



Interiors | Inspiration | Food

Home



HOT TUB
Can you guess what this chair used to be?

Page 22 »

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HEALTHY HIGH STREET LUNCH? SORTED!

Always stuck wondering what to choose when surrounded by grab-and-go lunch options? Wonder no more, says nutritionist **Jackie Lynch**

MAKING sure you choose the right lunch is really important if you want to avoid the dreaded mid-afternoon slump. Thankfully, there are just three golden rules that you need to keep

in mind if you want to get the most out of your meal.

Firstly, keep starch to a minimum. This means avoiding pasta-heavy salads, large portions of refined white rice and hefty baguettes. Overdoing the starch can make

you feel sluggish and it goes straight to your waistline.

Secondly, have a generous serving of protein. Vegetables are great but your salad also needs a proper helping of protein, such as a chicken, salmon steak, beans, lentils or quinoa. Protein

helps maintain blood sugar levels and will keep you going for longer.

And rule three? Focus on fibre. This will keep your blood sugar steady and provide slow-release energy.

Opt for wholegrain breads, brown rice or quinoa-based dishes and make

sure you include a couple of different vegetables. If you're not sure where to start, I've selected my 'Go For' choice from a range of popular lunch outlets, based on these three principles.

Choices, choices... **Page 20** »



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