

## **Lunch Recipes**

### Mood-Based Recipes for Midday Balance

Welcome to Tango Fresh lunch recipes that are comforting and centers you

Midday meals aren't just about keeping hunger away, they're your opportunity to reset, recharge, and restore balance in your day.

In this guide, we've crafted 10 lunch recipes with powerful mood benefits in mind. You'll find options that:

- Calm your nervous system
- Support mental clarity and focus
- Provide steady energy for the afternoon

These meals are made with whole, functional ingredients like omega-rich fish, fiber-filled legumes, probiotic foods, and calming herbs and spices. They're nourishing without being heavy, comforting without being dull and most importantly, they're built to help you feel your best from the inside out.

Whether you're working from home, at your desk, or taking a mindful break, let these recipes bring you back to center.

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## 1. For clarity & focus

These meals are rich in brain-boosting nutrients like omega-3s, B-vitamins, and clean proteins—perfect for mental sharpness without the afternoon crash.

- Grilled Mackerel with Quinoa & Greens
- Stuffed Bell Peppers with Turkey & Brown Rice
- Tempeh Stir-Fry with Broccoli & Buckwheat Noodles

## 2. For calm & emotional balance

Packed with magnesium, probiotics, and anti-inflammatory ingredients to soothe anxiety and regulate mood.

- Kimchi Avocado Toast
- Spinach & Goat Cheese Warm Salad with Walnuts
- Miso Soup with Tofu and Greens

## 3. For steady energy & grounding

These bowls and wraps provide complex carbs, fiber, and slow-digesting nutrients for sustained physical and emotional energy.

- Sweet Potato & Lentil Nourish Bowl
- Chickpea Coconut Curry with Brown Rice
- Roasted Veggie & Hummus Wrap
- Garlic-Ginger Soba Noodle Bowl

## 1. Grilled Mackerel with Quinoa & Greens

*Rich in omega-3s and protein to support brain function and reduce inflammation. Helps relieve stress and promotes mental clarity.*



### Ingredients:

- 1 grilled mackerel fillet
- 1 cup steamed broccoli or Swiss chard
- Lemon wedge and olive oil drizzle
- ½ cup cooked quinoa
- Sea salt, pepper

### Instructions:

1. Grill or pan-fry mackerel until golden.
2. Plate with warm quinoa and greens.
3. Squeeze lemon over top and drizzle with oil.

## 2. Stuffed Bell Peppers with Turkey & Brown Rice

*Rich in lean protein and tryptophan, this satisfying dish supports serotonin production and mental focus. A balanced meal that helps regulate mood and keep you centered throughout the afternoon.*



### Ingredients:

- 2 bell peppers, halved
- 1/2 cup brown rice
- Oregano, garlic, salt
- 1/2 cup cooked lean ground turkey
- 2 tbsp tomato paste

### Instructions:

1. Mix turkey, rice, and seasonings. Fill pepper halves.
2. Bake at 375°F (190°C) for 25 minutes.

### 3. Tempeh Stir-Fry with Broccoli & Buckwheat Noodles

*Protein-rich, high in fiber, and full of prebiotics and flavor. This bowl helps balance blood sugar, stabilize hormones and mood, and support sustained brain energy.*



#### **Ingredients:**

- ½ block tempeh, cubed
- 1 cup broccoli florets
- 1 serving buckwheat or soba noodles
- ½ bell pepper, sliced
- Soy sauce, sesame oil, ginger

#### **Instructions:**

1. Stir-fry tempeh and veggies in oil and soy sauce.
2. Serve over noodles and top with grated ginger.

## 4. Kimchi Avocado Toast

*A fusion of probiotic-rich and creamy ingredients that soothe the gut and calm your mind.*



### Ingredients:

- 1 slice whole grain sourdough
- ½ avocado, mashed
- Sprinkle of sesame seeds
- 2 tbsp kimchi
- Optional: poached egg

### Instructions:

1. Toast bread and layer with mashed avocado.
2. Top with kimchi, seeds, and optional egg.

## 5. Spinach & Goat Cheese Warm Salad with Walnuts

*A warm salad that feels indulgent yet light, rich in B-vitamins, omega-3s, and healthy fats. Perfect for emotional regulation and nourishing your nervous system.*



### Ingredients:

- 2 cups baby spinach
- 2 tbsp toasted walnuts
- Olive oil, balsamic vinegar
- ¼ cup crumbled goat cheese
- ½ roasted beet, sliced

### Instructions:

1. Lightly wilt spinach in a pan.
2. Toss with beets, cheese, and nuts. Drizzle with dressing.

## 6. Miso Soup with Tofu and Greens

*Gentle, mineral-rich, gut-soothing, and calming. Ideal for a mindful pause during the day.*



### Ingredients:

- 1 tbsp miso paste
- Handful of chopped bok choy or spinach
- 1 cup water
- Green onions, optional seaweed
- ¼ cup cubed tofu

### Instructions:

1. Simmer miso in water (do not boil).
2. Add tofu and greens, heat gently. Serve hot.

## 7. Sweet Potato & Lentil Nourish Bowl

*A hearty, grounding bowl rich in fiber, magnesium, and plant-based protein designed to support digestion, stabilize your mood, and help you feel centered.*



### Ingredients:

- 1 medium sweet potato (cubed and roasted)
- 1 cup cooked green or brown lentils
- Handful of arugula or baby spinach
- ½ avocado, sliced
- 2 tbsp tahini-lemon dressing
- Salt, pepper, cumin to taste

### Instructions:

1. Roast sweet potatoes with olive oil and spices until soft.
2. Assemble bowl with lentils, greens, sweet potato, and avocado.
3. Drizzle with dressing and serve warm.

## 8. Chickpea Coconut Curry with Brown Rice

*Comforting, creamy, and anti-inflammatory. This dish offers steady complex carbs and plant-based protein to support balanced energy and stabilize your mood.*



### Ingredients:

- can chickpeas, drained
- ½ tsp turmeric, ½ tsp cumin
- ½ cup cooked brown/white rice
- ½ onion, chopped
- ½ cup coconut milk
- Fresh cilantro, lime wedge
- 1 clove garlic, minced
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### Instructions:

1. Sauté onion and garlic, add spices, chickpeas, and coconut milk.
2. Simmer until thick. Serve over rice with lime and herbs.

## 9. Roasted Veggie & Hummus Wrap

*A fiber-rich, satisfying wrap that supports gut health, boosts energy, promotes a steady mood, and provides long-lasting fullness.*



### Ingredients:

- 1 whole grain wrap
- 1/4 cup hummus
- 1/2 cup roasted zucchini, carrots, bell peppers
- Handful of spinach or arugula

### Instructions:

1. Spread hummus on wrap. Layer veggies and greens.
2. Roll tightly and cut in half.

## 10. Garlic-Ginger Soba Noodle Bowl

*A warming, deeply soothing bowl rich in antioxidants and anti-inflammatory ingredients. The combination of garlic, ginger, and whole-grain soba noodles offers immune support, digestive ease, and steady energy making it perfect for easing midday tension.*



### Ingredients:

- 1 serving soba noodles
- 1 clove garlic, minced
- 1 tsp grated ginger
- ½ cup shredded cabbage
- 1 tsp sesame oil
- Soy sauce or tamari

### Instructions:

1. Cook noodles, sauté cabbage with garlic and ginger.
2. Toss all together with oil and sauce.