

# 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