

9 Delicious & Nutritious Packable Lunches

Nutritious lunches can be both easy to prepare and delicious! Utilize leftovers or combine basic pantry and refrigerator ingredients. Aim to fill 1/2 your plate with vegetables, 1/4 with protein (including dairy), 1/4 with carbohydrates (grains, starchy vegetables, or fruit). Use healthy fats when cooking or to garnish the meal.



Greek salad

- 2 cups mixed greens
- ¼ cucumber, chopped
- 1 small tomato, chopped
- ½ cup chickpeas
- 1 tablespoon feta cheese
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 6 triscuits (or other 100% whole grain crackers)
- 1 medium apple



Mixed greens salad

- 1 cups mixed greens
- ¼ cucumbers, chopped
- 1 tomato, chopped
- Sliced red onion
- 1 tablespoon balsamic vinaigrette
- Mozzarella quesadilla
- 10" whole wheat tortilla
- 1 slice mozzarella cheese
- 6 medium strawberries



Egg & Cheese Sandwich

- 2 boiled eggs, chopped
- 1 slice cheese
- Salt & pepper to taste
- ½ cucumber, sliced
- 1 large carrot, sliced



Black bean and cheese quesadilla

- 2 6-inch corn tortillas
- 2 tablespoon cheddar cheese
- ¼ cup black beans
- ¼ cup plain low-fat Greek yogurt, for dipping
- ¼ cup salsa
- ½ cup blackberries
- 4 mini bell peppers



- 1 cup low-sodium lentil & vegetable soup
- 1 oz cheese stick
- 6 triscuits (or other 100% whole grain crackers)
- 1 medium pear



Half turkey & cheese sandwich

- 1 slice whole wheat bread
 - 1 leaf lettuce
 - 2 slices tomato
 - 1 slice onion
 - 1 teaspoon mustard
- ### Garden salad
- 2 cups mixed greens
 - ¼ cucumber, chopped
 - 5 cherry tomatoes, halved
 - 1 teaspoon olive oil
 - 1 tablespoon balsamic vinegar
 - 1 cup grapes



Garden salad

- 3 cups romaine, chopped
- 2 boiled eggs, chopped
- ¼ cucumber, chopped
- 5 grape tomatoes, halved
- 5 baby carrots, halved
- 1 teaspoon olive oil
- 1 teaspoon balsamic vinegar
- 1 cup grapes
- 4 whole grain crackers (ex. Brenton)



Arugula & Egg Salad

- 2 cups arugula
- 2 boiled eggs, chopped
- 1 radish, sliced
- ½ cup roasted fingerling potatoes
- 2 tablespoons honey-mustard vinaigrette
- 1 piece of fruit



Protein-Packed Farro Bowl

- ½ cup cooked farro (sub quinoa, if desired)
- ½ cup zucchini (sauté over medium heat with non-stock cooking spray)
- ¾ cup chickpeas
- 1 teaspoon olive oil
- 1 tablespoon red wine vinegar
- 2 tablespoons dried cranberries
- 2 tablespoons feta cheese
- 7 walnut halves
- 1 cup spinach