

10 Healthy Lunches

PLAN AHEAD!

A few basic staples in your cupboards and freezer can make all the difference. Choose a few of these with each shopping trip so there is always something convenient.

- Frozen fruit: berries, peaches, pineapple, cherries
- Frozen vegetables: peas, corn, green beans, riced cauliflower, kale
- Canned beans: black beans, white beans, chick peas
- Canned stuffed grape leaves, hummus, bean dip
- Canned soups: low sodium vegetable-based soups, look for brands without additives like MSG (monosodium glutamate), disodium phosphate, nitrites, artificial colors or flavors. Better brands include: Healthy Choice, Campbell's Healthy Request, Pacific, Amy's, Wolfgang Puck, Imagine.
- Pita bread or tortillas – store them in the freezer
- Canned fish – tuna or salmon packets, mackerel, flavored sardines, herring, trout, mussels in red sauce
- Canned chicken – you can add it to soups, make chicken salad or put on top of a salad
- Minute brown rice – fast to make, high in fiber and nutrients
- Dried nuts and fruits
- Olives, marinated artichoke hearts, hearts of palm, pickled beets, or similar type vegetable condiments can dress up plain pasta or a salad instantly

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Healthy Lunches

EASILY PULL TOGETHER A HEALTHY LUNCH WITH A FEW PANTRY, FRIDGE AND FREEZER STAPLES

1.

Two boiled eggs, steamed broccoli, plain yogurt for dipping, almonds.

2

Protein powder with milk, cucumber slices and grape tomatoes, whole wheat sourdough bread with peanut butter and banana slices.

3

Tortilla with mashed avocado (or guacamole from your freezer), carrots, microgreens or lettuce, packet of lemon-dill salmon.

4

Black beans with a dash of dressing, bell pepper slices, toasted sunflower seeds, pita bread, dried raisins.

5

Canned stuffed grape leaves (Dolmas), turkey rolled up in a romaine leaf.

6

Leftover meatballs, instant brown rice, frozen peas, cherry tomatoes.

7

Leftover pasta, Italian dressing, frozen broccoli, cheese cubes.

8

White beans(rinsed), marinated artichoke hearts, leftover chicken, on a plate of spring mix or spinach.

9

Raw veggies (carrot, tomato, cuke), almond butter, Imagine Cream of Broccoli Soup, whole grain crackers.

10

Spring mix topped with pickled beets, toasted nuts or seeds, a few raisins, shredded carrot, Wild Planet organic canned chicken, cooked quinoa.

Mediterranean Salad

This is a "use what you've got" type salad. The basic premise is cucumber and tomato. Everything else is for variety. Canned beans, olives, feta, peppers, capers are all optional. You can even add green onion, shredded carrot, radish slices, sliced pea pods....whatever you have on hand can help you be creative. Keep it simple, but add color variety.

Salad

Yield: 4 servings

- 1 large cucumber, peeled, seeded cut into cubes
- 1 sweet pepper (banana pepper, bell pepper or similar), seeds removed, sliced thin
- 1 medium tomato, chopped
- 1 Tbsp minced parsley
- 1 Tbsp minced fresh herb (dill, basil or cilantro)
- 10 kalamata olives, chopped (optional)
- ½ cup chickpeas, drained and rinsed (optional)
- 1 Tbsp capers, rinsed (optional)
- ¼ cup crumbled feta cheese (optional)

Combine all ingredients and toss with dressing.

Dressing

- ¼ cup olive oil
 - 2 Tbsp of vinegar (red wine or balsamic)
 - 2 Tbsp honey or sugar
 - Fresh ground pepper to taste
 - 1 clove of garlic, minced (optional)
- Whisk all ingredients together in a bowl until well combined.

For a complete plant-based meal, serve this with a cooked grain like brown rice or millet.

For a complete omnivore meal, serve this with grilled meats and pita bread.