



The Be Fit Minute

By Emily Gelsomin, RD, LDN



PACK A SACK: OUT OF THE BOX LUNCHES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cuban Salad	Lunch-Able Box	Cinnamon-Laced Sunflower & Banana Sandwich	Turkey, Grape & Blue Cheese Pita	Egg & Olive Sandwich
<i>In a container with a tight-fitting lid, place 2 cups chopped romaine, 4 slices shredded deli ham, a chopped pickle, ½ cup pineapple, ½ cup black beans, and ¼ cup feta. Top with a squeeze of lime.</i>	<i>Roll up 2 slices of deli turkey and 2 slices ham and pair with 10 whole grain crackers, ¼ cup hummus, and 1 cup of grapes.</i>	<i>Spread 1 tbsp sunflower seed butter on a slice of whole grain bread, top with ½ banana, sliced. Dust with cinnamon and top with remaining slice of whole grain bread.</i>	<i>Spread Dijon mustard in a whole wheat pita and stuff with romaine lettuce, 4 slices of deli turkey, 1 tbsp crumbled blue cheese, and a few halved grapes.</i>	<i>Mix 2 hard-boiled eggs with ½ tbsp mayo and 5 chopped olives and spread on whole grain bread topped with romaine.</i>
Pair With: ~5 whole grain tortilla chips	Cracker Suggestions: Wasa Rye Ryvita Ak-mak Triscuits (or Woven Wheats)	Pair With: 3 dried apricots and a cheese stick	Pair With: an apple and 10 almonds	Pair With: 10 baby carrots and ¼ cup hummus
Chip Suggestion: Food Should Taste Good Brand				
Calories: 440 Sat Fat: 7g Carb: 59g Fiber: 12g Protein: 32g	Calories: 495 Sat Fat: 3g Carb: 72g Fiber: 10g Protein: 26g	Calories: 475 Sat Fat: 5g Carb: 73g Fiber: 9g Protein: 18g	Calories: 460 Sat Fat: 4g Carb: 62g Fiber: 11g Protein: 17g	Calories: 450 Sat Fat: 4g Carb: 61g Fiber: 10g Protein: 24g

GROCERY LIST



FRUIT

- Pineapple (canned or fresh)
- Lime
- Grapes
- Banana
- Apple
- Dried apricots

STARCHES

- Whole grain tortilla chips
- Whole grain crackers
- Whole wheat bread
- Whole wheat pita

PROTEIN

- Eggs
- Cheese sticks
- Feta cheese
- Crumbled blue cheese
- Canned black beans
- Hummus
- Sunflower seed butter
- Almonds
- Deli ham
- Deli turkey

CONDIMENTS/SPICES

- Ground cinnamon
- Pickles
- Olives
- Mayo
- Dijon mustard

VEGETABLES

- Romaine lettuce
- Baby carrots