

Lunch Ideas

Key Points:

- Include 3 of the 4 food groups
- Include lean protein
- Choose higher fibre foods (Aim to get at least 8 grams of fibre)
- Include at least ½ cup of vegetables

1) Quinoa & Nut Salad

½ cup cooked quinoa

1 ½ Tbsp chopped pecans

1 Tbsp goat cheese

1 cup arugula (or baby spinach)

1 Tbsp dressing (red wine vinegar + canola oil) OR

(grainy mustard, pure maple syrup, white wine vinegar,
real yellow mustard + canola oil)

2) 1 cup homemade turkey chili

1 piece whole wheat toast or ½ whole wheat bun

1 small apple

1 cup milk (skim or 1%)

3) 1 small whole wheat pita

½ baked chicken breast (shredded)

1 Tbsp feta cheese

1 handful chopped lettuce (romaine or boston bib)

¼ diced tomatoes or corn

1 Tbsp hummus or tzatziki

4) Mixed bean and sweet potato salad

½ cup mixed beans (chickpeas, navy beans, black beans...etc.)

¾ cubed sweet potato (baked or roasted)

½ chopped red pepper or cherry tomatoes

1 Tbsp dressing (lime juice, balsamic vinegar, garlic, salt + pepper)