

Lean & Lively Lunches

Mix & Match for easy and healthy packed lunches that WON'T get thrown away!!!

Pick one from each of the groups :

PROTEIN

1/2 cup low fat cottage cheese, sprinkle with cinnamon if you like

2 slices lean turkey -can use 1 T low fat dressing or salsa or pickle slices with it, if you like

2 slices lean ham - can use 1 T low fat dressing or salsa or pickle slices with it, if you like

2 slices lower fat- cheese can use, 1 T low fat dressing or salsa or pickle slices with if , if you like

1-2 hard boiled eggs -can use 1 T low fat dressing or salsa or pickle slices with it, if you like

1/2 cup tuna fish- can use 1 T low fat dressing or salsa or pickle slices with it, if you like

1/2 cup hummus/ bean spread

1/2 breast or 2 drumsticks “Un-fried Chicken” (see Fun 2B Fit recipe)



(over for more, nutritional information)

Lean & Lively Lunches (continued)

VEGGIES

These can be “on the side “ and can also be added into the Protein if you like! The more the better!

Cucumber slices or spears, tomatoes, carrot sticks, broccoli, cauliflower ,celery, spinach, greens, peppers, grated carrots.

FRUITS

Fresh is best, also try the small snack packs of fruit and dried fruit like raisins and craisins.

Frozen fruit in bags (no extra sugar added) can give variety too!

Apple, tangerine, banana, berries, cherries, grapes, kiwi, pear, melon, pineapple, dried apricots, raisins.

STARCHES

1 whole grain pita pocket, 1-2 slices whole grain breads, 6 crackers, 2 rice cakes and popcorn cakes, 3 cups light popcorn, 1 cup Cheerios and other less sweetened cereals, 1 small healthy muffin, 1 tortilla wrap, 1 small bagel

MILK

1 cup 1%,skim or soy, yogurt (as tolerated)



Approximate and average Nutrition Information when choosing 1 food from each group

Calories:	400 calories
Fat:	4 gm.
Carbohydrates:	40 gm.
Fiber:	6 gm.
Protein:	14 gm.
Sodium:	300 mg.

Recipe courtesy of Lifetime Health Medical Group