Low GI Daily Menu: Spring Lunchbox & On-the-Go Picks

Sunday 1 November 2026 | Lunchbox and on-the-go | Recipes & method (serves 2)

Spring is the season for picnics, school runs and packed lunches, so today's menu is designed to travel well in jars, containers and a thermos. Each meal keeps carbs moderate and fibre high, so you can grab it on the way out the door and still feel satisfied for hours.

Daily total per person (approx.): 112 g carbs | 33 g fibre | 62 g protein | 1090 kcal

BREAKFAST — LOW GI

Make-Ahead Chia, Oat and Raspberry Jars

Creamy overnight oats layered with raspberries and toasted almonds, ready to grab from the fridge.

Prep 10 min | Cook 0 min | Serves 2
Per serve: 34 g carbs | 10 g fibre | 16 g protein | 12 g fat | 330 kcal

Ingredients

- 1/2 cup (45 g) traditional rolled oats
- 2 tbsp (20 g) chia seeds
- 1 cup (250 ml) unsweetened milk
- 1/2 cup (140 g) natural unsweetened yoghurt
- 1 cup (125 g) fresh raspberries
- 1 tbsp (15 g) flaked almonds, toasted
- 1/2 tsp ground cinnamon
- 1 lemon, zested

Method

1. Stir oats, chia seeds, milk, yoghurt, cinnamon and lemon zest together in a bowl.
2. Divide mixture between two jars with lids and refrigerate overnight or for at least 4 hours.
3. In the morning, top each jar with raspberries and toasted almonds.
4. Seal jars and pack in an insulated bag if taking out for the day.

> Why it's low GI: Rolled oats, chia seeds and unsweetened yoghurt release glucose slowly, while fresh raspberries add fibre without spiking blood glucose.

Tip: These jars keep well in the fridge for up to 3 days, so make a double batch on Sunday for busy weekday mornings.

Drink: Sparkling water with a squeeze of lemon, or black coffee

LUNCH LOW GI

Smoky Black Bean, Corn and Capsicum Quinoa Lunchbox

A vibrant make-ahead quinoa salad with smoky spices, black beans and creamy avocado, perfect for packing into a container.

Prep 15 min | Cook 15 min | Serves 2
Per serve: 40 g carbs | 12 g fibre | 14 g protein | 16 g fat | 380 kcal

Ingredients

- 3/4 cup (150 g) quinoa, rinsed
- 400 g can black beans, drained and rinsed
- 1 cup (150 g) frozen corn kernels
- 1 red capsicum, diced
- 1 Lebanese cucumber, diced
- 1 avocado, diced
- 1 small bunch coriander, chopped
- 1 lime, juiced
- 1 tbsp olive oil
- 1 tsp each ground cumin and smoked paprika

Method

1. Cook quinoa according to packet instructions, then cool slightly.
2. Char corn kernels in a dry frying pan over high heat for 3-4 minutes, stirring often.
3. Combine quinoa, corn, black beans, capsicum, cucumber and coriander in a large bowl.
4. Whisk lime juice, olive oil, cumin and smoked paprika, then toss through the salad.
5. Divide between two lunchboxes and top with avocado just before eating.

> Why it's low GI: Quinoa and black beans are both low GI and high in fibre and plant protein, helping to slow digestion and keep energy steady through the afternoon.

Tip: Pack the avocado separately in a small container and add it just before eating to stop it browning.

Drink: Chilled peppermint herbal tea or sparkling water with mint

Chicken and Vegetable Minestrone with Cannellini Beans

A hearty thermos-friendly soup packed with chicken, cannellini beans and al dente wholemeal pasta shells.

Prep 15 min | Cook 25 min | Serves 2
Per serve: 38 g carbs | 11 g fibre | 32 g protein | 10 g fat | 380 kcal

Ingredients

- 1 tbsp olive oil
- 1 brown onion, diced
- 2 cloves garlic, crushed
- 1 carrot, diced
- 1 stalk celery, diced
- 1 zucchini, diced
- 400 g can cannellini beans, drained
- 400 g can crushed tomatoes (no added sugar)
- 1 L salt-reduced chicken stock
- 200 g chicken breast, diced
- 3/4 cup (75 g) wholemeal pasta shells
- 1 small bunch parsley, chopped

Method

1. Heat oil in a large saucepan and sauté onion, garlic, carrot and celery until softened.
2. Add chicken and cook, stirring, until lightly browned.
3. Pour in stock and crushed tomatoes, add cannellini beans and bring to a simmer.
4. Stir in pasta shells and cook until al dente, about 8-10 minutes.
5. Add zucchini in the last 3 minutes of cooking, then season with pepper.
6. Ladle into a thermos or airtight containers and top with parsley before serving.

> Why it's low GI: Cannellini beans and al dente wholemeal pasta both have a low GI, and the mix of vegetables and lean chicken adds fibre and protein to slow glucose release.

Tip: This soup freezes well for up to 2 months, so it's ideal to batch cook and portion into containers for future on-the-go dinners.

Drink: Chamomile herbal tea or sparkling water with lime

Why this menu helps

Each meal pairs a low GI carbohydrate, such as oats, quinoa or wholemeal pasta, with lean protein, healthy fats and plenty of vegetables or legumes, which together slow digestion and help prevent sharp blood glucose rises. Packing meals ahead in jars, lunchboxes and a thermos keeps portions consistent, so carbohydrate intake stays steady across the day even when you're out and about. The high fibre content from beans, chia and vegetables also supports steadier energy levels between meals. None of today's dishes rely on added sugar or refined grains, keeping the whole day aligned with low GI eating.

Nutrition values are estimates per serve and will vary with brands and portion sizes. Everyone's needs are different; talk to your GP, accredited practising dietitian or credentialled diabetes educator about the right amount of carbohydrate for you, and check your blood

glucose as advised.