

Lunch Generator - Pack a lunch that includes foods from all 3 groups of food.

Vegetables and Fruit

- Carrots
- Cucumber
- Peas
- Mushrooms
- Peppers
- Lettuce
- Spinach
- Broccoli
- Cauliflower
- Radishes
- Squash
- Brussel sprouts
- Onion
- Tomato
- Apple
- Banana
- Orange
- Pear
- Berries
- Peaches
- Apple sauce
- Raisins

Frozen, canned, and fresh types of vegetables or fruits are all great choices.



Whole Grains

- Whole grain bread
- Whole grain bun
- Whole grain crackers
- Tortilla
- Pita
- Naan
- Roti
- Bannock
- Brown rice
- Quinoa
- Pasta
- Couscous
- Farrow
- Bagel
- English muffin
- Muffin
- Oatmeal
- Whole grain cereal



Protein Foods

- Eggs
- Chicken
- Beef
- Pork
- Meatballs
- Fish
- Shrimp
- Canned tuna
- Canned salmon
- Canned sardines
- Canned beans
- Chickpeas
- Lentils
- Nuts
- Seeds
- Nut butter
- Cottage cheese
- Greek yogurt
- Cheese
- Milk
- Kefir



Examples

boiled eggs +
muffin + fruit
salad with yogurt

leftover spaghetti
with meat sauce +
sliced vegetables

chicken
quesadilla (cold) +
apple slices +
cucumbers

chicken hummus
wrap +
vegetables with
hummus

bean chili + bun +
cheese + broccoli



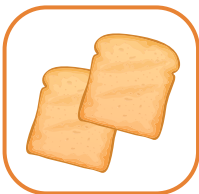
carrots



red onion



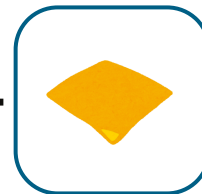
lettuce



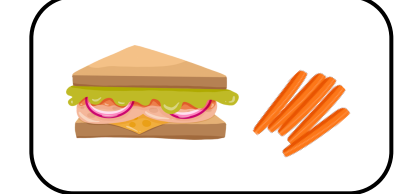
bread



tuna



cheese



tuna sandwich + carrot sticks

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Whole Grains



Protein Foods



Examples

