LUNCH BOX GUIDE

Pack a tasty lunch in minutes by choosing foods you enjoy.

Try for...

TWO TYPES OF **VEGETABLES OR FRUITS**

Beets
Bell peppers
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumber
Green beans
Kale
Lettuce
Mushrooms
Peas
Potatoes
Spinach
Squash
Sweet potato
Tomatoes
Apples
Apple sauce
Bananas
Berries
Grapes
Mango
Melon
Oranges
Peaches
Pears

ONE TYPE OF **WHOLE GRAIN FOOD**

Bagels
Bread
Bun
Cereal
Couscous
Crackers
Muffins
Naan
Noodles
Pancakes
Pita
Rice
Tortillas

TWO TYPES OF **PROTEIN FOODS**

Cheese
Kefir
Milk
Yogurt

Beef
Chicken
Egg
Fish
Lamb
Pork
Wild game

Beans
Hummus
Lentils
Nuts
Seeds
Seed, pea or nut butter
Tofu

Choose sauces and sides to complement:

Examples include condiments such as dips, salad dressing, cream cheese, mayonnaise, mustard, ketchup, salsa, barbecue sauce, soy sauce, and butter, as well as foods such as pickles, granola bars, cookies, and pretzels.

DIY Lunch Kit

Bell peppers

Grapes

Pita

Cheese

Egg

Sauces and sides: tzatziki

GET INSPIRED

Leftover Beef and Noodle Bowl

Broccoli

Orange

Noodles

Milk

Beef

Sauces and sides: no-bake cookies and hoisin sauce

Smashed Chickpea Sandwich

Cucumbers

Strawberries

Bread

Yogurt

Chickpeas

Sauces and sides: mustard, mayonnaise, and pickles in sandwich

TeachNutrition.ca™

By Dairy Farmers of Canada's Registered Dietitians