



The Be Fit Minute

By Emily Gelsomin, RD, LDN



PACK A SACK LUNCH LIGHT ON PREP, NOT TASTE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Coffee Shop-Style Protein Box</p> <p>Take a hard-boiled egg, apple, 1 oz cheese stick, 5 whole grain crackers, and 10 almonds to-go.</p> <p>Cracker Suggestion: Wasa Rye Ryvita Ak-mak Triscuits (or Woven Wheats)</p> <p>To hard-boil eggs: Place them in a pan of cold water and bring to boil; turn off the heat and let sit for 12 minutes. Drain and run eggs under cold water.</p> <p>Calories: 450 Sat fat: 6g Carb: 53g Fiber: 10g Protein: 22g</p>	<p>Chickpea & Feta Chopped Salad</p> <p>In a container with a tight fitting lid, place 2 cups chopped romaine, ½ cup cherry tomatoes, ¼ cup hummus, ¼ cup feta, and ½ cup canned chickpeas. Top with a squeeze of lemon.</p> <p>Canned chickpea alternative: sub in ¼ cup roasted chickpeas. Try Biena brand.</p> <p>Pair With: ½ whole wheat pita</p> <p>Calories: 420 Sat fat: 7g Carb: 51g Fiber: 14g Protein: 22g</p>	<p>Peanut Butter, Honey & Apple Waffle</p> <p>Spread 1 tbsp peanut butter on a whole grain waffle. Top with a few apple slices, 1 tbsp honey, and another waffle.</p> <p>Waffle Suggestion: Kashi Van's (will add about 50 calories)</p> <p>Pair With: a cheese stick</p> <p>Calories: 430 Sat fat: 6g Carb: 51g Fiber: 9g Protein: 13g</p>	<p>Turkey Cobb Pita</p> <p>Stuff 4 slices deli turkey, 1 sliced hard-boiled egg, 1 tbsp crumbled blue cheese, ¼ avocado, and romaine lettuce in a whole wheat pita.</p> <p>Pair With: 3 dried apricots</p> <p>Calories: 450 Sat fat: 5g Carb: 46g Fiber: 9g Protein: 28g</p>	<p>Black Bean Tortilla Salad</p> <p>In a container with a tight fitting lid, place 2 cups chopped romaine, ½ cup cherry tomatoes, ½ avocado, ½ cup black beans, 2 tbsp feta, 2 tbsp salsa, 2 tbsp plain low-fat Greek yogurt. Top with squeeze of lime.</p> <p>Chip Suggestion: Food Should Taste Good Brand</p> <p>Pair With: ~5 whole grain tortilla chips</p> <p>Calories: 420 Sat fat: 6g Carb: 45g Fiber: 15g Protein: 18g</p>

GROCERY LIST



FRUIT

- Apples
- Lemon
- Lime
- Dried apricots

STARCHES

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

PROTEIN

- Eggs
- Cheese sticks
- Crumbled blue cheese
- Feta cheese
- Hummus
- Canned black beans
- Canned (or roasted) chickpeas
- Peanut butter
- Almonds
- Deli turkey
- Plain low-fat Greek yogurt

CONDIMENTS/SPICES

- Honey
- Salsa

VEGETABLES

- Romaine lettuce
- Cherry tomatoes
- Avocado