

3 Plant-Based Lunch Swaps

Swap: Wraps & Sandwiches → Grain + Legume Bowls

Most wraps are calorie-dense and digest quickly. By swapping to grain & legume bowls, you get more food volume with fewer calories. The fibre slows digestion, keeps you satisfied, and stabilises blood sugar — key for fat loss and hormonal health.

Grains: quinoa, brown rice, barley, farro

Legumes: lentils, chickpeas, black beans, edamame

Veggies: broccoli, cucumber, carrots, roasted pumpkin, tomatoes, leafy greens

Dressing idea: lemon juice + tahini + garlic + water

Swap: Creamy Soups → Chunky Lentil/Bean Stews

Blended soups digest rapidly and leave you hungry soon after. Chunky stews with lentils or beans are rich in fibre and resistant starch, which support gut health and hormone regulation while preventing the crash that drives cravings.

Grains: quinoa, bulgur, pearl barley, brown rice

Legumes: green or red lentils, kidney beans, white beans

Veggies: celery, courgette, peas, kale, mushrooms, sweet potato

Seasoning tip: smoked paprika, cumin, turmeric

Swap: Oily Salads → No-Oil Mega Salads

Oil is the most calorie-dense food on the planet: 120 calories per tablespoon with zero fibre. Removing oil and building salads with grains, beans, and citrus/mustard dressings gives you the same flavour but triple the volume — helping you feel light, full, and in control of your appetite.

Grains: quinoa, millet, wild rice

Legumes: chickpeas, cannellini beans, edamame

Veggies: mixed leafy greens, shredded cabbage, beetroot, radish, peppers

Dressing idea: Dijon mustard + balsamic vinegar + soy sauce + lemon juice

These swaps are the foundation of eating more while weighing less. They lower calorie density, increase fibre, and give your body the nutrients it needs to burn fat, balance hormones, and keep cravings away.

Want to put this into practice? My 14-Day Autumn Glow Up shows you exactly how to build satisfying plant-based meals for fat loss, balancing hormones and vibrant energy. Click here to join the next GLOW UP whitesagenutrition.co.uk/coaching