

# Lunch Packing 101

*Fun and easy tips for packing a healthy lunch!*

The goal of any lunch is to provide you the energy needed to make it through your afternoon. Jobs can be stressful and demand a lot from your mind and body. Be prepared for those demands by packing healthy foods that contain the vitamins, minerals, and energy needed for the rest of your workday. Follow these tips to avoid the drive-through or vending machine!



## 1. Make Meals in Advance

- Schedule time to prepare your lunches for the following week (Sunday's work well!). After your food is prepared, simply divide it into serving-size containers and place in the fridge to grab before leaving for work each day.

## 2. Pack Healthier Single-Serving Convenience Foods

- A fresh piece of fruit, vegetable sticks and hummus, or a handful of nuts make great and healthy snacks that can easily be packed and taken on the go.

## 3. Don't Forget About Portion Control

- Your lunch should consist of 1/2 plate of vegetables, 1/4 plate of grains, and 1/4 plate of lean protein. If you are placing your lunch in a plastic or glass container stick to 1/2 cup cooked grain (ex: brown rice, quinoa, millet), 3 ounces (size of a deck of cards) lean protein (ex: chicken, fish, turkey), and as many vegetables as you can add.

## 4. Stay Hydrated

- Your body is about 60 percent water, and it needs that water for digestion and energy! Even the slightest dehydration can make you feel tired and slow your metabolism. Keep a water bottle or large glass with you at work to remind you to drink plenty of water throughout the day, and refill it as soon as it's empty.

## Lunch Approved Food

- Quinoa is packed with essential vitamins, minerals, fiber, and protein!
- 1 cup contains approximately 222 calories, 4 grams of essential healthy fats, 5 grams of fiber, and 8 grams of protein!

*Tip:* Make a large amount and portion it out for the week, adding vegetables and lean sources of protein for an easy and healthy meal.



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