

Craft Your Body

5 Quick & Balanced Lunches for Midlife Women

By Caroline Grey · September 2026 Edition

These simple lunches are designed to provide approximately 30–35g protein, a moderate amount of healthy fats and a good balance of carbohydrates and fibre. Portions can be adjusted depending on your individual energy and nutritional needs — use them as a flexible starting point, not a rigid set of rules.

1. Tuna & Rice Crunch Bowl

A quick and easy bowl that takes just minutes to assemble. The vegetables and grated carrot provide fibre to support healthy digestion and regularity.

Ingredients

- 100g tuna in spring water, drained
- 125g cooked basmati rice
- Mixed salad leaves
- 50g grated carrot
- Cucumber and tomatoes
- ½ small avocado (approx. 50g)
- 1 tsp extra virgin olive oil or avocado oil
- Squeeze of fresh lemon
- Salt, pepper and herbs to taste

Approx macros: 32g protein · 45g carbs · 15g healthy fats

Tip: Microwave rice pouches make this a genuine five-minute lunch. Swap tuna for salmon or cooked chicken if you prefer.

2. Chicken, Avocado & Salad Wrap

Perfect for busy days. Using pre-cooked or leftover chicken makes this a genuine five-minute lunch.

Ingredients

- 1 large wholegrain wrap or gluten-free alternative
- 90–100g cooked chicken breast
- 50g avocado
- Lettuce, tomato and cucumber
- 1 tbsp Greek yoghurt and herb dressing
- 1 portion of fruit, such as an apple, satsuma or berries

Approx macros: 35g protein · 50–60g carbs · 14–17g healthy fats

Tip: Cook extra chicken at dinner and lunch the next day takes care of itself. A dairy-free yoghurt dressing works just as well.

3. Chicken Sausage Bagel

A great example of how balanced eating doesn't have to mean living on salads.

Ingredients

- 2 good-quality chicken sausages
- 1 bagel
- Ketchup, mustard or relish
- Mixed side salad
- 1 tsp extra virgin olive oil or avocado oil as a dressing
- Optional portion of fruit

Approx macros: 30–35g protein · 55–70g carbs · 15–20g healthy fats

Tip: Choose chicken sausages with a good protein content and adjust the portion according to the nutritional information of the brand you're using.

4. Veggie Omelette & Rice

Combining whole eggs and egg whites provides plenty of protein while keeping the overall fat content balanced.

Ingredients

- 2 whole eggs
- 120g egg whites
- Mushrooms, peppers and spinach
- 100–125g cooked basmati rice
- 30g feta
- Side salad
- 1 tsp extra virgin olive oil or avocado oil for cooking or dressing

Approx macros: 33g protein · 35–45g carbs · 16–20g healthy fats

Tip: Add plenty of colourful vegetables for fibre, volume and micronutrients. Not a feta fan? Swap in reduced-fat cheddar, cottage cheese or a sprinkle of Parmesan.

5. Potato & Vegetable Frittata

A great meal-prep option. Make a larger frittata ahead of time, portion it up and you'll have several quick lunches ready to go.

Ingredients

- 2 whole eggs
- 100g egg whites
- 150g cooked potato
- Peppers, spinach and courgette
- 30g feta
- Large side salad
- 1 tsp extra virgin olive oil or avocado oil for cooking or dressing

Approx macros: 31g protein · 35–40g carbs · 18–20g healthy fats

Tip: Frittata keeps well in the fridge for 3–4 days and is lovely cold, making it perfect for packed lunches.

The Quick Lunch Formula

You don't need complicated recipes to build a balanced meal:

Quality protein → a portion of carbohydrates → some healthy fats → plenty of colourful vegetables and/or fruit.

The exact portion you need will depend on your goals, activity levels and overall energy requirements, so use these meals as a flexible starting point rather than a rigid set of rules.

Craft Your Body · Midlife strength, nutrition and hormone health coaching by Caroline Grey

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