

What's in a Lunch?



Fruits

apples
apricots
Asian pears
avocado
bananas
blueberries
cherries
cranberries
dates

figs
grapefruit
grapes
kiwi
mango
papaya
pears
prunes
raisins

melon
nectarines
oranges
peaches
pineapple
plums
raspberries
strawberries
tomatoes

Vegetables

asparagus
beets
bell peppers
broccoli
Brussels sprouts
cabbage
carrots
cauliflower
celery

cucumbers
eggplant
green beans
green salad
jicama
kolrabi
lettuce
mushrooms
potatoes

seaweed
shelling peas
snap peas
soy beans (edamame)
spinach
squash
sweet potatoes
yams
zucchini

Sandwich Ideas

shredded carrots
cheese (lowfat)
chicken & chicken salad
egg salad
hard-boiled egg
nitrite-free hot dogs
lettuce
shrimp
sliced avocado
sliced cucumber
smoked salmon
sprouts
tofu
tuna salad (no more than once a month)

hummus (traditional, spicy, herbed)
nut butters: almond, cashew (peanut, soy)
cheese (goat cheese, cream cheese, brie)
pesto
mashed banana, honey, apple butter, pumpkin butter
tomato sauce
avocado
refried beans
marinated artichokes
nitrite-free turkey

Sandwich Alternatives

salads
soups
stews
curries
eggs (hard-boiled, deviled, omelet)
breakfast for lunch
interesting whole grains (barley, brown rice, buckwheat, bulgur, millet, oatmeal, popcorn, wild rice)
nuts and nut butters



Plan Your Own Wholesome Lunches

Monday

A rounded rectangular tray divided into four compartments: a large top-left compartment, a smaller top-right compartment, a large bottom-left compartment, and a smaller bottom-right compartment.

Tuesday

A rounded rectangular tray divided into four compartments: a large top-left compartment, a smaller top-right compartment, a large bottom-left compartment, and a smaller bottom-right compartment.

Wednesday

A rounded rectangular tray divided into four compartments: a large top-left compartment, a smaller top-right compartment, a large bottom-left compartment, and a smaller bottom-right compartment.

Thursday

A rounded rectangular tray divided into four compartments: a large top-left compartment, a smaller top-right compartment, a large bottom-left compartment, and a smaller bottom-right compartment.

Friday

A rounded rectangular tray divided into four compartments: a large top-left compartment, a smaller top-right compartment, a large bottom-left compartment, and a smaller bottom-right compartment.

Monday

A rounded rectangular tray divided into four compartments: a large top-left compartment, a smaller top-right compartment, a large bottom-left compartment, and a smaller bottom-right compartment.