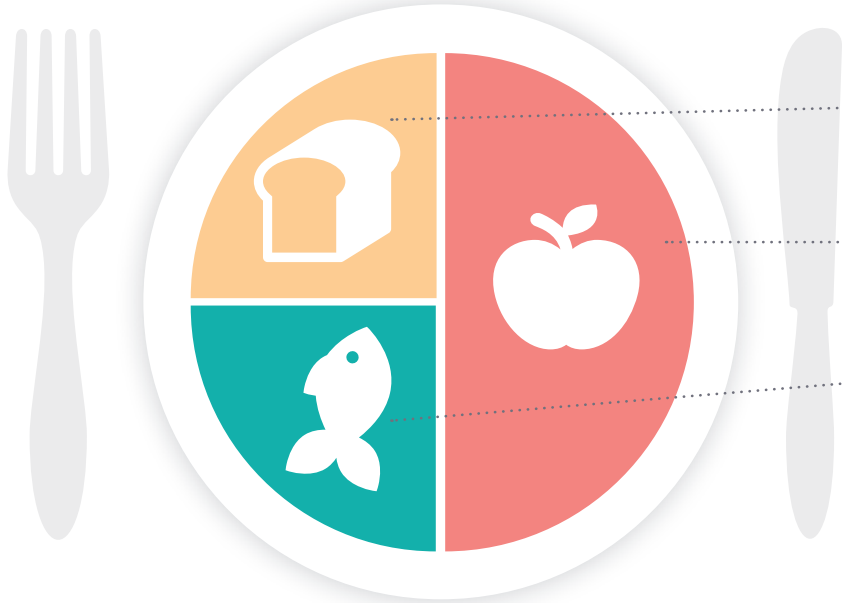


BUILD A HEALTHY LUNCH



STARCHES, GRAINS

oatmeal, whole wheat bread, whole grain cold cereal



FRUIT

blueberries; raspberries, small apple, small banana






PROTEIN

milk, egg, yogurt,
veggie sausage patty, cheese, fish, nut-butter



LUNCH TIPS: Having a good source of protein (meat, yogurt, milk, cheese, eggs, nuts) as well as a healthy fat (olive oil, avocado, nuts) will help you feel full longer. High volume, high fiber foods (salads, soups, stir-fry) take longer to eat and also help you feel more full. Include a large glass of water or another sugar-free beverage such as tea or seltzer at each meal.

 FRUITS & VEGGIES		 PROTEIN 2-3 oz serving	 STARCHES, GRAINS 15g of carb each	EXTRA no-carb
Lettuce (any kind)	Spinach	Sliced deli turkey	Thin-sliced wheat bread (2 slices)	Avocado (1/4)
Kale	Broccoli	Chicken	Tortilla (1 – 6" round)	Nuts (1 oz)
Green beans	Tomatoes	Shrimp	Whole grains (brown rice, barley, quinoa 1/3 cup)	Toasted pumpkin seeds
Cucumbers	Asparagus	Tuna or salmon	Crackers (4-6)	Pickled red onions
Oranges	Pears	Dried meats (nitrite free jerky)	Granola (1/4 cup)	Balsamic vinegar
Apples	Berries	Nut butter (1-2 Tbsp)	Starchy veggies (1/2 sweet potato, 1/2 cup corn, peas or beans)	Olive oil
		Eggs (1-2 any style)	1 Mini fruit and nut bar	Mustard
		Cottage cheese (1/2 cup)		Sriracha sauce
		Greek yogurt (6-8 oz)		
		Low-fat milk (8 oz)		
		Cheese, low-fat (1-2 oz)		



BALANCED LUNCH

Each lunch suggestion has at least 12 grams of protein and less than 400 calories. Menu ideas noted with a star (*) are also low in carb. Many are also suitable for vegetarian diets.

SAMPLE LUNCH IDEAS

<p>Grilled Open-faced Sandwich</p> <p>Thin-sliced bread</p> <p>Topped with sliced meat, tomato and cheese (1 oz) and pickled red onions</p> <p>Mustard (or flavored spread)</p> <p>Apple slices</p>	<p>Stir fried Shrimp & Veggies*</p> <p>Stir-fry or roast 2-3 cups of veggies (such as cauliflower, broccoli, zucchini, mushrooms, onions)</p> <p>5 cooked shrimp</p> <p>Small square dark chocolate</p>	<p>PB & A, B, C...</p> <p>Thin sliced bread (1-2 slices)</p> <p>Nut butter (1-2 Tbsp)</p> <p>Top with thinly sliced Apples, Bananas, Cantaloupe</p> <p>Skim milk (1 cup)</p>
<p>Hearty Caprese Salad*</p> <p>Mozzarella balls (5 small)</p> <p>1-2 small sliced tomatoes</p> <p>¼ sliced avocado, fresh basil</p> <p>Balsamic vinegar / olive oil</p> <p>Raspberries (½ cup)</p>	<p>Chicken Grain Bowl</p> <p>Leftover chicken (2-3 oz)</p> <p>Brown rice (⅔ cup)</p> <p>Chopped salad veggies (tomato, cucumbers, lettuce)</p> <p>Avocado (¼)</p> <p>Dressing as desired</p>	<p>Lettuce Wraps*</p> <p>Stuff tuna salad or sliced turkey in endive or bib lettuce cups</p> <p>Add arugula or fresh herbs (basil, mint) for more flavor</p> <p>Strawberries</p>
<p>Souper Lunch</p> <p>Vegetable soup (1-2 cups)</p> <p>Whole grain crackers (4-6)</p> <p>Cheddar cheese (1 oz)</p> <p>Dried fruit (2 dates or 2 figs)</p>	<p>Grab n Go: Yogurt</p> <p>Fruited Greek yogurt (small)</p> <p>Fruit and nut bar (1)</p> <p>Clementine (2)</p>	<p>Grab n Go: Low Carb*</p> <p>2 boiled eggs</p> <p>Bag baby carrots</p> <p>Kiwi (1)</p>