Hello Students, This handout is designed to share some ***Quick, Healthy Lunch Ideas*** with you that have worked for me and/or my colleagues and/or clients.

**Lunch Basics**

My lunches are:

* always made the night before (often along with a breakfast to-go as well)
* usually made of leftovers
* always packed in an insulated lunch bag with microwave safe, secure-against-spills, containers (I have had too many disasters!)
* usually packed with 1-2 pieces of fruit and a small (~1 oz.) piece of dark chocolate, cinnamon graham cracker squares and/or some nuts (mix of almonds, walnuts, pistachios and a few Ghiradelli dark chocolate chips.) I like dessert. I also bring some raw veggies (usually a carrot) to work.... not really because I like them, but because....well, they let me munch on something that is good for me even if I am not actually hungry.

Make three lists and let them ‘bring’ a mix ‘n match lunch.

**1+ 1+ 2 = Lunch**

Pick one Pick one Pick two

protein source healthy starchy whole fruit/non starchy veg

lowfat or lean carb source

**Examples Examples Examples**

canned tuna whole wheat apple

low fat cottage cheese bread, cracker, etc. berries

tofu pita, tortilla peppers

lean meat/fish/chicken brown rice, quinoa mushrooms

canned whole beans whole grain cereal banana

etc. etc. etc.

**Quick ‘Main” Dish’** Sorry, not much in the way of recipes.

1. Almond butter and sliced banana on whole wheat bread (raisin bread is good too).
2. Red potato warm meal version: 1-2 small red potatoes with a scoop of whatever was leftover in the refrig from the night before (i.e. chili, lentil soup, stew, stir fry veggies)
3. Red potato cold meal version: 1-2 small red potatoes diced mixed with a 3 oz can of tuna mixed with 1/4 cup plain low fat Greek yogurt. If I have sliced olives I will add those and/or a few capers and/or a hard-boiled egg too. It varies.
4. Dr. McDougall’s soups (just add water...the black bean and lime is my favorite) and a whole wheat roll. I usually keep a ‘just add hot water’ soup in my drawer at work. I try to pick one with whole food ingredients
5. Whole wheat pita with ~1-2 oz. brie 1/2 crisp, sweet apple sliced thin, 2-3 chopped walnuts and a few slices of red onion. Heat and eat...or it is good cold too.
6. Whole wheat pita with 1/4- 1/3 C humus\*. If I am at home I will add chopped cucumber, and/or fresh salsa or pico de gallo (I usually buy this ready made)

* It is easy to buy good humus too, but here is a recipe I like.

1-15 oz can of garbanzo beans rinse, drain, mash

1-15 oz can of cannelloni beans rinse, drain, mash

2 T. EVOO

1 t. garlic minced (to taste)

1/3 C Tahini sauce (sesame paste)

salt and pepper to taste (optional 1 t chili powder or 1 T light soy sauce)

I use an immersion blender to mix the ingredients.

Then fold in 1-2 chopped fresh tomatoes, when tomatoes are worth eating.

1. Hot Grab-Bag Lunch....I simply fill my ~2 C container with leftovers from the refrig. Usually there is some starch (~1/2 C rice, pasta, potato) or if not I add a chunk of (more often than not, whole wheat) bread, a big scoop (1 cup at least of the veggies and a small piece (~2 oz.) of meat/fish if I have any. If not, then I open a can of beans and add a scoop ~1/2 C or I take a couple of string cheese sticks, a hard boiled egg or a 6 oz. container of low fat Greek yogurt to get my protein.
2. This sandwich is weird and way high fat, but I love it. Peanut butter and avocado on whole wheat with some salt and pepper. Quick, filling calories that are high fat, but healthy fat and a great way to get the calories you need in fewer bites. It fits the bill when time is limited, but you need FOOD!
3. Cold Grab-Bag Lunch....same as the hot version, except now I only add items that I am happy to eat cold...this is usually more of a summer quick lunch.
4. Ask your friend to bring in a double portion for lunch one day and share. Reciprocate on another day. I have never done this, but I have clients who have.

I hope you find a useful tip or two included. Feel free to pass along to others any, or all of the ideas in this hand-out.

Diana Wright

PS. I keep a plastic spoon and fork, my favorite tea bags and a bottle of water in my drawer at work. My fantasy wish is to have a refrigerated drawer : )

And.... I keep comfy walking shoes in my car (or if my office space permitted, at my desk) in case I get a chance to walk on a break.