

Quick and Easy Lunch Ideas

You can prepare all of these meals the night before. All you need is a refrigerator for storage or an insulated lunch box to keep the food cool.

- Heat up left over frozen pizza and pair it with a salad kit.
- Try adding cooked from frozen shrimp to a cup of ramen noodles for a more filling but easy meal.
- Instead of peanut butter sandwiches, try almond butter or cashew butter for a new flavor. Try sliced bananas, apples or pears on the sandwich too! Pair with desired sides.
- Try a snack plate! Pack a bunch of your favorite snack foods, being sure to include fats, carbs, protein and produce. Examples include crackers, hummus, guacamole, fresh or dried fruit, cheese, deli meat, hard boiled egg, raw veggies, and popcorn.
- Mix leftover cooked brown rice, drained and rinsed canned black beans, and salsa together; serve cold over a bed of lettuce. Top with feta, cheddar or guacamole for filling fats.
- Don't overlook fast food! It's an option, and certainly better than skipping a meal.
- Use leftover rice to make "fried rice." Saute garlic, onion and other vegetables (try snap peas, broccoli and carrots) in canola or sesame oil, then add white or brown rice. Scramble in eggs and add some defrosted edamame for protein.
- Microwave a medium potato for about 5-10 minutes until tender (prick holes in it with your fork first). Fill the "baked" potato with shredded cheese, leftover meat, and salsa or enchilada sauce. Serve with a side salad or fruit.
- Mix cooked pasta with canned salmon and baby tomatoes; drizzle with a basic vinaigrette. Add chopped almonds and/or diced cucumbers for crunch.

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- Make a classic BLT sandwich and pair it with a cup of fruit.
- Combine oats, milk, frozen fruit, flax or chia seeds, and vanilla extract in a container to make overnight oats. Who says you can't eat "breakfast foods" for lunch? Try adding fun toppings like granola, nuts and seeds, or a dollop of nut butter for a more filling meal.
- Prepare a grain bowl using microwavable rice or quinoa, add rotisserie chicken, spring mix, chopped tomatoes and cucumbers, hummus, and feta cheese. Top it off with tahini and lemon juice.
- Try making chicken salad with drained canned chicken breast, a little mayonnaise, a little plain yogurt, chopped sweet relish, chopped celery, walnuts, and dried cranberries. Pair it with crackers, serve over a bed of lettuce, or make into a toasted sandwich.
- On a weekend, make a big batch of soup or stew. Be sure it's more than just broth or veggies! Freeze in individual container, and leave out in the morning to defrost before lunch.
- Mix cream cheese and drained roasted red peppers together. Enjoy spread on crackers with deli turkey breast. Serve with fruit salad and/or trail mix or nuts.
- Mash a can of drained, rinsed chickpeas with sun-dried tomatoes (drained and chopped), diced cucumbers, and mayonnaise; spread on a tortilla lined with fresh lettuce leaves; sprinkle with feta cheese and kalamata olives. Serve with fruit and/or a cup of yogurt.
- Try a frozen dinner meal! Look for paninis or pasta dishes, which go great with a piece of fresh fruit or a side salad to make it more filling.