



QUICK AND EASY POWER LUNCHES

Stock Up to Make Preparing Lunch a Snap

Lunch can be tricky, especially if you are at work (or school) during the day. But the traditional PB & J is not your only option when packing lunch.

- Have a well-stocked kitchen – Pick a few foods that you like and keep them on hand. Also, have some storage containers, plastic sandwich bags, a thermos and an insulated lunch bag or cooler to transport and store your lunch. What things might you have in the way of food?
 - Veggies
 - Fast to pack: Baby carrots, cherry tomatoes, snap peas, pre-cut veggies
 - Or, buy whole veggies like broccoli, bell peppers and celery and chop them up right after you get home from the grocery store
 - Fast salads and sandwich/wrap additions: Fresh mixed greens or spinach
 - If you're by a microwave: Bring some steam-in-the-bag frozen veggies
 - Fruit
 - Easy to grab and go: Apples, bananas, oranges, clementines, pears, nectarines, grapes, peaches
 - Individual servings: Servings cups or small cans of fruit packed in juice (of pre-cut from the produce department)
 - Whole Grains
 - Skip the white: 100% whole wheat bread, pitas and/or tortillas
 - Whole grain crackers like Triscuits, Dr. Kracker, Wasa, RyKrisp
 - If you're by a microwave: pre-cooked packs of quinoa and brown rice
 - Protein
 - Fast: Canned tuna, salmon and chicken breast
 - Fast vegetarian: Canned beans (drained and rinsed)
 - Convenient: Reduced sodium deli meats (turkey, chicken, roast beef, ham)
 - For all week: Rotisserie chicken (buy a whole chicken and use it throughout the week)
 - Boiled: Hard boil some eggs on the weekend for the week
 - Go nuts: All nut/seed and fruit trail mixes, unsalted and roasted nuts
 - Go dairy: Skim, 1% milk, 1% or 2% cottage cheese, non-fat or low-fat Greek yogurt
 - Cheese!: Babybels, light string cheese or Laughing Cow
 - "Extras"
 - Hot sauce mini's
 - Pre-packed yumminess: hummus, guacamole
 - Mustard, salad dressing, flavored vinegar, olive oil, lemons
- Set time aside each week for grocery shopping.
- Do some prep work or cook double-batches of recipes on the weekend to cut down on mid-week work.
- Make a packing list to make sure you don't miss anything.
- Do whatever you need to do to remember your lunch (bag by keys, keys in the fridge, note on the door, etc.)
- Buddy up with a co-worker or friend to bring different parts of the lunch to share.



Easy Meal Ideas – No Recipe Required

1. Put a healthy spin on the traditional sandwich: use 2 pieces of thin sandwich bread, 2 ounces reduced-sodium lean turkey, hummus, spinach, bell pepper and mustard. Add some carrot sticks and light ranch dressing on the side.
2. Mix together some cooked quinoa, white beans, chopped bell pepper, carrots and broccoli to make a grain salad. Toss with some olive oil, lemon juice, salt and pepper. Add a nectarine or some grapes on the side and a small handful of dry roasted almonds or other nuts.
3. Make a tuna salad with canned tuna, light mayo, diced celery, lemon juice and freshly ground pepper. Serve it over greens. Have an apple and peanut butter on the side.
4. Try a quick yogurt parfait with non-fat plain Greek yogurt, diced pineapple, peaches and a handful of pecans or other nuts for crunch.
5. Pack a cup of leftover chili or vegetable soup. Top it with some fresh tomatoes and non-fat plain yogurt instead of sour cream.
6. Fill a whole wheat tortilla wrap with rotisserie chicken, hummus, sundried tomatoes, feta cheese and greens. Have a piece of fruit for dessert.
7. Try a hard-boiled egg with a piece of fruit, string cheese (or a Babybel or a Laughing Cow) and 5 whole wheat crackers. Have some veggies like carrots and celery sticks on the side with some peanut butter.
8. Throw together a salad with romaine lettuce or spinach and any other non-starchy vegetables that you like. Top with some cottage cheese, chopped nuts and a tablespoon of salad dressing.
9. Make enough food at dinner that it can turn into leftovers the next day!



Hummus Wrap

Yield: Serves: 1

Ingredients

- 1/2 cup classic hummus
- 1 10-inch multigrain wrap
- 1/2 tomato, thinly sliced
- 1/3 cup shredded carrot
- 1/3 cup alfalfa sprouts



Directions

Spread hummus on wrap. Arrange tomato, carrots and sprouts down middle. Roll up tightly; cut in half.

Description

Per each serving of 1 wrap:

Kcal 322

Fat 6 g

Protein 13 g

Carbs 48 g

Fiber 12 g

Sodium 345 mg



Mediterranean Salmon Wraps

Servings: 4

Prep Time: 20 minutes

Cook Time: 0 minutes

Yield: 4 wraps

Ingredients

2 (5-ounce) cans or pouches salmon
1/4 cup chopped parsley
1/4 cup chopped, pitted kalamata olives
1/4 cup red onion, diced
2 tablespoons olive oil
2 tablespoons lemon juice
1/2 teaspoon lemon zest
salt, to taste
black pepper, to taste
12 leaves Romaine lettuce
4 whole wheat flour tortillas, 8 - 10 inches
1/2 cup bottled roasted red bell pepper
1 large tomato, halved and sliced

Directions

- 1 - In a medium bowl, combine salmon, parsley, olives, onion, oil, lemon juice and zest. Season to taste with salt and pepper.
- 2 - To make each wrap, place 3 lettuce leaves* on each tortilla. Top with a quarter of the salmon salad, a few roasted red bell pepper slices and tomato slices.
- 3 - Roll up like a burrito.

*Take the thick ribs out of the lettuce before placing into the wraps

Description

Per serving of 1 wrap:

Kcals 259

Fat 13 g

Protein 22 g

Carbs 22 g

Fiber 11 g

Sodium 870 mg



Provolone Turkey Wraps

Prep Time: 5 minutes

Cook Time: 5 minutes

Yield: 1 wrap

Ingredients

- 1 whole wheat flour tortilla
- 1 triangle garlic and herb Laughing Cow cheese
- 1 handful baby spinach leaves
- 3 ounces deli turkey
- 2 slices provolone cheese
- 1/4 avocado, sliced
- 4 strips red bell pepper

Directions

- 1 - Spread the tortilla with the cheese.
- 2 - Layer on turkey, cheese, spinach, avocado and bell pepper strips.
- 3 - Roll up and enjoy!

Description

Per serving of 1 wrap:

Kcals 488

Fat 18 g

Protein 32 g

Carbs 45 g

Fiber 9 g

Sodium 879 mg



Thai Chicken Wraps

Servings: 4

Prep Time: 15 minutes

Cook Time: 0 minutes

Yield: 4 wraps

Ingredients

- 2 tablespoons lime juice
- 2 tablespoons mayonnaise
- 1 tablespoon natural peanut butter
- 1/2 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 1 clove garlic, crushed
- 4 whole wheat flour tortillas, 10 inch
- 1/2 cup basil, chopped
- 4 leaves Napa cabbage
- 6 ounces low-sodium deli-roasted chicken or turkey
- 1 cup red bell pepper strips

Directions

- 1 - Combine lime juice through garlic in a bowl. Mix well with a whisk.
- 2 - Spread each tortilla with 1 tablespoon of the mayo mixture.
- 3 - Top each tortilla with 2 tablespoons basil, 1 cabbage leaf, 1/4 of the chicken or turkey and 1/4 cup of the bell pepper strips.
- 4 - Roll up and wrap in plastic wrap to keep closed. Chill until ready to eat.

Description

Per each serving of one wrap:

Kcals 250

Fat 10 g

Protein 15 g

Carbs 28 g

Fiber 4 g

Sodium 487 mg



Tuna Pasta Toss

Servings: 5

Yield: 7.5 cups – Enough for the entire week!

Ingredients

2 cups small red potatoes, quartered
2 cups green beans (about 1/2 pound)
3 tablespoons olive oil, divided
1/3 cup shallot, diced
3 cloves garlic, minced
4 cups uncooked macaroni
2 tablespoons fresh tarragon (or 2 teaspoons dried)
2 tablespoons coarse-grained mustard
1 tablespoon white wine vinegar
1/2 teaspoon salt
1 (9-ounce) can tuna, packed in water
black pepper, to taste

Directions

1 - Place potatoes in a medium saucepan. Cover with water and bring to a boil. Reduce heat; simmer 7 minutes. Add green beans; cook an additional 3 minutes or until beans are crisp-tender. Drain.

2 - Heat 1 tablespoon of olive oil in saucepan over medium heat. Add shallots; sauté 3 minutes. Add potatoes, beans and garlic; cook 3 minutes, stirring occasionally.

3 - Cook pasta according to package directions, omitting fat. Drain; set aside.

4 - Combine remaining 2 tablespoons olive oil, tarragon, mustard, vinegar, and salt; stir well. Combine pasta, potato mixture, and tuna in a large bowl; toss well. Drizzle mustard mixture over pasta mixture, toss gently to coat. Season with fresh ground pepper to taste.

Description

Per each 1 ½ cup serving:

Kcals 366

Fat 10.3 g

Protein 18.4 g

Carbs 50.1 g

Fiber 3.4 g

Sodium 467 mg