

Busy Day? 9 Healthy Lunch Ideas to Keep You Going



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Lunch. The most oft-neglected meal of the day.

Many of us are just trying to get through the busyness of work and life; looking to cram in anything that's quick and simple before sprinting into afternoon activities. You need a good meal to keep you going, which is why we developed these 9 healthy lunch ideas to fuel your day.

You don't have to sacrifice quality at lunchtime. These 9 midday meals are healthy, delicious, and super simple to make. You might start making them for breakfast too! Keep scrolling to see them all.

1. Zucchini and Egg Pizza



Who says pizza can't be healthy? This zucchini and egg pizza is all veggie and all flavour. Starting with a thin zucchini pizza base and moving on to yummy capsicum, eggs, and asparagus - you will definitely be back for another slice. This nutritious twist on comfort is the perfect way to head off into the afternoon.

2. Healthy Lentil and Feta Frittata



One pan is all you need for this tasty, healthy lentil and feta frittata. This simple dish brings together eggs and veggies in all the right ways and is packed with the right ingredients to power you through a midday slump. Tastes just as good around dinnertime too!

3. Healthy Pasta Primavera



Experience freshness in every bite of this pasta primavera. It's packed with vibrant green veggies like asparagus and snow peas and tossed into a creamy, light sauce. At lunchtime, this one gets the chef's kiss!

4. Healthy Gallo Pinto



Gallo Pinto is traditionally a breakfast staple across many Central American countries. Upon first bite, we thought this would make an amazing lunch dish too. Each ingredient is meaningfully healthy and the total cook time is fairly short, making this a great option during busy weekdays. It's rice, beans, and a whole lot more. Give it a try yourself!

5. Broccoli Falafels with Buckwheat, Egg and Herb Salad



Prefer to prep your lunch meals? This recipe is perfect for you. These super veggie broccoli falafels can be prepared the night before and enjoyed throughout the week. And the buckwheat, herb and egg salad is very easy to make. You don't need more time to craft a healthy lunch, just better ingredients!

6. Roast Veggie Tart with Oat Crust



Love a good tart? Try this one for lunch. This tart recipe is packed to the brim with capsicum, carrot, egg, zucchini and more healthy ingredients. And it all comes together atop a flaky oat crust. Have a slice today or have a slice tomorrow; it's a great dish hot or cold.

7. Wholemeal Spinach Crepes



Crepes aren't always for dessert. This version uses spinach and wholemeal flour to create green crepe goodness. Fill the inside with the veggies listed in the recipe or grab whatever you have available in the fridge. Either way, this meal is a refreshing way to stay fueled throughout the day.

8. Tex-Mex Egg Tortilla Pockets



Kids and adults alike will love these egg tortilla pockets. How can you go wrong with tangy, zesty, Tex-Mex flavours? Not to mention the recipe is one of the easiest on this list and can be enjoyed hot or cold.

9. Soto Ayam



This soto ayam (Balinese chicken soup) will warm every bone in your body. Fragrant spices delight the senses in every sip and slurp. And surprisingly, this complex dish takes less than 20 minutes to create!

Healthy Lunch Ideas & More

Say goodbye to subpar meals! With healthy lunch ideas in your repertoire, we envision you having plenty more good lunches in the future.

Like the sound of these? We have even more [Lunch Recipes](#) for you to try out. And don't forget to check out our [Pantry & Fridge](#) staples for creative ideas on making the most of what you have available in the kitchen.