

## Quick & Healthy Lunch/Dinner Ideas

Here are some ways you can put together the foods above to make a healthy, well-balanced lunch:

1. Put a healthy spin on the traditional sandwich: use 2 pieces of thin sandwich bread, 2 ounces reduced-sodium lean turkey, hummus, spinach, bell pepper and mustard. Add some carrot sticks and light ranch dressing on the side.
2. Mix together some cooked quinoa, white beans, chopped bell pepper, carrots and broccoli to make a grain salad. Toss with some olive oil, lemon juice, salt and pepper. Add a nectarine or some grapes on the side and a small handful of dry roasted almonds, if desired.
3. Make a tuna salad with canned tuna, light mayo, diced celery, lemon juice and freshly ground pepper. Serve it over greens with an apple and peanut butter on the side.
4. Try a quick yogurt parfait with non-fat plain Greek yogurt, diced pineapple, peaches and a handful of pecans on the side.
5. Pack a cup of leftover chili or vegetable soup. Top it with some fresh tomatoes and non-fat plain yogurt instead of sour cream.
6. Fill a whole wheat tortilla wrap with rotisserie chicken, hummus, sundried tomatoes, feta cheese and greens. Add a side of fruit if it fits with your plan.
7. Try a hard-boiled egg with a piece of fruit, string cheese and 5 whole wheat crackers. You could also add some carrots, celery sticks and peanut butter.
8. Throw together a salad with romaine lettuce or spinach and any other non-starchy vegetables that you like. Top with some cottage cheese, chopped nuts and a tablespoon of light dressing.

## Dining out for Lunch/Dinner?

If you don't have time to make a healthy lunch at home, follow these tips when eating out:

- Try out a vegetarian option, like a grilled vegetable Panini or wrap with fresh vegetables and hummus.
- Order a salad with the dressing on the side. (Watch out for salads with a lot of cheese or fried meats. Ask for less cheese and hold the fried onions and meats.)
- Opt for grilled meat, fish, and poultry rather than fried.
- Order the smallest sandwich. So, skip the double decker cheeseburger and choose a regular hamburger with lettuce, tomato, onion and mustard. Or go for the 6-inch sub rather than the foot-long option.
- Ask if whole wheat is an option for sandwich bread, wraps, or pitas.
- Opt for fresh vegetables, fresh fruit or low-fat yogurt as side dishes.
- Order broth-based vegetable or bean soup rather than creamy soups.