

Packable

Lunch Ideas

A SIMPLE FORMULA TO CREATE HEALTHY BALANCED LUNCHES

BALANCED LUNCH BASICS

Getting started

Whether you're packing lunch for yourself or your kids, it's easy to get stuck in ruts.

But with a little planning and knowhow, putting together healthy, delicious lunches is easy.

So if you're tired of packing the same old lunches, no worries!

We'll share a simple formula that makes creating healthy lunches a snap, along with lunch ideas you can snag.

But before we dive in, here's some tips to help you get started:



Top Tips for Packable Lunches

1 - Make a plan. On the weekend, plan for the week ahead and do some meal prep. Boil eggs, chop veggies, wash fruit, etc.
2 - Get organized. Opt for reusable eco-friendly containers that have compartments for sandwiches, veggies, fruits, etc. Bento boxes work great for this. Silicone muffin cups are perfect for holding hummus, dips, seeds & nuts.
3 - Pack the night before. Mornings are hectic. Packing the night before means one less thing will be on your to-do list.
4. Don't overlook leftovers. Eating dinner leftovers for lunch is a great way to save time and reduce food waste.
5 - Mix it up. We all have our go-to foods. But packing a variety of items is key to avoiding the dreaded lunch boredom.
6 - Get kids involved. Kids are fickle and can get tired of foods easily. So if possible, let them help you pack their lunches. The more involved they are, the more likely they'll actually eat their lunch.

BALANCED LUNCH BASICS

The formula

Creating healthy, balanced lunches is a simple as following this formula:

Protein + Fruit/Veggie + Complex Carb + Healthy Fat

Not sure which foods fit into each category? Here's a handy list that should help:

Protein

- Boiled eggs
- Tuna or chicken salad
- Turkey, ham or salami slices
- Canned tuna or sardines
- Smoked salmon
- Egg muffins
- Greek yogurt
- Cottage cheese
- Hummus
- Jerky
- Edamame
- Cheese

Healthy Fats

- Avocado/guacamole
- Olives
- Olive oil dressing
- Nuts
- Seeds
- Nut & seed butter
- Dried coconut
- Egg yolks
- Full fat dairy
- Oily fish (tuna, salmon, sardines, etc)

Fruits/Veggies

- Apple slices
- Orange slices
- Blueberries
- Strawberries
- Blackberries
- Raspberries
- Cantaloupe
- Grapes
- Pears
- Cherry tomatoes
- Cucumber slices
- Baby carrots
- Celery sticks
- Bell peppers
- Broccoli
- Snap peas
- Radishes
- Salad greens

Complex Carb

- Quinoa
- Sweet potato
- Brown rice
- Overnight oats
- Baked oatmeal cups
- Rice cakes
- Beans & legumes
- Whole grain bread
- Whole grain crackers
- Whole grain tortillas

PACKABLE LUNCH IDEAS

For kids

Healthy Lunchables

- **Protein:** chicken slices
- **Complex carb:** sprouted grain crackers
- **Fat:** cheese slices
- **Fruit:** grapes
- **Veggie:** snap peas

Turkey & Cheese Pinwheels

- **Protein:** organic turkey slices
- **Complex carb:** sprouted grain tortillas
- **Fat:** cheese slices
- **Fruit:** blueberries
- **Veggie:** celery sticks

Sunbutter + Banana Sandwich

- **Protein:** jerky
- **Complex carb:** 2 slices sprouted grain bread
- **Fat:** sunbutter
- **Fruit:** banana slices on sandwich
- **Veggie:** cherry tomatoes

Egg Muffins

- **Protein:** egg muffins
- **Complex carb:** roasted sweet potatoes
- **Fat:** string cheese
- **Fruit:** apple slices
- **Veggie:** peppers, onions & spinach (in egg muffins)

Yogurt & Granola

- **Protein:** Greek yogurt
- **Complex carb:** granola
- **Fat:** from yogurt
- **Fruit:** blackberries
- **Veggie:** carrot sticks

Cheese Quesadilla

- **Protein:** cheese
- **Complex carb:** whole grain tortilla
- **Fat:** guacamole (for dipping)
- **Fruit:** strawberries
- **Veggie:** red pepper slices

PACKABLE LUNCH IDEAS

for adults

Turkey Avo Roll-Ups

- **Protein:** organic turkey slices
- **Complex carb:** whole grain tortillas
- **Fat:** 1/4 avocado (in rollups)
- **Fruit:** raspberries
- **Veggie:** bell pepper strips & spinach (in roll-ups)

Tuna Salad w/Pita

- **Protein:** tuna salad
- **Complex carb:** whole grain pita bread
- **Fat:** from tuna
- **Fruit:** cantaloupe cubes
- **Veggies:** cucumber slices

Quinoa Mozzarella Salad

- **Protein:** mozzarella pearls
- **Complex carbs:** quinoa
- **Fat:** olives
- **Fruit:** apple slices (on side), lemon juice for dressing
- **Veggie:** spinach, cucumber slices, & cherry tomatoes

Hummus & Veggies

- **Protein:** hummus + 1/4 cup almonds
- **Complex carb:** whole grain crackers
- **Fat:** From almonds
- **Fruit:** Orange slices
- **Veggie:** Cucumber slices

Breakfast for Lunch

- **Protein:** cottage cheese
- **Complex carb:** overnight oats
- **Fat:** from cottage cheese
- **Fruit:** pineapple chunks
- **Veggie:** carrots sticks

Hard Boiled Eggs

- **Protein:** 2 hard-boiled eggs
- **Starchy carb:** roasted sweet potatoes
- **Fat:** from egg yolks
- **Fruit:** grapes
- **Veggie:** snap peas

MORE LUNCH IDEAS

for adults

Here are a few more simple hacks to creating healthy, packable lunches:



Mason Jar Salads

Mason jar salads are portable, easy to prep, and provide endless options. Simple layer a protein with veggies, leafy greens, and a dressing. Dump it in a bowl and lunch is served! Other add-ins may include grains, nuts, seeds, avo, fruit, cheese, or olives. Here's a step-by-step guide to get you started.

Buddha Bowls

Buddha bowls are an easy way to throw together a balanced lunch. They consist of a base (grains or green), protein, veggies, sauce, and toppings. This ensures you get the right mix of carbs, protein, and healthy fats. Meal prep your ingredients on the weekend and you'll be set for nourishing lunches all week. If you're new to Buddha bowls, this post is a great intro.

