

Lunch That Travels



Practical lunches for work
and busy days

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A good packed lunch fits the journey as well as the lunch break. These twenty recipes make two portions each, with practical ways to keep bread crisp, dressing contained and food at the right temperature.

Begin with the journey

Start with the route guide on page 4. Choose a cold lunch, a cold lunch to reheat, or a soup for a food flask according to the equipment you have. The packing picture on page 7 shows what goes where.

Cook once for two lunches

Use a full recipe for two people or for one person on consecutive days. Measure cooked grains after cooking, drain canned beans before using them, and divide the finished recipe equally. Adjust the food you pack to suit your appetite.

Make the week manageable

The worked week on page 47 uses two short preparation sessions and a simple Friday box. Its shopping list totals exactly those five lunches. Use the planning pages to choose your own meals, prep dates and portions to freeze.

Before you cook

Read ingredient labels, follow earlier product use-by instructions and check cooked food with a thermometer. The storage pages explain chilling, reheating and the time limits used throughout.

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