

STEPS TO PACKING A HEALTHY LUNCH!

STEP #1: PROTEIN

PBJ Sandwich
Turkey or Ham Rollups
Hummus
Nut butter
Hard Boiled Egg
Trail Mix
Canned Tuna

STEP #2: COMPLEX CARB

Pretzels Popcorn
Whole Grain Pita Bread/ Chips
Whole Grain Bread or Crackers
Organic Chocolate Bunny Grahams
Rice Cakes
Whole Grain Rice
Granola Bar

STEP #3: FRUIT

Apple Slices
Banana
Orange/ Clementine Slices
Raisins/Craisins
Strawberries
Grapes Banana
Apple Sauce
Canteloupe

STEP #4: VEGETABLE

Carrots
Cucumbers
Celery
Snap Peas
Guacamole/ Salsa
Bell Peppers
Salad
Pickles

STEP #5: DAIRY/ NON-DAIRY

String Cheese
Greek Yogurt
Ranch Dressing
Almond/ Soy/ Cashew Milk
Pudding Cup
Cottage Cheese
Cream Cheese

STEP #6: Drink

Bottled Water
Flavored Water
Seltzer Water
Kombucha
Unsweetened Tea
Coffee