

Lunch Box Ideas



Protein Rich Foods:

Turkey, roast beef or ham rolled up
Turkey, roast beef or ham cut in squares for DIY "lunchable"
Deli meat slices in lettuce wraps
Deli meat slices rolled up with cheese
Hummus and whole wheat pita
Hard-boiled eggs
Sushi
Cottage cheese with fruit
Yogurt
Chicken salad with whole grain crackers
Quesadilla
Tuna sandwiches
Nut butter with banana or strawberry slices on whole wheat bread
Tacos (lean ground meat + whole wheat tortilla + guacamole + salsa)
Burritos
Egg Muffins
Nuts
Leftover chicken or roast beef
Sun butter on tortilla
Individual nut butter packets
Black bean dip
Beans and rice
Crispy Baked Chicken Strips
Quinoa (with onion + bell pepper + mushrooms)
Protein shake

Grains:

Whole wheat flour tortillas (Ezekiel Sprouted Grain)
Whole wheat crackers (Mary's Gone Crackers)
Whole grain bread (<8 g sugar per serving)
Cold pasta salad (pasta penne + veggies + pesto)
Mini pizzas (whole wheat English muffin + pepperoni + cheese)
Whole wheat pancakes spread with nut butter (Bob's Red Mill Paleo Pancake & Waffle Mix)
brown or wild rice

Fruit:

Strawberries
Raspberries
Blueberries
Blackberries
Grapes (fresh or frozen)
Sliced Oranges
Mandarin Oranges
Watermelon
Cantaloupe
Honey Dew
Applesauce
Apples
Bananas
Kiwi
Frozen smoothies in squeeze pouches
Dried Fruit (without added sugar)

Veggies:

Carrots
Celery with peanut butter and raisins
Sweet bell pepper
Frozen peas
Frozen corn
Snap Peas
Cherry tomatoes
Broccoli or cauliflower (raw or roasted) w/healthy ranch dip or pizza sauce
Sweet potatoes
Edamame
Pickles
Side Salad
Cucumbers
Raw or roasted zucchini
Mushrooms

Items of a Thermos:

Meatballs (made with lean ground meat)
Chicken or Veggie Soup
Whole wheat spaghetti
Refried beans
Lentils
Chili
Rice and Beans
Pesto pasta
Stir fry
Oatmeal
Lasagna
Stew

Savory Snacks:

Baked Tortilla chips and salsa
Trail mix
Jerky
Siete brand Chips
Individual cups of guacamole
Seaweed snacks
Nuts (Raw or Dry Roasted)
Sunflower or pumpkin seeds
Popcorn (air-popped)
Hummus and Veggies

Sweets:

Homemade muffin
No-bake Peanut butter energy bites
Small piece of chocolate
Larabars
Oatmega Bars
Apple or banana chips
Granola (< 8g added sugar)
Chocolate milk

Add a personal touch:

Write a note
Silly drawing
Add a sticker
Add a joke