

## PLAN AHEAD

# Healthy

## Brown Bag Lunches

**MONDAY:**

- ½ cup low-fat cottage cheese
- 10–15 whole wheat crackers with 1–2 tablespoons almond butter, peanut butter or sunflower seed butter
- Assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, etc.)
- Tea, coffee or water\*

**TUESDAY:**

- ½ of a large or 1 mini whole wheat bagel
- 1–2 tablespoons almond butter, peanut butter or sunflower seed butter
- Apple or banana
- 6 ounces low-fat, low-sugar yogurt
- Tea, coffee or water\*

**\*Healthy Choice**

If you think you'll need more food than listed here to fill you up, increase your portions of fruits and veggies first!

**WEDNESDAY:**

- 6 inch whole wheat tortilla with 2–3 ounces turkey, 1 ounce low-fat cheddar cheese, 2 tablespoons hummus and assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- Grapes
- 8–10 whole wheat pita chips or multigrain tortilla chips
- Tea, coffee or water\*

**THURSDAY:**

- Burrito made with ½ cup black beans, ½ cup brown rice, salsa and 2 tablespoons low-fat plain Greek yogurt on a 6 inch whole wheat tortilla (feel free to add any other vegetables you like on burritos like lettuce, onion, and peppers, too)
- Orange
- Tea, coffee or water\*

**FRIDAY:**

- 3–4 ounces grilled chicken on salad greens with assorted vegetables (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 1 ounce feta cheese, and 1–2 tablespoons oil-based or light creamy dressing
- 3 cups air-popped popcorn
- Tea, coffee or water\*

## BROWN BAG LUNCHES *CONTINUED*

### SHOPPING LIST:

- Lean deli turkey
- Raw vegetables of your preference (e.g. tomatoes, sweet peppers, carrots, broccoli, sugar snap peas, etc.)
- 6 inch whole wheat tortilla
- Hummus
- Grapes
- Low-fat cottage cheese
- Whole wheat crackers
- Whole wheat bagels (large or mini size)
- Almond butter or peanut butter
- Apples or bananas
- Low-fat, low-sugar yogurt (look for 20 grams of sugar or less per serving)
- Brown rice
- Black beans
- Salsa
- Low-fat plain Greek yogurt
- Orange
- Grilled chicken
- Salad greens
- Feta cheese
- Oil-based or light creamy dressing
- Air-popped popcorn

