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PRET A MANGER

GO FOR: The double-whammy of protein in Pret's quinoa rice pots is worth a look and the Korean pulled pork pot is the pick of the bunch. Despite the sweet sauce, it's rich in protein, low in saturated fat and will keep you going.

Price: £5.50
Per serving
Calories: 468 **Carbs:** 67.2g
Sugar: 27.3g **Fibre:** 1.5g **Saturated fat:** 1.4g **Protein:** 28.2g



CRUSSH

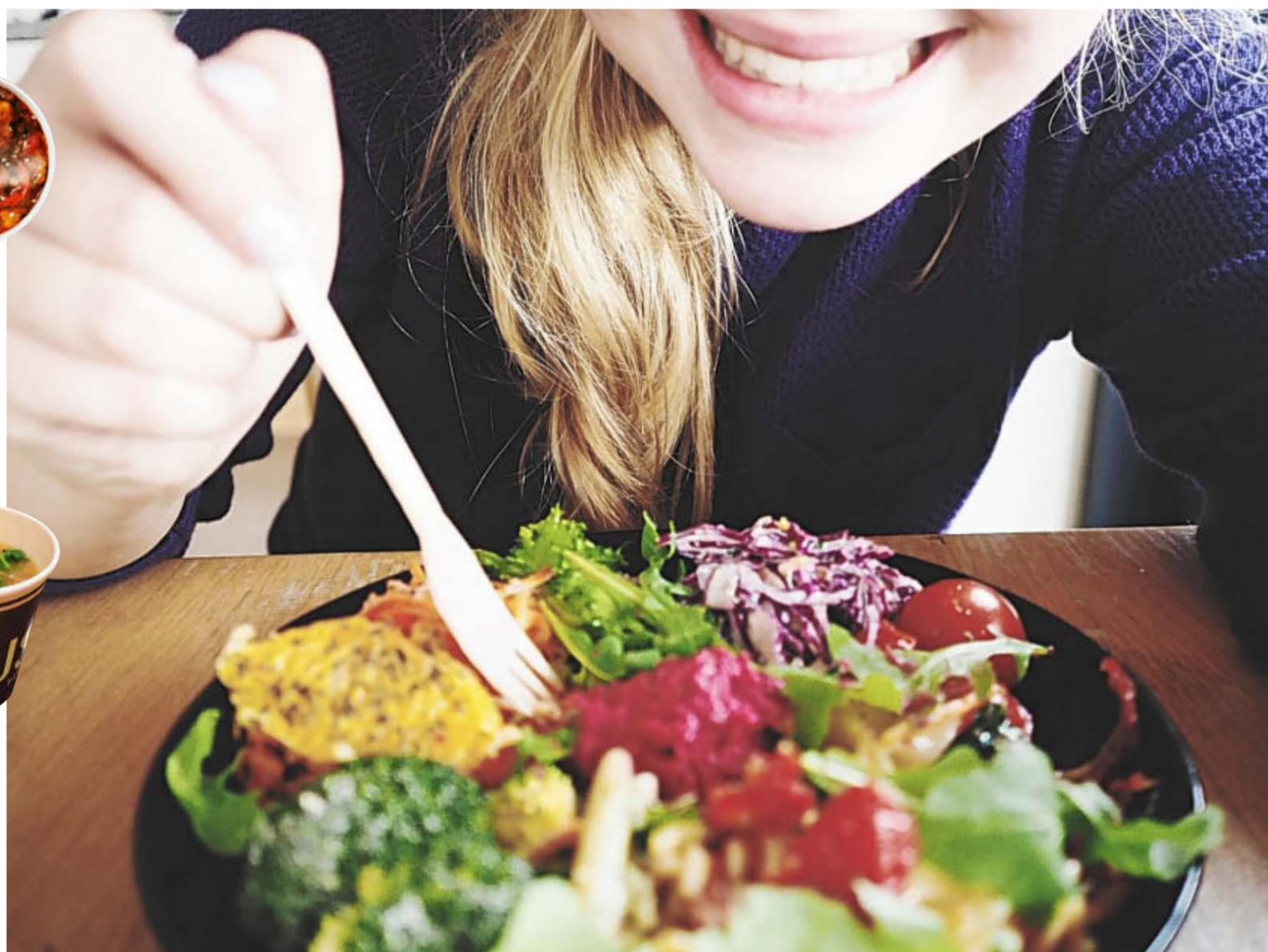
GO FOR: Crussh has found a way to avoid a high-starch lunch with its Zero Noodles pots. Low carb and dairy-free, they're lighter than your average noodle pot, and contain a good portion of protein. The ginger teriyaki chicken is great for weight management.

Price: £4.99
Per serving
Calories: 229 **Carbs:** 22.1g
Sugar: 12.3g **Fibre:** 8.2 **Saturated fat:** 0.8g **Protein:** 21.3g



POD

GO FOR: Pod's Lebanese red pepper chicken tabbouleh substitutes couscous for quinoa for an extra blast of protein. The spicy red peppers and pomegranate seeds give it real superfood zing.



Meet the perfect munch bunch



LEON
GO FOR: Leon's chargrilled chicken with chilli hot box is

It's a bit pricier than Pod's other salads but it'll keep you going for hours, saving you cash on snacks.
Price: £5.75
Per serving
Calories: 315 **Carbs:** 28g
Sugar: 10g **Fibre:** 6g **Saturated fat:** 2g **Protein:** 16g



a great blend of protein and fibre and the bed of brown rice is full of magnesium, which helps to calm the nervous system and regulate the body's response to stress.

Price: £6.85
Per serving
Calories: 560 **Carbs:** 63.6 **Sugar:** 6.9g **Fibre:** 5g **Saturated fat:** 3.3g **Protein:** 36g

EAT

GO FOR: The egg, avocado and beans pot with feta is an excellent way of avoiding too much starchy rice. This is a great blend of protein and fibre to help reduce sugar cravings later. Beans are full of soluble fibre, which helps to regulate cholesterol levels and monounsaturated fats that support heart health.
Price: £3.89
Per serving
Calories: 313 **Carbs:** 20g
Sugar: 4g **Fibre:** 4g **Saturated fat:** 4g **Protein:** 13g



GREGGS

GO FOR: The chargrilled chicken oval bite is the one to choose. It comes with a fibrous seeded roll, a generous serving of lean protein and plenty of salad. It'll keep you



going far longer than the refined white bread options.
Price: £2.50
Per serving
Calories: 361 **Carbs:** 37g **Sugar:** 3.7g **Fibre:** 3.9g **Saturated fat:** 1.5g **Protein:** 26g



SUBWAY
GO FOR: A low-fat sub with turkey breast will offer a healthy dose of lean protein and the nine-grain wheat bread adds fibre. Swap the low-fat sauces for one from the 'full flavour' range such as Ranch for less sugar.
Price: £2.99
Per 6in Sub
Calories: 269 **Carbs:** 38g **Sugar:** 5.1g **Fibre:** 6.3g **Saturated fat:** 0.9g **Protein:** 22g

M&S

GO FOR: The mix and match mini salad packs use a broad range of protein sources including lentils, chick peas and quinoa.



The edamame, apple, sugarsnap peas and coriander is a great choice. I'd combine it with the borlotti bean salad from the same range.
Price: £2 each (or two for £3)
Edamame Salad (per pack)
Calories: 152 **Carbs:** 9.6g **Sugar:** 7.5g **Fibre:** 9g **Saturated fat:** 1.2g **Protein:** 8.75g



TESCO
GO FOR: The spiced chicken, quinoa and cashew nut salad is a little gem. It's a combination that packs a powerful protein punch, so there's no doubt this is a proper meal. It has the added benefit of a whole range of antioxidants, thanks to the kale, Chinese leaf, peppers and carrots, which will keep your immune system very happy indeed.
Price: £2.80
Per salad box
Calories: 394 **Carbs:** 29.8g **Sugar:** 10.5g **Fibre:** 7.8g **Saturated fat:** 1.8g **Protein:** 21g

BOOTS

GO FOR: The tuna, grilled peppers and pea sandwich is packed with protein. The malted bread and vegetables provide slow-release energy and there's omega-3 in the tuna.
Price: £2.50
Per serving
Calories: 409 **Carbs:** 58g **Sugar:** 5.2g **Fibre:** 6.6g **Saturated fat:** 2g **Protein:** 26g



SAINSBURY'S

GO FOR: The bread in the Taste The Difference egg and watercress sandwich is made with rye and wheat flour, which will help to keep you going longer. As well as protein, eggs contain energy-boosting B vitamins.
Price: £2.90
Per pack
Calories: 500 **Carbs:** 50.2g **Sugar:** 2.8g **Fibre:** 4.1g **Saturated fat:** 4.9g **Protein:** 21.1g



Jackie's book *The Right Bite (Nourish Books)* is out now

