

Packing a Lunch that Packs a Punch



When you're not at home, it's easier to make poor choices regarding your diet. At lunchtime especially, people are more likely to forgo home-cooked meals, and settle for a burger at the nearest fast-food joint. Here are some tips for making your lunch healthier and tastier!

Mix-up your Sandwiches

Grains	Veggies	The 'Meat'
Pita Bread	Spinach	Tuna Salad
Whole Wheat Loaf	Lettuce	Egg Salad
Pumpernickel	Tomatoes	Sliced Ham
Rye	Cucumbers	Turkey
Flaxseed	Onions	Chicken Salad

When you're trying to make a healthier sandwich, remember to take it easy on the condiments. Mayonnaise is one of the least healthy condiments out there, along with ketchup (unless homemade) and salad dressing. Better options would be mustard, sriracha, pesto sauce, hummus, guacamole, or salsa.



You don't even necessarily need bread to make a good sandwich! Try using vegetables as bread, as a way to keep away from gluten and sugar.

Things to Pack in a Thermos

There are plenty of good options for packing foods in your thermos. The obvious first choices would be leftovers; things like last night's stir fry, or spaghetti dinner will need to be eaten eventually anyway. Other tasty options include: hot oatmeal, homemade soups or chilies, plain rice (preferably brown), or salads which need to be kept cold (salads with mayo, for example). You could also start packing some healthy smoothies in your thermos, for a treat during the day, like:

- **A Dark Chocolate Protein Shake**

- 1/2 cup cottage cheese
- 1/2 cup unsweetened almond milk
- 1 scoop protein powder (chocolate or vanilla)
- 1 raw egg (optional)
- 3 heaping tablespoons cocoa powder (or 2 if using chocolate protein powder)
- 7-10 ice cubes



- **A Strawberry Vanilla Coconut Smoothie**

- 1/2 cup plain organic yogurt (Greek or goat's milk is best!)
- 2/3 cup coconut milk
- 1 1/2 teaspoons vanilla extract
- 8 large strawberries, fresh or frozen (if using fresh add ice cubes for a better texture)
- 1-2 tablespoons melted coconut oil



- **A Lemon Meringue Smoothie**

- 1/4 cup Greek yogurt, plain
- 1/4 cup cottage cheese
- Juice from 1 lemon
- 12-15 drops liquid lemon stevia (or other sugar substitute)
- 1 cup ice

