

Simple Lunch Ideas



It's lunch time! Are you starving?? What are you going to eat?!

Save time and \$\$ by eating at home or packing a lunch instead of eating out. Here are some simple ideas that you tweak to make your own!

At Home

- Soup and open face cheese sandwich (100% whole grain bread topped with mustard, cheese and a tomato slice), toast in toaster oven or oven)
- Instant brown rice, mixed frozen veggies and canned salmon; mix in a bowl, top with teriyaki sauce and heat in microwave
- Burrito made with 100% whole wheat tortilla, refried black beans, shredded cheese and salsa; add leftover diced chicken or avocado if desired
- Spinach salad with sunflower seeds, canned lentils, feta cheese, cucumbers, tomatoes and olive oil, season with mint if desired
- Stuffed baked potato with broccoli, cheese and diced chicken (try canned chicken); make ahead, freeze and heat in microwave; top with plain Greek yogurt
- Vegetarian chili and a side salad with Italian dressing
- "Pizza" on a 100% whole wheat tortilla or pita, topped with tomato sauce or salsa, diced chicken, diced veggies and shredded mozzarella; toast in toaster oven or oven
- Cottage cheese with defrosted frozen peach slices, sprinkled with granola, season with cinnamon if desired

Packed Lunch

- Turkey sandwich on 100% whole grain bread with turkey, lettuce, tomato, cucumbers, sprouts and avocado; baby carrots and fresh fruit
- 100% whole grain flat bread and hummus "sandwiches) with cucumber slices, cubes of feta cheese and dates
- Mixed salad greens with shredded carrots and cabbage, cherry tomatoes and cauliflower florets (buy all these veggies pre-cut) topped with garbanzo beans, canned light tuna and olive oil (season with oregano if desired)
- Salmon apple salad made with canned salmon, canola oil mayo, diced apples and celery, season with curry powder if desired; stuff into 100% whole wheat pita or with 100% whole grain crackers, bread or tortilla
- Burrito made with 100% whole wheat tortilla with black beans, defrosted frozen corn, shredded cheese, shredded cabbage and salsa
- Natural peanut butter or almond butter sandwich with honey on 100% whole wheat bread, carrot sticks, low fat yogurt, and an apple

