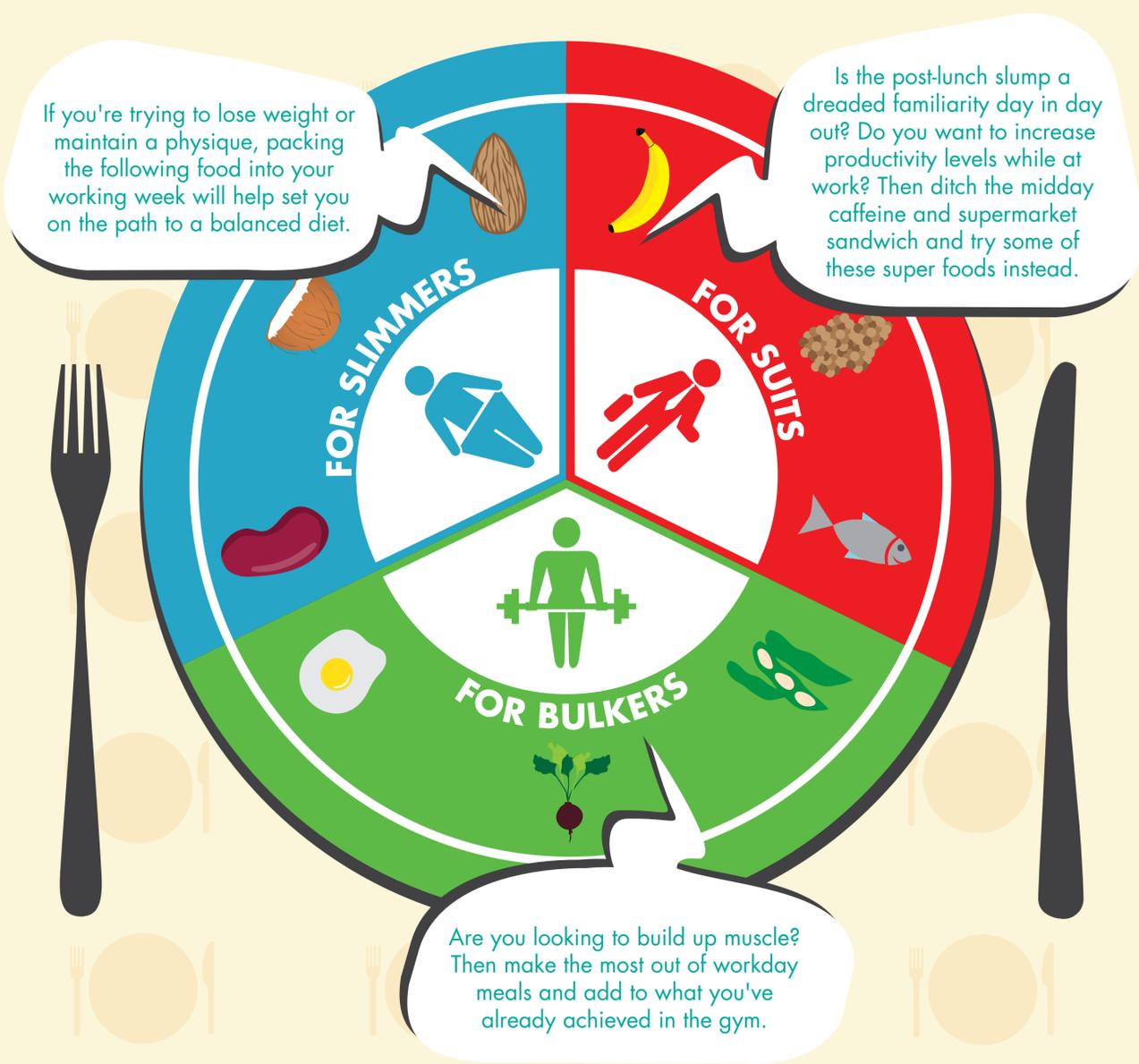




# HOW TO MAKE YOUR LUNCH SUPER

Whether you're trying to lose weight, bulk up or increase productivity, with the addition of some key ingredients you can transform your office lunch into something nutritional and tasty. Here are some ideas to make your lunch super:



## FOR SUITS



### SALMON



You might think a piece of salmon is a bit fancy for lunch, but your body will thank you for the omega-3 fatty acids, which help to maintain memory, recall and focus

### QUINOA



This small but mighty grain is high in protein and an excellent source of riboflavin, which helps reduce migraines and improve energy metabolism in the brain - seeing you through to 5 o'clock

### BANANAS



Skip the packet of crisps and instead round your lunch off with a banana, which has just the right amount of glucose needed to keep your brain ticking over and able to deal with work activities

## FOR SLIMMERS



### BEANS



No-one wants to just eat lettuce leaves and celery, instead brighten up your salad with a handful of mixed beans and lentils. Varieties such as kidney, pinto and black beans are packed full of protein and contain virtually no saturated fat

### COCONUT WATER



Rather than washing lunch down with a can of diet pop, try coconut water, which is low-fat, cholesterol-free, naturally refreshing, full of electrolytes and many other benefits

### ALMONDS



Avoid carb heavy post-lunch snacks and swap them for a handful of nuts instead. Almonds and walnuts are rich in 'good' fat, not to mention packed full of vitamin E, which keeps skin glowing

## FOR BULKERS



### EGGS



One egg a day is perfectly okay and each of them contains muscle-building amino acids, as well as a vitamin called choline which also supports growth

### BETROOT JUICE



A highly nutritious raw juice, it can increase endurance and energy in the body making it a wonder drink for bodybuilders

### SOYBEANS



This superfood sometimes gets a bad rep, but as it's full of protein it's a great way to help your muscles rebuild and repair after a workout, not to mention the fact it's full of antioxidants, minerals and vitamins