

# HEALTHY FOOD FAST

On the go, but still trying to eat well? We've picked our favourite good-for-you convenience foods to make life just that little bit easier

## SNACKS

When you simply have to nibble on something, but without the guilt!

**Munchy Seeds** Incredibly moreish roasted seed mixes, packed with nutrients. From £3.50 for 200g. Waitrose and munchyseeds.co.uk

**Craisins** Sweet dried cranberries, choc-a-bloc with antioxidants. From 49p, widely available.

**Dorset Cereals snack bars** Toasted muesli bars that will keep you filled up for hours. £1.99 for a pack of 3, widely available.

**Jordans Quick & Creamy Porridge** Top choice for slow-release energy – this one is ready in next to no time! £1.45, widely available.



## DESSERTS

These clever little wonders are proof that indulging can be virtuous too!

**Tesco Finest\* Poached Pears** Drenched in red wine and cinnamon syrup, but still light and low in calories. £2.59, Tesco.

**Total 2% Greek Yoghurt with Honey** This yoghurt is so luxurious, you'd never know it was so good for you. 89p each, widely available.

**M&S Count On Us Triple Chocolate Mousse** We don't know how they make it less than 3% fat, but we're not complaining! £1 each, M&S.

**Sainsbury's Be Good To Yourself Mango & Passionfruit Dessert** Fruity, rich and tangy, but not at all naughty. £1 each, Sainsbury's.



## DRINKS

For those moments when you want more than just hydration and water won't do

**Tropicana Smoothies** We love their fruit juices and now we love these too! Perfect for mid-morning. From £1.99, widely available.

**Innocent Thickenies Breakfast** on the go, with probiotic yoghurt, fruit juice and a sprinkling of oats. £1.95, widely available.

**This Water** A mix of fruit juice and water, these help support the Water Aid charity. From £1.26, widely available.

**Cherrygood Cherry Juice Drink** A very rich source of antioxidants – and it tastes like fresh cherries. £1.32 per litre, widely available.



## MAIN MEALS

Great for lunch on the go, or an easy midweek supper

**Tesco Veggie Pots** Microwaveable, and in flavours from Moroccan to Thai. Great for the office. £3 each, Tesco.

**Sainsbury's Be Good To Yourself Extra Lean Cumberland Sausages** Less than 3% fat sausages for guilt-free gluttony! £1.99 for 8, Sainsbury's.

**M&S New Simply Fuller Longer range** Scientifically designed to fill you up with high-protein, low-fat ingredients! From £2.45, M&S.

### FOOD DELIVERED TO YOUR DESK!

✦ [thelunchboxhaslanded.com](http://thelunchboxhaslanded.com)  
Healthy lunch service, from £4.98.

✦ [www.lunchtogo.com](http://www.lunchtogo.com)  
Delicious ready-to-eat M&S food, from £4.60.

✦ [graze.com](http://graze.com)  
Nutritious snacks, from £2.99.  
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