5 Low Carb Lunch Ideas

If you’re used to eating sandwiches, wraps or bagels for lunch, finding low carb alternatives can seem difficult. However, there’s plenty of delicious, low carb lunch ideas out there to try.

If you’re struggling for inspiration, here you’ll discover 5 low carb lunch ideas to get you started.

1. Chicken and asparagus lemon stir fry

If you prefer to have a large, filling lunch then this chicken and asparagus lemon stir fry is a fantastic choice. Perfect for weekends, this flavorful dish is not only tasty, but its nutritious too.

You can serve it on top of brown rice for a more filling, dinner time recipe too. Garlic, low-sodium soy sauce and ginger give the dish a powerful kick that your taste buds will really thank you for.

Find the full recipe for this quick and simple lunch here.

<http://www.skinnytaste.com/chicken-and-asparagus-lemon-stir-fry/#_a5y_p=1364121>

2. Chopped Greek salad with chicken

For a light lunch, you can’t beat a refreshing salad. This highly rated Greek and chicken salad is guaranteed to satisfy those taste buds and keep you feeling full until dinner.

It’s also a versatile recipe, giving you the option to substitute the spring vegetables for others such as broccoli and bell peppers.

Coated with vinegar, garlic powder, dill and oil, the salad benefits from a tangy flavor. You can discover the full recipe here.

<http://www.eatingwell.com/recipe/249897/chopped-greek-salad-with-chicken/>

3. BBQ chicken cobb salad

Another delicious salad recipe, this one is perfect for BBQ lovers. It’s a colorful dish, bursting with flavor and it’s extremely easy to prepare.

Bacon, chicken, hard boiled eggs, BBQ sauce, black beans and a selection of salad vegetables make this a tasty, nutritional meal. Complete with a deliciously creamy buttermilk ranch dressing, this is sure to become one of your favorite low carb lunches.

Get the full recipe for this delightful dish here.

<http://damndelicious.net/2014/01/25/bbq-chicken-cobb-salad/>

4. Curried carrot soup

Salads are great in summer, but what about the colder days? This curried carrot soup is a real winter warmer and can be adjusted to make it as mild or hot as you like.

The wonderful combination of carrots, curry powder, lemon juice and chicken broth make this a mouthwatering, satisfying soup. It’s simple to make too and can be used as a light lunch or as a great appetizer before dinner.

Find the complete recipe here.

<http://www.eatingwell.com/recipe/251891/curried-carrot-soup/>

5. Avocado tuna salad

Packed full of healthy fats and protein, avocado tuna salad is one of the healthiest low carb lunches you can make. Using the avocado shells as a unique bowl for the tuna, this lunch is also set to impress dinner guests.

Dried dill, salt and pepper to season and lemon juice are used to create a delicious dressing. It couldn’t be easier to make and it’s surprisingly filling thanks to its high healthy fat and protein content.

Get the recipe here.

<http://thehonoursystem.com/2013/05/22/avocado-tuna-salad/>

As you can see, there’s plenty of options when it comes to finding low carb lunch ideas. The above has something to suit all tastes and they’re all simple and quick to prepare.