



THE HEALTHY  
EATING HUB



# Healthy Convenience Food!

**47+ HEALTHY AND CONVENIENT  
SUPERMARKET MEALS  
FOR BUSY PEOPLE**



# The Hub's Guide To Healthy Convenience Food

The Healthy Eating Hub Pty Ltd  
83/170 Flemington Road, Harrison ACT 2914  
50 Launceston Street Phillip ACT 2602

**Phone:** 02 6174 4663

**E-mail:** [hello@healtheatinghub.com.au](mailto:hello@healtheatinghub.com.au)

**Website:** [www.healthyeatinghub.com.au](http://www.healthyeatinghub.com.au)

---

## **AUTHOR**

**KATE FREEMAN**

Managing Director

## **CONTRIBUTORS**

The Healthy Eating Hub Team





QUICK  
— & —  
EASY

# We feel your pain!

WE'RE SO GLAD YOU GRABBED THIS EBOOK!

There's no doubt that life is busier than it's ever been! We are all so stressed! This stress often results in us feeling less capable when it comes to dealing with minor daily issues. As a result we make knee-jerk decisions that ultimately flow over into other aspects of our lives. Food is a daily and regular occurrence, so it's only natural for something so ever-present to be affected first.

This eBook will help you feel back in control with simple, convenient, healthy meal ideas created by our team of nutritionists and dietitians.

Healthy choices are easy choices.

If you make something from this eBook, we'd love to see it! Use the hashtag [#thehubsquad](#) and we'll re-post your pic on our page!

Enjoy!

## Share your pics with us!

[#thehubsquad](#)

[@healthyeatinghub](#)

[#healthyeatinghub](#)



# Contents

## HEALTHY CONVENIENCE FOOD

### 47+ Convenient Meals

- 06** **Breakfasts** - from yoghurt to chia pudding there's something for everyone!
- 12** **Lunches** - be the envy of your workmates with tasty, filling lunches in a flash!
- 18** **Dinners** - has it been a long day? Dash into your local for a dinner the whole family will love you for!
- 24** **Snacks** - healthy choices on the go, you gotta love that!

**Disclaimer:** We believe in individual advice. Not all ideas in this guide are suitable for everyone. This publication does NOT cater for allergies, intolerances or special medical conditions. If you need help with your nutrition for any reason, please book an appointment with one of our practitioners. This is not a sponsored publication and we receive no incentive for recommending these products. This eBook should not be used as a substitute for professional medical care and the authors are not liable for use or misuse of it's contents.

When I'm grocery shopping I grab the packet at the back because I think there's something wrong with the one at the front!

# Breakfast

## Ham + Asparagus Omelette

Buy these products - enough to make 3 serves!:



**COST/SERVE**  
**\$4.50**

A quick, high protein breakfast option that can be changed to suit your taste and preferences.

Whisk 2 eggs and pour into a hot pan. Add 90g shredded leg ham, 3-4 asparagus spears and sprinkle with 1 tbsp cheese.

Flip in half when the eggs are just cooked. Serve immediately!

## Apple + Coffee + Muesli Bar

Buy these products:



**COST/SERVE**  
**\$5.60**

If you are in the habit of grabbing a morning coffee, why not make it part of your breakfast on those crazy days.

Keeping a stock of long lasting fruit (like apples or oranges) and a packet of muesli bars is a pretty good backup.

## Yoghurt + Fruit

Buy these products:



**COST**  
**\$8.00**

A great way to start the day in summer. No cooking required, portable and quick.

It's also going to be reasonably satiating due to the protein, volume and water content of the melon. On top of that it's also going to rank reasonably well in terms of calorie density.

## Baked Beans + English Muffins

Buy these products - enough to make 4 serves!



TOTAL COST  
\$15.20

To make 1 serve:

1. Cut 1 wholemeal muffin in half and toast in the toaster.
2. Pour 1 tin of baked beans into a microwave safe dish and heat for 1 min.
3. Lay toasted muffin halves on a baking tray.
4. Divide 1 cup baby spinach over the two halves, then divide the heated baked beans over each muffin.
5. Top each muffin half with a slice of gouda cheese then place under the grill to melt.

## Smoked Salmon Bagel

Buy these products:



COST/SERVE  
\$8.00

The choice of the busy New Yorker for a reason.

Delicious, rich in protein, omega 3's and fibre.

A great option if you're on your feet a lot in the morning or post-gym.

Buy 2 bread rolls and this idea makes 2 serves.

## High Fibre Porridge + Milk

Buy these products:



TOTAL COST  
\$7.50

Make 1 sachet of high fibre porridge on milk to boost the protein and increase satiety.

If you've got some fresh berries chuck them in too!

You'll also have a whole box of porridge sachets left for the rest of the week!



Arise & Shine!

With a  
nutritious  
breakfast!

## Chia Pod + Strawberries

Buy these products:



TOTAL COST  
\$7.50

This is a super convenient breakfast to grab at the supermarket on the way to work or keep stocked for a busy week.

It's also a great source of fibre to boot!

## Banana + Oat Smoothie

Buy these products:



COST/SERVE  
\$1.40

Sometimes we need to rush out the door in the morning and getting breakfast sorted feels like it will take way too long.

This smoothie is a very quick way to get in protein and calcium that is also super delicious.

**For 1 serve:** Throw 200ml milk + 3 tbsp yoghurt + 1 banana + 1/3 cup rolled oats + 1 tsp honey into a blender.

Total cost: \$12.30

## Muesli + Yoghurt

Buy these products:



TOTAL COST  
\$11.25

Add blueberries, yoghurt and 1/3 cup of clusters to a bowl. Enjoy!

Handy hint – for a convenient breakfast that you can take with you, portion out the clusters into containers or ziplock bags.

This can also be made cheaper by buying yoghurt in larger tubs and dividing into smaller portions yourself

## Ricotta + Berry Crumpets

**COST =  
\$26.50**

Toasted wholemeal crumpets topped with ricotta, chopped berries and drizzled with honey.

Sprinkle cinnamon powder for extra fancy-ness.

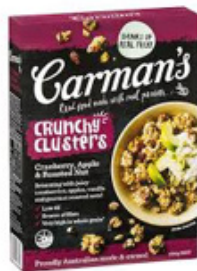
Makes 6 serves!

Buy these products:



## Nectarine Granola

Buy these products:



**COST/SERVE  
\$5.50**

Layer in a glass if feeling fancy or throw into a jar for grab-and-go convenience. Grill nectarines if time allows.

Shop list:

- 1 box Crunchy Almond Vanilla Clusters
- 6 nectarines
- 3 x Yo Pro Vanilla Yoghurt
- 1 bottle honey

Cost: \$22.22 – makes 3 serves (with leftover honey & granola)

**BUILD HEALTHY HABITS**  
*That last a lifetime!*



# Lunch



## Pasta + Vegetables

Buy these products:



TOTAL COST  
\$8.80

You know those days when you need to just grab something for lunch and get straight back into the grind.

This is perfect for those days. Only 2 things and you have a balanced meal.

Enough for 2 serves.

## Crunchy Coleslaw + Turkey Breast

COST/SERVE  
\$8.20

Walk into the shops.

Grab two things.

Throw them together.

Then give yourself a round of applause for staying consistent with your goals.

Buy these products:



## Tuna + Rice + Coleslaw

Buy these products - enough to make 3 serves!:



COST/SERVE  
\$5

Perfect for a work lunch or when all you have is a microwave. Brown rice and coleslaw mix to provide fibre, nutrients and volume. Tuna brings the protein and healthy fats hit.

The Malaysian curry is a personal favourite as it brings big flavour but you can try it with your personal favourite.

Enough for 2 serves if you buy 2-4 tins of tuna.

## Chicken + Salad Wraps

Buy these products:



**TOTAL COST**  
**\$18**

The ultimate quick lunch for the family or individual.

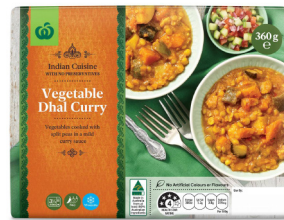
Low carb wraps for the carb conscious, ready to eat chicken for protein, some leafy greens and avocado to bring the healthy fats and fill out a balanced meal.

Serves 4 people



## Curry + Vegetables

Buy these products:



**COST/SERVE**  
**\$8.20**

Walk into the shops.

Grab two things.

Throw them together.

Then give yourself a round of applause for staying consistent with your goals.

## Falafel + Tabbouleh Salad

Buy these products:



**COST/SERVE**  
**\$5.15**

**What to do:**

Heat half of the packet of falafel balls in a microwave safe dish for 1 min on high.

Toss tabbouleh salad with mixed salad leaves and half the punnet of tomatoes in together. Add the heated falafel balls and divide into 2 bowls.

Handy hit – you can make up the salad component in advance and simply heat and add the falafels at lunch time.



You can't please  
everyone.

You're not an avocado!

## Mexican Salad Bowl

Buy these products:



COST/SERVE  
\$7.10

Shop list:

1 packet Salad Servers Mexican Quinoa & Bean salad 900g  
1 Kaleslaw Kit  
400g Roast beef slices from deli  
2 tomatoes

Cost: \$28.40 – makes 4 serves

## Toastie + Soup

Buy these products:



COST/SERVE  
\$5.25

Ham and cheese toasties are quick to make and is a winner with the family.

Paired with a wholesome vegetable soup this meal provides 11g of fibre in a serve.

Shop list:

2 pouches La Zuppa Rustic Vege & Beans Soup  
1 pack Woolworths Select Swiss Low-Fat Cheese  
1 pack D'orsogna Shaved Leg Ham  
1 pack Tip Top 9 Grain Wholemeal bread

## Mexican Toastie

Buy these products:



TOTAL COST  
\$10.80

Super quick and yummy vegetarian lunch option if you're feeling like something a bit different.

Will only take 10 minutes and is high in iron and fibre!



## Corn Fritters

A delicious, quick and filling meal to get a serve of fibre in and can be had at any meal time of the day.

**COST =  
\$19.30**

### To make 1 serve:

1. Combine 2x 400g cans of corn kernels (drained) with 1 cup wholemeal SR flour, 2 eggs, 2 diced spring onions, 1/4 cup milk and 100g smooth fetta cheese in a bowl.

2. Heat a non-stick frying pan over medium-high heat. Pour 1/4 cup of mixture into the pan and cook until golden brown. Flip and cook the other side.

### Buy these products:



## Tuna + Tzatziki Wraps

### Buy these products:



**COST/SERVE  
\$5.50**

Filling and delicious!

Spread 1 tub of tzatziki over the wrap. Add half bag of salad mix. Drain the tuna then add to the wrap. Roll, and enjoy.

**BUILD HEALTHY HABITS**  
*That last a lifetime!*



# Dinner

## Crunchy Pork Salad

Buy these products:



**TOTAL COST**  
**\$17**

**What to do:**

1. Add 1 tsp oil to frypan and cook pork strips for 5mins.
2. Add Coleslaw kit and cooked pork strips to a large salad bowl, toss with the dressing provided.
3. Divide onto 4 plates.

Enough for 4 serves.

## Black Bean + Avocado Wraps

**COST/SERVE**  
**\$3.25**

When you feel like Mexican but you REALLY don't feel like cooking, this is the dinner for you.

If you're feeling a little motivated you could swap the salad mix for a red onion and 2 tomatoes to make a salsa and serve it with some baby spinach.

Serves 4

Buy these products:



## Chicken + Couscous

Buy these products:



**COST/SERVE**  
**\$5.50**



This has been a great backup in our house for Sunday night after a big day of groceries and home improvement.

Serves 4 people.

Total cost = \$21.75

## Moroccan Chicken

Buy these products:



TOTAL COST  
\$8.80

Line an oven tray with baking paper. Lay out the tenderloins and sprinkle with Moroccan seasoning and bake in the oven for 15 minutes or until cooked through.

Serve with vegetables or salad.

COST/SERVE  
\$8.20

Who doesn't love a good ham and cheese toastie? And while many don't consider it a "dinner" meal, with a few tweaks it can be a quick and nutritious fail-safe.

With the wholegrain bread providing some fibre, ham and cheese for protein and melty goodness, and the baby spinach and tomato to sneak some vegetables in.

Buy these products:



## Mexican Pork Wraps

Buy these products:



COST/SERVE  
\$15

The ultimate in quick Mexican.

Wholegrain tortillas providing some carbs and fibre, pulled pork for a tasty protein option and the American style coleslaw kit brings the veg and fibre.

Serves 2-3 people



I'm sorry for the  
things that I said  
when I was hungry.

## Mediterranean Fish + Salad

Buy these products:



TOTAL COST  
\$33.50

Microwave dinner made from mostly frozen foods – so you can leave them sitting pretty in the freezer whilst you're away.

Shopping list:

- 2 packet Steam Fresh Quinoa & Brown Rice
- 2 packet Steam Fresh Parsley Citrus Steam Fish
- 1 packet Greek Salad kit

Makes 4 serves

### What to do:

COST/SERVE  
\$1.40

Place salmon fillets on sandwich press between baking paper and lower the lid. Allow to cook for 5 mins.

Roughly chop the pak choy and place in microwave safe container with 4 tablespoons of honey soy marinade. Place the lid on and microwave on high for 90 seconds.

Cook the rice in the microwave as per package directions.

Divide the rice onto 4 plates, top with pak choy and add 1 salmon fillet to each plate.

## Salmon + Greens

Buy these products:



## Tofu + Rice + Salad

Buy these products:



TOTAL COST  
\$8

Combination of flavours from the dressing in the slaw and honey soy/teriyaki in tofu makes this tasty and fast.

Marinated tofu is ready to eat, so the only cooking required is microwaving the rice.

Serves 2

## Salmon + Pea Pasta

**COST = \$12.65**

A super quick dinner that is high in protein and gets in a serving of fish. It's also able to be changed to suit your taste preferences.

Cook the pasta. Drain the salmon.

Toss all the ingredients together in a pan until heated through.

Serve immediately.

Buy these products:



## Roast Chicken + Broccoli

Buy these products:



**COST/SERVE \$7.00**

**What to do:**

Slice the potatoes and spread on an oven tray lined with baking paper. Spray with oil and sprinkle with salt. Bake for 20 minutes in a hot oven.

Steam the broccoli florets and green beans.

Serve with a hot BBQ chicken.

**BUILD HEALTHY HABITS**  
*That last a lifetime!*



# Snacks



## Peanut Butter + Celery Sticks

Buy these products:



TOTAL COST  
\$8.10

You know how some combinations seem like they shouldn't work, but they really, really do? This is one of those combos.

Any snack based around a vegetable is great, but in this case we also have delicious peanut butter to keep things exciting.

Buy enough for days!

## Berries + Philly

Buy these products:



COST/SERVE  
\$1.70

A super quick, refreshing snack for the summer months that is a more creative way to get some fruit in to your day!

Mix 1/2 cup of berries with 1 tbsp Philadelphia Light Cream Cheese and 1 tsp honey.

## Hummus + Crackers + Qukes

Buy these products - enough to make 3 serves!:



COST/SERVE  
\$4

**What to do:**

Take half of the punnet of baby cucumbers and, with the provided crackers, dip them into the hommus.

Perfect for morning or afternoon tea.

## Chick Peas + Cranberries

Buy these products:



TOTAL COST  
**\$7.80**

Combine 1 packet of dried fruit with 1 packet of chick peas for a simple but delicious snack.

Makes 6 serves. \$1.30 per serve.

COST/SERVE  
**\$2.50**

Nothing too fancy or exciting here, but a great option none the less. High in protein to help build/maintain lean body mass and keep you satiated.

High in calcium to promote bone health as we age. It's also a great option when it comes to calorie density, having a low calorie per gram score.

## High Protein Yoghurt

Buy these products:



## Tuna + Beans

Buy this product:



COST/SERVE  
**\$4.60**

Quick, affordable and ticking a lot of the right boxes when it comes to snacking. Protein, check. Fibre, check. Vegetables, check.

Bonus points for being portable and shelf stable meaning it can be kept in the work desk for emergencies.

COST/SERVE  
**\$2.50**

We might be in the minority here but we LOVE blue cheese.

The combo of sweet fruit and salty cheese is pretty difficult to beat.

Treat yourself to a slightly fancy snack this silly season

## Apple + Cheese

Buy these products:



The best kind  
of snacks were  
bought by  
someone else.

## Carrotx + Dip

Buy these products:



TOTAL COST  
\$4

Get in an extra serve of vegetables with 1 carrot dipped into some tasty Tzatziki dip.

## Strawberry + Oat Smoothie

Buy these products:



COST/SERVE  
\$1.40

Perfect for straight after a workout or for when you've got a long stretch between meals.

This smoothie will keep you going!

**For 1 serve:** Throw 200ml milk + 3 tbsp yoghurt + 1 cup strawberries + 1/3 cup rolled oats + 1 tsp honey into a blender.

Total cost: \$12.30

Top the yoghurt with a handful of blueberries and 1 tbsp of sliced almonds.

Mix through and enjoy!

## Almonds + Yoghurt

Buy these products:



TOTAL COST  
\$11.25



## Tomato + Hummus + Crackers

COST =  
\$8.00

Spread 1-2 Saladas with hummus.

Top with sliced tomato. If you'd like some extra protein you can add some sliced cheese or leg ham.

Buy these products:



## Bliss Balls

Buy this product:



COST/SERVE  
\$1.50

Sometimes you feel like something a little sweet with your cup of tea.

These little balls are made primarily from dates and nuts.

3 balls comes in at a very satiating 100 calories of energy and if eaten mindfully, are a great snack option when you're on the go.

COST/SERVE  
\$1.30

Simple whole foods are always a great snack choice.

1 packet of nuts + 1 banana is plenty of energy, lots of fibre and very satisfying!

## Banana + Mixed Nuts

Buy these products:



**BUILD HEALTHY HABITS**  
*That last a lifetime!*

We exist to give  
you freedom  
Through building  
skills for long  
term healthy  
eating.

We'd love to help!

[www.healthyeatinghub.com.au](http://www.healthyeatinghub.com.au)