

Nuvia

SIMPLE SUGAR-FREE LUNCHBOXES



SIMPLE SUGAR-FREE LUNCHBOXES

The recipes you'll find in this book have been specifically developed by a nutritionist to be not only easy but perfect to prepare and pack in advance.

OPENING NOTE

All of us on the Nuvia team are self-proclaimed health nuts, so we know just how important it is to eat well. That said, we also live busy lives (just like you!) and so we know what it's like to stray from the healthy path from time to time, especially when things like life, family and of course, work get in the way.

Our first step to helping you guys live your best life was creating a one of a kind sugar-free sweetener that tastes just like the real thing. This way, it's a little easier for all of us to be healthier every single day.

As for this book, we know that on everyone's health journey little steps go a long way, and that's why we're looking at something we're all familiar with... lunch! Well, lunchboxes to be exact. Sometimes healthy food looks good in theory, but it either doesn't store well, doesn't keep well or simply doesn't taste good by the time lunch rolls around!

We've consulted a nutritionist to give us the best tips on how to assemble the perfect packed lunch, as well as why being prepared is so important. The recipes you'll find in this book have all been specifically developed by a nutritionist to be not only easy but perfect to prepare and pack in advance (nothing's going soggy in the fridge!). We've included two delicious veggie-packed lunches, a breakfast you can make once and pack into a few jars to grab 'n' go from Monday to Friday, and, of course, some treats. Sugar-free protein balls are on the menu for when you need an extra boost (or a tasty after lunch treat) and last but not least, some Cinnamon Donut Cookies, the perfect bickie to arm yourself with to fight off those temptations at your sugary office morning tea – no one will even know they're sugar-free!

We've also popped in a bonus Desk Drawer Survival Kit with some sneaky tips from a nutritionist to make sure you're always prepared for what life throws at you.

A note on servings... aside from the snacks, we've developed most of the recipes to serve 4. Why? To allow for a little fun in your week! While it's great to be prepared, we've left space in the week to account for that breakfast meeting, the team catered lunch or perhaps your favourite brekkie roll from your local café – you've got to have a little fun after all!

Happy lunching!

The Nuvia Team

CONTENTS

5

WHAT MAKES A HEALTHY LUNCH?

9

RECIPE: COCONUT CHIA JARS

11

RECIPE: CHICKPEA SMASH SALAD

13

RECIPE: SATAY SLAW & EGG WRAPS

15

RECIPE: MOCHA PROTEIN
BOOSTER BALLS

17

RECIPE: CINNAMON DONUT COOKIES

19

SNACKS... A DESK DRAWER
SURVIVAL KIT

KEY

When you get down to the scrumptious part of the book (AKA the recipes), you'll notice they all have a key next to them. Here's what they mean...

| | |
|----|---------------|
| GF | Gluten Free |
| SF | Sugar Free |
| DF | Dairy Free |
| VG | Vegetarian |
| V | Vegan |
| KF | Keto Friendly |
| LC | Low Carb |
| O | Option |



WHAT MAKES A HEALTHY LUNCH?

- A meal that will keep you energised and focused so you're on your A-game for the rest of your workday.
- A bite that won't spike your blood sugar. Why? This causes mayhem for your concentration and will leave you craving a sugar hit come 3pm (we've all been there!). Additionally, managing your blood sugar will allow your body to better regulate your moods (so your co-workers will love you) and as an extra bonus, you'll be more productive as your brain won't fatigue.
- An energy hit... you don't want to rely on caffeine to get you through the afternoon at work. While some people can fall asleep fine, studies show caffeine still negatively affects your sleep up to 8 hours after. A satiating work lunch will keep you full of energy, without the caffeine.

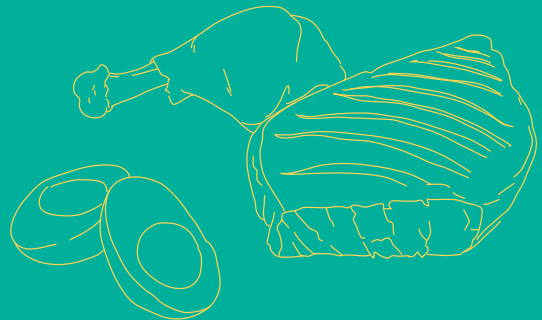
And how exactly do we eat this lunch?



Start with veggies

A variety of vegetables is key for any healthy meal. They're packed with vitamins and minerals to ensure your body is working in tip-top shape, as well as being full of fibre so your gut health will thrive. Veggies are also an easy way to bulk out any meal, so they should be your go-to if you need to ramp up your portion size.

A nutritionist's tip... reach for colour veggies because this means variety. Green leafy veg is the best place to start, but the more colourful, the better. That said, when it comes to packed lunches many veggies don't last well in the fridge or end up super soggy. No one wants that! So check out our recipes to see how we've specifically chosen veggies and prepared them in a way that stores well.



Add some protein

Whether it's your fave meat, eggs, legumes, tempeh or tofu, protein is vital for lunch as this is what will keep you satiated and prevent the afternoon munchies!



Don't forget some healthy fats

Now while fat became the enemy for a brief period, it's actually a vital addition to a healthy meal. Not only is it required for healthy cell and hormone function, but fat (along with protein) will blunt any blood sugar spikes and really help with satiety. Yep, fat is key to keep your tum full.



To bulk out your lunch, add some good quality carbs

The best choice of carbs is veggies because they're the most nutrient-dense, and the most energising. Reach for starchy veg like sweet potato, regular potato, pumpkin, beetroot, peas and corn.

But, what about snacks?

To start with, instead of relying on snacks to keep you pumping throughout the day, ensure your meals are big enough and filled with the good ingredients mentioned above.

Did you know, often people who have the best intentions actually don't eat enough? It's a common mistake to fill up on low-calorie foods and actually end up malnourished. Instead, munch on delicious, nourishing foods and you won't feel the need to binge on snacks.

That said, preparation is key. So head to the snacks guide at the end of the book for our fave snack ideas. These will help in those sticky situations when your meetings run over your lunch break or you're on a deadline. But, be careful of mindless snacking and aim for a balance between ensuring your meals fill you up and having the snacks on hand just for emergencies.

WHY BEING PREPARED IS THE SECRET TO MAKING YOUR WORK MEALS EFFORTLESS

So, what does an unhealthy lunch look like? Well, it's simply the opposite of what's mentioned above. Lacking in veggies, protein, and good quality fats, not consisting of enough food, containing too much sugar, and often come in the form of processed, packaged snacks and bottled sauces.

While cliché, nutritionally speaking you are what you eat, so when you have a less than healthy lunch, it's likely you'll experience brain fatigue, hunger, weight gain and a lack of productivity at work.

Wholesome habits

It's been said that the key to healthy eating success (or success in anything for that matter) comes down to turning decision making into a habit. What does that mean? Well... taking the guesswork out of the equation is ultimately the key to long-term healthy eating habits. When this becomes a habit, it frees up space in your mind to think about more important things like the current project at work or planning that holiday for your family.

So, let's get into the yum stuff!



“Did you know, often people who have the best intentions actually don't eat enough?”





COCONUT CHIA JARS

| | |
|-----------|---|
| SERVES | 4 |
| PREP TIME | 10 minutes (plus, overnight setting time) |
| COOK TIME | 0 minutes |



The mix of chia seeds and flaxseeds in this brekkie makes it the perfect pudding-like consistency and a great alternative to overnight oats. Plus, pop it in a jar and it becomes an easy grab 'n' go option. We've chosen to use seeds instead of oats as they're higher in satiating healthy fats and lower in carbohydrates, not to mention you can enjoy them both cold and hot! To serve, top with some yoghurt (this will boost the protein content) and your favourite fruits. For a low-sugar option, go for berries and kiwi!

INGREDIENTS

- 1/3 cup chia seeds
- 1/4 cup ground flaxseeds
- 1 tablespoon Nuvia Sweetener
- 1L coconut milk or milk of choice

TO SERVE

- 2 cups full-fat Greek yoghurt or coconut yoghurt (1/2 cup per serve)
- Fruit of choice
- Nuts of choice
- Cinnamon

METHOD

1. In a large bowl, combine chia seeds, flaxseeds, Nuvia Sweetener and coconut milk and stir well. Store in the fridge overnight.
2. To assemble the four jars, divide the chia mixture between the jars, top with yoghurt, fruit, nuts and cinnamon and leave in the fridge to grab on your way to work!



CHICKPEA SMASH SALAD

| | |
|-----------|------------|
| SERVES | 4 |
| PREP TIME | 15 minutes |
| COOK TIME | 0 minutes |



Green leafy vegetables are one of the best things you can consume, so of course we had to feature them in this book. Why have we chosen kale over other options like spinach, rocket and lettuce? While all veggie options are great, they can be difficult to prep in advance and quite often are the main soggy culprits! Kale is so robust that it keeps really well in the fridge for a few days and is brilliant at absorbing flavour. Here we've paired the kale with chickpeas and tahini for a delicious vegetarian option that's filled with protein and calcium, plus, you can boost it in any way you like – add a can of tuna for an extra hit of protein, or serve your salad on top of sourdough toast for a more filling vegetarian option.

INGREDIENTS

- 1 bunch kale, stems removed, leave roughly chopped
- 30ml (2 tbsp) apple cider vinegar
- 45ml (3 tbsp) extra virgin olive oil
- 2 cans chickpeas, drained and rinsed
- 3 tablespoons tahini
- ¼ cup pepitas
- 2 avocados
- Sea salt and pepper

OPTIONAL ADDITIONS

- Tinned tuna in olive oil
- Sourdough bread, toasted
- Rice crackers

METHOD

1. Prepare the kale by placing in a large bowl with vinegar, olive oil, salt and pepper. Using your hands, massage the kale until it's coated in juices, and is soft and reduced in size. Kale is a pretty tough vegetable so don't be afraid to get some elbow grease in there!
2. Add in the chickpeas and tahini and continue massaging with your hands. In the process the chickpeas will break apart, absorbing the flavour of the salad and the tahini will be dispersed through the salad.
3. Add in the pepitas and toss to combine. Store this mixture in the fridge to assemble for lunch throughout the week.
4. To pack your lunchbox, place the salad into a container and serve with ½ an avocado, and either a can of tuna or some toast (or both!). To serve, add an extra drizzle of olive oil and a sprinkle of salt.



SATAY SLAW & EGG WRAPS

| | |
|-----------|------------|
| SERVES | 4 |
| PREP TIME | 15 minutes |
| COOK TIME | 0 minutes |



Cabbage is one of those polarising vegetables, however we believe that if you don't like it, you haven't had it prepared correctly! The way we like to serve cabbage makes it soft and silky so it's far easier on your digestive system. By adding salt and giving it a bit of massaging, the cabbage breaks down and absorbs flavour, not to mention will keep extremely well in the fridge for a few days (it even gets better as the days go on!). Here we've paired it with some boiled eggs which are great to have in the fridge for a quick protein, and a delicious satay sauce. Many bottled sauces are packed with sugar, which is why we've made this version with Nuvia instead so it's totally sugar-free! You can enjoy this meal as in a wrap or in a bowl – they're both equally delicious!

INGREDIENTS

- 8 eggs
- ½ head red cabbage, shredded
- 30ml (2 tbsp) apple cider vinegar
- 45ml (3 tbsp) extra virgin olive oil
- 200g snow peas, finely sliced
- ½ bunch coriander, leaves and stems chopped
- 3 tbsp sesame seeds
- 4-8 wraps of choice
- Sea salt and black pepper

QUICK SATAY SAUCE

- ¼ cup coconut cream
- 2 tablespoons natural peanut butter
- 2 tablespoons tamari
- 1 teaspoon Nuvia Sweetener

METHOD

1. Bring a medium-sized pot of water to the boil then using a spoon, lower eggs into the water and set the timer to 7 minutes. When the timer goes off, remove pot from the heat and pour out the hot water, keeping the eggs in the pot. Fill pot with room temperature water to stop the cooking process and leave to cool while you prepare the remaining ingredients. Once cool, store eggs unpeeled in the fridge for use throughout the week.
2. Meanwhile prepare the cabbage by placing in a large bowl with vinegar, olive oil and a generous pinch of salt and pepper. Using tongs (or hands!) massage the cabbage and coat in the oil and vinegar. Leave to soften while you check on the eggs or prepare the other ingredients.
3. To prepare the Quick Satay Sauce, combine all ingredients in a small bowl. Store in the fridge in a small container.
4. After cabbage has been sitting for a couple of minutes, it should be soft and reduced in size, add in the snow peas, coriander and sesame seeds, toss to combine. Store this mixture in a large container in the fridge for lunches throughout the week.
5. To pack your lunchbox, place the cabbage slaw in a container with a dollop of satay sauce. Separately pack 2 eggs and wraps if using. To assemble, peel the eggs and place in the wrap with the cabbage slaw and satay sauce. Wrap and enjoy! Alternatively, enjoy in a bowl.



MOCHA PROTEIN BOOSTER BALLS

| | |
|-----------|------------|
| SERVES | 16 |
| PREP TIME | 20 minutes |
| COOK TIME | 0 minutes |



Work days and coffee are a match made in heaven, so we've concocted these delicious sugar-free protein balls with a mocha twist! Raw cacao is a natural energy booster that contains a gentle hit of caffeine, and of course is great when you feel like a choccy treat. These balls are perfect to keep in the fridge or freezer for a mid-morning mental clarity boost, or a yummy snack with your latte. Most snacks are filled with sugar which means they do the opposite of what they're meant to – they send your blood sugar spiking and crashing which leaves you feeling tired, drowsy and unproductive. These Mocha Protein Booster Balls are sweetened with Nuvia so they totally sugar-free and packed with satiating healthy fats and protein from the almond butter and protein powder to keep you on your A-game.

INGREDIENTS

- 1 cup almond butter
- ½ cup protein powder of choice
- 1-2 tbsp Nuvia Sweetener
- 4 tbsp raw cacao powder
- 1 tbsp instant coffee dissolved in 1 tbsp hot water

METHOD

1. In a large bowl, combine all ingredients and using your hands, roll into 16 balls. Dust with extra cacao. Store in the fridge or freezer. Keep a few of these in the office fridge for times when you need that mocha protein boost!



CINNAMON DONUT COOKIES

| | |
|-----------|---------------|
| SERVES | 18-20 cookies |
| PREP TIME | 20 minutes |
| COOK TIME | 20 minutes |



Workdays often mean office biscuits and we know how hard bickies can be to pass up! That's why we've come up with this insanely delicious Cinnamon Donut Cookie recipe. Cinnamon is a natural blood sugar balancer and is naturally sweet, not to mention we've added a sprinkle of Nuvia too so they're a great sugar-free alternative to the office cookies (or donuts!). Offer them to your co-workers – they won't even be able to taste the difference!

INGREDIENTS

- 2 cups almond meal
- ¼ cup Nuvia Sweetener
- 1 tablespoon cinnamon
- 1 pinch sea salt
- 100g unsalted butter, softened to room temperature
- 1 teaspoon vanilla extract
- 1 egg

METHOD

1. Preheat the oven to 180° and line a baking tray with baking paper.
2. In a bowl, combine almond meal, Nuvia Sweetener, cinnamon and salt. Add in the butter and vanilla and mix well. Add egg and combine. You may need to use hands to fully combine the dough.
3. Scoop out 1 tablespoon of dough, roll into a ball and slightly flatten with your hands. Place on the baking tray and repeat with the remainder of the dough.
4. Bake in the oven for 20-25 minutes. Remove from the oven and leave to cool slightly, transfer to a wire rack to cool completely.
5. Store in an airtight container for up to a week.



SNACKS... A DESK DRAWER SURVIVAL KIT

Hi, nutritionist Liv here! I hope you've loved the filling lunches so far. However, I always have what I call a 'mini survival kit' in my desk drawer. What is that? Just a few snacks that keep well (nearly forever) that I can load up in my desk drawer and forget about. There are a heap of healthy snacks out there, but what you want in a desk drawer is longevity.

These are my favourite things to keep in there – all of them can be kept unrefrigerated, are low in sugar and high in both protein and fat which makes them the ultimate snacks to keep hunger at bay or for when you have to work through lunch.

- A jar of coconut butter – I love the taste of this stuff, it's mostly saturated fat which makes it extremely satisfying.
- Nuts – my favourites are almonds, brazil nuts and macadamias.
- Nut butter of any kind – (can you see a theme here?) peanut, almond, cashew, hazelnut. Often I'll even make my own with roasted hazelnuts and a few spoonfuls of cacao for a healthy chocolate spread. Cacao is also loaded with antioxidants and is a natural energy booster! A little almond butter spread on an apple with a dusting of cinnamon is seriously delicious.
- Toasted coconut – yep, coconut again (what can I say I love coconut!), and toasting it in the oven really brings out the beautiful flavours. You can make a great homemade sugar-free trail mix with a mixture of nuts and coconut.
- Chocolate – Yep, even as a nutritionist, I have chocolate every single day! It's best to go for 85% dark chocolate as this is very low in sugar and high in fat. Pair it with a spread of nut butter for protein and fibre and you've got yourself the perfect sugar-free snack.

FOR TIMES WHEN BOREDOM EATING HITS...

We're all human and it's natural to experience a case of boredom eating every now and then. If you feel like this is becoming a habit, here's what I like to do...

- Sip on herbal tea – there are so many varieties and I've become a little obsessed with herbal teas – I even make up my own blends! My current fave is peppermint and liquorice (in fact this little blend is known for battling sugar cravings and aiding digestion, win, win!)
- Sparkling water with a squeeze of fresh lime.
- Meditate and take ten breathes – even if meditation isn't your thing, give this a try and remind yourself that you're only eating out of boredom. You'll be surprised at how helpful it can be.







SMALL STEPS EVERY DAY CREATE *a vibrant life*

This book has been produced by Liv Kaplan and Phoebe McCreath with Nuvia.

The divine recipes were whipped up by Nutritionist Liv Kaplan [@livinbondi](#)
with stunning photography by Phoebe McCreath [@peashoot_photography](#).

Remember to share your lunchbox creations on social media by tagging us [@nuviaproducts](#).

Nuvia



[@nuviaproducts](#)
[nuviaproducts.com](#)