

## Lunch Menu

### Week 4

#### Amateur to Athlete – Strength Phase

Quinoa with grilled salmon, steamed beans and avocado - 380cal

Lunch: 100g boiled quinoa in vegetable stock, small grilled salmon brushed with olive oil and sprinkled with tarragon. Handful of lightly steamed French beans. ½ avocado, chopped. Drizzle of olive oil with seasoning/chilli flakes to taste.

Drinks: 1 pt of water

Desert: Hand-full cherries



Asparagus and chicken breast salad – 360cal

Lunch: Small chicken breast grilled and chopped, 10 stems of steamed asparagus, large handful of baby spinach leaves, 10 cherry tomatoes, tbsp pine nuts. Drizzle of marinade: 3 tsp olive oil, 1 tsp Dijon mustard, 1 tsp white wine vinegar.

Drinks: 1 pt water

Desert: Apple



Boiled brown rice with grilled tuna steak and sun dried tomatoes – 390cal

Lunch: 50g boiled rice, small grilled tuna steak chopped. 6 sundried tomatoes chopped. Drizzle of olive oil and shake of chilli flakes.

Drinks: 1 pt water

Desert: Hand-full of blueberries and strawberries

