

# Campbell's®



## Nutrition Tips for Quick & Easy Lunches

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:



# 1

#### Fruits & Veggies

Make half of your meal comprised of fruits & veggies.



# 2

#### Healthy Fats

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



# 3

#### Whole Grains

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



# 4

#### Proteins

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



# 5

#### 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!<sup>®</sup> 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<sup>®</sup>* made with Whole Grain Crackers
- *Emerald<sup>®</sup> Nuts*

## Shopping List

### Produce

- |                                       |   |
|---------------------------------------|---|
| <input type="checkbox"/> Apples       | <input type="checkbox"/> Grape or Cherry Tomatoes |
| <input type="checkbox"/> Oranges      | <input type="checkbox"/> Broccoli                 |
| <input type="checkbox"/> Bananas      | <input type="checkbox"/> Carrots                  |
| <input type="checkbox"/> Pears        | <input type="checkbox"/> Bell Peppers             |
| <input type="checkbox"/> Berries      | <input type="checkbox"/> Sweet Potatoes           |
| <input type="checkbox"/> Grapes       | <input type="checkbox"/> Avocado                  |
| <input type="checkbox"/> Baby Spinach | <input type="checkbox"/> Hummus                   |

### Center Aisle Foods

- |  |   |
|--|---|
| <input type="checkbox"/> <i>Well Yes!<sup>®</sup> Power Soup Bowls</i>               | <input type="checkbox"/> Canned Corn                      |
| <input type="checkbox"/> <i>Emerald<sup>®</sup> Nuts</i>                             | <input type="checkbox"/> Canned Beans                     |
| <input type="checkbox"/> <i>Goldfish<sup>®</sup> Baked with Whole Grain Crackers</i> | <input type="checkbox"/> Dried Fruit                      |
| <input type="checkbox"/> Low Sodium V8 <sup>®</sup> 100% Vegetable Juice             | <input type="checkbox"/> Single Serve Nut Butter Packs    |
|  | <input type="checkbox"/> <i>Pacific<sup>®</sup> Broth</i> |

### Grains/Breads

- Quinoa
- Brown Rice
- Pasta (if available, choose a high fiber option)
- Pepperidge Farm<sup>®</sup> Whole Grain Breads*

### Dairy

- Low-fat Milk
- Low-fat Mozzarella Cheese
- Low-fat Yogurt

### Meat/Protein

- Rotisserie Chicken or Raw Chicken Breast
- Lean Meat
- Frozen Shrimp/Fish
- Canned Chicken or Fish
- Tofu
- Eggs