

# Three quick lunches in under 10 minutes



Recipes and words by [Nutritionist Rosie Eyre](#)

Eating well as you age is key to maintaining energy, muscle strength, and overall health.

These three lunches are designed to provide high-quality protein, heart-healthy fats, and fibre. This helps support digestion, brain function, and sustained energy. But you won't have to spend hours in the kitchen!

Each recipe is packed with nutrient-dense ingredients and is easy to prepare in under 10 minutes.



# Smoked Salmon, Cottage Cheese and Spinach Wrap

A wrap that will take no time to put together, but will tick all the nutrient boxes. Salmon and avocado help nourish your skin. Healthy mono-unsaturated fats support your heart. Omega-3 fats support brain health and reduce inflammation. Cottage cheese is a good source of calcium, which, combined with vitamin D from the salmon, will help maintain strong bones. Spinach is a source of non-heme iron. Regular input of iron-rich foods can help you feel less tired.

## Serves 2

- 200g Smoked Salmon
- 6 tbsp cottage cheese
- 1 small lemon, cut into quarters
- 1.5 cups spinach, washed and dried
- ½ ripe avocado, sliced
- 4 large whole grain wraps
- Salt and pepper

## Method:

1. In small bowl add cottage cheese, juice from half a lemon, pinch of salt and pepper and mix together.
2. Spread cottage cheese over wraps, layer evenly with salmon, add avocado and spinach.  
*Tip: can mush avocado with back of fork if preferred.*
3. Roll up and serve with extra lemon wedges.





## Tuna Chickpea Power Salad

An omega-3 and protein-packed, fibre-rich mix, with a zesty lemon dressing. This makes for a fresh, anti-inflammatory, filling meal. Lemon juice is a great way to add extra vitamin C onto your plate. Vitamin C helps make collagen. This is important for maintaining healthy skin, joints, and muscles as you age. Protein at lunch keeps you fuller for longer. This helps curb those mid-afternoon energy dips.

### Serves 2

- 2 small cans (95g) of tuna in spring water
- 1 tin of chickpeas, drained and rinsed well
- 1 Lebanese cucumber, sliced into half moons
- 1 punnet of cherry tomatoes, halved

### Dressing:

- 2 tbsp freshly squeezed lemon juice
- 1 tsp Dijon mustard (can leave out if preferred)
- ½ tsp sugar or honey
- 3 tbsp olive oil
- Salt and pepper

### Method:

1. In a large bowl add drained and rinsed chickpeas, cucumber, cherry tomatoes and toss together until mixed well.
2. Drain tuna and scatter over chickpea and veggies
3. In a small bowl add all ingredients for dressing, mix well together and season to taste. Drizzle over salad and enjoy.  
*Tip: If dressing is too tart, add a touch more sweetness.*



## Quinoa and Brown Rice Greek Salad

A Mediterranean-inspired bowl. It's loaded with plant-based protein from quinoa and feta. Tomatoes are full of potent antioxidant lycopene, which is supportive of heart health. Cucumber is hydrating and the perfect food to eat on hot February days. And it's all brought together with a quick dressing.

### Serves 2

- 1 x 250g packed of pre-cooked brown rice and quinoa ([link](#))
- 15-20 Kalamata stoneless olives, sliced in half
- 1 punnet of cherry tomatoes, halved
- 1 Lebanese cucumber, sliced into half moons
- 100g Greek feta, crumbled



## Dressing:

- 2 tbsp freshly squeezed lemon juice
- ¼ tsp dried oregano (can leave out if preferred)
- 3 tbsp olive oil
- 1 tsp brown sugar
- Salt and pepper

## Method:

1. Break up brown rice/quinoa with hands in bag until all separated.
2. Prep the veggies.
3. Make the dressing by adding all ingredients into a small bowl or jar and stir well together. Season to taste.
4. In a large bowl, add the rice/quinoa, tomatoes, cucumber, olives and toss to combine.
5. Crumble over feta and finish off with a good drizzle of dressing.

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LiveUp is a healthy ageing initiative funded by the Australian Government Department of Health and Aged Care.