

# Quick and Healthy Lunch Boxes

## Quick and healthy lunches on-the-go

A healthy and balanced lunch is important any day of the week, but some days might require some creative thinking or strategies for a quick meal on-the-go:

### Quick Lunches from Home

**Make a “sandwich”.** Use this 4 step guide to create a balanced lunch:

*Step One:* Choose a whole grain.

- Whole grain bread
- Whole grain bagel thin
- Whole grain English muffin
- Whole grain wrap
- Whole grain pita

*Step Two:* Choose a protein to put in or on your whole grain. (Note: May choose a combo of proteins when altering portions)

- 2-3 oz Lean sliced turkey, ham, roast beef, or chicken
- 1 oz Cheese
- 2-3 oz Tuna or Salmon
- 2-4 oz Tofu
- ¼ cup Hummus or bean spread
- 2 Tbsp of Peanut butter or nut/seed butter

*Step Three:* Choose a condiment, if desired.

- Mustard
- 1 Tbsp Olive Oil Mayo
- 2 Tbsp Guacamole or Avocado
- 2 Tbsp Hummus
- 1-2 Tbsp Ketchup
- 1 Tbsp Jelly

*Step Four:* Add your produce on your sandwich/wrap or on the side. Non-starchy veggies are unlimited, and should be at least ½ of your plate/meal!

- Spinach
- Lettuce
- Carrots
- Cucumber
- Snap Peas
- Celery
- Apple
- Banana
- Pear

**Create a “snack lunch”.** Choose 1 item from each column.

| Protein                          | Grain                        | Produce           |
|----------------------------------|------------------------------|-------------------|
| String cheese or 2 oz cheese     | Serving Whole Grain Crackers | Carrot Sticks     |
| 2 Hard Boiled Eggs               | ¼ cup Granola                | Celery Sticks     |
| Regular or Greek Yogurt          | Granola Bar                  | Snap Peas         |
| ¼ cup Nuts                       | 1-2 slices Whole Grain Bread | Baby Cucumbers    |
| Single Serving Peanut/Nut Butter | Whole Grain Pita             | Baby Bell Peppers |
| Single Serving Tuna Pouch        | Serving Whole Grain Pretzels | Cherry Tomatoes   |
| Protein Bar (no grains needed)   |                              | Apple             |
| 2 oz Jerky                       |                              | Banana            |
| Single Serving Hummus Cup        |                              | Pear              |

### Grab and Go from Restaurants or Drive-Thru

#### Starbuck’s

- Cheese and Fruit Bistro Box + 1 cup carrots
- Chicken and Hummus Bistro Box
- Protein Bistro Box

#### Chic-fil-a

- Grilled Chicken Sandwich with side salad
- Grilled Chicken Cool Wrap with side salad

#### **McDonald's**

- Classic Grilled Chicken with side salad
- Grilled Chicken McWrap with side salad
- Hamburger, Cheeseburger, OR Grilled Onion Cheddar burger with side salad
- Wendy's
- Hamburger OR Jr. Cheeseburger with side salad
- Ultimate Chicken Grill with side salad
- Grilled Chicken Go Wrap with side salad

#### **Convenience Store**

- Yogurt, veggie cup, granola or protein bar
- Turkey Sandwich with Fruit or veggie cup
- ¼ cup nut butter with 1-2 oz whole grain crackers and 1 cup carrot sticks
- Hard boiled eggs with veggie cup and 1-2 oz whole grain crackers