



# The Healthy Bit

**Working From Home Lunch Hacks & Recipes** by Henry

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## Smart Food Notes & Hacks

Working from home can easily slip into endless biscuits and bad habits. A little planning makes a huge difference. Here are the main tips I shared:

- **Shop with intention** – if you don't buy the crisps, biscuits, and processed snacks, you won't eat them.
  - **Plan your breakfast** – skip it or go for higher protein (eggs, yogurt with seeds/nuts) to avoid sugar crashes.
  - **Batch cook** – make one big soup or frittata and you've got lunch sorted for a few days.
  - **Snack smart** – roasted chickpeas, nuts, cheese chunks, cucumber/carrot sticks with olive oil and vinegar. Avoid the “designed-to-be-addictive” processed stuff.
  - **Leftovers are your friend** – plate up tomorrow's lunch while dishing dinner.
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## Big-Batch Green/Red Soup (serves 4)

*A “use up the veg” blender soup. Make it once, eat it twice. Freezes beautifully.*

**Ingredients** - 2 tbsp olive oil or 30g butter - 2 medium onions, diced - 3 cloves garlic, sliced - 800g mixed veg, chopped (courgettes, carrots, peppers, broccoli, tomatoes – whatever you've got) - 1 x 400g tin beans or lentils, drained (butter beans, chickpeas, haricot) - 1 litre hot stock (veg or chicken) - 1 tsp ground cumin or 1 tsp smoked paprika (optional) - 1–2 tbsp lemon juice or light vinegar (apple cider, white wine) - Salt & black pepper

**Toppings (pick a couple)** - Thick yogurt or crème fraîche - Toasted seeds or chopped herbs - Leftover roast chicken, shredded - Chilli oil or good olive oil

**Method** 1. Heat oil/butter in a pot. Add onions + pinch of salt. Sweat for 8 minutes until sweet. Add garlic for 1 min. 2. Stir in chopped veg and spice. Cook 2–3 mins. 3. Add beans + stock. Simmer 15–20 mins until veg tender. 4. Add lemon/vinegar. Blend until smooth. Season boldly. 5. Serve with toppings of choice.

**Variations** - Green: broccoli, spinach, peas, courgette + cumin & lemon. - Red: tomatoes, red peppers, carrots + smoked paprika & sherry vinegar. - Thicker: extra beans/lentils or simmer longer after blending. - Silkier: blend in a knob of butter at the end.

**Storage** - Fridge: 3–4 days. - Freezer: 2–3 months.



**Henry's Top Tips** - Don't rush the onion stage – undercooked onions = raw taste. - Use more fat than you think – it makes veg luxurious. - Add acid at the end – lemon/vinegar brightens flat flavours. - If soup tastes bland: add salt + lemon, not more stock.

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## Tray-Pan Frittata (serves 4)

*Eggs + odds & ends = lunch that actually keeps you full.*

**Ingredients** - 8 large eggs - 100ml double cream (or milk/Greek yogurt) - 2 tbsp olive oil or 20g butter - 1 medium onion, sliced - 300–400g veg, chopped (peppers, spinach, courgette, peas, broccoli) - 300g cooked potato, sliced (or pre-boiled) - 120g cheese (feta, cheddar, parmesan) - Small bunch herbs (parsley, chives, dill) - Salt & black pepper

**Method** 1. Whisk eggs, cream, salt & pepper. Stir in half the cheese + herbs. 2. Soften onion in oil/butter (5–6 mins). Add veg + pinch of salt. Cook 3–4 mins. 3. Fold through potatoes. 4. Pour over egg mix. Cook on hob 2–3 mins until edges set. 5. Scatter rest of cheese. Bake at 180°C (fan 160°C) for 10–12 mins until just set. 6. Rest 5 mins. Slice into 8. Eat warm or room temp.

**Serving** - Best with a simple green salad and homemade dressing (1 tsp Dijon, 2 tbsp vinegar or lemon juice, 6 tbsp olive oil, pinch of salt).

**Variations** - Swap potatoes for cooked grains (quinoa, rice). - Add protein: chicken, tuna, smoked salmon, or beans. - Roast a tray of veg on Sunday and use them through the week.

**Storage** - Fridge: up to 4 days. Don't freeze.

**Henry's Top Tips** - Pull it out when centre just wobbles – it'll finish cooking as it rests. - Non-stick pan or baking paper stops sticking. - Don't skimp on seasoning – eggs need salt. - Cold frittata is underrated – brilliant for packed lunches.

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## Final Thought

Working from home doesn't have to mean soggy sandwiches or a sugar crash by 10am. With a little planning, your lunches can be quick, nourishing, and genuinely tasty.

*Stack those healthy habits one bit at a time.*