

Lunch Well

Here are ideas to help you prepare and eat a healthier lunch without an overload of ultra processed ingredients.



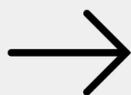
Planned Leftovers

- Leftovers make a great lunch! Pack that extra chicken, veggies, and starch in a microwave-safe glass container and enjoy the meal twice.



Easy sandwiches

- Hummus and veggie wrap up a treat. Roll up a whole wheat tortilla with hummus, chopped tomatoes, cucumbers, and peppers.
- PB and J is always a winner. Yes- you have permission to eat peanut butter and jelly. Enjoy it on whole-grain bread with a side of yogurt and fruit.



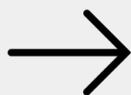
Try A Bowl

- Grain bowl with chickpeas, lentils, or other beans is easy to transport. Just place the ingredients in layers in a sealable container. Make sure you keep the items chilled to stay food safe.



Grazing Plate

- Light string cheese, whole-grain crackers, fruit, and raw veggies can be put on a grazing plate for lunch at your desk on a busy day.



Salad Entree

- A big salad with grilled chicken or other lean protein and a cup of yogurt and fruit is always hearty. You can transport items separately, keeping them chilled, and then assemble at the last minute.



Burrito

- This is easy to make if you are lunching from home. Place canned beans and a little cheese in a tortilla. Microwave til heated through 1-2 minutes. Enjoy with salsa and salad.



Soup

- Soup is good food! Keep shelf-stable soup in your desk or pantry so you can heat it up and enjoy a hot lunch. Minestrone, split pea, corn chowder, veggie soup, beef barley, chicken noodle, and butternut squash all come in low-sodium versions.



Veggie Burger

- Veggie burgers heat in the microwave in about 1 minute. So it is easy to heat one up and throw it into a bun with your favorite veggies and condiments.

