



QUICK PREP LUNCHES

Trying to keep up with your health goals as you navigate a busy work week? Meal prepping lunches can save you both time and money while keeping you on track during the chaos of the week!

QUICK TIPS FOR SUCCESS

Shopping:

- Have a grocery list
- Shop the perimeter of the store
- Buy frozen pre-grilled chicken strips or rotisserie chicken
- Buy pre-cut or frozen veggies
- Lower calorie sauce options
- Utilize spices and seasonings

Planning:

- Choose a day to meal prep for the week. Get into a routine of doing this.
- Plan meals for the week
- Make a grocery list to simplify shopping
- Pack work snacks



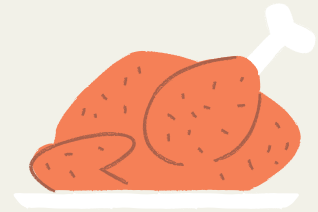
CHOOSING FOODS

When planning meals make sure to include important macronutrients that fit in your plan and will keep you fuller for longer.

Aim for atleast:

- 1 serving of lean protein
- 2 cups non-starchy vegetables
- 1 serving of healthy fat

**Adjust as necessary to fit your specific plan. Ask your RD for more information.*



NEED MEAL INSPIRATION?

Check out our list below:

- Taco Salad
- Mediterranean Bowl
- Buffalo Chicken Lettuce Cups
- Chicken Tzatziki Bowl
- Egg Roll in a Bowl
- Pesto Chicken Lettuce Cups
- Bento Boxes

Taco Salad

Ingredients:

- 4 oz of ground turkey or grilled chicken
- 1 cup of lettuce
- 1 cup of tomatoes & onions
- 1/2 stir-fried bell pepper
- 1/3 C low fat shredded cheese
- Chili powder, cumin, paprika, onion powder, garlic powder, oregano



Mediterranean Bowl

Ingredients:

- 4-5 oz of grilled chicken
- 1 tomato diced
- 1 cucumber diced
- 1/4 C fat-free feta cheese
- 1/3 C Kalamata olives
- Basil, oregano, salt & pepper



Buffalo Chicken Lettuce Cups

Ingredients:

- 4 oz of grilled chicken
- 2 large lettuce leaves
- 1 cup of tomatoes or onions
- 1 serving of greeked yogurt ranch dressing
- 1 serving of Buffalo Sauce



Chicken Tzatziki Bowl

Ingredients:

- 4-5 oz of grilled chicken
- 1 C cherry tomatoes diced
- 1 C pre-riced cauliflower
- 1 serving of tzatziki sauce
- Garlic, lemon, salt & pepper



Egg Roll in a Bowl

Ingredients:

- 4 oz of ground turkey or chicken
- 1 cups of coleslaw mix
- 1/4 T low sodium soy sauce or coconut aminos
- 1 t of ginger
- 1/4 t of garlic powder
- 1 T green onions
- 1 t red pepper flakes



Pesto Chicken Lettuce Cups

Ingredients:

- 4 oz of grilled chicken
- 1 /8 C of Pesto
- 1 cup of tomatoes chopped
- 1 cucumber sliced
- 2 large lettuce leaves



Bento Box #1

Ingredients:

- 3 oz of deli turkey
- 1 guacamole packet
- 1 cucumber sliced
- 1 bell pepper sliced
- 1 oz cheese



Bento Box #2

Ingredients:

- 2 Hard Boiled Eggs
- 1 babybel cheese
- 1/4 C nuts
- 1 cucumber sliced
- 1 bell pepper sliced

