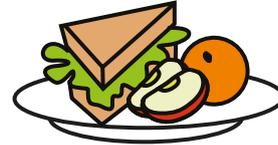


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# Lunch recipes

These quick, easy and varied recipes are the perfect way to make every lunch something to look forward to



[Featured recipes](#)   [All lunch recipes](#)

Whether it's hearty soups, 'cheat' pizzas, delicious fresh wraps and rolls, or veggie sarnies with a sunny side, a healthier lunch doesn't need to be difficult.

In fact, most of these light lunch ideas need just a few steps and can be pulled together in 20 minutes or less! And for those that take a little longer, you can usually do some of the prep ahead of time.

## Cook once, eat twice!

Why not **roast up a tray of tasty veg** (</change4life/recipes/mediterranean-medleys>) on a Sunday to give you a quick, healthier sandwich filling for the next couple of days?

Or whip up a **big batch of soup** (</change4life/recipes/harvest-vegetable-soup>), cool it and freeze in individual portions ready to defrost for a super-speedy meal.

Wholemeal wraps, pitta and even just a straightforward sandwich are often a great way to use up leftovers from dinner the night before.

**Chilli** (</change4life/recipes/tasty-veggie-chilli>) goes brilliantly in a wrap the next day, for example, while salad is a great sandwich filler - try adding some **soft cheese** (</change4life/recipes/soft->

**cheese-and-salad-sandwich**), hummus or leftover meat. And any cooked veg makes the perfect filling for a tasty pitta pocket or wrap.

And if it's school lunchbox ideas for the kids you need, check out our dedicated page for **healthier lunchboxes** (</change4life/recipes/healthier-lunchboxes>), with loads of recipes, tips and inspiration to build your own combos.

## Featured recipes

These 3 recipes are speedy and easy... and even quicker with little helping hands!

### Pizza pitta faces

10 mins Super easy 490

[\(/change4life/recipes/pizza-pitta-faces\)](/change4life/recipes/pizza-pitta-faces)

### Baked tomatoes on toast

20 mins Super easy 3,078

[\(/change4life/recipes/baked-tomatoes-on-toast\)](/change4life/recipes/baked-tomatoes-on-toast)

### Beefed up sarnies

15 mins Super easy 748

[\(/change4life/recipes/beefed-up-sarnies\)](/change4life/recipes/beefed-up-sarnies)

## All lunch recipes

Baked tomatoes on

Beefed up sarnies

Cheesy pizza colons

Cheese and tomato

### Baked tomatoes on toast

3,078 20 mins

(/change4life/recipes/baked-tomatoes-on-toast)

### Beefed up sarnies

748 15 mins

(/change4life/recipes/beefed-up-sarnies)

### Cheats pizza calzone

1,180 20 mins

(/change4life/recipes/cheats-pizza-calzone)

### Cheese and tomato grilled fish

225 20 mins

(/change4life/recipes/cheese-and-tomato-grilled-fish)

### Coconut rice salad

468 45 mins

(/change4life/recipes/coconut-rice-salad-recipe)

### Crunchy salad pittas

372 15 mins

(/change4life/recipes/crunchy-salad-pittas)

### Fishy toast toppers

350 15 mins

(/change4life/recipes/fishy-toast-toppers)

### Flippin' tasty tomato pancakes

546 25 mins

(/change4life/recipes/flippin-tasty-tomato-pancakes)

### Food smart bangers on toast

389 22 mins

(/change4life/recipes/food-smart-bangers-on-toast)

### Four seasons pizza

332 30 mins

(/change4life/recipes/four-seasons-pizza)

### Greek-style salad

325 15 mins

(/change4life/recipes/greek-style-salad-recipe)

### Ham and fresh coleslaw pittas

418 18 mins

(/change4life/recipes/ham-and-fresh-coleslaw-pittas)

### Harvest vegetable soup

791 45 mins

(/change4life/recipes/harvest-vegetable-soup)

### Mac 'n' veg slices

591 40 mins

(/change4life/recipes/mac-n-veg-slices)

### Mediterranean medley

192 40 mi

(/change4life/recipes/mediterranean-medleys)

### No-pastry mini mushroom quiches

261 35 mins

(/change4life/recipes/no-pastry-mini-mushroom-quiches-recipe)

### **Nutty apple and celery rice cakes**

569 5 mins

(/change4life/recipes/nutty-apple-and-celery-rice-cakes)

### **Pasta salad on lettuce**

258 22 mins

(/change4life/recipes/pasta-salad-on-lettuce)

### **Pepper and onion melts**

217 20 mins

(/change4life/recipes/pepper-and-onion-melts)

### **Pizza pitta faces**

490 10 mins

(/change4life/recipes/pizza-pitta-faces)

### **Salmon and courgette bagels**

145 20 mins

(/change4life/recipes/salmon-and-courgette-bagels)

### **Salmon and cucumber wraps**

293 10 mins

(/change4life/recipes/salmon-and-cucumber-wraps)

### **Smart beans on toast**

538 20 mins

(/change4life/recipes/smart-beans-on-toast)

### **Spiced chicken and vegetable soup**

449 45 mins

(/change4life/recipes/spiced-chicken-and-vegetable-soup)

### **Super savoury rice**

540 40 mins

(/change4life/recipes/super-savoury-rice)

### **Sweet potato chips with simple salsa**

132 50 mins

(/change4life/recipes/sweet-potato-chips-with-salsa)

### **Traffic light omelettes**

631 25 mins

(/change4life/recipes/traffic-light-omelettes)

### **Tuna and bean jackets**

346 80 mins

(/change4life/recipes/tuna-and-bean-jackets)

### Tuna and potato salad

480 35 mins

(/change4life/recipes/tuna-and-potato-salad)

### Turkey sarnie with coleslaw

179 15 mins

(/change4life/recipes/turkey-sarnie-with-coleslaw)

### Veggie frittata

1,409 22 mins

(/change4life/recipes/courgette-and-tomato-frittata)

## 4 million and counting!

Millions of families have already made healthier changes – you can too.

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### Stay in touch

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