

Planning & prepping your lunches ahead of time can make it easier to meet your goals & save money. Use these tips to add more nutrition, variety, & flavor to your midday meal.

Plan & Prep Tips:



Fruits & Veggies

Make half of your meal comprised of fruits & veggies.



Healthy Fats

Use moderate amounts of healthy fats such as: avocado, olive oil, nuts, & seeds.



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Whole Grains

Include whole grains such as: quinoa, brown rice, farro, or corn.



Proteins

Choose proteins such as: skinless chicken, lean meats, beans, tofu, seafood, eggs, & low-fat or fat-free dairy.



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Prepare

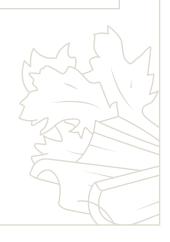
Have a good mix of pre-made meals and grab and go options.

Use & Repurpose Leftovers:

Plan to make more food at your evening meals so that you can use or repurpose your leftovers for lunch.

- Use leftover proteins in a wrap or salad.
- Cook extra rice or other grains & create a grain bowl.
- Soups, stews, and pasta dishes often heat up well for lunch leftovers.





Be Ready with Grab & Go Options

Keep convenient grab & go foods on hand that make it easy to pack a lunch when you're in a hurry. Pair a few of these options together when you only have a minute to scan the fridge & pantry before heading out the door:

• Well Yes!® Power Soup Bowls

Each bowl has 8g or more of protein, a good source of fiber, & is loaded with veggies.

Try these varieties:

- o Cajun-Style Chicken with Red Beans & Barley
- o Spiced Chickpea with Spinach & Quinoa
- o Southwest-Style Chicken with Black Bean, Corn & Farro
- o Veggie Chili with Black Beans & Whole Grains

- Part-skim String Cheese
- Pre-chopped Vegetables
- Low-fat Yogurt
- Hummus
- Hard-boiled Eggs
- Fresh Fruit
- Whole Grain Crackers
- Single Serve Nut Butter Packs
- · Goldfish® made with Whole Grain Crackers
- Emerald[®] Nuts

Shopping List

Produce		Center Ais	le Foods	
Apples Grape or Cl Oranges Broccoli Bananas Carrots Pears Bell Pepper Berries Sweet Pota Grapes Avocado Baby Spinach Hummus		☐ Well Yes!® F Bowls ☐ Emerald® No ☐ Goldfish® Ba Whole Grain ☐ Low Sodium Vegetable Ju	uts ked with Crackers V8® 100%	 ☐ Canned Corn ☐ Canned Beans ☐ Dried Fruit ☐ Single Serve Nut Butter Packs ☐ Pacific® Broth
Grains/Breads	Dairy		Meat/	Protein
 □ Quinoa □ Brown Rice □ Pasta (if available, choose a high fiber option) □ Pepperidge Farm® Whole Grain Breads 	Low-fat Milk Low-fat Mozzarella C Low-fat Yogu	Cheese	or Ra	serie Chicken aw Chicken Breast Meat en Shrimp/Fish ned Chicken or Fish
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